Drawing and Painting for the Terrified, Session 1
with Michael Strauss
Saturdays, September 3–24, 10 am–noon
Member: $60 | Non-Member: $90
Learn about contemporary artists, art history, make your own art and share, discuss and get critiques of your work and artistic process. Make new art friends in Vermont and around the country as well, all from the comfort of your home.

Intro to Ukulele, Level 1
with Clare Innes
Mondays, September 12–October 10,
5:30–6:30 pm (no class 9/19)
Member: $40 | Non-Member: $60
Learn chords, strums, and techniques to begin your ukulele journey and gain confidence playing with others. No uke? No worries! See OLLI website for details.

Beginning Yoga 1, Session 1
with Amanda McIntire
Wednesdays, September 7–28, 5:30–6:30 pm
Member: $40 | Non-Member: $60
Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat.
**Autumn Medicinal Plant Walk**
with Katherine Elmer

**Tuesday, September 20, 10:30 am–noon**

**Member: $15 | Non-Member: $30**

Join community herbalist and UVM faculty member, Katherine Elmer, for a tour of medicinal plants in the gardens and green spaces of Spoonful Herbal’s main teaching garden at Rock Point in Burlington. Introduction to plant identification field skills and culinary/plant medicine making tips included.

**Burlington’s Little Jerusalem Walking Tour**
with Aaron Goldberg & Jeff Potash

**Wednesday, September 21, 11 am–12:30 pm**

**Member: $15 | Non-Member: $30**

Explore Burlington’s Jewish Lithuanian immigrant history with a short walking tour of less than one mile. Learn about the history and growth of the Jewish community’s population, businesses, schools and synagogues. Understand how a Lithuanian village and culture was transplanted and sustained in Burlington, VT.

**Writing a Legacy Letter**
with Jay Sherwin

**Thursdays, September 22–29, 10–11:30 am**

**Member: $30 | Non-Member: $45**

A legacy letter, also called an ethical will, is a brief written document that allows you to share your life lessons, express your values, and offer your blessings to future generations. This two-session workshop offers a model structure, discussion and reflexive writing exercises to help you complete your own legacy letter.

**Season Extending Flowers for Pollinators**
with Sarah Salatino

**Thursday, September 22, 5:30–7 pm**

**Member: $15 | Non-Member: $30**

Tour Full Circle Gardens in Essex to see which pollinator nourishing flowers are still blooming. Learn which perennials to plant to support pollinators’ winter migration and hibernation. Lists of perennials will be available to take home.

**Ethan Allen Homestead Museum Tour**
with Angie Grove

**Tuesday, September 27, 11 am–12:30 pm**

**Member: $15 | Non-Member: $30**

Tour the 1787 Ethan Allen Homestead Museum and explore the Abenaki history & culture exhibit, on loan from the Alnobaiwi. Discover life on the 18th century New England frontier, the formation of the state of Vermont, and past and present Euro-Native relations at the Winooski River Intervale.

**Shelburne Museum Tour: Eyesight and Insight, Lens on American Art**
with Carolyn Bauer and Katie Wood Kirchhoff

**Thursday, September 29, 10:30 am–noon**

**Member: $20 | Non-Member: $35**

This exhibit invites new insights into the ways American artists have negotiated issues related to eyesight from the 18th to the 21st centuries. Explore a rich selection of items drawn from Shelburne Museum’s permanent collection as well as significant loans from private collectors, public institutions, and galleries. Featured artists include Tseng Kwong Chi, George Cope, Charles Willson Peale, Howardena Pindell, William Wegman, and more.
Cooking for One (or Two): Part 3
with Patsy Jamieson
Thursday, September 29, 5:30–7 pm
Member: $20 | Non-Member: $35
Focus on comforting recipes that use ingredients from your pantry and freezer. Learn to prepare an easy ramen noodle soup, homemade one-pot mac & cheese, and a super-simple bean soup. Additional recipes included in handout. Discuss healthy pantry essentials.

Old North End Walking Tour
with Britta Tonn
Friday, September 30, 11 am–12:30 pm
Member: $15 | Non-Member: $30
Take a stroll through the Old North End and learn about the history and architecture of this vibrant neighborhood of Burlington.

Brain & Memory Enhancement
with Katherine Robinson
Saturdays, October 1–22, 10:30 am–noon
Member: $60 | Non-Member: $90
Enhance our brain by connecting to it energetically and forming a new relationship to it, with the intention of hope and empowerment, not fear. Learn about the latest research and techniques that involve the blending of Western and Eastern philosophy and practices.

Dark History of Russia and Ukraine
with James L. West
Wednesdays, October 5–26, 10:30 am–noon
Member: $40 | Non-Member: $60
Investigate the troubled history of both Ukraine and Russia, and examine the historical factors that led to the ongoing conflict between these two countries.

Beginning Yoga 1, Session 2
with Amanda McIntire
Wednesdays, October 5–26, 5:30–6:30 pm
Member: $40 | Non-Member: $60
Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat.

Reading Workshop: American Short Stories III
with Robert Weibezahl
Thursdays, October 6–27, 1:30–3 pm
Member: $60 | Non-Member: $90

Rise of the West During the Age of Discovery
with Robert Hajdu
Saturdays, October 8–29, 10:30 am–noon
Member: $60 | Non-Member: $90
Discuss the developments in shipbuilding that allowed the West to engage in ocean navigation at the end of the 15th century, which promptly led to discovery of the Americas, the beginning of colonization and racism, and the unchallenged claim by Spain and Portugal each of one half of the globe. Meet on UVM campus.

Drawing and Painting for the Terrified, Session 2
with Michael Strauss
Saturdays, October 8–29, 10 am–noon
Member: $60 | Non-Member: $90
Learn about contemporary artists, art history, make your own art and share, discuss and get critiques of your work and artistic process. Make new art friends in Vermont and around the country as well, all from the comfort of your home.

Beginning Yoga 1, Session 3
with Amanda McIntire
Mondays, October 10–31, 5:30–6:30 pm
Member: $40 | Non-Member: $60
Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory in-person course on UVM campus. Required equipment: Yoga or exercise mat.

sign up now!

REGISTER TODAY! learn.uvm.edu/OLLI or CALL 802.656.5817
Intro to Ukulele, Level 2
with Clare Innes
Mondays, October 17–November 7, 5:30–6:30 pm
Member: $40 | Non-Member: $60

Take your ukulele to the next level. Become more fluid with chord changes, strumming, and learning new songs. Explore fingerpicking and an easy music theory tool and, of course, play lots of songs! Please be able to move with relative ease among these chords: Am, C, D, Em, F, G, G7. This class is designed for ukuleles in the common high-G (“re-entrant”) tuning. This class is designed for adults.

Sermon From The Studio:
Marvin Gaye’s “What’s Going On”
with Rueben Jackson
Tuesday, October 18, 5:30–6:30 pm
Member: $15 | Non-Member: $30

Join us in this examination and celebration of Marvin Gaye’s seminal, haunting and innovative suite entitled “What’s Going On.”

Shelburne Museum Tour:
Maria Shell, Off The Grid
with Katie Wood Kirchhoff
Wednesday, October 12, 10:30 am–noon
Member: $20 | Non-Member: $35

Featuring fourteen works by Maria Shell created between 2011 and 2022, this special exhibition explores her classical components of traditional bedcovers and manipulates them to create surprising combinations of pattern, repetition, and color.

Fall Foliage Hike on the Long Trail in Smugglers’ Notch
with Michael DeBonis
Wednesday, October 19, 11 am–12:30 pm
Member: $15 | Non-Member: $30

Meet at the historic Barnes Camp in Smugglers’ Notch, Stowe and enjoy a 1.5 mile walk on the Long Trail while viewing and learning about the science behind Vermont’s beautiful fall foliage.

“Enjoy the variety and quality of classes offered as it will open your eyes to so much that is around you that you may be missing.”

– OLLI Member

sign up now!
Tour of The Prints of Rockwell Kent at the Fleming Museum of Art with Alice Boone
Saturday, October 22, 12:30–2 pm
Member: $15 | Non-Member: $30
Explore the woodcuts and other print illustrations of Rockwell Kent, whose iconic designs for Moby Dick, Candide, and popular American adventure magazines are instantly recognizable decades after they were first printed.

Musee des Beaux Arts: Seeing Loud: Basquiat and Music with Montreal Museum of Fine Arts Curator
Thursday, October 27, 10:30-11:30 am
Member: $15 | Non-Member: $30
In this online presentation, explore the music that shaped Basquiat's New York which sheds new light on his career as a performer and musician, notably with the band Gray. Examine his painting compositional techniques as they relate to music, and his ties to particular record labels, musicians, cultures and sounds.

Introduction to Meditation & Mindfulness with Katherine Robinson
Saturdays, October 29–November 19, 10:30 am–noon
Member: $60 | Non-Member: $90
Take a meditative journey to stimulate your brain and learn a variety of meditative, mindfulness and breathing techniques. Explore the benefits of meditation and create a practice that fits your lifestyle.

Birding & Wellness — A Healing Connection to Nature with Bridget Butler
Thursday, November 3, 5:30–7 pm
Member: $30 | Non-Member: $50
During this unprecedented time, people need daily practices to cope and maintain their well-being. Explore how birding can boost our well-being and stave off stress and anxiety.

Ukrainian Dessert Traditions: Poppy Seed Sweet Bread & Mulled Winter Punch with Anna Mays
Friday, November 4, 10:30 am–noon
Member: $20 | Non-Member: $35
Join us as we celebrate the diverse dessert traditions of Ukraine. We will learn to make the traditional poppy seed sweet bread, Makovyj Rulet, popular as a holiday dessert or for breakfast or teatime. We will learn to make a delicious poppy seed filling that works well for both loaves and buns, using a rich walnut paste, vanilla, and fall apples for brightness. We will also learn to make the spiced honey fruit punch Uzvar, a winter-time favorite that takes advantage of dried fruits and warming spices. As we bake, we will discuss the renowned dessert and hospitality traditions of Ukraine.

Drawing and Painting for the Terrified, Session 3 with Michael Strauss
Saturdays, November 5–26, 10 am–noon
Member: $60 | Non-Member: $90
Learn about contemporary artists, art history, make your own art and share, discuss, and get critiques of your work and artistic process. Make new art friends in Vermont and around the country as well, all from the comfort of your home.

Beginning Yoga 1, Session 4 with Amanda McIntire
Mondays, November 7–28, 5:30–6:30 pm
Member: $40 | Non-Member: $60
Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory in-person course on UVM campus. Required equipment: Yoga or exercise mat.

Beginning Yoga 1, Session 5 with Amanda McIntire
Wednesdays, November 9–30, 5:30–6:30 pm
Member: $40 | Non-Member: $60
Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Required equipment: Yoga or exercise mat.

These courses can enrich your life. We’re never too old to learn.”

— OLLI Member

REGISTER TODAY! learn.uvm.edu/olli OR CALL 802.656.5817
AN EVENING WITH MARGARET ATWOOD

Thursday, October 6, 2022, 5 pm
Ira Allen Chapel, UVM Campus
FREE and Open to the Public

Join us for an interactive and engaging evening with two-time Booker prize-winning author of over 50 books, including The Handmaid’s Tale and its record-breaking sequel, The Testaments, Margaret Atwood. Perhaps best known for her haunting visions of future dystopias, Atwood explores issues related to gender and identity, religion and myth, the power of language, climate change, and even power politics. Atwood’s sharp eye is more crucial—and prescient—than ever.

RSVP required: learn.uvm.edu/aiken
Become a member of OLLI at UVM and...

You will have the opportunity to experience educational and cultural opportunities offered through OLLI and other partnership programs and events.

You become part of a community of people with new and different or shared interests, who all embrace similar ideas about themselves and share the value in life-long education.

You can explore new as well as familiar fields of interest, in an environment suited to adult learners.

You Will Receive:
- University-quality learning experiences in your community
- Intellectually stimulating courses
- Opportunities to share a passion or long-standing interest with others
- A forum for friendship and socializing
- Preferential seating at select premier UVM lectures and events
- Opportunities to participate on volunteer committees

Benefits of Membership:
- Up to 50% discount on OLLI courses
- OLLI e-newsletters and updates on lectures, activities, courses and events of interest
- Discounted tickets to UVM Lane Series performing arts events
- Priority registration for all OLLI educational travel opportunities

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