Measuring Population-Level Emotions in Real-Time using Big Data
with Chris Danforth
Monday, September 14, 5:30–7 pm
Member: $15 | Non-Member: $25
Learn how nationally recognized UVM researchers have measured real-time emotions using big data.

Night, Noise, Fall, Winter: More Vermont Birding
with Maeve Kim
Mondays, September 21–October 5, 5–6:30 pm
& Saturday, October 10, 8 am–12 noon
Member: $85 | Non-Member: $135
Learn about, ogle, listen to, and enjoy some of Vermont’s intriguing bird life. Transportation to Addison on Saturday is on your own.

Balancing Your Life with Reiki
with Mark Carter
Mondays, September 21–October 12, 5:30–7 pm
Member: $60 | Non-Member: $90
Learn how Reiki can reduce stress, relieve pain, balance emotions, and facilitate personal healing and growth. Receive the basics of Reiki 1 Training.

Tai Chi for Health
with Elizabeth Wirls
Tuesdays, September 22–October 13, 5:30–7 pm
Member: $60 | Non-Member: $90
Learn to improve balance, agility, and increase lower and upper body strength, with this ancient program based on Dr. Paul Lam’s Tai Chi for Arthritis and Back Pain.

Eating Plant-Based Foods for a Healthier YOU & a Healthier Planet
with Beth Perera
Tuesday, September 22, 4–5:30 pm
Member: $15 | Non-Member: $25
Discover ways to eat a plant-based diet for a healthier you & a healthier planet.

Photo Editing Basics: From Good to Great!
with Peter Curtis
Tuesdays, September 22–October 13, 5–7 pm
Member: $80 | Non-Member: $120
Learn how making basic adjustments to your photos can make a big difference under the guidance of a passionate, professional local photographer. Designed for beginners.
Bridging Science & Spirit: The Power of Thought to Create Your Reality
with Fred Fengler
Wednesdays, September 23–October 14, 5:30–7pm
Member: $60 | Non-Member: $90
Explore scientific evidence and techniques to “manifest your heart’s desire” and create the life you want.

Italian for Travelers
with David Tomasi
Wednesdays, September 23–October 14, 5:30–7 pm
Member: $60 | Non-Member: $90
Learn conversational Italian focusing on what you really need to know when traveling to this wonderful country.

Assembled Flowers in Acrylics
with Bryan Briscoe
Thursdays, September 24–October 15, 5:30–7:30 pm
Member: $80 | Non-Member: $120
Explore and experience the joy of assembled flower acrylic painting through the practice of color key, color blending, mixing and theory. No previous painting or drawing experience required. Check our website for supplies list.

Quebec Wine & Cheese Tour
with Patsy Jamieson
Thursday, September 24, 8 am–5 pm
Member: $95 | Non-Member: $150
Enjoy artisan cheese tasting at the award-winning Fritz Kaiser Fromage in Noyan, a picnic provided by OLLI, and a wine tasting at Domaine du Ridge winery in Saint Armand. Premier coach transportation provided.

Beginning Yoga I
with Amanda McIntire
Mondays, September 28–October 12, 5:30–6:30 pm
Member: $30 | Non-Member: $45
*Members can sign up for both Monday and Wednesday classes (6 sessions total) for only $50!
First-time beginners learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation.

OLLI members who register by Sunday, September 6, 2015 can receive an additional 10% discount on all OLLI four-session courses! (some restrictions apply.)

GREAT DECISIONS
See back panel for details.

REGISTER TODAY!  learn.uvm.edu/olli  802.656.2085
Beginning Yoga II
with Amanda McIntire
Wednesdays, September 30–October 14, 5:30–6:30 pm
Member: $30 | Non-Member: $45
*Members can sign up for both Monday and Wednesday classes (6 sessions total) for only $50!

Continuing yoga practice for beginners practice the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation.

German Language and Culture for Travelers
with Mediha Jusufagic
Thursdays, October 1–22, 4–5:30 pm
Member: $60 | Non-Member: $90
Discuss great places to visit and the cultural differences in German speaking countries. Learn basic communication such as greetings, asking for information related to food, transportation, directions, hotel, shopping, and health.

Understanding Emotion: Creating Healthy Relationships
with Susan Leigh Deppe, MD
Saturdays, October 3 & 10, 9 am–1 pm
Member: $80 | Non-Member: $120
Explore the biology and language of emotion, personality, empathy, intimacy, and some of the ways we manage shame and other emotions.

End of Life Care Choices
with Linda Waite-Simpson
Tuesday, October 6, 5:30–7 pm
Member: $15 | Non-Member: $25
Discuss end of life care options including Act 39, unwanted medical treatment, inappropriate medical treatment, voluntary stopping of eating and drinking as well as care options appropriate for your advance directive.

Burlington Edible History Tour
with Gail Rosenberg & Elise A. Guyette
Thursday, October 8, 1–4 pm
Member: $50 | Non-Member: $75
On a 2-mile walk, 5 restaurant tasting tour, discover the history of Burlington’s early ethnic groups and their food traditions, when farm to table was a way of life.

Human Trafficking: Context, Signs and Response Options
with Edith Klimoski
Monday, October 12, 4–5:30 pm
Member: $15 | Non-Member: $25
Learn about local and global human trafficking issues — their context, signs and response options.

Classic Croissants
with Patsy Jamieson
Saturday, October 17, 9:30 am–1 pm
Member: $50 | Non-Member: $75
Learn easy techniques for making delicious croissants.

Having fun with your iPad
with Mark Carter
Mondays, October 19–November 9, 5:30–7 pm
Member: $60 | Non-Member: $90
Learn the tricks for making your iPad do what you want it to do! Bring your own iPad. No other tablets please. Please have your iPad with the basic initial setup and have your Apple ID and Password with you.

“Learning what you want to know, from an engaging instructor, just for the joy of learning: what could be better than that?”

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085
Beginning Yoga I  
with Amanda McIntire  
Mondays, October 19–November 9,  
5:30–6:30 pm  
Member: $40 | Non-Member: $60  
*Members can sign up for both Monday and  
Wednesday classes (8 sessions total) for only $60!  
This series introduces first-time beginners  
to the basics of yoga, including the physical  
practice (asana), the breathing practices  
(pranayama), and meditation for first-time.

Beginning Yoga II  
with Amanda McIntire  
Wednesdays, October 21–November 11,  
5:30–6:30 pm  
Member: $40 | Non-Member: $60  
*Members can sign up for both Monday and  
Wednesday classes (8 sessions total) for only $60!  
This series furthers participants’ yoga  
experience through physical practice (asana),  
breathing practices (pranayama), yoga  
practice for beginners.

Bridging Science & Spirit:  
Time, Space and the Infinite Mind  
With Fred Fengler  
Wednesdays, October 21–November 11,  
5:30–7pm  
Member: $60 | Non-Member: $90  
Discuss what scientific research reveals  
about the mind’s ability to transcend time  
and space with regards to reincarnation,  
ESP, and Quantum Physics.

The “Greening” of Energy —  
The Shift Away from Fossil Fuels  
and the Emergence of Renewables  
with Paul Wagenhofer  
Tuesdays, October 20 & 27, 5–7 pm  
Member: $40 | Non-Member: $60  
This series of talks is designed for those  
who are interested in acquiring a basic  
understanding of the exploration for, our  
usage of, and our dependence on fossil fuels;  
and the efforts currently underway to shift  
to renewable, greener energy sources.

Reading Workshop: Short Stories  
by Vermont Authors  
with Rebecca Starks  
Tuesdays, October 20–November 10, 5:30–7 pm  
Member: $60 | Non-Member: $90  
Read and discuss short stories by eight  
Vermont authors.

The Art of Renaissance Florence  
with Kelley Helmsutler Di Dio  
Wednesdays, October 21 & 28, 4:30–6:30 pm  
Member: $40 | Non-Member: $60  
Examine the greatest Renaissance artists  
and their powerful patrons, the Medici of  
Florence.

Brilliant Beautiful Birds  
with Maeve Kim  
Thursdays, October 22–November 5, 5–6:30 pm  
& Saturday, November 7, 9 am–1 pm  
Member: $85 | Non-Member: $135  
Discover birds that provide a splash of  
color and beauty as the days are getting  
shorter and the temperatures are falling.  
Transportation to Saturday field trip is on  
your own.

sign up now!

REGISTER TODAY!  learn.uvm.edu/olli  802.656.2085
Sacred Harp Singing
Every Tuesday, 6:30–8:30pm, Ira Allen Chapel

Sacred Harp is a traditional New England style of participatory signing that is both dramatic and beautiful. Sung a cappella in four part harmony, songs are taught by singing the “shapes” and then the words. Free and open to the public. Regular attendees strongly encouraged to become an OLLI member.

Ancient Egypt, Early Israel and the Year Civilization Collapsed
with David Ian Lightbody
Thursdays, October 22, 29 & November 5, 5:30–7 pm
Member: $45 | Non-Member: $70

Discover the controversial period of the ‘Bronze Age Collapse’ during the ancient history of Egypt and the Holy Lands.

Geology of the Champlain Islands and Fossil Reef
with Laurence Becker
Saturday, October 31, 10 am–1 pm
Member Fee: $30 | Non-Member Fee: $45

Explore the Ordovician reef on Isle La Motte, the world’s oldest reef where corals first appear. Transportation to two locations, North Hero Community Center and the Ordovician reef on Isle La Motte is on your own. In partnership with Island Arts.

Midlife Transitions: Letting Go and Moving Forward
with Marty Garrett
Mondays, November 2 & 9, 5–7 pm
Member: $40 | Non-Member: $60

Discuss relationship issues, career concerns, aging parents, illness, and retirement transitions that provide an opportunity for positive growth.

Drawing as a Way of Knowing: Doors to Memory, Paths to Concept Formation
with Michael Strauss
Wednesday, November 4, 4–6 pm
Member: $20 | Non-Member: $30

This one session workshop is an introduction to the practice of drawing to learn. Students will come to understand how the process of drawing and redrawing through revision inspires continuing and creative change as we visually “talk” to ourselves.

Scientific Glassblowing: Melding Art and Science
with Angela Gatesy
Thursday, November 12, 5:30–7 pm
Member: $15 | Non-Member: $25

Learn how research glassware is fabricated at the UVM Glass Shop. The use of glassblowing torches, lathe and basic equipment will be demonstrated.

Italian Holiday Cookies
with Adele Dienno
Saturday, November 14, 10 am–12:30 pm
Member: $40 | Non-Member: $60

Prepare delicious freezer-friendly Italian holiday cookies such as biscotti with chocolate and dried cherries and gluten free amaretti cookies.

Beginning Yoga, Spring 2015
OLLI AT UVM ART EXHIBITS

Throughout the year, OLLI at UVM displays the works of local artists in the Office of Continuing and Distance Education at 322 South Prospect Street. Each gallery exhibit is launched with a reception and lecture and discussion led by the artist. Information on upcoming exhibits is circulated via email and is also shared on the OLLI website.

GREAT DECISIONS

Facilitated by OLLI Members
Saturdays, 10 am–12 noon
Member: $25 | Non-Member: $40

Join us for insightful, thought-provoking discussions about some of the most pressing foreign policy challenges that our country faces today. Great Decisions is a nation-wide civic education program supported by the Foreign Policy Association. (www.fpa.org).

Sectarianism in the Middle East
with Jim Phalen
September 26

Privacy in the Digital Age
with Mediha Jusufagic
October 24

Syria’s Refugee Crisis
with Bill Harwood
October 31

MARK YOUR CALENDARS FOR THE 1ST ANNUAL OLLIFEST: CELEBRATING A COMMUNITY OF LIFELONG LEARNERS...

Friday, Sept 11, 5:30–7pm
Livak Ballroom, Davis Center

Enjoy music and food in the company of friends. Meet your Fall OLLI instructors and get a closer look at the classes they are teaching.

“Lake Champlain Sunrise, by artist Jane Neroni

Become an OLLI at UVM member and register for courses:
learn.uvm.edu/olli  802.656.2085

Osher Lifelong Learning Institute of The University of Vermont
University of Vermont—Continuing and Distance Education
322 South Prospect Street, Burlington, VT 05401