Beginning Yoga 1, Session 1
with Amanda McIntire
Wednesdays, May 10–31, 5:30–6:30 pm ET
Member: $40 | Non-Member: $60
In this online introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation. Required equipment: Yoga or exercise mat.

Hügelkultur 101: Sustainable Raised Bed Gardening
with Maev Kim
Wednesday, May 24, 5:30–6:30 pm ET
Member: $15 | Non-Member: $30
In this online class, learn everything you need to know about the history of this ancient growing method, its purpose, how to make a mound on your own property, and what crops you might want to grow on it through step-by-step instructions with photos. A hügelkultur garden done right is self-watering, self-fertilizing, space-saving, and never requires tilling.

Shelburne Farms: The Art & Science of Cheddar Making
with Helen Cowan
Thursday, June 1, 2–4 pm ET
Member: $20 | Non-Member: $35
Join Head Cheesemaker, Helen Cowan, as she shares the detailed journey through the art and science of cheesemaking. In this interactive program, learn about the steps involved in making farmstead cheddar, dive into how good milk makes good cheese, and explore the science behind cheese aging. And of course, there will be a guided tasting of a few aged cheddars! Held at Shelburne Farms.

New York Historical Society Virtual Tour: Scenes of New York City: The Elie and Sarah Hirschfeld Collection
with Docent Kyle Einhorn, NYHS
Tuesday, June 6, 10:30–11:30 am ET
Member: $25 | Non-Member: $40
In this online class, celebrate a dynamic and multifaceted New York City with 130 stunning works from artists like Edward Hopper, Jacob Lawrence, Georgia O’Keeffe, Andy Warhol, and more—part of the extraordinary promised gift from philanthropists and art collectors Elie and Sarah Hirschfeld. Not recorded.
Beginning Yoga 1, Session 2
with Amanda McIntire
Wednesdays, June 7–28, 5:30–6:30 pm ET
Member: $40 | Non-Member: $60
In this online introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation. Required equipment: Yoga or exercise mat.

Soda Plant Tour
with Steve Conant
Thursday, June 8, 4–5:30 pm ET
Member: $15 | Non-Member: $30
Tour the historical soda plant in Burlington and learn about its history and exciting collection of food and drink businesses, as well as studios for artists and craftsmen. Begin with Conant M etal & L ight, followed by a walk through the current art gallery exhibit and a few businesses. End with a visit to the Venetian Soda L ounge and learn its history. After the tour, stay for lunch or coffee on your own.

Trees, Forests, and Forestry with the Chittenden County Forester
with Ethan Tapper
Tuesday, June 13, 10:30 am–12:30 pm ET
Member: FREE | Non-Member: FREE
Join the Chittenden County Forester for a walk through the Catamount Community Forest in Williston. Explore forest ecology, natural history, wildlife, and tree identification. Learn how we can manage forests for wood, water, air, wildlife, carbon sequestration and storage, climate change resilience and more.

Attaining Fluid Motion in Walking—An Introductory Feldenkrais® Workshop
with Carolyn King
Wednesday, June 14, 10–11:30 am ET
Member: $15 | Non-Member: $30
Experience a heightened sense of awareness, fluidity, and synchronicity in walking—whether in your everyday activities or in walking for exercise and enjoyment! In this introductory floor-based Feldenkrais workshop, we will explore hip and shoulder movements related to walking, evoking a lengthened, lighter, and more powerful gait. Participants will gain an understanding of the basic premises of Feldenkrais, and have an opportunity to process their experience of the movement lesson. Wear comfortable clothing and bring a yoga mat.

Living History—The University of Vermont Morgan Horse Farm
with Margot Smithson
Wednesday, June 14, noon–1:30 pm ET
Member: $15 | Non-Member: $30
Tour the UVM Morgan Horse Farm in Weybridge, dedicated to the preservation and improvement of the Morgan Horse, the Vermont State Animal, through breeding and selection. Explore this working farm, which is designated as a site on the National Register of Historic Places. Learn about Morgan horse history and a variety of educational programs for students and visitors from all over the globe.

Planning a Pollinator Garden
with Sarah Salatino
Thursday, June 15, 5:30–7 pm ET
Member: $15 | Non-Member: $30
Explore the principles of planting for pollinators and tour the pollinator garden at Full Circle Gardens. Identify flower features that attract and provide food for various pollinators. Learn how to create your own pollinator gardens. Held in Essex Town.

Historic Walking Tour of UVM
with William Averyt
Saturday, June 17, 10–11:30 am ET
Member: $15 | Non-Member: $30
Learn about the history of UVM on this 90-minute walking tour, covering the growth of the university from a simple wooden building in a forest to the institution we see today. Discuss important figures such as Ira Allen, George Washington, Frederick Billings, John Dewey, and Henry Hobson Richardson. Held on UVM campus.

**SEMESTER-BASED MEMBERSHIP:**

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

**REGISTER TODAY!**
learn.uvm.edu/olli OR CALL 802.656.5817

*Provide own transportation to all in-person classes.*
Summer Medicinal Herb Walk with Katherine Elmer
Tuesday, June 20, 10:30 am–noon ET
Member: $15 | Non-Member: $30
Enjoy this tour of medicinal plants in the gardens and green spaces of Spoonful Herbal’s main teaching garden at Rock Point Commons’ Gardens in Burlington. Includes an introduction to plant identification skills and culinary/plant medicine-making.

The Natural Muse: In Among the Trees with Mary Rose Dougherty
Thursday, June 22, 10:30 am–noon ET
Member: $15 | Non-Member: $30
We’ll gather to share and discuss poems of well-known writers such as Rumi, Joy Harjo, John Muir, W. Eugene Lewis, Octavio Paz, and others, looking at their subject matter as well as how the poems are shaped. How might these poems help us to forge a relationship between ourselves and trees, and with nature in general? Participants will be invited to respond in writing and share what they’ve written. Prior to writing, be prepared for a brief but essential pause for a quiet walkabout. Bring your camp chair if you wish. Held in Jericho.

Exploring Lake Champlain Aboard UVM’s Research Vessel Marcelle with Caroline McKelvey and Marissa Immordino
Friday, June 23, 12:30–2:30 pm ET
Member: $20 | Non-Member: $35
Join the Lake Champlain Sea Grant Education team aboard UVM’s new hybrid electric research vessel. This vessel acts as a floating laboratory and classroom for research at UVM and for our partners. Following an interactive introduction to the geology and formation of the Lake Champlain Basin and the lake, learn about biological, chemical and physical measurements that limnologists make in order to improve our understanding of the lake, its watershed, and our impacts on them. Meet near Echo Center, Burlington Waterfront.

Cooking Demo: Summertime Sauces, Condiments, and Quick Pickles with Liza Baker
Tuesday, June 27, 10:30 am–noon ET
Member: $25 | Non-Member: $40
Sauces, condiments, and pickles can elevate any meal and they’re great to have on hand when you’re trying to make a meal plan. In this demo, we’ll take a look at a variety of these dishes. Most can be made with nothing more than a good knife and cutting board and, of course, some summer produce. Vinaigrette/marinade, seasonal pesto, all-purpose cilantro (or parsley) sauce, flavored butter, and two fresh salsas will be prepared. Held in Shelburne.

The History of Sheep in Vermont with Chester F. Parsons
Tuesday, June 27, 10:30 am–noon ET
Member: $15 | Non-Member: $30
Discover why sheep were so important to Vermont during the 1800s. The importation of Merino sheep from Spain in 1811 by William Jarvis thrust Vermont into the forefront as a wool producer. Held at Winooski Mill.

Beginning Yoga 1, Session 3 with Amanda McIntire
Wednesdays, July 5–26, 5:30–6:30 pm ET
Member: $40 | Non-Member: $60
In this online introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation. Required equipment: Yoga or exercise mat.

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OLLI provides such a wonderful variety of classes and lectures. OLLI membership opens one up to a world of possibilities. Join and enjoy!

— OLLI Member
Labyrinth Walking for Peace and Clarity with Rev. Don Chatfield
Wednesday, July 12, 10:30 am–noon ET
Member: $15 | Non-Member: $30
This program acquaints you with the practice of labyrinth walking for meditation and prayer. Come and experience the woodland labyrinth at All Souls Interfaith Gathering in Shelburne, along with the nature path, sacred earth wheel, and interfaith sanctuary. Rev. Don Chatfield will provide an overview of the history of labyrinths and lead you through a meditative experience in nature.

Slow Birding with the Bird Diva with Bridget Butler
Tuesday, July 18, 9–11:30 am ET
Member: $30 | Non-Member: $50
Join Bird Diva Bridget Butler for an accessible, inclusive, Slow Birding outing at the Little Otter Creek Wildlife Management Area. Slow Birding is a mindful approach to birding that is focused on re-awakening and fine-tuning your innate birding skills while at the same time creating a deeper connection to yourself and the land. Held in Ferrisburgh.

The Lost Mural: An International Treasure in Vermont with Aaron Goldberg & Jeff Potash
Thursday, July 20, 10:30 am–noon ET
Member: $20 | Non-Member: $35
Explore Burlington’s Jewish Lithuanian immigrant history and the Lost Mural, a unique example of the lost genre of painted wooden synagogue wall murals. Using maps, murals, photos and surveys, participants will understand how a village and its culture was transplanted from Lithuania and sustained in Burlington, Vermont. Held at the Ohavi Zedek Synagogue, Burlington.

Shelburne Museum Tour: Built From the Earth: Pueblo Pottery with Victoria Sunnergren
Wednesday, July 26, 10:30 am–noon ET
Member: $25 | Non-Member: $40
Enjoy a discussion of the fascinating history of Pueblo pottery. Learn how these artworks are made and used, and how their makers use knowledge of the land and environment. The discussion will be followed by a tour of Built from the Earth: Pueblo Pottery from the Anthony and Teresa Perry Collection, which features masterworks of twentieth and twenty-first century pottery. Held at Shelburne Museum.

Bleu Lavande Lavender Farm Tour with Bleu Lavande Staff
Friday, July 28, 8 am–5 pm ET
Member: $90 | Non-Member: $150
Travel with us across the border and enjoy a guided tour of the aromatic lavender fields and floral gardens in Magog, Quebec. This day trip includes coach bus transportation, a tasting of lavender products, a delicious boxed lunch and a discount at the boutique.