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.

“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

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

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 Patash
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.