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ST. JOHNSBURY OLLI

REGISTER TODAY

Online: learn.uvm.edu/olli/stj
Call: 802-656-8407
Email: noncredit@uvm.edu

Reciprocal Membership:

Once you become a member in your local statewide OLLI, you are entitled to attend courses and programs at the six UVM statewide OLLIs (Central VT, Lamoille Valley, Rutland, Springfield, St. Albans and St. Johnsbury) throughout Vermont.

Call to add your name to the roster.

Your active Statewide OLLI membership also entitles you to sign up for OLLI at UVM campus programs at the discounted member rate.

REGISTER NOW!

FALL 2024 | PROGRAMS

ST. JOHNSBURY OLLI



of The University of Vermont®

SEPTEMBER 12 - OCTOBER 31

Thursdays 1:30 - 3:00 PM

Catamount Arts

**115 Eastern Ave.
St. Johnsbury, Vermont**

*** HOMESCHOOLERS ARE WELCOME! ***

Our Mission:

To provide intellectually stimulating, affordable, non-credit learning opportunities to people 50 and over throughout Vermont in community settings.

REGISTER TODAY!

LEARN.UVM.EDU/OLLI/STJ

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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 seven 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 & online programs.



**THANKS TO THESE GENEROUS SPONSORS:
Catamount Film & Arts,
Northeastern VT
Regional Hospital, and
Kingdom Access TV**

For weather related schedule changes, check the website.

SIGN UP NOW!

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SEPTEMBER 12
How to Weed Your Attic: Getting Rid of the Junk without Destroying History

Dr. Elizabeth Dow, Teacher, Librarian Archivist

When you de-clutter your office or clean out your attic, basement, garage, or old aunt's apartment, you always find stuff you do not want. Next time that happens, before you throw it out, consider whether it has historical value. This program will explain how to tell.

SEPTEMBER 19
Golden Ball Tai Chi - The Way of Energy

Patricia Anderson, Tai Chi Enthusiast & Former Yoga Teacher

Golden Ball Tai Chi, based on ancient Tai Chi and QiGong systems, is designed for aging adults. It promotes better balance, stimulates circulation, and helps relieve arthritis symptoms. Participants report improved quality of life, increased relaxation, and greater confidence in outdoor activities like walking. Enjoy a sampling of movements and explore these beneficial practices.



SEPTEMBER 26
Natural Burial: Choosing to Sustain the Future

Michelle Acciavatti, Natural Deathcare Worker & Founder, Vermont Forest Cemetery

Michelle Hogle Acciavatti, a pioneer in Vermont's natural burial movement since 2016, founded the Vermont Forest Cemetery in 2023. This is the first cemetery dedicated to natural burial, the first conservation burial ground, and the first and only forest cemetery in Vermont. The unique approach of Vermont Forest Cemetery integrates burial, conservation, art, learning, and community to inspire a sense of reciprocity with the earth, give back to the land that nurtures us during our lifetime, and connects us to our mourning needs. In this presentation, we will view a documentary that features the first burial at Vermont Forest Cemetery and look in depth at the environmental and emotional benefits of natural burial for individuals and communities.



OCTOBER 3
Nulhegan Education – Title VI Indian Education

Miss Lucy Neel RN, Education Director

Including the use of a short powerpoint and artifacts, Miss Lucy will present the situation of Abenaki living in Vermont today. As the Nulhegan Education Title VI Indian Education Director she works with the Cultural Center in Holland, VT to connect with local school children as well as anyone interested in Abenaki culture and maintaining it. Cannon-Neel is also a leader in the Food Sovereignty program which helps supply food for tribal members in need. They maintain a buffalo herd and cull two a year to provide meat; they also maintain gardens. The Abenaki peoples were among the earliest settlers in what we now call the State of Vermont.

OCTOBER 10
Healing Accountability & Intimate Partner Violence Prevention

Henekis Stoddard, Associate Director, Umbrella Inc.

In this workshop, strengthen your understanding of what Healing Accountability is and how this is an approach used for intimate partner violence prevention. Explore the nuances on this topic that can cultivate compassion and engage in thoughtful conversation that will expand your thinking on how we can all play a role in creating safer communities.

OCTOBER 17
Songbirds

Belinda Emmons, Nature & Wildlife Photographer

Belinda will showcase her photography of Birds that she captures with her camera in the New England area and open your eyes to always look and listen and become more open to the Nature around us.

OCTOBER 24
Forgotten Heroes: Vermont Regiments at the October 1864 Battle of Cedar Creek

Susan Kuecker, Civil War History Enthusiast

The Battle of Cedar Creek fought in Virginia's Shenandoah Valley in October 1864 was regarded at the time as an important battle assisting in the re-election of President Abraham Lincoln. There were more Vermont troops at this battle than any other battle in the Civil War. All Vermont Regiments played important parts in the battle. Attend this program & find out what Vermont soldiers did at this almost forgotten battle.

OCTOBER 31
Restorative Justice

Frances Hersey, Former Librarian

This program will attempt to define and explain what restorative justice is in our community, as it addresses the human needs of revenge on the part of victims of crimes and forgiveness and apology on the part of the perpetrators.



St. Johnsbury OLLI Registration
FALL 2024 PROGRAMS

Please consider option 1 or 2
 (Quick & easy for you, and also for the OLLI Staff and Volunteers)

REGISTRATION OPTIONS:

1. Go to website address (learn.uvm.edu/olli/stj) and register online with your credit card;
2. Register over the phone with your credit card by simply calling the UVM Non-Credit Registration office at 802-656-8407 during regular business hours or email noncredit@uvm.edu
3. Complete the registration form below indicating full series membership or which specific program(s) you wish to attend; mail completed form and your check (made out to University of Vermont-OLLI) to:

UVM Non-Credit Registration Office
 85 South Prospect Street, Box 34
 Burlington, VT 05405

NAME(S) _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

TELEPHONE _____

EMAIL ADDRESS _____

Please check one of the following options:

EARLY BIRD FULL MEMBERSHIP: REGISTER BY AUG. 29: \$27 _____

FULL SERIES MEMBERSHIP: AFTER AUG. 29: \$30 _____

INDIVIDUAL PROGRAM(S): \$8 EACH _____

DATE _____ TITLE _____

DATE _____ TITLE _____

DATE _____ TITLE _____

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