Beginning Yoga I
with Amanda McIntire

SESSION 1: Wednesdays, January 9–30, 5:30–6:30 pm
Member: $40 | Non Member: $60

SESSION 2: Wednesdays, February 6–27, 5:30–6:30 pm
Member: $40 | Non-Member: $60

SESSION 3: Mondays, March 4–25, 5:30–6:30 pm
Member: $40* | Non-Member: $60

SESSION 4: Mondays, April 1–22, 5:30–6:30 pm
Member: $40* | Non-Member: $60

Learn the basics of yoga, including the physical practice (asana), breathing techniques (pranayama), and meditation in this introductory course. Bring your own mat.

Beginning Yoga II
with Amanda McIntire

SESSION 3: Wednesdays, March 6–27, 5:30–6:30 pm
Member: $40* | Non-Member: $60

SESSION 4: Wednesdays, April 3–24, 5:30–6:30 pm
Member: $40* | Non-Member: $60

This series furthers participants’ yoga experience through physical practice (asana), breathing (pranayama), and meditation. Bring your own mat. Completion of Beginning Yoga I course required.

*Members can sign up for both Monday (Yoga I) and Wednesday (Yoga II) classes in Session 3 — eight classes for only $60!

*Members can sign up for both Monday (Yoga I) and Wednesday (Yoga II) classes in Session 4 — eight classes for only $60!

Bizet’s Carmen
with William Harwood

Thursday, January 31, 5:30–7 pm
Member: $15 | Non-Member: $25

Examine themes, characters, and what happens behind the scenes in Bizet’s Carmen. This class prepares you for viewing the “Metropolitan Opera in HD” presentation on Saturday, February 2, 2019, at the Palace 9 Theater in South Burlington. Performance transportation and tickets are on your own.

sign up now!

classes travel lectures discussions active learning

OSHER LIFELONG LEARNING INSTITUTE
OF THE UNIVERSITY OF VERMONT

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085
**Drawing in the Greenhouse**
*with Jane Neroni*
**Saturdays, February 16–March 9, 10 am–12:30 pm**
Member: $65 | Non-Member: $95

Learn techniques to draw a variety of flowers and plants that grow in the UVM greenhouse. Warm, welcoming and fragrant in mid-winter, the greenhouse offers a delightful and relaxing place to learn new ways to see and draw many plant forms and shapes.

**Beginner Ukulele — Level 1**
*with Clare Innes*
**Mondays, February 25–March 18, 5:30-7 pm**
Member: $65 Non-Member: $95

You’ll learn the basics of playing the ukulele and soon be playing tunes that fit in perfectly around the campfire and family gatherings. You’ll learn how to make chords, strum smoothly, and gain confidence in playing for yourself and others.

**Beginner Pilates — Session 1**
*with Sarah Griffin*
**Tuesdays, March 5–26, 5:30–6:30 pm**
Member: $40 | Non-Member: $60

Improve strength, flexibility, balance, muscular symmetry, and promote elongated and toned muscles to create a strong body core. Bring a padded mat, at least equivalent to 2 yoga mats.

**Total Body Strength and Stretch — Session 1**
*with Janet Franz*
**Tuesdays, March 5–26, 4:45–5:30 pm**
Member: $30 | Non-Member: $45

Improve overall strength, range of motion, mobility, and balance through pilates, yoga, calisthenics, and functional strength training. Various methods will be offered so that all levels can participate, from beginners to advanced exercisers. Bring your own mat.

**Reading Workshop: Polarization and its Discontents**
*with Rebecca Starks*
**Wednesdays, March 6–27, 5:30–7 pm**
Member: $60 | Non-Member: $90

Through readings and exercises, we will consider the crisis of polarization in the U.S. and our personal part in it. Examine the “Hidden Tribes: A Study of America’s Polarized Landscape” report, read historical and political accounts, excerpts from fiction (from Faulkner to Omar El Akkad), and proposed solutions.

**Whole-Wheat Sourdough Country Bread**
*with Patsy Jamieson*
**Saturday, March 9, 10 am–1 pm**
Member: $65 | Non-Member: $95

Learn the process of making and maintaining a wild yeast starter, creating the dough, and baking the crusty loaves. Aprons are provided. Transportation to The Essex Resort & Spa Kitchen is on your own.

**On Your Mark. Get Set. Bake! A Day at King Arthur Flour**
*with Elisabeth Berthasavage*
**Thursday, March 14, 8 am–5 pm**
Member: $85 | Non-Member: $120

Spend the day at King Arthur Flour starting with a 1-hour yeast bread demonstration and a tasting, followed by a brief tour of the facility. Enjoy time on your own eating a delicious lunch in the café and discover everything you need for your very best baking in The Baker’s Store! Coach transportation to Norwich, VT provided.

**Causes & Consequences of Vermont’s Changing Demographics**
*with Arthur Woolf*
**Thursday, March 21, 5:30–7 pm**
Member: $20 Non-Member: $35

Vermont’s population is aging much faster than the U.S. as a whole. Discuss how and why Vermont’s age structure is changing so rapidly and the economic implications of that aging.

**sign up now!**

**Drawing for the Terrified, Spring 2018**
*Photo: Rebecca Strauss*
Fused Glass Bowls and Plates
with Alyssa Oxley
Sunday, March 24, 3:30–5:30 pm
Member: $60 | Non-Member: $90
Learn to work with colored glass to create a unique handmade keepsake or gift. Cut and arrange glass that will then be fired in a kiln. No previous experience necessary. All materials provided.

The History of Spices
with Hank Kaestner
Monday, March 25, 5:30–7 pm
Member: $20 | Non-Member: $35
Hank Kaestner, former Director of Spice Procurement for McCormick & Co., Inc., considered one of the world’s foremost experts on spices, will trace spice usage from before the Roman Empire, through the age of Exploration, and into the 20th century, when fortunes were made in New England by sending clipper ships around the world to purchase spices.

Act 148: Keeping Resources Out of the Landfill
with Lauren Layn
Thursday, March 28, 5–7 pm
Member: Free | Non-Member: Free
Learn several ways to keep organic material out of the landfill, which will be required for all Vermonters by 2020. We’ll discuss the state-developed “food recovery hierarchy,” tips on reducing food waste, options for food donation, drop-off and pick-up options, the six steps of backyard composting, and other backyard options like “digesting!”

Beginner Ukulele-Level 2
with Clare Innes
Mondays, April 1–22, 5:30–7 pm
Member: $65 | Non-Member: $95
Take your ukulele to the next level. Become more fluid with chord changes, strumming, and learning new songs. Explore fingerpicking and an easy music theory tool and, of course, play lots of songs!

Fleming Museum Tour: Small Worlds — Miniatures in Contemporary Art
with Stephanie Glock
Wednesday, April 3, 5:30–7 pm
Member: $15 | Non-Member: $25
Explore the ways contemporary artists use miniatures, such as dioramas, hobby train figures, and architectural models to inspire awe, whimsy, and even dread, as you tour Fleming Museum’s special exhibition “Small Worlds: Miniatures in Contemporary Art.”

Race Privilege in America
with Nikki Khanna
Thursday, April 4, 5:30–7 pm
Member: $20 | Non-Member: $35
Examine race privilege in American society, discuss what white privilege is and what it looks like, and draw links between race privilege and other types of privilege we may experience in American society based on gender, sexuality, and social class.

French For Travelers
with Alysse Anton
Saturdays, April 6–27, 10–11:30 am
Member: $60 Non-Member: $90
Learn to navigate French-speaking cities, order delicious food, and find cultural hotspots without feeling lost, literally and in translation, in this engaging and interactive class.

Ancient Teachings on Mindfulness
with John Hanagan
Monday, April 8, 5:30–7 pm
Member Fee: $20 | Non-Member Fee: $35
The teachings on the nature of Mind — its darkness and its light — go back thousands of years in both Eastern and Western cultures. This lecture will take a focused and enjoyable look at some of these central teachings, especially those of Buddhism and Taoism from the East, and of Plato, Epictetus, and Marcus Aurelius from the West. A brief instruction in meditation will be included.
Beginner Pilates — Session 2
with Sarah Griffin
Tuesdays, April 9–30, 5:30–6:30 pm
Member: $40 | Non-Member: $60
Improve strength, flexibility, balance, muscular symmetry, and promote elongated and toned muscles to create a strong body core. Bring a padded mat, at least equivalent to 2 yoga mats.

Total Body Strength and Stretch — Session 2
with Janet Franz
Tuesdays, April 9–May 7 (no class April 23), 4:45–5:30 pm
Member: $30 | Non-Member: $45
Improve overall strength, range of motion, mobility, and balance through pilates, yoga, calisthenics, and functional strength training. Various methods will be offered so that all levels can participate, from beginners to advanced exercisers. Bring your own mat.

Essays, Letters & Testimonies: Empathy, Freedom and Justice For All
with Christopher Chaves
Wednesdays, April 10–May 1, 5:30–7 pm
Member: $60 | Non-Member: $90
Explore four important examples of American literature from Ralph W. Emerson, Martin Luther King, Betty Friedan, and John Kerry, to inform debate and policy-making applicable to environmental protection, racial justice in America, women’s rights and opportunities in the democratic society, and the effects on military veterans of seeming wars of aggression.

with Sandra Baird
Thursday, April 11, 5:30–7 pm
Member: $15 | Non-Member: $25
In this class, we will examine the specific amendments that reflect the struggle for freedom of the new republic and the amendments, which reflect the compromise with slavery: the first ten amendments of the document, the Bill of Rights, and Article 2. We will also examine the 13th, 14th, and 15th Amendments that seek to correct the status of the emancipated enslaved persons after the Civil War.

Paint & Sip: Blossoms of Georgia O’Keefe
with Janet Hinnes
Friday, April 12, 6:30–8:30 pm
Member: $35 | Non-Member: $60
Capture the arrival of spring blooms in the style of Georgia O’Keefe. Enjoy our unique approach to the Paint & Sip experience, where you will be guided through your own completely individual painting. All painting materials and one glass of wine, beer, or non-alcoholic beverage included.

Pressure Cooking with Confidence
with Patsy Jamieson
Saturday, April 13, 10 am–1 pm
Member: $65 | Non-Member: $95
Learn recipes and tips for using a modern pressure cooker to prepare dishes in one-third of the time it takes to cook conventionally! The class includes recipes for appetizers, main dishes, and desserts. Aprons are provided. Transportation to The Essex Resort & Spa Kitchen is on your own.

Birding in Vermont
with Maeve Kim
Tuesdays, April 16 & 23, 5:30–7 pm, and Saturday, April 27, 10 am–noon
Member: $50 | Non-Member: $75
Learn about the diverse and beautiful birds that feed and breed in VT forests, mountains, and grasslands, from tiny warblers to huge owls, and songbirds to hawks. Transportation for field trip (4/27) on your own.

Mi Historia: Growing up under Batista & Castro’s Cuba
with Allyan Rivera
Thursday, April 18, 5:30–7 pm
Member: $20 | Non-Member: $35
Allyan recounts her childhood growing up under Batista, living through the July 26th Revolution, and changes experienced under Fidel Castro’s reign. She will also touch upon highlights in Cuban history, Cuba’s geography/flora, architecture, and culture.
Dobra Tea: Teas of the World
with Nina Beck & Stacy Jolles
Saturday, April 20, 10–11:30 am
Member: $25  |  Non-Member: $40
Join us on this journey of the senses. Explore and taste teas from lesser-known tea-growing regions, and discuss tea production, the natural environment, and the people/culture of each region. Enjoy traditionally brewed teas and a small snack.

The Dead Sea Scrolls
with Jeffrey Trumbower
Monday, April 22, 5:30–7:30 pm
Member: $20  |  Non-Member: $35
Over the last 70 years since their discovery, the Dead Sea Scrolls have revolutionized our understanding of the Hebrew Bible, ancient Judaism, and the origins of Christianity. In this session, we will read and discuss translations of some of the most important segments of the scrolls.

Shelburne Vineyard: Grapes, Vines, Wines & Your Palate, VT Style
with Shelburne Vineyard Staff
Wednesday, April 24, 1–3 pm
Member: $40  |  Non-Member: $60
In this introductory presentation, explore grape growing, wine making, and wine tasting focused on the varietals that thrive in VT’s cold climate. Learn about the history of the Vineyard’s pioneering venture. Tour the vineyard (outside) and winery, and enjoy a guided and interactive wine and cheese pairing experience in the Tasting Room Loft. Take home your own souvenir Shelburne Vineyard wine glass. Dress appropriately for outdoor tour.

Musical “isms”: An Introduction to Music in the 20th Century
with James Stewart
Thursday, April 25, 5:30–7 pm
Member: $15  |  Non-Member: $25
Join VPR Classical host James Stewart on a journey into the music that expresses the most tumultuous 100 years of human history.

The Granite Cutters’ Story: A History of Vermont’s 200-Year-Old Granite Industry
with Scott McLaughlin
Wednesday, April 29, 5:30–7 pm
Member Fee: $20  |  Non-Member Fee: $35
Learn about the people, tools, and places behind one of Vermont’s oldest and most important trades — the granite industry.

Downtown Burlington History and Architecture Walk
with Britta Tonn
Thursday, May 2, 10 am–noon
Member: $20  |  Non-Member: $30
Preservation Burlington takes participants on a guided history and architecture walk throughout downtown Burlington.

“OLLI always has something interesting going on. I’m glad I’m a member!”
– OLLI Member
OLLI AT UVM DISTINGUISHED SPEAKER SERIES

Join us in the beautifully renovated Alumni House this Spring for seven lively and informative presentations on historical, timely, and relevant topics.

- **Causes & Consequences of Vermont's Changing Demographics**
  with Arthur Woolf
  Thursday, March 21, 5:30–7 pm

- **The History of Spices**
  with Hank Kaesner
  Monday, March 25, 5:30–7 pm

- **Race Privilege in America**
  with Nikki Khanna
  Thursday, April 4, 5:30–7 pm

- **Ancient Teachings on Mindfulness**
  with John Hanagan
  Monday, April 8, 5:30–7 pm

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- **The Granite Cutters’ Story: A History of Vermont’s 200-Year-Old Granite Industry**
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  Wednesday, April 29, 5:30–7 pm

“This was my first OLLI lecture, but not my last. I will spread the word.” – OLLI Member

OLLI AT UVM ART EXHIBIT

The Magic Portal and the Game of Representation
with Mike Strauss

April 18, 5–6:30 pm
Office of Continuing and Distance Education
322 South Prospect Street

Explore the language of the painter, cycles of drawing and painting, and ways of looking at shape, light, color and depth in paintings. Works in acrylic and ink on canvas, as well as pastel and ink on paper.

Free and open to the public

Mike Strauss, Artist

SACRED HARP SINGING

Sacred Harp is a traditional New England style of participatory signing that is both dramatic and beautiful. Sung a cappella in four part harmony, songs are taught by singing the “shapes” and then the words.

Free and open to the public. Regular attendees strongly encouraged to become an OLLI member.

Every Tuesday, 6:30–8:30pm, Ira Allen Chapel

REGISTER TODAY! learn.uvm.edu/olli 802.656.2085
What is OLLI?

OLLI (Osher Lifelong Learning Institute) at UVM is a community of adult learners who enjoy year-round courses and events that are diverse, interesting, fun, and affordable.

OLLI at UVM seeks to engage the minds, stimulate the senses, and foster learning through a wide range of classes, programs, travel opportunities, and social activities.

OLLI instructors are a mix of peer teachers, UVM faculty, independent scholars, and experts.

Join now!

Membership is $30 for one year (two can sign up for $50), and courses are priced based on length and format.

Here’s what an OLLI membership gets you…

- Over **50% discount** on all OLLI at UVM courses
- **Priority seating** at select premiere UVM lectures
- **Priority registration** for OLLI travel programs
- **Weekly OLLI e-newsletters and updates** on lectures, activities, courses and events of interest
- **Discounted tickets** to UVM Lane Series performing arts events
- Eligible to purchase membership to the **UVM Campus Recreation Center**

OLLI volunteer &

Teaching opportunities:

Become an active OLLI member by sharing your talents, interests, and ideas as a member-volunteer. An actively involved membership ensures interesting and diverse classes as well as keeping OLLI fees affordable. Join the Programming or Membership committee! Or maybe teach for OLLI? Don’t have time for a committee? Be a classroom ambassador. Or help with fundraising and special events.

Become an OLLI at UVM member and register for courses:

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