

INQUIRE

Lifelong Learning at Wake Robin

October 2025 - January 2026



DISCOVER

AI AND SOCIETY: ECONOMICS, ETHICS, AND HUMAN IMPACT - *Brandon Tiesco*

Look beyond the “wow factor” of Artificial Intelligence and examine the larger changes it is driving in work, education, healthcare, law, and culture. We will focus on ethics, displacement, and the human values we want to preserve in an AI-shaped future. We will blend lecture, live demonstrations, and discussion to give participants both a critical framework and practical literacy.

THE ARTIST AND THE ARTISAN: THE INFLUENCE OF THE BAUHAUS COLLECTIVE ON MODERN DESIGN - *Natalie Nevert*. Could it be that most of us live in a world designed by a small group of creative iconoclasts working and living together in Weimar Germany in the 1920's and 1930's? Welcome to the universe of the Bauhaus! Learn about the structure and output of the Bauhaus Group and it's lasting impact.

CHRONICLES OF THE GREEN MOUNTAIN STATE

Speakers from the Vermont Historical Society share perspectives and stories of Vermont.

Illustrating Vermont's History - *Amanda Gustin*

A Loose Confederacy of Villages - *Steve Perkins*

Ira Allen: A Biography - *J. Kevin Graffagnino*

EXPAND

BRAIN HEALTH SERIES

Learn science-backed tips from the world's leading brain experts to combat brain fog and fatigue, while exploring the science of "super aging." **Meeting Room. 3:30 PM**

Your Brain vs The Age of Anxiety / Your Brain Defines You / The Science of Aging Smarter

PLANT BASED EATING: ALL YOU NEED TO KNOW *Co-sponsor: WRRRA Eating for Sustainability Committee.*

Join Whole Health Nutrition for a practical discussion on how eating more plant-based foods can support health, energy, and independence as we age. Learn which nutrients to watch, which foods provide them, how to build balanced meals, and when supplements may help.

NORDIC WALKING

Nordic walking mimics the motion of cross-country skiing by using poles to push yourself as you walk along. Experience this popular way to enjoy the benefits of walking while getting a full-body workout. **Outdoors with Alexis Mittelstadt**. Bring poles if you have them. We will have some to loan. **Two session series. Registration required.**

SOCRATES CAFÉ - weekly sessions. Details to come.

Work as a group to explore questions that are both timely and timeless in nature. This intentional conversation invites people to come together, using the Socratic Method, to consider questions that are both timely and timeless in nature. Reflect on the meaning of love, friendship, work, growing old and more of Life's Big Questions. **Registration not open yet.**

EXPLORE

COLD HOLLOW SCULPTURE PARK

An immersive art experience in Enosburg Falls. Walk among 70+ sculptures by artist David Stromeyer . Must be comfortable walking on field pathways. **Registration required. FEE: \$20**

KING ARTHUR BAKING COMPANY & SAINT-GAUDENS NATIONAL HISTORIC PARK

Visit the flagship store in Norwich, VT, shop and enjoy gourmet selections in the cafe bakery. Visit the National Park (Cornish, NH), which preserves the home and studio of sculptor Augustus Saint-Gaudens (1848-1907). Discover the history behind the captivating bronze sculptures and enjoy the beauty of art and nature.

Registration required. FEE: \$40

TOUR OF VERMONT PUBLIC

Are you a Vermont Public listener or viewer or are you curious about how a public media station operates? Have you ever wondered where and how our hosts work? Join is for an inside look at Vermont Public's headquarters in Colchester. Our staff will lead you through the building's history and transformation since Vermont Public first moved into it, and how it and we have grown. You'll see our studios and learn how Vermont Public uses them to deliver our programming. You'll also see many local architectural influences and learn the role that the original building played in Fort Ethan Allen. After the tour, we'll offer refreshments and a chance to hear from Music Manager and morning classical host, Helen Lyons. **Registration required. FEE: \$15**

THE RESILIENCE REVOLUTION

Stress relieving events to shake off tension and cultivate joy!

THE FLOWER BAR

Create a flower arrangement for a friend or for yourself! Bring a small vase. Limited mason jars will be available.

GROOVE THERAPY

Dance and move your way to positive vibes. Casual dance party in the Meeting Room with music from all genres. Hosted by Jena.

TRIP TO QUEEN CITY CAT LOUNGE Visit and snuggle with cats! Petting a cat triggers the release of oxytocin (the "love hormone") and lowers cortisol (the stress hormone), helping to calm your nervous system. Group trip on Wake Robin bus. *Need to gauge interest before scheduling.*

TRIP TO BURLY AX

Do you have an Ax to Grind? Venture out to Burly Ax in Burlington. Light instruction in the art of Ax Throwing. Group trip on Wake Robin bus. *Need to gauge interest before scheduling.* **Fee: TBD**

ARCHITECTURE + DESIGN FILM SERIES

This Film Series engages, provokes and inspires the community by exploring the impact and importance of design and beauty in our lives. We have partnered with Burlington City Arts to show the film series at Wake Robin.

Details on each film will appear in written Cup the week before each screening.

THE ART OF COMMUNITY

LINE DANCING

Come on down to the Meeting Room in your comfortable shoes and experience this popular dance form done all over the world. Line dancing is a choreographed dance style performed by individuals arranged in rows, all facing the same direction and moving in unison to a sequence of steps. Unique in its format, line dancers operate independently, without any physical contact, which distinguishes it from many partner dances. No experience necessary. Willingness to have fun required!

RESTORE YOUR RHYTHM WITH COMMUNITY DRUMMING

Recreational Drumming is accessible to nearly everyone, and no musical experience is necessary! Join us to make music, connect, and let it all out. **With Trevor Jewett, MA. LCMHC /Vermont Wellness Community Drumming.**

FLIP THE SCRIPT

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 our greatest playwrights.

Our first play is *Angels in America* by Tony Kushner. **Registration required.**

LOCAL FILM *New Neighbors: The Beavers of Allen Brook*

Newcomers disrupt a quiet community, prompting one curious homeowner to uncover more about his new neighbors, the beavers. The film investigates the recent uptick in beaver activity in the suburban town of Williston, VT; uncovering the surprising details of the species' origin, influence on the area, and the beavers' crucial role in the battle against climate change. **Screening with the Filmmaker Jim Helz.**

To register, or if you have any questions, email or call Program and Events Coordinator
Jena Necrason jnecrason@wakerobin.com or 802-264-5107.

Depending on the program, there may be a fee. Fees, when applicable, are noted in this brochure
And will be added to your Wake Robin monthly bill.