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ST. ALBANS **OLLI**

23 MANSFIELD AVENUE, BURLINGTON, VT 05401



of The University of Vermont®

Register
today!

learn.uvm.edu/olli/stalbans

802.656.8407

noncredit@uvm.edu

Reciprocal Membership:

Once you become a member in your local statewide OLLI, you are entitled to attend 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.

If you are already a registered statewide member for the current semester and would like to attend a Campus OLLI program, the Campus OLLI membership fee will be waived.

Please call 802.656.8407.



of The University of Vermont®

Our Mission:

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

S P R I N G 2 0 2 6 P R O G R A M S

ST. ALBANS **OLLI**



APRIL 30

Flower Farming & Growing a Business in Northern Vermont
Savanna Crossman

Photo: Heart & Soil Farm

MARCH 5–APRIL 30
Thursdays, 11 am–12 pm

Greg Brown Lodge

179 Congress Street, St. Albans, VT 05478

ST. ALBANS **OLLI**

A HEARTFELT THANK YOU...

...to our dedicated **St. Albans OLLI Program Committee** for their time, energy, and vision:
John Newton, Leon Berthiaume, Joan Grant, Nancy MacArt, and Bryant Reynolds.

For weather related-schedule changes, check the website.

OLLI at UVM, one of more than 120 OLLIs 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.

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ST. ALBANS OLLI

SPRING 2026 PROGRAMS

MARCH 5–APRIL 30

Thursdays, 11 am–12 pm



of The University of Vermont®

St. Albans OLLI Registration

SPRING 2026 PROGRAMS

Two Options for Your Convenience!

(Quick & easy for you, and also for the OLLI Staff and Volunteers)

REGISTRATION/PAYMENT OPTIONS:

- 1** Go to website: learn.uvm.edu/olli/stalbans 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

Please note that we cannot accept payment at the door.



REGISTER NOW!

MEMBERSHIP/PROGRAM OPTIONS:

Early Bird Full Membership: (Register by February 19): \$36

Full Series Membership: (after February 19): \$40

Individual Program(s) \$10 each

**PRE-REGISTRATION IS REQUIRED.
WALK-INS NOT ACCEPTED.**

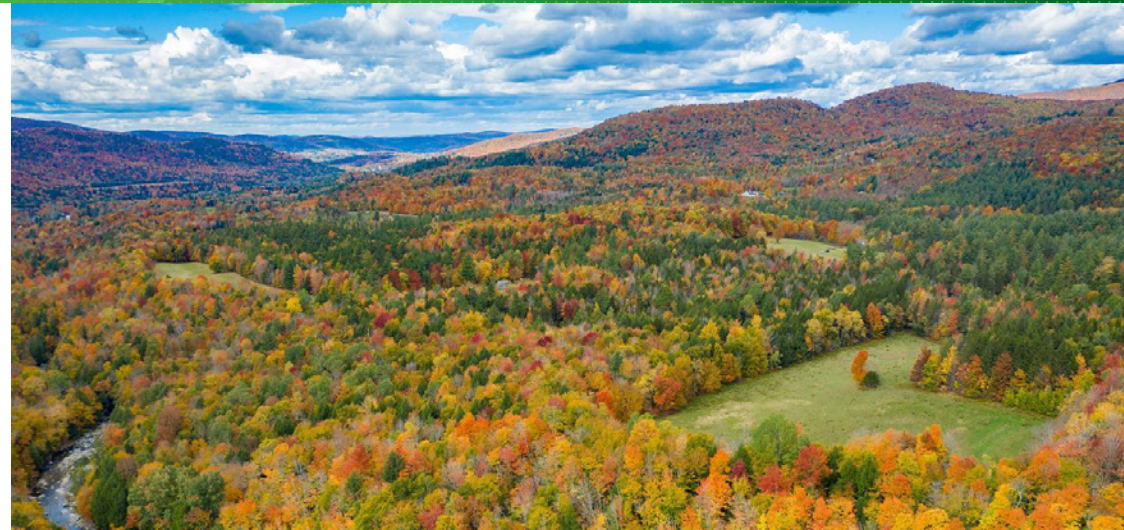


The Forests We Share: Challenges, Change, and Stewardship in Northwestern Vermont

with Charlie Hancock, Franklin & Grand Isle County Forester; Conservation Leader

Thursday, March 19, 11:00 am–12:00 pm

Spend time with County Forester Charlie Hancock for a conversation about the forests that define our shared landscape in northwestern Vermont. Explore what makes our woodlands unique, examine the challenges they face, and discover how we can serve as stewards of this remarkable resource respecting the members of the diverse community of life that calls it home.



Paul Revere's Rum, Ethan Allen's Cider, and Bathtub Gin: An Eccentric History of Alcohol

with Rebecca Rupp, Ph.D., Cell Biologist; Biochemist; Prolific Science Author

Thursday, March 26, 11:00 am–12:00 pm

Trace humankind's long and conflicted relationship with alcohol. Discover drunken monkeys, Sumerian beer, the dark side of rum, and how Madeira wine fueled the American Revolution. Learn about Johnny Appleseed's alcoholic apples, Prohibition, and the tragic story of wood alcohol and find out why Mae West was wrong when she said, "Too much of a good thing is wonderful."

Register today!



Keeping Your Mind Sharp: The Role of Learning in Aging Well

with Mary Val Palumbo, Geriatric Nurse Practitioner; UVM Professor Emerita

Thursday, April 2, 11:00 am–12:00 pm

Examine the powerful connection between lifelong learning and brain health. Explore how mental stimulation, learning new skills, and engaging in social activities support cognitive function and protect against age-related decline. Through interactive discussions and practical tips, gain strategies for weaving learning into daily life. Understand the science behind brain health and gain tools to take proactive steps toward maintaining a healthy aging brain.



Historic Preservation In Vermont

with Laura V. Trieschmann, Vermont State Historic Preservation Officer

Thursday, April 9, 11:00 am–12:00 pm

Discover the work of Vermont's Division for Historic Preservation and its programs. Learn how they preserve and rehabilitate historic buildings while promoting Vermont's heritage and landmarks. Explore ways to uncover little-known parts of our Brave Little State and recognize the history and potential within all buildings.

Trend Setter: The Nature of Weather Patterns

with Mark S. Breen, Senior Meteorologist and Planetarium Director, Fairbanks Museum and Planetarium

Thursday, March 5, 11:00 am–12:00 pm

Uncover how the weather shapes our world and captures our attention through its ever-changing extremes. Explore the forces that drive our skies with meteorologist Mark Breen of the Fairbanks Museum and Planetarium. Drawing on over 40 years of experience, Mark reveals where the weather gets its energy and how it creates the patterns that bring us calm days, fierce storms, and everything in between. Learn to distinguish fact from misinformation as he unravels the fascinating dynamics behind today's weather extremes.

The Transcendent Power of Music

with Amy Panetta, MA Music Educator and Ethnomusicologist

Thursday, March 12, 11:00 am–12:00 pm

Experience how music serves as the soundtrack of our lives, guiding us through joy, sorrow, and life's most meaningful moments. Discover how it connects families, communities, and cultures. Explore its healing power to awaken memory, regulate emotions, and support well-being. Understand how music embodies both science and art in motion. Celebrate the profound impact of music on daily life and uncover how it continues to shape human expression.



Franco Migration to New England

with Larry Trombley, Retired Social Studies Teacher

Thursday, April 16, 11:00 am–12:00 pm

Delve into the history of French Canadian migration to New England to work in cotton mills across the region. Examine the prejudice they faced and discover how the rhetoric surrounding their presence mirrors language used about Mexican immigrant workers in the U.S. today.



Flower Farming & Growing A Business In Northern Vermont

with Savanna Crossman, Owner of Heart & Soil Farm
Thursday, April 30, 11:00 am–12:00 pm

Join Savanna Crossman for an inspiring exploration of agronomy and the art of growing local flowers in Vermont's challenging climate. Learn how to test and interpret your garden soil, plan crops effectively, and adapt to the state's distinct growing seasons. Discover practical tips and valuable resources to help small-scale flower gardeners cultivate healthy, beautiful blooms year after year.



REGISTER TODAY! FOR REGISTRATION AND ADDITIONAL PROGRAM INFORMATION, GO TO: learn.uvm.edu/olli/stalbans