OSHER LIFELONG LEARNING INSTITUTE

OLL at UNL

Curiosity never retires

Course Catalog: Spring 2019 Term 4

Registration Begins Monday, March 4
General Information

What Is OLLI?
The Osher Lifelong Learning Institute (OLLI) at the University of Nebraska-Lincoln is a unique organization designed specifically for those 50 years or older who love learning new things. Our programs provide stimulating, congenial and varied opportunities to explore many unusual and rare areas of interest. OLLI courses are noncredit and have no tests or grades. OLLI at UNL is one of 122 OLLIs in the Osher Institute Network supported in part by the Bernard Osher Foundation (osherfoundation.org). The Osher National Resource Center is located at Northwestern University (nrc.northwestern.edu).

What Courses Does OLLI Offer?
OLLI at UNL offers a variety of courses, events, tours and member-only opportunities each term. Most courses meet for 90 minutes weekly during a six-week term. Five terms are offered each year.

Who Are the Instructors?
OLLI volunteer instructors are active and retired professors, experts from the community, peers and OLLI members who want to share their personal passion for a subject.

Canceled, Full or Postponed Courses and Events
If a course is canceled or full, you will receive notice as soon as possible. You will be given the following options:
• Add your name to a wait list
• Register for an alternate course
• Place your paid fee in escrow for future use
• Request a refund

Drop a Course or Event
Contact the OLLI office if you’d like to drop a course. Please call prior to the beginning of a class or event that is offered one time and before the second class for courses that have multiple weeks. Let us know if you’d like to enroll in an alternate course, place your paid fee in escrow for use at a later date or receive a refund.

To cancel an event reservation, call the OLLI office before the registration deadline date.

Parking Permits
Courses meeting at the University require a parking permit unless otherwise indicated. Keep your parking permit convenient and safe. OLLI pays for each permit issued and you will be charged for a replacement permit. For special parking accommodations (i.e., handicapped spaces), contact the OLLI office.

Parking permits are:
• Included in the course fee unless otherwise indicated
• Available in the OLLI office the week prior to the course or event start date
• Valid only on the day/dates/time/lot indicated on the permit
• Issued for courses held on UNL campuses
• Not valid for metered parking, visitor parking or reserved parking spaces

Participant Accommodations
It is the policy of OLLI at UNL to provide flexible and individualized accommodations to participants in our many courses to allow them to fully share in course activities. To receive accommodation services such as interpreters, large print, etc., please contact the OLLI office when you register to allow time to make arrangements for these services.

Guest Policy
Members may bring a guest to a single class if space is available. Please contact the OLLI office to make arrangements.

Weather Closings
If Lincoln Public Schools or UNL is closed or starts late due to weather conditions, OLLI courses and events are also canceled. OLLI weekend courses and events are canceled if UNL cancels courses or closes. Call the OLLI office after 7 a.m. or check the OLLI website (olli.unl.edu) for information.

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

Scholarships
OLLI offers financial assistance to individuals who find it a hardship to pay the full membership fee. Contact the office for an application. All inquiries are strictly confidential.

Volunteers
OLLI is a member-driven organization with robust volunteer leadership and committees that keep OLLI functioning efficiently. Members are invited to join committees, become classroom assistants or help with events and projects. To inquire about volunteering, just contact the OLLI office.
Join and Register.

It’s Easy!

Membership is required to take most courses, participate in events and take advantage of OLLI opportunities.

**Membership**

**Benefits**
You get a lot for your investment, including OLLI catalogs mailed to your home, interest groups, some free programs, discounts from partners and much more. We want to ensure that you get the best possible value from your membership.

**Fee**
A mid-year membership is $50, valid until July 31, 2019.

**To become a member and/or to register:**
- Go online to www.olli.unl.edu
- Call the OLLI office at 402-472-6265
- Mail in your membership/registration form with your payment
- Walk-in, join and register in person

Accepted payments include VISA, MasterCard, Discover or personal check.

**Financial Scholarships Available**
The Osher Lifelong Learning Institute at UNL believes that the opportunity to take courses and participate in a rich intellectual life should be available to all adults. To that end, 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, but with all of 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, but expire at the end of the membership year.

Call the OLLI office at 402-472-6265 for additional information.
MONDAYS  Page
Rock Climbing  10
9-10:30 a.m.
Yoga for Osteoporosis  10
11 a.m.-12 p.m.
Pickleball: A Sport for All Ages (2 offerings)  11
11 a.m.-12 p.m.
The American Civil War: The Clash for the American Political Soul  11
11 a.m.-12:30 p.m.
Active Shooter Response  11
11 a.m.-12:30 p.m.
Early Childhood: Relationships Matter  12
1-2:30 p.m.
Nebraska Innovation Campus: Spaces and Culture that Inspire  12
1-2:30 p.m.
1-3 p.m.
Saving a Life with CPR  13
1-4 p.m.
Life’s Lessons: Looking Back and Looking Forward  14
3-4:30 p.m.

TUESDAYS  Page
Birding: An Activity for All to Enjoy  14
8:30-10 a.m.
My Year in Vietnam  15
9-10:30 a.m.
Life in the Colonies before the Revolutionary War, Part II  15
11 a.m.-12:30 p.m.
Six Dimensions of Wellness  15
11 a.m.-12 p.m.
You Can’t Take It with You  15
11 a.m.-12:30 p.m.
Chatting about Dance  16
1-2:30 p.m.
Great World Religions: Islam  16
1-2:30 p.m.
Writing, Our Greatest Invention: Messages from the Media  16
1-2:30 p.m.
What Did You Say? Living with Hearing Loss  16
3-4:30 p.m.
Backstage at the Nebraska Repertory Theatre: “Hair”  17
3-4:30 p.m.
PGA Professionals: More than the Sunday Afternoon Pro Golfer  17
3-4:30 p.m.

WEDNESDAYS  Page
Can We Grow a New Joint?  18
9-10:30 a.m.
The Portrait of a Lady  18
9-10:30 a.m.
A Survey of Africa’s History  18
11 a.m.-12:30 p.m.
The Great American Desert Is a Water Machine: How Should We Manage It?  19
11 a.m.-12:30 p.m.
Habla Español II  19
11 a.m.-12:30 p.m.
Bike Safety 101  19
1-5 p.m.
Beyond Google: Searching the Internet for Health Information  20
1-2:30 p.m.
Elementary Bridge II  20
1-2:30 p.m.
Monet to Van Gogh I: A History of Impressionism  21
1-2:30 p.m.
Intermediate Bridge II  21
3-4:30 p.m.
The Magic of the Metropolitan Opera  21
3-4:30 p.m.

****
If you need to cancel enrollment in a course for any reason, please call the OLLI office in advance.
There are often people on a waiting list who we could get into the course in your place.

Registration Begins Monday, March 4
**THURSDAYS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 a.m.</td>
<td>American Spring Live! Bird Cams Training</td>
<td>22</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>American Spring Live! Track-A-Lilac Training</td>
<td>22</td>
</tr>
<tr>
<td>9-10:30 a.m.</td>
<td>Caring for Your Loved Ones</td>
<td>23</td>
</tr>
<tr>
<td>10-11:30 a.m.</td>
<td>Container Gardening</td>
<td>23</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Baseball: It's Kind of a Smart Person's Sport</td>
<td>24</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Finding Power and Purpose with Aging</td>
<td>24</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Difficulty Swallowing?</td>
<td>24</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>UNL Looks Forward to the Next 150 Years</td>
<td>25</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Learn the Ukulele</td>
<td>25</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>I Could Have Eaten That: Food Myths and Misconceptions</td>
<td>25</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Genetically Modified Organisms (GMOs) and Organic Food</td>
<td>25</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Tai Chi: Second 12 Steps</td>
<td>26</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Tea and Tour: Independent Living Communities</td>
<td>26</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Dreadful Diseases and Terrible Treatments: The Story of Medicine through the Ages</td>
<td>26</td>
</tr>
</tbody>
</table>

**How to Simplify Your Stuff and Honor Your Memories**

3-4:30 p.m.

**Tai Chi Continuation**

3-4:30 p.m.

**The Way: Chinese Classical Philosophy I**

3-4:30 p.m.

**Tours of Artists' Studios**

3-4:30 p.m.

**Night at the Museum**

6:30-8 p.m.

**Women in the Qur'an**

7-8:30 p.m.

**FRIDAYS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-10:30 a.m.</td>
<td>Turn Friday into “Fri-Yay” with Friday Fitness Club</td>
<td>28</td>
</tr>
<tr>
<td>9-10:30 a.m.</td>
<td>Prepare to Care: Creating a Plan</td>
<td>29</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Bike LNK</td>
<td>29</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>The Cannabis Culture: Medicine, Hemp and the Law</td>
<td>30</td>
</tr>
<tr>
<td>11 a.m.-12:30 p.m.</td>
<td>Hospice Care: Demystifying Life's Final Journey</td>
<td>30</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Discovering Drones: Basics, Uses and Safe Flying</td>
<td>31</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Choices in Integrative Medicine</td>
<td>31</td>
</tr>
<tr>
<td>1-2:30 p.m.</td>
<td>Great Decisions 2019</td>
<td>31</td>
</tr>
<tr>
<td>3:30-5 p.m.</td>
<td>Nebraska Steel: The UNL Percussion Studio's Steel Drum Band</td>
<td>32</td>
</tr>
</tbody>
</table>

**SATURDAYS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3:30 p.m.</td>
<td>Stalking the Ghost of Mari Sandoz: A Historic Walking Tour</td>
<td>32</td>
</tr>
</tbody>
</table>

**EVENTS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed, Apr 10</td>
<td>Breakfast with UNL Sports: Amanda Hart</td>
<td>33</td>
</tr>
<tr>
<td>9-10:30 a.m.</td>
<td>“Across the Creek”</td>
<td>39</td>
</tr>
<tr>
<td>Thu, April 11</td>
<td>“Return to Rainy Mountain”</td>
<td>39</td>
</tr>
<tr>
<td>7-9 p.m.</td>
<td>OLLI at Bat</td>
<td>35</td>
</tr>
<tr>
<td>Wed, Apr 17</td>
<td>OLLI Reads!</td>
<td>35</td>
</tr>
<tr>
<td>Fri, Apr 19</td>
<td>Travel</td>
<td>36</td>
</tr>
<tr>
<td>11 a.m.-1 p.m.</td>
<td>Member Discounts</td>
<td>38</td>
</tr>
<tr>
<td>11 a.m.-1 p.m.</td>
<td>Interest Groups</td>
<td>40-41</td>
</tr>
<tr>
<td>42-43</td>
<td>Registration Forms</td>
<td></td>
</tr>
</tbody>
</table>
Save the Date!

Friday, August 16, 2019 | 12:30-4:30 p.m.
Innovation Campus | 2021 Transformation Drive, Lincoln

We’re changing things up. In place of an August open house, plan to come to a “showcase” of OLLI courses. You can sample mini-courses taught by OLLI instructors, explore fascinating subjects and meet like-minded people. A reception will round out the afternoon. Come experience the OLLI community.

OLL at UNL to start the 2019 fall term with a sampling of courses

The Osher Lifelong Learning Institute at the University of Nebraska-Lincoln encourages adults, age 50 and older, to remain active through intellectual and personal growth. Every year, OLLI at UNL offers over 200 courses in five terms.

In place of an August open house, OLLI will offer a sampling of abbreviated courses on Friday, Aug 16, giving the community and current members an opportunity to experience the wide variety of programs available. The event is free and open to the public. Current members are encouraged to bring a friend, neighbor or colleague.

“The OLLI sampler includes topics ranging from history, to science, to fitness and photography,” said Dee Aguilar, OLLI coordinator. “Participants can select from eight, 45-minute presentations to get a glimpse of the type of courses OLLI has offered,” she said. In addition, there will be informational displays, demonstrations and a social hour at the end of the day. “People can come and go as they like,” said Aguilar. “But we certainly hope people will take part in the afternoon’s activities to cultivate new experiences and make new friendships along the way.”

The event will take place on UNL’s Innovation Campus from 12:30 to 4:30 p.m. Free parking is available.

Free. Open to the public. Bring a friend, neighbor or colleague.
Call for nominations to OLLI Advisory Council

The Advisory Council serve as an elected representative body from the membership. It is composed of officers, elected Advisory Council representatives, standing committee chairs/co-chairs and the OLLI coordinator. The Council provides leadership and advice on the direction of the OLLI program.

The challenges facing the OLLI program are seemingly endless- managing membership growth, meeting the needs of current and future members, financial sustainability and so much more. These needs require strong and steady leadership.

Each year in May, OLLI members elect two representatives to the OLLI Advisory Council to serve 3-year terms as a director, representing the members-at-large. Nominations for Advisory Council members are now open. You can self-nominate or nominate another OLLI member. All candidates to the Council must be current members of the OLLI program at UNL.

Advisory Council Duties & Responsibilities

The duties and responsibilities of the Advisory Council includes the following:
- Establishing, safeguarding and advancing OLLI’s mission, vision and values
- Reviewing and monitoring OLLI’s financial position
- Advancing OLLI’s goals
- Advising and supporting the OLLI coordinator.

For more information on the role and responsibilities of the Council, visit https://olli.unl.edu/Documents/Council_Duties.pdf

For the full document with OLLI’s policies and procedures go to https://olli.unl.edu/Documents/Policies-Procedures-2018.pdf

Time Commitment

- Meetings are scheduled once a month August-June for 1.5 hours
- Additional responsibilities may require 2-3 hours a month

The OLLI election will be conducted in mid-May by email or mail to those OLLI members not having an email address. Again this year there will be a brochure prepared with photos and statements from the candidates. Results of the election will be announced by June 7.

If you have an interest in running for a seat on the Council, or wish to nominate someone else, send an email to olli@unl.edu or call the OLLI office at 402-472-6265 by Friday, March 29.

The nominee will be contacted by a member of the nominating committee.
In 1967, when CBS television began running “The Carol Burnett Show,” Burnett had already been a popular veteran of television. The show ran on CBS from 1967 to 1978, for 279 episodes and again with nine episodes in the fall of 1991. In 2007, “Time” magazine listed the show as one of the 100 best television shows of all time.

The 2019 OLLI/LCP show is a collection of the best sketches from “The Carol Burnett Show.” From movie parodies to lampoons of modern society, these sketches will keep you laughing. This will be the 12th production of the OLLI/LCP Radio Active Players senior theatre group.

**Show Dates and Times**
Thu, Apr 4, 2 p.m.
Fri, Apr 5, 7:30 p.m.
Sat, Apr 6, 7:30 p.m.

**Tickets**
Ticket reservations begin Monday, Mar 25
$5 per person
Accessible seating available on request with ticket purchase

Tickets available at the Lincoln Community Playhouse, 2500 S. 56th St.
- Visit the box office between 11 a.m.-5 p.m.
- Call the box office at 402-489-7529
- Buy tickets online at lincolnplayhouse.com
MONDAYS

**Rock Climbing**

**19401CR**

Nebraska’s most varied climbing terrain is right here in Lincoln at the UNL Outdoor Adventures Center. Climbers, accept the chance and challenge to enjoy the benefits of rock climbing in one of the flatter states in the country. There’s so much more to climbing than merely the thrill and adrenalin. The menagerie of colored footholds dotting the course’s 42-foot-high wall offers numerous options. This course will help you get comfortable with the required equipment and then get you confident in your climbing skills.

**Instructor:** Todd Grier, coordinator, Outdoor Adventures Center, UNL  
**Facilitator:** Kirk Dietrich  
**Day/Dates:** Mon, Mar 25, Apr 1, 8, 15, 22  
**Time:** 9-10:30 a.m.  
**Location:** UNL Outdoor Adventures Center. A parking pass for Avery Parking Garage, 1111 N. 14th St., will be provided by OLLI upon request. See page 2.  
**Enrollment Limit:** 10  
**Cost:** $60 includes a skills check that allows participants to purchase “Pass” options so they can come back and climb as members.

**Yoga for Osteoporosis**

**19402CR**

Osteoporosis and osteopenia affect up to 200,000,000 people worldwide today, with numbers likely to grow as the population ages. While medications and treatments can be effective, they can also be prohibitively expensive and include side effects that are unwanted. Researchers have found that yoga can be an effective and inexpensive treatment. The practice of certain yoga poses on a consistent basis over time can mitigate or reverse the progress of osteoporosis or osteopenia. Yoga classes or home practice have a dramatically lower cost than medications. It is also known that the side effects of a yoga practice can include better posture, improved balance, increased strength and reduced levels of anxiety.

**Instructor/Facilitator:** Jane Williams, E-RYT 200, YACEP, Y4C  
**Day/Dates:** Mon, Mar 25, Apr 1, 8, 15, 22, 29  
**Time:** 11 a.m.-12 p.m.  
**Location:** First-Plymouth Church, Mayflower Hall. Enter through the west entrance.  
**Enrollment Limit:** 12  
**Cost:** $30
Pickleball – A Sport for ALL Ages!

Fun, fitness and friendship for people of all ages. Learn the basics of pickleball. You will be playing this game in 20 minutes. This course is for those who are just beginning and also for those who consider themselves advanced beginners.

A limited number of paddles and balls will be available to borrow. Participants are encouraged to consider purchasing a paddle. A beginner’s paddle, called “The Club,” can be purchased for about $35 locally. Before buying a paddle, please contact the instructor, Bill Roehrs, at 402-432-6790 or email him at wroehrs@me.com.

Instructor/Facilitator: Bill Roehrs, USAPA Ambassador
Time: 11 a.m.-12 p.m.
Location: Peterson Park Pickleball Courts
Enrollment Limit: 24
Cost: $20

Register for one only.

19403CR
Days/Dates: Mon-Thu, May 6, 7, 8, 9
19404CR
Days/Dates: Mon-Thu, May 13, 14, 15, 16

The American Civil War: The Clash for the American Political Soul

Whether called “the War of Southern Rebellion,” “the War of Northern Aggression,” “the Irrepressible Conflict,” or simply “the War between the States,” Americans throughout the decades have heard, learned and experienced more about the Civil War than any other conflict our nation has fought, including World War II. Slavery, the Union, the Confederacy, Abraham Lincoln, Robert E. Lee, Ulysses S. Grant, Gettysburg and Appomattox Court House, among other topics, have been our constant companions from childhood. Few issues like the American Civil War continually stir up such swirling emotions more than 150 years after the war’s final shot and final death.

Explore the reasons that promoted and accelerated the pace toward the Civil War; political and military leaders; national policies; international intrigues; constitutional crises; military weapons and operations; the home fronts; economics; the draft; and other topics and issues that affected the entire nation in the 1860s and even extend to the present.

Instructor: Thomas Berg, lecturer, History, UNL
Facilitator: David Dyke
Day/Dates: Mon, Mar 25, Apr 1, 8, 15, 22, 29
Time: 11 a.m.-12:30 p.m.
Location: Marcus Edgewood Theater
Enrollment Limit: 290
Cost: $30

Active Shooter Response

The Active Shooter presentation covers personal safety, workplace safety, robbery and the active shooter. We will discuss ways to stay safe from a personal perspective and while at work. We’ll focus on keeping personal belongings safe as well. Guidelines will be shared as to the importance of information given to dispatch when calling in. Learn the difference in the
Introduction to Active Shooter Response

We will cover the response to robbery calls as opposed to active shooter incidents. We will also cover the “Run, Hide, Flight” concept should you ever be involved in an active shooter event.

**Instructor:** Chassidy Jackson-Goodwin and Sara Genoways, officers, Lincoln Police Department

**Facilitator:** Helen Sellentin

**Day/Date:** Mon, Mar 25

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

**Location:** SCC-CEC, Auditorium

**Enrollment Limit:** 50

**Cost:** $5

---

**Early Childhood: Relationships Matter**

**19407CR**

Early childhood is a critical period characterized by rapid growth and brain development; positive experiences from birth to age 8 are critical for supporting children’s lifelong success. Learn about the significant developmental milestones of the early childhood period and highlight the importance of relationships in the lives of young children. We will share findings from a research-based intervention that reinforces parental engagement and strengthens partnerships between families and early educators. Hear about the supports needed to effectively implement interventions of benefit to young children and their families.

**Instructors:** Lisa Knoche, associate professor and director, Nebraska Academy for Early Childhood Research, Nebraska Center for Research on Children, Youth, Families and Schools, UNL; Courtney Boise, doctoral candidate and graduate research assistant, Psychology, Nebraska Center for Research on Children, Youth, Families and Schools, UNL

**Facilitator:** Marie Trayer

**Day/Date:** Mon, Apr 15

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

**Location:** SCC-ENT, Room 214

**Enrollment Limit:** 30

**Cost:** $5

---

**Nebraska Innovation Campus: Spaces and Culture that Inspire**

**19408CR**

Nebraska Innovation Campus (NIC) connects the talents of experts, companies and the university to create a unique culture of innovation. Learn how NIC facilitates new and in-depth partnerships between the University of Nebraska and private sector businesses.

NUtech Ventures is the intellectual property and commercialization unit of the University of Nebraska. Representatives from NUtech will explain more about their mission to facilitate the commercialization and practical use of innovations generated through the research activities at UNL. NUtech does this by identifying, evaluating, protecting, marketing and licensing University of Nebraska intellectual property to promote economic development and improve the quality of life.

This course will include a walking tour of completed facilities at Nebraska Innovation Campus. For the tour, please be prepared to walk and stand for a full hour.

**Instructors:** From NIC—Daniel J. Duncan, executive director; Kate A. Engel, director of communications and culture; Cheryl Horst, assistant director; Arpi Siyahian, technology manager; Joy Eakin, operations manager

**Facilitators:** Marv Almy and Bob Michl

**Day/Dates:** Mon, Apr 8, 15, 22

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

**Location:** Nebraska Innovation Campus Conference Center. Please park in the paved lot north of Transformation Drive (no permit required).

**Enrollment Limit:** 30

**Cost:** $15
Moving in the Right Direction: A Guide to Seniors’ Housing Related Issues

19409CR
At some point in most seniors’ lives, decisions must be made regarding current and future housing needs. Each of us must analyze whether or not our current housing arrangements are right for us. To quote an old 1980’s rock song – “Should I stay or should I go?” This course is designed to deal with that question and help seniors work through the complex issues and unique situations that arise as we evaluate the many options that are available. We will discuss the emotional issues associated with any change, the various housing options, health and safety issues, home adaptations and financial considerations. We will also talk about the process of getting your home ready to sell, if that is the decision, and moving on to new opportunities.

Instructor/Facilitator: Bruce Hahn, senior real estate specialist

Day/Date: Mon, March 25
Time: 1-3 p.m.
Location: NET, Board Room
Enrollment Limit: 25
Cost: $5

Saving a Life with CPR

19410CR
Learn about the latest developments in CPR, how to use an AED to shock the heart when necessary and practice doing chest compressions. Also, learn what to do when someone is choking. This class involves active participation. Offered in partnership with Bryan Health Care System.

Instructor: Mindi Jo Boettcher, coordinator, Training Center, Bryan Medical Center
Facilitator: David Dyke

Day/Date: Mon, Apr 22
Time: 1-4 p.m.
Location: Bryan Health West, Conference Room A
Enrollment Limit: 12
Cost: $10
**COURSES**

### Life’s Lessons: Looking Back and Looking Forward

**19411CR**

Six accomplished and thoughtful community leaders will take the opportunity to distill and share what they consider to be important lessons learned from their professional and personal lives. It is also an opportunity for OLLI members to engage those persons in discussion about those life lessons. One might consider this course similar to a series of interactive TED Talks. Each presenter has been asked to develop his or her thoughts according to her or his unique perspective.

**Instructors:** Jim McKee, owner, Lee Booksellers and The Coinery, local historian and author; Marilyn Moore, educator, retired, Lincoln Public Schools, and adjunct faculty, Bryan College of Health Sciences; Pat Leach, director, Lincoln City Libraries; Mauricio (Marty) Ramirez, psychologist, retired, UNL, and Latino activist; Martha Florence, director, Community Engagement, Nebraska Educational Television; Jim Keck, senior minister, First-Plymouth Church

**Facilitator:** Peter Levitov

**Day/Dates:** Mon, Mar 25, Apr 1, 8, 15, 22, 29

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

**Location:** Unitarian Church, Auditorium

**Enrollment Limit:** 75

**Cost:** $30

This course is open to UNL Emeriti and Retiree Association (ERA) members for the listed cost.

### Birding: An Activity for All to Enjoy

**19412CR**

Birding and bird feeding is the fastest growing outdoor recreational activity in the U.S. and is popular all over the world. Participants will have the opportunity to see various aspects of birding with an emphasis on identification and experience in the field. The perspective of the leaders is that birding is a gift they want to share with others, from the exciting identification of a new bird to the pleasure of seeing old friends returning year round.

We will begin with an orientation with an emphasis on providing some tools of birding—identification, choice of binoculars and tips on bird photography. Depending upon the birding conditions, the next three classes will be field trips to local sites representing a variety of habitats such as lakes, wetlands, woodlands and prairies to see a variety of birds. The last class will meet at Pioneers Park Nature Center, always a favorite spring birding site. Wherever the location, it provides one more pleasure for those tuned in to the wonders of nature.

**Instructor:** Dan Wheeler, professor emeritus, Ag Leadership, Education and Communication, UNL, and OLLI member; Dave Titterington, owner, Wild Bird Habitat Store

**Facilitator:** Dan Wheeler

**Day/Dates:** Tue, April 2, 9, 16, 23, 30

**Time:** 8:30-10 a.m.

**Location:** The first class will meet in UNL’s East Campus Union, Sunflower Room. A UNL parking permit is required for the first class. See page 2.

**Enrollment Limit:** 25

**Cost:** $25
My Year in Vietnam

19413CR
Dean E. Hyde arrived in Long Binh, Vietnam, on his birthday on March 4, 1969. During that year, he documented his tour with pictures and sounds of the country. His year started in Chu Lai where he was assigned to the 523rd Signal Battalion. That battalion provided communication to the Americal Division, the only named Army division. He served as communication center specialist at division headquarters, receiving and sending messages from units within the division and to other headquarters. The presentation starts with pictures of his arrival in Chu Lai, housing, work facilities and recreation activities, and concludes with pictures from Saigon and the flight home.

Instructor: Dean E. Hyde, OLLI member
Facilitator: Ross McCown
Day/Date: Tues, Mar 26
Time: 9-10:30 am
Location: Aldersgate United Methodist Church
Enrollment Limit: 100
Cost: $5

Life in the Colonies before the Revolutionary War Part II

19414CR
This is the second course of a three-term series. The American colonies had a complicated but fascinating history. Numerous areas in what is now the United States will be covered and topics will be as far-ranging as the Pueblo Revolt of 1680, family life and labor, and witchcraft.

Each class will have a video component and time for supplemental materials and discussion.

Instructor/Facilitator: Le Etta Sprackling, science teacher, retired, and OLLI member
Day/Date: Tue, Mar 26, Apr 2, 9, 16, 23, 30
Time: 11 a.m.-12:30 p.m.
Location: NET, Meeting & Events Room
Enrollment Limit: 70
Cost: $30

Six Dimensions of Wellness

19415CR
Wellness—a direction, which, by its nature, moves us toward a more proactive, responsible and healthier existence. Wellness is a framework that can be used in many ways to help us organize, understand and balance our own human growth and development. Everything we do, every decision we make, every thought we think and every attitude and belief we hold fits into this framework made up of six basic concepts. Learn about the integration of mind-body-spirit as we examine spiritual, occupational, social, physical, intellectual and emotional wellness.

Instructor/Facilitator: Sharon K. Duffy, coordinator, Holistic Health & Integrative Medicine, Madonna ProActive
Day/Dates: Tuesday, Mar 26, Apr 2, 9, 16, 23, 30
Time: 11 a.m.-12 p.m.
Location: Madonna ProActive, Education Wing
Enrollment Limit: 40
Cost: $30

You Can’t Take It with You

19416CR
You know you can’t take it with you. How do you decide what to do with personal things like Grandma’s pie plate? How much should you leave to your children, family and friends? Should you make gifts now or when you die? What are ways to pass on value and family stories? How do causes and organizations you care about fit into your plans? How should you communicate with family about your plans? What are good ways to avoid family conflict and disagreements? We will provide answers to these questions to help you create a plan that is right for you.

Instructors: Keith Napolitano, director of gift planning, University of Nebraska Foundation; Allan Vyhnalek, extension educator, UNL
Facilitator: Bob Michl
Day/Date: Tue, Apr 16, 23, 30
Time: 11 a.m.-12:30 p.m.
Location: SCC-ENT, Room 214
Enrollment Limit: 30
Cost: $15
Chatting about Dance

We will discuss topics in dance through various lenses including history, race, gender, media and age. Dance performances at the Lied Center in the 2019 spring semester will be the springboard for some of our discussions. Attendance at the performances is suggested but not required.

**Instructor:** Susan Ourada, professor and director, Dance Studies, Glenn Korff School of Music, UNL

**Facilitators:** Barbara Hoppe Miller and Priscilla Grew

**Day/Dates:** Tue, Mar 26, Apr 2, 9, 16, 24, 30

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

**Special Meeting Time:** Wed, Apr 24, 7 p.m., Johnny Carson Studio Theater

**Location:** UNL Westbrook Music Building, Room 104. Parking is available in nearby parking garages.

**Enrollment Limit:** 25

**Cost:** $30

Great World Religions: Islam

**19418CR**

In this DVD lecture series, John L. Esposito, university professor and international government and media consultant, guides you through the facts and myths surrounding Islam and its more than 1.2 billion adherents. How familiar are you with the world's second largest and fastest-growing religion? Many in the West know little about the faith and are familiar only with the actions of a minority of radical extremists.

**Instructor/Facilitator:** Mary Christiansen, OLLI member

**Day/Dates:** Tue, Mar 26, Apr 2, 9, 16, 23, 30

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

**Location:** SCC-ENT, Room 214

**Enrollment Limit:** 75

**Cost:** $30

Writing, Our Greatest Invention: Messages from the Media

While talking can be said to come naturally to human beings, writing things down has proven to be a bit of a stretch, in any of our several thousand languages. The value of some way of preserving what we say may be clear, but exactly how to go about it has been challenging. Producing, or unraveling, a “script” has disclosed unsuspected features we take for granted in speaking. Various approaches have been tried, often some variant of a “one sound--one sign” strategy. Some have nearly vanished without adequate clues as to how to decipher them.

We will address several alphabets, cuneiform, hieroglyphics, Hebrew, Etruscan, Linear B, Greek and Latin, Chinese, Mayan and even further instances.

**Instructors/Facilitators:** Wil Hass, professor emeritus, Argosy University, retired, and OLLI member; Susan Major, Linguistics, University of Texas at Austin, retired, and OLLI member

**Day/Dates:** Tue, Mar 26, Apr 2, 9, 16, 24, 30

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

**Location:** SCC-ENT, Room 214

**Enrollment Limit:** 40

**Cost:** $30

What Did You Say? Living with Hearing Loss

**19420CR**

Hearing loss affects more than 466 million people worldwide. Hearing loss is not simply measured in decibels. It can have a profound impact on communication and overall quality of life. As we age, the prevalence of hearing loss and balance disorders increase. This course will help provide a clear understanding of our auditory and balance system and will focus on assessment and treatment options. Information will be provided regarding hearing and balance services available through UNL. Also learn the personal side of a journey from normal hearing to cochlear implants, the non-technical side.
Instructors: Stacie Ray, associate professor of practice, Special Education and Communication Disorders, UNL; Vicki Rokeby, cochlear implant recipient
Facilitator: Carolyn Gregorius
Day/Dates: Tue, Mar 26, Apr 2, 9, 16, 23
Time: 3-4:30 p.m.
Location: NET, Meeting & Events Room
Enrollment Limit: 75
Cost: $25

**Backstage at the Nebraska Repertory Theatre: “HAIR”**

19421CR
Cast, directors and crew present a behind the scenes view of the musical “Hair.” The American tribal love-rock musical is a product of the hippie counterculture and sexual revolution of the late 1960s. Several of its songs became anthems of the anti-Vietnam War peace movement. The musical broke new ground in theatre by defining the genre of “rock musical,” using a racially integrated cast and inviting the audience onstage for a “Be-In” finale.

Hair tells the story of the tribe, a group of politically active, long-haired hippies of the “Age of Aquarius” living a bohemian life in New York City and fighting against conscription into the Vietnam War.

Instructor: Julie Hagemeier, general manager, Johnny Carson School of Theatre and Film, UNL
Facilitator: Leta Powell Drake
Day/Date: Tue, Mar 26
Time: 3-4:30 p.m.
Location: Johnny Carson School of Theatre and Film, Temple Building, Room 104, UNL. Parking is available across the street at 11th and Q Streets. First hour is free of charge.
Enrollment Limit: 50
Cost: $5 OLLI members can purchase tickets to “Hair” at the Lied Center box office for $17.

---

**PGA Professionals: More than the Sunday Afternoon Pro Golfer**

19422CR
When you hear PGA professional, what comes to mind? Tiger Woods, Phil Mickelson, Jordan Spieth, Sunday afternoon, the Masters Tournament, the Ryder Cup, the PGA tour? The truth is, only 200 players possess their PGA tour card and only 125 of them are safe for next season. Very few people make their living this way.

In contrast, nearly 29,000 men and women can call themselves PGA professionals. They are the grass roots of the game, working day in and day out to be the experts in the game and the nearly $80 billion industry that is golf in the United States. They are running golf courses, providing instruction, merchandising and bringing the joy of golf to the world.

Instructor: Brad Goetsch, PGA instruction coordinator, PGA Golf Management, UNL
Facilitator: Bob Michl
Day/Date: Tue, Apr 2
Time: 3-4:30 p.m.
Location: UNL Keim Hall, PGA Teaching Lab, Rooms 103/125. A UNL Parking permit is required. See page 2.
Enrollment Limit: 20
Cost: $5
Can We Grow a New Joint?

**19423CR**

Musculoskeletal disease is the leading cause of disability in the United States. Osteoarthritis of the hip and knee and degenerative disc disease are the major diseases that result in musculoskeletal disability. The ideal treatment for these diseases would be to regrow or rejuvenate the injured joint, however current treatments commonly replace the injured joint with a metal implant with a limited lifespan. Explore treatments of osteoarthritis and degenerative disc disease currently in the clinic, in FDA clinical trials and in cutting edge research labs. Gain a better understanding of the theories underlying the treatment of musculoskeletal diseases and learn about future regenerative approaches to joint damage.

**Instructor:** Rebecca Wachs, assistant professor, Biological Systems Engineering, UNL  
**Facilitator:** Carolyn Gregorius  
**Day/Dates:** Wed, April 17, 24  
**Time:** 9-10:30 a.m.  
**Location:** NET, Meeting & Events Room  
**Enrollment Limit:** 75  
**Cost:** $10

The Portrait of a Lady

**19424CR**

Henry James’s novel ”The Portrait of a Lady” is considered one of the landmark achievements of the 19th century novel. It embraces one of the author’s favorite themes—the encounter between American energy and European sophistication—while telling the story of a bright young woman who unexpectedly becomes quite wealthy. Its classic marriage plot follows our heroine past her wedding day on to what happened next, which turns out to involve a severe, shattering test of character.

**Instructor:** P. Scott Stanfield, professor, English, Nebraska Wesleyan University  
**Facilitator:** Wil Hass  
**Day/Dates:** Wed, Mar 27, Apr 3, 10, 17, 24, May 1  
**Time:** 9-10:30 a.m.  
**Location:** SCC-CEC, Room 404  
**Enrollment Limit:** 25  
**Cost:** $30
A Survey of Africa’s History

19425CR
Africa is a huge continent with varied peoples, cultures, climate and history. Get an overview of Africa’s history plus a more in-depth look at several nations’ histories and cultures. Dawne Curry teaches and does research in African history and has lived and studied in South Africa. Peter Levitov lived and taught African and world history in Liberia from 1969 to 1971.

Instructors: Dawne Curry, associate professor of History and Ethnic Studies, UNL; Peter Levitov, associate dean of International Affairs, UNL, retired, and OLLI member
Facilitator: Charlyne Berens
Day/Dates: Wed, Mar 27, Apr 3, 10
Time: 11 a.m.-12:30 p.m.
Location: Unitarian Church, Auditorium
Enrollment Limit: 75
Cost: $15

The Great American Desert Is a Water Machine: How Should We Manage It?

19426CR
The Ogallala Aquifer in Nebraska is the source of water riches almost beyond imagining. Yet, mid-19th century explorers into Nebraska Territory labeled parts of our state “The Great Desert.” In the 20th century, hydrogeological research has shown just how much water is available. Initially, many Nebraskans enjoyed unfettered access to this vital resource. But it soon became clear that water needed to be managed thoughtfully and carefully. The Nebraska Legislature has empowered the state’s Natural Resource Districts and the Department of National Resources to jointly manage our surface and groundwater. Learn about the history of field research conducted by the United States Geological Survey and UNL’s Conservation and Survey Division and the evolution of Nebraska’s water law, water policy and water management.

Instructors: Karen Amen, board member, Lower Platte South NRD and commissioner, Nebraska Natural Resources Commission; Jim Goeke, professor emeritus, Survey Division, School of Natural Resources, UNL
Facilitator: De Tonack
Day/Dates: Wed, April 10, 17, 24, May 1
Time: 11 a.m.-12:30 p.m.
Location: SCC-CEC, Room 404
Enrollment Limit: 25
Cost: $20

Habla Español II

19427CR
This course is a continuation of “Habla Español: Basic Conversational Spanish.” Participants will converse using practical phrases typical in everyday conversation and travel. Learn to incorporate language communication skills of listening, speaking, reading and writing in real world situations with cultural awareness.


Instructor: Marie Trayer, assistant professor, Spanish and Modern Language Methods, Nebraska Wesleyan University, retired, and OLLI member
Facilitator: Susan Major
Day/Dates: Wed, Mar 27, Apr 3, 10, 17, 24
Time: 11 a.m.-12:30 p.m.
Location: NET, Meeting & Events Room on Mar 27, Apr 24; Board Room on Apr 3, 10, 17
Enrollment Limit: 20
Cost: $25
Bike Safety 101
19428CR
Spring is here! It is time to get back on the bike and start exploring the 130 miles of bike trails within Lincoln's city limits. This class is geared towards anyone interested in gaining confidence in maneuvering bikes. We will cover traffic laws and how to best negotiate your way at trail crossings or on the street. Class time will be spent on your bike doing drills to build your bike handling skills and riding on the trails and streets to improve your confidence as a cyclist.

Instructor/Facilitator: Jordan Messerer, assistant director, Outdoor Adventures Center, UNL
Day/Date: Wed, May 1
Time: 1-5 p.m.
Location: UNL Outdoor Adventures Center.
A parking pass for the Avery Parking Garage, 1111 N. 14th, will be available upon request.
Enrollment Limit: 12
Cost: $30

Beyond Google: Searching the Internet for Health Information
19429CR
While Google is a helpful tool, it often feels overwhelming to sort through millions of search results. How do you decide what is good or bad? This presentation will introduce you to free, quality websites to help you and your family find information on health and wellness, medications, health news and more. You will also learn some simple tips for evaluating online health information.

Instructor: Christian I. J. Minter, assistant professor, Community Engagement, and health literacy librarian, McGoogan Library of Medicine, UNMC
Facilitator: Paula Eurek
Day/Date: Wed, Mar 27
Time: 1-2:30 p.m.
Location: Aldersgate United Methodist Church
Enrollment Limit: 50
Cost: $5

Elementary Bridge II
19430CR
This is a continuation of the Beginning Bridge I course. The 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. Participants will dictate how fast the class will move. It will be as slow as needed so all can grasp the basics of the game.

Instructor/Facilitator: Henry Schuman
Day/Dates: Wed, Mar 27, Apr 3, 10, 17, 24, May 1
Time: 1-2:30 pm
Location: Lincoln Duplicate Bridge Club, Second Floor. Elevator available.
Enrollment Limit: 36
Cost: $30
Intermediate Bridge II

19432CR
If you have completed the Intermediate Bridge I course or played some bridge and you want to improve your understanding of the game, this is the course for you. We will build upon your existing skill and learn about the modern bidding systems. You will be able to accept any bridge invitation with the confidence that you can play the game and win.

This course is not for beginning bridge players.

Instructor/Facilitator: Bruce Burns
Day/Dates: Wed, Mar 27, Apr 3, 10, 17, 24, May 1
Time: 3-4:30 p.m.
Location: Lincoln Duplicate Bridge Club, Second Floor. Elevator available.
Enrollment Limit: 36
Cost: $30

Monet to Van Gogh I: A History of Impressionism

19431CR
Become absorbed in a lesson of marvelous cultural, historical and visual experiences that great paintings provide. In this DVD series, Richard Brettell, professor of Aesthetic Studies at the University of Texas at Dallas, creates a vivid virtual museum through which to appreciate the genius and enduring accomplishments of the Impressionists. In a few short years, these men and women forever changed the art of painting. Two DVD lectures will be presented in each class. Discussion will follow.

Instructor/Facilitator: Bridget Cannon, OLLI member
Day/Dates: Wed, Mar 27, Apr 3, 10, 17, 24, May 1
Time: 1-2:30 p.m.
Location: SCC-ENT, Room 214
Enrollment Limit: 40
Cost: $30

The Magic of the Metropolitan Opera

19433CR
Opera is a unique marriage of words and music. It is high drama, incredible plots and emotional characters. However, those complex plots combined with long running times and often sung in another language, can make operas seem difficult to understand. Come learn the language of opera and gain a new appreciation for this art form.

“Die Walküre” by Richard Wagner

The story of “Die Walküre” is based on the Norse mythology told in the Volsunga Saga and the Poetic Edda. In this version, the Volsung twins Sieglinde and Siegmund, separated in childhood, meet and fall in love. This union angers the gods who demand that Siegmund must die. Sieglinde and the couple’s unborn child are saved by the defiant actions of Wotan’s Valkyrie daughter Brünnhilde, who, as a result, faces the gods’ retribution.

The Metropolitan operas are broadcast live on the following Saturday at noon, with a repeat broadcast Sunday at 1 p.m. at the Mary Riepma Ross Media Arts Center in Lincoln.

Instructor: Marina Fabrikant, professor, Piano and Music Theory, Union College
Facilitator: Leta Powell Drake
Day/Date: Wed, Mar 27
Time: 3-4:30 p.m.
Location: Union College, Lang Amphitheatre, Kruger Science and Math Building. Parking is free.
Enrollment Limit: 100
Cost: $5
NATURE: American Spring Live

OLLI is partnering with NET to take part in a National Science Foundation research study called “NATURE: American Spring Live.” This science media and research project of the PBS series “NATURE” is also a large community engagement and education initiative.

OLLI invites its members and the public to join in this exciting opportunity, so bring a friend. At a time to be determined later this year, OLLI will invite participants together for an event to share their findings and exciting stories.

You can participate as citizen science partners with one or two partner citizen organizations:

1) Bird Cams – through the Cornell Lab of Ornithology
2) Track-a-Lilac with Nature’s Notebook – through the National Phenology Network

Bird Cams
Bird Cams Lab is a new research project from the Cornell Lab’s Bird Cams project. The idea was to create a virtual laboratory where scientists and cam viewers work together. One of the most powerful aspects of cam viewing is the feeling of being right there, observing, without impacting the observed. Help us understand who interacts with whom and how the presence of other birds or species affects these interactions by doing simple data collection and observing and asking questions.

Check it out at http://cams.allaboutbirds.org/channel/40/Cornell_Lab_Cam/FeederWatch_Cam/

Track-A-Lilac
Track-a-Lilac is a project to engage citizen scientists in tracking spring activity of lilacs across the country. Lilacs are broadly distributed across the nation and are quite common in backyards. Track-a-Lilac invites viewers to find a nearby lilac and periodically report whether they see leaves or flowers on their plants. The data contribute to a national database that will be used by researchers to better understand the timing of lilac leafing and blooming across the country.

Get Involved
You can participate in one or both projects and you determine the amount of time of your engagement. Training sessions are 30-minutes

Trainers: Pam Eby and Jake Weibe, Education Programs, Wildlife Safari Park and Overnight Experiences, Omaha’s Henry Doorly Zoo and Aquarium

Location: NET, Board Room

Enrollment per session: 25
Cost: Free

19452CR
Bird Cam Training
Day/Date: Thu, Mar 28
Time: 9 a.m.

19453CR
Track-A-Lilac
Day/Date: Thu, Mar 28
Time: 9:45 a.m.

For more information, contact Bob Michl, OLLI curriculum coordinator, at bmichl2@unl.edu or at 402-472-6206.
Caring for Your Loved Ones

19434CR

Presented by members of the Lincoln Caregiver Education Group, this course will provide invaluable information to current caregivers, people who might become responsible for caregiving in the future or people interested in learning about community resources and legal and financial information necessary while caring for a loved one. Caregivers have learned the hard way that being prepared, and organized, is essential for the well-being of both the care recipient and caregiver. This experience was the impetus for the Caregiver Chicks to author the “Caregiver Organizer” which will be made available at the presentation for a suggested donation of $12.

Professionals will be present to help you plan as you build your caregiving team and travel the caregiver journey. Participants are encouraged to ask questions, share their experiences and make comments.

**Instructor:** Suzy Campbell, Caregiver Education Group  
**Facilitator:** Dori Bush  
**Day/Dates:** Thu, April 11, 18, 25  
**Time:** 9-10:30 a.m.  
**Location:** SCC-CEC, Auditorium  
**Enrollment Limit:** 50  
**Cost:** Free. Sponsored by Butherus, Maser, & Love

Container Gardening

19435CR

If you are short on space, try your hand at creating a patio or container garden. Containers fit well on an apartment patio or balcony, as well as in larger landscapes. The key to being successful involves using large containers, good growing media and selecting vegetables and flowering plants sized correctly for growing in containers. We will discuss various containers that work well, soil mixtures, watering and plants that thrive in containers. Time will be allowed for individual questions.

**Instructor:** Sarah Browning, extension educator, Lancaster County Extension Office  
**Facilitator:** Pat King  
**Day/Date:** Thu, Apr 18  
**Time:** 10-11:30 a.m.  
**Location:** Lancaster County Extension Office  
**Enrollment Limit:** 50  
**Cost:** $5
**Baseball: It’s Kind of a Smart Person’s Sport**

19436CR

Unlike most other sports, baseball exists outside of time – there is no clock to control game play or to judge a player’s performance. Come learn the basics and the intricacies that make baseball America’s favorite pasttime, how to watch a game and why it’s considered a “smart person’s sport.”

**Instructor:** Bill Fagler, baseball coach, Nebraska Wesleyan University, retired and OLLI member

**Facilitators:** Bob Michl and Marv Almy

**Day/Dates:** Thur, Mar 28, Apr 4, 11, 18, 25, May 2

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

**Location:** NET, Meeting & Events Room

**Enrollment Limit:** 75

**Cost:** $30

---

**Finding Power and Purpose with Aging**

19437CR

By 2020, 77 million people will be 60 and older in the US. Imagine the knowledge and wisdom of this growing group of people who have and continue to make a difference in the lives of others. Learn how to age with intention; to see and embrace the potential of your own life after 65.

**Instructor:** Julie Masters, professor and chair, Gerontology, UNO and UNL

**Facilitator:** Leta Powell Drake

**Day/Date:** Thu, May 2

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

**Location:** Aldersgate United Methodist Church

**Enrollment Limit:** 75

**Cost:** $5

---

**Difficulty Swallowing?**

19438CR

What would you do if you couldn’t have coffee with your friends or eat out at a restaurant for a celebratory event? For 88 million Americans diagnosed with dysphagia, or swallowing problems, such challenges are very real. Swallowing is a complex, life-sustaining reflex that can be disrupted at any stage of life. In addition to its significant contributions to health, the ability to swallow safely has an immense role in one’s quality of life. Learn about how we swallow, when swallowing can go wrong, when someone should get their swallow medically assessed and treatment that can rehabilitate someone’s swallowing ability.

**Instructors:** Angela Dietsch, assistant professor, Special Education and Communications Disorders, UNL; Ross Westemeyer, doctoral student, UNL

**Facilitator:** June Ryan

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

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

**Location:** SCC-CEC, Auditorium

**Enrollment Limit:** 50

**Cost:** $5
UNL Looks Forward to the Next 150 Years

19439CR
The University of Nebraska-Lincoln will celebrate its 150th birthday during 2019. Donde Plowman, executive vice chancellor and chief academic officer at UNL, will fill us in on historic moments in UNL’s first 150 years; events the university has planned for its celebratory year and how OLLI members can participate and where she and Chancellor Ronnie Green and the rest of the administration and faculty see the university headed in the future.

Instructor: Donde Plowman, executive vice chancellor and chief academic officer, UNL
Facilitator: Charlyne Berens
Day/Date: Thu, Apr 4
Time: 11 am.-12:30 p.m.
Location: Unitarian Church, Auditorium
Enrollment Limit: 100
Cost: $5

Learn the Ukulele

19440CR
Learning a new instrument helps keep the brain sharp, and fingering the ukulele helps arthritic hands. You don’t have to be a good singer, and you don’t have to know how to read music to take this class. The music studio has ukuleles available for class use at no cost, however, it is helpful if you already have a ukulele. Only soprano ukuleles will be used in this class. Class size will depend on those needing the studio ukuleles plus anyone having their own ukulele.

Instructor: Gary Kruce, Lincoln Ukulele Group
Facilitator: Pat King
Day/Dates: Thu, Mar 28, Apr 4, 11, 18, 25, May 2
Time: 11 a.m.-12:30 p.m.
Location: CGS Music
Enrollment Limit: 15
Cost: $30

I Could Have Eaten That: Food Myths & Misconceptions

19441CR
If you’re someone who is overwhelmed and confused by the massive amount of nutrition information found in magazines, newspapers, online and even on food labels themselves that often provide conflicting, confusing information, you are not alone. We will debunk some common food and nutrition myths and help you learn how to become a more savvy food consumer. Topics will include current popular food, nutrition and diet myths and misconceptions, interpreting nutrition label information and discovering grocery store tricks. Tips for assessing the validity of nutrition information seen in various types of media will also be discussed. Improve your own health and well-being by making the best food choices for you.

Instructor/Facilitator: Anne Widga, MS, RDN, MNT, and OLLI member
Day/Date: Thu, Apr 11
Time: 1-2:30 p.m.
Location: Aldersgate United Methodist Church
Enrollment Limit: 100
Cost: $5

Genetically Modified Organisms (GMOs) and Organic Food

19442CR
“Organic” and “natural” foods have become increasingly popular with some as a reaction to genetically modified foods and the technology-intensive production systems they enable. We will examine these and discuss advantages and disadvantages of both, and we will examine food production systems and their impacts on us and the environment. Finally, we will get a food safety and wholesomeness perspective by a scientist who concentrates on the allergic and toxicity effects/properties of GMO and “traditional” technologies.
COURSES

Instructor: From Agronomy and Horticulture, UNL—Tom Clemente, professor, and Tom Hoegemeyer, adjunct professor, retired; Richard Goodman, professor, Food Science and Technology, UNL
Facilitator: Tom Hoegemeyer
Day/Dates: Thu, Mar 28, Apr 4, 18, 25 (no class on Apr 11)
Time: 1-2:30 p.m.
Location: Unitarian Church, Auditorium
Enrollment Limit: 90
Cost: $20

Tai Chi: The Second 12 Steps

19443CR
Tai Chi is a traditional Chinese martial art which integrates physical movements and internal meditation. It helps improve balance, coordination, flexibility, muscle strength and cardiovascular health. Tai Chi is beneficial to people of all ages and lifestyles. As long as you can stand on your own, this sequence of movements is easy to learn, concise and clear. It preserves the traditional features of Tai Chi, with an emphasis on the benefits to health.

Requirement: Completion of the first 12 Step Tai Chi course.
Instructor: Qin Li, Confucius Institute, UNL
Day/Dates: Thu, March 28, Apr 4, 11, 18, 25, May 2
Time: 1-2:30 p.m.
Location: St. Paul United Methodist Church, Gym. Underground parking is available at no charge. Enter on 11th St.
Enrollment Limit: 20
Cost: $30

Tea and Tour: Independent Living Communities

19444CR
Explore a variety of independent living communities for seniors in Lincoln. View the rooms and amenities available to seniors and enjoy a relaxing afternoon tea. Some facilities may be smaller than those visited during last fall’s “Lunch and Learn” course.
Instructors: Mike Michel, manager, Brentwood Estates; Gail Hollarbush, executive director, Carriage Glen; Carla Abendroth, marketing director, Clark Jeary; Barb Tyler, marketing and community relations, Woodlands at Hillcrest; Aubrey Paulsen, marketing, Tabitha; Sara Boardman, marketing, The Knolls
Facilitator: Pat King
Day/Dates: Thu, Mar 28, Apr 4, 11, 18, 25, May 2
Time: 1-2:30 p.m.
Location: First class will meet at Brentwood Estates
Enrollment Limit: 40
Cost: $30

Dreadful Diseases and Terrible Treatments: The Story of Medicine through the Ages

19445CR
Based on a book by the same name, we will cover everything from common complaints to epidemics. Treatments for squirming parasites, bursting pustules, rotting limbs, mental illness and cascading diarrhea were sometimes extreme. Sometimes the remedy proved as unbearable as the sickness itself. Whether performing dire dentistry or ice-pick lobotomies, bloodletting or blistering, the medical practitioners of history were ever inventive, if not effective. Disease did play a role in shaping human history, too: measles and smallpox hastened the decline of the native people of the Americas; typhus helped to defeat Napoleon.
Instructor: Dale E. Michels, chief medical officer, Lincoln Family Medical Group;
How to Simplify Your Stuff and Honor Your Memories

19446CR
Do you desire a simplified uncluttered life with less stuff? The benefits of owning fewer possessions include less to clean or dust, less to organize, more money to spend on experiences rather than possessions and more energy to put into your greatest passions. But where do you begin? What do you do with those mementos that mean so much? Get helpful tips and suggestions as well as motivation to get started.

Instructor: Melinda Stone, development director, Eastmont Towers Foundation
Facilitator: David Dyke
Day/Dates: Thu, April 11, 18, 25, May 2
Time: 3-4:30 p.m.
Location: Eastmont Towers, Main Lounge
Enrollment Limit: 50
Cost: $20

Tai Chi Continuation

19447CR
This continuation course will offer you the opportunity to continue practicing and improve the skills you learned in the introductory course. These gentle but challenging moves help to improve your balance, coordination, flexibility, muscle strength and cardiovascular health. Tai Chi is beneficial to all ages and lifestyles.

Requirement: Completion of 24-Step Tai Chi course
Instructor: Qin Li, Confucius Institute, UNL
Day/Dates: Thu, Mar 28, Apr 4, 11, 18, 25, May 2
Time: 3-4:30 p.m.

Location: St. Paul United Methodist Church, Gym. Underground parking is available at no charge. Enter on 11th St.
Enrollment Limit: 20
Cost: $30

Tours of Artists’ Studios

19449CR
Have you ever wondered where and how some artists create their work? Take a behind the scenes look at six different Lincoln artists in their studios. You will have a chance to see their creative environment and study some of their finished pieces or works in progress. Hear the artists describe their creative processes and perhaps see a demonstration of their techniques. We will visit all new artists and studios.

You may have to stand for parts of some of the presentations and/or there may be stairs to navigate.

Facilitator: Mary Ann Sullivan
Day/Dates: Thu, Mar 28, Apr 4, 11, 18, 25, May 2
Time: 3-4:30 p.m.
Location: The OLLI office will provide you with the location of the first class. The studios will be noted in the syllabus.
Enrollment Limit: 15
Cost: $30

The Way: Chinese Classical Philosophy I

19448CR
What is the “Dao” or “Tao” or “the Way”? Many are familiar with this term in Chinese philosophical thought, but few consider the multitude of understandings and interpretations that have existed throughout Chinese history. China has had a long tradition of philosophical thought and debate that emerged independently of Western philosophical traditions, but few in the West have been exposed to the nuances and profundity of Chinese philosophy. Explore the discourse of Chinese philosophy that emerged in early antiquity. We will examine different schools of thought, such as Confucianism,
Daoism, Legalism, Mohism and their historical context, reading and discussing the words of the great Chinese philosophers: Confucius, Mencius, Xunzi, Han Feizi, Laozi, Zhuangzi, and Mozi.

**Instructor/Facilitator:** Christopher C. Heselton, associate director, Confucius Institute, UNL

**Day/Dates:** Thu, Mar 28, Apr 4, 11, 18, 25, May 2

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

**Location:** NET, Board Room

**Enrollment Limit:** 30

**Cost:** $30

---

**Night at the Museum**

**19450CR**

Forget Ben Stiller and Robin Williams. Come experience UNL’s own Morrill Hall come to life. Take a behind the scenes tour and walk through Nebraska’s largest natural history museum. Learn about when elephants roamed Nebraska and when marine reptiles swam over Lincoln. Explore the First Peoples of the Plains gallery and learn about their way of life. You will have the chance to see, learn and experience the museum’s new 4th floor renovation project, Cherish Nebraska, which was recently opened to the public in February.

**Instructors:** From the University of Nebraska State Museum—Susan Weller, director; Sarah Feit, volunteer and adult program coordinator

**Facilitator:** Sinda Dux

**Day/Date:** Thu, May 2

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

**Location:** St. Marks on the Campus Episcopal Church. Larson Building parking garage is available one block south. First hour is free of charge. Metered parking on street is FREE after 6 p.m.

**Enrollment Limit:** 50

**Cost:** $25

---

**Women in the Qur’an**

**19451CR**

This course introduces an evolutionary approach to the Qur’an, and provides an attempt to discover what would the analytic, interpretive and the critical study of both the Qur’anic text and its Biblical interpretation reveal when it comes to feminism and gender issues in Islam.

**Instructor:** Abla Hasan, assistant professor, Language and Culture, UNL

**Facilitator:** Mary Schkade

**Day/Dates:** Thu, Mar 28, Apr 4, 11, 18, 25

**Time:** 7-8:30 p.m.

**Location:** St. Marks on the Campus Episcopal Church. Larson Building parking garage is available one block south. First hour is free of charge. Metered parking on street is FREE after 6 p.m.

**Enrollment Limit:** 50

**Cost:** $25

---

**FRIDAYS**

**Turn Friday into “Fri-Yay” with Friday Fitness Club**

**19454CR**

Enjoy your golden years with a healthy and strong body. Each Friday, meet with a medical exercise specialist to discover ways to incorporate physical activity and fitness into your everyday 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 so that exercises can be done at home. Please wear comfortable work out attire and tennis shoes.

All participants must submit the Health Questionnaire and signed medical clearance form before beginning the workouts. The OLLI office will email a PDF of these forms to print out and sign and bring to the first class.
Prepare to Care: Creating a Plan

19455CR

When it comes to caring for a loved one, most families don’t have a plan until a problem or crisis emerges. People can now expect to live 20 to 30 years beyond the traditional retirement age of 65. It is now more important than ever to prepare for future caregiving demands.

You will receive a framework to help you make plans to care for family members, neighbors and friends. You will have opportunity to connect with other family caregivers, exchange tips and advice and learn about resources available to you and your loved ones. Offered in cooperation with AARP of Nebraska.

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

**Day/Date:** Fri, Apr 5

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

**Location:** SCC-CEC Room 404

**Enrollment Limit:** 20

**Cost:** Free

---

**Bike LNK**

19456CR

Bike Share in Lincoln begins on April 9. It’s a system where bicycles are publicly available for shared use for a short period of time for a fee. While brand new to Lincoln, bike shares have been gaining in popularity in the U.S. for years. Lincoln will have 100 bikes at 19 kiosk stations.

Learn more about Bike LNK and how you can use the bikes. We will go over what Bike Share is, how to use Bike Share, basic Bike Share rules and other information to help you get started on casual bike riding on Lincoln’s trails or for short rides around town.

The course will conclude by taking a short bike ride from the classroom to the UNL Dairy Store for a cool treat, then back to the starting point, courtesy of OLLI and Bike LNK.

Please bring your bike helmet if you have one. Otherwise, Bike LNK will provide one for you.

**Instructor:** Jamie Granquist, city manager, Bike LNK

**Facilitator:** Bob Michl

**Day/Date:** Fri, Apr 26

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

**Location:** NET, Board Room

**Enrollment Limit:** 15

**Cost:** $5
The Cannabis Culture: Medicine, Hemp and the Laws

19457CR
Come learn the proven uses and the pharmacotherapy for three major cannabinoids. What is the science behind medical use? What is happening in states where this is legal for medical use? Also learn about the struggles to gain access to hemp research, the research process and the potential for hemp. Listen to a discussion to understand the many legal issues and challenges stemming from cannabis use and Nebraska legislative efforts regarding cannabis research and use.

Instructors: Chris Peterson, police captain, Lincoln Police Department; Ally DerIng-Anderson, clinical associate professor Pharmacy, UNMC; Ismail Dweikat, professor, Agronomy and Horticulture, UNL; State Senator Anna Wishart
Facilitator: De Tonack
Day/Dates: Fri, Mar 29, Apr 5, 12
Time: 11 a.m.-12:30 p.m.
Location: NET, Meeting & Events Room
Enrollment Limit: 75
Cost: $15

Hospice Care: Demystifying Life’s Final Journey

19458CR
Why fear hospice? Mortality is an inescapable reality, but devoid of adequate education, people are doomed to associate hospice with death. We will demystify hospice and diminish related fears. Get an understanding of the philosophy of hospice care, including its introduction to the U.S. health care system. Learn the incredible benefits of hospice, particularly the extensive cost coverage provided through Medicare. Learn the important difference between palliative care and hospice care. Explore the dying process in order to better understand the meaning of comfort cares. The instructor is certified in hospice and palliative care, and brings a decade of experience to the course.

Instructor: Kathy Edwards, director, Education and Community Resources, Home Instead Senior Care
Facilitator: Suzie Harder
Day/Dates: Fri, Apr 12, 19
Time: 11 a.m-12:30 p.m.
Location: Home Instead Senior Care
Enrollment Limit: 75
Cost: $10
### Discovering Drones: Basics, Uses and Safe Flying

**19459CR**

Drones are increasingly popular in today's society with applications ranging from hobby photography and real estate to agricultural and engineering applications. Drones facilitate unique viewpoints of our environment and are becoming more commonplace due to technological advances and reducing costs. Before taking the “birds” to the sky, the remote pilot needs to be well-informed of their equipment regarding specifications and limitations to ensure both safe and responsible flying.

You will learn how drones are used for photography and videography for hobby and assessment tasks as well as scientific missions related to civil infrastructure, construction and precision agriculture. A field demonstration is included near the course meeting place to demonstrate a hands-on application.

**Instructor:** Richard L Wood, assistant professor, Civil Engineering, UNL  
**Facilitator:** Le Etta Sprackling  
**Day/Dates:** Fri, Apr 26, May 3  
**Time:** 1-2:30 p.m.  
**Location:** NET, Board Room  
**Enrollment Limit:** 20  
**Cost:** $10

### Choices in Integrative Medicine

**19460CR**

Learn about some choices that complement our traditional health care model. It is estimated that 70-90% of our illnesses today are related to lifestyle. We selected some treatment methods that have been studied by the National Institutes of Health and used by health care practitioners. The topics are Yoga for cancer and arthritis, essential oils, herbs for certain conditions, energy medicine, massage and acupuncture. Explore these possible resources, some of which are on the new frontiers of medicine.

**Instructors:** Margaret Rickers LMT, Healing Touch Practitioner, Reiki Master; Kim Kelly LMT, Respiratory Therapist; Dr. Heather Elton, Chiropractic Medicine, and Dr. Christine Sannoila, Chiropractic Medicine; Brittany Foster, RYT, Lincoln Yoga Center; Jane Williams, Certified Yoga Instructor  
**Facilitators:** Margaret Rickers, Jane Williams  
**Day/Dates:** Fri, Mar 29, Apr 5, 12, 19, 26, May 3  
**Time:** 1-2:30 p.m.  
**Location:** First-Plymouth Church, Art Room  
**Enrollment Limit:** 30  
**Cost:** $30

### Great Decisions 2019

**19461CR**

Great Decisions 2019 will discuss major foreign policy issues facing the United States. The Foreign Policy Association (FPA) has selected topics for discussion. The FPA, in conjunction with PBS, produces 25-minute videos on each topic and selects a foreign policy expert(s) to write an article on each topic. Class members are expected to read the articles prior to watching the video on the day of the class. Topics to be discussed will include: Decoding U.S.-China Trade; Cyber Conflict and Geopolitics; The United States and Mexico: Partnership Tested; and State of the State Department and Diplomacy. Class members may purchase the “Great Decisions Briefing Book” from the UNL bookstores, on-line at www.fpa.org or at the first class session.
COURSES

Instructor/Facilitator: Marvin Almy, OLLI member
Day/Dates: Fri, March 29, April 5, 12, 19, 26, May 3
Time: 1-2:30 p.m.
Location: SCC-ENT, Room 214
Enrollment Limit: 40
Cost: $30

Nebraska Steel: The UNL Percussion Studio’s Steel Drum Band

19462CR
Experience an exciting performance by Nebraska Steel, Nebraska’s first University Steel Drum Band, made up of students from the Glenn Korff School of Music Percussion Studio. They perform traditional Soca and Calypso music from Trinidad, as well as arrangements of contemporary pop, jazz and classical music.
Instructor: Dave Hall, assistant professor, Percussion and Jazz, Glenn Korff School of Music, UNL
Facilitator: Leta Powell Drake
Day/Date: Fri, Mar 29
Time: 3:30-5 p.m.
Location: UNL Kimball Recital Hall. Parking is available cross the street at the Q St. parking garage. First hour is free.
Enrollment Limit: Open
Cost: $5

SATURDAYS

Stalking the Ghost of Mari Sandoz: A Historic Walking Tour

19463CR
Explore the life of Mari Sandoz while she lived in Lincoln, Nebraska, from 1919 to 1940. The 90-minute, one-mile walking tour begins on the northwest corner of 14th and Q Streets, loops through the University of Nebraska-Lincoln city campus and ends on the west side of the Nebraska State Capitol. Wear comfortable shoes and bring water.
Instructor: Jamison Wyatt, board of directors, Mari Sandoz Heritage Society
Facilitator: Bob Haller
Day/Date: Sat, May 11
Time: 2-3:30 p.m.
Location: Tour will begin at The Foundry
Enrollment Limit: 30
Cost: $5
Breakfast with UNL Sports: Amanda Hart

Amanda Hart, director of operations for UNL Women’s Basketball, will share her experiences and insight at our April breakfast. She is in her third season under Coach Amy Williams at UNL. Hart coordinates Nebraska’s team travel and assists in scheduling. She also plays a major role in Nebraska’s women’s basketball summer camps.

After graduating from Dakota Wesleyan in 2014, Hart served as an assistant women’s basketball coach and assistant sports information director at that university, and her responsibilities also included player development, supervising academics, writing press releases and online content, and the creation of media guides. Hart then joined Coach Williams at South Dakota in 2015-16.

Hart was a standout women’s basketball player at Dakota Wesleyan, finishing seventh on the all-time scoring list with 1,406 points. She also set the career three-point record with 391, and knocked down a single-season school record of 112 in 2011-12. Ms. Hart was a CoSIDA Academic All-District honoree, a four-time Great Plains Athletic Conference selection, and a two-time NAIA All-America Scholar-Athlete. She holds a bachelor’s degree in English and sport management and a master’s in educational policy and administration.

Join us for another intimate, interesting, informative Breakfast with UNL Sports.

Event Day: Wed, Apr 10
Registration Deadline: Thu, Apr 4
Time: 9-10:30 a.m.
Location: The Egg and I
Enrollment Limit: 30
Cost: $20. Includes breakfast. Registration is required. Cancellation after the registration deadline will be non-refundable.
**“Across the Creek” (2014)**

“Across the Creek” explores both the unbridled dreams and the painful reality of the Lakota people from South Dakota. In the face of unfathomable challenges, they are taking steps to better their lives. “It’s still here”—that’s the assurance of Lakota elder Albert White Hat that the spirituality, songs and power of the Lakota people are fully present today. Everyday heroes are turning around negative history and reclaiming traditional stories, visions and core values. With few visible examples of positive action, the most powerful strategy is just walking the talk, or put another way, by crossing the creek.

**“Return to Rainy Mountain” (2018)**

This documentary is based on the life of Pulitzer Prize winning author N. Scott Momaday and seen through the lens of his filmmaker daughter, Jill Momaday Gray. Together, they retrace the route of his bestselling book, “The Way to Rainy Mountain.” Momaday, a beloved American writer with global appeal, has spent his life giving us a firsthand perspective of being Indian in America through his poems, books, plays and even his art. The documentary is a road trip to sacred Kiowa ancestral sites that inform the ancient Kiowa myths, legends and oral traditions.

**Panel:**

**Shirley Sneve:** Executive Director, Vision Maker Media. Vision Maker Media, located at Nebraska Educational Television (NET) in Lincoln, exists to serve Native producers and Indian country in partnership with public television and radio. An enrolled member of the Rosebud Sioux Tribe in South Dakota, she has been in Nebraska for 10 years. She has served as director of Arts Extension Service in Amherst, Massachusetts, and the Washington Pavilion of Arts and Science’s Visual Arts Center in Sioux Falls, South Dakota.

**Kevin Abourezk:** Journalist. Abourezk is a member of the Rosebud Sioux Tribe of South Dakota. He spent 19 years as a reporter and editor for the Lincoln Journal Star and now serves as managing editor for Indianz.com, a website with a mission of providing quality news, information and entertainment from a Native American perspective. He holds a bachelor’s degree from the University of South Dakota and a master’s degree in journalism and mass communications from UNL.
OLLI at Bat

19472EV

Like a pitcher throwing a changeup, we’re doing things a little differently this year. Join us to enjoy an evening of America’s national pastime as the UNL Huskers face the UNO Mavericks at Werner Park. The ballpark, just southwest of Omaha, is only seven years old and boasts wide concourses lined with concessionaires offering souvenirs and tempting ballpark treats. The Mavericks return seven starters this season, and, after several losing seasons, Coach Evan Porter is leading the team in the right direction. Meanwhile, the Nebraska Cornhuskers are coming off their worst winning percentage in over two decades, and they face a four-game series against College World Series champion Oregon State in March. Coach Darrin Erstad feels optimistic about the upcoming season, however, believing the 2018 season was a fluke and their offseason conditioning will help field a stronger team in 2019. We will all be cheering for Nebraska, but will your ball cap sport the scarlet and cream of UNL or the crimson and black of UNO?

Event Day: Wed, Apr 17
Registration Deadline: Mon, Apr 8
Departure Time: 5 p.m.
Location: Bus will promptly depart from Gateway Mall parking lot just north of Younker’s parking deck. Personal vehicles can be parked in this location for the duration of the trip. The bus will arrive back in Lincoln after the conclusion of the game.
Enrollment Limit: 30
Cost: $35. Includes game ticket and transportation. Food at the ballpark is on your own. Registration is required. Cancellation after the registration deadline will be non-refundable.

OLLI Reads!

19473EV

Here is a new shared experience where we read and discuss a common book. As OLLI members, we will read a book at a same time, then come together for a presentation by the author followed by lunch and table discussions. Our first book will be “University of Nebraska-Lincoln, (The Campus History Series)” to coincide with the 150-year anniversary celebration of the University of Nebraska-Lincoln.

Kay Logan-Peters, author, is professor of libraries and serves as art and architecture librarian at UNL. She is a proud alumna and has spent over two decades researching the history, buildings, people and events that have defined the university. Utilizing photographs from the Archives and Special Collections at UNL, this book illustrates the pioneering spirit and dedication of the people who shaped UNL.

Event Day: Fri, Apr 19
Registration Deadline: Fri, Apr 12
Time: 11 a.m.-1 p.m.
Location: NET, Meeting & Events Room
Enrollment Limit: 70
Cost: $15 includes lunch. Cancellation after the registration deadline will be non-refundable. Registration is required.

Kay Logan-Peters
Travel with OLLI & Valden Tours

The following tour is being offered by Valden Tours for OLLI at UNL. Get complete details and reservation forms in two ways:

- Go to the OLLI website at olli.unl.edu. Click on the “Travel” icon. Here you will find a list of travel opportunities, downloadable brochures and reservation forms.
- Contact Lee Rockwell at Valden Tours, 2102 S. 66th St., Lincoln, NE 68506, 402-486-0900 or by email at lrockwell@windstream.net

Individuals requesting assistance under the American Disabilities Act (ADA) should contact Valden Tours at the time the reservation is made.

2019 Spring Mid-Atlantic Tour

May 15-May 22
Colonial Williamsburg, Annapolis and Washington, D.C.
Registration Deadline: Mar 13

Our classic spring Mid-Atlantic adventure brings surprises and delights. Stroll the streets of Colonial Williamsburg, a recreation of the 18th century city which today serves as the world's largest living history museum. From there, we'll travel to Annapolis, the home of the U.S. Naval Academy. This 350-year old city has more surviving 18th century buildings than any another American city. Finally, it's on to our nation's capital for a multi-day visit encompassing many of the city's museums and memorials.

There will be one day in Washington, D.C., where participants can plan their own visits to sites, tour the city in small groups or participate in a tour of pre-selected series of sites.

In addition, here are a few other stops that are part of the tour:

- The Maryland Statehouse, the oldest U.S. statehouse in continuous legislative use
- An evening concert by the United States Marine Corp Band
- Arlington National Cemetery
- One dinner at a foreign embassy
- A performance by the world-renowned “Fisk Jubilee Singers,” an African-American a cappella ensemble, consisting of students at Fisk University
- Old Town Alexandria
- Mount Vernon
- Capitol Hill
- Georgetown waterfront
- A Nebraska congressional breakfast in the Dirksen Senate Office building on Capitol Hill

Download the brochure from the OLLI website at https://olli.unl.edu/travel-opportunities

We're taking a break from our travel program

OLLI at UNL, under the guidance of the University, is in the process of redesigning our travel program. This process requires a pause in our travel adventures. But stay tuned! We will continue to offer exciting and informative opportunities in the near future.
Make a Memorial Gift
You can honor or remember a friend, colleague or loved one through a memorial gift to support the Osher Lifelong Learning Institute. However big or small the gift, it will make a difference.

Please designate your memorial gift to the Osher Lifelong Learning Institute Development Fund at the University of Nebraska Foundation. Your gift will:

- Support program advancement;
- Maintain affordability for participants;
- Make the program sustainable;
- Enrich the lives of seniors.

Sowing the Seeds for Future Generations
For more information, please visit olli.unl.edu and click on the “Support OLLI” icon. You can also contact Dee Aguilar, OLLI coordinator, at daguilar2@unl.edu or 402-472-9891, or Todd Mattox, senior director of development for the College of Education and Human Sciences, at todd.mattox@nufoundation.org or 402-458-1238.

Growing our Possibilities

REFER A NEW MEMBER
Get Free Ice Cream

The Osher Lifelong Learning Institute’s Membership Committee would like to encourage and reward current OLLI members who refer new members. On the OLLI registration form, you will see a line indicating who recommended OLLI to the new member or how the new member heard about OLLI. If your name is noted, we will send out a “Thank You” note to you with a coupon for a free ice cream treat at the UNL Dairy Store.

So, tell your friends all about OLLI’s great opportunities in lifelong learning and enjoy a free ice cream treat on us.
OLLI Member Discounts

Abendmusik
Offers senior priced tickets and an additional OLLI ticket discount to select concerts. Call 402-476-9933 for more information on concerts. Abendmusik.org

AgeWell Computer Education Center
Offers discounted computer and technology courses. Call 402-328-2202, email jlortz@discoverskills.com, or visit DiscoverSkills.com for more information.

Angels Theatre Company
Offers a ticket discount. Call 402-474-2206 for more information. 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/artsfor-the-soul/

Friends of the 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
Offers a discounted ticket at the student rate. Call the Lied Center box office for tickets at 402-472-4747.

Johnny Manhattan Orchestra
Offers OLLI members $10 admission. A free dance lesson is included prior to the performance. https://www.facebook.com/JohnnyManhattanOrchestra/

Lied Center for the Performing Arts
Offers a ticket discount to select performances. Call the Lied Center box office for ticket information at 402-472-4747.

Lincoln Community Playhouse
Offers a ticket discount to some performances. Call the box office at 402-489-7529 for more information. lincolnplayhouse.com

Lincoln Friends of Chamber Music
Offers a ticket discount to some performances. Call the box office at 402-819-9062 for more information. lfcm.us/

Lincoln 55+ Newspaper
Offers a 50% discount on text-only announcements (anniversaries, birthdays, club and church events, etc.). Contact Keith at keith@lincoln55plus.com

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

Nebraska Repertory Theatre
Offers a ticket discount at the student rate. Call the Lied Center box office at 402-472-4747 for information. nebraskarep.org

OmniArts Nebraska
Offers a ticket discount to theatre performances. Call the Lied Center box office at 402-472-474 omniartsne.org/

TADA Theatre
Offers a ticket discount to some performances. Call 402-438-8232 for more information. tadaproductions.info/

UNL Faculty Dance Club
You do not need to be a faculty member to participate. Open to all in the community. OLLI members who have never attended a UNL Faculty Dance Club event save $5 per couple toward admission of their first dance with a current OLLI membership card. facultydance.org/

UNMC College of Dentistry
Offers a $25 discount for OLLI members on their first dental appointment. Must show OLLI membership card when checking in at the front desk. Call 402-472-1333 for more information or visit.

University Bookstore
10% discount on all in-stock general reading books except discounted best seller list.
Welcome
to our newest members

The Osher Lifelong Learning Institute at UNL would like to welcome the following new members who joined the OLLI community from October 26, 2018 through January 31, 2019. We look forward to getting to know you.

David Ambrose
Dennis Bauers
Christine Beckman
Nancy Bowen
John Brasch
Robert Brooke
Eric Brown
Dennis Buckley
Karen Buckley
Ronald Burke
Marilyn Calhoon
Margaret Campbell
Paul Canny
Thomas Cardwell
Rosalie Carpenter
Catherine Cecava
John Cermak
Carolyn Cody
Cynthia Conn
Isabel Diedrichs
Jayne Draper
Deborah Eagan
Bill Edwards
Diane Edwards
John Eischeid
Martha Eischeid
Randall Emry
Beverly Fleming
Carolyn Freeman
Cheryl Friberg
Gerry Friberg
Susan Gildersleeve
Diane Gilfillan
Katherine Goodrich
Stephen Goodrich
Marilyn Hahn
Richard Halvorsen
Elaine Hammer
Michael Hans
Jerry Harrenstein
Cheryl Hassler
Richard Herink
Ellen Hoeppner
Sally Karel
Mary Ann Kilzer
Dan King
Mary Klein
Carole Larson
Douglas Larson
Ross Larson
Carol Lawson
Joan Leitner
Kaye Lidolph
Mark Lidolph
Christine Lohry
Rita Maggert
Mitch Marsh
Patrick McBride
David McLaren
Carren Miller
Patricia Miller
Cindy Morris
Stephen Morris
Zakiyyah Mustafa
Susan Myren
Stephanie Nantkes
Linda Norris
Debra Parker
Larry Pelter
Peg Pelter
Lynn Prusa
Deb Reichert
Richard Roberts
Russ Roberts
Barbara Rolston
Kathee Rupert
Thomas Safranek
Liana Sandin
Jeff Sayre
Mary Sayre
Reba Schafer
James Schepers
Nicole Schmidt
Dianne Sedlar
Jim Shonka
Linda Shonka
Lyda Snodgrass
Dick Spiegel
Nancy Staley
Ann Stewart
John Suarez
Bill Swearingen
Toni Thompson
Barbara Trout
Pearl Van Zandt
Pam Wakeman
Elizabeth Wanamaker
Geralyn Warfield
Carol Watson
Jim Watson
Joan Wittstruck
Kermit Wolff
Cindy Yung

If we have inadvertently excluded your name from the list, please let us know so that we can correct our error and recognize you in the next catalog.
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 do not need to register and there is no fee. Information about starting a new interest group is available online at: https://olli.unl.edu/committee-resources.

Questions? Contact Joe Seewald, wseewald@aol.com, 402-486-1428 or Stan Riggle at archaeogastropoda@hotmail.com, 402-435-0900. Watch for the OLLI Friday email newsletter for interest group meetings. Not getting our electronic newsletter? Send your email address to olli@unl.edu and request to be placed on the email newsletter list.

**Baseball**  
**Contacts:** Marvin Almy, hmalmly@aol.com, 402-786-7856; Bill Fagler, bfgler@lps.org, 402-489-7450; Jon Hamilton, playingwiththepossibilities@gmail.com, 402-261-5979  
**Day:** Second Tuesday of each month  
**Time:** 3-4:30 p.m.  
**Location:** Stauffer’s Café and Pie Shoppe, 5600 S. 48th St.

**Biking the Trails**  
**Contact:** Roger Adams, rogerladams@me.com, 402-304-0962; Bob Kunz, bob.kunz65@gmail.com, 402-484-5902  
**Day/Time:** Afternoon during cooler weather and mornings in the summer.  
**Location:** Contact the coordinators for exact meeting times and locations. Starting locations may vary weekly.

**Birdwatching**  
**Contact:** Esa Jarvi, esajarvibirding@gmail.com  
**Day/Time/Location:** Day, time and location will vary.  
**Blogspot reference:** http://ollibirdinggroup.blogspot.com/

**Card Club/Dominoes**  
**Contact:** Diane Ohlson, ladydi6347@yahoo.com  
**Day:** 2nd and 4th Wednesday of each month  
**Time:** 1:30-3:30 p.m.  
**Location:** Dino's Eastside Grill, 2901 S. 84th St.

**Conversational Spanish**  
**Contact:** Jack McGann, jackmcgann1@mac.com  
**Day:** Every Thursday  
**Time:** 11 a.m.  
**Location:** Unitarian Church, 6300 A St.

**German Language and Culture**  
**Contacts:** Ken Gobber, kengobber@hotmail.com; David Dyke, drrdmd@me.com, 402-470-7211  
**Day:** 1st and 3rd Wednesday of each month  
**Time:** 3-4:30 p.m.  
**Location:** Saint Paul United Methodist Church, 1144 M St. Underground parking is available. Enter on 11th St.

**International Affairs Discussion Group**  
**Contact:** Peter Levitov, plevantov1@unl.edu  
**Discussion Leaders:** Dave Forsythe, professor emeritus, Political Science, UNL; Peter Levitov, associate dean emeritus, International Affairs, UNL; Beth Ann Brooks, adjunct professor, Psychiatry, UNMC  
**Day:** First Wednesday of each month, September through May  
**Time:** 3-4:30 p.m.  
**Location:** Stauffer’s Café and Pie Shoppe, 5600 S. 48th St.
Meditation
Contact: Margaret Rickers, frickers@neb.rr.com
Day: Second Thursday of each month
Time: 1:30 p.m.
Location: First-Plymouth Church, 20th and D Sts., Calvert Parlor

My Backyard
Contact: Bob McCollough, rmccollough@neb.rr.com, 402-875-1424
Day: Last Tuesday of each month
Time: 3:30 p.m.
Location: Locations vary.

OLLI’s Ping Pong Players (OPPPs)
Contact: Larry McClure, lmerkmclure@yahoo.com
Days: Tuesdays and Thursdays
Time: 1-2:30 p.m.
Location: Calvert Recreation Center, 4500 Stockwell St.

Politics
Contacts: 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.
Location: Stauffer’s Café and Pie Shoppe, 5600 S. 48th St.

Out to Lunch
Contacts: Sherry Leeright, duckmom_2000@yahoo.com, 402-817-8406; Nancy Whitman, newhitman@neb.rr.com, 402-488-8416
Days/Date/Time: Varies, but will be around the traditional lunch hour
Location: Various eating establishments in and around Lincoln

Reading Groups
Contact: Kay Rockwell, krockwell1@unl.edu, 402-484-5431.

Sketch
Contact: Stan Riggle, archaeogastropoda@hotmail.com, 402-435-0900
Day: Second Monday of each month
Time: 3-4:30 p.m.
Location: Locations vary.

Science & Technology
Contacts: Stan Riggle, 402-435-0900, archaeogastropoda@hotmail.com; Craig Hahn, 402-730-7487, craig_hahn@hotmail.com
Day: Second Tuesday of each month
Time: 3-4:30 p.m.
Location: Scooters Coffee, conference room, 2901 S. 84th St.

Ukulele
Contact: Pat King, patfking123@gmail.com
Day: 4th Thursday of each month
Time: 3-4:30 p.m.
Location: Gere Library, 2400 S. 56th St.

Walking
Contact: 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.

Wood
Contact: Michael Jess, 402-802-8921; Stan Riggle, archaeogastropoda@hotmail.com, 402-435-0900
Day: Last Thursday of each month
Time: 3-4:30 p.m.
Location: Stauffer’s Cafe and Pie Shoppe, 5600 S. 48th St.
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? ______________________________

<table>
<thead>
<tr>
<th>2018-2019 Membership Registration -- Check One</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am a current 2018-2019 OLLI member</td>
<td>$0</td>
</tr>
<tr>
<td>I am purchasing a 2018-2019 mid-year membership (Valid until July 31, 2019)</td>
<td>$50</td>
</tr>
</tbody>
</table>

Course or Event Registration:

<table>
<thead>
<tr>
<th>Number</th>
<th>Name</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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
Credit Card Number __________________________________________
Expiration Date ____________

Return this form with your payment to:
Osher Lifelong Learning Institute, 125 Home Economics Building, P.O. Box 830800, Lincoln, NE 68583-0800

NO CLASS CONFIRMATIONS WILL BE SENT. YOU WILL BE CONTACTED ONLY IF A CLASS IS Filled OR HAS BEEN CANCELED.
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? ________________________________

<table>
<thead>
<tr>
<th>2018-2019 Membership Registration -- Check One</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am a current 2018-2019 OLLI member</td>
<td>$0</td>
</tr>
<tr>
<td>I am purchasing a 2018-2019 mid-year membership (Valid until July 31, 2019)</td>
<td>$50</td>
</tr>
</tbody>
</table>

Course or Event Registration:

<table>
<thead>
<tr>
<th>Number</th>
<th>Name</th>
<th>Cost</th>
</tr>
</thead>
</table>

| 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
Credit Card Number __________________________ Expiration Date ____________

Return this form with your payment to:
Osher Lifelong Learning Institute, 125 Home Economics Building, P.O. Box 830800, Lincoln, NE 68583-0800

NO CLASS CONFIRMATIONS WILL BE SENT. YOU WILL BE CONTACTED ONLY IF A CLASS IS FILLED OR HAS BEEN CANCELED.
“OLLI is lifelong learning at its finest. It provides opportunities to follow wherever curiosity leads—through courses, special events or travel excursions. No assignments, no tests, just the joy of learning.”

Georgianne Mastera, OLLI Member

OLLI is your path to discovery.