Beginning Yoga I
with Amanda McIntire
Mondays, February 1–22, 5:30–6:30 pm
Member: $30 | Non-Member: $45

First-time beginners learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation.

Beginning Yoga II
with Amanda McIntire
Wednesdays, February 3–24, 5:30–6:30 pm
Member: $40 | Non-Member: $60

*Members can sign up for both Monday and Wednesday classes (7 sessions total) for only $60!

This series furthers participants’ yoga experience through physical practice (asana), breathing practices (pranayama), and meditation.

Coming Home: Spring Birding
with Maeve Kim
Mondays, February 29–March 14, 5–6:30 pm
& Saturday, March 19, 8:30–11 am
Member: $70 | Non-Member: $105

Learn about spring migration and visit local birding hot spots. Transportation is on your own for the Saturday field trip.

Home Exchange and Low-Cost Travel
with Julia Blake
Thursdays, March 3 & 10, 5:30–7 pm
Member: $30 | Non-Member: $45

Discuss the process of home exchange and show ways of traveling economically — lower-cost airfare, B&Bs, cottage rentals, etc. Swapping your home with someone far away is a great way to travel! Class emphasis is on Britain but the skills apply anywhere.
Stephen King’s *Different Seasons*: Four Novellas  
*with Bill Biddle*  
**March 7–April 1**  
**ONLINE**  
Member: $40 | Non-Member: $70

Discuss four fascinating novellas from *Different Seasons*, by Stephen King. In this four-week online class, engage and discuss with your OLLI peers in a fun, user-friendly online format; pre-session guidance and support available.

**Beginning Yoga I**  
*with Amanda McIntire*  
**Mondays, March 7–28, 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!*

First-time beginners learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation.

**Tai Chi for Life**  
*with Elizabeth Wirls*  
**Tuesdays, March 8–29, 5:30–7 pm**  
Member: $60 | Non-Member: $90

Learn to improve balance, agility, and increase lower and upper body strength, from an instructor trained through CVAA’s Tai Chi program with Dr. Paul Lam’s Tai Chi for Arthritis and Back Pain program used worldwide.

**Aging and Creativity**  
*with Richard Finkelstein*  
**Tuesdays, March 8 & 15, 5:30–7 pm**  
Member: $30 | Non-Member: $45

Discuss aging and creativity focusing on the benefits of engagement with the arts.

**Bridging Science & Spirit: Dying, Death, and Life After Death**  
*with Fred Fengler*  
**Wednesdays, March 9–30, 5:30–7 pm**  
Member: $60 | Non-Member: $90

Drawing on best-selling author Eben Alexander’s book *Proof of Heaven: A Neurosurgeon’s Journey into the Afterlife*, we will examine the near-death experience evidence for life after death.

**Introduction to Zentangle**  
*with Carolyn Siccama*  
**Wednesday, March 9, 5:30–7:45 pm**  
Member: $30 | Non-Member: $45

In this fun and relaxing workshop, intensify your focus and create beautiful images from repetitive patterns, using a simple step-by-step process. Finish two Zentangle tiles of your own. No art background required; all materials provided.

**Turkey Trip, Spring 2015**

**REGISTER TODAY!**  
[learn.uvm.edu/olli](http://learn.uvm.edu/olli)  
802.656.2085
Beginning Yoga II
with Amanda McIntire
Wednesdays, March 9–30, 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.

Facing up to Facebook and Twitter
with Mark Carter
Wednesdays, March 9–30, 5:30–7 pm
Member: $60 | Non-Member: $90

Become more comfortable and secure with communicating online and discover many options social networks provide in maintaining communication with family, friends, and the opportunity to make new acquaintances from many different cultures all over the world.

End-of-Life Choices in Vermont
with Linda Waite-Simpson
March 10–31 ONLINE
Member: $40 | Non-Member: $70

Learn about the spectrum of end-of-life options in Vermont. In this four-week online class, engage and discuss with your OLLI peers in a fun, user-friendly online format; pre-session guidance and support available.

Reading Workshop: U.S. Poet Laureates
with Rebecca Starks
Thursdays, March 10–31, 5:30–7 pm
Member: $60 | Non-Member: $90

Read and discuss poems from the eight most recent U.S. poet laureates including Donald Hall, Charles Simic, Kay Ryan, W.S. Merwin, Philip Levine, Natasha Trethewey, Charles Wright, and Juan Felipe Herrera.

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085
OLLI members who register by Monday, February 15, 2016 can receive an additional 10% discount on all OLLI four-session courses!  
(some restrictions apply.)

Low-Calorie Desserts for Spring  
with Patsy Jamieson  
Saturday, March 19, 9:30 am–1 pm  
Member: $50 | Non-Member: $75
Create simple low-calorie fruit dessert recipes such as pineapple-coconut sorbet, rhubarb-blackberry compote, and maple-walnut roasted pears.

What’s Your “What’s Next” in Life?  
with Patricia Sears  
Tuesday, March 22, 5:30–7:30 pm  
Free for OLLI Members! | Non-Member: $30
Imagine (or reimagine!) a life goal or unfulfilled dream and chart a path to make it happen in partnership with AARP.

Introduction to Mindfulness and Meditation  
with Miv London  
Monday, March 28, 5:30–7 pm  
Member: $15 | Non-Member: $25
Discover the formal practice of meditation and informal mindfulness practices; the benefits of mindfulness for physical and emotional health will also be reviewed.

Introduction to Ikebana: Japanese Flower Arrangement  
with Michiko Oishi  
Wednesday, March 30, 5:30–7:30 pm  
Member: $20 | Non-Member: $35
Learn the Japanese art of flower arrangement through discussion and demonstration.

Changing U.S.–Cuban Relations  
with Caroline Beer  
Thursday, March 31, 12 noon–2 pm  
FREE for OLLI Members! | Non-Member: $30
Learn about the recent changes in the relationship between Cuba and the United States.

Drawing Botanicals in the UVM Greenhouse  
with Jean Carlson Masseau  
Saturdays, April 2–16, 10:30 am–1 pm  
Member: $75 | Non-Member: $115
Learn to draw botanical subjects in a supportive atmosphere that combines classroom instruction with field drawing experiences. Participants will bring their own supplies (see website) and a camp-type stool or small folding chair.

sign up now!

REGISTER TODAY! learn.uvm.edu/olli  802.656.2085
Essential Digital Photography
with Mark Carter
Mondays, April 4–25, 5:30–7 pm
Member: $60 | Non-Member: $90
In this hands-on class, discuss the basics to help you improve your digital photography skills.

Release the Writer in You:
A Concise Course on Writing Short Stories
with Kristen Johannesson
Mondays, April 4–25, 5–6:30 pm
Member: $60 | Non-Member: $90
Investigate the components of the short story, and begin creating your own modern classics while writing down your own inventive, narratives in a fun, relaxed, informative and above all, rewarding environment!

Beginning Yoga I
with Amanda McIntire
Mondays, April 4–25, 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!
First-time beginners learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation.

Tai Chi for Life
with Elizabeth Wirls
Tuesdays, April 5–26, 5:30–7 pm
Member: $60 | Non-Member: $90
Learn to improve balance, agility, and increase lower and upper body strength, from an instructor trained through CVAA’s Tai Chi for Arthritis and Back Pain program used worldwide.

Montreal Musee des Beaux Arts Pompeii Exhibit and Atwater Market Tour
with Patsy Jamieson
Tuesday, April 5, 8 am–5 pm
Member: $90 | Non-Member: $120
Explore 200 archaeological artifacts, statues in bronze and marble, mosaics, frescoes, decorative arts, and objects from daily life, which offer an extraordinary glimpse into the life of a once-thriving town of the Roman Empire, shedding light onto its civic and religious customs, as well as the daily life of its inhabitants, their food, sports, and homes, followed by lunch at the nearby Atwater Market. Transportation included.

GREAT DECISIONS
See last page for details.

REGISTER TODAY! learn.uvm.edu/olli  802.656.2085
"OLLı has been wonderful. Very well organized, interesting, stimulating, affordable, delicious, eye-opening, easy to navigate, responsive to my needs, inclusive and joyful!"

— OLLI Member

Searching for ET:
From Martian Rovers to Contact
with Fred Fengler
Wednesdays, April 6–27, 5:30–7 pm
Member: $60 | Non-Member: $90

How likely is it that we will find not just simple life on other planets, but that extraterrestrials have been observing our planet for a long time?

Beginning Yoga II
with Amanda McIntire
Wednesdays, April 6–27, 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.

Reading Workshop:
Short Stories in History
with Rebecca Starks
Thursdays, April 7–28, 5:30–7 pm
Member: $60 | Non-Member: $90

Read eight short stories with an eye on the significance of the historical backdrops they memorialize by Bernard Malamud, Kazuo Ishiguro, Louise Erdrich, Edmund White, ZZ Packer, Naomi Benaron, Deborah Eisenberg, and Jhumpa Lahiri.

Zentangled Seashells
with Carolyn Siccama
Thursday, April 7, 5:30–7:45 pm
Member: $30 | Non-Member: $45

In this fun and relaxing workshop, intensify your focus and create beautiful images from repetitive patterns, using a simple step-by-step process. An art background is not required. All materials will be provided.

Mindful Living
with Miv London
Tuesdays, April 12–26, 5:30–7 pm
Member: $45 | Non-Member: $70

This class will introduce a variety of meditation and mindfulness practices with the goal of supporting participants in developing a personal practice at home.

Introduction to Haiku:
Japanese Poetry
with Michiko Oishi
Wednesday, April 13, 5:30–7:30 pm
Member: $20 | Non-Member: $35

Learn about the history, culture, and practice of Japanese poetry of haiku and create your own.

REGISTER TODAY!  learn.uvm.edu/olli  802.656.2085
Sacred Harp Singing

Every Tuesday, 6:30–8:30 pm, 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.

Portrait, Landscape, and Still Life Paintings — An Exploration of Value Using Water-Soluble Inks with Michael Strauss

Thursday, April 14, 4–7 pm
Member: $30 | Non-Member: $45

Create black and white chiaroscuro paintings using a water-soluble black ink pen and a water-brush (or a water and a watercolor brush).

The Body Beautiful: Handmade Herbal Body Care with Sarah Zettelmeier

Thursday, April 21, 5:30–7:30 pm
Member: $35 | Non-Member: $50

Make luxurious body care products from simple, natural ingredients that nourish the skin and soothe the soul! We will make a facial regime of herbal steams, facial scrubs, rich body lotions, and sugar scrubs and bath salts.

Whole-Wheat Sourdough Country Bread with Patsy Jamieson

Saturday, April 16, 9:30 am–1 pm
Member: $50 | Non-Member: $75

Create your own rustic sourdough country bread, by making and maintaining the wild yeast starter and baking the crusty loaves.

Advance Directives — Exploring Your Options with Linda Waite-Simpson

Monday, April 18, 4–5:30 pm
FREE for OLLI Members! | Non-Member: $25

Understand and complete your advance care directive.

The Dead Sea Scrolls with Jeffrey Trumbower

Wednesday, April 20, 5–7 pm
Member: $20 | Non-Member: $35

Explore the significance of one of the greatest archaeological finds of the 20th century, the Dead Sea Scrolls, written over 2,000 years ago and discovered in the 1940s and 50s.

Green Thumb 101 with Sarah Salatino

Thursday, April 28, 5:30–7 pm
Member: $15 | Non-Member: $25

Explore basic gardening skills through hands-on activities and demonstrations and come away with a familiarity of proper soils, watering techniques, potting, propagation, and understanding how plants work!

History Tour of Burlington with Gary De Carolis

Saturday, May 7, 9:45 am–noon
Member: $45 | Non-Member: $65

Travel in a van with Burlington History Tours to visit key spots and discuss the Burlington area from 1609 to present day, learn unique features of Lake Champlain, and understand why Native Americans treasured this area.

Register today! learn.uvm.edu/olli 802.656.2085
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 nationwide civic education program supported by the Foreign Policy Association. (www.fpa.org).

Middle East Alliances with Greg Vaut
February 6

The Rise of ISIS with Bill Harwood
February 13

The Future of Kurdistan with Greg Vaut
February 20

Migration with Bill Harwood
February 27

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

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