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OF THE UNIVERSITY OF VERMONT

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OLLI Tour of UVM Horticulture Farm, Summer 2014

IN-PERSON
& ONLINE
COURSES &
EVENTS

sign up now!

Reimagining Forests 👤

with Ethan Tapper

Thursday, June 2, 10:30 am–12:30 pm

Member: **FREE** | Non-Member: **FREE**

Join Ethan Tapper, the Chittenden County Forester for the Vermont Dept. of Forests, Parks and Recreation to learn how forests work, what healthy forests look like (it may surprise you) and how they can be managed for a variety of benefits in Williston.

Morning Meditation to Tame The Monkey Mind 📱

with Katherine Robinson

Saturdays, June 4–25, 10:30 am–noon

Member: **\$60** | Non-Member: **\$90**

Connect to yourself on a deeper level, stimulate your brain and learn how to tame the monkey mind through a variety of meditative, mindfulness and breathing techniques. Explore the benefits of meditation and create a practice that fits your lifestyle.

Historic Walking Tour of UVM 👤

with William Averyt

Saturday, June 4, 10:30 am–noon

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

Discover UVM's history from the late 18th century up to the present, and learn about Ira Allen, Lafayette, and John Dewey. Examine important architectural landmarks such as Old Mill and the Billings Library. The tour will be given rain or shine. Meet at the Ira Allen statue on the UVM Green.

Beginning Yoga, Session 1 📱

with Amanda McIntire

Wednesdays, June 8–29, 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.

A Visit with Birds of Woods, River and Lake 👤

with Maeve Kim

Thursday, June 9, 8:30–10:30 am

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

Enjoy this leisurely walk near Shelburne Bay and the mouth of the LaPlatte River on either the Ti-Haul Trail (a wide flat cinder path) or nearby Shelburne Recreation Path (wide dirt path with a few gentle hills). Both are often full of birds!

Plant Medicine Tour 👤

with Katherine Elmer

Saturday, June 11, 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 the UVM campus. Includes an introduction to plant identification field skills and culinary/plant medicine making tips.

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“ OLLI continues to provide enriching lectures and classes. I feel so fortunate to be able to partake in such a wonderful variety of experiences along with other lifelong learners.”

– OLLI Member



of The University of Vermont

classes
travel
lectures
discussions
active learning

📱 ONLINE 👤 IN-PERSON*

*Provide own transportation to all in-person classes.

FOR LOCATIONS, DETAILS AND REGISTRATION INFORMATION, GO TO:
learn.uvm.edu/olli OR CALL **802.656.5817**

The Art of Breathing

with Katherine Robinson

Mondays, June 13–27, 2–3:30 pm

Member: \$45 | Non-Member: \$70

Learn why the breath is so important and how most of the population is breathing improperly, sometimes leading to negative side effects. Explore breathing techniques to increase your health, decrease anxiety and prevent the onset of an illness.

The German Virtuosa: The Life and Times of Clara Schumann

with Anette Isaacs

Tuesday, June 14, 10:30–11:30 am

Member: \$10 | Non-Member: \$20

Join German Historian, Anette Isaacs, for an intimate look at the life of Clara Virtuosa, divine pianist, talented composer, successful teacher, mother of 8 and the main breadwinner for her family. In the very male dominated 19th century, Clara Schumann did it all while juggling a 61-year concert career that made her internationally famous.

Living History – The University of Vermont Morgan Horse Farm

with Margaret Smithson

Wednesday, June 15, 12–1:30 pm

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

Enjoy a guided tour of this internationally recognized Morgan horse breeding farm and designated National Historic site in Weybridge.

Walking Tour: Mill Power Sites at Winooski Falls

with Miriam Block, Director of Heritage Winooski Mill Museum

Thursday, June 16, 11 am–noon

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

Learn about Winooski's industrial past through a guided walking tour along the river front. Points of interest will include water power features, mill architecture, and other remnants from Winooski's mill manufacturing days. We'll also take a look at the modern Winooski One Hydro Plant and fish elevator. This walking tour follows paved walkways and a rough gravel path. Good walking shoes recommended.

Celebrate Summer with Homemade Ice Cream!

with Patsy Jamieson

Thursday, June 16, 5–6:30 pm

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

Learn to make a selection of ice cream mixes, including a classic French custard-based ice cream, a simple no-cook Philadelphia-style ice cream, and a no-churn ice cream (no ice cream maker required)! Recipes for a light ice cream, a dairy-free version and an almost-instant frozen yogurt will also be included. Explore different types of ice-cream makers, tips for the smoothest ice cream, and discuss different types of frozen desserts.

Salt & Bubbles Wine Tasting: The Wines of Italy

with Salt & Bubbles staff

Sunday, June 19, 5–7 pm

Member: \$55 | Non-Member: \$80

Raise a glass to summer! Gather at Salt & Bubbles Wine Bar and Market in Essex to learn about and enjoy this tasting of 4 Italian wines and finish with a light snack.

Burlington's Little Jerusalem & the Lost Mural, an International Treasure

with Aaron Goldberg & Jeff Potash

Wednesday, June 22, 10:30 am–noon

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

Explore Burlington's Jewish Lithuanian immigrant history and the Lost Mural, a unique example of the lost genre of painted wooden synagogue wall murals. Utilizing maps, murals, photos and surveys, participants will journey with us to understand how a village and its culture was transplanted from Lithuania and sustained in Burlington, Vermont.

Slow Birding Outing with the Bird Diva

with Bridget Butler

Thursday, June 23, 10:30 am–1 pm

Member: \$30 | Non-Member: \$50

Join Bird Diva Bridget Butler for an accessible, inclusive, Slow Birding outing on the beautiful Barnes Camp Loop Trail in Stowe. Slow Birding is a mindful approach to birding that is focused on re-awakening & fine-tuning your innate birding skills while at the same time creating a deeper connection to yourself and the land. See OLLI website for directions.

Poetry Reading: *Fetch, Muse*

with Rebecca Starks

Tuesday, June 28, 4–5 pm

Member: \$10 | Non-Member: \$20

Join long-time OLLI instructor and professional author, Rebecca Starks, as she reads from her recent collection of poems, *Fetch, Muse*. She will discuss the book in dialogue with a colleague and answer questions from participants. You are welcome to read the book beforehand but it is not required.

Pollinator Garden Walk About

with Sarah Salatino

Thursday, June 30, 5:30–6:30 pm

Member: \$10 | Non-Member: \$20

Join us on this “walk about” of pollinator plants and gardens at Full Circle Gardens in Essex. Observe and identify different types of pollinator plants and their respective pollinators. Learn how to identify the traits of these plants and how to choose the correct plants for their gardens.

sign up now!

Beginning Yoga, Session 2

with Amanda McIntire

Wednesdays, July 6–27, 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.

Downtown Winooski Walking Tour

with Britta Tonn

Friday, July 8, 11 am–12:30 pm

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

Explore Winooski's downtown and historic mill district with local architectural historian Britta Tonn. Attendees will learn about the history and architecture of the Champlain and Woolen Mills, as well as the evolution of Winooski's commercial downtown and nearby residential neighborhoods from the late 18th century through the present day.

Tour of UVM's Horticulture Center

with Rachel Stievater

Thursday, July 14, 10:30 am–noon

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

UVM's Horticulture Research and Education Center (HREC) located in South Burlington is the home of: the Catamount Educational Farm (which cultivates vegetables, apples, grapes, herbs, and flowers); many research projects managed by UVM professors and extension agents; various educational opportunities, including the Farmer Training Program, a 6-month certificate program; and more!

Come learn about this urban oasis and go home with a bouquet of pick-your-own flowers from our fields.



SEMESTER-BASED MEMBERSHIP:

SUMMER: \$10

(\$8 for UVM faculty/staff/alumni or AARP members)

FALL: \$12

(\$10 for UVM faculty/staff/alumni or AARP members)

SPRING: \$12

(\$10 for UVM faculty/staff/alumni or AARP members)

 ONLINE  IN-PERSON*

*Provide own transportation to all in-person classes.