



OSHER LIFELONG LEARNING INSTITUTE  
OF THE UNIVERSITY OF VERMONT

seek. learn.  
discover. grow.



Iceland Trip, Spring 2019

IN-PERSON  
& ONLINE  
COURSES &  
EVENTS

### Exploring Lake Champlain Aboard UVM's Research Vessel *Marcelle*

with UVM Watershed Alliance

Friday, September 1, 12:30–2:30 pm

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 lab and classroom 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.

### Beginning Yoga, Session 1

with Amanda McIntire

Wednesdays, September 6–27, 5:30–6:30 pm

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.

[see more classes ►](#)

sign up now!

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

classes  
travel  
lectures  
discussions  
active learning

*of The University of Vermont*

 ONLINE  IN-PERSON\*  RECORDED

\*Provide own transportation to all in-person classes.

REGISTER TODAY! [learn.uvm.edu/olli](https://learn.uvm.edu/olli) OR CALL 802.656.5817

## Poetry of Two Centuries, from Romantic to Postmodern: Wordsworth, Hopkins, Eliot, Larkin

with Huck Gutman

Thursdays, September 7–28, 4–5:30 pm

Member: FREE | Non-Member: FREE

This online class will be based on close readings of four British poets—William Wordsworth (Romantic), Gerard Manley Hopkins (Victorian), T. S. Eliot (Modern) and Philip Larkin (Post-Modern). Explore how these ‘difficult’ poems can be accessible and, more importantly, significant to readers.

## Burlington’s Little Jerusalem Walking Tour

with Aaron Goldberg & Jeff Potash

Tuesday, September 12, 10:30 am–noon

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

Explore Burlington’s Jewish Lithuanian immigrant history with a short walking tour of less than one mile. Learn about the history and growth of the Jewish community’s population, businesses, schools and synagogues. Understand how a Lithuanian village and culture was transplanted and sustained in Burlington, VT. Provide own transportation to and park near George Little Park in Burlington.

## The Agrarian Vision of Wendell Berry

with Ron Miller

Wednesdays, September 20–October 4, 2–3:30 pm

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

Explore the ideas of one of today’s most important social critics, the Kentucky farmer/writer Wendell Berry. Over the past 60 years, through fiction, poetry, and collections of brilliant essays, Berry has argued for a culture and economic system more rooted in community and the land. His thinking transcends the usual left/right divide and describes a path of humility that could help us navigate the critical challenges of our time. Discuss some of his work and its significance. Held in Charlotte Public Library.

## Extending Bloom Time for Pollinators

with Sarah Salatino

Wednesday, September 20, 5:30–7 pm

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

See what’s blooming and about to bloom for the fall season at Full Circle Gardens. Observe the pollinators that are busy getting ready for winter. Students will get to collect seeds and learn how to prepare them for spring planting. Held at Full Circle Gardens in Essex.

[next page ▼](#)

# sign up now!



ONLINE

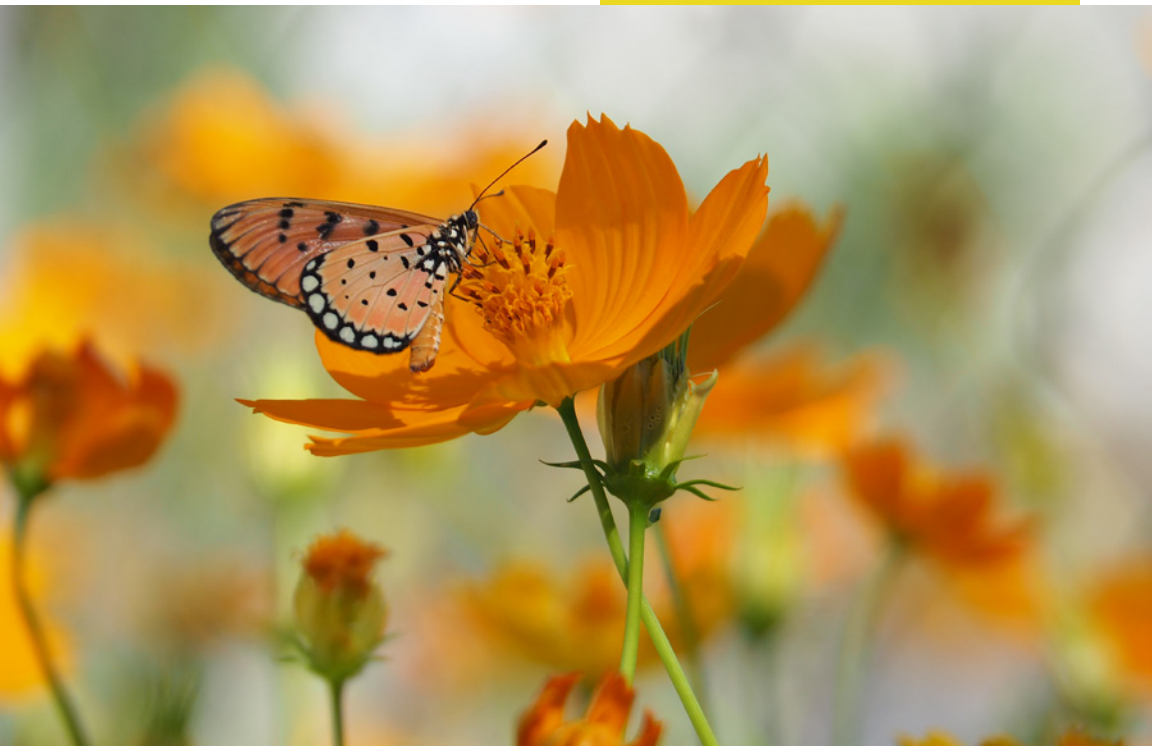


IN-PERSON\*



RECORDED

\*Provide own transportation to all in-person classes.



## Hawk-Watching on Mt. Philo 🧑🧑

with Maeve Kim

Thursday, September 21, 11 am–1 pm

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

Enjoy raptors of all kinds during this mid-day trip on top of Mt. Philo. The program begins in the parking lot at the *TOP* of Mt. Philo. There is a \$5 fee as you enter the lot—check your local library for a State Park pass.

## VSO Offstage: Spotlight on the Conductor 🎵 🎧

with Andrew Crust, VSO

Tuesday, September 26, 4–5 pm

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

In this online presentation, the new VSO Conductor Andrew Crust explores the unique roles of an orchestra conductor both on and off stage, including artistic programming, ensemble development, physical gesture, and leadership. He will focus on a case study of preparing the Brahms *Double Concerto for Violin and Cello*, including Brahms' compositional style and considerations for rehearsal, interpretation, and performance. Mr. Crust will be joined by guest artists Joshua Roman and Simone Porter, who will be performing the concerto with Crust and the VSO on Sept. 30.

## A Day at Montreal's Food Mecca: Jean Talon Market 🧑🧑

with Patsy Jamieson

Wednesday, September 27, 8 am–5 pm

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

Spend the day in Montreal's best foodie destination during peak harvest season. The Jean-Talon Market, which is filled with local produce and specialty foods, is located in the Little Italy district. Board coach bus at Gutterson Garage, UVM campus.

## Burlington Ravine Walking Tour 🧑🧑

with Britta Tonn

Thursday, September 28, 10:30 am–noon

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

This walking tour will trace the former ravine that once cut through Burlington in the 19th century. Using historic maps and photos, we will explore vestiges of the ravine still visible today and discuss the history and architecture of buildings along its route. Held in Burlington.

## Biryani and Indo-Persian Clay Pot Cooking 🍳 🎧

with Anna Mays

Sunday, October 1, 10:30 am–noon

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

Developed in the Indo-Persian cultural centers of the Mughal Empire, clay pot cooking dum gave birth to the delicious biryanis we know and love today. In this online class, learn how to make chicken biryani using the ancient dum cooking method of slow-cooking rice and meat with tempered spices in a pot sealed with salt dough. Discover the history of this ancient cooking method and its role in the Mughlai cuisine of Northern India, as well as fundamental cooking techniques like tempering spices and making your own garam masala blend.

## Beginning Yoga, Session 2 🧑🧑

with Amanda McIntire

Mondays, October 2–23, 5–6 pm

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

In this in-person introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation. Required equipment: Yoga or exercise mat. Held on UVM campus.



## New York Historical Society Virtual Tour: First Jewish Americans: Freedom & Culture in the New World 🎧

with Docent Beth Skobel

Tuesday, October 3, 10:30–11:30 am

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

In this online presentation, discover how Jewish settlers came to inhabit—and change—the New World. Follow the trajectory of a people forced from their homes in Europe, South America, and the Caribbean, to their controversial arrival in New Amsterdam in 1654 and the political freedoms they gained. This session will not be recorded.

sign up now!



Phoenix Helix, Morrisville, Vermont, Thea Alvin, 2022

### Beginning Yoga, Session 3

with Amanda McIntire

**Wednesdays, October 4–25, 5:30–6:30 pm**

**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.

### Stone Mason: My Earthwork, Permanent Ephemeral

with Thea Alvin

**Wednesday, October 4, 10:30 am–noon**

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

Morrisville-based and world's foremost dry-stacking stone mason, Thea Alvin, uses masonry techniques to assemble large arches and sculptural elements for garden centers, universities, and galleries around the country and internationally. She has been restoring a 15th-century stone village in the Italian Alps and created the “Time for Love” Labyrinth in Eastern Tennessee. This presentation will explore her work and the humorous stories that support it. Held in Shelburne.

### Attaining Fluid Motion in Walking—An Introductory Feldenkrais®

#### Workshop

with Carolyn King

**Thursday, October 5, 10:30–noon**

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

Understand the basic premises of the Feldenkrais Method and its application to walking. Engage in a floor-based movement lesson, highlighting increased sensory awareness of the whole body in the function of walking. Conclude with processing our experiences and clarifying ideas and concepts. Wear comfortable clothing and bring a yoga mat. Held in Shelburne.

### Art of the Tale: Mid-Century Short Stories

with Robert Weibezahl

**Thursdays, October 5–26, 1:30–3 pm**

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

In this online class, dive into Daniel Halpern's splendid “The Art of the Tale: An International Anthology of Short Stories.” Read an array of stories by some of the finest writers around the globe, published between 1945–1985. Investigate the ways these writers touch upon both culturally specific and universal themes as they use fiction to explore life, love, change, and what it means to be human. Copy of book required. This session will not be recorded.

[next page](#) ▼

“ OLLI has provided learning and experiences that I value and always look forward to. I would share this with anyone who was thinking of joining and even those who hadn't yet considered it.”

— OLLI Member

 **ONLINE**  **IN-PERSON\***  **RECORDED**

\*Provide own transportation to all in-person classes.

**REGISTER TODAY! [learn.uvm.edu/olli](https://learn.uvm.edu/olli) OR CALL 802.656.5817**

## Brain & Memory Activation

with Katherine Robinson

**Saturdays, October 7–28, 10:30 am–noon**

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

In this online class, learn about the latest cutting-edge research and techniques that involves the blending of Western and Eastern philosophy and practices that enables your brain to grow, adapt, and reorganize itself in response to various experiences.

## Interfaith and Perennial Wisdom

With Rev. Don Chatfield

**Wednesday, October 11, 10:30 am–noon**

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

What is interfaith? This class provides you with an overview of the interfaith movement launched by Swami Vivekananda in 1893 and the approach of this inclusive spirituality. You'll learn about "Perennial Wisdom," or the common teachings that run throughout the world's faith traditions and become acquainted with resources to explore these wisdom teachings. Held in Shelburne.

## Fall Foliage Hike with the Green Mountain Club

with Michael DeBonis

**Thursday, October 12, 11 am–12:30 pm**

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

Meet at Green Mountain Club Headquarters in Waterbury Center and enjoy a 0.5-mile hike on the "Short Trail" while viewing and learning about the science behind Vermont's beautiful fall foliage.

## Shelburne Museum Exhibit: Pop-Up—Inflated Sculpture

with Curator Carolyn Bauer

**Friday, October 13, 10:30 am–noon**

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

Celebrate contemporary inflatable art's versatility of design, materiality, and technology, featuring three artists leading the field of pneumatic sculpture—Claire Ashley, Pneuhus, and Tamar Ettun. With their large sensuous forms and bold pops of color, these sculptures convey playful humor and wonder while also facilitating discussions about larger sensory, sociopolitical, and cultural topics.



Stephen Huneck, *The Wagon*, 2002. Woodcut print, 18 1/2 x 25 1/2 in.  
Collection of Shelburne Museum, gift of the Friends of Dog Mountain, Inc.  
2022-3.7. Photography by Andy Duback.

## Shelburne Museum Exhibit: Pet Friendly—The Art of Stephen Huneck

with Curator Carolyn Bauer

**Tuesday, October 17, 10:30 am–noon**

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

Enjoy the diverse multimedia work of Stephen Huneck (1948–2010), one of New England's most well-known and celebrated artists. Explore a selection of hand-carved and painted furniture, sculptures, relief paintings, bronze sculptures, and more on loan from the Estate of Stephen Huneck, Friends of Dog Mountain in St. Johnsbury, Vermont.

## Cryptocurrencies and the Future of Money

with Joan Nix

**Tuesday, October 24, 5–6:30 pm**

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

In this online presentation, investigate the world of cryptocurrencies and "FinTech". Learn how Bitcoin came to be, what it is, and what its broader implications might be. Explore public policy questions such as: 1) Why do we need (or want) cryptocurrencies? 2) Do we want Facebook to run our payment system? 3) What role does or should government regulation and the Fed have in the evolving world of cryptocurrency and online finance?

## Bittner Antiques In-Person Tour

with Brian Bittner

**Tuesday, October 24, 10:30 am–noon**

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

Enjoy this in-person tour of Bittner Antiques' showroom space. Explore the world of a third-generation VT antique dealer and the various antiques, artworks, and collectibles on display. Held in Shelburne.

sign up now!

## Alfred Hitchcock's San Francisco 🖥️ 🗣️

with Jay Sherwin

**Wednesday, October 25, 2:30–4 pm**

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

Alfred Hitchcock loved San Francisco and some of his best films were shot on location there. In this online presentation, view short clips from *Vertigo*, *The Birds*, and other Hitchcock classics. Learn about the fascinating stories about how Hitchcock chose those locations and how he filmed them.

## Get More Out of Your Doctor's Visit! What Your Doctor Wishes You Knew 🗣️

with Geri Amori

**Thursday, October 26, 1:30–3 pm**

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

Take better charge of your own health. Prepare for your next physician visit and get the information you want. Discuss tips on how to: 1) provide your physician with important medication and symptom updates, 2) ask your doctor clearer questions to get clearer information, and 3) organize your priorities through a body system report. It's not difficult and you will have a better patient experience. Doctor's visits are more effective when doctors receive good information from their patients. Held in Shelburne.

## Raul Hilberg and Research on the Holocaust at the University of Vermont 🗣️

with Jonathan Huener

**Saturday, October 28, 10:30 am–noon**

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

Discover the work of Raul Hilberg, Professor of Political Science at the University of Vermont, and his legacy at that institution. A pioneering scholar of the Holocaust in the first decades after World War II, Hilberg provided the foundation for the teaching, research, and public programming in Holocaust studies that continues at UVM to the present day. Held at UVM campus.

## Deconstructing Soup 🖥️ 🗣️

with Liza Baker

**Thursday, November 2, 10:30–11:30 am**

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

"Soup of the evening, beautiful soup!" In this virtual class, discover how to make delicious, healthful soups on a regular basis. Join health coach Liza Baker and learn the ONE recipe you need to make them all as we head into soup weather.

## Fleming Museum—Praxis: Recent Work by Studio Art Faculty at UVM 🗣️

with Kristan M. Hanson

**Saturday, November 4, 10:30 am–noon**

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

Join the new Fleming curator for an intimate tour of the UVM Art Faculty Exhibition.

## Beginning Yoga, Session 4 🖥️ 🗣️

with Amanda McIntire

**Wednesdays, November 8-29, 5:30–6:30 pm**

**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.

## Resilience, Joy, and the Convergence of Science & Meditation 🗣️

with Dan Quinlan

**Tuesday, November 7, 1–3 pm**

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

Learn how science is increasingly validating the healing power of ancient and modern meditation techniques. Meditation has been shown to reduce stress, promote healthy sleep patterns, and boost cognitive skills. Access these transformative practices through an exploration of resources and techniques. Held in Burlington.

## Sutton Holiday Market 🗣️

with Patsy Jamieson

**Sunday, December 3, 8 am–5 pm**

**Member: \$75 | Non-Member: \$110**

Visit the festive Holiday Market in Sutton, Quebec. Discover unique gifts from local artists and delicious artisanal food. You can also explore the boutiques, galleries, and restaurants of this quaint Eastern Townships town. Coach bus transportation provided. Meet at upper level of Gutterson Garage, UVM campus.

sign up now!

🖥️ ONLINE 🗣️ IN-PERSON\* 🗣️ RECORDED

\*Provide own transportation to all in-person classes.

REGISTER TODAY! [learn.uvm.edu/olli](https://learn.uvm.edu/olli) OR CALL 802.656.5817

# Become a member of **OLLI** at UVM and...

You will have the opportunity to experience educational and cultural opportunities offered through OLLI and other partnership programs and events.

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.

You can explore new as well as familiar fields of interest, in an environment suited to adult learners.

**learn.uvm.edu/olli**  
**OR CALL 802.656.5817**

## join now!

### **You Will Receive:**

- 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

### **SEMESTER-BASED MEMBERSHIP:**

#### **FALL: \$15**

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

#### **SPRING: \$15**

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

Birding, Summer 2018

Photo: Barbara Mines



# OLLI ▶

OSHER LIFELONG LEARNING INSTITUTE  
OF THE UNIVERSITY OF VERMONT

“OLLI broadens your world.  
There is something for everyone!”

— OLLI Member



Cuba Trip, Winter 2016

Photo: Athena Smith

seek. learn.  
discover. grow.

Become an OLLI at UVM member  
and register for courses at

**learn.uvm.edu/olli** or by calling **802.656.5817**



*of The University of Vermont®*

classes  
travel  
lectures  
discussions  
active learning

sign up now!

**OSHER LIFELONG LEARNING INSTITUTE OF THE UNIVERSITY OF VERMONT**

University of Vermont—Continuing and Distance Education

23 Mainsfield Avenue, Burlington, VT 05401