

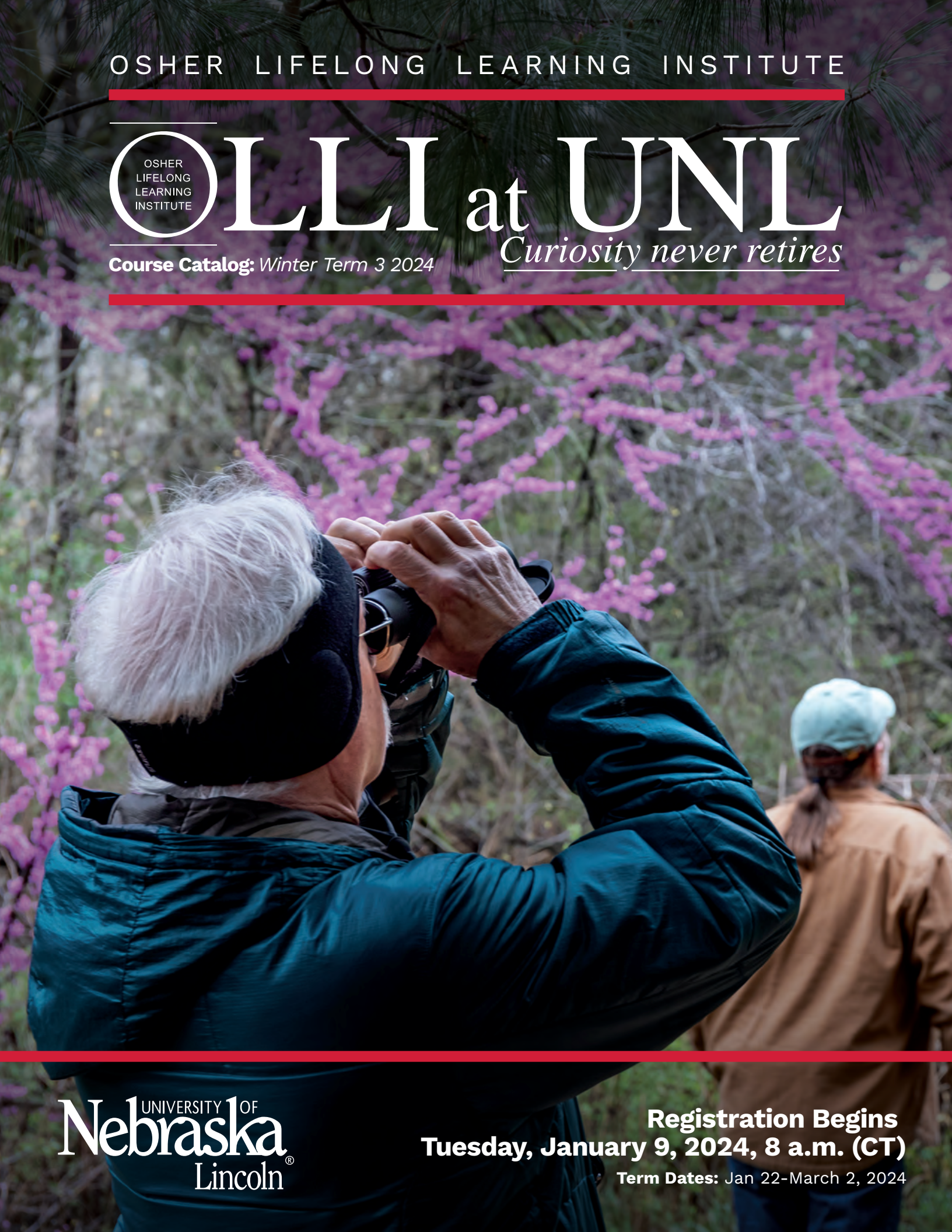
OSHER LIFELONG LEARNING INSTITUTE



OLLI at UNL

Course Catalog: Winter Term 3 2024

Curiosity never retires



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, January 9, 2024, 8 a.m. (CT)

Term Dates: Jan 22–March 2, 2024

schedule at a glance

All times are Central Standard Time

CANVAS

Learn at your convenience. Programming offered on demand.

CAN0011

Page

9

MONDAYS

9-12:30 p.m.	Saving a Life with CPR	H&W008L	11
11 a.m.-12:30 p.m.	From Click to Connect: Exploring Digital Devices and Email	SCI050Z, SCI050L	11
11 a.m.-12:30 p.m.	Crossing the Digital Divide: A Guide for Seniors	SCI005Z, SCI005L	11
11 a.m.-12:30 p.m.	Climate, the Environment and the Health of Nebraskans	H&W050Z, H&W050O	12
1-2:30 p.m.	Fencing: The Human Chess Game	LIF039L	12
1-2:30 p.m.	Dear Judy: A Memoir from the Inside Out	H&W053Z, H&W053L	12
3-4:30 p.m.	The Russo-Ukrainian War: Origins and Outcomes	CON056Z, CON056L	13

TUESDAYS

9-9:50 a.m.	Dance Fitness	H&W011Z	13
9-10:30 a.m.	The Role of Science: Exploring Acceptance and Denial in American Society	SCI051Z, SCI051L	13
9-10:30 a.m.	Healthy Watersheds, Thriving Community	CON061Z, CON061L	14
11 a.m.-12:30 p.m.	The First Amendment: Is It Always First?	CON059Z, CON059L	14
11 a.m.-12:30 p.m.	Lincoln Public Schools Focus Programs: Innovative and Engaging	LIF128L	15
1-2:30 p.m.	Finding Meaning in Mysterious Messages	L&L041L	15
1-2:30 p.m.	Herbs for Food and Medicine	LIF041L	15
1-2:30 p.m.	Winter Hike	LIF077L	16
1-2:30 p.m.	Edith Wilson: The First Lady Who REALLY Ran the Country	HIS080Z, HIS080L	16
3-4:30 p.m.	Explore Portugal & Azores with OLLI	LIF131Z, LIF131L	16
3-4:30 p.m.	Enjoy a New York City Christmas with OLLI	LIF132Z, LIF132L	17
3-4:30 p.m.	The Future of ESG (Environmental, Social and Governance) Investing	LIF133Z, LIF133L	17
3-4:30 p.m.	Backstage at the Rep: "The Flick" (Course)	ART089L	18

WEDNESDAYS

9-10:30 a.m.	Podcasts: Free, Fun and Customized for You	L&L040Z, L&L040L	19
9-10:30 a.m.	The Life and Legacy of Captain James Cook	HIS078L	19
9-10:30 a.m.	Hospitality Excellence: A Tour of the Scarlet Hotel	LIF127L	19
11 a.m.-12:30 p.m.	Tai Chi	H&W052L	20
11 a.m.-12:30 p.m.	Linguistic Diversity in the U.S.	L&L039Z, L&L039L	20
11 a.m.-12:30 p.m.	Learning from Nebraska's "Never Event"	CON060Z, CON060L	20
11 a.m.-12:30 p.m.	All About Chocolate	LIF111L	21
1-2:30 p.m.	The Heart of Lincoln: Human Services Nonprofits-Part I	CON058Z, CON058L	21
1-3 p.m.	A New Deal for Quilts	ART098L	22
1-3 p.m.	Introduction to Bridge II	LIF016L	22
3-4:30 p.m.	The Vietnam War: Origins, Impact and Legacy	HIS081Z, HIS081L	22
3-4:30 p.m.	The Magic of the Metropolitan Opera: "Carmen"	ART091L	23
3-4:30 p.m.	The Magic of the Metropolitan Opera: "La Forza del Destino"	ART092L	23
3-4:30 p.m.	All Alone in the Blinding Light: The Price and Power of Solo Performance	ART097Z, ART097L	24
3-5 p.m.	Introduction to Bridge I	LIF004L	24

Front and Back Covers: OLLI members learn various aspects of birding with experience in the field.

THURSDAYS

			Page
9-10 a.m.	Gentle Yoga	H&W001Z	24
9-10:30 a.m.	100 Years of Nebraska's Memorial Stadium...and What's Next	LIF129Z, LIF129L	24
10 a.m.-12 p.m.	What's Up with Bracketology?	LIF006L, LIF006Z	25
11 a.m.-12:30 p.m.	How Chintz Changed the World	ART095Z, ART095L	25
11 a.m.-12:30 p.m.	Savory Starters: Exploring Appetizers and Charcuterie	LIF126L	26
11 a.m.-12:30 p.m.	Prepare to Care: Navigating Future Healthcare Options and Cost	LIF055Z, LIF055L	26
11 a.m.-12:30 p.m.	HomeFit: How to Age in Place at Home	LIF002Z, LIF002L	26
11 a.m.-12:30 p.m.	Living Well with Parkinson's Disease	H&W015Z, H&W015L	26
1-2:30 p.m.	Fascism: A Warning from History	HIS077Z, HIS077L	27
1-2:30 p.m.	Education of African American Children Following Slavery	HIS079Z, HIS079L	27
1-2:30 p.m.	Behind the Scenes at the Quilt Museum	ART086L	27
3-4 p.m.	Mat Pilates	H&W051L	28
3-4:30 p.m.	Community Building Through Documentary	ART094L	28
3-4:30 p.m.	Martin Luther King Jr.: Beyond the Dream	REL021Z, REL021L	28

FRIDAYS

9-10:30 a.m.	Turn Friday into "Fri-Yay" with Friday Fitness Club	LIF003L	29
11 a.m.-12:30 p.m.	Which Lincoln Memory Assisted Living Community May Be Right for You?	LIF130L	29
11 a.m.-12:30 p.m.	Being LGBTQA+ in Nebraska: A Scientific and Contextual Exploration	SCI048Z, SCI048L	29
11 a.m.-12:30 p.m.	What You Need to Know about Residential Solar Energy	CON011Z, CON011L	30
1-2:30 p.m.	Great Decisions 2024-Part I	CON057Z, CON057L	30
1-2:30 p.m.	Leveraging the Most Valuable Card in Your Wallet: Your Library Card	L&L023L	30
1-2:30 p.m.	Succulent Garden Savvy	SCI049L	31

EVENTS

Sat, Feb 10	Game Day with UNL Athletics: Women's Basketball	LIF124O	32
Fri, Feb 16	"Star Wars: The Orchestra Strikes Back" with the Lincoln Symphony Orchestra	ART093L	32
Sun, Feb 18	BLUEBARN Theatre Presents "The Great Leap"	ART096O	32
Fri, Feb 23	Breakfast with UNL Athletics: John Walker, UNL Women's Soccer Coach	LIF125L	33
Wed, Feb 28	Game Night with OLLI	LIF060L	33
Thu, Feb 29	Stone Age Mini-Golf: Tee Off in Prehistoric Paradise	LIF123L	33
Sat, March 2	Nebraska Repertory Theatre Presents: "The Flick" (Performance)	ART090L	18

Travel	7
Member Discounts	31
Interest Groups	34-36
Registration Form	38-39
General Information/Policies	40

Registration Begins
Begins Tuesday, January 9, 2024, 8 a.m. (CT)

Term Dates: January 22-March 2, 2024

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.
- 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:

- Winter Term 3—Jan 22-March 2, 2024
- Spring Term 4—March 25-May 4, 2024
- Summer Term 5—June 3-July 13, 2024

Course Location Key

LINCOLN LOCATIONS

American Lutheran Church, 4200 Vine St.
Bridge to Better Living, 4230 Pioneer Woods Dr.
Bryan Health Firethorn Campus, 2920 S. 84th St.
Charles H. Gere Branch Library, 2400 S. 56th St.
CountryHouse, 240 S. 70th St.
Genesis Health Club, 1305 S. 70th
Hy-Vee, 1601 N. 84th (84th and Holdrege Sts.)
High Plains Alzheimer's Special Care Center, 5601 S. 84th St.
International Quilt Museum, 1523 N 33rd St.
Lied Center for the Performing Arts, 301 N 12th St.
Lincoln Duplicate Bridge Club, 237 S. 70th St., #205
Lincoln Fencing Club, Gateway Mall, 6100 O St, #508
Lincoln Public Schools Bay High Focus Program, 2005 Y St.
Lincoln Public Schools Steve Joel District Leadership Center, 5905 O St.
Pemberly Place Senior Living, 7655 Archer Place
Pioneers Park Nature Center, 3201 South Coddington
Prehistoric Putt Lincoln, 1919 Cornhusker Hwy

SCC-CEC, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place

The Independence House at Coddington, 500 S. Coddington Ave.

The Scarlet Hotel, Nebraska Innovation Campus, 2101 Transformation Dr.

Union College, Lang Amphitheater-Krueger Science and Math Building, 49th & Bancroft Sts.

UNL East Campus, Newkirk Human Sciences Bldg., 1650 N. 35th St.

UNL East Campus, Recreation and Wellness Center, 1717 N 35th St.

UNL East Campus, Plant Science Building, 1875 N. 38th St.

UNL Ruth Leverton Hall, 1700 N. 35th St.

UNL Temple Building, 1209 R St.

Yankee Hill Village, 8401 S. 33rd St.

OMAHA LOCATIONS

Baxter Arena, 2425 S. 67th, Omaha

BLUEBARN Theatre, 1106 S. 10th St., Omaha

Maurer Center for Public Health (MCPH), 40th and Dewey Sts, Omaha

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.
- 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.

SPRING 2024 PREVIEW

What does OLLI have in store for you spring 2024?

Is it time for you to fulfill a promise to yourself to explore your creative and/or intellectual side? Whatever inspires your desire for knowledge, OLLI at UNL has a spring course for you. Here's a preview of the courses available this spring. There are many subjects to explore and skills to try out. The full range of courses will be available for viewing online in late February.

Get ready for summer by getting your body moving

Building Strength as We Age or “Fri-Yay” Fitness Club

Register for either course to learn the importance of strength training and physical fitness.

Tai Chi or Qigong

Both are ancient Chinese martial arts. Sign up for either to learn fundamental skills.

Promote your intellectual growth

A Night Under the Stars

Join us for an evening field trip to the Branched Oak Observatory in Raymond for an unforgettable astronomical experience. Deepen your understanding of astronomy and see the wonders of the night sky.

The Continuing Relevance of Joan of Arc

Examine some of the surviving documents about Joan, the record of her trial and the many striking ways she has been memorialized in literature.

Join us in Omaha

Offutt Air Force Base

The day includes briefings by the 55th Wing, 557th Weather Wing, Defense POW/MIA Accounting Agency (DPAA), and USSTRATCOM. Lunch is included.

BLUEBARN Theatre presents, “More of a Heart”

When tragedy strikes, hidden truths rise to the surface in this beautiful drama about what it means to live a fulfilling life.

The Lied Jungle at the Henry Doorly Zoo

Monkeys, tapirs, macaws, pygmy hippos...These are just a few of the animals you will encounter on guided tour of one of America's largest indoor rain forests.

Samuel Bak Museum

Gain a broader understanding about the Holocaust, human rights and genocide through the art of Samuel Bak.

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.

Available Travel Opportunities



Portugal, Plus the Azores

September 21-28, 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

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!



Magical New York Christmas | December 9-13, 2024

Experience the iconic traditions of Christmas in the Big Apple, from the Columbus Circle Holiday Market and a carriage ride in Central Park to the Radio City Music Hall Christmas Spectacular! Meet with a Broadway performer, see a Broadway show, reflect at the poignant 9/11 Museum, and so much more!



FOR MORE INFORMATION, CONTACT:

Tele: (712) 792-9793

Email: info@stardestinations.com

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



HUSKERS BELONG HERE

Join the Nebraska Alumni Association and get great benefits while strengthening our university for the next generation of Huskers

Discounted Senior Memberships Available

huskeralum.org/join • 888-353-1874



**ALUMNI
ASSOCIATION**



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

PROGRAMMING ON DEMAND

Learn at your convenience!



CAN0011

Cost: \$30

The following video programs are previously recorded OLLI courses. Learn at your own pace, on your own time and at your convenience. Over 40 hours of programming are available for a **single cost of \$30**. After registration, you will receive an email with a “Join Code” and instructions on how to access programming.

All programming originates from OLLI at UNL.

Name, Image, Likeness: NIL and College Athletics – 1 session

Have you heard about NIL and wondered what it’s all about? How has this impacted college athletes? What other developments may impact this initiative in the next several years? You will receive an overview of NIL developments in college athletics since July 2021.

The Language and Psychology of Disinformation – 6 sessions

George Ayoub, journalist and adjunct professor at Hastings College explores the various ways information consumers are deceived, the consequences of such deceptions, and the impact of disinformation on democratic principles such as voting that rely on a shared, verifiable set of facts. The class discusses the psychology behind the use of propaganda and disinformation. Learn techniques to combat the onslaught of disinformation.

Kansas Black History – 2 sessions

For a state outside of the South, a great deal of civil rights history has occurred in Kansas. Learn about this history occurring within this neighboring state through two primary topics, the first of which is the significance of the historic Supreme court decision in *Brown vs. Board of Education*, which involved a young Black girl who wanted to attend her neighborhood school in Topeka. Today that school is a National Historic Site. Also learn the story of Black Homesteaders who founded the town of Nicodemus, Kansas. Angela Bates, descendent of the original homesteaders talks about the history of the town which is also a National Historic Site.

The History of the Negro Baseball League – 2 sessions

Baseball was the major sport in the United States from the Civil War until well into the 20th century. For blacks, though, their baseball history stopped in 1947 when Jackie Robinson debuted with the Los Angeles Dodgers. Former Nebraska Wesleyan baseball coach Bill Fagler takes an in-depth look at this fascinating period in history, including the players, teams, administrators, and events that shaped Negro League Baseball.

Mosquitoes, Ticks, and More – 2 sessions

In Nebraska, mosquitoes and ticks can thrive and carry diseases such as West Nile Virus, Rocky Mountain Spotted Fever and Lyme Disease. And now “kissing bugs” and the Chagas disease parasite have been found in Nebraska. Public health professionals provide an overview of these arthropods and other public health pests, their diseases, how they are transmitted, risks for contracting, and how you can protect yourself and your family from these risks.

The Bible as Literature – 6 sessions

Study the growth and development of the collection of religious texts known as “the Bible.” There will be an emphasis on historical events that influence both content and context. Religion, literature, social, and political institutions are integral elements in the historical process.

Pistols at Twenty Paces: Honor and Violence Through the Ages – 6 sessions

“Sir, a man may shoot the man who invades his character, as he may shoot him who attempts to break into his house.” So wrote Samuel Johnson in 1791. The theme of this course rests on the presumption implicit in Johnson’s statement, namely that men (mainly) are justified in resorting to force when others impinge upon the social construction that is their public honor or reputation. We will examine the role of honor, here seen as a form of property, in understanding violent behavior among individuals, groups, and even nations from the ancient Greeks to “The Godfather.”

Keep the Memories, Not the Stuff – 3 sessions

Our attachment to “stuff” is real. Letting go can be difficult. Yet, holding onto too much stuff can be suffocating or immobilizing, preventing us from living our best life because we are too weighed down by our possessions. Learn the problem of “inherited stuff” as well as our own “keepsake clutter.” Get a new perspective on memories, life, and love – and how none of it is tied to STUFF. Learn hands-on tips and practical advice for choosing which possessions to keep, to get rid of, and what it really means to leave a legacy for your loved ones.



Mind Body Spirit Day 2024

Set your mind at ease while we explore those things that keep us up at night.

Agenda

- 8:45 a.m. Check-in
- 8:55 a.m. Welcome
- 9 a.m. **Medicare: The Good, Bad and Ugly**
Molli Stolz, Aging Partners Benefits Counselor
Clint Solano, Aging Partners Benefit Counselor
 Medicare is a major part of every senior's life in America. Each part of Medicare is complex and has its own challenges. We'll break them down part by part for better understanding.
- 9:45 a.m. Break
- 10 a.m. **Making Smart Financial Decisions in Retirement**
Patricia Bennett, Senior Vice President and Resident Director with Merrill Lynch Wealth Management in Lincoln, Nebraska
 Even with proper planning, many seniors experience financial challenges, and they must develop strategies to prevent economic-related stress. Take a look at some of the financial problems seniors face and tips they can use to address each issue.
- 10:45 a.m. Shake It Off
- 11 a.m. **Herbalism at Home**
Alex Svoboda, clinical and community herbalist, owner of Arise Botanicals
 Explore the medicinal benefits and applications of common herbs on your spice rack as well as right outside your door. Healing plants are everywhere and we will discuss how to select the right options for your garden and your kitchen.
- 11:45 a.m. Closing

**Friday,
March 15, 2024**

9 a.m.-Noon • \$29

Jack J. Huck Continuing
Education Center, Room 303
301 S. 68th St. Place, Lincoln

Register at southeast.edu/continuing

Online Registration Keyword: Mind

Registration Deadline: March 11


Co-sponsored by:



For more information, contact us at
continuinged@southeast.edu,
402-437-2700 • 800-828-0072

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.

Registration Form - Non-Credit Course



*** Required** PLEASE PRINT

Complete this form with payment information and send via FAX or mail to: **Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510**
FAX: 402-437-2703

Today's Date

___/___/___

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/academics/college-catalog.php for additional information.

Social Security Number OR SCC Student ID Number		Name: * Last		* First	Middle Initial	* Email Address		
* Residence Mailing Address			* City	* State	* Zip	County #	* <input type="checkbox"/> Cell <input type="checkbox"/> Home Phone	
* Birth Date	I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Race (select one or more): <input type="checkbox"/> White <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native		<input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	<input type="checkbox"/> NE Resident <input type="checkbox"/> Non-Resident	Business Phone	
COURSE NUMBER	SECTION	TITLE			DATE	LOCATION	START TIME	COST
L L L X 0 6 8 2	C E S A	Mind Body Spirit Day 2024			Reg. Deadline: March 11	March 15, 2024	CEC, 303	9 a.m. \$29

SIGNATURE _____

Check Mastercard AMEX Discover VISA V Code _____
 (Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: _____ Exp. Date _____

CC # _____

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php * The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

MONDAYS

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. Also learn the use of life-saving tourniquets in controlling serious extremity hemorrhage. This course is information only and does not lead to re-certification in cardiopulmonary resuscitation.

Instructor: Mindi Jo Porto, NREMT-Paramedic, Training Center Coordinator, Bryan Medical Center.

Facilitator: David Dyke

Day/Date: Mon, Feb 19

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

Location: Bryan Health Firethorn Campus, Classroom 2B

Enrollment Limit: 13

Cost: \$20

From Click to Connect: Exploring Digital Devices and Email



Designed for novices eager to navigate the world of digital devices, the Internet, and email with confidence. Whether you're new to smartphones, tablets or laptops, we will demystify these devices, their navigation and provide an understanding of the basics of web browsing and creating and managing your own email. Gain foundational knowledge required to thrive in the digital age; and consider registering for Crossing the Digital Divide: A Guide for Seniors to learn even more.

Instructor: Ryan Sothan, Outreach Coordinator, Nebraska Attorney General's Office

Facilitator: Rich Sincovec

Day/Date: Mon, Jan 22

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

Cost: \$10

Register for only one format:

SCI050Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI050L

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

Enrollment Limit: 28



Crossing the Digital Divide: A Guide for Seniors



Learn the basic skills necessary to function and flourish in an increasingly digital and online world. We will discuss tools to effectively address the most popular phone and computer-based scams including identity theft, the nation's number one consumer complaint. We will provide a practicum on safe browsing, secure banking, online shopping and payment systems, monitoring and protecting your credit, and cybersecurity. Created for everyone from the technophobic novice to the enthusiastic early adopter, the course focuses on the utility and benefit derived from using technology as a tool to stay connected, make life easier, and increase the quality of our lives.

Instructor: Ryan Sothan, Outreach Coordinator, Nebraska Attorney General's Office

Facilitator: Rich Sincovec

Day/Dates: Mon, Jan 29, Feb 5, 12

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

Cost: \$20

Register for only one format:

SCI005Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI005L

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

Enrollment Limit: 28

Climate, the Environment, and the Health of Nebraskans



Nebraska faces numerous environmental challenges, including climate change. Each of these challenges can lead to human health issues. Learn about the potential connections between environmental issues, such as climate change, to the health of Nebraskans. We will discuss which populations and locations are more at risk from these environmental threats.

Instructor: Jesse E. Bell, PhD, Director, Claire M. Hubbard Professor of Water, Climate, and Health Program, University of Nebraska Medical Center, College of Public Health

Facilitator: Paula Eurek

Day/Date: Mon, Feb 26

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

Cost: \$10

Register for only one format:

H&W050Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W0500

Location: Maurer Center for Public Health, Rm 2001 (OMAHA)

Enrollment Limit: 15

Fencing: The Human Chess Game



LIF039L

Have you ever thought: "I have always wanted to try that?" Here is your chance. 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: Mon, Jan 22, 29, Feb 5, 12, 19, 26

Time: 1-2:30 p.m.

Location: Lincoln Fencing Club, Gateway Mall. Park in the covered garage space behind Dick's Sporting Goods.

Enrollment Limit: 15

Cost: \$35

Dear Judy: A Memoir from the Inside Out



Michael James, author of "Dear Judy – A Love Story Rewritten by Alzheimer's" will offer a "back-of-house" exploration of the writing of his recently published memoir, that author and psychologist Mary Piper praised as "... beautifully written, profoundly moving and deeply useful." Learn about his day-to-day approach to making time to write, his decision-making as the book developed and evolved, and his interface with his first readers and editors. He'll read a few excerpts to illustrate key points and will take questions both about the book's creation and about the experiences in its details. Participants are encouraged to read most or all of the book prior to class and bring their questions and reflections, both on the book and on the dementia experience broadly. The instructor is providing complementary copies of the book, which can be picked up from the OLLI office by the registration deadline.

Instructor: Michael James, author, professor, chair emeritus, Department of Textiles, Merchandising and Fashion Design, UNL

Facilitator: Jeanette Wellsandt

Day/Date: Mon, Feb 26

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

Registration Deadline: Monday, Feb 12, so the book can be read before class.

H&W053Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W053L

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

Enrollment Limit: 28



Michael James, professor emeritus, Textiles, Merchandising and Fashion Design, UNL

The Russo-Ukrainian War: Origins and Outcomes

We will review the interconnected history of Russia and Ukraine from the Middle Ages through the crucially formative Soviet period. With the benefit of hindsight, we will analyze the most relevant events of 1991–2013, such as collectivization, World War II and Khrushchev’s “gift” of Crimea to the Ukrainian SSR. Following this, we will review events in Ukraine and Russia from the crucial year 2014, with the Maidan Revolution, Russian annexation of Crimea and war in the Donbass. The outbreak of full-scale war in early 2022 with the beginning of Russia’s “special military operation” will serve as the backdrop for a review of the complex military and economic realities of the conflict as it has played out since. Diplomacy, linkages with other world events and the current domestic realities of Ukraine and Russia will be considered. We will conclude through review of the latest developments and attempts to predict the future.

Instructor: Mark Orsag, professor, European and Interdisciplinary History, Doane University

Facilitator: Peter Levitov

Day/Dates: Mon, Jan 22, 29, Feb 5, 12, 19, 26

Time: 3–4:30 p.m.

Cost: \$35

Register for only one format:

CON056Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON056L

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

Enrollment Limit: 28

TUESDAYS

Dance Fitness

H&W011Z

Dance Fitness is perfect for older adults who want to add some movement to their lives but would like to adapt the easy-to-follow choreography to their own fitness levels. You will be encouraged to do what works for you and will be shown options for raising and lowering the intensity. In the process, you will move to great show tunes, standards and world music while improving your balance, brain function and cardiovascular endurance. Wear comfy clothing and come prepared to move. And yes, you can dance in a chair.

Instructor/Facilitator: Julie Enersen, Certified Zumba Instructor

Day/Dates: Tue, Jan 23, 30, Feb 6, 13, 20, 27

Time: 9–9:50 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

The Role of Science: Exploring Acceptance and Denial in American Society

Science denial is the rejection or doubt of scientific facts or consensus, often motivated by personal, social, or political reasons. Science denial can have serious consequences for public health, environmental protection, and social justice. Learn about the psychological and historical factors that contribute to science denial, and the strategies and skills that can help individuals overcome it. Explore the ethical and civic implications of embracing science as a way of understanding and improving our world.

Instructors: Clay Farris Naff, member, National Association of Science Writers, former science correspondent, “The Humanist” magazine; Bill Latenser, retired environmental, health and safety professional

Facilitator: Bill Latenser

Day/Dates: Tue, Jan 23, 30

Time: 9–10:30 a.m.

Cost: \$15

Register for only one format:**SCI051Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**SCI051L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**Healthy Watersheds,
Thriving Community**

We all live in a watershed, and the health of our watersheds is essential for our thriving community. Healthy watersheds provide us with clean water, flood control, habitat for wildlife, recreation opportunities, economic benefits, and improved quality of life. The Antelope Valley project is a great example of this, providing significant flood reduction, transportation improvements, recreational uses, and an entertainment hub for our community.

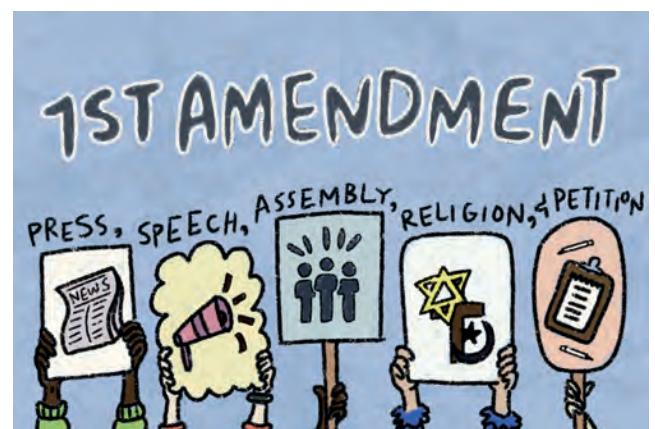
Learn how the City of Lincoln manages our local watersheds to protect homes, businesses, and infrastructure from flooding and stream erosion, improve water quality and other natural resources, and increase our communities' resilience to a changing climate. Current efforts that will be highlighted include flood map updates, feasibility study of flood protections, and watershed master planning. Learn what you can do to help the city improve the health of our watersheds and maintain our thriving community.

Instructors: From the City of Lincoln, Transportation and Utilities: Elizabeth Elliott, director; Tim Zach, PE, CFM, superintendent of stormwater

Facilitator: Lorrie Benson**Day/Date:** Tue, Feb 27**Time:** 9-10:30 a.m.**Cost:** \$10**Register for only one format:****CON061Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**CON061L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**The First Amendment:
Is It Always First?**

Americans highly value their First Amendment right to free expression, but we also value other rights, and sometimes those rights clash with each other. What about a person's right to privacy versus the right to free speech? What about taking a knee during the Pledge of Allegiance versus displaying grateful patriotism? And how much freedom of expression should college students and faculty be able to exercise? What about protesting government restrictions during a pandemic? Should we be able to regulate speech on social media platforms? These are the questions we will explore and discuss in this course.

Instructor/Facilitator: Charlyne Berens, Ph.D.; professor emeritus, UNL College of Journalism and Mass Communications

Day/Dates: Tues, Jan. 23, 30, Feb. 6, 13, 20, 27**Time:** 11 a.m.-12:30 p.m.**Cost:** \$35**Register for only one format:****CON059Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**CON059L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28

Lincoln Public Schools Focus Programs: Innovative and Engaging



LIF128L

LPS Focus Programs engage students by customizing their high school experience. They offer students an ever-increasing array of options to follow their passions and develop skills that will serve them beyond high school. Learn about the successes and opportunities as the school district creates even more pathways to graduation. We will tour Bay High, a focus program of the nonprofit Rabble Mill, known for its unique approach to serving underserved youth in partnership with the Lincoln Public Schools. Bay High aims to provide students who are restricted by a lack of access, lack of opportunity and the confines of traditional education with the skills they need for post-secondary education and a career. It's a great option for students to learn creative skills.

Instructor: James Blake, director, Strategic Initiatives and Focus Programs, Lincoln Public Schools

Facilitator: Cherie Bayley

Day/Dates: Tue, Feb 6, 13

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

Locations: LPS Steve Joel District Leadership Center (Feb 6). Park in the south parking lot area. The entrance to the building is on the east side with the boardroom located just inside the lobby area. You will be given an LPS name badge issued by the receptionist. LPS Bay High Focus Program (Feb 13). Only street parking will be available, carpooling is encouraged.

Enrollment Limit: 25

Cost: \$15

Finding Meaning in Mysterious Messages



L&L041L

Deciphering coded texts deliberately hidden in known languages is one thing (e.g., Enigma in WWII). It's even more challenging when the source language of a message is unknown, and there is no Rosetta Stone to be found. We will examine several famous cases where only fragments written in a language have survived and consider possible ways to figure out what

they may mean, including Etruscan, linear A and B, Indus Valley impressions, the Phaistos disc, and rongorongo. Our efforts may show how difficult such a task is, and what it shows about how human languages are put together... how a language may look, sound, and mean.

Instructor: Wil Hass, professor emeritus, Argosy University and OLLI member

Facilitator: Gail Hollarbush

Day/Dates: Tue, Jan 23, 30, Feb 6, 13, 20, 27

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$35

Herbs for Food & Medicine



LIF041L

Fresh herbs not only add flavor without calories, but they also serve up health benefits as healing foods. Herbs are well known as a seasoning for food, but research shows they're also chock-full of healthy compounds. Learn about a wide variety of herbs and why you should make plans to grow them in your garden. Join us to discover exciting ways to use fresh herbs in your daily life. Herbs have a plant story to tell as food and medicine—give them a listen.

Instructor: Bob Henrickson, coordinator, Horticulture Program, NE Statewide Arboretum

Facilitator: Kirk Dietrich

Day/Date: Tue, Jan 30

Time: 1-2:30 p.m.

Location: SCC-CEC, Auditorium

Enrollment Limit: 70

Cost: \$10



Winter Hike



LIF077L

Join us for a winter wander with staff from the Pioneers Park Nature Center. We will walk one-two miles around the Nature Center, exploring how life has adapted for Nebraska's winter weather. 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: Tue, Feb 27

Time: 1-2:30 p.m.

Location: Pioneers Park Nature Center, Prairie Building

Enrollment Limit: 30

Cost: \$10

Edith Wilson: The First Lady Who REALLY Ran the Country



Was she an unconstitutional usurper or a devoted wife? Married in 1915, President Woodrow Wilson's second wife, Edith, was a wealthy, beautiful and brilliant D.C. businesswoman who owned the first electric car and traveled to Europe annually. In October 1919, President Wilson suffered a crippling, near-fatal stroke which was enveloped in secrecy. Fed misleading information, the press and the cabinet were shut out for the next eighteen months. Who was running the country? All visitors, paperwork, personnel decisions went to Edith saying that her top priority "was first my beloved husband whose life I was trying to save" and "after that he was President of the United States". Edith is one of American history's most influential and complicated women who wielded unauthorized power as the first unelected woman to govern the country.

Instructor: Lynn Roper, retired senior vice president, Merrill Lynch and self-taught historian

Facilitator: Nancy Mitchell

Day/Dates: Tue, Feb 6, 13

Time: 1-2:30 p.m.

Cost: \$15

Register for only one format:

HIS080Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS080L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. **Attendees will view the instructor via Zoom.**

Enrollment Limit: 28



Explore Portugal & Azores with OLLI



Embrace the sunny lifestyle as you learn about OLLI's September 2024 trip to Portugal and the Azores. Begin with a panoramic Lisbon tour, including the stunning architecture of Castle of Sao Jorge and Jerome Monastery, near the banks of the Tagus River. We will travel north through the pine-covered hills to the picturesque town of Sintra, which is steeped in history and charm. The adventures continue to Porto with a visit to Batalha Monastery, a UNESCO World Heritage Site famous for its gothic-style monastery complex. Learn about the ancient archaeological structures in Coimbra, Lisbon's former capital, and stare in amazement at the 300,000 books at the Biblioteca Joanina. Next, cruise the Douro and do some sampling of the country's finest wines. Choose to cap off the trip and add on the Azores post-extension to the archipelago of volcanic islands complete with stunning views and lakes that reflect unseen shades of blue and green. After hearing about this trip you'll surely want to explore it with OLLI friends.

Instructor: Cathy Greteman, President, Star Destinations

Facilitator: Carol Myers

Day/Date: Tue, Jan 23

Time: 3-4:30 p.m.

Cost: Free

OPEN TO THE PUBLIC

(Membership is not required.)

Register for only one format:

LIF131Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF131L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137 **Attendees will view the instructor via Zoom.**

Enrollment Limit: 28



Enjoy a New York City Christmas with OLLI



Explore the “City That Never Sleeps” and learn about OLLI’s travel opportunity to take in New York City as it glows with holiday spirit. Stroll the neighborhood of Midtown; see the iconic Times Square, gaze at the grand Rockefeller Center Christmas tree sparkling with 50,000+ lights, and step back in time as you wander down Fifth Avenue, once home to gilded age mansions. Take in the skyline from Top of the Rock, clip-clop through Central Park on a carriage ride, and “cheers” with High Tea at the Plaza Hotel. Gather together for some holiday shopping at the street markets, then kick your feet up with the Rockettes, and later an unforgettable hit Broadway show. Finally, take in the city like a local with reflection visits to the National 9/11 Memorial as well as the Statue of Liberty. Join OLLI friends to celebrate the holiday season on this action packed 5-day trip.

Instructor: Cathy Greteman, President, Star Destinations

Facilitator: Carol Myers

Day/Date: Tue, Jan 30

Time: 3-4:30 p.m.

Cost: Free

OPEN TO THE PUBLIC

(Membership is not required.)

Register for only one format:

LIF132Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF132L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137 **Attendees will view the instructor via Zoom.**

Enrollment Limit: 28



The Future of ESG (Environmental, Social and Governance) Investing



The concept of socially responsible investing goes back centuries and has evolved to its current form as ESG investing. We will briefly explore its roots and the major players. Then we will consider the expansion in recent days of interest in the concept and the controversies that have followed. Finally, we will discuss ESG investment possibilities, how they may fit into portfolios, and how to get them.

(Tyler Mainquist offers products and services using the following business names: Ameritas Wealth Advisors (AWA) & EnVision Wealth Network (EWN) – insurance and financial services | Ameritas Investment Company, LLC (AIC), Member FINRA/SIPC – securities and investments | Ameritas Advisory Services (AAS) – investment advisory services. AIC and AAS are not affiliated with AWA & EWN.)

Instructor: Tyler Mainquist, financial advisor, CFP® ChFC® CAP® Ameritas Wealth Advisors

Facilitator: Lorrie Benson

Day/Date: Tue, Feb 6

Time: 3-4:30 p.m.**Cost:** \$10**Register for only one format:****LIF133Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**LIF133L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28

Nebraska Repertory Theatre Presents: “The Flick”

Backstage at the Rep (Course)

**ART089L**

Join director Jamie Bullins for a discussion about “The Flick” – a compelling drama where three employees share their unrealized ambitions against the backdrop of a rundown movie theater. The director will be joined by the production design team who will discuss their concepts and show examples of their drawings, illustrations, models and more. Get a sneak-peek at the set, lighting, costumes, and sound.

Instructor: Tim Ganser, managing marketing director, Nebraska Repertory Theatre

Facilitator: Anne Diffendal

Day/Date: Tue, Feb 27

Time: 3-4:30pm

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 35

Cost: \$10

(Performance)

**ART090L**

Register for the performance of “The Flick” in the company of fellow OLLI members in a reserved section of the theatre or attend the production at a different time that works with your schedule by purchasing a ticket on our own. The same OLLI discount on ticket prices applies either way you attend.

Facilitator: Dori Bush

Day/Date: Sat, March 2

Time: 7:30-10 p.m.

Location: UNL Temple Building, Studio Theatre

Enrollment Limit: 25

Cost: \$15

Registration Deadline: Thu, Feb 22.

Cancellations after this date are non-refundable, unless canceled by UNL.



**NEBRASKA
REPERTORY
THEATRE**



WEDNESDAYS

Podcasts: Free, Fun and Customized for You



Podcasts are on-demand, user-selected audio content that allows listeners to go beyond radio's geographic and temporal restrictions and listen to content at their leisure. More than 50% of Americans over 12 have listened to a podcast, and 22% consider themselves regular podcast listeners. But what are they listening to? That's the cool part: Whatever they want! News, music, stories, comedy, history, theatre, and more are ready and waiting for you 24/7. What will you listen to?

Learn from an avid fan of podcasts, specifically true crime, about how this new information source came to be, how to get started enjoying podcasts, and her recommendations for a few to try in different genres. Come prepared to be wowed by this new media option.

Instructor: Kelli Boling, assistant professor, Advertising and Public Relations, College of Journalism and Mass Communications, UNL

Facilitator: Deb Pearson

Day/Dates: Wed, Jan 24, 31

Time: 9-10:30 a.m.

Cost: \$15

Register for only one format:

L&L040Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L040L

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

Enrollment Limit: 28



The Life and Legacy of Captain James Cook



HIS078L

Rising from humble roots, Captain Cook was an experienced sailor by the time he led an expedition crew in 1768 first to Tahiti. His experience in surveying, cartography and in the Royal Navy normally led to a mid-level career. This command was a promotion that brought him fame, discoveries, and an eventual tragic end. Four DVD episodes presented by Vanessa Collingridge will be covered in three sessions. The Pacific natives play a key role in this story. Some maps and background will be presented on the first day.

Instructor/Facilitator: Esa Jarvi, OLLI member

Day/Dates: Wed, Jan 31, Feb 7, 14

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$25



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. 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 (HRTM) 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, associate professor, program director, Restaurant and Tourism Management, College of Education and Human Sciences, UNL

Facilitator: Charlotte Frank

Day/Date: Wed, Feb 28

Time: 9-10:30 a.m.

Location: The Scarlet, Lincoln, a Tribute Portfolio Hotel. Parking information will be emailed to course participants prior to class.

Enrollment Limit: 25

Cost: \$10



Tai Chi

H&W052L

Tai Chi is an ancient Chinese martial art that has become the world's most widely practiced exercise form. In contrast to most other exercises, Tai Chi can be a life-long learning experience. We will train in class fundamentals skills comprising a 'solo exercise' that is the foundation for daily self-practice. Those with prior Tai Chi experience can hone familiar movements and acquire new skills. All levels of physical capability or Tai Chi experience are welcome. Wear comfortable clothing and flat shoes.

Instructor: Gary Yuen, retired UNL plant pathologist, 30-year Tai Chi instructor in Lincoln and with the UNL Dance Program

Facilitator: Kathy Grubbe

Day/Dates: Wed, Jan 24, 31, Feb 7, 14, 21, 28

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

Location: American Lutheran Church, Fellowship Hall

Enrollment Limit: 20

Cost: \$35

Linguistic Diversity in the U.S.



This course focuses primarily on the varieties of American English spoken by native speakers of the language. Even with the expected homogenizing effect of national media, regional and social dialect differences persist and are surprisingly robust. We will consider the reasons for this and look at attitudes toward these ways of speaking. Excerpts of the PBS documentary "Do You Speak American?" will provide background material and topics for discussion. Dialect maps of the U.S. will be presented and evidence from surveys and observations from participants will enhance the class. Along the way, our investigation will reveal some basic concepts of the modern study of linguistics and its view of dialect diversity. This is a repeat course, with only a few updates.

Instructor/Facilitator: Susan Major, retired linguistics professor, University of Mississippi

Day/Dates: Wed, Jan 24, 31, Feb 7, 14

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

Cost: \$25

Register for only one format:

L&L039Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L039L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. **Attendees will view the instructor via Zoom.**

Enrollment Limit: 28

Learning from Nebraska's "Never Event"



History unexamined may become history repeated. This simple premise and a desire to save lives led to the true story of one of America's largest outbreaks of Hepatitis C resulting from healthcare transmission in the book "A Never Event: Exposing the Largest Outbreak of Hepatitis C in American Healthcare History." The event took place in Nebraska in 2002. The book is written by a survivor and an attorney who represented 19 of the victims. They will lead the course.

A "Never Event" is a term used to describe a preventable medical tragedy. The book offers

a searing account of the medical, legal and emotional challenges of the outbreak. The presenters will lead a discussion about the lessons learned from the many tragedies that resulted.

The book may be purchased through Amazon or obtained from the library. Reading the book before class is highly recommended so that attendees can better participate in robust discussions.

Instructors: From HONORreform, the patient advocacy foundation: Evelyn McKnight, retired audiologist and co-founder; Travis Bennington, civil attorney, Fremont, co-founder

Facilitator: Charlyne Berens

Day/Date: Wed, Feb 21

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

Cost: \$10

Register for only one format:

CON060Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON060L

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

Enrollment Limit: 28

All About Chocolate



LIF111L

Who doesn't love chocolate? In honor of International Chocolate Day, we will briefly explore the history of chocolate, where it is grown and how it is produced. We will discuss why chocolate is good to eat (yum!) and good for you. Learn what is bad about chocolate, including child exploitation and the difficulty of addressing child labor. Taste chocolates from five different countries. Please bring a bottle of water to cleanse your palate between samples.

Instructor: Pat King, OLLI member

Facilitator: Jeanette Wellsandt

Day/Date: Wed, Jan 24

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

Location: SCC-CEC, Rm 404

Enrollment Limit: 22

Cost: \$15 includes cost of chocolate samples



The Heart of Lincoln: Human Services Nonprofits-Part I



Learn about human services-related nonprofit organizations in the Lincoln area and the essential work provided by this vital sector. Explore how needs are determined, met and coordinated within and among the organizations to meet Lincoln-specific challenges and opportunities. Leaders from local nonprofits dealing with food and health will explain their work. In Part II during Term 4, we will focus on shelter, immigrant services and children and women. Gain a fuller understanding about the unique contributions made to improve life for those in our community.

Instructors: Kerry Kernen, assistant director, Lincoln-Lancaster County, Health Dept.; Sara Hoyle, director, Human Services, Lancaster County; Lori Seibel, president and CEO, Community Health Endowment of Lincoln; Raju Kakarlapudi, manager, Public Health Informatics and Planning, Lincoln-Lancaster County Health Dept.; Alynn Sampson, MSW, executive director, Matt Talbot Kitchen & Outreach; Macala Carter, executive director, Center for People; Megan McGuffey, coordinator, Community Crops Program, Family Service Lincoln; Michaela Kumke, president and CEO, Food Bank of Lincoln; Lisa Janssen, program administrator, Community Action Partnership of Lancaster and Saunders Counties; Jessie Hedrick, director, Communications and Development, Community Action Partnership of Lancaster and Saunders Counties; Nancy Montanez Johner, executive director, Clinic with a Heart

Facilitators: Charlyne Berens, Roger Lempke, Nancy Mitchell

Day/Dates: Wed, Jan 24, 31, Feb 7, 14

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

CON058Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON058L

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

Enrollment Limit: 28

A New Deal for Quilts



ART098L

Learn about how the federal government used quilts during the Great Depression as a way to put people back to work and symbolically to help lift public morale. Drawing on her book of the same name, Professor Smucker will share stories of American quiltmakers coping with the Great Depression and the government programs that supported them, while exploring parallels between quilts' roles during the 1930s economic crisis and the recent COVID-19 pandemic.

Instructor: Janneken Smucker, professor, History, West Chester University, West Chester, PA

Facilitator: Patricia Crews

Day/Date: Wed, Feb 21

Time: 1-3 p.m.

Location: International Quilt Museum. **Attendees will view the instructor via Zoom.**

Enrollment Limit: 30

Cost: \$10



Introduction to Bridge II



LIF016L

This class is a continuation of the Introduction to Bridge I class. This course is structured for the student with very limited prior knowledge of the game of bridge. We will cover how the game is played, bridge vocabulary, basic Standard American bidding, and basic card play. There will be ample opportunities to play hands that will illustrate what has been taught in class. The students will dictate the pace of the course, so all can grasp the basics of the game.

Instructor/Facilitator: Henry Schuman

Day/Dates: Wed, Jan 24, 31, Feb 7, 14, 21, 28

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

The Vietnam War: Origins, Impact and Legacy



In July 2023, Governor Pillen visited Vietnam to pursue trade opportunities. Fifty years prior, on 29 March 1973, the last American soldier left Vietnam. Many of those in OLLI recall the photo of a helicopter evacuating personnel from the U.S. embassy in Saigon, now Ho Chi Minh City, as an embarrassing moment in American history. We will discuss the origins of the Cold War in the 1950s, the traumatic 1960s, and the American withdrawal in 1973. Research and books about the period present interesting new information about the conflict. Our memories paint pictures of this unique period of history; this discussion will help clarify those memories and present new facts that further explain our involvement and withdrawal. Finally, learn about the restoration of relations. Who would have predicted that 50 years after that helicopter liftoff that a state governor and United States President would visit Vietnam.

Instructor: Roger P. Lempke, retired Major General, former Nebraska National Guard Adjutant General

Facilitator: David Dyke

Day/Dates: Wed, Jan 24, 31, Feb 7, 14, 21, 28

Time: 3-4:30 p.m.

Cost: \$35

Register for only one format:

HIS081Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS081L

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

Enrollment Limit: 28

The Magic of the Metropolitan Opera: “Carmen”



ART091L

Acclaimed English director Carrie Cracknell makes her Met debut, reinvigorating the classic story of deadly passion with a staging that moves the action to the present day, amid a band of human traffickers. Mezzo-soprano Aigul Akhmetshina leads a powerhouse quartet of stars in the touchstone role of the irresistible femme fatale. We will listen to and discuss the history of this opera, its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

Instructor: Marina Fabrikant, professor, Piano and Music Theory, Union College

Facilitator: Dori Bush

Day/Date: Wed, Jan 24

Time: 3-4:30 p.m.

Location: Union College, Lang Amphitheater-Krueger Science and Math Bldg. Parking is free.

Enrollment Limit: 50

Cost: \$10



The Magic of the Metropolitan Opera: “La Forza del Destino”



ART092L

Yannick Nézet-Séguin conducts Verdi’s La Forza del Destino, with stellar soprano Lise Davidsen, following a string of recent Met triumphs, in her role debut as the noble Leonora. Director Mariusz Trelieński delivers the company’s first new Forza in nearly 30 years, setting the scene in a contemporary world. We will listen to and discuss the history of this opera, its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

Instructor: Marina Fabrikant, professor, Piano and Music Theory, Union College

Facilitator: Dori Bush

Day/Date: Wed, Mar 6

Time: 3-4:30 p.m.

Location: Union College, Lang Amphitheater-Krueger Science and Math Bldg. Parking is free.

Enrollment Limit: 50

Cost: \$10



All Alone in the Blinding Light: The Price and Power of Solo Performance



Join Angels Theatre Company for an exclusive peek behind the curtain of creating and producing the solo play, “I Carry Your Heart with Me.” Learn about the challenges and the joys of creating, developing, and producing a solo play, from the playwright through to the performance.

Instructors: Timothy W. Scholl, director, Angels Theatre; Jennifer Blackmer, playwright; Ann Marie Pollard, actor

Facilitator: Mary Ann Sullivan

Day/Dates: Wed, Feb 14, 28 (skip 21).

Registrants are encouraged to attend the performance of the play on their own between the first and second class. An OLLI ticket discount is available.

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

ART097Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART097L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Introduction to Bridge I



LIF004L

This class is structured for the student who has no or little knowledge of the game of bridge, and for those who played it years ago and need a refresher. We will cover how the game is played, bridge vocabulary, basic Standard American bidding, and basic card play. There will be opportunities to play hands that will illustrate what has been taught in class. The students will dictate how fast the class will move.

Instructor/Facilitator: Henry Schuman

Day/Dates: Wed, Jan 24, 31, Feb 7, 14, 21, 28

Time: 3-5 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

THURSDAYS

Gentle Yoga



H&W001Z

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 is needed, but a yoga mat is encouraged. Consult with your physician prior to participating.

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Thu, Jan 25, Feb 1, 8, 15, 22, 29

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

100 Years of Nebraska's Memorial Stadium...and What's Next



Just over 100 years ago, Memorial Stadium was constructed in only 90 working days at a cost of under \$500,000. Through many changes and additions, Memorial Stadium has stood the test of time. Now, more renovations are being planned to move to its next 100 years and to enhance the student and fan experience. Learn about Memorial Stadium from its humble beginnings to its foreseeable future.

Instructor/Facilitator: Bob Michl, OLLI Director

Day/Date: Thu, Jan 25

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

LIF129Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF129L

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

Enrollment Limit: 28

What's Up with Bracketology?



The NCAA uses a season-ending tournament - “March Madness” - to determine its national collegiate champion in Division I men’s basketball. The tournament field begins with 68 teams out of 319 competing schools. Which teams get in? Which are left out? Which are “on the bubble?” Processes for analyzing the prospects and predicting the bracket of selected teams have come to be known as “bracketology.” Engage in bracketology, playing the roles of the NCAA’s Tournament Selection Committee. For the final six weeks leading up to Selection Sunday, the mock selection committee will identify and work with criteria for selection, develop a mock bracket and adjust it regularly, and ultimately create a final version, which will stand in comparison to the NCAA’s official bracket.

Instructor/Facilitator: Jim Cunningham, OLLI member

Day/Dates: Thu, Feb 8, 15, 22, 29, March 7 and Fri, March 15

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

Cost: \$35

Register for only one format:

LIF006Z

Location: Zoom Live Stream

Enrollment Limit: 15 between both sections

LIF006L

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

Enrollment Limit: 15 between both sections

How Chintz Changed the World



Countries around the world produce distinctive and recognizable styles of textiles, many of which sparked changes in fashion, art, trade and even hygiene when introduced to other countries through trade or conquest. Learn more about how the painted cottons of India were painstakingly produced and how they sparked changes in fashion and technology in the Western world.

Instructor: Patricia Crews, professor emeritus, Textiles, Merchandising and Fashion Design, UNL

Facilitator: Julie Jones

Day/Date: Thu, Jan 25

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

Cost: \$10

Register for only one format:

ART095Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART095L

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

Enrollment Limit: 28



Savory Starters: Exploring Appetizers and Charcuterie



LIF126L

Looking to up your “game” for an upcoming game night or Super Bowl party? Join us for this hands-on appetizer course. Learn the art of charcuterie and prepare other appetizers that will wow your guests.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Jeanette Wellsandt

Day/Dates: Thu, Feb 1, 8

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

Location: UNL Ruth Leverton Hall, Rm 206

Enrollment Limit: 14

Cost: \$30 includes cost of course plus supplies

Registration Deadline: Thu, Jan 25.

Cancellation after this date will be non-refundable.



Prepare to Care: Navigating Future Healthcare Options and Cost



When it comes to caring for loved ones, most families don't have a plan until a crisis happens. Find out what YOU need to know to provide the best care for your loved one and/or to provide vital information for your children to assist you should that need arise. Receive the tools to plan for future housing needs, caregiving considerations and financial planning for the cost of healthcare. Create a comprehensive plan that includes your home, health, finances, and wishes.

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

Day/Date: Thu, Feb 15

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

Cost: \$10

Register for only one format:

LIF055Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF055L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

HomeFit: How to Age in Place at Home



Research consistently finds that the vast majority of people age 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, Feb 22

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

Living Well with Parkinson's Disease



We will learn about the disease, changes to expect, and how to care for someone on this journey.

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

Day/Date: Thu, Feb 29

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

Cost: \$10

Register for only one format:**H&W015Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**H&W015L****Location:** SCC-CEC, Rm 213**Enrollment Limit:** 24**Fascism: A Warning from History**

The word fascism has been increasingly used to describe some modern political movements across the world. But what does the term actually mean? Fascism is a loose, incoherent, and conflicted collection of ideologies, myths and hatreds that is difficult to define. To understand the concept, we must understand its history. Explore its origins in Benito Mussolini's Italy, its zenith in Nazi Germany, its continued influence in Cold War-era Spain and other manifestations throughout history. We will then discuss today's political movements and be in a better position to identify and confront any possible fascist threats - before it is too late.

Instructor: Anthony Foreman, lecturer, History, UNL**Facilitator:** Charlyne Berens**Day/Dates:** Thu, Jan 25, Feb 1, 8, 15**Time:** 1-2:30 p.m.**Cost:** \$25**Register for only one format:****HIS077Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**HIS077L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**Education of African American Children Following Slavery**

Approximately 5,357 schools were built, a century ago, in the American South with funds from a wealthy Jewish philanthropist for Black children who had largely been ignored by Whites who were in power. These schools became known as Rosenwald Schools in honor of philanthropist Julius Rosenwald who partnered with African American educator and activist Booker T. Washington to erect schools in 15 states to educate thousands of Black boys and girls across the Jim Crow South. We will discuss the impact of these schools and contextualize their mission in the histories of American progressivism, racial segregation, education, and philanthropy.

Instructor: Jeannette Jones, associate professor, History and Ethnic Studies, UNL**Facilitator:** Helen L. Meeks**Day/Date:** Thu, Feb 22**Time:** 1-2:30 p.m.**Cost:** \$10**Register for only one format:****HIS079Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**HIS079L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**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? 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, a brief overview of current exhibitions will be given. Then stroll through the galleries and view current exhibitions at your own pace. Current exhibitions include "A New Deal for Quilts," "World War I Quilts," and "Layered and

Stitched " 50 Years of Innovative Art."

Instructor: Sarah Walcott, collections manager, International Quilt Museum

Facilitator: Patricia Crews

Day/Date: Thu, Feb 29

Time: 1-2:30 p.m.

Location: International Quilt Museum

Enrollment Limit: 20

Cost: \$25



Mat Pilates

H&W051L

Improve balance, posture and coordination through this non-impact core strengthening course. Movements will take place on the floor and teach us to use various muscle groups through whole body movements. Mats and any other necessary equipment will be provided.

Instructor: Vanessa Delany, certified PHI Mat Pilates, National Exercise Trainers Association, and certified yoga instructor, Genesis Health Club

Facilitator: Kathy Grubbe

Day/Dates: Thu, Jan 25, Feb 1, 8, 15, 22, 29

Time: 3-4 p.m.

Location: Genesis Health Club (70th St.)

Enrollment Limit: 20

Cost: \$35

Community Building Through Documentary



ART094L

In 2020, just before a pandemic would arrive, Brian Seifferlein and David Koehn began a new adventure in storytelling and documentary for Lincoln Public Schools Library Services. Learn about the power of deep-storytelling and how the fundamentals of documentary can translate to building community, highlighting positive programs, and giving a voice to new groups. Brian and David will share multiple projects they have worked on for Lincoln Public Schools and talk about the ways stories can have long-lasting impact on an institution.

Instructors: From Lincoln Public School Library Services: Brian Seifferlein, video producer; David Koehn, video producer

Facilitator: Julie Jones

Day/Date: Thu, Jan 25

Time: 3-4:30 p.m.

Location: LPS, Steve Joel District Leadership Center, Rm 100

Enrollment Limit: 50

Cost: \$10

Martin Luther King Jr.: Beyond the Dream



Most of us know that Martin Luther King Jr. had a dream, but there is much more about him that we don't know. Why does he continue to be such an influential figure? Learn about Dr. King's theology and explore his path toward a more radical form of Christian activism, especially toward the end of this life.

Instructors: Rev. Dr. Jim Keck, senior minister, First Plymouth Congregational Church; Rev. Tremaine Combs, pastor, Mount Zion Baptist Church

Facilitator: Nancy Mitchell

Day/Dates: Thu, Feb 8, 15

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

REL021Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL021L

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

Enrollment Limit: 28



FRIDAYS

Turn Friday into “Fri-Yay” with Friday 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, Personal Training,

Facilitator: Brad Dwiggin

Day/Dates: Fri, Jan 26, Feb 2, 9, 16, 23, March 1

Time: 9-10:30 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

Which Lincoln Memory Assisted Living Community May Be Right for You?

LIF130L

Tour five memory assisted living communities in Lincoln and learn about the levels of care and amenity options. In the first session, we will learn the aspects to consider when selecting a memory assisted living community to ensure social, physical, medical, and financial needs are met, along with the state licensure requirements. Each

subsequent week we will tour a facility in Lincoln, gathering information specific to each community, number of units, costs, and special amenities. Each facility has activities designed to meet the needs of their residents. Learn and experience the different aspects of each.

Instructors: From Bridge to Better Living: Mary Ann Stallings, president/CEO; Kaye Jesske, director, Marketing

Facilitator: Carla Fetch

Day/Dates: Fri, Jan 26, Feb 2, 9, 16, 23, March 1

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

Locations: Bridge to Better Living (Jan 26); CountryHouse, 70th St. (Feb 2); Pemberly Place Senior Living (Feb 9); The Independence House at Coddington (Feb 16); Yankee Hill Village (Feb 23); High Plains Alzheimer’s Special Care Center (March 1)

Enrollment Limit: 15

Cost: \$35

Being LGBTQA+ in Nebraska: A Scientific and Contextual Exploration

Most of us have a romantic and sexual orientation that is heterosexual and leads us to be attracted to people often considered the other gender. Others have an orientation that allows us to be attracted to people of our own and other genders and may identify as gay, lesbian, bisexual, asexual, or queer. Explore how genes, fetal exposure to hormones, and other factors affect the development of our male and female brains, bodies, and sexual orientation, focusing on science rather than religious or moral issues. Learn a brief history of LGBTQA+ issues and advocacy, clarifying the distinctions amongst sexual orientation, gender identity, gender expression, and biological and legal sex. The instructor will discuss her role on the UNL campus, LGBTQA+ related policy status in Nebraska and the impact of anti-LGBTQA+ and anti-trans legislation. Learn about the legal protections that exist and the appropriate and affirming resources that are available to LGBTQA+ people.

Instructors: Dick Dienstbier, professor emeritus, Psychology, UNL; Pat Tetreault, director, Gender and Sexuality Center, UNL

Facilitator: Dick Dienstbier

Day/Dates: Fri, Jan 26, Feb 2**Time:** 11 a.m.-12:30 p.m.**Cost:** \$15**Register for only one format:****SCI048Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**SCI048L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**What You Need to Know about Residential Solar Energy**

Residential solar prices have declined in recent years and many companies have begun campaigns on social media and by mail. Yet many questions remain. What is the economic return? How much energy will they generate? Can I sell excess energy to the grid? How do I select an installer or evaluate a quote? We will introduce you to residential solar by answering these questions; your specific questions will be of interest to those in the market for residential solar or those who just want to learn more about it. This course was previously offered 2 years ago and has been updated to include changes in policy at the utility level, as well as federal laws like the Inflation Reduction Act.

Instructor: F. John Hay, extension educator, Department of Biological Systems Engineering, UNL**Facilitator:** Nancy Hicks Rose**Day/Date:** Fri, Feb 16**Time:** 11 a.m.-12:30 p.m.**Cost:** \$10**Register for only one format:****CON011Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**CON011L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**Great Decisions 2024****Part I**

We will discuss major foreign policy issues facing the United States. The Foreign Policy Association has selected eight topics, and we will cover four in winter Term 3. The class will continue in spring Term 4 and will cover the remaining topics. Each topic will be covered through FPA's 25-minute "Master Class" video lecture as well as written articles. You will be expected to read articles prior to watching the video each day of the class. Topics to be discussed in Term 3 are: Mideast Realignment; Climate Technology and Competition; Science across borders; and the U.S.-China trade rivalry. Class members may purchase the "Great Decisions Briefing Book" on-line at www.fpa.org.

Instructor: Marvin Almy, OLLI Member**Facilitator:** Jim McLoughlin**Day/Dates:** Fri, Jan 26, Feb 2, 9, 16, 23, March 1**Time:** 1-2:30 p.m.**Cost:** \$35**Register for only one format:****CON57Z****Location:** Zoom Live Stream**Enrollment Limit:** 20**CON57L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 20**Leveraging the Most Valuable Card in Your Wallet: Your Library Card****L&L023L**

Maximize your library card by learning how to access audiobooks, ebooks, movies and TV shows with our 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 LibraryLNK app. Learn about the special collections, such as the Polley Music Library, Heritage Room of Nebraska Authors, exclusive genealogical resources and much more. Be sure to bring your device for hands-on assistance from library staff members.

Instructor: Jennifer Jackson, librarian,
Bennett Martin Public Library

Facilitator: Dorothy C. Anderson

Day/Date: Fri, March 1

Time: 1-2:30 p.m.

Location: Charles H. Gere Branch Library
meeting room. Enter room from the vestibule
hallway.

Enrollment Limit: 45

Cost: \$10



Succulent Garden Savvy

SCI049L

Add an indoor garden to your living space this winter by creating a succulent container garden. Learn the basics of succulent plants and how to select and care for plants for small containers. You'll have the pleasure of selecting plants and creating your own gardens to take home.

Instructor: Stacy Adams, professor,
Horticulture, Department of Agronomy and
Horticulture, UNL

Facilitator: Lorrie Benson

Day/Date: Fri, Feb 9

Time: 1-2:30 p.m.

Location: UNL East Campus, Plant Science
Building, Rm 274

Enrollment Limit: 24

Cost: \$30, includes course supplies: choice
of 5 succulent plants, container, media, and
decorator items. Additional plants can be
purchased from the UNL Horticulture Club
immediately following the class session.
Attendees may bring their own succulent or
bonsai dish if they desire, having a maximum
size of 2" interior depth and diameter of 8".

OLLI Member Discounts

Abendmusik

Events for the coming season are free of charge. abendmusik.org

Angels Theatre Company

Offers a ticket discount to OLLI members. 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/

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

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

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

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

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

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
omniartsne.org/

TADA Theatre

Offers OLLI members a discounted ticket
to some performances.
www.tadaproductions.info

University Bookstore

Offers 10% discount on in-stock, regular
priced general reading books.
bkstr.com/nebraska-lincolnstore/home

EVENTS

Game Day with UNO Athletics: Women's Basketball

LIF1240

UNO Women's Basketball Coach Carrie Banks is excited about the Omaha Maverick's chances in the Summit Conference. Previously an assistant coach at Ohio State University in 2020, Banks has the Maverick's coming off their best season since 2016. Come watch the Maverick's as they host Summit Conference foe North Dakota State at Baxter Arena in Omaha. Family members and friends are welcome!

Facilitator: Bob Michl

Day/Date: Sat, Feb 10

Time: 2-4 p.m.

Registration Deadline: Wed, Feb 7

Location: OMAHA. Baxter Arena

Enrollment Limit: 100

Cost: Free

OPEN TO THE PUBLIC

(Membership is not required.)



“Star Wars: The Orchestra Strikes Back” with the Lincoln Symphony Orchestra

ART093L

Back by popular demand, the Lincoln Symphony Orchestra presents an encore program of music from some of the most iconic movie scores of all time: Ludwig Göransson's “The Mandalorian,” Michael Giacchino's “Rogue One: A Star Wars Story,” and of course, all three trilogies of John Williams's “Star Wars.” Dress up as your

favorite Star Wars character and join us at the photo booth before the concert or during intermission!

Facilitator: Dori Bush

Day/Date: Fri, Feb 16

Time: 7:30-10 p.m.

Registration Deadline: Thu, Feb 8.

Cancellation after this date is nonrefundable unless cancelled by UNL.

Location: Lied Center for Performing Arts

Enrollment Limit: 20 (Reserved Seats)

Cost: \$35

BLUEBARN Theatre presents “The Great Leap”

ART0960

When a Chinese American basketball player from the streets of San Francisco lands in Beijing in 1989, he is caught in the middle of a cultural and political battle on and off the court. As turmoil unfolds in Tiananmen Square, walls fall, and secrets are revealed. Lauren Yee's “The Great Leap” explores the risks of speaking out and standing your ground in this fast-paced drama that will have you gripped until the final buzzer sounds. Bring a friend and enjoy the show.

Facilitator: Julie Jones

Day/Date: Sun, Feb 18

Time: 6-8 p.m.

Registration Deadline: Thu, Feb 8

Cancellation after this date is nonrefundable unless cancelled by UNL.

Location: BLUEBARN Theatre (OMAHA)

Enrollment Limit: 20

Cost: \$40

OPEN TO THE PUBLIC

(Membership is not required.)



Breakfast with UNL Athletics: John Walker, UNL Women's Soccer Coach

LIF125L

Head women's soccer coach John Walker came to Lincoln in April 1994, and 29 seasons later, he has built a tradition-rich program at Nebraska that includes 13 NCAA appearances. Earlier this fall, Walker's team claimed the regular season Big 10 Conference co-championship with a 7-1-2 record. Their overall record was 13-2-3 heading into post season play. Under Walker, the Huskers have made nine NCAA Sweet 16 appearances, and three trips to the Elite Eight, including the 2023 season. Walker is a proven winner, an innovative coach and runs a well-respected program that contends for conference and national championships on a regular basis. Coach Walker will share experiences, successes, and more about the recently completed season.



Presenter: John Walker, Women's Soccer Head Coach, UNL

Facilitator: Bob Michl

Day/Date: Fri, Feb 23

Time: 8:30-9:30 a.m.

Registration Deadline: Fri, Feb 16.

Cancellation after this date is non-refundable.

Location: HyVee, Meeting/Events Room, upstairs, 84th & Holdrege

Enrollment Limit: 40

Cost: \$20 includes breakfast; please contact the OLLI office if you have specific dietary restrictions.

Game Night with OLLI

LIF060L

Do you have an indoor game that you enjoy playing, but never seem to have enough people to play? Do you simply love to play games and socialize? How about learning a new game? Game night gives you that chance. Join us and bring along your favorite game for an evening of fun, food, and socialization. OLLI will provide food and drinks for all who attend. If you do not have a game to bring and simply want to join in the fun, please do so. There will be plenty

of options. Game ideas: Scrabble, Monopoly, Risk, Yahtzee, Jenga, Taboo, Pictionary, Apples to Apples, Bunko, Pitch, Gin Rummy, etc.

Facilitator: Bob Michl

Day/Date: Wed, Feb 28

Time: 5-7 p.m.

Cancellation Deadline: Wed, Feb 21.

Cancellation after that date will be non-refundable.

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 121

Enrollment Limit: 30

Cost: \$10 per person includes snacks/beverages.

OPEN TO THE PUBLIC

(Membership is not required.)

Stone Age Mini-Golf: Tee Off in Prehistoric Paradise

LIF123L

Miniature golf isn't just an outdoor, fair-weather activity. Team up with OLLI friends and experience Prehistoric Putt, Lincoln's premier indoor putt-putt golf course. You will be surrounded by over 20 life-size dinosaurs while navigating creative golf obstacles. Marvel at the ingenuity it takes to create these structures and launch your own creativity as you figure out ways to get that little ball into the hole, while enjoying OLLI camaraderie and getting in a few steps walking the course.

Facilitator: Jeanette Wellsandt

Day/Date: Thu, Feb 29

Time: 1-3:30 p.m.

Registration Deadline: Thu, Feb 22.

Cancellation after that date will be non-refundable.

Location: Prehistoric Putt Lincoln

Enrollment Limit: 40

Cost: \$15



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, hmalmly@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 and Pie Shoppe, 5600 S. 48th St.

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, timothyfshaw@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

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.

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.

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. 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

Coordinators: Nancy Whitman, newhit34@gmail.com, 402-488-8416; Maxine Moul, mmoul1@allophone.com

Contact Nancy Whitman for more information.

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

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

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.

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.

Story Analysis

This group studies story narration and character development in order to better understand an author's personal perspective.

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

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: Scooters Coffee, 2600 Pine Lake Rd #2 (27th & Pine Lake)

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

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.

RELEASOR (Signed)

RELEASOR (Printed)

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
Total Payment (Membership + Course Cost + Event Cost)		

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.

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
Total Payment (Membership + Course Cost + Event Cost)		

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

General Information and Policies

Animal/Pet Policy (NEW)

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

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 (NEW)

Please notify the OLLI office at least one working day before the first class session. No refunds will be issued if cancellation is less than one working day prior to the first day of class. This policy does not apply to courses/events with cancellation deadlines.

Email Notifications

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 (NEW)

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.

Membership

Memberships are non-transferable and non-refundable.

Postponed, Cancelled or Full Courses

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 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

If Lincoln Public Schools or UNL is closed 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) for information.

UNL East Campus Parking Permits

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®

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

NON PROFIT
US POSTAGE
PAID
FIRESPRING



For the **LOVE** of
LEARNING



 olli@unl

 OLLI at UNL



olli@unl.edu • 402-472-6265 • olli.unl.edu

UNL does not discriminate based upon any protected status.

UNIVERSITY OF
Nebraska
Lincoln®