

OSHER LIFELONG LEARNING INSTITUTE



# OLLI at UNL

Course Catalog: Summer Term 5 2024

*Curiosity never retires*



UNIVERSITY OF  
**Nebraska**  
Lincoln®

**Registration Begins**  
**Tuesday, May 14, 2024, 8 a.m. (CT)**

**Term Dates:** June 3–July 13, 2024

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All times are Central Time

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**Front and Back Covers:** Kim Todd, professor of agronomy and horticulture at UNL, provides a tour of the Backyard Farmer Demonstration Garden. **Photo Credit:** Loren Rye, UNL Pixel Lab

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## COURSE FORMATS



### ON DEMAND

Recorded video programs available online. Watch at your convenience. We will email you a “Join Code” and instructions after you register.



### IN-PERSON

Live (*Course numbers ending with “L” are located in Lincoln and those ending with “O” are located in Omaha.*)



### ZOOM LIVE STREAM

Live meeting online. We will email the Zoom link with your registration confirmation.



### MULTI-FORMAT

Live in-person and on Zoom. If you choose Zoom, we will email the Zoom link with your registration confirmation.

## How to prepare to use Zoom

### Where do I find the Zoom link for my course?

- 1) A registration confirmation will be emailed to you after you pay for your course. This email will contain the Zoom link. Remember to make note of this email and create a folder in your inbox labeled “OLLI Zoom” and save it.
- 2) A course reminder will be emailed to you four days prior to the start date of the course. This email will also contain the Zoom link. Again, make note and save it. If you can, print out the emails; otherwise save them somewhere in your email inbox. By creating a folder in your inbox for your OLLI Zoom links, you won’t have to search through your emails later.
- 3) Login to your OLLI account. Click on the person icon. Choose “Class List.” The Zoom link will be in the “Receipt Notes.”

### What devices do I need to use Zoom?

At the most basic level, all you need to use Zoom is a telephone, such as a smartphone or landline. However, if you have access to a computer or mobile device you can use the full capabilities of Zoom. The following equipment will enhance your experience:

- Mobile devices, including laptops with cameras and built-in microphones.
- Web camera on your device: A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you do not have access to a web camera, you will still be able to see the instructor.
- Headset with a microphone: This will let you hear and be heard more clearly. This does not need to be fancy equipment; it can be the same as the headphones you might use with your phone.

### How do I join a Zoom meeting?

You will receive a Zoom link for your upcoming OLLI at UNL course(s) in your registration confirmation email, and in a reminder email prior to class. Next to or underneath each class title, you will see a link. Copy and paste that link into your web browser OR click on the link to enter the digital classroom. If your course has multiple sessions, you will use the same link every week the course meets.

A Zoom account is not required to attend a class session. Anyone can attend a class session using their laptop or desktop (Windows or Mac), tablet, or smartphone (iPhone or Android). A free download of Zoom is available in your app store for your device.

- If you have not used Zoom before, allow about five minutes to set it up before your first use.
- If you use a laptop or desktop, the first time you click on a link it will download a free and secure program to your computer.
- If you use a tablet or smart phone, you will need to download the free and secure Zoom application from your app store.

## TERM DATES

To help you plan for the coming year, here are the term dates:

- Fall Term 1—August 26-October 7, 2024
- Fall Term 2—October 28-December 13, 2024
- Winter Term 3—January 20-March 1, 2025

## Course Location Key

### LINCOLN LOCATIONS

**Aldersgate United Methodist Church Gardens**, 8320 South St.  
**April Sampson Cancer Center**, 4101 Tiger Lily Rd.  
**Bryan Health Firethorn Campus**, 2920 S. 84th St.  
**Cycle Works Bike Shop**, 720 N. 27th St.  
**Deer Spring Winery**, 16255 Adams St.  
**Food Bank of Lincoln**, 1221 Kingbird Rd.  
**Haymarket Park**, 403 Line Drive Circle  
**Hy-Vee**, 5020 N. 27th  
**Gartens Studio**, 116 N. 14th St.  
**Gere Branch Library**, 2400 S. 56th St.  
**Gateway Mall**, 6100 O St.  
**International Quilt Museum**, 1523 N. 33rd St.  
**Lincoln Fencing Club**, 6800 P St., Suite 2  
**Lux Center for the Arts**, 2601 N. 48th St.  
**National Museum of Roller Skating**, 4730 South St.  
**Nebraska Innovation Campus**, 2021 Transformation Drive  
**Nebraska State Capitol**, 1445 K. St.  
**Nebraska State Museum/Morrill Hall**, 645 N. 14th St.

**Pioneers Park Nature Center**, 3201 S. Coddington  
**Prairie Pines**, 3000-4498 N. 112th St.  
**SCC-CEC**, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place  
**Sideshow Spirits Distillery and Cocktail Bar**, 1630 P St.  
**The Scarlet Hotel**, 2101 Transformation Dr.  
**Thomas B. Kennard House**, 1627 H St.  
**UNL East Campus, Newkirk Human Sciences Bldg.**, 1650 N. 35th St.  
**UNL East Campus, Recreation and Wellness Center**, 1717 N 35th St.  
**UNL Campus Recreation Outdoor Adventure Center**, 930 N. 14th St.  
**UNL East Campus, Larsen Tractor Test and Power Museum**, N. 35th & Fair St.  
**UNL Food Innovation Center**, Nebraska Innovation Campus, 1901 N. 21st St.  
**UNL Leadership Training Center**, 6900 W. Superior St.  
**UNL Library Depository and Retrieval Facility**, 2055 N. 35th St.  
**Wyuka Stables**, 3600 O St.

### OMAHA LOCATIONS

**Tri-Faith Center**, 13136 Faith Plaza

## Membership & Registration

You receive a lot for your investment in your membership, including interest groups, some free programs and discounts specifically designed for OLLI members. We want to ensure you receive the best possible value.

### Membership Fee

A mid-year membership is \$50, valid from January 1-July 31. Membership is required to take most courses, to participate in events and interest groups, and take advantage of all OLLI opportunities.

### Join and Register

- Register online at [olli.unl.edu](http://olli.unl.edu).
- Mail your registration form with your payment. If you mail your registration, send at least five business days prior to the first day of registration.
- Drop off your registration form at the OLLI office. Whether you drop off your form early or the first day of registration, staff will not record registrations while you wait.

### Mailing Address

University of  
Nebraska-Lincoln  
Osher Lifelong  
Learning Institute  
105 Newkirk Human  
Sciences Bldg.  
P.O. Box 830800  
Lincoln, NE 68583-0800

**We accept VISA, MasterCard, Discover, American Express, cash and personal check. Make your check payable to the University of Nebraska-Lincoln.**

### Financial Scholarships Available

The Osher Lifelong Learning Institute at UNL believes the opportunity to take courses and participating in a rich intellectual life should be available to all adults. We have

a limited number of financial scholarships available each year. A financial scholarship can provide a waiver of the membership fee and/or course fee, and still provide all the benefits of membership. Scholarships are not available for fee-based events and trips. If you or someone you know could benefit from this opportunity, we encourage you to apply. Applications are accepted year-round and expire at the end of the membership year. Call the OLLI office at 402-472-6265 for additional information.

# Travel with OLLI and Star Destinations



Come explore some great adventures with OLLI and **Star Destinations**, OLLI's travel vendor. **Star Destinations** provides outstanding educational and customized travel experiences locally, regionally, across the United States and internationally. OLLI travel opportunities are open to members and non-members.



**Portugal, Plus the Azores**  
**September 21-28, 2024**  
**Registration Deadline: May 10, 2024**

Prepare to be immersed in centuries of history and the captivating culture of Portugal. Lisbon offers a unique blend of tradition and modernity, while Fatima is one of the most important pilgrimage sites in the country. Sintra, Coimbra, and Porto are each steeped in history with a flair all their own. Along the way, visit chapels, monasteries, universities, and palaces; savor the flavor of port wine; and cruise along the Douro River.



**Optional Post Tour**  
**September 29-October 2, 2024**  
**Registration Deadline: May 10, 2024**

Continue exploring Portugal with the journey to the Azores archipelago 900 miles out in the North Atlantic Ocean! The island of São Miguel is a gorgeous paradise boasting lake-filled calderas, lush vegetation, and stunning coastlines. Admire jewel-toned lakes and other reminders of the island's volcanic past!



**FOR MORE INFORMATION,  
CONTACT:**  
**Tele: (712) 792-9793**  
**Email: [info@stardestinations.com](mailto:info@stardestinations.com)**

**Get all the details and register online at:  
<https://www.stardestinations.com/unlolti/>**

## How to keep your brain stronger longer

### UNL-TABITHA MEMORY WORKSHOP

This is a weekly class led by speech language pathologists and graduate speech language pathology students. The workshop is for individuals and their significant others who are concerned about or merely want to learn more about age-related memory difficulties. Group intervention for participants will focus on learning about and developing strategies to improve independence and safety with daily functional skills and activities. Significant others can attend with a focus on assisting their family member/friend with the daily challenges of memory impairment.

#### Who should attend?

Individuals and their significant others who are:

- Concerned about memory and thinking limiting functional skills
- Interested in learning about memory and strategies to enhance thinking skills

#### Must be:

- Willing to participate in discussions
- Willing to complete simple weekly assignments
- Able and willing to attend 8 weekly sessions for 90 minutes each

**Dates:** June 3-July 24, 2024

**Day:** Wednesdays

**Time:** 10-11:30 a.m.

**Location:** Barkley Memorial Center East Campus  
- University of Nebraska-Lincoln

**Cost:** \$20 (per participant)

#### Contact:

Judy Harvey Ph. D. CCC-SLP,  
University of Nebraska-Lincoln  
402-472-6792 | [Judy.Harvey@UNL.edu](mailto:Judy.Harvey@UNL.edu)

#### Or Register Online at:

<https://cehs.unl.edu/secd/memory-clinic/>





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**ALUMNI  
ASSOCIATION**



Build a Legacy. Grow the Tradition. Show your Pride.

**SAVE  
THE  
DATE!**

# OLLI OMAHA SHOWCASE

**Thursday, July 25, 2024 | 8:30 a.m. – 12 p.m.**  
**Scott Conference Center | 6450 Pine St., Omaha, NE**

Sample courses taught by OLLI instructors. Learn all that OLLI membership has to offer including courses on fascinating subjects, travel opportunities, interest groups, day trips, social activities and more! Connect with similar-minded people.

**Registration begins on June 18, 2024 at <https://olli.unl.edu>**  
*Registration is required. Free parking.*

**Free. Open to  
the public.  
Bring a friend,  
family member  
or colleague!**

For the **LOVE** of  
**LEARNING**

**Friday, August 9, 2024**  
**12:30 – 3:30 p.m.**  
**UNL East Campus Union**  
**1705 Arbor Drive, Lincoln, NE**

This is the perfect time to invite your friends and neighbors in Lincoln and surrounding communities to explore a community with a passion for learning. Learn about fall classes and upcoming travel opportunities while enjoying delicious treats.

**Registration begins on June 18, 2024**  
**at <https://olli.unl.edu>**  
*Registration is required. Free parking.*

- Free
- Open to the public
- Bring a friend, family member or colleague!

For the **LOVE** of  
**LEARNING**

**LINCOLN**

**OPEN**

**HOUSE**



# Outdoor Adventures with UNL Campus Recreation



All courses are instructed and facilitated by staff at UNL Campus Recreation.

## Challenge Yourself at the UNL Challenge Course

### LIF141L

Challenges and growth opportunities come in all shapes and sizes. Challenges can be opportunities for personal growth, development and self-discovery. The Challenge Course at the University of Nebraska-Lincoln offers activities to enhance leadership, communication, teamwork, trust and confidence. Are you willing to risk sharing a little bit of yourself to allow other people to get to know you? Our morning will start off learning about yourself, the other people in the group and having some fun with activities on or near the ground. As the morning progresses, you have an opportunity to challenge yourself by attempting to climb the 50-foot tall Alpine Tower. Everyone that comes out will be able to choose the level of challenge that is right for you while supporting other people. Wear athletic shoes and comfortable attire.

**Day/Date:** Mon, July 8

**Time:** 9 a.m.-12 p.m.

**Location:** UNL Leadership Training Center—Challenge Course

**Enrollment Limit:** 20

**Cost:** \$30

## Introduction to E-Bikes

### LIF140L

Electric Bikes are a great and accessible way to explore Lincoln's trail system. There are many health benefits from cycling, from being low impact on your joints to strengthening your cardiovascular system. Having an electric assist on your bike can help you go further and longer. Through partnering with Cycle Works, a local bike shop, learn the fundamentals of how to use an E-Bike, the pros and cons and get the chance to test ride one to see if it is right for you.

**Day/Date:** Tue, June 11

**Registration Deadline:** June 4

**Time:** 9 a.m.-12 p.m.

**Location:** Cycle Works Bike Shop

**Enrollment Limit:** 10

**Cost:** \$50

**Cancellation after June 4 is non-refundable unless cancelled by UNL.**



## Everyday Bike Maintenance

### LIF036L

Build your confidence in performing simple maintenance items on your bike. Bike anatomy, fit, ABC quick check, fix a flat and simple brake and shifting adjustment will be covered. Gain confidence to make simple repairs on the road and to talk to a bike mechanic about the more complex repairs.

**Day/Date:** Tue, June 18

**Time:** 10 a.m.-12 p.m.

**Location:** UNL Campus Recreation Outdoor Adventure Center, Classroom

**Enrollment Limit:** 10

**Cost:** \$45

## Explore Pawnee Lake by Kayaking

### LIF020L

Use your newfound kayaking skills to explore one of the many state recreation lakes around Lincoln. We will spend the afternoon paddling at Pawnee Lake and Middle Creek, which feeds this reservoir. This paddle up the creek provides a great opportunity to see birds and other wildlife. This class is targeted toward paddlers who have participated in one of the previous kayaking classes. All kayaking equipment is provided. You must provide your own entry fee into the state recreation area.

**Day/Date:** Wed, July 10

**Registration Deadline:** July 3

**Time:** 1-4 p.m.

**Location:** Pawnee Lake. Additional directions to the location will be provided before the class.

**Enrollment Limit:** 12

**Cost:** \$50

**Cancellation after July 3 is non-refundable, unless cancelled by UNL.**



## Introduction to Kayaking

### LIF019L

Recreational kayaking is a great lifetime activity and way to explore and enjoy the lakes in the Lincoln area. This class will introduce you to the basics of kayaking and safety measures so you can start enjoying this new activity on your own. All kayaking equipment is provided.

**Day/Date:** Thu, June 20

**Registration Deadline:** June 13

**Time:** 1-4 p.m.

**Location:** Holmes Lake. Additional directions to the location will be provided before the class.

**Enrollment Limit:** 12

**Cost:** \$45

**Cancellation after June 13 is non-refundable, unless cancelled by UNL.**

# MONDAYS

## Mosquito & Tickborne Diseases of Nebraska



In Nebraska, mosquitoes and ticks can thrive and carry diseases such as West Nile Virus, Rocky Mountain Spotted Fever, Lyme Disease. Public health professionals will provide an overview of the mosquitoes and ticks found in the state, their diseases, how they are transmitted, risks for contracting, and how you can protect yourself and your family from these risks. Local public health resources will be provided, giving you ways to gather additional information on these diseases.

**Instructors:** Jeff Hamik, epidemiologist/entomologist, Nebraska Department of Health and Human Services; Halie Smith, investigator, Nebraska Department of Health and Human Services

**Facilitator:** Paula Eurek

**Day/Date:** Mon, June 3

**Time:** 9-10:30 a.m.

**Cost:** \$10

**Register for only one format:**

### H&W058Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### H&W058L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## Behind the Scenes at Morrill Hall



### HIS068L

Take a behind the scenes guided tour through Nebraska's premier Natural History Museum. Participants will get to enjoy the museum on a day that it is closed to the public. Learn about when elephants roamed Nebraska and when marine reptiles swam over Lincoln. Get an in-depth tour of the newest floor, "Cherish Nebraska."

**Instructors:** From the University of Nebraska State Museum—Susan Weller, director; Emily Brown, education supervisor

**Facilitator:** Skip Morris

**Day/Date:** Mon, June 24

**Time:** 9-10:30 a.m.

**Location:** Nebraska State Museum/Morrill Hall, UNL City Campus. Twelve free visitor parking spots and accessible parking are located on the east side of the museum and designated with "Museum Guest Parking Only" signs. Alternative parking is located on Stadium Drive or 14th and Avery parking garages for a fee. Metered parking is also available along 14th Street.

**Enrollment Limit:** 25

**Cost:** \$20



## Native Landscape Tour of Aldersgate Gardens



### LIF1431

Join us on a nature walk to discuss native gardening in a relaxed, fun and social atmosphere. The tour will highlight the native Nebraska-style landscape that surrounds the Aldersgate United Methodist Church. Horticulturist Bob Henrickson will be our guide to showcase the different prairie and native plants. Come to learn more about native plants, what they look like, the benefits of using them and how to incorporate these important plants at your home. Be prepared for walking on uneven ground. A question and answer session with refreshments will complete the tour.

**Instructors:** Bob Henrickson, assistant director, Nebraska Statewide Arboretum; Steve Schafer, Curator, Aldersgate United Methodist Church Gardens

**Day/Date:** Mon, June 10

**Facilitator:** Kirk Dietrich

**Time:** 9-11 a.m.

**Location:** Aldersgate United Methodist Church Gardens

**Enrollment Limit:** 20

**Cost:** \$10



## Saving a Life with CPR



### H&W008L

Learn the lifesaving skills of Adult Hands-Only CPR, Child CPR, Infant CPR and AED use. We will cover mild and severe airway blocks for adults, children and infants. Skills are taught in a dynamic group environment using the American Heart Association's research-proven practice while watching technique. Bonus material on the use of life-saving tourniquets in controlling serious extremity hemorrhage will also be offered. This course is information only and does not lead to re-certification in cardiopulmonary resuscitation.

**Instructor:** Mindi Jo Porto, NREMT-Paramedic, coordinator, Training Center, Bryan Medical Center

**Facilitator:** David Dyke

**Day/Date:** Mon, June 10

**Time:** 9 a.m.-12:30 p.m.

**Location:** Bryan Health Firethorn Campus, Classroom 2B

**Enrollment Limit:** 13

**Cost:** \$20

## Domestic and Sexual Violence: What Can We Do About It?



A single experience of sexual or intimate partner violence can create a lifetime impact. Learning the facts prepares us to intervene and to prevent violence in all its forms. Learn about the issues of sexual and intimate partner violence, address myths that lead to victim blaming and isolation of survivors, and facts about abusive tactics and barriers to receiving support.

We will illuminate the prevalence of sexual and intimate partner violence experienced by a variety of populations and identify the short-term and long-term impacts of trauma. We will identify supportive measures to positively impact abuse survivors. Receive disclosures of abuse and assist with safety planning as well as explore the culture that we live in, examine attitudes that perpetuate violence, and identify strategies for change.

**Instructors:** From Voices of Hope, Lincoln—Natalie Roberts-Day, executive director; Marla Sohl, sexual violence services coordinator;

Deb Flowers, education and training coordinator

**Facilitator:** Dori Bush

**Day/Dates:** Mon, June 3, 10, 17

**Time:** 11 a.m.-12:30 p.m.

**Cost:** \$20

**Register for only one format:**

### CON071Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON071L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## Where Are the Books? UNL's Library Depository and Retrieval Facility



### L&L047L

Academic libraries have been trending away from a centralized campus space for collections to utilizing their footprint for flexible student-activity centered space. UNL found itself in need of a plan to retain and easily retrieve its collections, while still providing adequate space for campus and community uses. In 2005, UNL began construction of the Library Depository and Retrieval Facility on East Campus to provide a high density, temperature and humidity-controlled environment that would preserve our collections for a century. Learn about the special challenges involved in construction, the process used to select the items stored there, and the unique location system we use; then tour the facility to see how books are retrieved.

**Instructor:** Michael Straatman, associate director, Collection Management, University Libraries

**Facilitator:** Deb Pearson

**Day/Date:** Mon, June 24

**Time:** 11 a.m.-12:30 p.m.

**Location:** UNL Library Depository and Retrieval Facility. Park in the A Lot at 37th and Fair Streets. You will be notified how to obtain a parking permit.

**Enrollment Limit:** 15

**Cost:** \$10



## History and Archeology of the Historic Kennard House



### HIS062L

Learn about the history of Lincoln's Kennard House, originally the home of Thomas P. Kennard, Nebraska's first Secretary of State. The Kennard House is the oldest building still standing that was part of Lincoln's original town plat and was restored as a memorial to Nebraska statehood in 1967. We will tour the home, discuss its construction and architectural history, and learn about archeological investigations of the property conducted by UNL's Summer Field School in Archeology and the History Nebraska State Archeology Office in the 1990s.

**Instructor:** Nolan Johnson, archeologist, History Nebraska

**Facilitator:** Charlyne Berens

**Day/Date:** Mon, June 3

**Time:** 1-2:30 p.m.

**Location:** Thomas B Kennard House. Entering Kennard House requires walking up several steps. The tour will also include the second floor of the house, accessible by a stairway. Parking is available on H St. and on 16th St., and around the Capitol building, where the limit is two hours.

**Enrollment Limit:** 25

**Cost:** \$10



## Current Issues in Nebraska Early Childhood Education



Get an overview of early childhood education and an introduction to some of the key issues in the field today. Learn the importance of early childhood for families, communities and the state. Explore some of the challenges in the field and how Nebraska is addressing these challenges.

**Instructor:** Susan L. Sarver, director, Workforce Planning & Development, Buffett Early Childhood Institute, University of Nebraska

**Facilitator:** Nancy Comer

**Day/Date:** Mon, June 10

**Time:** 1-2:30 p.m.

**Cost:** \$10

**Register for only one format:**

### CON069Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON069L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## The Big Balance: More Than Just Keeping the Lights On



Learn about challenges and opportunities that lie ahead to maintain the fundamental roles that customers look to their electric provider to deliver. Keeping the lights on requires a balance that happens every minute of every day. The only time we notice an imbalance is when the lights go out. Yet, providing reliable service to customers is just one of at least three fundamental objectives that your public power provider is balancing. Prepare for this interactive conversation about the pursuit of decarbonization while ensuring the service your Lincoln Electric System provides is also reliable and affordable.

**Instructor:** Marc J. Shkolnik, manager, Energy Services, Lincoln Electric System

**Facilitator:** Peggy Apthorpe

**Day/Date:** Mon, June 24

**Time:** 1-2:30 p.m.

**Cost:** \$10

**Register for only one format:****CON070Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**CON070L****Location:** SCC-CEC, Rm 213**Enrollment Limit:** 24**The Scientific Case for Happiness and Hope**

Americans have long been known for their optimism, but that trait has withered in recent years. Across a range of social and political issues, polls show Americans are now distinctly pessimistic. Yet, many of the beliefs that drive up pessimism are counterfactual. We, along with the rest of the world, face grave challenges. A distorted view of the past, present, and future saps many people's sense of well-being, often with tragic consequences. Without trivializing either the problems we face, or the suffering people must endure, we will look at scientific evidence for happiness about our present and hope for our future.

**Instructor:** Clay Farris Naff, member, National Association of Science Writers, former science correspondent, "The Humanist" magazine

**Facilitator:** Bill Latenser**Day/Dates:** Mon, June 3, 10**Time:** 3-4:30 p.m.**Cost:** \$15**Register for only one format:****SCI055Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**SCI055L****Location:** SCC-CEC, Rm 213**Enrollment Limit:** 24**Chair Yoga****H&W057Z**

Relax the body and soothe the mind from the comfort of your own home in a remote yoga experience. All you will need is a chair with no arm rests and some comfy clothes or pajamas. Expect gentle mobility, breathing techniques, and mindful movement to improve sleep quality, reduce stress and enhance overall well-being.

**Instructor/Facilitator:** Casey Bogenrief, Yoga Instructor

**Day/Dates:** Mon, June 3, 10, 17, 24, July 1, 8**Time:** 8-8:45 p.m.**Location:** Zoom Live Stream**Enrollment Limit:** 100**Cost:** \$35

## TUESDAYS

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### Walking Lincoln's Piedmont Neighborhood



Learn about the Piedmont neighborhood, which was developed by Lincoln businessman Charles Stuart beginning in 1926. A classroom session will focus on historical concepts behind the development, as well as the area's architects, early residents and unique landscape features. A second session will be a guided walking tour through the streets of Piedmont. As the area's sidewalks are narrow, or nonexistent, and traffic on Cotner Boulevard can be busy. Both groups will meet in the classroom on June 4, then split into two groups for the walking tours on June 6 and 11.

**Instructor:** Ed Zimmer, emeritus historic preservation planner

**Locations:** June 4, SCC-CEC Auditorium; June 6 and 11, Piedmont neighborhood. Information about where to meet and park will be provided during class on June 4 and emailed to registrants.

**Cost:** \$15

**Register for only one section:**

#### ART1131

**Facilitator:** Anne Diffendal

**Days/Dates:** Tue, June 4 and Thu, June 6

**Time:** 9-10:30 a.m.

**Enrollment Limit:** 35

#### ART1132

**Facilitator:** Patricia Crews

**Day/Dates:** Tue, June 4, 11

**Time:** 9-10:30 a.m.

**Enrollment Limit:** 35

### Native Landscape Tour of Aldersgate Gardens



#### LIF1432

Join us on a nature walk to discuss native gardening in a relaxed, fun, social atmosphere. This tour will highlight the native Nebraska-style landscape that surrounds the Aldersgate United Methodist Church. Horticulturist Bob Henrickson will be our guide to showcase the different prairie and native plants. Come to learn more about native plants, what they look like, the benefits of using them and how to incorporate these important plants into your home. Be prepared for walking on uneven ground. A question and answer session with refreshments will complete the tour

**Instructors:** Bob Henrickson, coordinator, Horticulture Program, Nebraska Statewide Arboretum; Steve Schafer, curator, Aldersgate United Methodist Church Gardens

**Day/Date:** Tue, July 9

**Facilitator:** Kirk Dietrich

**Time:** 9-11 a.m.

**Location:** Aldersgate United Methodist Church Gardens

**Enrollment Limit:** 20

**Cost:** \$10

### Color Brave: Talking with Youth About Racism



#### DIV011L

Although race and racism are at the top of America's public discussions, it turns out that most white parents, grandparents and caregivers in the United States do not talk about these issues with their kids. One of the reasons may be because they don't know the right answer. Often the right answer is simply to have a conversation about the issues. For families of color, the conversation serves the critical purpose of preparing for the racism and discrimination they may encounter and a chance to talk about cultural pride. Although there's no one-size-fits-all model, we will discuss several strategies to consider in helping children and youth understand and resist racism and promote antiracism. It all starts with intentional, honest, and purposeful conversations focused on equity and justice for all people.

**Instructor/Facilitator:** Cherie Bayley, former teacher and school administrator, Millard and Lincoln

**Day/Dates:** Tue, June 4, 11, 18, 25, July 2

**Time:** 11-12:30 p.m.

**Location:** SCC-CEC, Rm 404

**Enrollment Limit:** 24

**Cost:** \$30

### Behind the Scenes at the Quilt Museum



#### ART086L

Have you ever wondered how thousands of quilts are stored and cared for at the International Quilt Museum (IQM)? Here's your chance to get behind the scenes and see the climate-controlled area where the world's largest publicly held collection is stored. Learn how the quilts are cared for by collections staff and volunteers. Following the behind-the-scenes tour, you may stroll through the galleries and view current exhibitions at your own pace. Exhibits include "Feed Sacks: An American Fairy Tale," "A New Deal for Quilts," "World War I Quilts," and "Multifaceted: Katie Pasquini Masopust." The IQM is a fully accessible building.

**Instructor:** Sarah Walcott, manager, IQM Collections

**Facilitator:** Patricia Crews

**Day/Date:** Tue, June 4

**Time:** 1-2:30 p.m.

**Location:** International Quilt Museum

**Enrollment Limit:** 20

**Cost:** \$30



### Discovering *Titanic*: Exploring the RMS *Titanic* Legend



In 1912, the *Titanic* was the largest ship in the world. Sinking on her maiden voyage, this technological wonder collided with an iceberg resulting in the loss of 1,496 souls and was the world's largest sea disaster to that date. We will begin by focusing on its history, then learn more about RMS *Titanic* Inc.'s conservation, care of its artifacts and some of the stories uncovered from their discovery. Finally, we will explore the cultural impact of *Titanic* leading to its 112-year international legacy. A special emphasis will be placed on "*TITANIC*: The Artifact Exhibitions," in Las Vegas and Orlando, connecting artifact conservation to public display.

**Instructors:** From the E/M Group: Sheryl Rinkol, director, *Titanic* Education and Engagement; Ross Mumford, education coordinator

**Facilitator:** David Dyke

**Day/Dates:** Tue, June 11, 18, 25

**Time:** 1-2:30 p.m.

**Cost:** \$20

**Register for only one format:**

#### HIS092Z

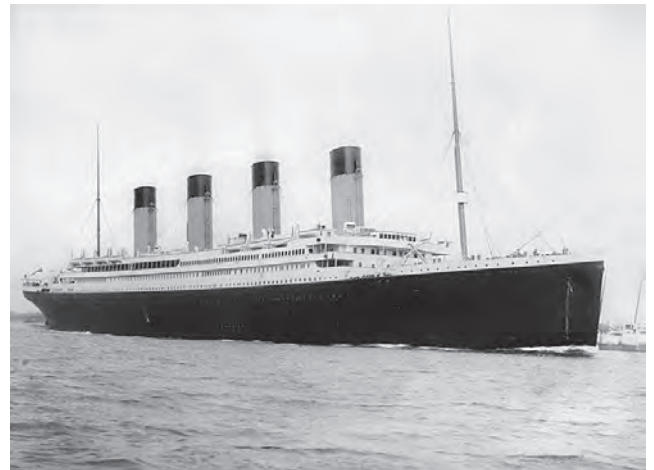
**Location:** Zoom Live Stream

**Enrollment Limit:** 100

#### HIS092L

**Location:** SCC-CEC, Auditorium

**Enrollment Limit:** 70





## The ABCs of Special Education



School may be out for summer, but come learn the ABCs about IEPs, 504s and other special education topics. We will cover some common terms. Learn how the education system operates related to special education from birth to age 21. Feel better equipped to support a grandchild, child, friend, or someone in your life who is connected to disability and to gain a deeper understanding about the public education system related to special education.

**Instructor:** Deb Norman, MPA, and OLLI practicum student

**Facilitator:** Jeanette Wellsandt

**Day/Date:** Tue, July 9

**Time:** 1-2:30 p.m.

**Cost:** \$10

**Register for only one format:**

### LIF146Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF146L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## Silent Film: Discovering the Early Days of the Movies



Explore the beginning decades of cinema, the “silent era.” The silent era saw the rise of the Hollywood studios, movie stars and fan culture, and movie-going as a part of everyday experience around the world. Learn about a variety of films, directors, and stars from the late 1910s and the 1920s that have had lasting impact on the development of cinematic technique, performance, and film culture, as well as some films worthy of rediscovery. In addition to introducing participants to films from an era now 100 years passed, we will explore how the new medium of film impacted social and cultural life and how this new creative medium became a global art form.

**Instructor:** Michael Page, assistant professor of practice and coordinator of curriculum, English, UNL.

**Facilitator:** Kathie Putensen

**Day/Dates:** Tue, June 4, 11, 18, 25, July 2, 9

**Time:** 3-4:30 p.m.

**Cost:** \$35

**Register for only one format:**

### L&L046Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### L&L046L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24



## WEDNESDAYS

### Green Infrastructure: The What and The Why



#### SCI054L

Green infrastructure is an innovative approach to urban design using natural elements to enhance the environmental and social quality of urban settings. It provides various benefits such as improving air quality, reducing storm water erosion and pollution, mitigating the urban heat island effect, increasing biodiversity, promoting physical and mental health, and creating attractive and livable spaces for people. Learn about the principles, benefits, and applications of green infrastructure and green spaces at different scales, from urban streets, regional watersheds to residential landscaping. Gain a better understanding of what green infrastructure is, what the benefits are, and how we can use it to create more sustainable, resilient and livable outdoor spaces.

**Instructors:** Justin Evertson, coordinator, Green Infrastructure, Nebraska Statewide Arboretum; Bill Latenser, retired EHS professional, OLLI member

**Facilitator:** Bill Latenser

**Day/Dates:** Wed, June 5, 12

**Time:** 9-10:30 a.m.

**Location:** June 5, SCC-CEC, Rm 404; June 12, Prairie Pines

**Enrollment Limit:** 24

**Cost:** \$15

### Hospitality Excellence: A Tour of the Scarlet Hotel



#### LIF127L

The Scarlet, Lincoln, a Tribute Portfolio Hotel, is located at Innovation Campus. It has 154 guest rooms and suites and event space, plus the Well and Good Signature Restaurant, Barred Owl Rooftop Bar and Good Life Coffee Shop. First, we will tour the entire facility. The hotel also provides a teaching space of hands-on experience for UNL students who are participating in the Hospitality, Restaurant and Tourism Management degree program. By combining classroom instruction with experiential learning, the program is designed to meet current industry needs. Learn about the current learning laboratory at the hotel and receive an update on future plans for the HRTM program to be located in a separate space at the hotel. Participants can stay afterwards to enjoy coffee and conversation in the hotel coffee shop.

**Instructors:** Patrick Murphy, director of sales, The Scarlet Hotel; Ajai Ammachathram, program director and associate professor, Restaurant and Tourism Management, UNL.

**Facilitator:** Charlotte Frank

**Day/Date:** Wed, June 12

**Time:** 9-10:30 a.m.

**Location:** The Scarlet Hotel. Park in meters around Innovation Campus and pay for parking through the Passport app on your phone.

**Enrollment Limit:** 25

**Cost:** \$10



## Nebraska Innovation Campus: Spaces and Culture That Inspire



### LIF142L

Nebraska Innovation Campus (NIC) is connecting the talents of experts, companies and the university to create a unique culture of innovation. Learn how NIC is facilitating new and in-depth partnerships between the University of Nebraska and private sector businesses, such as NUtech Ventures. Explore NUtech's mission to facilitate the commercialization and practical use of innovations generated through the research activities at the University of Nebraska. We will spend time in the Food Processing Center, where we will learn how they help businesses understand their target market, define product concept, substitute ingredients, resolve quality issues and ensure long shelf life. Formulating a new food product can be a difficult task as the appearance, aroma, flavor, and texture is critically important. We will participate in a sensory panel and tour the product development labs and pilot plants.

**Instructors:** From NIC—Kate Engel, interim executive director; Brooke Goedert, culture and operations manager. From NUTech Ventures—Cheryl Horst, associate director and IP counsel; Joy Eakin, entrepreneurship program manager. Julie Reiling, senior consultant, Food Processing Center, UNL

**Facilitator:** Charlotte Frank

**Day/Dates:** Wed, June 19, 26

**Time:** 9-10:30 a.m.

**Locations:** June 19, Nebraska Innovation Campus Conference Center, 1st Floor, Breakout Room B1; June 26, UNL Food Innovation Center, Rm 111-Training Room. For both sessions, metered parking around Innovation Campus and in north parking lot and pay for parking through the Passport app on your phone.

**Enrollment Limit:** 25

**Cost:** \$15

## Fossils on the Rotunda Floor



### HIS015L

In 1927, Erwin H. Barbour, a professor of geology and zoology at the University of Nebraska and director of the Nebraska State Museum, was asked to fill another role: artist. Barbour drew pictures of fossil plants and animals for artist Hildreth Meiere to copy. She used these drawings to make mosaic pictures of fossils on the floor of the Nebraska State Capitol rotunda. Meiere also designed mosaics for the dome of the rotunda as well as for the foyer and vestibule. Learn about the fossils, the mosaics and what they depict. The fabrication of the mosaics, the materials used, and the overall project will also be covered.

**Instructor:** Bob Diffendal, professor emeritus, School of Natural Resources, UNL.

**Facilitator:** Anne Diffendal

**Day/Dates:** Wed, July 3, 10

**Time:** 9-10:30 a.m.

**Location:** July 3, SCC-CEC, Rm 404; July 10, State Capitol. Meet outside the North Entrance at the base of the stairs.

**Enrollment Limit:** 20

**Cost:** \$15



## Get Ready to Roll: The National Museum of Roller Skating

### LIF145L

As Lincoln prepares to host the National Roller Skating Championships in July 2024, you're invited to tour the only roller skating museum in the world housed in a building on the historic register. Established in 1980, the museum provides the public with history, sport, and recreation of roller skating. In addition to skating and more conventional activities, the museum has exhibits of wheel evolution, vaudeville acts, touring tent rinks, rink organs, and the unusual in skating's 300-year history. Information about rink hockey, speed and figure skating, and artistic skating will be presented in preparation for the championships.

**Instructor:** Max McKillip, curator/archivist, National Museum of Roller Skating

**Facilitator:** Bob Michl

**Day/Date:** Wed, June 5

**Time:** 11 a.m.-12:30 p.m.

**Location:** National Museum of Roller Skating

**Enrollment Limit:** 24

**Cost:** \$10



## Every Step Counts: The Physics of Walking

Learn about the physics of how we walk. Delve into the health benefits and biomechanics of walking, along with a focus on equipment such as footwear, assistive devices, and exercise-tracking sensors. Explore methods for analyzing large biomedical datasets, including new emerging methods based on artificial intelligence and machine learning. Discover why walking uphill demands more energy compared to level surfaces or why walking efficiency tends to decrease as we age. Additionally, we will cover practical aspects such as how to improve your walking efficiency and what to look for in footwear.

**Instructors:** Philippe Malcolm, PhD., assistant professor, Biomechanics, University of Nebraska-Omaha; Keegan Moore, assistant professor, Mechanical and Materials Engineering, UNL

**Facilitator:** Jeanette Wellsandt

**Day/Dates:** Wed, June 5, 12, 19

**Time:** 11 a.m.-12:30 p.m.

**Cost:** \$20

**Register for only one format:**

### SCI056Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### SCI056L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## Fencing: The Human Chess Game

### LIF039L

Have you ever thought: "I have always wanted to try that?" Here is your chance. You can learn about the sport's history, weapons, clothing, timing and scoring. Suit up to fence foil, sabre and epee; fence and laugh while you enjoy the course or choose to watch rather than fence. All equipment is provided. Dress in sweatpants and tennis shoes; no sandals.

**Instructor/Facilitator:** Kit Boesch, fencing coach

**Day/Dates:** Wed, June 5, 12, 19, 26, July 3, 10

**Time:** 1-2:30 p.m.

**Location:** Lincoln Fencing Club

**Enrollment Limit:** 15

**Cost:** \$35

## Feed Sack Quilts and More



### ART118L

Learn the fascinating story of the use and re-use of feed sacks in quilts and a variety of other objects. The use and re-use of cloth sacks in the United States began in the 19th century, ramped up throughout the early 20th century, and took off during World War II. Though many assume feed sacks are a distinctly American phenomenon, they can be found across the globe. Following the presentation, stroll through the International Quilt Museum (IQM) exhibition “Feed Sacks: An American Fairy Tale.” Over 160 years of feed sack use and re-use are represented in the thirty-four quilts, two quilt tops, eighty-one feed sacks, and fifty-three objects on view.

**Instructors:** From IQM—Jamie Swartz, collections assistant; Sarah Walcott, collections manager.

**Facilitator:** Patricia Crews

**Day/Date:** Wed, July 10

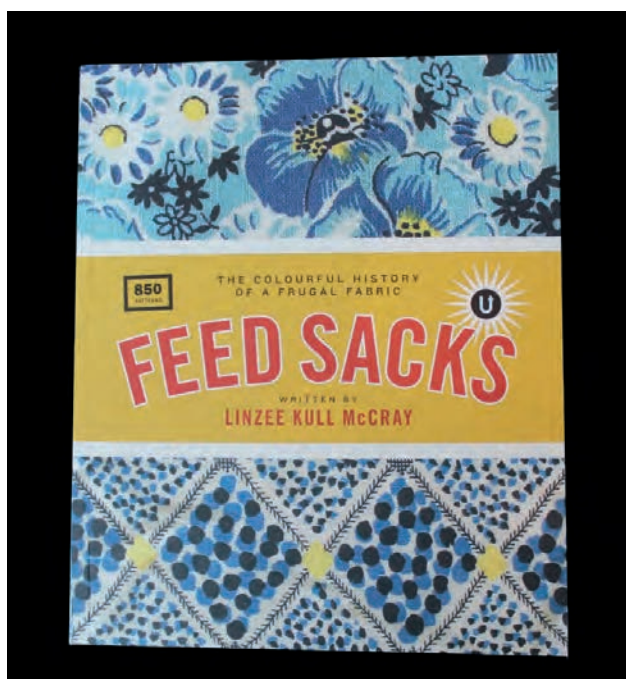
**Time:** 1-2:30 p.m.

**Location:** International Quilt Museum.

*Attendees will view the instructor via Zoom.*

**Enrollment Limit:** 50

**Cost:** \$15



## How to Identify and Protect Yourself Against Fraud



Gain the tools you need to identify potential fraud and scams. Learn about several common financial scams and ways fraudsters try to take advantage of you and your loved ones and take your hard-earned cash. We will dissect what to watch out for, what you can do to protect your money, and how you can approach emails, phone calls, messages and texts to identify what to be aware of and what is important.

**Instructor:** Angela Nielsen, AAP, APRP, ETA CPP

**Facilitator:** Marie Trayer

**Day/Date:** Wed, June 12

**Time:** 3-4:30 p.m.

**Cost:** \$10

**Register for only one format:**

### L&L012Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### L&L012L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## Acupuncture, Meditation, Herbs: Do They Really Improve Your Health?



Integrative health emphasizes the importance of life balance and holistic health and well-being. Learn about the components of integrative health (i.g., herbs and supplements, meditation, wellness coaching, acupuncture, massage, resiliency and nutrition), and how it considers the whole person. Then, learn more about Eastern traditions for health and wellness including insights from Traditional Chinese Medicine (TCM), Ayurveda and the importance of balancing mind-body-spirit for optimal well-being. Learn about foundational concepts and principles of Eastern health philosophy and how they collaborate with Western approaches to health and wellness.

**Instructor:** Sarah Brandt, MS in Integrative Health and Wellness Medicine, Creighton University, and assistant director, Admissions, Nebraska Wesleyan University

**Facilitator:** Laura Williams

**Day/Dates:** Wed, June 19, 26

**Time:** 3-4:30 p.m.

**Cost:** \$15

**Register for only one format:**

### H&W060Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### H&W060L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## THURSDAYS



### Gentle Yoga

#### H&W001Z

From the comfort of your own home, join in meditation, breath-work, balance, and mindful movements to reconnect your mind, body, and spirit. Class is for all levels, but poses will include a variety of positions requiring students to get on/off the floor. The instructor will provide modifications as needed. No homework, but you will learn some yoga tidbits to use in your future practice both on and off your mat. No equipment needed but a yoga mat is encouraged. Consult with your physician prior to participating.

**Instructor/Facilitator:** Casey Bogenrief, Yoga Instructor

**Day/Dates:** Thu, June 6, 13, 20, 27, (skip July 4) July 11

**Time:** 9-10 a.m.

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** \$30

### A Summer Stroll at Pioneers Park



#### LIF148L

Join us for a summer stroll with outdoor educators from the Pioneers Park Nature Center. We will walk 1 to 2 miles around the Nature Center, looking, listening and learning. Dress for the elements; we will be outside exploring for the duration. Binoculars, cameras, walking sticks and layered clothing are all encouraged.

**Instructor:** Neal Bryan, Naturalist, Pioneers Park Nature Center

**Facilitator:** Kathie Putensen

**Day/Date:** Thu, June 13

**Time:** 9-10:30 a.m.

**Location:** Pioneers Park Nature Center, Prairie Building

**Enrollment Limit:** 30

**Cost:** \$10



## Dementia Caregiving at Home



Understanding the stages of dementia, potential treatment options, how to care for a loved one, and preparing for what comes next in your journey.

**Instructor/Facilitator:** Karla Frese, manager, Home Care Partners of Nebraska

**Day/Date:** Thu, June 6

**Time:** 11 a.m.-12:30 p.m.

**Cost:** \$10

**Register for only one format:**

### LIF061Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF061P

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## HomeFit: How to Age in Place at Home



Research consistently finds that most people aged 50 and older want to stay in their homes and communities as long as possible. The AARP Home Fit session was created to help people stay in the homes they love by turning where they live into a “lifelong home,” suitable and safe for themselves and anyone in their household.

**Instructor/Facilitator:** Karla Frese, manager, Home Care Partners of Nebraska

**Day/Date:** Thu, June 13

**Time:** 11 a.m.-12:30 p.m.

**Cost:** \$10

**Register for only one format:**

### LIF002Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF002L

**Location:** SCC-CEC Rm 213

**Enrollment Limit:** 24

## Murals: How Community Art Brings Us Together



### ART119L

Murals are one of the oldest forms of visual art known to humans. Outdoor murals are a form of public art - but they are also landmarks, storytellers, economic development tools and “placemakers.” Learn about “creative placemaking,” which is the use of arts and culture, sometimes by artists, sometimes in collaboration with community members, to shape the physical and social character of a place to spur economic development, promote enduring social change and improve the physical environment. We will also explore the murals via a walking tour around the LUX Center for the Arts; be prepared to walk and stand and dress for the weather.

Consider attending the “Nebraska’s Post Office Murals in Red Cloud, Hebron and Geneva” day trip, cruising south central Nebraska to experience the history painted on the walls from 1934-1943. See the description in the Events section for details and to register.

**Instructors:** Kat Wiese, BFA Studio Art, UNL and MFA candidate, Yale University; Joe Shaw, executive director, Lux Center for the Arts

**Facilitator:** Julie Jones

**Day/Dates:** Thu, June 13, 20

**Time:** 11 a.m.-12:30 p.m.

**Location:** June 13, SCC-CEC, Rm 404; June 20, LUX Center for the Arts

**Enrollment Limit:** 24

**Cost:** \$15



## Pottery Pals



### ART115L

Get acquainted with the medium of clay. Explore hand-built ceramics from a functional and sculptural point of view while building and carving mugs and plant pots. Discover ceramic hand-building basics and observe demonstrations and examples. Some standing is required while working with projects.

**Instructor:** Kate Askey, ceramist and florist

**Facilitator:** Bob Michl

**Day/Dates:** Thu, June 6, 13, 20, 27,  
(skip July 4), July 11

**Time:** 11 a.m.-12:30 p.m.

**Location:** Gartens Studio. Take the stairs to 2nd floor using the entrance between Tsuru and A Novel Idea.

**Enrollment Limit:** 8

**Cost:** \$65



## Building Bridges: The Story of the Tri-Faith Commons

Understanding our many faith traditions helps us communicate with others who share different views. Learn about the Tri-Faith Commons campus in West Omaha, where Jewish, Muslim, and Christian faith traditions work together to serve their members and establish community. Learn about the origin and history of the Tri-Faith Initiative. Then, plan to join OLLI friends on a tour of the Commons the following week, June 20. See the Events section for day trip details and to register.

**Instructors:** Jeremy Fricke, vice president, Mission Advancement, Tri-Faith Initiative

**Facilitator:** Dori Bush

**Day/Date:** Thu, June 13

**Time:** 1-2:30 p.m.

**Cost:** \$10

**Register for only one format:**

### RELO20Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### RELO20L

**Location:** SCC-CEC, Rm 213. Attendees will view instructor via Zoom.

**Enrollment Limit:** 24



## The Unimaginable Journey of Peter Ertel



In the midst of great evil it is the courageous man or woman who refuses to succumb, and Peter Ertel was one such man. Forced to serve in the German army despite his open contempt for the Nazis and his refusal to kill the enemy, Ertel would not only miraculously survive World War II but would also be regarded as family by his Jewish employers. “The Unimaginable Journey of Peter Ertel” is a riveting, award-winning account of the life of a man who defied insurmountable odds in an unforgiving environment and who later found peace in America. This film combines archive footage – much of which has never been shown – with Ertel’s own brave telling of his extraordinary odyssey. A true story so bold, brave, and beautiful, it will restore your faith that humanity can survive even the darkest of days.

**Instructor:** Joseph Cahn, producer and editor, Victory Films

**Facilitator:** Bob Michl

**Day/Date:** Thu, June 6

**Time:** 1-3:30 p.m.

**Cost:** \$20

**Register for only one format:**

### HIS093Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS093L

**Location:** SCC-CEC, Auditorium

**Enrollment Limit:** 70





## Embellishment in 20th Century Fashion



### ART116L

Come learn about ways surface techniques embellished clothing historically from the curator of 'Embellished,' an exhibition on view in the Robert Hillestad Textiles Gallery. Embellishment techniques found in the historic garments on display range from applied decoration to fabric manipulation and include embroidery, applique, beading, piecing, pleating, and rouching. Following the presentation, stroll through the Hillestad Gallery in the same building and enjoy viewing the historic garments.

**Instructor:** Anna Erdmann, curator, Robert Hillestad Textiles Gallery

**Facilitator:** Patricia Crews

**Day/Date:** Thu, June 13

**Time:** 1-2:30 p.m.

**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137

**Enrollment Limit:** 28

**Cost:** \$10



## Embellishment in 20th Century Fashion: Hands-On Experience



### ART117L

Learn some of the historical embellishment techniques seen in the 'Embellished' exhibition at the Robert Hillestad Textiles Gallery. View demonstrations and receive instructions on how to perform several of the historical techniques. We will also be guided through our own embroidery or beaded reproduction of a design featured in a garment from the exhibition.

**Instructor:** Anna Erdmann, curator, Robert Hillestad Textiles Gallery

**Facilitator:** Mary Ann Sullivan

**Day/Date:** Thu, June 20

**Time:** 1-2:30 p.m.

**Location:** UNL East Campus, Newkirk Human Sciences Bldg., Sewing Studio, Rm 229

**Enrollment Limit:** 28

**Cost:** \$20 includes supplies

## Atlas Missiles, Nebraska, and the Cold War



The atomic bomb exploding over Hiroshima on August 6, 1945, changed the world forever. Little did Nebraskans realize the impact the birth of the Cold War would have on Southeastern Nebraska. Before 1960 this area of the state would become home to a major nuclear deterrent force consisting of newly developed missiles and aircraft. Explore the rapid development and deployment of nuclear bomb delivery systems after WWII and how Nebraska became a focal point for weapon deployment. Two Air Force bases in proximity would manage Atlas missile silos in the region. The Atlas missile in several versions would deploy, be ready to launch for a few years, and then be dismantled by the mid-1960s. Today, weapon system development is measured in decades. In the 1950s, development was measured in years. This is a fascinating and largely untold story about the "duck and cover" years in Nebraska.

**Instructor:** Lt. Gen. Roger Lempke, retired, former Nebraska Adjutant General

**Facilitator:** David Dkye

**Day/Dates:** Thu, June 13, 20, 27

**Time:** 3-4:30 p.m.

**Cost:** \$20

**Register for only one format:****HIS095Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**HIS095L****Location:** SCC-CEC, Rm 213**Enrollment Limit:** 24**Understanding Cancer: Science, Treatment and Beyond****H&W059L**

Join us on an enlightening journey through the intricacies of cancer, exploring its scientific underpinnings, contemporary treatment modalities and the holistic support systems available. This course, tailored for OLLI, will include a tour of the state-of-the-art April Sampson Cancer Center. Participants will engage with leading oncologists, researchers, and other health care professionals, gaining insights into innovative therapies, precision medicine and the pivotal role of technology in cancer diagnosis and treatment. View cutting-edge medical equipment, observe the healing arts throughout the center and see firsthand the incredible offerings the center has for Nebraska's cancer patients. Meet us at the intersection of science, medicine and human compassion in the fight against cancer.

**Instructors:** Danielle Henricksen, director, Bryan Cancer Program; Justin Rousek, executive director, Cancer Partners of Nebraska

**Facilitator:** Gene Stohs**Day/Date:** Thu, June 6**Time:** 5-7 p.m.**Location:** April Sampson Cancer Center**Enrollment Limit:** 65**Cost:** No charge**FRIDAYS****"Fri-Yay" Fitness Club****LIF003L**

Enjoy the "golden years" with a healthy and strong body. Join this exclusive physical activity club, open to OLLI members only. Each Friday, meet with a certified personal trainer to discover ways to incorporate physical activity and fitness into your daily life. All sessions will be broken into two main components: education and activity. Topics will include functional fitness, cardio training, strength training, flexibility training, balance exercises and core work. Modifications will be provided for all activities. Copies of the workouts will be provided to all participants so exercises can be done at home. Please wear comfortable work out attire and tennis shoes.

All participants must submit the Health Questionnaire and UNL Rec Center Waiver before beginning the workouts. The OLLI office will email a PDF of these forms, to print out and sign, then bring to the first class.

**Instructors:** Kinna Arp, group fitness graduate assistant; Brenna Mazour, graduate assistant, Nutrition Education; Madie Ewing, graduate assistant and personal training

**Facilitator:** Brad Dwiggin**Day/Dates:** Fri, June 7, 14, 21, 28 (skip July 5), 12**Time:** 9-10:30 a.m.**Location:** UNL East Campus, Recreation and Wellness Center, Rm 110**Enrollment Limit:** 24**Cost:** \$30**Food Bank of Lincoln Tour: 40 Years of Feeding**

The Food Bank of Lincoln works to alleviate hunger in Southeast Nebraska, where an estimated 1 in 10 neighbors, and 1 in 7 children, are experiencing food insecurity. In its most recent fiscal year, the organization connected neighbors in its 16-county service area to more than 9.1 million meals. Touring the Food Bank's new facility in Northwest Lincoln will offer insight into the operations of food banking and the programs and services

addressing food insecurity in Southeast Nebraska, while answering common questions about food sources, community involvement and ongoing needs. The Food Bank of Lincoln is a proud member of the Feeding America network.

**Instructors:** From the Food Bank of Lincoln—Michaela Kumke, president and CEO; John Mabry, vice president, Fundraising and Engagement

**Facilitator:** Mike McCoy

**Location:** Food Bank of Lincoln

**Enrollment Limit:** 30

**Cost:** \$10

**Register for only one session:**

### CON0301

**Day/Date:** Fri, June 7

**Time:** 9-10 a.m.

### CON0302

**Day/Date:** Fri, June 7

**Time:** 10:30-11:30 a.m.

## The Larsen Tractor Test and Power Museum



### HIS058L

Enjoy the historical exhibits in the Larson Tractor Test and Power Museum located on UNL's East Campus. Any tractor sold in Nebraska must first be tested at the museum. It is the only tractor testing museum in the world and the only complete tractor test laboratory in the world. The museum was built in 1920 and is dedicated to preserving and documenting the history of Nebraska's test laws dating from 1919. Enjoy a tour of the museum and visit to the test lab.

**Instructors:** Lance Todd, manager, Larsen Tractor Test and Power Museum, School of Natural Resources, UNL; Don Edwards, professor emeritus and museum volunteer

**Facilitator:** Georgianne Mastera

**Day/Date:** Fri, June 14

**Time:** 11 a.m.-12:30 p.m.

**Location:** UNL East Campus, Larsen Tractor Test and Power Museum

**Enrollment Limit:** 30

**Cost:** \$10



## Leveraging the Most Valuable Card in Your Wallet: Your Library Card



### L&L023L

Maximize your library card by learning how to access audiobooks, e-books, movies and television shows with the Libby and Hoopla apps, as well as a fun and educational app you can share with the little ones in your life. Discover the ease of managing your account and having the library's catalog in your pocket with our Library LNK app. Learn about special collections, such as the Polley Music Library, Heritage Room of Nebraska Authors, exclusive genealogical resources and much more. Bring your device and be prepared to use settings and download apps during class. If you don't know how to do this on your device get free help before the class by calling Eiseley Branch Library, 441-441-4250, or Gere Branch Library, 402-441-8560, and making an appointment for one-on-one help. More specifics will be shared via email before the course begins.

**Instructor:** Jennifer Jackson, librarian, Bennett Martin Public Library

**Facilitator:** Dorothy C. Anderson

**Day/Date:** Fri, June 14

**Time:** 1-2:30 p.m.

**Location:** Gere Branch Library meeting room. Enter room from the vestibule hallway in front of the library

**Enrollment Limit:** 30

**Cost:** \$10

# EVENTS

## Velkommen! Enjoy Tivoli Fest 2024



### HIS094L

This annual festival takes place in Elk Horn, Iowa, and is centered around the Danish Museum of America. The festival is focused on the history and culture of the Danish people who immigrated to this area. Enjoy self-guided tours of the museum starting at 10 a.m. with a parade at 11 a.m. Optional afternoon activities include research in the genealogy center, tours of the working 1848 Danish Windmill, or tours of the Bedstemor's House, a restored turn-of-the-century Danish American home. Walk on the trail of the Prairie Landscape Park or buy a gift at one of the quaint village shops. Lunch will be on your own and available nearby at Larsen's Pub and Grace on Main Street, as well as from community vendors. Come prepared to walk, and dress for the weather. See <https://www.danishmuseum.org/> for more information.

**Day/Date:** Sat, May 25

**Time:** 8 a.m.-6:30 p.m.

**Registration Deadline:** Monday, May 20

**Cancellation after this date is non-refundable, unless cancelled by OLLI.**

**Facilitator:** Janet Rife

**Location:** Meet at Gateway Mall parking lot just south of the old Sears Automotive Center. The bus departs promptly at 8 a.m. and will return to Lincoln by 6:30 p.m. Personal vehicles can be parked in the lot for the duration of the trip.

**Enrollment Limit:** 50

**Cost:** \$50 includes bus transportation. Most attractions are free during Tivoli Fest. Additional costs include lunch, on your own, which is about \$10-\$15, and entrance to the Danish Windmill Museum is \$3.

**Open to the public.**

## Wine Sampling at Deer Springs Winery



### LIF147L

Discover the hidden gem of the Deer Springs Winery farm, where passion for winemaking meets the beauty of nature. This Northeast Lincoln family-owned vineyard crafts exquisite wines which will tantalize your taste buds. Savor samples at this picturesque winery, where every bottle tells a unique story. The tasting room is a restored 1876 farmhouse that really sets the scene for a remarkable experience.

**Day/Date:** Fri, Jun 7

**Time:** 1-2:30 p.m.

**Registration Deadline:** Fri, May 31

**Cancellation after this date is non-refundable unless cancelled by OLLI.**

**Facilitator:** Bob Michl

**Location:** Deer Springs Winery

**Enrollment Limit:** 25

**Cost:** \$15



## Welcome to the Show: Sideshow Spirits Tour and Tasting



Join OLLI friends to get a tour and glimpse into the inter-workings of Lincoln's first ever legal distillery. Guides will walk you through the history, distillation, fermentation, and maturation of spirits and of course, bourbon! Conclude the tour with a tasting of five of the Master Taster's selections.

**Time:** 3-4:30 p.m.

**Speakers:** Kip Givens, master whiskey taster and general manager, Sideshow Spirits

**Location:** Sideshow Spirits Distillery and Cocktail Bar. Parking is available in a small lot behind the building or metered parking on the street.

**Enrollment Limit:** 20

**Cost:** \$30 – includes tour and tastings

**Register for only one session:**

### LIF1441

**Day/Date:** Thu, June 13

**Facilitator:** Bob Michl

**Registration Deadline:** Thu, June 6

**Cancellation after this date is non-refundable unless cancelled by OLLI.**

### LIF1442

**Day/Date:** Thu, June 20

**Facilitator:** Jeanette Wellsandt

**Registration Deadline:** Thu, June 13

**Cancellation after this date is non-refundable unless cancelled by OLLI.**



## Flatwater Shakespeare Company Presents, "Love Labor's Lost"



### ART120L

An early work in William Shakespeare's canon, "Love's Labor's Lost" is a biting exploration of when expectations meet reality. When a self-aggrandizing king and his court swear off love, they are shaken by the arrival of a powerful woman and her entourage. This challenge to their short-sighted goals and prejudices drives them to comical extremes as they attempt to both keep their oath and fulfill their hearts' desires. Through sharp language and absurd humor, this show dives into what we expect from ourselves and others, what makes love worth winning, and what we find when we stop looking for what we think we want. A blistering 75 minutes of comedy, full of hijinks & love that you will not want to miss! Directed by Reed Westerhoff. The show concludes with a post-performance question and answer period with OLLI attendees.

**Day/Date:** Sat, June 15

**Time:** 7-9 p.m.

**Registration Deadline:** Sat, June 8.

**Cancellation after this date will be non-refundable unless cancelled by OLLI.**

**Facilitator:** Dori Bush

**Location:** Wyuka Stables

**Enrollment Limit:** 20

**Cost:** \$20



## OLLI Night at the Saltdogs



### LIF049L

A summer night out, tailgating with friends, watching baseball, enjoying a beverage – sounds like a home run! Join us for OLLI night with the Lincoln Saltdogs baseball team as they battle the Sioux City Explorers. Bring your friends, your family and neighbors, as this event is open to them as well. The more the merrier!

We will start with a tailgating party at 5:30 p.m. in the parking lot behind the right field fence. OLLI will provide catering to include pulled pork and chicken breast sandwiches, potato salad, coleslaw, cookies, water and table settings.

Everyone is also encouraged to bring a covered dish to enhance the tailgating experience. Salads, appetizers and desserts welcome. Bring a lawn chair. Don't strike out on this one. Have a ball with OLLI at the ballpark.

**Day/Date:** Tue, June 18

**Time:** 5:30-10 p.m.

**Registration Deadline:** Tue, June 11

**Cancellation after the registration deadline will be non-refundable unless cancelled by OLLI. Tickets will be distributed at the ballpark tailgate on gameday.**

**Location:** Haymarket Park

**Facilitator:** Bob Michl

**Enrollment Limit:** 40

**Cost:** \$30 includes catered tailgate and reserved seating in the lower bowl.

**Open to the public.**



## Building Bridges: A Visit to the Tri-Faith Commons



Understanding our many faith traditions helps us communicate with others who share different views. Join us for a trip to the Tri-Faith Commons campus in West Omaha to learn about how the Jewish, Muslim, and Christian faith traditions work together to serve their members and establish community. The Initiative's goal is to "promote dialogue, transcend differences, foster acceptance and build bridges of respect and trust as Abrahamic faith partners." Tri-Faith Initiative hosts will provide a tour of the Commons, including the American Muslim Institute, the Countryside Community Church, and Temple Israel.

Register for the companion course under the same name on Thursday, June 13. See the Thursday courses section for details and to register.

**Day/Date:** Thu, June 20

**Time:** 8:15 a.m.-3:30 p.m.

**Registration Deadline:** Thu, June 13.

**Cancellation after this date is non-refundable unless cancelled by OLLI.**

**Facilitator:** Dori Bush

**Cost:** \$25 includes course fee and lunch

**Register for only one:**

### REL019L

**Location:** Meet at the Lincoln Gateway Mall parking lot just south of the Sears Automotive Center to carpool. Depart Gateway Mall at 8:15 a.m. Personal vehicles not driven to Omaha can be parked in this area for the day. Carpooling will be arranged via email the week before the trip.

**Enrollment Limit:** 20

### REL019O

**Location:** For those in the Omaha Metro area or other areas. Members selecting this section will meet us at the Tri-Faith Center at 9:15 a.m.

**Enrollment Limit:** 10



## Charcuterie Snack Plate and Wine Pairing



Join us for a step-by-step charcuterie class building an individual snack plate. Tips, tricks and hacks for making a beautiful charcuterie board will be shared while sampling wines that pair well with serving a board.

**Speaker:** Jennifer Dunavan, registered dietician, Hy-Vee

**Facilitator:** June Ryan

**Time:** 4:30-5:30 p.m.

**Location:** Hy-Vee, 5020 N. 27th, Tasting Room

**Enrollment Limit:** 15

**Cost:** \$25 includes snacks and three wine tastings

**Register for only one section:**

### LIF1491

**Day/Date:** Thu, June 27

**Registration Deadline:** Thu, June 20

**Cancellation after this date is non-refundable unless cancelled by OLLI.**

### LIF1492

**Day/Date:** Thu, July 11

**Registration Deadline:** Thu, July 4

**Cancellation after this date is non-refundable unless cancelled by OLLI.**



## Nebraska's Post Office Murals in Red Cloud, Hebron and Geneva



### ART114L

There is history painted on the walls of a dozen small-town Nebraska post offices that are notable examples of New Deal art produced during the years 1934–1943. This one-day tour will visit and discuss the post office murals in Red Cloud, Hebron, and Geneva. On the journey to Red Cloud, we will watch the History Nebraska brown bag seminar presented by Bob Puschendorf, author of the book “Nebraska’s Post Office Murals,” and the facilitator will share resources from History Nebraska about the murals.

**Speakers:** Post Masters in each town

**Facilitator:** Judy Hart

**Day/Date:** Mon, July 8

**Time:** 7:30 a.m.-5:30 p.m.

**Registration Deadline:** Monday, June 24.

**Cancellation after this date is non-refundable, unless cancelled by OLLI.**

**Location:** Meet at Gateway Mall parking lot just south of the old Sears Automotive Center. The bus departs promptly at 7:30 a.m. and will return to Lincoln by 5:30 p.m. Personal vehicles can be parked in the lot for the duration of the trip.

**Enrollment Limit:** 50

**Cost:** \$80 includes cost of bus transportation and lunch.



## INTEREST GROUPS

An OLLI interest group is a group of OLLI members who have a hobby or special interest in a particular topic and want to share experiences with others. There are several in place and new ones are encouraged to form at any time. You must be an OLLI member to participate. There is no need to register and there is no fee. Information about starting a new interest group is available online at: <https://olli.unl.edu/special-interest-groups>.

**Questions?** Contact Doug Wood, wooddb137@gmail.com. **For location information or Zoom meeting links, contact the coordinator(s) listed.**

### Art Appreciation

Art interested and art curious folk will get together once a month to delve into the background and history of 20th century (and beyond) movement and trends in fine art, photography, and other creative activity. Participants bring their own ideas and questions about the ways in which creative mediums have evolved over the last century and engage in lively discussions led by artist, filmmaker, photographer, and gallerist Michael Farrell. Micheal will use the visual resources he has collected and used in teaching and creating over the past fifty years.

**Coordinator:** Michael Farrell, mfarrell.1st@gmail.com

**Day/Date:** Third Sunday of the month

**Time:** 1-3 p.m.

**Location:** WallSpace-LNK, 1624 S. 17th, Lincoln (17th & Sumner St.)

Visit the WallSpace-LNK website at <https://wallspace-lnk.com>

### Baseball

The OLLI baseball interest group is an opportunity for all OLLI baseball fans to get together once a month and discuss all things baseball. The group may assist in developing OLLI special events or travel programs involving baseball.

**Coordinators:** Marvin Almy, hmalmy@aol.com, 402-786-5856; Bill Fagler, bill.fagler@gmail.com, 402-430-8289; Jon Hamilton, playingwiththepossibilities@gmail.com, 402-261-5979

**Day:** 2nd Tuesday of each month

**Time:** 3-4:30 p.m.

**In-person location:** Stauffer's Café, 5600 S. 48th St., Lincoln

### Biking the Trails (Lincoln)

Gather with OLLI friends to ride local bike trails in and around Lincoln.

**Coordinators:** Marilyn Hahn, marilynahn@icloud.com; Tim Shaw, timothyshaw@gmail.com

**Meets:** Weekly rides during the warm season months

### Biking Omaha

Bi-weekly bicycle ride for fun. No drop ride, under 10 miles, paved trails around the Omaha area during the warmer months.

**Coordinators:** Paul Paulman, ppaulman@unmc.edu or Audrey Paulman, apaulman@me.com

**Meets:** Thursday mornings

**Time:** 9 a.m.

### Bridge Players

The group consist of sets of four playing 18 hands of party bridge using tallies for partners

**Coordinator:** Sue Guild, sguild@inebraska.com

### Coffee and Conversation

Feel like some wake-up conversation? Join other OLLI members for a one-hour Zoom session to discuss a question posed by the coordinator prior to the week's session. Chat about everything except politics.

**Coordinator:** Dori Bush, dbush2508@gmail.com

**Day:** Every Tuesday

**Time:** 9:30-10:30 a.m.



## Conversational Spanish-Over Zoom

Improve your ability to read, speak and listen to the Spanish language.

**Coordinator:** Jack McGann, jackmcgann1@mac.com

**Day:** Tuesdays

**Time:** 1-2:30 p.m.

Contact the coordinator for the Zoom link.

## German Language and Culture

If you have been exposed to the German language in the past and would like to refresh some of those skills in speaking, reading and comprehension, please join in this OLLI Interest Group. In addition, the meetings also include discussions of German history and culture, as well as an on-going review of current events in Deutschland.

**Coordinators:** Ken Gobber, kengobber@hotmail.com; David Dyke, drdrdmd@me.com, 402-470-7211

**Day:** 1st and 3rd Wednesday of each month

**Time:** 3-4:30 p.m.

## International Affairs

Offering engaging conversations on topics of current international importance. The leaders introduce topics and raise stimulating questions for participants to discuss.

**Coordinator:** Peter Levitov, plevitov1@unl.edu  
Discussion Leaders: Dave Forsythe, professor emeritus, Political Science, UNL; Peter Levitov, associate dean emeritus, International Affairs, UNL; Roger Lempke, retired Major General; Wes Peterson, professor, Agricultural, Economics, UNL

**Day:** First Wednesday of each month, Sept through May

**Time:** 3-4:30 p.m.

**In-person location:** Gere Library, 2400 S. 56th St., Lincoln

Contact Peter Levitov at plevitov1@unl.edu if meeting is via Zoom

## Meditation

The group is open to any OLLI member who has an interest in meditation. The focus is to talk about the practice of meditation and some of the challenges that arise with meditative time. Each meeting includes a 15-to-20-minute guided meditation. You do not need experience in meditation to participate. Participants sit in chairs.

**Coordinator:** Margaret Rickers, mrickers14@gmail.com

**Day:** Second Thursday of each month

**Time:** 1:30 p.m.

**Location:** First-Plymouth Congregational Church, 20th & D Sts., Calvert Parlor, Lincoln. Enter through the west door. The mediation group may meet on Zoom during the winter months.

## My Backyard

Explore all things connected with the landscape. Discussions include site-preparation, landscaping, lawn care, soil amendments, gardening, seeds, plants, weeds, composting and the wildlife associated with the landscape, i.e. pollinators, insects and birds. In addition, there are field trips, guest speakers and subject-matter experts to make presentations at meetings.

**Coordinator:** Bonnie Bake, bonbake24@gmail.com, 402-570-5297

**Day:** Last Tuesday of each month

## Matinee at the Ross

Join fellow OLLI members and their guests for a Friday matinee movie at the Mary Riepma Ross Media Arts Center on UNL's City Campus at 313 N. 13th St. No reservations needed. Just show up for a great start to the weekend.

**Coordinator:** Dori Bush, dbush2508@gmail.com

**Day:** Friday

**Time:** Movies begin between 4:15-5 p.m.

## Out to Lunch

**Days/Time:** Meets twice a month, typical around the traditional lunch hour.

**Location:** Various eating establishments in and around Lincoln, American and ethnic

**Coordinators:** Nancy Whitman, newhit34@gmail.com, 402-488-8416; Maxine Moul, mmoul1@allopone.com  
Contact Nancy Whitman for more information.

## Politics

This group is open to all regardless of political persuasion – the more viewpoints the better.

**Coordinators:** Marvin Almy, hmalmy@aol.com; John Comer, jcomer1@unl.edu; Randy Moody, randallmoody44@gmail.com

**Day:** Third Thursday of each month

**Time:** 3-4:30 p.m.

Contact Marvin Almy at hmalmy@aol.com if you have questions.

## Reading Groups

OLLI book clubs generally limit their membership to 15 or less. There are currently six groups, some which are open for addition OLLI members, both women and men.

**Coordinator:** Kay Rockwell, krockwell1@unl.edu

## Science & Technology

Explore science and technology and learn about the impact of new science and technology to society. All sciences and technology is eligible for consideration and discussion.

**Coordinators:** Craig Hain, 402-730-7487, craig\_hahn@hotmail.com; Doug Wood, 402-217-0511, wooddb137@gmail.com; Tom Hoegemeyer, 402-419-4426, thoegemeyer@gmail.com

**Day:** Third Friday of the month

**Time:** 2-3:30 p.m.

**Location:** Rock-N-Joe Coffee, 5025 Lindberg St., Lincoln

## Story Analysis

Enjoy a deep dive into literature as each month we read a work selected by members of the group. Share your responses to the story, insights on the author's background and style, how a novel's structure and narrative approach aid the storytelling, or what historical events or philosophical movements might have influenced this author's work.

**Coordinators:** Michelle Maas, mmaas4600@gmail.com or Wil Hass, wilhass@hotmail.com

**Time:** 4 p.m.

**Location:** Gere Branch Library, 2400 S. 56th St., Lincoln

## Table Tennis

Join our table tennis interest group. Everybody plays. No pressure. Simply show up and bring your favorite paddle. Some paddles are available. This group is for OLLI members of any ability. Come meet others who share your passion for ping pong.

**Coordinator:** Larry McClure, lmerkmclure@yahoo.com

**Days:** Tuesdays and Thursdays

**Time:** 12:30-2 p.m.

## Ukulele

Join others who enjoy playing the ukulele. All levels are welcome, from beginners to experienced players.

**Coordinator:** Julia Larson, jlarson9342@gmail.com

**Day:** Third Thursday of the month

**Time:** 1 p.m.

**Location:** Varies-Lincoln Libraries

## Walking

Enjoy the invigorating weather and improve your health at the same time. The group gathers at Holmes Lake, rain or shine. Make sure to dress for the day. We divide into fast and slow walkers, so there is sure to be someone who walks at your pace.

**Coordinator:** Karen Harris, kharris555@gmail.com

**Day:** Monday

**Time:** Sept-May, 9:30 a.m.; June-Aug, 8:30 a.m.

**Location:** Holmes Lake parking lot at the northwest corner of the park near the dam.

## Writers Group

The OLLI writers group meets monthly to share writings and practice the craft through generative writing exercises. Beginners as well as more experienced writers are welcome. Those interested are organized in groups of five members by the interest group coordinator.

**Coordinator:** Gail Hollarbush, ghollarbush@gmail.com

**Day:** Second Wednesday of the month

**Time:** 2 p.m.

**Location:** Gere Branch Library, 2400 S. 56th St., Lincoln

## Woodworking

In addition to talking shop and exploring useful solutions for woodworking projects, group members frequently participate in field trips to professional shops and to lumber providers. Periodically, group members swap tools and exchange drawings and building materials.

**Coordinator:** Doug Wood, wooddb137@gmail.com

**Day:** Last Thursday of the month

**Time:** 3-4:30 p.m.

**Location:** Varies

## OLLI Member Discounts

### Abendmusik

Events for the coming season are free of charge. [abendmusik.org](http://abendmusik.org)

### Angels Theatre Company

Offers a ticket discount to OLLI members. [angelscompany.org](http://angelscompany.org)

### Arts for the Soul

Offers a ticket discount. Call First Presbyterian Church at 402-477-6037 for more information. [fpclincoln.org/music-home/arts-for-the-soul/](http://fpclincoln.org/music-home/arts-for-the-soul/)

### Friends of the Mary Riepma Ross Media Arts Center

Offers a discount for a new, first-time membership. Contact the Ross Theatre at 402-472-9100. [theross.org](http://theross.org)

### Johnny Carson School of Theatre & Film, UNL & Nebraska Repertory Theatre

Offers OLLI members season tickets and individual tickets at the student rate. Ticket fee still applies. [nebraskarep.org](http://nebraskarep.org)

### Lincoln Community Playhouse

Offers a \$5 discount on adult tickets. Discount available for shows where the adult ticket is \$25. Ticket fee still applies. [lincolnplayhouse.com](http://lincolnplayhouse.com)

### Lincoln Friends of Chamber Music

Offers OLLI members two tickets for the price of one at the door the night of the concert. [lfcml.us](http://lfcml.us)

### Nebraska Chamber Players

Offers a ticket discount. Call 402-429-8227 for more information or show your OLLI membership card at the door. [nebraskachamberplayers.org](http://nebraskachamberplayers.org)

### OmniArts Nebraska

Offers a discounted ticket to OLLI members. Call the Lied Center box office at 402-472-4747. Ticket fee still applies. Questions to [omniarts.nebraska@hotmail.org](mailto:omniarts.nebraska@hotmail.org) or [omniartsne.org/](http://omniartsne.org/)

### TADA Theatre

Offers OLLI members a discounted ticket to some performances. [www.tadaproductions.info](http://www.tadaproductions.info)

### University Bookstore

Offers 10% discount on in-stock, regular priced general reading books. [bkstr.com/nebraska-lincolnstore/home](http://bkstr.com/nebraska-lincolnstore/home)

**WAIVER AND RELEASE OF LIABILITY for Osher Lifelong Learning Institute (OLLI)**

This **WAIVER and RELEASE OF LIABILITY** was executed this \_\_\_\_ day of \_\_\_\_\_ 2\_\_\_\_, at Lincoln, Lancaster County, State of Nebraska by \_\_\_\_\_, (**Releasor**) in favor of the **UNIVERSITY OF NEBRASKA and its Regents, Officers, Employees, Instructors, Staff, agents, operators, successors, and assigns (University)**.

The **Releasor** wishes to participate in **Osher Lifelong Learning Institute (OLLI) Activities**. In consideration for the privilege of participation in the program, the **Releasor** consents and agrees to the following:

1. **Releasor** certifies that he/she is physically capable of participating in the Activities and that he/she will take responsibility for physical fitness and capability to perform under normal conditions of the Activities. **Releasor** is encouraged to get his/her physician's opinion prior to participating in any OLLI Activities. In the event of a medical emergency, the University of Nebraska or its representatives have my permission to take whatever measures they deem reasonable to render assistance and that I will be financially responsible for any expenses involved.
2. **Releasor** realizes that participation in the Activities involves certain risks and dangers. **Releasor** has hereby been made aware that participation in the Activities may have the following non-exclusive list of certain risks which I accept: death; head, eye, neck, and spinal injury resulting in complete or partial paralysis; brain damage; heart attack; blisters; cuts; lacerations; abrasions; concussions; contusions; strains; sprains; dislocations; fractures; cold and heat injuries; water immersion; drowning; lightning strikes; injury to bones, joints, muscles, internal organs; and environmental conditions. In addition, I understand and accept the incidental risks of travel to and from the site of activity; participation at sites that may be remote from available medical assistance; and the possible reckless conduct of other participants.
3. Consequently, while understanding that the **UNIVERSITY** has taken precautions to provide organization, supervision, and equipment for reasonable safety, **Releasor** assumes joint and personal responsibility for safety while participating in the Activities. Pursuant to that joint and personal responsibility, **Releasor** agrees to comply with the instructions and direction of representatives and staff members of the University. **Releasor** understands that failure to abide by the instructions and rules may result in his/her termination from the activity. **Releasor** accepts personal responsibility to ensure that any equipment needed to participate in the the Activities and used by the **Releasor** is safe and functioning properly and to refrain from causing loss or damage to the property of the **University**. **Releasor** realizes that he/she is solely responsible for any personal equipment, supplies, or property he/she may choose to use during the duration of the Activities.
4. **Releasor** further agrees to indemnify and hold harmless the **UNIVERSITY** for any and all claims or actions as a result of engaging in, using **University** facilities and equipment, or receiving instruction for the Activities or any activities incidental thereto whatsoever, whenever, or however the same may occur.
5. **Releasor** is aware that if he/she uses a vehicle not operated by the **University** for transportation to, at, or leaving the activity site, the **University** is **NOT** responsible for any damage caused by or arising from **Releasor's** use of such vehicle. Furthermore, **Releasor** acknowledges that he/she is solely responsible for any action he/she takes outside the scope of those actions permitted by the **University** for purposes of the particular activity regardless if occurring before, during, or after the duration of the activity. **Releasor** agrees to follow University policies when operating a University owned vehicle.
6. In consideration of participation in the Activities, **Releasor** hereby **RELEASES** and covenants not-to-sue the **UNIVERSITY** for any and all present and future claims resulting from ordinary negligence on the part of the **UNIVERSITY** for property damage, personal injury, or wrongful death arising as a result of his/her engaging in, using **University** facilities and equipment, or receiving instruction for the Activities or activities thereto, wherever, whenever, or however the same may occur. **Releasor hereby voluntarily waives** any and all claims or actions resulting from ordinary negligence, both present and future, that may be made by **Releasor's family, estate, personal representative, heirs, or assigns**.

I have read and understand that this **WAIVER** is intended to be as broad and inclusive as permitted by the laws of the State of Nebraska. I further agree the venue for any legal proceeding shall be in the State of Nebraska. I understand the rights that I am **waiving** and that I am freely signing this **WAIVER AND RELEASE**. I have read and fully understand that by signing this agreement I am giving up legal rights and remedies, which may be available to me for ordinary negligence of the **UNIVERSITY**. I further agree to follow and abide by the regulations and rules of the **UNIVERSITY** as they pertain to the Activities and to reimburse and make good to the **UNIVERSITY** any loss, damage, or cost the **UNIVERSITY** may have to pay as a result of my participation in the program.

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**RELEASOR (Signed)**

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**RELEASOR (Printed)**

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**DATE**

# REGISTRATION Complete one form for EACH person.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

**Complete the information below only if you are a new member or your information has changed.**

Preferred name for badge \_\_\_\_\_ Birthdate \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_  
 E-mail Address \_\_\_\_\_  
 Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_  
 If you are a **new member referred** by a current OLLI member, who was it? \_\_\_\_\_

**I have read and understand the Waiver and Release of Liability for OLLI.**

**I would like to be assigned an OLLI ambassador.**

**FOR OFFICE USE ONLY**

Reg. Rec'd	CCE Entry	Type	Codes
By _____	By _____	_____ Registration	CC Auth Code _____
Date _____	Date _____	_____ Refund/Cancellation	Order # _____

2023-2024 Membership Registration -- Check One		Cost
<input type="checkbox"/>	I am a current 2023-2024 OLLI member.	\$0
<input type="checkbox"/>	I am purchasing a mid-membership (Valid through July 31, 2024).	\$50
Course or Event Registration:		
Number	Name	Cost
<b>Total Payment (Membership + Course Cost + Event Cost)</b>		

**Payment Method:**

**Check or money order** payable to *University of Nebraska-Lincoln* Check # \_\_\_\_\_ Amount \_\_\_\_\_

**Credit Card** [ ] Visa [ ] MasterCard [ ] Discover [ ] American Express

**Credit Card Number** \_\_\_\_\_ **Expiration Date** \_\_\_\_\_

**Return payment to:** Osher Lifelong Learning Institute, University of Nebraska-Lincoln, 105 Newkirk Human Sciences Building, P.O. Box 830800, Lincoln, NE 68583-0800

# REGISTRATION Complete one form for EACH person.



First Name \_\_\_\_\_ Last Name \_\_\_\_\_

**Complete the information below only if you are a new member or your information has changed.**

Preferred name for badge \_\_\_\_\_ Birthdate \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip Code \_\_\_\_

E-mail Address \_\_\_\_\_

Phone: Home \_\_\_\_\_ Cell \_\_\_\_\_

If you are a **new member referred** by a current OLLI member, who was it? \_\_\_\_\_

**I have read and understand the Waiver and Release of Liability for OLLI.**

**I would like to be assigned an OLLI ambassador.**

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**Return payment to:** Osher Lifelong Learning Institute, University of Nebraska-Lincoln, 105 Newkirk Human Sciences Building, P.O. Box 830800, Lincoln, NE 68583-0800

# General Information and Policies

## Animal/Pet Policy

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As per UNL policy, animals/pets are prohibited at any and all functions, except for service animals approved by the UNL Office of Equity and Compliance. Animals which are approved must be confined or otherwise physically restrained. Review UNL policy at <https://www.unl.edu/ssd/content/policies-regarding-animals-campus>.

## Course Recording Policy

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OLLI at UNL selects certain courses to record for future use. Because of staffing and technology constraints, we will not record courses because a member will miss an upcoming session. Recorded courses are edited, archived and used for future instructional purposes.

## Drop a Course or Event

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Please notify the OLLI office 24 hours prior to the date and time of the first session of the course/event you want to drop, during business hours, Monday-Friday. This policy does not apply to courses and events with cancellation deadlines.

## Email Notifications

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Make sure we have your correct email address. The OLLI office sends emails to notify members of Zoom invites and course changes, course cancellations, upcoming events, as well as for our email newsletter. Instructors or facilitators may also want to contact students regarding class information. Your information is always confidential.

## Guest Policy

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Members may bring a guest, an individual who is NOT currently an OLLI member, to one session of a course if space is available. Contact the OLLI office at least two days in advance for approval and to make arrangements. Some exclusions apply.

## Membership

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Memberships are non-transferable and non-refundable.

## Postponed, Cancelled or Full Courses

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If a class is postponed, you will be informed of the rescheduled date. If a course is cancelled or full, you will receive notice as soon as possible. You will be given the following options:

- Add your name to a wait list
- Register for an alternate course
- Receive a refund
- Donate your course fee

## Weather-Related Cancellations

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If Lincoln Public Schools or UNL is closes or starts late due to weather conditions, OLLI in-person and multi-format courses, and events will be canceled. OLLI weekend in-person courses and events are canceled if UNL cancels courses or closes. Zoom only courses may take place. Call the OLLI office after 8 a.m. or check the OLLI website ([olli.unl.edu](http://olli.unl.edu)) for information.

## UNL East Campus Parking Permits

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Courses meeting on UNL's East Campus require a parking permit unless otherwise indicated. Hang your parking permit from your rear-view mirror.

Parking permits are:

- Included in the course fee unless otherwise indicated
- Available in the OLLI office the week prior to the course or event stated date
- Valid only on the day/dates/times/lot indicated on the permit.
- Not valid for metered parking, visitor parking or reserved parking spaces
- For handicap parking, a UNL permit plus a handicap permit is required

**All times are Central Time (CT).**



UNIVERSITY OF  
**Nebraska**  
 Lincoln


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 Human Sciences Bldg.  
 Suite 105  
 P.O. Box 830800  
 Lincoln, NE 68583-0800

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*UNL does not discriminate based upon any protected status.*

