

## TRIPS



**MONTREAL MUSEUM OF FINE ART**  
Georgia O'Keeffe and Henry Moore  
Giants of Modern Art

**Itinerary:** Self-guided time at museum, lunch, guided tour of O'Keeffe/Moore exhibit.

**Date:** Friday, May 10th. Full day trip, 7:30 AM departure.

**FEE:** \$45 - includes travel, museum admission, guided tour.

**Lunch at local bistro (not included in fee). You must have a valid passport or Enhanced Drivers License to cross the border.** Founded in 1860, the Montreal Museum of Fine Arts is the oldest art museum in Canada and a leading museum in North America. Its collection showcases Quebec and Canadian heritage and international art from a critical and intercultural perspective, and comprises more than 45,000 paintings, sculptures, graphic art works, photographs, multimedia installations and decorative art objects dating from antiquity to the present. Spend the day at the Museum with a break for a lunch reservation at a local eatery. [Registration required.](#)

## LINDEN CLOSE TO HOME LECTURE SERIES

### **ARTIFICIAL INTELLIGENCE: PAST PRESENT AND FUTURE**

with Steve Silverman - Thursday, March 21st at 2 PM in Spruce Living Room

### **BEING A CONDUCTOR**

with Bernie Rubenstein - TBD date at 2 PM in Spruce Living Room

Limited space, priority given to residents who live in Linden neighborhoods. Details will be announced at Cup and in written Cup when dates are confirmed.

## ABOUT INQUIRE

Now in its 14th year, **Inquire** is Wake Robin's lifelong learning program that selects a series of topics and explores them over a series of classes, lectures and events. We have collaborated with universities and colleges from all over the northeast, as well as area businesses, non-profits, and top notch regional arts organizations.

**HOW DO I REGISTER FOR INQUIRE?** To register for classes, or trips, or if you have any questions, email or call Program and Events Coordinator Jena Necrason: [jnecrason@wakerobin.com](mailto:jnecrason@wakerobin.com) or 802-264-5107. [Fees, when applicable, are added to your Wake Robin monthly bill.](#)

# INQUIRE

## Lifelong Learning at Wake Robin Winter-Spring 2024



## CLASSES

### **TOTAL BRAIN HEALTH: MEMORY**

with Jena Necrason, Wake Robin's Program/Events Coordinator

**Mondays 11 AM - 12 PM. April 29 - June 24. Fitness Center.**

Total Brain Health® is an evidence-based cognitive training program based on practices proven to sharpen cognitive skills, prevent age-related memory loss, and lower dementia risk. The program has been developed by Dr. Cynthia Green, world-renowned brain health expert.. We will meet weekly with a fun and social format to work our brains! [Registration required.](#)

### **WHY RUSSIAN PEOPLE FAIL TO CHALLENGE VLADIMIR PUTIN'S**

**AUTHORITARIANISM: An Insightful and Likely Answer in Mikhail Bulgakov's 20<sup>th</sup> Century Novel, *The Master and Margarita***

with Kevin McKenna, Emeritus Professor of Russian at UVM

**Wednesdays 1:30-3 PM. March 6 - April 10. Meeting Room.**

Professor McKenna will take a novel, considerably different *literary-cultural* approach to this oft-asked question: to introduce our audience to the most popular Russian novel of the 20<sup>th</sup> and, now, twenty-first century: Mikhail Bulgakov's *The Master and Margarita*. The novel provides a rich satirical-comical approach to one of the deepest and thoroughly enjoyable addresses to the nature of Russian people in the past two centuries. Taking place on two geographic planes: the Moscow of Josef Stalin and Jerusalem of the first century a.d., the novel explores the world of the Soviet state in the 1930s and the ethical-philosophical issues faced by Pontius Pilate nearly two millennia earlier. On a moral-existential plane the novel addresses the conundrum of the nature of evil itself, its various forms and abilities to rob a citizenry of its innermost strengths and utmost valued beliefs. All these troublesome and prying questions are grounded in a comical plot of who-done-its and why-fors? [Registration required. FEE \\$60 \(INCLUDES BOOK\)](#)

### **FLIP THE SCRIPT - Play Reading Group**

**Tuesdays 11 AM - 12 PM. February 27 - May 21. Meeting Room/Birches.**

In this weekly series we break into groups to read and discuss plays, with an opportunity to learn more about the art of acting and storytelling. A fun, casual format that encourages collaboration, community, and a deep dive into some of the world's greatest playwrights. This semester we will read *Great Expectations*, *Shakespeare in Love*, and *The Mousetrap*. [Registration required.](#)

### **INTERNATIONAL FOLK DANCE**

**Thursday, March 7th, 2-3:30 PM. Fitness Center.**

Join local dance enthusiasts Linda, Annie, and Moshe for an afternoon of International Folk Dancing at Wake Robin! Beginner-friendly dances from Eastern Europe, the Mediterranean, and beyond will be taught and lead, to recorded music. Please wear sturdy, but comfortable, footwear (good sneakers are fine). Dancing is good for every part of us, body, mind, and spirit; we look forward to sharing this pleasure with you! [Registration required. FEE \\$10](#)

### **GRATITUDE 101**

with Alex Hudson from the Creative Mindfulness School

**Fridays 1:30-2:30 PM. March 22 - April 12. Meeting Room.**

This workshop is for those seeking a consistent and uplifting approach to living mindfully. This semester we will also focus on meeting, acknowledging, and healing feelings of Isolation and loneliness.—with a goal of creating space for connection and belonging. [Registration required.](#)

## CLASSES

### **THE WORLD OF BEER**

Video lectures (Great Courses - with J. Jackson-Beckham, PhD)

**Fridays 4:00 - 5:00 PM. March 22 - May 3. Meeting Room.**

There's a lot more to beer than just what's in your can, bottle, or glass. With every sip, you partake in a complex ritual that goes back thousands of years, to the earliest moments in human civilization. Beer has been with us for millennia, and will likely be with us for another millennia, still. And while beer has always been—and always will be—primarily about enjoyment, your enjoyment of your favorite IPA or stout, or mass-produced light lager, expands when you see human culture through the lens of beer. We will view 30 minute lectures, and do tastings. (Participants will take turns bringing beer for tastings in tandem with what we are learning). [Registration required.](#)

### **DOWNSIZING WITH INTENTION**

With Sarah Thompson, from Clean Slate Home Organizing

**Thursday, April 18th, 1:30 - 2:30 PM. Meeting Room**

Downsizing doesn't need to be stressful. In fact, it can be a rewarding experience when it is done with intention. Sarah will provide suggestions on how to sort through your belongings in a thoughtful way, so that you feel satisfied with what you choose to bring with you, and know how to find new homes for items that no longer hold meaning or purpose. She will share what she has learned about the obstacles that get in our way of a smooth downsizing process, and give you tools for a calm, meaningful downsizing process. [Registration required. FEE \\$10.](#)

## EVENTS

### **FILM SCREENING *Mad River Glen: A 75-Year Fellowship of Skiers***

**Monday, February 26th at 7:30 PM. Meeting Room.**

with Filmmaker Rick Moulton and Producer Melinda Moulton. Run time: 75 minutes.

### **LECTURE *Eclipse: Science and Culture Meet***

**Wednesday, March 27th at 7:30 PM. Meeting Room.**

Residents Joe and Molly Comeau will present a program that we hope will enrich our experience of the April 8, 2024 Total Solar Eclipse. Joe will focus on the technical aspects of the eclipse and Molly will survey the many ways that cultures and individuals have interpreted the phenomenon over the course of the past 5,000 years.

### **Gender Evolution: A conversation about all things LGBTQ+**

With Sarah Mell, Educator and Trainer of Inclusive Excellence at UVM's Division of Diversity, Equity, and Inclusion. **Thursday, May 2nd, 3:30 - 5 PM Meeting Room**

Sarah Mell (they/them) has spent their career integrating concepts of identity, sexuality, and empowerment into higher education and non-profit spaces. Sarah will be joining our community to help guide conversations and connections around the ways gender and sexuality show up in our communities, who feels seen and supported and who might not, and the ways we might all talk about these ever-evolving realities. [Registration required.](#)

**MORE OFFERINGS AND HOW TO REGISTER ON BACK COVER-**

