

INQUIRE

Lifelong Learning at Wake Robin

September - December 2026



WakeRobin

DISCOVER

VERMONT INTERNATIONAL FILM FESTIVAL

2026 PREVIEW WITH EXECUTIVE DIRECTOR STEVE MACQUEEN

VTIFF presents independent art house cinema, global features, and documentaries year round. Every October their 10-day festival showcases an impressive schedule of renowned international and US independent films. Join Steve for a preview of the 2026 schedule and an opportunity to learn about the festival.

A FATHER'S INFLUENCE

An interactive workshop based on Dave Landers' book *I Wish He'd Taught Me How to Shave*. The book of essays arose out of work in Dave's popular and longstanding Men and Masculinities class at Saint Michael's College. Men and women in that class wrote about "how my father influenced my view of what a man is". The juxtaposition of these writings and perspectives with experiences of Wake Robin residents will offer a unique and fascinating framework for sharing and learning. How did your father influence your view of what a man is? How have you influenced your own sons and daughters - or young people in your life - view of what a man is? Join us for what is sure to be a lively, educational, and relevant discussion.

LINES ON A MAP: THE GEOPOLITICS OF EUROPEAN COLONIZATION IN AFRICA

3-part interactive workshop with Christopher Smith, retired teacher of Global History and Economics. Stay tuned for dates, to be announced soon.

In 1884, a handful of men sat in a quiet room in Berlin and rewrote the map of the world. Armed with nothing but maps, and the imbalanced justification of **Social Darwinism**, the super-powers of Europe sliced up an entire continent like a cake. They didn't care about tribal borders, culture, or human rights. They wanted **wealth, raw power, and absolute dominance**. Before the **Conference of Berlin**, Europe controlled a mere 10% of Africa. By 1900, they had swallowed 90% of it. They didn't fight each other for it—they simply out-gunned, out-financed, and out-maneuvered everyone else to pull off the greatest land grab in human history. Workshop will include discussion of the concept of Social Darwinism and how this leads to Imperialism. We will discuss the economic and military power of each of the countries of Europe that participated in the Conference. We will break into groups and will be assigned a country. Your team will negotiate with other countries to develop a plan. In the final session, each country will present their plan to Chris who will then determine the "best plan", which will then be used to divide up the continent.

AN INTERACTIVE DISCUSSION ABOUT THE PAST, PRESENT, AND FUTURE FOR LGBTQ + YOUTH IN VERMONT AND BEYOND - WITH OUTRIGHT VERMONT

Join Outright Vermont staff for an interactive discussion about the past, present, and future for LGBTQ + youth in Vermont and beyond. We will host a brief writing activity to begin, followed by an open, honest, and hopeful conversation about our work to create a world where LGBTQ+ youth thrive.

PORTRAIT OF HEALING: CURING IN THE WOODS

The 2nd edition of Portrait of Healing, Vickie R's book which chronicles the life and work of visionary physician, Edward L. Trudeau, who founded Trudeau Sanatorium in Saranac Lake, NY, was just released. This sanatorium, the first of its kind in the US, became a model for the outdoor cure of tuberculosis. Trudeau, who also battled tuberculosis, established the first laboratory exclusively dedicated to studying the disease and developed groundbreaking scientific evidence of the interaction between the environment and tuberculosis. Vickie will discuss her book and share the experiences of many individuals who arrived at the sanatorium expecting to succumb, but instead, they lived on to share how hope and optimism replaced despair and hopelessness.

TRAVEL

SARANAC LAKE, NEW YORK: THE SARANAC LABORATORY MUSEUM

The tour will take you to the laboratory that was originally built in 1894 and the recently restored historic home and medical office of Dr. Trudeau. You'll also visit Little Red, Saranac Lake's first cure cottage, and view the statue of Dr. Trudeau, designed by the artist who created Mt. Rushmore. The tour will conclude with a visit to the grounds of the Trudeau Sanatorium. Bring lunch, or order from Wake Robin Dining (additional cost).

WILLIAMSTOWN, MASSACHUSETTS: THE CLARK ART INSTITUTE

The collection features European and American paintings, sculpture, prints, drawings, photographs, and decorative arts from the Renaissance to the early twentieth century—and is especially rich in French Impressionist and Academic paintings, British oil sketches, drawings, and silver, and the work of American artists Winslow Homer, George Inness, and John Singer Sargent.

JERICO, VERMONT: THE SNOWFLAKE BENTLEY MUSEUM AT THE OLD RED MILL AND CRAFT SHOP, AND LUNCH AT THE JERICO CAFÉ & TAVERN

A "Bentley snowflake" refers to the pioneering photomicrographs of individual snow crystals captured by Wilson Alwyn "Snowflake" Bentley, a self-educated farmer from Jericho, Vermont, now known around the globe for his captivating work. View his work, and learn about his artistic process.

HEALTH & WELLNESS

THE SCIENCE OF BETTER SLEEP

This multi-part digital series with Mathew Walker, Neuroscience and Psychology Professor and Director at the Center for Human Sleep Science at UC Berkeley, explores the science behind sleep, what will enhance your sleep, why it's important, and how proper sleep can benefit your life.

INTRODUCTION TO THE TAI CHI CHUAN PRACTICE AT WAKE ROBIN

Join us to begin to explore the art of Tai Chi Chuan in this four week series, learning the fundamentals of this slow moving meditation which will focus on building a foundational practice from which to grow. Each class offers step by step instruction introducing: complementary & Qigong exercises, sequential movement postures of the Slow Set with the applications of their guiding principles, and a basic understanding of Yin Yang philosophy. Benefits to one's overall health and vitality include: improving postural alignment/balance; deepening relaxation; oxygenating the blood; increasing stamina / energetic flow; and clearing the heart/mind to awaken one's natural state of joy. This class does require the general ability to be standing upright for the one hour duration of class.

SOUND BATH MEDITATION

A meditative sound experience with Kirk Jones of Evolve Sound Therapy. Sit or lie down, set an intention or focal point for meditation, listen to crystal bowls, bronze (Tibetan) singing bowls, flute, gong, and chimes, and if you like you may have a bronze bowl placed on the body and rung and sung, sending relaxing and harmonizing vibrations into the physical and energetic bodies. Yoga mats and blankets are provided.

LEARN ABOUT THE FELDENKRAIS METHOD

Would you like to move with greater comfort, balance, and confidence? Join Feldenkrais practitioner Uwe Mester for two gentle demonstration classes introducing Feldenkrais—an educational approach that uses comfortable, mindful movement to help you reduce pain and regain mobility. These Demo classes will suit people of all abilities, including those who feel stiff, have limited mobility, or want to stay active and curious about how they move.

FILMS

BURLINGTON CITY ARTS 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. Screenings are once a month on Wednesdays through April. Details on each film will appear in written Cup the week before each screening.

NO COUNTRY FOR MOTHERS

This 2026 documentary explores the culture wars surrounding American motherhood and why both the "girl boss" and "trad wife" labels ultimately distract us from the real issue: the lack of support for American families. The film charts a growing national movement to reunite moms across divisions and win the kind of historic support families actually need. With an informal discussion after the film.

PLAY READING

In this weekly series, called **FLIP THE SCRIPT**, 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, taking risks, community, and a deep dive into some of our greatest playwrights.

ART STUDIO WORKSHOPS

CRAFT WORKSHOPS: CREATIVE REUSE WORKSHOPS WITH JILL RIERDAN

Limited space. All supplies are provided. And refreshments, too!

We've all been encouraged to recycle, reclaim, repurpose, and now: Creative Re-use. Two different workshops will be offered, in each of which you'll take an everyday object and creatively transform it into a craft ornament, especially fitting as we enter autumn and winter.

Re-cycled beaded necklaces will be taken apart and the beads will be used to create beaded snowflakes. Suction cups will be provided so you can hang these on windows. The only "skill" needed is that participants can easily pick up beads and insert them on a wire.

We start with the cardboard inserts of rolls of toilet paper (really!) and cut them into strips, fold, and make 8-pointed stars. (You may need to see this to believe it!) These workshops are hands-on. "Quilling," an easy paper-folding technique, will be demonstrated as an "extra" and will be optional to learn in making 8-point stars.

TECHNOLOGY EDUCATION

CAN YOU TRUST ANYTHING ONLINE ANYMORE?

Could you tell if a family member's voice had been copied? Would you know if a dramatic photo, touching animal rescue, or urgent message was AI-generated? Join Brandon Tieso for a practical, plain-English discussion on the new world of fakes, scams, and online trust — and the simple habits that can help you stay safe.

HOW TO REGISTER

To register, or if you have any questions, email or call Program and Events Coordinator Jena Necrason. 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.