

CAMPUSOLLI

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OLLI Iceland Trip, May 2019

**IN-PERSON
& ONLINE
COURSES &
EVENTS**

Beginning Yoga, Session 1

with Amanda McIntire

Wednesdays, January 3–24, 5:30–6:30 pm

Four Sessions | Fee: \$40

In this online introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), meditation and yoga philosophy. Required equipment: Yoga or exercise mat.

NEW SPECIAL INTEREST GROUP!

Essential Poetry: Four Poets of New England

with Huck Gutman

Thursdays, January 4–25, 4–5:30 pm

Four Sessions | Fee: FREE to members

New England has produced some of the finest poets in America's history. This lecture-based online program will look at Emily Dickinson, Robert Frost, Wallace Stevens, and Elizabeth Bishop.

New York Historical Society Virtual Tour: Under Cover:

J.C. Leyendecker & American Masculinity

with Bella Canepa, NYHS curator

Thursday, February 1, 10:30–11:30 am

Fee: \$25

In this online presentation, discover the work and influence of J.C. Leyendecker, a preeminent illustrator and commercial artist who helped shape American visual culture in the first three decades of the 20th century through captivating advertising campaigns including the legendary "Arrow Collar Man" and countless covers for the *Saturday Evening Post*. As a gay artist whose illustrations for a mainstream audience often had unspoken homoerotic undertones, his work is especially revealing for what it says about the cultural attitudes towards homosexuality of the period. This program will not be recorded.

[see more classes ▶](#)

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NEW SPECIAL INTEREST GROUP!

**Essential Poetry:
Four American Poets** 📺 📺 📺

with Huck Gutman

Thursdays, February 1-22, 4-5:30 pm
Four Sessions | Fee: FREE to members

The United States has had a rich trove of extraordinary poets. In this lecture-based online program, four poets, of the nineteenth century, the modern period, mid-twentieth century, and the later twentieth century will be considered. They are Walt Whitman, William Carlos Williams, Gwendolyn Brooks, and A.R. Ammons.

**Persian Love Cake:
Baking Demo and History** 📺 📺

with Anna Mays

Tuesday, February 6, 10:30-11:30 am
Fee: \$20

In celebration of Valentine's Day and the Persian New Year, join us online and discover the process of crafting this exquisite rose water and almond Persian Love Cake. Discover the spices and other ingredients common to Persian cuisine, and how to source and prepare these ingredients for maximum flavor. Learn how to make a cultured cream often served with the cake. As the cake bakes, delve into the cultural significance and romantic legends behind its name. Explore basic baking techniques and suggestions for making a gluten-free version of Persian Love Cake.

**Art of the Tale II:
More Mid-Century Short Stories** 📺

with Robert Weibezahl

Mondays, February 5-March 11, 1:30-3 pm
Six Sessions | Fee: \$70

In this six-session online class, continue exploring 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 program will not be recorded.

Beginning Yoga, Session 2 📺 📺

with Amanda McIntire

Wednesdays, February 7-28, 5:30-6:30 pm
Four Sessions | Fee: \$40

In this online introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), meditation and yoga philosophy. Required equipment: Yoga or exercise mat.

Introducing Islam 📺

with Ilyse Morgenstein Fuerst

Wednesday, February 14, 10:30-11:30 am
Fee: \$15

In this online presentation, join associate professor of religion and director of the UVM's Humanities Center, Prof. Morgenstein Fuerst, for an introduction of the basics of Islam, focusing on plurality and diversity within this global religion. This program will not be recorded.

[see more classes ▶](#)

“ OLLI programs are a great way to learn something new and to get to know the local area. I just moved here and I'm so glad someone turned us onto OLLI right away.”

– OLLI Member

Photo: Hannah Day



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Ready, Set, Go to the Doctor: Preparation Tips

with Geri Amori

Tuesday, February 27, 10:30–11:30 am

Fee: \$15

Take better charge of your own health! Join us online and learn how to prepare for your next physician visit so that you get the information you want! Learn 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! Let's be effective patients!

VSO Offstage: The Hollywood Sound

with Vermont Symphony Orchestra, Katherine Winterstein, concertmaster of VSO

Wednesday, February 28, 2–3 pm

Fee: \$15

Join us for this online lecture with violinist Katherine Winterstein for a discussion about the crossover between classical music and film scores. This talk will focus on Erich Korngold's Violin Concerto, which includes themes from several films from the golden age of Hollywood. Winterstein will explore the concerto in depth including her process in preparing it for performance with the Vermont Symphony Orchestra on May 4.

Writing a Legacy Letter

with Jay Sherwin

Tuesdays, March 5–12, 10–11:30 am

Two Sessions | Fee: \$30

A legacy letter is a written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends, and loved ones. This online program includes discussion and brief writing exercises to help participants examine their life history and explore their values. It offers advice, encouragement, and a practical model to help participants draft and complete their own legacy letter.

Beginning Yoga, Session 3

with Amanda McIntire

Wednesdays, March 6–27, 5:30–6:30 pm

Four Sessions | Fee: \$40

In this online introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), meditation and yoga philosophy. Required equipment: Yoga or exercise mat.

NEW SPECIAL INTEREST GROUP! Forbidden Pages: Banned Books Club



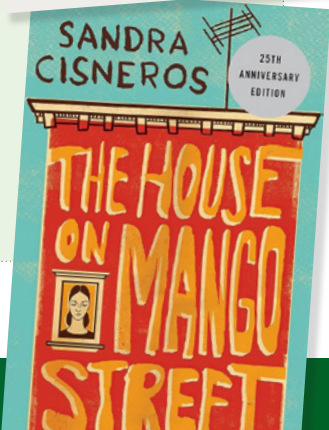
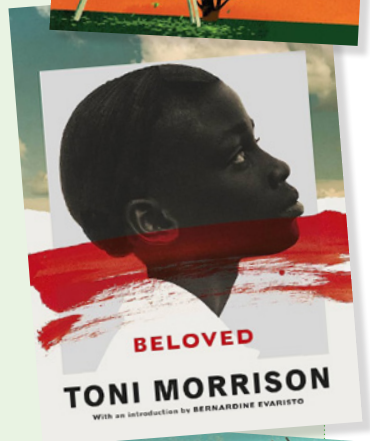
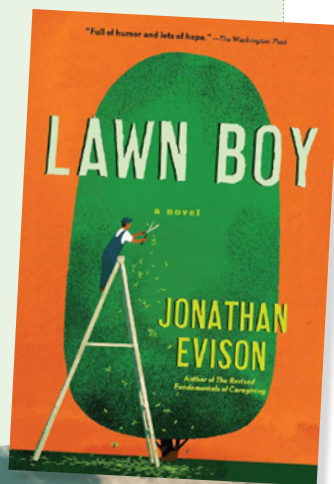
with Rebecca Starks

Wednesdays, March 6, April 3, May 1, 4:30–6 pm

Three Sessions

Fee: FREE to members

In this online inaugural Banned Books Club, we will read and discuss three frequently banned books: *Lawn Boy* by Jonathan Evison; *Beloved* by Toni Morrison; and *The House on Mango Street* by Sandra Cisneros. We will discuss the reasons given for banning, any discomfort the books cause in us, and the value we might find in that discomfort. We will meet the first Wednesday of each month (March 6, April 3, May 1). Facilitated by Rebecca Starks with guidance from Hannah Day. Limited seats.



That's The Way We (Casse)Roll 📺 🎧

with Liza Baker

Thursday, March 7, 10-11 am

Fee: \$20

Casserole: if that word doesn't excite you, you're probably caught in the world of hot tuna + noodles or green beans + canned mushroom soup. Take heart! When done well, casseroles, AKA "hot dishes," can be an important tool in the home cook's meal planning toolkit! In this online presentation, learn the one recipe you need to create healthful, delicious, and exciting casseroles for every season.

Beginning Yoga, Session 4 👤

with Amanda McIntire

Mondays, March 11-April 1, 5-6 pm

Four Sessions | Fee: \$40

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

Deep Listening & Songbirds 📺 🎧

with Bridget Butler

Tuesday, March 19, 6:30-7:30 pm

Fee: \$15

In this online program, open your senses to an immersive experience exploring how birds lend their voices to our local soundscapes. Fine tune your ability to listen to each layer paying attention to the relationships between sounds. Bird Diva Bridget Butler, will guide you through a variety of soundscapes that birds inhabit adding a whole new layer to the way we listen to the natural world.

"A Republic, If You Can Keep It:" Is the Constitution Resilient Enough for These Times? 👤

with Ron Miller

Wednesdays, March 20-April 24 2-3:30 pm

Six Sessions | Fee: \$70

In this six-session class, we will review the origins and purposes of the U.S. Constitution and discuss its framers' hopes for the republic they were creating. Then we will consider whether their vision, and the Constitution itself, are still relevant in the much more complex and turbulent world of the twenty-first century. Snow date: May 1. Held in Charlotte.

Winter Forest Remedies: Medicinal Herb Walk 👤

with Katherine Elmer

Tuesday, March 26, 10:30-noon

Fee: \$15

Join community herbalist and UVM faculty member Katherine Elmer for a Forest Herb Walk at East Woods Natural Area to learn identification, harvesting and preparation of common evergreen tree medicines. Heal local with year-round remedies to supplement your home wellness routines! Held in South Burlington.

Photo: Barbara Mines



Mark S. Breen, Fairbanks Museum

Solar Eclipse of 2024: Land of Shadow and Light 👤

with Mark S. Breen

Tuesday, April 2, 1-2:30 pm

Fee: \$25

Much of eastern New York and Vermont will experience a total eclipse of the sun on April 8, 2024, the last one until 2106! This program will explore the process that makes an eclipse, and why they are so rare. Eclipses have a rich history, but they also continue to offer important scientific opportunities to study the Sun today. Held in Burlington.

Beginning Yoga, Session 5 👤

with Amanda McIntire

Mondays, April 8-29, 5-6 pm

Four Sessions | Fee: \$40

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

Public Funds, Public Knowledge: Accessing Research You Paid For

with Bryn Geffert, Dean of UVM Libraries

Tuesday, April 9, 10-11 am

Fee: \$15

The academy spends billions of dollars each year on crucial research, conducted in the public interest and funded by the public. But it then gives the results of that research to commercial publishers, who lock it behind paywalls and charge for access. Join the Dean of UVM Libraries in this online presentation and learn how this perverse model came to be and what the academy—especially UVM—is doing to change it.

Sound Bath Meditation

with Kirk Jones

Wednesday, April 10, 12-1:30 pm

Fee: \$25

If you are looking for peace and relaxation this class is for you. We will learn the basics of how audible sound and vibration affect the body and mind and then sit or lie down to receive the steady, harmonizing sounds. Leaving both relaxed and energized is common. Held in Burlington.

Beginning Yoga, Session 6

with Amanda McIntire

Wednesdays, April 10-May 1, 5:30-6:30 pm

Four Sessions | Fee: \$40

In this online introductory class, learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), meditation and yoga philosophy. Required equipment: Yoga or exercise mat.

Endurance through Music in the Holocaust

with Lois Price

Tuesday, April 16, 1-2:30 pm

Fee: \$20

Explore the history and audio clips of music that was created and played in the context of Nazi Europe. This presentation will draw attention to this historical period and to human resilience and stimulate ideas about why people living under extreme duress would pursue the art of music. Held in Burlington.

Improve Your Posture: An Introductory Feldenkrais Workshop

with Carolyn King

Thursday, April 18, 1-2:30pm

Fee: \$20

Learn the basic premises of the Feldenkrais Method. While seated in chairs you will be guided through a gentle sequence of movements intended to evoke the natural functions of the spine such as turning, flexion and extension, and find yourself sitting and standing taller with greater ease and comfort. Held in Shelburne.

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The Robinson Family and Anti-Slavery Advocacy in Vermont 👤

with Lindsay Varner

Friday, April 19, 1-2:30 pm

Fee: \$15

Dr. Lindsay Varner, Executive Director of Rokeby Museum in Ferrisburgh, will share Rokeby's abolitionist history and the stories of the Freedom Seekers who sought self-emancipation on the Underground Railroad. The Robinson family lived at Rokeby from 1793 to 1961, the second generation were abolitionists and active in the national and state-wide anti-slavery movement. The family's anti-slavery documents were saved by the family and are part of the museum's collection. These documents tell the story of the abolitionist movement in the 19th century and have led to Rokeby's National Landmark designation. Held at St. Catherine's Church Hall in Shelburne.

Historic Allen House Tour 👤

with Angie Grove

Tuesday, April 23, 11 am-12:30 pm

Fee: \$20

Participants are invited to join a guided tour of the historic Allen House (c.1785), part of the Ethan Allen Homestead Museum in the Ethan Allen Homestead Park. This is the oldest still-standing building in the city of Burlington. The tour will interpret the earliest years of the building through its 1980s restoration, including what we know, what we think we know, and what we still would like to find out. Held in Burlington.



Container Gardening 101: Thriving in Small Spaces 👤

with Sarah Salatino

Tuesday, April 23, 5-6:30 pm

Fee: \$15

Get ready for the gardening season by learning how to use color, texture, and placement in your containers. Learn how to use annuals and perennials in eye-catching combinations. Because plants will not be ready this early in the season, we will use collaging to help us visualize the possibilities. All materials will be provided. Held in Essex.

VSO Offstage: Justin Morgan's Music, Then and Now 👤

with Vermont Symphony Orchestra, Larry Hamberlin, faculty emeritus at Middlebury College

Thursday, April 25, 2-3:30 pm

Fee: \$15

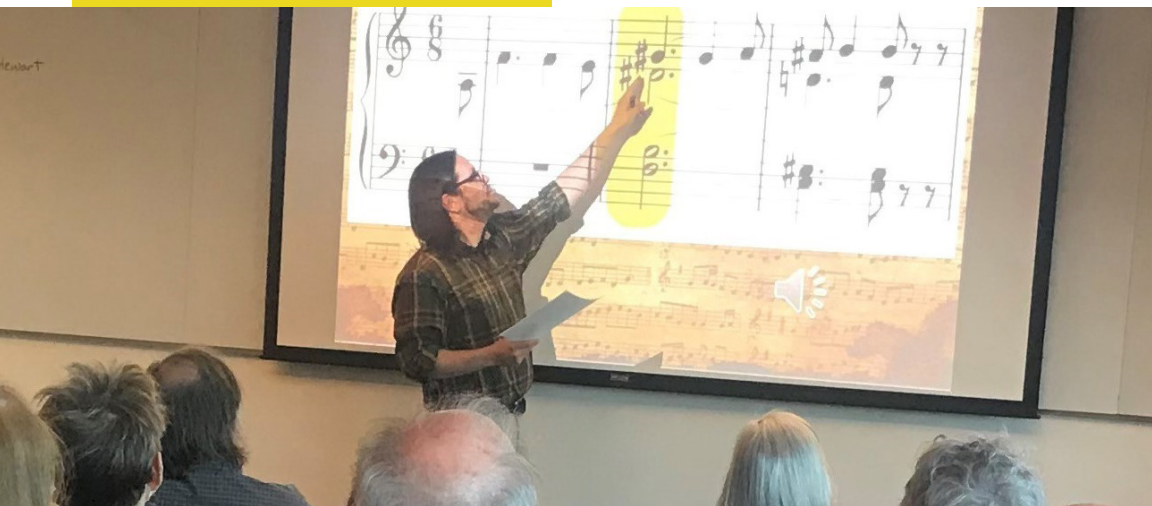
Many Vermonters are familiar with Justin Morgan's famous work with horses, but it's less well known that Justin Morgan also was a composer of music. Join us in person and listen to samples of Morgan's original hymns, discuss the music scene in Vermont in the 18th century, and explore how Nico Muhly has integrated these tunes into a brand-new orchestral commission for the Vermont Symphony Orchestra. Held in Shelburne.

sign up now!

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next page ▼



CAMPUS OLLI membership

OLLI at UVM, one of 125 OLLIs at colleges and universities nationwide, is a cooperative learning community supported by the contributions and participation of our members.

Spanning 7 locations across the state of Vermont, OLLI members are a part of a vibrant and dynamic community of lifelong learners who enjoy exploring new ideas, enhancing their creativity, and sharing a passion with others through in-person and online programs.

If you would like to participate in an OLLI program in the greater Burlington area, become a **CAMPUS OLLI MEMBER** today!

How do I Become a Campus OLLI Member?

Become a campus member when you pay a semester-based membership fee at the same time you register for your campus classes. Additional fees for classes apply.

Campus OLLI Member Benefits include:

- Access to a wide array of OLLI courses, events, and programs
- Access to **FREE Special Interest Groups (SIGs)***
 - **Essential Poetry SIG** (online, see cover)
 - **Banned Book Club SIG** (online, see inside left panel)
 - More to come! We are just getting started!
- Rewarding volunteer opportunities
- Access to OLLI's monthly community e-newsletter
- Access to discounted tickets to UVM Lane Series performing arts events
- Priority registration for all OLLI educational travel opportunities
- Access to UVM Library Benefits**

**SIGs – Discussion or activity groups that are free to all OLLI campus members. They help to foster fellowship by allowing members to engage with others who share a common interest.*

***See learn.uvm.edu/olli for more information*

SPRING MEMBERSHIP

\$15 | **\$12** for UVM faculty/staff/alumni or AARP members)

Italy Trip, Spring 2017



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“ OLLI offers accessible and affordable opportunities for me to broaden my knowledge and exposure to things outside my usual weekly routine.!”

– OLLI Member

Fall Foliage Hike, Fall 2023

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