Beginning Yoga I
with Amanda McIntire

SESSION 1: Wednesdays, January 8–29
5:30–6:30 pm
Member: $40 | Non-Member: $60

SESSION 2: Wednesdays, February 5–26
5:30–6:30 pm
Member: $40 | Non-Member: $60

SESSION 3: Mondays, March 2–23
5:30–6:30 pm
Member: $40* | Non-Member: $60

SESSION 4: Mondays, March 30–April 20
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. Bring your own mat.

*Members can sign up for both Monday (Yoga I) and Wednesday (Yoga II) classes in Sessions 3 or 4 — Eight classes each session for only $60!

Beginning Yoga II
with Amanda McIntire

Session 3: Wednesdays, March 4–25
5:30–6:30 pm
Member: $40* | Non-Member: $60

Session 4: Wednesdays, April 1–22
5:30–6:30 pm
Member: $40* | Non-Member: $60

This series furthers participants’ yoga experience through physical practice (asana), breathing techniques (pranayama), and meditation. Bring your own mat. Completion of Yoga I course required.

*Members can sign up for both Monday (Yoga I) and Wednesday (Yoga II) classes in Sessions 3 or 4 — Eight classes each session for only $60!

Writing Workshop: Four Poems
with Rebecca Starks

Wednesdays, January 22–February 12, 5:30–7 pm
Member: $60 | Non-Member: $90

Read models for writing and workshopping four types of poems (protest, narrative, ekphrastic, and love poems). All levels welcome.
Beginner Ukulele — Level 1  
with Clare Innes  
Mondays, February 3–March 2 (no class Feb. 17), 5:30–6:30 pm  
Member: $40 | Non-Member: $60  
Have fun learning chords, strums, and techniques to begin your ukulele journey and gain confidence playing with others. No uke? No worries! Ukes available to rent or buy in class. No class February 17.

Reading Workshop: Migration Stories  
with Rebecca Starks  
Wednesdays, March 4–25, 5:30–7 pm  
Member: $60 | Non-Member: $90  
Immerse in the fundamental human story of migration and the resulting experience of living between two cultures. The Penguin Book of Migration Literature (2019) will be used as a point of departure.

Gardening for Pollinators  
with Andrea Luchini  
Thursday, March 5, 5:30–7 pm  
Member: $25 | Non-Member: $35  
Learn how to effectively garden to support bees, butterflies, and other backyard pollinators. Topics include plant choice, garden and meadow establishment, and maintenance practices.

Beginner Pilates Session 1  
with Sarah Griffin  
Thursdays, March 5–26, 5:30–6:30 pm  
Member: $40 | Non-Member: $60  
Improve strength, flexibility, balance, muscular symmetry, and promote elongated and toned muscles to create a strong body core. Bring a padded mat, at least equivalent to 2 yoga mats.

Spring Landscapes Paint & Sip  
with Janet Hinnes  
Friday, March 6, 6:30–8:30 pm  
Member: $35 | Non-Member: $60  
Spring is in the air! Leave the winter doldrums behind and paint beautiful landscapes that are about to unfold. Each artist will be guided in creating their own unique acrylic painting on a stretched canvas. Experienced and novice painters are welcome. Fees include one glass of wine or beer and all materials.

Mindfulness: Integrating Practice Into Daily Life  
with John Sojun Godfrey  
Tuesdays, March 10–31, 5:30–7 pm  
Member: $60 | Non-Member: $90  
Join former Zen Monk, John Sojun Godfrey, and learn practical mindfulness techniques you can incorporate into daily life. Explore ways to enhance focus, attention, and awareness to your interactions with yourself, others, and the world around you. Bring a cushion or blanket, anything you need to feel comfortable sitting in a chair or on the floor.

The Berlin Wall and the Iron Curtain: Germany 30 Years Later  
with Kerstin Lange  
Wednesday, March 11, 9–11 am  
Member: $25 | Non-Member: $35  
Explore the human, ecological, and socio-political legacies of the former border between East and West Germany.

Birds of Passage: Vermont Migratory Birds  
with Maeve Kim  
Wednesdays, March 11, 18, 5:30–7 pm and Saturday, March 21, 9–11 am  
Member: $50 | Non-Member: $75  
Usher in the start of Spring by learning about the birds that return to Vermont every year, filling the air with song and color. Visit prime birding locations in our own Champlain Islands.

How 9/11 Changed the World  
with Garrett Graff  
Thursday, March 12, 5:30–7 pm  
Member: $25 | Non-Member: $35  
This talk, based on the author’s new bestselling oral history of 9/11, The Only Plane in the Sky, will explore how America remembers that tragic day and what it means to a generation too young to remember it.

sign up now!
Being with Dying:
Compassion and Presence
with Chelsea Chalfant
Monday, March 16, 3:30–5 pm
Member: Free | Non-Member: Free
Join experts from UVM’s Health Network
Home Health & Hospice for a panel
discussion on acts of presence and support for
the dying and their caregivers. Hospice staff
will share evidence-based research, challenges
and achievements from the field, as well as a
brief overview of hospice and palliative care.
Participants will be encouraged to join the
collection.

Beginner Ukulele — Level 2
with Clare Innes
Mondays, March 16–April 6, 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!

Counter Culture 101
with Julia Irish
Tuesday, March 17, 11 am–1 pm
Member: $25 | Non-Member: $40
Discover how easy it is to ferment food at
home and learn some basic tips and tricks
of fermenting your own foods. Participants
will make a custom jar of kraut to take home
and enjoy.

Reflections from a Critical
Psychiatrist: A Way Forward for
My Profession
with Sandra Steingard
Monday, March 23, 5:30–7 pm
Member: $25 | Non-Member: $35
In this talk, Dr. Steingard will present a critical
analysis of the state of modern psychiatric
thought and practice, and will introduce
suggestions for reform.

Wildlife Tracking
with Alison Thomas
Wednesday, March 25, 5:30–7 pm
Member: $20 | Non-Member: $30
Begin to unravel the mysteries of signs that
wild animals leave behind, and build a stronger
connection to the natural world around you.

Counter Culture: Kimchi
with Julia Irish
Thursday, March 26, 5:30–7:30 pm
Member: $25 | Non-Member: $40
Discover how easy fermenting foods is at home.
Learn the benefits, and the tips and tricks of
fermenting, with a focus on kimchi. In this class
attendees will make their own jar of kimchi to
take home and enjoy.

Tin Whistle — Just Beyond Beginner
with MaryAnn Samuels
Thursdays, March 26–April 9, 5:30–7 pm
Member: $45 | Non-Member: $70
Expand your repertoire on the tin whistle. Begin
to play with ornamentation and hone skills in
learning tunes by ear. Previous basic tin whistle
experience required.

English Handbell Musicianship
with Jerilyn Bergdahl, Northern Bronze
Fridays, March 27–April 24 (no class April 10), 5–7 pm
Member: $60 | Non-Member: $90
Explore the ethereal sounds of English handbells,
the skills required to ring the handbells, and the
history and organization behind this musical art,
while performing simple pieces of music together
that emphasize the handbell skill that is being
learned. No musical experience necessary. Must
be able to lift and hold 1/2 lb to 5 lb handbells.
Transportation to the Shelburne Trinity
Episcopal Church each week is on your own.

The Magic of Cooking with Maple
with Patsy Jamieson
Saturday, March 28, 10 am–1 pm
Member: $65 | Non-Member: $95
Prepare sweet and savory recipes featuring maple
syrup and taste a flight of maple syrup grades.

See website for class locations:
learn.uvm.edu/olli

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085
How Vermont is Addressing its Affordable Housing Needs
with Maura Collins
Monday, March 30, 5:30–7 pm
Member: $25 | Non-Member: $35
This lively conversation with a housing policy expert will discuss the basic drivers of unaffordable housing in Vermont and what organizations and communities are (or could) do to address it.

Fake News and Real Journalism in the Digital Age
with Rob Williams
Wednesdays, April 1–15, 5:30–7 pm
Member: $45 | Non-Member: $70
This multimedia hands-on course will focus on fake news, real journalism and the power of storytelling in our Digital Age.

The Tao Te Ching of Lao Tzu
with John Hanagan
Tuesdays, April 7–28, 11:30 am–1 pm
Member: $60 | Non-Member: $90
This course will engage with the moving and inspiring classic of Chinese Philosophy, the Tao Te Ching, compiled around the year 500 bce by the (perhaps) mythic Philosopher Lao Tzu. Together we will enjoy 72 poems that embody both soaring mysticism and down-to-earth wisdom.

DIY Humane Wildlife Removal
with HEART Wildlife Removal Staff
Tuesday, April 7, 5:30–7 pm
Member: $15 | Non-Member: $25
HEART Wildlife Removal staff will share simple and inexpensive tips for homeowners on how to humanely deal with common issues caused by wildlife.

Smartphone Photo Editing
with Bjorn Norstrom, Technology for Tomorrow
Thursday, April 9, 10:30 am–noon
Member: $15 | Non-Member: $35
Engage in smart phone (iPhone and Android) hands-on learning with a built-in photo-editing tool. Discover settings such as brightness, saturation, vibrancy, rotation, cropping, and more. Explore how to markup the picture with text, markers, and shapes. We will also go over how download and install photo editing apps for more advanced photo editing on the smart phone.

Life By The Horns: What Yaks Teach Us About Being Better Humans
with Rob Williams
Tuesday April 14, 5:30–7 pm
Member: $25 | Non-Member: $35
Yaks have much to teach us humans about living Life By the Horns. Learn about the 10 qualities that comprise The Yak Way with Vermont yakker, researcher and environmental historian Rob Williams.

Music and the Mind
with James Stewart
Thursday, April 16, 5:30–7 pm
Member: $15 | Non-Member: $25
Explore how music has been utilized in our culture and in our history. Experience audio experiments and illusions and see if we can trust our own ears. Examine cutting-edge research and the latest efforts in music therapy. Discuss ancient graffiti, Mozart’s starling, and answer the question, how do you get rid of a pesky ear-worm? Experience this multi-media lecture based on the podcast “Timeline” from VPR Classical.
Jewish Messiahs Through the Centuries
with Jeffrey Trumbower
Monday, April 20, 5:30–7:30 pm
Member: $30 | Non-Member: $45
Explore the origins of the concept “Messiah” within Judaism and examine real life examples from history, including Judas the Galilean, Jesus of Nazareth, Theudas, Simon bar Kochba, and Shabbetai Tzvi.

Fleming Museum Multi-Exhibitions Tour: Vibrant Details, Surprising Narratives
with Alice Boone
Saturday, April 25, 12:30–2 pm
Member: $15 | Non-Member: $25
Enjoy a private tour of the Fleming Museums’ two special exhibitions. The first exhibit, Let’s Have a Ball: Wood Gaylor and the New York Art Scene, paints a vivid picture of a city bursting with intersecting strands of burgeoning American modernism. The second exhibit, Warp: War Rugs of Afghanistan, includes designs that simultaneously document the history of a region while standing as a complicated testament to a still viable expressive and contemporary artistic tradition impacted by unusually diverse economic and political pressures.

The World of the Northern Canalers: The Champlain Valley’s Unique Maritime Community, 1819–1940
with Scott McLaughlin
Monday, April 27, 5:30–7 pm
Member: $25 | Non-Member: $35
When the inland waterways of North America were the major thoroughfares for commerce, the Champlain Valley was home to thousands of canal boat operators. Learn about these people and their boats, technologies, and cargoes, which were a critical part of the economic fabric of the Champlain Valley.

Bringing the World Of Chocolate to Vermont
with Kevin Toohey
Wednesday, April 29, 5:30–7 pm
Member: $10 | Non-Member: $25
Spend an evening at one of Burlington’s finest boutique chocolatiers, NU Chocolat, with Swiss trained chef and owner, Kevin Toohey. Enjoy a tour of the chocolate lab, and a curated tasting of chocolates from around the world as you deepen your understanding of one of the planets most complex foods: Cacao — The Food of The Gods.

Montreal Musée des Beaux Arts Tour: Paris 1900 and Post-Impressionism
with OLLI Staff
Friday, May 29, 8 am–5 pm
Member: $80 | Non-Member: $120
Discover a magnificent body of paintings and graphic works by Signac and the avant-garde, from Impressionists (Monet and Morisot), to Fauves (Dufy, Friesz and Marquet) and many more. This exceptional private collection will be exhibited in its entirety for the first time. Enjoy lunch in Museum cafe or venture to a cafe downtown nearby. Coach bus transportation and entrance fee to Musée des Beaux Arts is included.

“ I love it! OLLI keeps me curious and courageous to try new things.”
— OLLI Member
SACRED HARP SINGING
Every Tuesday, 6:30–8:30pm, UVM Campus
Sacred Harp is a traditional New England style of participatory singing 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.

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085

OLLI AT UVM DISTINGUISHED SPEAKER SERIES
Join us in the beautifully renovated Alumni House this Fall for lively and informative presentations on historical, timely, and relevant topics.

- Gardening for Pollinators with Andrea Luchini
  Thursday, March 5, 5:30–7 pm

- The Berlin Wall and the Iron Curtain: Germany 30 Years Later with Kerstin Lange
  Wednesday, March 11, 9–11 am

- How 9/11 Changed the World with Garrett Graff
  Thursday, March 12, 5:30–7 pm

- Reflections from a Critical Psychiatrist: A Way Forward for My Profession with Sandra Steingard
  Monday, March 23, 5:30–7 pm

- How Vermont is Addressing its Affordable Housing Needs with Maura Collins
  Monday, March 30, 5:30–7 pm

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- The Saffron Lecture, Fall 2019
What is OLLI?

OLLI (Osher Lifelong Learning Institute) at UVM is a community of adult learners who enjoy year-round courses and events that are diverse, interesting, fun, and affordable.

OLLI at UVM seeks to engage the minds, stimulate the senses, and foster learning through a wide range of classes, programs, travel opportunities, and social activities.

OLLI instructors are a mix of peer teachers, UVM faculty, independent scholars, and experts.

Membership is $30 for one year (two can sign up for $50), and courses are priced based on length and format.

Here’s what an OLLI membership gets you…

- Over 50% discount on all OLLI at UVM courses
- Priority seating at select premiere UVM lectures
- Priority registration for OLLI travel programs
- Weekly OLLI e-newsletters and updates on lectures, activities, courses and events of interest
- Discounted tickets to UVM Lane Series performing arts events
- Eligible to purchase membership to the UVM Campus Recreation Center

OLLI volunteer & teaching opportunities:

Become an active OLLI member by sharing your talents, interests, and ideas as a member-volunteer. An actively involved membership ensures interesting and diverse classes as well as keeping OLLI fees affordable. Join the Programming or Membership committee! Or maybe teach for OLLI? Don’t have time for a committee? Be a classroom ambassador. Or help with fundraising and special events.

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
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