

SPRING 2018 Courses & Events

OLLI

OSHER LIFELONG LEARNING INSTITUTE
OF THE UNIVERSITY OF VERMONT

seek. learn.
discover. grow.



OLLI Cuba Trip, January, 2016

French For Travelers

with Alysse Anton

Saturdays, February 3–24, 10–11:30 am

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

Learn to navigate French-speaking cities, order delicious food, and find cultural hotspots without feeling lost, literally and in translation, in this engaging and interactive class.

Understanding Puccini's *La Bohème*

with William Harwood

Thursday, February 22, 5–7 pm

Member: \$20 | Non-Member: \$30

Examine themes and characters from Puccini's *La Bohème*, the passionate, timeless and indelible love story about young artists in Paris during the 1830s. This class will prepare you for viewing the Metropolitan Opera in HD presentation on Saturday, February 24, at the Palace 9 Theater in South Burlington. Performance transportation and tickets are on your own.

Beginner Pilates

with Sarah Griffin

SESSION 1: Thursdays, February 22–March 15,

5:30–6:30 pm

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

SESSION 2: Thursdays, March 22–April 19*,

5:30–6:30 pm

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

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.

*Session 2: No class April 12.

Beginning Yoga I

with Amanda McIntire

SESSION 1: Mondays, March 5–26, 5:30–6:30 pm

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

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

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

SESSION 3: Mondays, April 30–May 21, 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. Bring your own mat.



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Beginning Yoga II

with Amanda McIntire

SESSION 1: Wednesdays, March 7–28,
5:30–6:30 pm
Member: \$40* | Non-Member: \$60

SESSION 2: Wednesdays, April 4–25, 5:30–6:30 pm
Member: \$40* | Non-Member: \$60

SESSION 3: Wednesdays, May 2–23, 5:30–6:30 pm
Member: \$40* | Non-Member: \$60

This series furthers participants' yoga experience through physical practice (asana), breathing (pranayama), and meditation. Bring your own mat. Completion of Beginning Yoga I course required.

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

Spanish for Travelers

with Elvira Tripp

Mondays, March 5–26, 5:30–7 pm
Member: \$115 | Non-Member: \$140

Learn basic Spanish phrases to enhance your international travel while cooking, eating, and conversing in this hands-on class.

Tai Chi for Life

with Elizabeth Wirls

SESSION 1: Tuesdays, March 6–27, 5:30–7 pm
Member: \$60 | Non-Member: \$90

SESSION 2: Tuesdays, April 3–24, 5:30–7 pm
Member: \$60 | Non-Member: \$90

Learn to improve balance, agility, and increase lower and upper body strength from a certified Tai Chi for Arthritis instructor.

Dutch Language Course for Beginners

with Bob Van Heeks

Tuesdays, March 6–27, 5:30–7 pm
Member: \$60 | Non-Member: \$90

Learn the basics of the Dutch language, spoken in the Netherlands, Belgium, the Netherlands Antilles, Suriname, and in parts of South Africa. Explore basic Dutch vocabulary and grammar to start a conversation. No experience necessary.

Retiring Your Way

with Liz Vogel

Saturday, March 10, 10–11:30 am
Member: \$15 | Non-Member: \$25

Come and learn how to prepare for the transition from a full-time career to a purposeful retirement or next adventure.

Birding: From the Wetlands to the Drylands

with Maeve Kim

Wednesdays, March 14 & 21, 5:30–7 pm and
Saturday, March 24, 10 am–noon
Member: \$50 | Non-Member: \$75

Examine the wild and wonderful wetlands and the birds that feed and breed there and compare it to birding in an arid climate. The third session will be a field trip to a local wetland; transportation on your own.

Journalism in the Era of Fake News

with Greg Guma

Thursday, March 15, 5:30–7 pm
Member: \$20 | Non-Member: \$30

Examine this current era of fraud and scandal, questionable elections, corrupt leaders and phony news, and the challenges confronting journalism.

Paint & Sip: Monet's Waterlilies

with Teresa Davis

Friday, March 16, 6:30–8:30 pm
Member: \$35 | Non-Member: \$50

Create an acrylic waterlily-themed painting on canvas from start to finish. Experienced and novice painters are welcome to participate. Fee includes one glass of wine and all materials.

Soup's On!

with Patsy Jamieson

Saturday, March 17, 10 am–1 pm
Member: \$60 | Non-Member: \$90

Learn a master recipe for vegetable potage, which you can use for a variety of vegetables, as well as gratinéed soup, basic broths and creative soup garnishes. Bring food storage containers for leftovers. Aprons are provided.

sign up now!



Fused Glass: Suncatchers or Bowls

with Alyssa Oxley

Sunday, March 18, 3:30–5:30 pm

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

Learn to work with colored glass to create a unique handmade keepsake or gift. Cut and arrange glass that will then be fired in a kiln for a spectacular end-result. No previous experience necessary. All materials provided.

The Science of Happiness

with Andrew Rosenfeld, M.D.

Monday, March 19, 5:30–7 pm

Member: \$20 | Non-Member: \$30

What can science teach us about the pursuit of well-being? This session reviews recent scientific findings in light of the premises and history of positive psychology.

Shelburne Vineyard: Grapes, Vines, Wines and Your Palate, VT Style

with Shelburne Vineyard Staff

Tuesday, March 20, 4–7 pm

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

A tasty introduction to grape growing, winemaking, and tasting focused on the varietals that thrive in VT's cold climate. See where they grow, tour the winery, and pair them with delicious VT Artisan cheeses.

Farmers, Flatlanders & Politicians: VT Humor Through the Ages

with Bill Mares

Tuesday, March 27, 5:30–7 pm

Member: \$20 | Non-Member: \$30

Bill Mares, co-author of five books of humor, describes the changing landscape of Vermont wit and comedy in the 20th and 21st centuries.

Understanding Mozart's *Così Fan Tutte*

with William Harwood

Wednesday, March 28, 5–7 pm

Member: \$20 | Non-Member: \$30

Discuss themes and characters from Mozart's *Così Fan Tutte*, where two brothers test the fidelity of their fiancées, aided by a philosopher and a maid. This class will prepare you for viewing the Metropolitan Opera in HD presentation on Saturday, March 31, at the Palace 9 Theater in South Burlington. Performance transportation and tickets are on your own.

“Informative, relevant and engaging!”

– OLLI Member

Women's Voices: Where Have We Come From, Where Are We Going?

with Rebecca Starks

Wednesdays, March 28–April 18, 5:30–7 pm

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

Read and discuss short excerpts of essays, short stories, and poems speaking of women's experiences, including the works of Simone de Beauvoir, Betty Friedan, Gail Collins, Susan Faludi, Rebecca Solnit, Roxane Gay, Doris Lessing, Virginia Woolf, Alice Walker, Octavia Butler, Audre Lorde, Alice Munro, Margaret Atwood, Megan Mayhew Bergman, and others. Examine contemporary women activists around the globe: Nawal El Saadawi, Sylvia Tamale, Lydia Cacho, Chimamanda Ngozi Adichie, Malala Yousafzai, Malalai Joya, and Vandana Shiva.

Introduction to Western Music

with James Stewart

Tuesdays, April 3–24, 5:30–7 pm

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

Join VPR's classical host and delve into the concepts, characters, and events that shaped Western music. Discover the differences among Medieval, Renaissance, Baroque, Classical, and Romantic eras.

Memoir Writing: Telling Your Stories

with Kristen Johannesson

Tuesdays, April 3–May 8, 5:30–7:30 pm


Member: \$120 | Non-Member: \$180

Explore the contemporary memoir writing process by creating and developing your own story. All levels of writers are welcome!

sign up now!

Photo: Barbara Mines





Yoga, Spring 2016

Cannons and Nukes in the Champlain Valley

with Scott McLaughlin

Thursday, April 5, 5:30-7 pm

Member: \$20 | Non-Member: \$30

Learn why the Champlain Valley was one of the USSR's major targets for their intercontinental ballistic missiles during the 1960s. Explore the connections between the Champlain Valley's forts, naval and air bases and the nuclear defense system, and the recent debates over the F-35 Lightning warplanes.

English Handbell Musicianship

with Jerilyn Bergdahl

Fridays, April 6-May 4, 5-6:30 pm

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

Explore the ethereal sounds of English handbells, the skills required to ring the handbells, and the history and organization behind this musical art, while performing a simple piece of music together. No musical experience necessary. Must be able to lift and hold 1/2 lb to 5 lb handbells. Transportation to Shelburne Trinity Episcopal Church each week is on your own. No class April 20.

Dobra Tea: Experiencing Tea & Tea Cultures from Around the World

with Nina Beck and Stacy Jolles

Saturday, April 7, 10-11:30 am

Member: \$20 | Non-Member: \$30

In this multimedia presentation in Burlington's Dobra Tea house, learn about tea production while enjoying a diverse palate of tea drinking paired with tea snacks from around the world.

Burlington Geographic: Creating A Sense of Place & Sustainable Future

with Walter Poleman

Wednesday, April 11, 5:30-7 pm

Member: \$20 | Non-Member: \$30

Walter Poleman, PLACE (Place-based Landscape Analysis & Community Engagement) Program director, will present the natural and cultural history of the Burlington landscape, featuring stories of water, food, transportation, and energy systems through time. Explore the ecological potential of the area.

Backyard Birds

with Maeve Kim

Thursday, April 12, 5:30-7 pm and Saturday,

April 14, 10 am-noon

Member: \$35 | Non-Member: \$60

Learn about common backyard birds, such as robins, chickadees, starlings, crows, and blue jays. The second session includes a field trip to observe these backyard birds. The viewing area is only accessible via 3 stone steps. Field trip transportation is on your own.

Fairbanks Museum & Planetarium Tour

with Mark Breen

Friday, April 13, 8 am-4 pm

Member: \$65 | Non-Member: \$95

Learn what tools and skills meteorologist, Mark Breen needs to make a forecast. Explore the night skies in the Museum's planetarium and relate to what is seen as science, mythology, planetary science and current events. Enjoy lunch in town at a restaurant of choice or your own bagged lunch in the Museum. Coach bus transportation to the Fairbanks Museum in St. Johnsbury is provided. Note: The planetarium is only accessible via a 25-step large spiral staircase.

Edible Landscaping: Creating a Permaculture Oasis

with Jacob Holzberg-Pill

Saturday, April 14, 9 am-noon

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

Learn about the basics of permaculture design. Explore different ways to create landscapes with the goal of meeting human needs while preserving and increasing ecosystem health.

We the People: Understanding the Constitution

with Sandra Baird

Thursday, April 19, 5:30-7 pm

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

Discuss the initial formation of this remarkable document with its confusions and compromises. Examine what many regard as the constitutional crisis of the present day as the government seeks more and more power over the individual liberties guaranteed in the Bill of Rights in their attempts to control speech, assembly, the press, and privacy.

“Classes are well-organized, totally fun, informative, delicious results, easy to follow, the instructors are patient. Well worth my time and money! No experience necessary!”

– OLLI Member

Satisfying Salads with Grains & Beans

with Patsy Jamieson

Saturday, April 21, 10 am–1 pm

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

Prepare a selection of hearty salads featuring whole grains, beans and legumes — perfect for spring potluck gatherings! Bring food storage containers for leftovers. Aprons are provided.

Conflict and Cooperation in the South China Sea

with David Rosenberg

Thursday, April 26, 5:30–7 pm

Member: \$20 | Non-Member: \$30

Discuss recent maritime confrontations, resource conflicts, and competing territorial claims in the South China Sea, and what can be done to promote resource sharing and maritime security in the South China Sea.

Gnosticism: Ancient Ideas About the Nature of the Universe and Our Place in it

with Jeffrey Trumbower

Monday, April 30, 5:30–7 pm

Member: \$20 | Non-Member: \$30

Explore and discuss the central ideas of Gnosticism, an ancient religious/philosophical movement based on “gnosis” or “knowledge” about the nature of the universe and human beings.

Botanical Gardens, Summer 2017



Drawing for the Terrified

with Michael Strauss

Tuesdays, May 1–22, 9:30–noon

Member: \$45 | Non-Member: \$60

In this collaborative class for beginners or more experienced artists, learn how to use graphite, charcoal and ink, how to create the illusion of light and depth in a drawing, and the basics of composition. Transportation each week to the Residence at Quarry Hill is on your own.

Fleming Museum Tour: Self Confessed! The Inappropriately Intimate Comics of Alison Bechdel

with Christina Fearon

Thursday, May 3, 5:30–7 pm

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

Join the Fleming’s curator of education for a private tour of the exhibition, “Self Confessed! The Inappropriately Intimate Comics of Alison Bechdel.” Explore Bechdel’s work as a writer, an artist and an archivist of the self, who mines and shares her personal experiences to communicate about the human condition.

Exploring Climate Change in Vermont, One Sector at a Time

with Lesley-Ann Dupigny-Giroux

Thursday, May 10, 5:30–7 pm

Member: \$20 | Non-Member: \$30

This presentation will explore the ways in which changing climate patterns affect the viability of socioeconomic sectors in Vermont and the Northeast.

Musee des Beaux Arts Tour: African & Oceanic Art Through the Eyes of Picasso

with OLLI Staff

Wednesday, May 23, 8 am–5 pm

Member: \$80 | Non-Member: \$120

This exhibition explores Picasso’s fascination with tribal art and the influences he repeatedly drew upon through art, photographs, and writings. Private group tour and Premier Coach transportation provided.

OLLI AT UVM DISTINGUISHED SPEAKER SERIES

Join us in the newly renovated Alumni House this Spring for 8 lively and informative presentations on historical, timely, and relevant topics presented by distinguished UVM faculty.

- **Journalism in the Era of Fake News**
with Greg Guma, Author
Thursday, March 15, 5:30-7 pm
- **The Science of Happiness**
with Andrew Rosenfeld, M.D.
Monday, March 19, 5:30-7 pm
- **Farmers, Flatlanders, and Politicians:
VT Humor Through the Ages**
with Bill Mares, Author
Tuesday, March 27, 5:30-7 pm
- **Canons and Nukes in the Champlain Valley**
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Major Jackson, Fall 2017



▲ Ken Russack, Artist

OLLI AT UVM ART EXHIBIT

Ken Russack: Paintings of Current Landscapes, Stillscapes, and Smallscapes

Reception and brief discussion led by the artist.

Thursday, March 8, 5-6:30 pm, Office of Continuing and Distance Education, 322 South Prospect Street

SACRED HARP SINGING

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.

Every Tuesday, 6:30-8:30pm, Ira Allen Chapel

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)
- Priority seating** at select premiere UVM lectures
- Priority registration** for OLLI travel programs
- Weekly OLLI e-newsletters and updates** on lectures, activities, courses and events of interest
- Discounted tickets** to UVM Lane Series performing arts events
- 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**

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