

INQUIRE

Lifelong Learning at Wake Robin

February - June 2026



DISCOVER

FILM SCREENING: TERESITA'S DREAM

More than 55 million people live with Alzheimer's - but global access to treatment is deeply unequal. Despite limited resources, Cuba's public biotech sector developed NeuroEPO, a treatment that has shown promising results in slowing the disease's progression. But access, visibility, and support are blocked by U.S. sanctions and outdated Cold War policies. Scientist Teresita Rodríguez and her team - made up largely of women - are leading a story of science, care, and resistance. The film's engagement campaign is about recognizing that story, sharing it, and building bridges that can shift how the world treats aging, illness, and its people.

BIRD ON HAND PROGRAM WITH OUTREACH FOR EARTH STEWARDSHIP (OFES)

OFES does presentations with hawks and owls for Shelburne Farms as well as for schools, festivals, farmers' markets, and special events. The birds used for these presentations have recovered from injuries but are unable to provide for themselves in the wild. They can, however, be used in educational programming to represent their wild living counterparts as Wildlife Ambassadors through permits from US and VT Fish and Wildlife.

Present director and co-founder, Craig Newman will bring three birds, present their natural and personal stories and walk around so everyone can experience the bird up close (but at a safe distance) and personal.

STORIES OF VT FARMERS: MITIGATING CLIMATE CHANGE THROUGH HEALTHY SOILS

**An evening with Northeast Organic Farming Association of Vermont
Erin Buckwalter, Deputy Director of Engagement & Development,
and Kevin Haggerty, Climate Resilience Specialist.**

Farmers are on the front lines of responding to the climate crisis. Join NOFA-VT to learn about strategies farmers use to improve soil health, sequester carbon, and grow our climate resilience as well as some current examples of great work farmers are doing right here in Vermont. *Co-sponsor: WRRRA Eating for Sustainability Group.*

THE TORLONIA COLLECTION, MASTERPIECES OF ROMAN SCULPTURE AT THE MUSEUM OF FINE ARTS MONTREAL

An evening with Bill Mierse, Emeritus Professor of Art History, University of Vermont

This spring, the Montreal Museum of Fine Arts will be one of only three museums in North America to host this major exhibition of ancient Roman sculpture from the Torlonia Collection in Rome, which has been hidden for 70 years. This lecture will consider how the statues operated in their original contexts, how and why these pieces were assembled, and how the museum is presenting the collection to engage a contemporary viewer.

THE MEDICI AND THEIR SCULPTORS

3-part Interactive Art History Lecture Series

with Kelley Di Dio, Executive Director, University of Vermont School of the Arts

The Medici: Bankers, Pater Patriae, and il Magnifico (Donatello, Ghiberti, Michelangelo)

The Medici: Popes and Dukes (Michelangelo, Bandinelli)

The Medici: Grand Dukes (Cellini, Giambologna, Tacca)

The Medici have been called the "godfathers of the Renaissance" for good reason. Rising from bankers to princes in only a few generations, they were deeply invested in matching—and even surpassing—the perceived power, wealth, and abundance of imperial Rome. Art was a central instrument in their efforts to win popular support, consolidate authority in Florence, and extend their influence across Tuscany. The works they commissioned provide critical evidence of their ambitions, strategies of self-fashioning, and pursuit of international prominence.

TRAVEL

THE MONTREAL MUSEUM OF FINE ARTS

****Registration opens on April 1st. FEE: \$60 (Travel and admission).** The museum showcases Quebec and Canadian heritage, Indigenous art and international art from a progressive and innovative perspective. View this large collection of paintings, sculptures, graphic artworks, photographs, multimedia installations and decorative art objects dating from antiquity to the present. We will also view The Torlonia Collection, Masterpieces of Roman Sculpture. Lunch at a local restaurant.

THE HOOD MUSEUM AT DARTMOUTH COLLEGE

****Registration will open on April 15th . FEE: \$26 (Fee is for travel, admission is free).**

Dartmouth's collections are among the oldest and largest of any college or university in the country. In addition to it's vast permanent collection, we will be able to view Revolution Reconsidered History, Myth, and Propaganda / Animal, Vegetable, Mineral -Making Colors in Europe 1400—1800 / Stone, Sand, and Clay— Connecting Cultures in the Ancient Mediterranean. Lunch at local restaurant.

UNDERGROUND RAILROAD SITES TOUR

Registration opens on May 1st. FEE: \$40 (Fee for travel, admission is donation based).

The North Country Underground Railroad Historical Association researches, preserves and interprets the history of the Underground Railroad, slavery and abolition along the Upper Hudson River-Champlain and Canal-Lake Champlain corridor of northeast New York. Visit the North Star Underground Railroad Museum where exhibits and videos reveal hidden success stories. The museum is a reflection of the importance of human freedom and its relevance for the present and future generations. We will do a bus tour to revisit underground escape routes, with historical reenactments along the way.

THRIVE

FALL IN LOVE WITH THE FLOOR

Do you wonder whether you can get up from the floor? Or are you looking for strategies for getting up in different situations? Join members of the Wake Robin Therapy team for a brief presentation on protective falling strategies and safe ways to get up from the floor, followed by an optional opportunity to get down on the floor and practice your skills...with therapy staff present to ensure everyone gets safely back on their feet!

EMOTIONAL FREEDOM TECHNIQUE (EFT) AND TAPPING

Two-part series

with Betty Moore-Hafter, Advanced Practitioner/Accredited Certified EFT Master Trainer.

EFT is a powerfully effective method that can be used as a self-help modality and as a therapeutic stress reduction approach for a wide variety of outcomes. Clinical trials repeatedly demonstrate EFT's effectiveness to rapidly reduce the impact of negative emotions and dysregulation and can reduce chronic pain, balance hormones and body chemistry, and improve brain activation. Tapping focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. Join us to learn this technique that can be done easily, while sitting comfortably in a chair. Session 1 will address general stress. Session 2 will address physical issues.

MINDFULNESS SERIES

Two-part series

A new two-part Mindfulness Series led by Joy Wyman, Wake Robin's Speech Language Pathologist. Each session will introduce simple, accessible techniques designed to support relaxation, emotional wellbeing, and cognitive wellness. Explore mindful breathing, gentle grounding exercises, communication-focused mindfulness strategies, and easy ways to bring calm awareness into everyday activities.

ARCHITECTURE + DESIGN FILM SERIES

Screenings are once a month on Wednesdays through April.

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.

PLAY READING

Registration required.

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, community, and a deep dive into some of our greatest playwrights.

ART STUDIO WORKSHOP

LOOSEN UP: PAPER COLLAGE WORKSHOP WITH J. L.

Registration required. Space for 14 participants.

Enjoy a lighthearted morning for all who are adventurous, wanting to play with new ideas, and curious about their own creativity. You will create at least three collages using tissue paper, paint chips, construction paper, magazines and more. This is a hands-on morning, the focus will be on the process, the journey, and having fun! All materials provided. Refreshments provided. Bring lunch if you wish. No critique and no expectations other than a willingness to experiment. Participants will be encouraged to let go of the idea of a successful 'end result' and to enjoy the creative ride.

COMMUNITY BUILDING EVENTS

THE FLOWER BAR

Shake off the winter blues with friends and flowers! Flower-themed non-alcoholic beverages and sweets provided. 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 with music from all genres. Dancing improves balance, strength, and cardiovascular health while boosting mood and memory. This event promotes socialization, connection, and our sense of belonging. Hosted by Jena.

RESTORE YOUR RHYTHM WITH COMMUNITY DRUMMING - BACK BY POPULAR DEMAND!

With Trevor Jewett, MA. LCMHC /Vermont Wellness 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.

HOW TO REGISTER

To register, or if you have any questions, email or call Program and Events Coordinator Jena Necrason jnecrason@wakerobin.com or 802-264-5107. Click [here](#) to email now.

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. **Please note specific registration dates for travel.**