



OSHER LIFELONG LEARNING INSTITUTE
OF THE UNIVERSITY OF VERMONT

seek. learn.
discover. grow.

IN-PERSON
& ONLINE
COURSES &
EVENTS

Bleu Lavande Tour, Summer 2016

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 Maeve 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.



Harlem Diner, 1938, Jacob Lawrence. Copyright, Jacob and Gwendolyn Knight Lawrence Foundation. Seattle/Artists Rights Society. ARS. New York.

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of The University of Vermont®

classes
travel
lectures
discussions
active learning



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*Provide own transportation to all in-person classes.

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 craftspeople. Begin with Conant Metal & Light, followed by a walk through the current art gallery exhibit and a few businesses. End with a visit to the Venetian Soda Lounge 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. Held on UVM campus. Wear comfortable clothing and bring a yoga mat.

SEMESTER-BASED MEMBERSHIP:

SUMMER: \$12

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

FALL: \$15

(\$12 for UVM faculty/staff/alumni or AARP members)

SPRING: \$15

(\$12 for UVM faculty/staff/alumni or AARP members)



Morgan Horse Farm Tour, Summer 2022

Photo: Ellen Vaut

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 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.

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sign up now!



ONLINE



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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 field 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, Wendy 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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Reimagining Forests, Summer 2022

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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.

sign up now!



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Become an OLLI at UVM member and register for courses at learn.uvm.edu/olli or by calling **802.656.5817**

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University of Vermont—Continuing and Distance Education

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