

FALL 2017 Courses & Events

OLLI ▶

OSHER LIFELONG LEARNING INSTITUTE
OF THE UNIVERSITY OF VERMONT

seek. learn.
discover. grow.



OLLI Italy Trip, Spring 2017

Beginning Yoga I

with Amanda McIntire

SESSION 1: Wednesdays, September 6–20,
5:30–6:30 pm

Member: \$30 | Non-Member: \$45

SESSION 2: Mondays, October 2–23, 5:30–6:30 pm

Member: \$40* | Non-Member: \$60

SESSION 3: Mondays, October 30–November 13,
5:30–6:30 pm

Member: \$30** | Non-Member: \$45

SESSION 4: Wednesdays, December 6–20,
5:30–6:30 pm

Member: \$30 | Non-Member: \$45

SESSION 5: Wednesdays, January 10–24, 5:30–
6:30 pm

Member: \$30 | Non-Member: \$45

Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Bring your own mat.



of The University of Vermont®

classes
travel
lectures
discussions
active learning

“ Topics are particularly timely this semester. As always I appreciate the knowledge the participants bring to the discussion along with the formal presentation. ”

– OLLI Member

Beginning Yoga II

with Amanda McIntire

SESSION 2: Wednesdays, October 4–25, 5:30–6:30 pm

Member: \$40* | Non-Member: \$60

SESSION 3: Wednesdays, November 1–15, 5:30–6:30 pm

Member: \$30** | Non-Member: \$45

This series furthers participants' yoga experience through physical practice (asana), breathing (pranayama), and meditation. Bring your own mat.

*Members can sign up for both Monday (Yoga I) and Wednesday (Yoga II) classes in Session 2 – Eight classes for only \$60!

**Members can sign up for both Monday (Yoga I) and Wednesday (Yoga II) classes in Session 3 – Six classes for only \$50!

see more classes ▶

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085

Reading the Forested Landscape

with Jacob Holzberg-Pill

Saturdays, September 9 & 16, 10 am–noon

Member: \$40 | Non-Member: \$60

Take some of the mystery out of a walk in the woods by developing the tools and techniques to decipher the language of the woods — identify signs of previous disturbances, evaluate growth patterns and the complexities of estimating tree age. All trips are within 20 minutes of Burlington, and transportation to sites is on your own. Participants should be able to walk one mile over the duration of each class.

Beginner Pilates

with Sarah Griffin

Mondays, September 11–October 23, 5:30–6:30 pm

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

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. *No class October 9th.*

Fleming Museum Tour: Gallery of Asian Art

with Christina Fearon

Thursday, September 14, 5:30–7 pm

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

Join the Fleming’s Curator of Education for a private tour of the Fleming Museum’s recently opened Gallery of Asian Art, featuring the aesthetic, cultural, and religious traditions of the objects on view, including Chinese landscape, Sri Lankan masks, Hindu and Buddhist sculpture, Japanese armor, and Indian miniature painting.

Beginning Watercolor Painting and Techniques

with Bryan Briscoe

Mondays, September 18–October 2, 4:30–7 pm

Member: \$75 | Non-Member: \$115

Explore watercolor painting through a series of easy, hands-on painting demonstrations in this course designed for beginning artists and crafters.



Photo: Barbara Mihes

Memoir Writing Workshop: Telling Your Story

with Kris Johannesson

Tuesdays, September 19–October 24, 5:30–7 pm

Member: \$90 | Non-Member: \$135

Delve into the format of the contemporary memoir while engaging in writing exercises surrounding “your” story. Writers of all levels are welcome!

Tai Chi for Life

with Elizabeth Wirls

Tuesdays, September 19–October 10, 5:30–7 pm

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

Learn to improve balance, agility, and increase lower and upper body strength, from an instructor trained through CVAAs Tai Chi program with Dr. Paul Lam’s Tai Chi for Arthritis and Back Pain program used worldwide.

Reading Workshop: *The Handmaid’s Tale*

with Rebecca Starks

Wednesdays, September 20–October 4, 5:30–7 pm

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

Read and discuss Margaret Atwood’s quick-paced, dystopian novel *The Handmaid’s Tale*, set in a near-future New England, that imagines the societal distortions that ensue when a totalitarian theocracy overthrows the U.S. government, and how subjugated women find individuation and independence.

Italian for Travelers

with Michele McCaffrey

Thursdays, September 21–October 19, 5:30–7 pm

Member: \$75 | Non-Member: \$115

Learn basic Italian language skills including common words and expressions, terms used in travel and sightseeing, telling time, greetings, and more.

sign up now!

“Don’t delay, join today. I did and am very glad. OLLI has enhanced many areas of my life, which include travel, learning, and making new friends.”

– OLLI Member

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085

OLLI AT UVM DISTINGUISHED SPEAKER SERIES

Join us in the newly renovated Alumni House this Fall for five lively and informative presentations on historical, timely, and relevant topics presented by distinguished UVM faculty.

- **Roll Deep: A Poetry Reading & Discussion**
with Major Jackson
Monday, September 25, 5:30-7 pm
- **The Tao of Jazz**
with John Hanagan
Thursday, October 12, 11 am-12:30 pm
- **Fundamentalism and Religion**
with Ata Anzali
Monday, October 16, 5:30-7 pm
- **Brain Health: What's the Heart Got to Do With It?**
with Michael LaMantia
Tuesday, October 17, 5-6:30 pm
- **Vermont Refugees & Immigrants: A Snapshot of Experiences & Services**
with Lila Shapero and guests
Monday, October 30, 5:30-8 pm



Musee Chagall Exhibit, Spring 2017



watercolor by Cristina Mazzoni

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.

OLLI AT UVM ART EXHIBIT

Picturing Fairy Tales: A watercolor journey through the places and objects of the stories we love. Reception and discussion led by the artist, Cristina Mazzoni.

Wednesday, October 18, 5-6:30 pm

Office of Continuing and Distance Education
322 South Prospect Street

AIKEN LECTURE SERIES PRESENTS

Michael Moss:

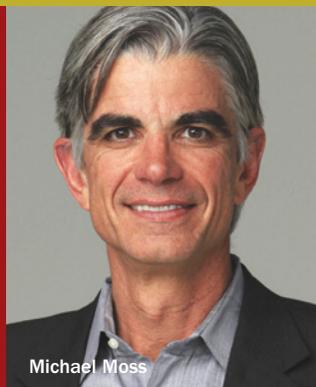
“Salt Sugar Fat: How the Food Giants Hooked Us”

Wednesday, November 1, 2017, 5:30 pm, Ira Allen Chapel, UVM Campus

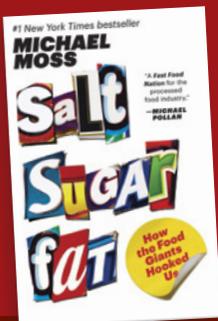
Join UVM and community members for the University's premiere public policy lecture, hosted this year by UVM College of Agriculture and Life Sciences. Michael Moss is the author of the #1 *New York Times* bestseller *Salt Sugar Fat*, and a Pulitzer Prize-winning investigative reporter formerly with the *New York Times*. Moss brings to life the creative ways food manufacturers use the science of human behavior, biology and marketing to hook us. Using humor, case studies, and insight gleaned from investigative reporting that won him a Pulitzer Prize, he shows how food makers get consumers to buy, often at the expense of their health.

A prime seating area will be saved for all OLLI members who arrive and identify themselves to an usher before 5:15 pm. Free and open to the public.

RSVP required at: learn.uvm.edu/aiken.



Michael Moss



REGISTER TODAY! learn.uvm.edu/olli 802.656.2085

Musee des Beaux Arts Tour of the Revolution Exhibit

with OLLI Staff

Thursday, September 21, 8 am–5 pm

Member: \$90 | Non-Member: \$120

Wearing hi-fi headphones, visitors will embark on an immersive journey through time, retracing the optimism, ideals and aspirations of the late 1960s as expressed in music, film, fashion and design, and through activism, bringing together some 700 objects, including clothes, posters and albums, photographs and many archival documents and filmclips. Premier Coach bus transportation is provided.

Roll Deep: A Poetry Reading and Discussion with Major Jackson

with Major Jackson

Monday, September 25, 5:30–7 pm

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

Major Jackson, the winner of the 2016 Vermont Book Award will read a selection of new poems as well as work from his award-winning collection *Roll Deep*, hailed by *The New York Times* as “a remixed *Odyssey*.” Concludes with a discussion with Jackson on the topics of redemption, love, poetry, resistance, and the imagination.

Burlington Edible History Tour

with Elise Guyette and Gail Rosenberg

Thursday, September 28, 1–4 pm

Member: \$60 | Non-Member: \$85

Join us for a two-mile, five-restaurant tasting and walking tour, and discover the history of Burlington’s early immigrant groups and their food traditions, when farm-to-table was a way of life. A section of the walk is uphill which may offer a challenge to some.

Telling It Like It Was: The Evolution of an Underground Railroad Site

with Jane Williamson

Tuesday, October 3, 5:30–7 pm

Member: \$15 | Non-Member: \$25

This illustrated lecture reviews the evolution of one underground railroad historic site — Rokeby Museum — to explore the legend and compare it with the history.

Eastern Bluebirds: Happiness on Wings!

with John Rogers

Thursday, October 5, 5:30–7 pm

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

Join one of America’s foremost bluebird experts for this multimedia presentation that examines the life history of the Eastern Bluebird.

Soup’s On!

with Patsy Jamieson

Saturday, October 7, 10 am–1 pm

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

Learn a master recipe for transforming just about any vegetable into a nourishing soup and other soup techniques and styles, from velvety purées to chunky gratinéed soups. Also learn simple broth recipes and creative garnish ideas. Transportation to Essex Resort and Spa Kitchen is on your own.

The War Before the War: Radical Abolition in Antebellum America

with Jane Williamson

Tuesday, October 10, 5:30–7 pm

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

Focusing on Vermont, this illustrated lecture explores the ideas and actions of the abolitionist movement over three decades, compares their work with earlier efforts, and considers their impact on American society.

Is Vladimir Putin Trumping the U.S.? The Current State of Russian/American Relations

with Kevin McKenna

Wednesdays, October 11, 5:30–7pm

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

Examine the Putin government’s interference not only in the 2016 U.S. presidential election but, since 2012, in the electoral process throughout Eastern and Western Europe. Assess the current state of U.S./Russian relations during the Trump and Putin presidencies and project how these relations may change in the next four years.

sign up now!



CSWD Tour, Spring 2017

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The Tao of Jazz

with John Hanagan

Thursday, October 12, 11 am–12:30 pm

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

Learn how Taoism and jazz blend structure and improvisation, and technique and freedom through live jazz demonstrations and a discussion on the tensions in every art — including the art of living.

Estate Planning for Retirees

with Jennifer Luitjens, Esq.

Thursday, October 12, 5:30–7 pm

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

Explore the traditional estate plan (wills, trusts, powers of attorney, and medical directives) and highlight long-term care planning issues.

Burlington History Tour

with Gary De Carolis

SESSION 1: Saturday, October 14, 9:30 am–12:15 pm

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

SESSION 2: Saturday, October 14, 1:30–4:15 pm

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

Explore Burlington's amazing historical past from pre-European settlement when Algonquin and Iroquois Nations ruled the area to Revolutionary War and the War of 1812. Transportation by van provided for tour.

Fundamentalism and Religion

with Ata Anzali

Monday, October 16, 5:30–7 pm

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

Examine how we can best understand fundamentalism as a contemporary religious response to global forces of secularism, nationalism, and modernism. While the lecture will be comparative in its scope, drawing on examples from monotheistic traditions, more attention will be given to the Islamic tradition and the manifestation of fundamentalism within the Muslim world.

Brain Health: What's the Heart Got to Do With It?

with Michael LaMantia

Tuesday, October 17, 5–6:30 pm

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

Explore the connection between the health of the heart and the health of the mind and discuss strategies that can help support cognitive fitness as we age.

Introduction to German for Travelers

with Sabine Reising

Tuesday, October 17 & 24, 5:30–7 pm

Member: \$30 | Non-Member: \$45

Learn basic German greetings, phrases, and habits for your next travel or business meeting in Germany or Austria.

Reading Workshop: Stories of North Korea

with Rebecca Starks

Wednesdays, October 18–November 1, 5:30–7 pm

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

Read and discuss fictional short stories of everyday life in North Korea from the collection, *The Accusation*, recently smuggled out of the country, and other “defector” accounts. Look at the historical roots of the current tension between the U.S. and North Korea.

Paint 'n Sip: Van Gogh's Sunflowers

with Teresa Davis

Friday, October 20, 6:30–8:30 pm

Member: \$35 | Non-Member: \$55

Create an acrylic sunflower-themed painting. Unlike many other paint and sip experiences each individual's final piece will be completely unique. Experienced and novice painters are welcome. Fee includes 1 glass of wine. Snacks and additional drinks will be available for purchase.

Cuba Today!

with Sandra Baird and Peter Curtis

Saturday, October 21, 10 am–noon

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

Discuss the influence that the new opening to Cuba has had on the culture, economy, and politics of both Cuba and the United States. Explore the implications for Cuba and the United States if the opening to Cuba led by President Obama is reversed by President Trump.

Ease into Retirement

with Jo Ann Thibault

Monday, October 23, 5:30–7 pm

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

Discuss common concerns related with retirement, including when to draw from social security, the best order to start drawing retirement assets, where your health insurance will come from, and much more!

Volunteer at any Age: Peace Corps Info Session & 50+ Panel

with Adam Housh

Tuesday, October 24, 5:30–7 pm

Member: Free | Non-Member: Free

Discover the benefits of Peace Corps service from returned 50+ volunteers and gain tips to guide you through the application process.

sign up now!

Timeless Proverbs: Popular Wisdom in the Modern Age

with Wolfgang Mieder

Wednesday, October 25, 1:30-3 pm

Member: Free | Non-Member: Free

Join us at the Residence at Quarry Hill to discuss the modern use and wisdom of such proverbs as “Where there’s smoke, there’s fire”, “When the cat is away, the mice will play”, “The early bird catches the worm”, and “Garbage in, garbage out”.

Endangered Alphabets: Cultural Erosion and the Future of the Written Word

with Tim Brookes

Thursday, October 26, 5:30-7 pm

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

Discuss what the age of digital convergence, Facebook, and globalization mean for the future of the written word, by looking at a range of forms of writing from all over the world that are in danger of extinction.

Volunteering for the Soul

with Danielle Williams

Saturday, October 28, 10-11:30 am

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

Explore volunteer opportunities with United Way of Northwest Vermont, including the Foster Grandparent and RSVP Programs, and discuss the evidence-based health benefits of volunteering.

Vermont Refugees & Immigrants: A Snapshot of Experiences & Services

with Lila Shapero

Monday, October 30, 5:30-8 pm

Member: \$25 | Non-Member: \$40

Members of the refugee and immigrant communities, providers of services to these groups, such as Vermont Refugee Resettlement Program, Africans Living in Vermont, etc., and volunteers, focus on their experiences and challenges, as well as information from providers describing their programs.

The Genetics of Cancer

with Robyn Maher

Thursday, November 2, 5:30-7 pm

Member: \$30 | Non-Member: \$45

Learn how cells work and how they can become cancerous. Explore how the characteristics of cancer cells are used to design treatments and how screenings have reduced deaths from cancer.

sign up now!



Strauss Magistrale Event, Spring 2017

The Thanksgiving Table

with Patsy Jamieson

Saturday, November 4, 10 am-1 pm

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

Prepare a complete Thanksgiving menu, featuring a simple, easy-to-carve glazed turkey breast, seasonal vegetables, and a fresh take on a pumpkin dessert. Transportation to Essex Resort and Spa Kitchen is on your own.

I, Too, Sing America: Icons of the Harlem Renaissance

with Kris Johannesson

Tuesday, November 7, 5:30-7 pm

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

This multimedia presentation, lecture, and discussion will focus on the literary figures of the Harlem Renaissance, including Jessie Redmon Fauset, W.E.B. Du Bois, Zora Neale Hurston, Langston Hughes, Marcus Garvey, Jean Toomer, Dorothy West, Claude McKay, Countee Cullen, and others.

Sutton Holiday Market and Ice Wine Tasting & Tour

with Patricia Jamieson

Saturday, December 2, 8 am-5 pm

Member: \$90 | Non-Member: \$120

Visit the Holiday Market in Sutton, Quebec, filled with local crafts and artisan food. Afterward, participate in a tour and wine tasting at the award-winning ice and dessert wine producers at the Vignoble (Vineyard) Chapelle Ste Agnès nearby. Premier Coach transportation provided.

3RD ANNUAL OLLIFest

Wednesday, September 13, 2017
5:30-7pm

Livak Ballroom, UVM Davis Center

Live Music • Silent Auction
Fabulous Food

Meet your Fall OLLI instructors
Guests Welcome!

SAVE
THE
DATE!

REGISTER TODAY! learn.uvm.edu/oili 802.656.2085

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.

join now!

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 **30% discount** on all OLLI at UVM courses and additional discounts where available (visit learn.uvm.edu/olli)
- **Weekly OLLI e-newsletters and updates** on lectures, activities, courses and events of interest
- **Priority seating** at select premiere UVM lectures
- **Discounted tickets** to UVM Lane Series performing arts events
- **Priority registration** for OLLI travel programs
- 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
460 South Prospect Street, Burlington, VT 05401