Exploring Art Through Drawing and Painting, Session 1

with Michael Strauss

Saturdays, January 8–29, 10 am–noon ET
Member: $60 | Non-Member: $90

Enjoy this mix of short films about art and art making, museum visits led by experts (online) with a focus on well-known historically important and contemporary artists, followed by open studio art making (drawing and/or painting), sharing work, critiques, and discussion. No drawing or painting experience required. See OLLI website for materials list.

Beginning Ukulele, Level 1

with Clare Innes

Mondays, January 24–February 14, 6–7 pm ET
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! Ukuleles available for purchase at your local music shop. This class is designed for ukuleles in the common high-G (“re-entrant”) tuning.

Wagner, Nietzsche and the Origins of Fascism

with James L West

Tuesdays, February 1–22, 10:30 am–noon ET
Member: $60 | Non-Member: $90

Examine the rise of German national consciousness through the works of Wagner and Nietzsche. Discuss the musical works of Wagner, with emphasis on the monumental Ring of the Nibelungen. Explore the explosive philosophy of Friedrich Nietzsche. Participants are highly recommended to read excerpts from their own copies of Nietzsche’s The Birth of Tragedy and his Thus Spoke Zarathustra. Finally, we will plot the intensification of nationalist thought leading to The Great War of 1914–1918.

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Beginning Yoga I, Session 1
with Amanda McIntire

Wednesday, February 2–23, 5:30–6:30 pm ET
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.

Queen Elizabeth’s Platinum Jubilee:
70 Years on the Throne
with Sarah Campbell
Thursday, February 3, 5:30–7 pm ET
Member: $15 | Non-Member: $30
February 6, 2022 will mark the seventieth year of Queen Elizabeth’s ascension to throne of the United Kingdom and 16 Commonwealth realms. An extravagant celebration for the longest reign of any British monarch is being planned for June 2022. Discuss historical highlights of her 70-year reign. Learn about the story behind this event, what to expect and why it is important to us today.

Reading Workshop: Something Happening Here: The Vietnam Era through Short Fiction
with Robert Weibezahl
Thursdays, February 3–17, 1:30–3 pm ET
Member: $45 | Non-Member: $65
Examine the many experiences of this turbulent period through the prism of short fiction by American and Vietnamese writers. Explore how they attempt to document and make sense of the historic and emotional truths of a controversial time. Read 3–4 short stories per week, provided by the instructor in advance of class sessions, then engage in lively discussions about the messages and interconnections between the stories.

English Teatime: History, Scones, and Jam
with Anna Mays
Friday, February 4, 11 am–12:30 pm ET
Member: $20 | Non-Member: $35
Discuss the origins of this quintessential English custom, how teatime practices have evolved in the UK in the last century, and the key components of a proper Afternoon Tea menu. Learn to bake traditional scones with clotted cream and jam, the perfect teatime treat for Afternoon Tea. High Tea or Elevensies. Whether you’re interested in history or baking techniques, this class will offer teatime inspiration and help us understand why, in the words of the well-known song, ‘at half-past three, everything stops for tea.’

Exploring Art Through Drawing and Painting, Session 2
with Michael Strauss
Saturdays, February 5–26, 10 am–noon ET
Member: $60 | Non-Member: $90
Enjoy this mix of short films about art and art making, museum visits led by experts (online) with a focus on well-known historically important and contemporary artists, followed by open studio art making (drawing and/or painting), sharing work, critiques, and discussion. No drawing or painting experience required. See OLLI website for materials list.

Morning Meditation: Finding Your Center in a Chaotic World
with Katherine Robinson
Saturdays, February 5–26, 10:30 am–noon ET
Member: $60 | Non-Member: $90
Connect with 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. If you have already taken this course in the fall, this is not a repeat of the same information. New topics will be presented.

Ira Allen and the Beginning of the University of Vermont
with William Averyt
Tuesday, February 8, 5:30–6:30 pm ET
Member: FREE | Non-Member: $15
During the tumultuous years of the 1780s, Ira Allen was not only active as land developer, surveyor, treasurer of the struggling “republic” of Vermont, and officer in the Vermont militia. He also attempted to convince the Vermont legislature to establish a university. In this presentation, we look at the events leading to the creation of the University of Vermont.

Musee des Beaux Arts: Quebec and Canadian Art Collection
with Lillian Elivir
Thursday, February 10, 10:30–11:30 am ET
Member: $10 | Non-Member: $15
This presentation showcases contemporary Inuit art, Canadian Art in New France, as well as Quebec and Montreal art. We will look at works from the Founding Identities, Group of Seven and Beaver Hill Group collections.

COURSE KEY: ONLINE IN-PERSON

see more classes ▼
A Journey through America’s National Park System  
with David Ian Kroese  
Tuesday, February 15, 5:30–6:30 pm ET  
Member: $10 | Non-Member: $15  
David is one of about 50 people known to have visited all 423 National Park Service sites in the country. He will share photos and stories from his journey and discuss how his adventure became a book, the first published narrative of its kind. Enjoy these memorable recollections from the parks which illustrate systemwide themes and observations.

Cooking for One (or Two): The Sequel  
with Patsy Jamieson  
Thursday, February 17, 5:30–7 pm ET  
Member: $20 | Non-Member: $35  
Prepare easy and delicious recipes, for one or two! Learn how to use the technique of cooking en papillote (in a paper packet) to make a complete meal (including dessert!) that is easy to clean-up. Discover how to make a 5-minute French-style omelet. Discuss tips for smart shopping to avoid waste, as well as cooking techniques that make small-batch cooking a breeze.

Writing a ‘Legacy Letter’  
with Jay Sherwin  
Thursdays, February 17–24, 3–4:30 pm ET  
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 reflective writing exercises to help you complete your own legacy letter.

Economic Inequality  
with Jon Haveman  
Tuesday, February 22, 5:30–7 pm ET  
Member: $15 | Non-Member: $30  
Income inequality in the United States has been increasing over the last several decades. This presentation will address causes, consequences, and potential policy responses.

Bhagavad Gita: Ancient Wisdom for Modern Living  
with Satyam Deva  
Thursday, February 24, 10:30–noon pm ET  
Member: $15 | Non-Member: $30  
Learn the fundamentals of the Bhagavad Gita from the basic story line to the universal spiritual insights. Discover how readily applicable those teachings are to life in this modern era. Through parables and philosophy we will unearth what took place 3500 years ago and reflect on those truths that have stood the test of time. This course is for anyone interested in literature, spirituality, health, yoga, history, and more.

The Her-story of Birding: The Lost Legacy of Women In Ornithology  
with Bridget Butler  
Thursday, February 24, 5:30–6:30 pm ET  
Member: $20 | Non-Member: $35  
Think of this presentation as the lost legacy of women in ornithology and the celebration of noticing female birds. Bridget Butler, the Bird Diva, breaks down current research on gender and birding, retelling the stories of the Mothers of Ornithology, and making the connection to the current science on female birds.

Beginning Yoga I, Session 2  
with Amanda McIntire  
Wednesdays, March 2–23, 5:30–6:30 pm ET  
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.

The Dirt on Compost  
with Heather E Wolfe  
Wednesday, March 2, 10:30–11:30 am ET  
Member: $10 | Non-Member: $15  
Join Heather Wolfe, Vermont Master Composter, and get the dirt on all things compost related including how to set up and manage composting at home.

COURSE KEY: ONLINE  IN-PERSON
Reading Workshop: More American Short Stories
with Robert Weibezahl
Thursdays, March 3–24, 2:30–4 pm ET
Member: $60 | Non-Member: $90


Introduction to Seated Qigong
with Katherine Robinson
Saturdays, March 5–26, 10:30 am–noon ET
Member: $60 | Non-Member: $90

Explore seated qigong, stretching, breathing, and mindfulness techniques. Qigong is an ancient practice that has been used globally to cultivate and balance the energy of “chi” (qi) which is translated as the life force that runs through the body. Learn techniques that turn on the relaxation response and calm the nervous system. No previous experience necessary.

Beginning Ukulele Level 2
with Clare Innes
Mondays, March 7–28, 6–7 pm ET
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. Uk es in other tunings (including low-G and baritone ukes) are welcome but ability to translate chords and tablature for yourself is needed. This class is designed for adults.

The Rise of German Fascism
with James L. West
Tuesdays, March 8–29, 10:30 am–noon ET
Member: $60 | Non-Member: $90

Explore German history from the late 19th century through the rise of the Third Reich. Plot the trends of German culture leading to the First World War, then examine the rise and fall of German democracy in the Weimar Republic. Trace some of the surprising recent interpretations of German Fascism and the Third Reich which led to the German Apocalypse of 1940–1945.

The Magic of Maple
with Patsy Jamieson
Thursday, March 10, 5:30–7 pm ET
Member: $20 | Non-Member: $35

Celebrate maple season with this virtual cooking class! Learn to prepare roasted pork tenderloin with maple-chipotle glaze, pouding chômeur, a delicious and simple dessert from Quebec, and a super simple maple caramel sauce. Additional recipes provided. Discuss sweet substitutions and tips for cooking with Vermont’s favorite sweetener.

“T he topics are interesting, well-organized, informative, and presented in an engaging manner. Clearly, time well spent.”

– OLLI Member

A Fireside Chat with Food Journalist and Cookbook Author, Melissa Pasanen
with Melissa Pasanen and Carrie Putscher
Tuesday, March 8, 5:30–6:30 pm ET
Member: $10 | Non-Member: $15

Join writer Melissa Pasanen in conversation with her friend and fellow UVM Food Systems grad school colleague Carrie Putscher to hear the behind-the-scenes scoop on what it’s been like to meet and write about chefs, cooks, farmers, and food-and-drink-makers in Vermont for more than two decades. Learn how OLLI played a key role in her career. What was it like to go back to graduate school at UVM more than 25 years after college? She’ll even share her favorite food spots around the state.

Writing Workshop: How to Write a (Modern) Sonnet
with Rebecca Starks
Wednesdays, March 9–30, 1–2:30 pm ET
Member: $60 | Non-Member: $90

From Petrarch’s and Shakespeare’s love sonnets to Terrance Hayes’s “American Sonnets,” we will look at the evolution of the sonnet in terms of both form and content (love, religion, politics, domestic life, nature), and try to write our own sonnets that are both aware of tradition and freshly of our age. Participants are encouraged to memorize a sonnet before the first class (a reading list will be provided) and will have the chance (but are not required) to submit 3 sonnets for either written feedback or workshopping in class. All levels of experience are welcome.

see more classes ▼
Hiking & Managing Vermont’s Long Trail — The Oldest Long Distance Hiking Trail in the Nation
with Michael DeBonis
Tuesday, March 15, 5:30–6:30 pm ET
Member: $10 | Non-Member: $15
Green Mountain Club Executive Director Mike DeBonis shares images and stories of hiking and managing America’s oldest long distance hiking trail. Learn how the GMC is managing a 35% increase in use and engaging the next generation of hikers.

Tour of Mohamed Hafez’s UNPACKED Exhibition at the Fleming Museum of Art
with Alice Boone
Saturday, March 26, 12:30–2 pm ET
Member: $15 | Non-Member: $30
Mohamed Hafez’s UNPACKED exhibition is an exploration of the question: What if, when you heard the word “refugee”, you thought of a neighbor or a co-worker? Hafez has reimagined and recreated rooms, homes, buildings, and landscapes that have suffered the ravages of war. Each is embedded with the voices and stories of real people — from Afghanistan, Congo, Syria, Iraq, and Sudan — who have escaped those same rooms and buildings to build a new life in America. Learn more about Hafez’s work and collaboration with refugees in this in-depth tour of the exhibition. Provide own transportation to the Fleming Museum, 61 Colchester Avenue, Burlington.

Mill to Mall: Historic Space Reimagined
with Erica Donnis
Tuesday, March 29, 11 am–noon ET
Member: $15 | Non-Member: $30
Join museum historian Erica Donnis for a special tour of the Heritage Winooski Mill Museum’s latest exhibition on the recent history of the Champlain Mill, when it was reborn as a commercial center housing shops, restaurants, and offices in 1981. Provide own transportation to the Heritage Winooski Mill Museum, main entrance facing 20 Winooski Falls Way. For wheelchair accessible entry, please call ahead, (802) 453-5830, to make arrangements.

Jewish Messiahs Through the Centuries
with Jeffrey Trumbower
Wednesday, March 30, 5:30–7 pm ET
Member: $15 | Non-Member: $30
Explore the Jewish concept of “Messiah” (a.k.a. “Christ”) as it developed in the Hebrew Bible, Second Temple literature, and the Dead Sea Scrolls. Discuss concrete historical examples of people who claimed this title for themselves and/or have been proclaimed as Messiah by others: Jesus of Nazareth, Simon Bar Kochba, Shabbatai Tsvi, Menachem Schneerson.

Planning Garden Spaces for Pollinators
with Sarah Salatino
Thursday, March 31, 1–2:30 pm ET
Member: $15 | Non-Member: $30
Discuss the importance of pollinators in your garden. Learn how to plan a balanced garden and what plants will provide food to sustain pollinators and beneficial insects. Bring paper and writing instrument. Provide own transportation to Full Circle Gardens, 68 Brigham Hill Rd, Essex Junction.

Brain & Memory Activation
with Katherine Robinson
Saturdays, April 2–23, 10:30 am–noon pm ET
Member: $60 | Non-Member: $90
Have you been feeling brain fog, fatigue, memory loss, or overwhelmed? Learn to enhance brain function 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 cutting-edge research and techniques that involve the blending of Western and Eastern philosophy and practices.

Beginning Yoga I, Session 3
with Amanda McIntire
Wednesdays, April 6–27, 5:30–6:30 pm ET
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.

sign up now!

“...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
The Gift of Presence: Living your Life with Truth, Perspective and Purpose

with Mary Peabody and Beth Shaha

Thursdays, April 7–28, 10:30 am–noon ET
Member: $60 | Non-Member: $90

Do you feel like a spectator in your own life? Struggle with decisions? Overthink past mistakes? Spend too much time in judgment? Explore what living in integrity looks and feels like in everyday life. Learn how the brain manages complex circumstances and how you can still choose your response. Each week you’ll learn concrete tools to ground yourself in the present moment, move past disappointments, and really live your life with truth, perspective and purpose. All you need to bring is curiosity and an open mind.

Opening the Vaults at the Fleming Museum

with Alice Boone

Saturday, April 16, 12:30–2 pm ET
Member: $15 | Non-Member: $30

OLLI students who sign up for the class will have a chance to suggest either a specific object using the Museum’s public collections database, uvm.edu/fleming/collections, or a general type of object and we’ll do what we can to select those items from Museum storage and put them on view for class discussion and deeper insights into their histories and meanings. Provide own transportation to the Fleming Museum, 61 Colchester Avenue, Burlington.

A Taste and Tour of Vermont Winegrowing

with Kate Cartwright

Tuesday, April 26, 1–2:30 pm ET
Member: $70 | Non-Member: $95

Learn about the cold-hardy grapes grown at Shelburne Vineyards and how they make high-quality red, white, rose, and sparkling Vermont wines. Includes wine tasting and cheese and charcuterie board pairings. Take a tour of the winery and vineyard. Take home a souvenir glass. Provide own transportation to Shelburne Vineyard, 6308 Shelburne Rd, Shelburne, VT.

Lakeview Cemetery Walking Tour

with Britta Tonn

Saturday, April 30, 11 am–12:30 pm ET
Member: $15 | Non-Member: $30

Join Preservation Burlington for an engaging walk through Burlington’s picturesque Lakeview Cemetery. Learn about the lives of people representing a diverse segment of the City’s population, and explore the design of Lakeview Cemetery and gravestone iconography. Tour the fully restored Louisa Howard Chapel, built in 1882 in high Victorian gothic style architecture. A water bottle and comfortable walking shoes are recommended. Provide your own transportation to 455 North Ave, Burlington, VT 05401.

Turkey Trip, Spring 2015
Become a member of **OLLI** at UVM and...

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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.

Explore new as well as familiar fields of interest and to explore all of these things in an environment suited to an adult learner.

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- 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

**NEW SEMESTER-BASED MEMBERSHIP:**

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**OLLI AT UVM **ONLINE **DISTINGUISHED SPEAKER SERIES**

Join us this winter for four lively and informative **ONLINE** presentations on historical, timely, and relevant topics. **Wednesdays 1–2 pm ET** as listed below.

- **Refugees and Immigrants in Vermont** with Pablo Bose, UVM’s Migration and Urban Studies scholar; UVM’s Director of Global and Regional Studies  
  February 2

- **The Taliban Then and Now: History and Current Conditions** with Daniel Miller, Chair of the Dept. of Religion, Society & Culture at Bishop’s University in Sherbrooke, Quebec. Ph.D. in Near Eastern Studies from the University of Michigan  
  February 9

- **How Vermont is Addressing Its Affordable Housing Needs** with Maura Collins, Executive Director of the Vermont Housing Finance Agency  
  February 16

- **Timeline: Elements** with James Stewart, DMA; VPR Classical host and an active composer, performer, and lecturer in Vermont  
  February 23

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sign up now!

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classes · travel · lectures
discussions · active learning