

OSHER LIFELONG LEARNING INSTITUTE

OSHER LIFELONG LEARNING INSTITUTE

OLLI at UNL

Curiosity never retires

Course Catalog: Fall Term 1 2025



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, August 12, 2025, 8 a.m. (CT)

Term Dates: August 25-October 6, 2025

schedule at a glance

All times are Central Time

CANVAS		Page
Online. Recorded Courses. Watch at your convenience.		10-11
MONDAYS		
9-10:30 a.m.	The Music of Our Lives	14
9-10:30 a.m.	Lichens & Leaves: Meet the Bessey Herbarium	14
9-10:30 a.m.	A Tour of the Scarlet Hotel	14
10-11:30 a.m.	Everything's Comin' Up Roses at Lauritzen (OMAHA)	14
11 a.m.-12:30 p.m.	The Therapeutic Power of the Harp	15
11 a.m.-12:30 p.m.	Photography Using Your Mobile Device	15
11 a.m.-12:30 p.m.	Identify Theft: A Consumer Guide	15
11 a.m.-12:30 p.m.	Tech Basics for Everyday Life	16
1-2:30 p.m.	Under the Apple Tree	17
1-2:30 p.m.	Discover the Gerald Ford Conservation Center (OMAHA)	17
1-2:30 p.m.	Preview OLLI's Trip to Costa Rica	17
1-2:30 p.m.	Should We Really Send Humans to Mars?	18
3-4:30 p.m.	A Life Well-Lived: Your Legacy Plan	18
3-4:30 p.m.	Unsung Heroes of the 1950s and 60s Civil Rights Movement	18
3-4:30 p.m.	Upcycle Used Greeting Cards	18
3-6 p.m.	Introduction to Kayaking	19
5:30-7 p.m.	Fascism and Religion	19
TUESDAYS		
9-10:30 a.m.	Demystifying Psychiatry	20
9-10:30 a.m.	Sheldon Sculpture Garden Walk	20
9-10:30 a.m.	Aging Through Functional Medicine	20
9-11 a.m.	Introduction to E-Bikes	21
9-11:30 a.m.	HEIMAT IV: "Home from Home"	21
11 a.m.-12:30 p.m.	Nano and Quantum Materials at NCMN	21
11 a.m.-12:30 p.m.	More Interviews with Historic Figures	22
11 a.m.-12:30 p.m.	Willa Cather's Nebraska	22
11 a.m.-12:30 p.m.	Year-Round Indoor Gardening	23
1-2:30 p.m.	"Made in the Plains" at the Joslyn Art Museum (OMAHA)	29
1-2:30 p.m.	Know Your Rights in Long-Term Care	23
1-2:30 p.m.	Tours of Places of Worship	23
1-2:30 p.m.	Explore the English Crown and Culture with OLLI	24
3-4:30 p.m.	In the Country of the Kaw	24
3-4:30 p.m.	Fall Prairie Hike	24
3-4:30 p.m.	Home Winemaking: From Grape to Glass	25
3-4:30 p.m.	Only Leaves Should Fall	25
3-4:30 p.m.	Backstage at the Rep: "Eurydice"	25
8-10 p.m.	A Night Under the Stars (RAYMOND)	26
WEDNESDAYS		
9-10 a.m.	Advanced Yoga	26
9-10:30 a.m.	Vietnam/Afghanistan: Bookends to Failure	26
9-10:30 a.m.	Omaha Senior Living: Find Your Fit (OMAHA)	27
11 a.m.-12:30 p.m.	Murals in the Nebraska State Capitol	27
11 a.m.-12:30 p.m.	Contact and Conflict (OMAHA)	27
1-2 p.m.	A Conversation with NU President Gold	27
1-2:30 p.m.	Chinese Quilts Today	28
1-3 p.m.	Introduction to Bridge I	28

Cover Photos: Featured top photo, OLLI Biking the Trails Interest Group, photo by John Keller, OLLI photography instructor. Photo Credits: Bruce Mitchell, Boystown; Jeanette Wellsandt, classroom; Carol Myers, Philadelphia "Love."

3-4:30 p.m.	A Recipe for Cooking a Musical Delicacy	28
3-4:30 p.m.	“Made in the Plains” at the Joslyn Art Museum (OMAHA)	29
3-4:30 p.m.	Unlocking Peak Performance at the NAPL	29
3-4:30 p.m.	Grand Canyon’s Geologic History	29
3-4:30 p.m.	The Geologic Record of Climate Change	30

THURSDAYS

9-9:55 a.m.	Gentle Yoga	30
9-10:30 a.m.	Modern Retirement Planning	30
9-11:30 a.m.	Pickleball Round Robin Play	30
10-10:55 a.m.	Chair Yoga	31
11 a.m.-12:30 p.m.	Learn the Ukulele	31
11 a.m.-12:30 p.m.	How Does Our Consciousness Stream?	31
11 a.m.-12:30 p.m.	Historic Downtown Omaha Walkabout (OMAHA)	32
11 a.m.-12:30 p.m.	Trash, Recycling, Food Waste-Oh My!	32
11 a.m.-12:30 p.m.	Rise and Shine: It’s Breakfast	32
11 a.m.-12:30 p.m.	Civil Rights and Omaha’s Athletic Legacy	32
1-2 p.m.	William Jennings Bryan Home (Fairview Tour)	33
1-2:30 p.m.	Chinese Quilts Today	28
1-2:30 p.m.	Landmark Supreme Court Cases: Free Speech and Press	33
1-2:30 p.m.	Suspended in Time: Still Lives and Magic Realism (OMAHA)	33
3-4 p.m.	William Jennings Bryan Home (Fairview Tour)	33
3-4:30 p.m.	First Notes: How Did Music Begin?	34
6:30-8 p.m.	Unexpected Alliances: Nazi and Islamist Interactions During WWII	34

FRIDAYS

9-10:30 a.m.	“Fri-Yay” Fitness Club	34
9-10:30 a.m.	Lincoln’s Sunken Gardens	34
9-10:30 a.m.	AI in Daily Life: Promise and Peril	35
11 a.m.-12 p.m.	HomeFit: How to Age in Place at Home	35
11 a.m.-12 p.m.	Prepare to Care: Options and Costs	35
11 a.m.-12 p.m.	Living Well with Parkinson’s Disease	36
11 a.m.-12 p.m.	Dementia Caregiving at Home	36
11 a.m.-12:30 p.m.	Biomechanics of Walking	36
11 a.m.-12:30 p.m.	“Go Big Red” at Sheldon Museum of Art	36
1-2:30 p.m.	Braver Angels: Healing our Democracy	37
1-3 p.m.	Mah Jongg	37

SUNDAY

2-3 p.m.	Duncan and LeBaron Sculpture Garden Tours	37
----------	---	----

EVENTS

Sun, Aug 17	Flatwater Shakespeare Company Presents: “Punk Rock Romeo and Juliet”	38
Thu, Aug 28	Sideshow Spirits Tour and Tasting	38
Sat, Sep 6	Murder, Meal and Mystery: Clue Dinner Theatre (OVERLAND PARK, KS)	39
Fri, Sep 19	Kearney Landmarks: MONA and Beyond (KEARNEY)	39
Fri, Sep 19	OLLI/UNL Emeriti Ice Cream Social	40
Thu, Sep 25	Red Cloud’s Willa Cather (RED CLOUD)	40
Sat, Sep 27	Global and Regional Water Issues: Challenges and Solutions	12-13
Wed, Oct 1	Game Night with OLLI	40
Thu, Oct 2	Hard Cider History and Tasting at Saro Cider	41
Sun, Oct 5	OLLI Art Show Reception	8
Thu, Oct 9	Movies that Matter: Route 2 Elsewhere	41
Sun, Oct 12	Nebraska Repertory Theatre Presents: “Eurydice”	25
Sun, Oct 19	“Emotional Tapestry” with Lincoln’s Symphony Orchestra	41

Travel Interest Groups	9 42-44	Member Discounts Registration Form	8 46	General Information/ Policies	47
-------------------------------	-------------------	---	----------------	--------------------------------------	-----------

Registration Begins Tuesday, August 12, 2025, 8 a.m. (CT) | Term Dates: August 25-October 6, 2025

From the Director



Dear OLLI Members,

We're about to kick off another exciting year at OLLI at UNL—and I'm thrilled about what's ahead! This past year was one of our best ever, with record-breaking membership, strong enrollments, and outstanding courses, events, and travel opportunities. Thank you for helping make it all possible.

At the National Osher Conference this spring, I saw firsthand how OLLI at UNL stacks up—and I'm proud to report that we're doing as well (and often better) than most programs across the country.

As we move into a new year, we're committed to keeping OLLI one of the most affordable programs in the nation. For the **fifth straight year, we are not increasing membership or course fees.**

At the same time, we're managing growth thoughtfully, planning to add a program assistant to help support our expanding membership and statewide programming. One area where we've seen significant cost increases is in producing and mailing the printed course catalog.

In 2024–25, our **catalog production** and mailing costs rose nearly **\$4,000 over the previous year.** Each printed catalog now costs almost **\$2.50.** To help manage these rising expenses, we're making a few changes to the printed catalog:

- ▶ Course descriptions have been reduced in length.
- ▶ The format will change slightly to utilize the page space better.
- ▶ **A QR code will be added** to the catalog so you can easily view full course descriptions, photos and artwork.

We know how much many of you enjoy flipping through the printed catalog, and we'll continue to offer it. But if you're open to going digital, you'll help us keep OLLI sustainable and affordable for everyone.

We urge you to consider opting out of the printed catalog and using the full-color online version instead. To indicate this choice, select **"Go Green"** in your student profile in the online registration system.

Thank you again for your enthusiasm and support. I can't wait to see what we'll discover together this year!

Stay Curious,

Bob Michl, Director
OLLI at UNL

COURSE FORMATS



IN-PERSON

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



MULTI-FORMAT

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



ZOOM LIVE STREAM

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



RECORDED

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

Membership & Registration

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

Membership Fee

An annual membership is \$75, valid from August 1, 2025, through July 31, 2026. Membership is required to take most courses, to participate in events and interest groups, and take advantage of all OLLI opportunities.

Join and Register

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

Mailing Address

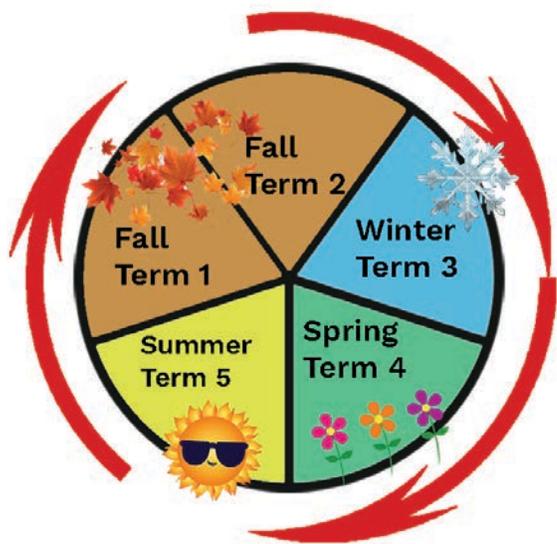
University of
Nebraska–Lincoln
Osher Lifelong
Learning Institute
105 Newkirk Human
Sciences Bldg.
P.O. Box 830800
Lincoln, NE 68583-0800

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

Financial Scholarships Available

The Osher Lifelong Learning Institute at UNL believes in the opportunity to take courses and participating in a rich intellectual life should be available to all adults. We have a limited number of financial scholarships available each year. A financial scholarship can provide a waiver of the membership fee and/or course fee, and still provide all the benefits of membership. Scholarships are not available for fee-based events and trips. If you or someone you know could benefit from this opportunity, we encourage you to apply. Applications are accepted year-round and expire at the end of the membership year. Call the OLLI office at 402-472-6265 for additional information.

OLLI Membership Year August 1, 2025–July 31, 2026



TERM DATES

A term is six-weeks long.

- Fall 1 - Aug 25–Oct 6, 2025
(Registration begins Aug 12, 2025)
- Fall 2 - Oct 27–Dec 12, 2025
(Registration begins Oct 14, 2025)
- Winter 3 - Jan 20–March 2, 2026
(Registration begins Jan 6, 2026)
- Spring 4 - March 30–May 8, 2026
(Registration begins March 17, 2026)
- Summer 5 - June 1–July 10, 2026
(Registrations begins May 12, 2026)

COURSES

Courses meet once a week. A course meets from one and up to six times. The cost is based upon the number of sessions.

EVENTS

Events provide opportunities for OLLI members to socialize and learn. Events are one-time offerings that vary in length from two hours to a full day. They may include bus travel or carpooling to a nearby location and many times include refreshments.

Use Zoom for Your OLLI Course

Where's my Zoom link?

- You'll get a confirmation email after you register and pay—this includes your Zoom link.
- You'll also get a reminder email four days before your class starts with the same link.
- Sign into your online account and click the head-and-shoulder icon ("My Account") in the red bar. Then click "Class List" to find Zoom links for all your courses in the far right column.

Tip: Create a folder in your inbox labeled "OLLI Zoom" so you can easily find these emails. Printing them is helpful too.

What do I need to use Zoom?

At minimum, a phone works—but for the best experience, use:

- A computer, tablet, or smartphone with a camera and microphone
- A headset or headphones (optional, but improves sound quality)

How do I join my class?

- No Zoom account needed—just download the free app or program the first time you join.
- Give yourself 5 minutes before class to get set up!
- Just click the Zoom link in your email to enter.
- Same link every week for multi-session classes.



HoriSun Hospice Community Foundation

Supporting the Community

402-484-6444

HoriSun Hospice Community Foundation is a registered 501(c)(3) non-profit entity that was created to disburse the donations that are received from families, estates, etc. in memory of their loved one. All of the donations we receive are used for the betterment of Lincoln and its surrounding communities. Our Foundation supports a broad range of activities which include promoting education regarding end of life issues, helping people cope with health related issues, and supporting programs that assist those who are grieving.

Please consider us in your planned giving and charitable contributions



8055 'O' Street, Suite 300, Lincoln, NE 68510 | www.horisunfoundation.org | 402-484-6444

Location Key

LINCOLN LOCATIONS

Bethany Park Enclosed Shelter, N. 65th St. and Vine St.

Congregation B'nai Jeshurun/South Street Temple, 2061 S. 20th St.

Cornhusker Bank Community Room, 8310 O St.

Cycle Works Bike Shop, 720 N. 27th St.

Duncan Sculpture Garden, 4801 N. 7th St.

Eastmont, 6325 O Street

First Mennonite Church, 7300 Holdrege St.

Fourth Presbyterian Church, 5200 Francis St.

Gateway Mall, 6100 O St.

Gere Branch Library, 2400 S. 56th St.

Holmes Lake, S. 70th and Normal Blvd.

Holy Savior Lutheran Church, 4710 N. 10th St.

International Quilt Museum, 1523 N. 33rd St.

Lied Center for Performing Arts, 301 N 12th St.

Lincoln Duplicate Bridge Club, 237 S. 70th St., #205

LeBaron Sculpture Garden, 6130 The Knolls

Nebraska Athletic Performance Lab, UNL Memorial Stadium, 800 Stadium Dr., East Stadium

Nebraska State Capitol, 1445 K St,

Pioneers Park Nature Center, Prairie Building, 3201 South Coddington,

Saro Cider, 1746 N St.

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

Sheldon Museum of Art, 12th and, R Sts.

Speedway Village Sports Complex, 345 Speedway Circle

Sideshow Spirits Distillery and Cocktail Bar, 1630 P St.

Southview Baptist Church, 3434 S. 13th St.

Sunken Gardens Rotary Pavilion, 2600 D St.

The Scarlet Hotel, 2101 Transformation Drive

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

UNL, Bessey Herbarium, Nebraska Hall, 900 N. 16th St.

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

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

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

UNL East Campus Union, 1705 Arbor Dr.

UNL, Jorgensen Hall, 855 N. 16th St.

UNL Temple Building, Howell Theatre, 1209 R St.

Unitarian Church of Lincoln, 6300 A St.,

William Jennings Bryan Fairview Home, 4900 Sumner St.

Wyuka Stables, 3600 O St.

OMAHA & OTHER LOCATIONS

Aksarben Village Senior Living Community, 1330 S. 70th St., Omaha

Branched Oak Observatory, 14300 NW 98th St., Raymond

Bridge to Better Living, Enterprise Center of Omaha, 4611 S. 96th St., Suite 106, Omaha

Durham Museum, 801 S. 10th St., Omaha

Gerald R. Ford Conservation Center, 1326 S. 32nd St., Omaha

Hillcrest Highlands, 10890 S. 208th St., Gretna

Joslyn Art Museum, 2200 Dodge St., Omaha

Lauritzen Gardens, 100 Bancroft St, Omaha

Pacific Springs Village, 805 S. 173rd Court, Omaha

Samuel Bak Museum, 2289 S. 67th St., Omaha

The Heritage at Sterling Ridge, 1111 Sterling Ridge Dr., Omaha

The Brant Senior Living, 6991 S. 178th Plaza, Gretna

Thompson Alumni Center, UNO campus, 6705 Dodge St., Omaha

OLLI Member Discounts

Angels Theatre Company

Offers a ticket discount to OLLI members.
angelscompany.org

Arts for the Soul

Offers a ticket discount to OLLI members. Call First Presbyterian Church at 402-477-6037 for more information.
fpclincoln.org/music-home/arts-for-the-soul/

Friends of the Mary Riepma Ross Media Arts Center

Offers a discount for new, first-time membership. Contact the Ross Theatre at 402-472-9100. theross.org

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

Offers OLLI members season tickets and individual tickets at the student rate. Ticket fee still applies. nebraskarep.org

Lincoln Choral Artists (NEW)

Offers a ticket discount to OLLI members. Tickets available at the door. Visit <https://www.lincolnchoralartists.org>

Lincoln Community Playhouse

Offers a \$5 discount on adult tickets. Discount available for shows where the adult ticket is \$25. Ticket fees still apply.

lincolnplayhouse.com

Nebraska Brass

Offers a ticket discount to OLLI members: \$10 for OLLI members. Discounts apply for any concert. OLLI members can purchase tickets at the door, but advance ticket purchase is preferred. www.artsincorporated.org/nb/

Nebraska Chamber Players

Offers a ticket discount to OLLI members. Contact 402-429-8227 or email infor@nebraskachamberplayers.org. nebraskachamersplayers.org

Nebraska Jazz Orchestra

Offers a ticket discount to OLLI members: \$20 for OLLI members.
<https://www.artsincorporated.org/njo/>

OmniArts Nebraska

Offers a discounted ticket to OLLI members. Call the Lied Center box office at 402-472-4747. Ticket fees still apply. Questions to omniarts.nebraska@hotmail.org omniartsne.org/

University Bookstore

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

OLLI Art Show Reception

The OLLI Art Show is back for its third exciting year. Artwork created and submitted by OLLI members will be exhibited at the Unitarian Church of Lincoln's art gallery from October 1 - November 2, 2025, with an artist reception on Sunday, Oct 5 from 12:30-2:30 p.m. Come meet the artists at the reception. You won't want to miss this exhibition.

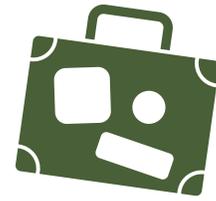
Date/Date: Sun, Oct 5

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

Location: Unitarian Church of Lincoln, art gallery



Travel with OLLI and Star Destinations



Star Destinations is OLLI's travel vendor and provides outstanding educational and customized travel experiences locally, regionally and internationally. OLLI travel opportunities are open to members and non-members

Visit the OLLI travel website – <https://www.stardestinations.com/unlolti/> – to check availability and recent information regarding tours.



Visions of Nebraska | October 15-17, 2025

From the legacy of a beloved TV icon to the powerful stories of Native American resilience, this journey takes you through captivating landmarks and hidden gems.



Costa Rica | March 1-7, 2026

From the cultural treasures of San José to the lush rainforests of Arenal and the misty Monteverde Cloud Forest, this unforgettable tour includes wildlife encounters at the Toucan Rescue Ranch, a peaceful safari float, and visits to coffee plantations and butterfly gardens.



English Crown & Culture | August 15-24, 2026

Experience the best of England and Wales on a journey steeped in history, charm, and culture. Walk in the footsteps of royalty at Buckingham Palace and tap into musical nostalgia at the Beatles Story in Liverpool.



Ultimate Canada & New England Cruise | October 3-11, 2026

Begin with a walk through Revolutionary history in Boston before boarding the Norwegian Breakaway for a 7-night cruise. From the rocky shores of Maine to the maritime beauty of Nova Scotia and New Brunswick, this journey is filled with breathtaking landscapes, rich history, and unmatched coastal charm.



Southwest Ballon & Beyond | October 6-14, 2026

From the iconic Albuquerque International Balloon Fiesta to the red rocks of Garden of the Gods and the vibrant streets of Santa Fe, this tour blends awe-inspiring landscapes with immersive experiences. Along the way, enjoy fascinating museums, scenic tram rides, and heartfelt tributes to Western and Native heritage.

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

For more information, contact: Tele: (712) 792-9793 | Email: info@stardestinations.com



Recorded Programming

Learn at your convenience!



CAN0011

Cost: \$30

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

All programming originates from OLLI at UNL.

The Incredible Beauty and Diversity of Prairies

Instructor: Chris Helzer (1 session)

Nebraska is rich with prairie habitat. Photographer and ecologist Chris Helzer highlights the more intriguing inhabitants of Nebraska’s prairies, including the tiny ones that are the most important. Find out how milkweed is pollinated through a series of accidents; a caterpillar that camouflages itself with its own food; unlike honeybees, Nebraska bees live solitary lives; and much more.

Caring and Sharing for the Land

Instructors: Margaret Jacobs & Kevin Abourezk (3 sessions)

Land stewards in southeast Nebraska from the Nature Conservancy, Solidago Conservancy, the Audubon Society, and tribal nations discuss how they are preserving and revitalizing our prairies, woodlands, and waterways.

Should Nebraska Adopt Ranked Choice Voting?

Instructor: Wes Dodge (1 session)

Learn why ranked choice voting could improve Nebraska’s government and give voters the power they deserve. Instead of voting for one candidate in a race, voters rank candidates by preference. Explore how ranked choice voting ensure we are always represented by someone who receive a majority vote.

Opening the Mysteries of Our Universe:

The James Webb Space Telescope

Instructor: Bob Kacvinsky (1 session)

The James Webb Space Telescope has allowed scientists to look deeper, further, and more clearly into the early universe following the Big Bang. Infrared sensors allow the telescope to peer through the dust of objects providing an x-ray deep

into the interiors of deep space objects unlike any previous telescope reviews. Review key discoveries that have changed our thinking of how we see the universe today.

Nancy Drew: It’s A Mystery

Instructor: Lynn Roper (2 sessions)

Smart, sophisticated, independent, fashionable, and fearless. As a role model, Nancy Drew is all of these – and so much more. She is a timeless character who has trailblazed through generations of fans since 1930. No matter the baffling mystery, the suspenseful cliffhanger, or the dastardly peril Nancy faced, she was always determined to solve a mystery and help others. Learn more of this classic and timeless sleuth.

How Can U.S. Democracy Survive & Thrive:

Why Good Governance Really Matters

Instructor: Roman Pryjomko (1 session)

UN Advisor Roman Pryjomko discusses the “gift of democracy” and the concerns of democracy, that he believes, is under threat, not just in the United States, but all around the world. He believes a democratic system of governance strives to improve human well-being and peace of mind, ensuring freedom of all people to lead the lives that they choose, without prejudice or fear. Can democracy survive?

Aging with Intention

Instructor: Julie Masters (1 session)

Aging is an opportunity, not just an event. It is a time of possibilities to become something greater than ourselves. It is also a time to see that our lives are so much more than simply existing. We can make a difference as we age if we are willing to age with intention.

Contemporary Indigenous Art*Instructors: Jessica Moore, Ashley Wilkinson**(2 sessions)*

This course showcases the work of Indigenous artists living on and engaging with the Great Plains, with special attention to the Otoe-Missouria. The course focuses on themes and issues in contemporary Indigenous art of the Great Plains, including presentations by artists and curators.

Faith in the Public Square: Religion in Politics*Instructor: Kaitlin Reece (1 session)*

From the pulpit on Sunday mornings to the bullying pulpit of the American presidency, what role does religion play in our political life? Explore the latest research in the fields of sociology and political science about the role of faith in the public square.

Powerful Queens and Warrior Women*Instructor: Vanessa Gorman (6 sessions)*

The course explores female leaders in the

premodern world; how they got their power, how they exercised it, and what their legacy grew to be. Learn about coercive regents, vengeful widows, women who were warriors, Christian mystics and martyrs, and religious manipulators.

The Life and Legacy of Dr. Susan LaFlesche Picotte*Instructor: Joe Starita, Nancy Waltman, Elizabeth Brown (3 sessions)*

The first Native American female doctor in U.S. history earned her medical degree in 1889 and was a member of the Omaha tribe in Nebraska. She returned to her people to serve them on the 1,350 square miles of their Nebraska reservation. Her public health dedication caused a privately funded hospital in Walthill, NE to open in 1913. It is now being restored for medical and community use. Learn how Dr. Picotte overcame racial and gender inequality to lead her people and advocate for social reform.

Moving • Estate Sales • Online Auctions

Transitioning to a new home?

Need to clear out a house?

Call for a FREE
in-home consultation!

(402) 483-0555



 www.ChangingSpacesSRS.com

2025 OLLI Fall Symposium

Global and Regional Water Issues: Challenges & Solutions

Water is one of the most critical resources for sustaining life, agriculture, and economic development. Challenges such as scarcity, pollution, climate change, and equitable distribution continue to threaten water security worldwide and right here in Nebraska.

This symposium will begin with an overview of global water issues. Then, the focus will move to a more regional approach, with presentations and discussions exploring such topics as groundwater depletion, agricultural runoff, and the sustainability of the Ogallala Aquifer.

Experts will examine policies, conservation strategies, and scientific advancements aimed at securing water resources for future generations. This event is essential for researchers, farmers, policy makers, and anyone concerned about water's role in shaping the future of our environment and economy.

Registration is required.

Register at <https://olli.unl.edu>

Registration Deadline: Thu, Sep 11. **Cancellation after this deadline is non-refundable unless cancelled by UNL or OLLI.**

Register for one format.

CON 106L

Location: Great Plains Ballroom, UNL East Campus Union. *No parking permit is required*

Enrollment Limit: 250

Cost: \$20 includes lunch. Contact the OLLI office if you have dietary needs.

CON 106Z

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$15

Saturday, September 27, 2025

East Campus Union, Great Plains Ballroom, UNL

OPEN TO THE PUBLIC

8:30 am - Doors Open

9:00 am - Welcome

9:15 am – Water 2.0

Jaehyang So – Keynote – Chair, Technical Committee Global Water Partnership, Washington, DC; Stockholm, Sweden

10:00 am - Questions and Answers

10:10 am - Break

10:20 am – Understanding & Assessing Climate Change: Preparing for Nebraska's Future

Deborah Bathke – Climate Scientist, and State Climatologist, School of Natural Resources, University of Nebraska

11:05 am - Questions and Answers

11:15 am – Lunch Break

12:00 pm – Nebraska Water Issues – Panel

Dr. Chittaranjan Ray – Chair, Nebraska Water Center; Daugherty Water for Food Global Institute at the University of Nebraska

Katie Cameron – Hydrogeologist, Lower Platte South Natural Resources District

Dan Snow – Director of Laboratory Services, Daugherty Water for Food Global Institute

Marty Stange – Environmental Supervisor, City of Hastings (NE) Utilities (Retired)

Anthony Schutz – Professor of Agricultural Law, University of Nebraska - Lincoln

1:15 pm - Break

1:25 pm – Platte Basin Timelapse Project

Ethan Freese – Producer/Photographer, UNL School of Natural Resources

2:10 pm – Questions and Answers

2:20 pm - Closing Remarks – Conclusion



Jaehyang So

Jaehyang (“Jae”) So is the chair of the TEC (Technical Committee) and member of the Steering Committee of the Global Water Partnership, a global action network

with over 2,800 partner organizations in 179 countries working towards a water secure world.



Kathleen Cameron

Kathleen Cameron is a survey hydrogeologist and the Eastern Nebraska Water Resources assessment coordinator at the Lower Platte South Natural

Resources District in Lincoln. She has also been a professional geologist since 2005.



Deborah Bathke, Ph.D.

Deborah Bathke is a climate scientist, research associate professor at UNL, and Nebraska’s state climatologist since 2024.



Ethan Freese

Ethan Freese is a producer and photographer at the School of Natural Resources at UNL. He is the producer of the Platte Basin Timelapse project and is also passionate

about prairie conservation.



Chittaranjan Ray, Ph.D.

Chittaranjan Ray joined the leadership team of the Robert B. Daugherty Water for Food Institute as permanent director of the Nebraska Water Center in 2013. He

was a professor of civil engineering at the University of Hawaii at Manoa, where he was also interim director of the Water Resources Research Center.



Dan Snow

Dan Snow is a research professor in the School of Natural Resources, and director of laboratory services of the UNL Water Sciences Laboratory.



Anthony Schutz, J.D.

Anthony Schutz is the Associate Dean for Faculty and the Virginia Schmid Foundation Professor of Agricultural Law at UNL. He has been with the law school

for the last 25 years.



Marty Stange

Marty Stange recently retired after working 36 years as the environmental supervisor at Hastings Utilities in Hastings, Nebraska.

A special thank you to our event sponsors.



EASTMONT



CHANGING SPACES SRS

MONDAYS

The Music of Our Lives



Look at how the music we grew up with influenced the way we lived and how it changed our world. Examine an interesting mix of swing, blues, jazz, country and rock, the artists and writers along with the innovations that changed the musical landscape from the 1920s to the 1970s, and perhaps a bit of simple music theory and musical selections along the way to keep you entertained.

Instructor: Jerry Renaud, professor emeritus, College of Journalism and Mass Communications, UNL

Facilitator: Charlyne Berens

Day/Dates: Mon, Sep 8, 15, 22

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

CON103Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON103L

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

Enrollment Limit: 28



Lichens & Leaves: Meet the Bessey Herbarium



SCI089L

What do dried plants and living lichens have in common? More than you might imagine. Learn the importance of herbaria followed by a behind-the-scenes tour of the Bessey Herbarium, home to over 350,000 preserved plant specimens. Learn about lichens, explore the treasures of the Herbarium, and take a walk (weather permitting) around campus to discover these remarkable organisms in the wild.

Instructor: Todd Widhelm, Curator, Bessey Herbarium, UNL

Facilitator: Clay Farris Naff

Day/Dates: Mon, Sep 29, Oct 6

Time: 9-10:30 a.m.

Location: Sep 29, UNL East Campus, Newkirk Human Sciences Bldg., Room 137; Oct 6, UNL Bessey Herbarium, Nebraska Hall

Enrollment Limit: 20

Cost: \$15

A Tour of the Scarlet Hotel



LIF127L

Explore The Scarlet, Lincoln, a Tribute Portfolio Hotel located on Innovation Campus. This 154-room hotel features event spaces, a rooftop bar, signature restaurant, and coffee shop. It also serves as a hands-on learning hub for UNL students in the Hospitality, Restaurant and Tourism Management program. Tour includes the hotel's key amenities and the newly constructed classrooms, offices, and kitchen, highlighting how experiential learning is integrated into a modern hospitality setting.

Instructors: Patrick Murphy, director of sales, The Scarlet Hotel; Ajai Ammachathram, program director/associate professor, Restaurant and Tourism Management, College of Education and Human Sciences, UNL

Facilitator: Charlotte Frank

Day/Date: Mon, Oct 6

Time: 9-10:30 a.m.

Location: The Scarlet, Lincoln, a Tribute Portfolio Hotel. Park in meters around Innovation Campus and pay for parking through the Passport app on your phone.

Enrollment Limit: 25

Cost: \$10

Everything's Comin' Up Roses at Lauritzen



ART183O (OMAHA)

Discover the beauty of Lauritzen Gardens on a 40-minute guided tour of the Robert H. Storz Family Rose Garden. The tram ride to and from the rose garden introduces the 100-acre botanical center which you can explore at your leisure after the tour. Themed gardens include the Victorian,

Japanese, and Peony Gardens, or the secluded Lithuanian Sculpture Garden.

Instructor: Lauritzen Gardens Staff

Facilitator: Marya Lucca-Thyberg

Day/Date: Mon, Sep 8

Time: 10-11:30 a.m.

Location: Lauritzen Gardens

Enrollment Limit: 20

Cost: \$30 includes admission and tram ride



The Therapeutic Power of the Harp



Stress and busyness seem to be running rampant in our culture. Sometimes, we need gentle reminders to slow down and be in the present moment. The harp has been called “the perfect instrument” for relaxation, as well as helping create wellness in our everyday lives. Learn from a therapeutic harpist as she weaves together powerful stories, practical tips, and plays harp examples, demonstrating music’s role in your life’s journey.

Instructor: Tami Briggs, therapeutic harpist

Facilitator: Margaret Rickers

Day/Date: Mon, Aug 25

Time: 11 a.m. – 12:30 p.m.

Cost: \$10

Register for only one format:

H&W064Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W064L

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

Enrollment Limit: 28

Photography Using Your Mobile Device



ART001L

Build your photography skills using your mobile devices – smart phones and tablets. Although most of the content will focus on Apple device Technology, it will also cover Android features, multiple apps and photographic principles which are common to all cell phone cameras. There will also be some limited discussion about post processing of photographs using the phone app Snapseed. Download Snapseed from your app store to enable some practice processing photos on your device during class.

Instructor: John Keller, adjunct professor, Photography, Doane University and Southeast Community College

Facilitator: David Dyke

Day/Dates: Mon, Aug 25, Sep 8, 15

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

Location: SCC-CEC Rm 213

Enrollment Limit: 24

Cost: \$20

Identity Theft: A Consumer Guide



Identity theft can affect anyone; learn how to fight back with knowledge and tools. Explore how to monitor credit, report suspicious activity, and use fraud alerts or credit freezes. Learn over a dozen real-world strategies to protect personal information, reduce risk, and respond effectively if compromised. Whether you're securing your finances, your family, or your peace of mind, get equipped with the confidence to stay one step ahead.



COURSES

Instructor: Ryan Sothan, outreach coordinator, Nebraska Attorney General's Office

Facilitator: Jeanette Wellsandt

Day/Date: Mon, Sep 15

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

Cost: \$10

Register for only one format:

SCI086Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI086L

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

Enrollment Limit: 28

Tech Basics for Everyday Life



Feeling unsure in the digital age? Build your confidence with smartphones, tablets, and the internet. Learn essential skills to stay safe online, including how to block unwanted calls,

shop and bank securely, and protect your credit. Explore common scams affecting Nebraskans and gain hands-on experience with practical tools. Whether reconnecting with loved ones or managing finances, gain the knowledge needed to thrive in today's connected world. This course, formerly called "Crossing the Digital Divide," has been updated and revised.

Instructor: Ryan Sothan, outreach coordinator, Nebraska Attorney General's Office

Facilitator: Jeanette Wellsandt

Day/Dates: Mon, Sep 22, 29, Oct 6

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

Cost: \$20

Register for only one format:

SCI092Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI092L

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

Enrollment Limit: 28



- Independent Living
- Assisted Living
- Memory Care
- Long-Term Care



BRIDGE
to
BETTER LIVING
Placement with Passion.

Trusted Senior Living Consultants

Simplifying Your Retirement Options



Learn About Us

Services at **NO COST** to the Client

Lincoln

402.802.3301

4230 Pioneer Woods Dr, Suite B Lincoln, NE 68506

Serving Lincoln, Omaha & Surrounding Areas

BridgetoBetterLiving.com

Omaha

402.218.5610

4611 S. 96th St, Suite 106 Omaha, NE 68127

Under the Apple Tree



ART003L

Do you have a Mac computer or an iPhone, or an Apple Watch... or, even a Home Pod? From editing photos to documents to turning on and off the lights in your home, these high-tech devices can be easy to use and fun. Learn some of the more useful features of Apple's amazing products and some practical features and apps to help make your life a bit easier. This course will cover Apple devices and products only.

Instructor: John Keller, adjunct professor, Photography, Doane University and Southeast Community College

Facilitator: David Dyke

Day/Dates: Mon, Aug 25, Sep 8, 15

Time: 1-2:30 p.m.

Location: SCC-CEC Rm 213

Enrollment Limit: 24

Cost: \$20

Discover the Gerald Ford Conservation Center



L&L0580 (OMAHA)

Explore the vital work of the Gerald R. Ford Conservation Center, a division of the Nebraska State Historical Society serving individuals, institutions, and agencies. Learn the principles of conservation, restoration, and preservation and their roles in protecting history. Experience a guided tour of the Center's Objects, Paintings, and Paper labs, where conservators will share current projects like the Willa Cather wallpaper conservation and Amelia Earhart's 1928 sporting license restoration.

Instructors: From the Ford Conservation Center: Vonnda Shaw, manager; Rebecca Cashman, objects conservator; Hilary LeFevere, paper conservator; Deborah Uhl, paintings conservator; Natalie Kammerer, conservation/office technician

Facilitator: Rebecca Pasco

Day/Date: Mon, Sep 15

Time: 1-2:30 p.m.

Location: Gerald R. Ford Conservation Center. Free parking is available in front of the building along 32nd St.

Enrollment Limit: 15

Cost: \$10

Preview OLLI's Trip to Costa Rica



Whether you're already registered to attend or want to know more, learn the details of OLLI's trip to Costa Rica planned for March 1-7, 2026. Learn about its vibrant rainforests, cultural landmarks, and breathtaking cloud forests. Obtain information about the itinerary that includes a safari float on the Penas Blancas River, a coffee and chocolate plantation, cloud forest hikes, gondola rides, zip lining, and wildlife encounters, all while staying in charming eco-lodges and indulging in authentic local cuisine.

Instructor: Wendi Fagan, tour designer, Star Destinations

Facilitator: Carol Myers

Day/Date: Mon, Sep 15

Time: 1-2:30 p.m.

Cost: Free

OPEN TO THE PUBLIC

Register for only one format:

LIF196Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF196L

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

Enrollment Limit: 28



COURSES

Should We Really Send Humans to Mars?



The drumbeat to send humans to Mars is getting louder by the day. Seven countries and several individuals are considering such a mission. Get an updated look at the various programs being considered. While reviewing the various concepts of human travel to Mars, we will also address the fundamental question: Is such a mission a good idea, or a waste of time, money and human lives?

Instructor/Facilitator: Robert “Skip” Morris, retired educator and OLLI member

Day/Date: Mon, Sep 22

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

SCI075Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI075L

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

Enrollment Limit: 28

A Life Well-Lived: Your Legacy Plan



This course offers a guided, introspective journey through your past, present, and future. Using three thoughtfully designed workbooks, explore your life story, clarify your personal wishes, and create a legacy of love and guidance. Your decisions will bring peace of mind to you and your loved ones, relieving them of difficult choices during emotional times and allowing them to focus on honoring your life and the memories you’ve shared.

Instructors: From Butherus, Maser & Love Funeral Home: Kevin Orth, director of Pre-Need Planning and Community Outreach; John Love, Owner & Funeral Director,

Facilitator: Jeanette Wellsandt

Day/Dates: Mon, Aug 25, (skip Sep 1), Sep 8, 15, 22

Time: 3-4:30 p.m.

Cost: \$25

Register for only one format:

LIF195Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF195L

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

Enrollment Limit: 28

Unsung Heroes of the 1950s and 60s Civil Rights Movement



V&P016Z

We are all familiar with Martin Luther King’s leadership in the Civil Rights movement. Learn about the leaders behind the scenes and what they did to help change the Jim Crow laws that kept segregation alive in the South and get the Civil Rights Bill and the Voting Rights Bill passed.

Instructor: Chuck Achter, OLLI instructor and alumni association member, Iowa State University

Facilitator: Bob Michl

Day/Dates: Mon, Sep 15, 22, 29

Time: 3-4:30 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$20

This course is offered in collaboration with OLLI at Iowa State University.

Upcycle Used Greeting Cards



LIF199L

Learn how to re-gift those beautiful or unique greeting cards you just can’t part with. Friends will love receiving greeting cards with your added creative or personal touches. Obtain examples, tips and instructions, then practice transforming used cards into new ones. All materials are provided.

Instructor: Teri Hlava, OLLI member

Facilitator: Deb Pearson

Day/Dates: Mon, Sep 29, Oct 6

Time: 3-4:30 p.m.

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

Enrollment Limit: 28

Cost: \$15



Introduction to Kayaking



LIF019L

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Mon, Sep 8.

Registration Deadline: Tue, Sep 2

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

Time: 3-6 p.m.

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

Enrollment Limit: 12

Cost: \$50

Fascism and Religion



Examine how fascist political movements weaponize religion to exert their political will. Explore what kinds of religious movements align themselves with fascist leaders and why. Analyze how these alignments reshape these religions in their own image, making them instruments of the state. We will also consider counter religious movements, such as the Confessing Church in Nazi Germany, and investigate how they fought to keep the soul of their faiths alive.

Instructor: Jonathan Redding, assistant professor, Religion, Nebraska Wesleyan University.

Facilitator: Bob Michl

Day/Dates: Mon, Aug 25, (skip Sep 1), Sep 8, 15, 22, 29, Oct 6

Time: 5:30 - 7 p.m.

Cost: \$35

Register for only one format:

REL035Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL035L

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

Enrollment Limit: 28

Discover a place where the good life becomes grand.



As Lincoln's premier Life Care Community, Eastmont offers an elevated experience for seniors at every stage of life. We invite you to scan the code to visit our events page and make plans to visit us soon. You'll find a community that will meet every possible need and far exceed your expectations.



Scan to learn more
EastmontLiving.com/OLLI

402-781-8675
6315 O St. Lincoln, NE 68510



EASTMONT



TUESDAYS



Demystifying Psychiatry

Discover how psychiatrists make diagnoses and treatment decisions, and how patients and families can advocate for themselves. Explore how psychiatric opinions are formed, what treatments work—and for whom—and how to evaluate your care. Discuss substance use disorders, controversial treatments, social issues, and how to make sense of media reports. Leave with tools to navigate psychiatric care, advocate effectively, and better understand mental health claims in everyday life.

Instructor: Dr. Richard Moldawsky, adult clinical psychiatrist

Facilitator: June Ryan

Day/Dates: Tue, Aug 26, Sep 2, 9

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

H&W088Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W088L

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

Enrollment Limit: 28

Sheldon Sculpture Garden Walk



ART076L

Satisfy your curiosity about those mysterious, monumental sculptures on the UNL campus near the Sheldon Museum of Art. Get the story behind each piece in our nationally acclaimed sculpture garden. You'll be amazed by the world-class artists included in these weekly tours, and by the surprising local connections revealed. Dress for the weather and for walking comfortably throughout the garden. Consider bringing water.

Instructor: Amy Cederdahl, former K-12 art educator and docent, Sheldon Museum of Art

Facilitator: Anne Diffendal

Day/Dates: Tue, Sep 9, 16, 23, 30

Time: 9-10:30 a.m.

Location: Sheldon Museum of Art, Sculpture Garden. Meet on the front/east steps of the

museum for first class. Parking is available at meters on the street or Que Place Parking Garage, 1111 Q Street.

Enrollment Limit: 20

Cost: \$25



Aging Through Functional Medicine



Discover how to age with vitality, strength and purpose. Functional Medicine principles are blended with practical tools to support brain, body and emotional health. Explore key lifestyle pillars; nutrition, movement, sleep, relationships and more. Learn how your daily choices shape your long-term well-being. Empower yourself with strategies to extend your health span, not just your lifespan. Take control of your aging journey and thrive every decade.

Instructors: Heather Elton, DC, DCBCN, IFMCP; Darci Jurgens, DC

Facilitator: Laura Williams

Day/Dates: Tue, Sep 23, 30

Time: 9-10:30 a.m.

Cost: \$15

Register for only one format:

H&W089Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W089L

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

Enrollment Limit: 28

Introduction to E-Bikes



LIF140L

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Tue, Sep 16.

Registration Deadline: Tue, Sep 9. **Cancellation after this date is non-refundable, unless cancelled by UNL.**

Time: 9-11 a.m.

Location: Cycle Works Bike Shop

Enrollment Limit: 15

Cost: \$20



HEIMAT IV: "Home from Home"



HIS028L

Explore the epic "HEIMAT" film series by German filmmaker Edgar Reitz, chronicling over a century of life in a fictional village in the Hunsrueck region. Through the story of the Simon family, the films portray the cultural, political, and emotional shifts in German society from 1900 to 2010. The course includes guided viewing and discussion, with special attention to connections between German emigration and Nebraska's heritage.

Instructor: H. Peter Reinkordt, professor emeritus, German, Doane University

Facilitator: Georgianne Mastera

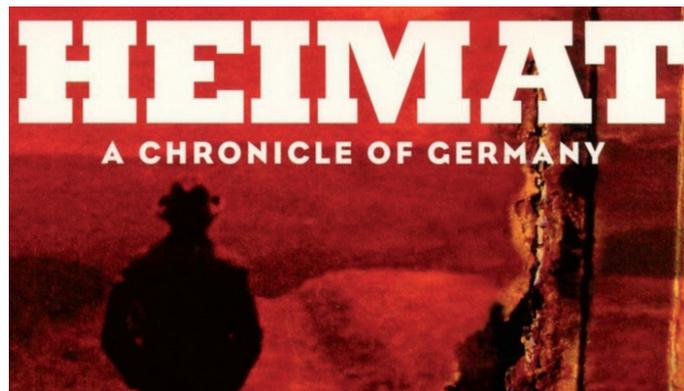
Day/Dates: Tue, Aug 26, Sep 2, 9

Time: 9-11:30 a.m.

Location: SCC-CEC, Rm 214

Enrollment Limit: 24

Cost: \$25



Nano and Quantum Materials at NCMN



LIF190L

Since 1988, the Nebraska Center for Materials and Nanoscience (NCMN) has been a leader in materials science, gaining global recognition. With the Nebraska Nanoscale Facility—part of a prestigious NSF network—NCMN supports cutting-edge research in nanotechnology and quantum materials. From ancient tools to modern semiconductors, materials science drives innovation. Receive a brief introduction to nanomaterials followed by a guided tour of NCMN's advanced facilities and instrumentation, showcasing its role in shaping future technologies.

Instructor: Dr. Christian Binek, director, NCMN

Facilitator: Charlotte Frank

Day/Date: Tue, Aug 26

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

Location: UNL, Jorgensen Hall. Enter at main entrance on the south side of the building; take stairs or elevator to 2nd floor and cross over the bridge and go through the double doors to get to the north side of the building. Enter Rm N201A. Parking available at meters on the street.

Enrollment Limit: 20

Cost: \$10

More Interviews with Historic Figures



Step into history and join a lively conversation with three influential figures from the past. Through engaging portrayals, ask questions and hear insights from Rosalind Franklin, whose groundbreaking work on DNA and viruses paved the way for modern virus research; Mark Twain, beloved author and sharp political commentator; and Charles Darwin, the pioneering mind behind evolutionary theory. Explore the lasting impact of their work and ideas.

Instructors: Rosalind Franklin, British chemist; Mark Twain, American writer and humorist; Charles Darwin, English naturalist, geologist and biologist.

Facilitator: John La Duke

Day/Dates: Tue, Aug 26, Sep 2, 9

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

Cost: \$20

Register for only one format:

HIS131Z

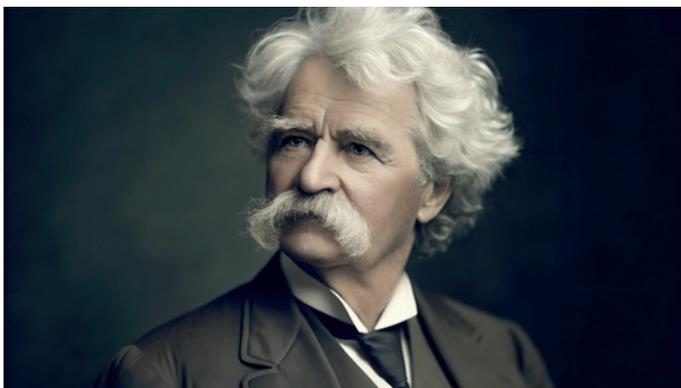
Location: Zoom Live Stream

Enrollment Limit: 100

HIS131L

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

Enrollment Limit: 28



Willa Cather's Nebraska



Willa Cather spent just thirteen years in Nebraska, but the people and places of her youth left a lasting mark on her writing. Explore Cather's vivid portrayals of Nebraska in both fiction and nonfiction and examine why she remains a powerful literary and cultural figure. It's a perfect companion to the OLLI day trip to Red Cloud in Term 1 or a great introduction to Cather's life and work for those not attending the trip.

Instructor: Emily Rau, assistant professor, Digital Humanities Editor, Willa Cather Archives, UNL

Facilitator: Deb Pearson

Day/Date: Tue, Sep 16

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

Cost: \$10

Register for only one format:

L&L066Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L066L

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

Enrollment Limit: 28



Year-Round Indoor Gardening



Nebraskans love our outdoor gardens, but we only get to enjoy the harvest for a limited time. Luckily, we can cultivate beautiful greens, microgreens, and herbs indoors all year round. Learn practical skills to create an economical indoor garden while exploring the diverse range of plants suitable for indoor growth. Regardless of experience level or space, learn how to establish a thriving system, even during the coldest months.

Instructor/Facilitator: Rick Helweg, author and OLLI member

Day/Date: Tue, Sep 23

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

Cost: \$10

Register for only one format:

LIF159Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF159L

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

Enrollment Limit: 28

Know Your Rights in Long-Term Care



At some point, we or our loved ones may need long-term care. This course offers guidance from the Nebraska Long-Term Care Ombudsman Program, which advocates for the rights of residents in assisted living and skilled care facilities. Learn about state and federal laws that protect those rights, explore real-life scenarios, and gain tools to ensure quality care. Learn how to connect with local resources and explore volunteer opportunities through the ombudsman program.

Instructor: Tami Barrett, regional long-term care ombudsman, Nebraska Department of Health and Human Services

Facilitator: Jeanette Wellsandt

Day/Date: Tue, Aug 26

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

H&W087Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W087L

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

Enrollment Limit: 28

Tours of Places of Worship



REL006L

We will visit four churches in Lincoln. The speaker at each location will give an overview of the congregation's beliefs, traditions, and practices. A tour of the facility may also be included. We will visit both new and some locations visited in earlier offerings of this course.

Instructors: Staff of each organization

Facilitators: Jeri Brandt, Lois Ullman

Day/Dates: Tue, Sep 9, 16, 23, 30

Time: 1-2:30 p.m.

Locations: All churches are in Lincoln, NE
 Congregation B'nai Jeshurun/South Street Temple; First Mennonite Church; Holy Savior Lutheran Church; Southview Baptist Church

Enrollment Limit: 30

Cost: \$25



COURSES

Explore the English Crown and Culture with OLLI



Whether you're already registered to attend or want to know more, learn the details of OLLI's trip to England and Wales on August 15-24, 2025. This trip includes the best of British royalty, heritage and music history. Obtain information about the unforgettable itinerary, including the opulence inside Buckingham Palace, the historic charm of Oxford, scenic landscapes of Snowdonia, and the iconic legacy of The Beatles in Liverpool. Curious travelers will love exploring Britain in style.

Instructor: Wendi Fagan, tour designer, Star Destinations

Facilitator: Carol Myers

Day/Date: Tue, Sep 16

Time: 1-2:30 p.m.

Cost: Free and Open to the Public

Register for only one format:

LIF197Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF197L

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

Enrollment Limit: 28



In the Country of the Kaw



Explore the watershed of the Kaw River, from its High Plains origins to its confluence with the Missouri River in Kansas City. Based on Jim Locklear's recent book, "In the Country of the Kaw," this journey brings to light the natural and cultural wonders found within the watershed, which includes much of the southern quarter of Nebraska. Learn about the inspiring work in conservation, restoration, and revitalization in the region.

Instructor: Jim Locklear, director, Conservation Emeritus, Lauritzen Gardens

Facilitator: Bill Latenser

Day/Date: Tue, Aug 26

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

SCI073Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI073L

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

Enrollment Limit: 28

Fall Prairie Hike



LIF059L

It's the beginning of Fall! Experience the sights and sounds of the fall prairie when it is at its most glorious state. Meet at the Prairie Building for an introduction before hiking at least two miles on uneven terrain.

Instructor: From Pioneers Park Nature Center—Neal Bryan, naturalist; Jamie Kelley, coordinator,

Facilitator: Kathie Putensen

Day/Date: Tue, Sep 2

Time: 3-4:30 p.m.

Location: Pioneers Park Nature Center, Prairie Building

Enrollment Limit: 24

Cost: \$15

Home Winemaking: From Grape to Glass



LIF152L

Uncork the secrets of winemaking and learn how to make wine at home. From selecting the ingredients to mastering fermentation and aging techniques, explore the art and science behind creating your own tasty wines. Gain insight into the basics of the process, equipment, terminology, and sanitation. Obtain practical tips, troubleshooting advice and insider insights to ensure your success; no tasting or sampling is included.

Instructor: Randy Amundson, wine enthusiast

Facilitator: Roger Lempke

Day/Date: Tue, Sep 9

Time: 3-4:30 p.m.

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

Enrollment Limit: 28

Cost: \$10

Only Leaves Should Fall



Every year, one out of three people older than 65 will fall. One out of five falls will cause serious injuries such as broken bones or head trauma. Fear of falling can limit activities and seniors' enjoyment of life. Learn about home safety, visual issues, effects of medications, safe shoes, and personal safety. Simple fall prevention exercises and ways to get up after a fall will be demonstrated.

Instructors: Jo Lamb, trainer, Stepping On, Health and Fitness, Aging Partners; Tracie Foreman, Retired Community Health Director

Facilitator: Jane Stokebrand

Day/Dates: Tue, Sep 16, 23, 30

Time: 3-4:30 p.m.

Cost: \$20

Register for only one format:

H&W023Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W023L

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

Enrollment Limit: 28

Backstage at the Rep: "Eurydice" (Course)



ART177L

Join director David Long for a discussion about Sarah Ruhl's "Eurydice," a poetic reimagining of the Orpheus myth. Set in a surreal underworld filled with talking stones, strange elevators, and forgotten memories, the play explores themes of love, grief, memory, and the difficulty of communication between the living and the dead. David will be joined by his production and design team who will discuss their concepts and will show examples of their drawings, models and more. Get a sneak peek at the set, lighting and costumes.

Instructor: Tim Ganser, managing director, Nebraska Repertory Theater

Facilitator: Anne Diffendal

Day/Date: Tue, Sep 30

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 50

Cost: \$10

Nebraska Repertory Theater Presents "Eurydice" (Performance)



ART178L

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

Facilitator: Dori Bush

Day/Date: Sun, Oct 12

Registration Deadline: Sunday, September 28.

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

Time: 2-4:30 p.m.

Location: UNL Temple Building, Studio Theatre

Enrollment Limit: 25

Cost: \$15



A Night Under the Stars



SCI052L (RAYMOND)

Join OLLI members for an evening field trip to the Branched Oak Observatory (BOO) in Raymond. Meet astronomers, deepen your understanding of the night sky, and view deep-space wonders including stars, clusters, and galaxies by naked eye and through state-of-the-art telescopes. If the weather is inclement, you'll see stored images in the educational center.

Instructor: Michael Sibbersen, co-founder, director of education, and volunteer astronomer of the observatory

Facilitator: Clay Farris Naff

Day/Date: Tue, Sep 16

Time: 8-10 p.m.

Location: Branched Oak Observatory. Site is handicapped accessible with paved sidewalks, Indoor seating and accessible restrooms.

Enrollment Limit: 30

Cost: \$15



WEDNESDAYS



Advanced Yoga

H&W071Z

Advance your home yoga practice through dynamic sequences that integrate meditation, breathwork, and mindful movement. This course emphasizes flowing asanas to enhance balance, strength, and flexibility, fostering a deeper mind-body connection. Designed for those with prior Hatha or Vinyasa experience or completion of OLLI Gentle Yoga, it encourages a consistent home practice. A yoga mat is recommended; please consult your physician before participating.

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Wed, Aug 27, Sep 3, 10, 17, 24, Oct 1

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Vietnam/Afghanistan: Bookends to Failure



Similar embarrassing withdrawals from Vietnam (1975) and Afghanistan (2021) captivated the news with shocking photos and heartbreaking reports. The U.S. sought to stop communism from taking control of South Vietnam in the 1960's and forty years later invaded Afghanistan to eliminate al Qaeda and topple the Taliban government. Discover the astonishing similarities between the two conflicts from senior political and military leadership to military strategy and not understanding the cultures.

Instructor: Lt. Gen. Roger P. Lempke, retired

Facilitator: David Dyke

Day/Dates: Wed, Aug 27, Sep 3, 10, 17, 24

Time: 9-10:30 a.m.

Cost: \$30

Register for only one format:

CON004Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON004L

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

Enrollment Limit: 28

Omaha Senior Living: Find Your Fit



LIF1940 (OMAHA)

Discover what active, independent senior living can offer through tours of five Omaha communities. The first session provides an overview of key factors to consider—social, physical, medical, and financial—when choosing a senior living option. Each session features a guided tour of a different community, highlighting unit types, pricing, amenities, and dining. Gain valuable insight into the unique character of each location and start your search with a well-informed, first-hand perspective.

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

Facilitator: Kaye Jesske

Day/Dates: Wed, Aug 27, Sep 3, 10, 17, 24, Oct 1

Time: 9-10:30 a.m.

Locations:

Bridge to Better Living, Enterprise Center, enter through the west entrance; Aksarben Village Senior Living Community; Pacific Springs Village; Hillcrest Highlands; The Heritage at Sterling Ridge; The Brant Senior Living

Enrollment Limit: 16

Cost: \$35

Murals in the Nebraska State Capitol



ART185L

The murals that adorn the Capitol were painted over the course of many decades and in many styles. Learn about the Capitol art programming developed by Hartley Burr Alexander, and the various competitions that led to the selection of artists whose work adorns the walls of our Capitol. See the murals and discuss with experts, including the artist of the eight most recent murals in the upper Rotunda.

Instructors: Bob Ripley, retired Capitol administrator; Stephen Cornelius Roberts, artist

Facilitator: Kay Logan-Peters

Day/Dates: Wed, Aug 27, Sep 3, 10

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

Location: Nebraska State Capitol, Rm 1507

Enrollment Limit: 30

Cost: \$20

Contact and Conflict



(OMAHA)

More than three centuries of Nebraska's history during the Plains Indian Wars are marked throughout the state by historical monuments. Explore these instances of "contact and conflict" between Native peoples and European Americans in Nebraska and how they are commemorated, from trading, treaties, war and reconciliation.

Instructor: Jeff Barnes, Nebraska author/speaker and two-time winner of the Nebraska Book Award

Facilitator: Char Casson

Day/Date: Wed, Sep 24

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

Cost: \$10

Register for only one format:

HIS134Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS134O

Location: Thompson Alumni Center

Enrollment Limit: 30

This course is co-sponsored by the UNO Alumni Association.

A Conversation with NU President Gold



If you've ever wondered what sets the University of Nebraska apart from other colleges and universities, learn from and engage in conversation with NU President Jeffrey Gold. As a previous chancellor of both UNMC and UNO, and now President of the NU System, his unique perspective will be informative to all.

Instructor: Jeffrey Gold, NU System President

Facilitator: Dori Bush

Day/Dates: Wed, Sep 24

Time: 1-2 p.m.

Cost: \$10

Register for only one format:

CON105Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON105L

Location: SCC-CEC Auditorium

Enrollment Limit: 70



COURSES

Chinese Quilts Today



Learn the fascinating story of quilting traditions in China. In the past, artisans generally produced useful items for the home. Recently, however, Chinese artists and hobbyists started to make American-style wall quilts as a pastime. Chinese quiltmakers infuse their work with distinctly Chinese design elements. The quilts in “Chinese Quilts Today” showcase the ways in which quilt making is a thriving, growing, and changing art in modern China. Following the presentation, stroll through the exhibition at your own pace.

Instructor: Marin Hanson, curator, International Collections, International Quilt Museum,

Facilitator: Patricia Crews

Location: International Quilt Museum

Enrollment Limit: 12 each session

Cost: \$15

Register for only one session:

ART1811

Day/Date: Wed, Sep 10

Time: 1-2:30 p.m.

ART1812

Day/Date: Thu, Sep 11

Time: 1-2:30 p.m.



Introduction to Bridge I



LIF004L

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

Instructor/Facilitator: Henry Schuman

Day/Dates: Wed, Aug 27, Sep 3, 10, 17, 24, Oct 1

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

A Recipe for Cooking a Musical Delicacy



ART187L

Join a lively conversation with a composer, conductor, and director as they reveal how music, story, staging, and voice come together to create the magic of opera. Gain insider insight into the collaboration and creativity behind one of the world’s most powerful and enduring art forms.

Instructors: Marina Fabrikant, professor, Piano and Music Theory, Union College; Bill Shomos, professor, Glenn Korff School of Music, UNL

Facilitator: Dori Bush

Day/Date: Wed, Aug 27

Time: 3-4:30 p.m.

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

Enrollment Limit: 30

Cost: \$10

“Made in the Plains” at the Joslyn Art Museum 

(OMAHA)

Enjoy this guided tour featuring highlights in the “Made in the Plains” exhibition, which showcases new and recent work by twenty artists working in Nebraska, Iowa and South Dakota. After the guided tour, stay and enjoy the multiple galleries and the museum shop.

Instructor: Joslyn Art Museum Gallery Volunteers

Location: Joslyn Art Museum

Enrollment Limit: 25 per section

Cost: \$20

Register for only one session:

ART1881

Facilitator: Charles Hettinger

Day/Date: Wed, Sep 3

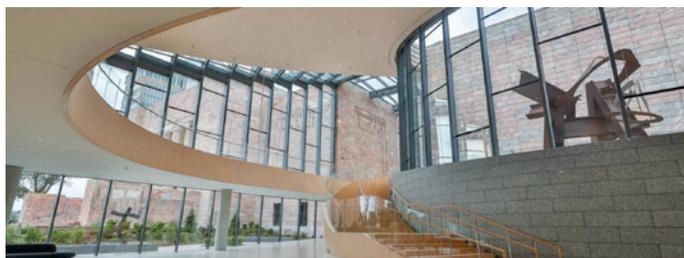
Time: 3-4:30 p.m.

ART1882

Facilitator: Marya Lucca-Thyberg

Day/Date: Tue, Sep 16

Time: 1-2:30 p.m.



Unlocking Peak Performance at the NAPL 

LIF192L

Discover the Nebraska Athletic Performance Lab (NAPL) and the field of Sport Science while exploring its use in applied settings. Learn how Sport Science supports athletic performance, with a focus on real-world applications. Explore differences between research-driven environments and practical, performance-based settings. Examples from Nebraska Athletics will be used to illustrate how Sport Science informs decision-making and enhances athlete development.

Instructor: Matt Thome, director, Nebraska Athletic Performance Lab

Facilitator: Charlotte Frank

Day/Date: Wed, Sep 10

Time: 3-4:30 p.m.

Location: Memorial Stadium, Nebraska Athletic Performance Lab. Enter on the East side of Gate 19.

Parking: Meters are on 14th St. north of Vine St. on Stadium Drive and south of the stadium. Pay for metered parking through the Passport app on your phone or coins. There is also the Stadium Drive Parking Garage of the Avery Parking Garage at 14th and Salt Creek Roadway, pay with a credit card.

Enrollment Limit: 30

Cost: \$10

Grand Canyon’s Geologic History 

The early geologic histories of the Grand Canyon and the state of Nebraska (hundreds of millions of years) are quite similar: Sediment accumulated as both areas slowly subsided. But the Platte River couldn’t cut a canyon because the Great Plains didn’t get uplifted. Those early sediments that were deposited by shallow seas are now far below our cornfields. Modern coral reefs and desert dunes provide modern analogs for the beautiful rocks.

Instructor: David Loope, professor emeritus, UNL

Facilitator: Anne Diffendal

Day/Date: Wed, Sept 10

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

SCI084Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI084L

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

Enrollment Limit: 28



COURSES

The Geologic Record of Climate Change



Carbon dioxide (CO₂) is a greenhouse gas. Carbon has been cycling through Earth's rocks, oceans, glaciers, plants, and atmospheres for hundreds of millions of years. Could "little ole humans" really be changing the Earth's climate? Much of the CO₂ emitted by volcanoes is captured by plants via photosynthesis and then returned to the atmosphere when those plants die and decay. Burning fossil fuels releases CO₂ much faster than volcanoes and is rapidly warming Earth's atmosphere.

Instructor: David Loope, professor emeritus, UNL

Facilitator: Anne Diffendal

Day/Date: Wed, Sep 17

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

SCI085Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI085L

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

Enrollment Limit: 28

THURSDAYS

Gentle Yoga



H&W001Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Thu, Aug 28, Sep 4, 11, 18, 25, Oct 2

Time: 9-9:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Modern Retirement Planning



Whether you're retired or planning ahead, it's essential to stay informed about your financial future. Explore key retirement principles, including goal setting, costs, income sources, estate planning, and strategies for asset protection. Learn about both traditional and non-traditional investment options. The material is unbiased and focuses on financial concepts, not specific products, empowering you to make informed decisions in today's changing economic landscape. Stay proactive and confident about your financial well-being.

Instructor: Joel T. Barjenbruch, CFP®, CLU®, RICP®, ChFC®, LACP

Facilitator: Carla Fetch

Day/Dates: Thu, Aug 28, Sep 4, 11, 18

Time: 9-10:30 a.m.

Cost: \$25

Register for only one format:

LIF031Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF031L

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

Enrollment Limit: 28

Pickleball Round Robin Play



LIF193L

Come have fun and play pickleball with fellow OLLI members in a recreational play format called a "Round Robin"! You will get to know and play with several OLLI "pickleballers" in a very short time frame. The vibe will definitely be laid back and friendly. We will also have some very experienced player "mentors" moving in between courts to offer tips and answer questions about game strategies.

If you've taken OLLI's beginner pickleball class and/or are comfortable with rules, serving, basic strategy and have played for a couple of months at the recreational level, this event is geared for you. However, if you are a complete newbie to pickleball, we suggest taking the beginner pickleball class which will be offered again in the Spring of 2026. If you just can't wait to get

started with pickleball, contact Pickleball Lincoln, Inc (PLI) and learn about ways to learn Pickleball before the fall.

Instructor/Facilitator: Stefan Newbold, Pickleball Lincoln, Inc. (PLI) member

Day/Date: Thu, Oct 9

Time: 9-11:30 a.m.

Registration Deadline: Thu, Oct 2

Location: Speedway Village Sports Complex, 345 Speedway Circle

Enrollment Limit: 24

Cost: \$15



Chair Yoga



H&W057Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Thurs, Aug 28, Sep 4, 11, 18, 25, Oct 2

Time: 10-10:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Learn the Ukulele



LIF018L

The ukulele is an easy instrument to learn. Have fun singing, strumming, and learning with fellow OLLI members. Learning a new instrument keeps

the brain sharp, and fingering the ukulele helps arthritic hands. You don't have to know how to read music to take this class. Any standard "C tuning" ukulele may be used. Bring your own ukulele and music stand. Members may check out a beginner ukulele from any public library in advance.

Instructor/Facilitator: Gary Kruce, Lincoln Ukulele Group

Day/Dates: Thu, Aug 28, Sep 4, 11, 18, 25, Oct 2

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

Location: Fourth Presbyterian Church

Enrollment Limit: 12

Cost: \$35



How Does Our Consciousness Stream?



L&L065L

We often use metaphors based on fluid liquids to describe our personal experiences. Our thinking, feeling, and willingness are treated as different types of currents, going from bank (stimulus) to bank (response) from unconscious depths to surface awareness, from source to ending, as individual streams in systems of tributaries. How are such figures of speech helpful or confusing? Join in and "go with the flow."

Instructor: Wil Hass, professor emeritus, Argosy University and retired licensed psychologist.

Facilitator: Mike McCoy

Day/Dates: Thu, Aug 28, Sep 4, 11, 18, 25, Oct 2

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

Location: SCC-CEC Room 214

Enrollment Limit: 24

Cost: \$35

COURSES

Historic Downtown Omaha Walkabout



HIS1320 (OMAHA)

Join us for a walking tour of downtown Omaha. The tour begins at the Durham Museum and proceeds to the Old Market where you'll enjoy visiting locations ranging from the sites of speakeasies to well-known fixtures. Hear the stories of early Omahans such as political boss Tom Dennison and early pioneers Rachel and William Snowden before heading back to enjoy the museum's current exhibitions.

Instructor: Kyle Chattleton, services manager, Volunteer & Public Programs, Durham Museum

Facilitator: Char Casson

Day/Date: Thu, Aug 28

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

Location: Durham Museum

Enrollment Limit: 20

Cost: \$25 includes admission fees



Trash, Recycling, Food Waste – Oh My!



SCI090L

Learn what happens to your trash, the difference between a dump and a landfill, and what resource recovery means. Discover how recycling works, what belongs in the recycling bin, why wasted food matters, and how your actions can make a difference. Sessions include in-class learning and tours of local waste and recycling facilities, including the Bluff Road Landfill, HazToGo- Lincoln's Hazardous Waste Center, and the Firststar Fiber transfer station.

Instructors: From Solid Waste Management, City of Lincoln: Willa DiCostanzo, coordinator, Waste Division; Shay Flowerday, educator, Environmental

Health. From the Lincoln-Lancaster County Health Department—Sarah Mason, senior coordinator, Environmental Health; Anna Oetting, sustainability specialist.

Facilitator: Bill Latenser

Day/Dates: Thu, Sep 4, 11, 18, 25

Time: Sep 4 & 18, 11 a.m.-12:30 p.m.; Sep 11 & 25, 11 a.m.-1 p.m.

Locations: The Sep 4 and 18 classes meet at UNL East Campus, Newkirk Human Sciences Bldg., Rm 137; Field trip on Sep 11 to the landfill; Field trip to recyclable processing center on Sep 25. Transportation for field trips will be provided by UNL vans.

Enrollment Limit: 20

Cost: \$30

Rise and Shine: It's Breakfast



LIF191L

Start your day deliciously with this hands-on breakfast course. Explore a variety of morning favorites, from granola to muffins to breakfast sliders. Learn simple techniques, experiment with flavors, and enjoy making satisfying breakfasts from scratch. Perfect for anyone who loves food and wants to elevate their breakfast routine.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch, Karen Case

Day/Dates: Thu, Sep 18, 25

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

Location: UNL East Campus, Ruth Leverton Hall, Room 206

Enrollment Limit: 14

Cost: \$30 includes cost of supplies

Civil Rights and Omaha's Athletic Legacy



In the 1950s and '60s, North Omaha rose from segregation to become a national force in sports and civil rights. Athletes like Bob Boozer, Marlin Briscoe, and Johnny Rodgers emerged from a tight-knit, talent-rich neighborhood where legends like MLK and Jackie Robinson once walked. Fueled by passionate mentors and a thriving rec culture, these athletes unified their community and made history, turning a small Midwestern neighborhood into a beacon of progress and athletic excellence.

Instructor: Dirk Chatelain, author of “24th & Glory,” contributing writer at Flatwater Free Press, and former Omaha World-Herald news reporter

Facilitator: Bob Michl

Day/Date: Thu, Oct 2

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

Cost: \$10

Register for only one format:

V&P014Z

Location: Zoom Live Stream

Enrollment Limit: 100

V&P014L

Location: SCC-CEC Auditorium

Enrollment Limit: 70

William Jennings Bryan Home (Fairview Tour)



In July 1922, William Jennings Bryan, “The Great Commoner,” donated his home to the Lincoln Methodist Association for the site of a new hospital. The historic landmark still stands at the current Bryan Health East Campus, where it was once atop a hill and offered a “fair view” of the Prairie Capital and its adjacent farms. Join OLLI friends to tour this historic residence restored to its early 1900’s grandeur.

Instructors: Docents with Bryan Medical Center’s Volunteer Services

Facilitator: Gene Stohs

Location: William Jennings Bryan Fairview Home. Parking is available in the street and parking lot east of the home.

Enrollment Limit: 20

Cost: \$10

Please register for only one session:

LIF1981

Day/Date: Thu, Sep 4

Time: 1-2 p.m.

LIF1982

Day/Date: Thu, Sep 4

Time: 3-4 p.m.



Landmark Supreme Court Cases: Free Speech and Press



The First Amendment may seem clear and absolute, but in fact, it is neither. What freedom of speech and the press mean has been the subject of several Supreme Court opinions. Examine eight major precedents in four areas: prior restraints, libel, dissent and symbolic expression. These cases have shaped our contemporary understanding of freedom of expression.

Instructor: John Bender, professor emeritus, College of Journalism and Mass Communications, UNL

Facilitator: Charlyne Berens

Day/Dates: Thu, Aug 28, Sep 4, 11, 18

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

CON102Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON102L

Location: SCC-CEC Auditorium

Enrollment Limit: 70



Suspended in Time: Still Lifes and Magic Realism



HIS1330 (OMAHA)

Learn about Samuel Bak's life followed by a tour of the Fall exhibition, “Suspended in Time: Still Lifes and Magic Realism” at the Samuel Bak Museum: The Learning Center. During the tour, we will engage in a slow-looking exercise and in-

COURSES

gallery discussions. Explore how artists have used the still life genre to meditate on the importance of memory, repair, belonging, and hope.

Instructor: Alexandra M. Cardon, gallery curator/manager, Samuel Bak Museum

Facilitator: Charles Hettinger

Day/Date: Thu, Oct 2

Time: 1-2:30 p.m.

Location: Samuel Bak Museum. A free, three-level parking deck is located directly east of the museum.

Enrollment Limit: 25

Cost: \$10

First Notes: How Did Music Begin?



Music, a universal language without specific meanings, presents an evolutionary puzzle. Explore key evolutionary psychology hypotheses about its emergence. Examine claims of courtship, maternity, social bonding, and more, as well as look at, and listen to, examples of the evolution of music across various cultures. Join us to discover the captivating mystery of music's place in our shared humanity.

Instructor: Clay Farris Naff

Facilitator: Bill Latenser

Day/Dates: Thu, Sep 11, 18, 25

Time: 3-4:30 p.m.

Cost: \$20

Register for only one format:

SCI088Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI088L

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

Enrollment Limit: 28

Unexpected Alliances: Nazi and Islamist Interactions During WWII



HIS130Z

Embark on an enlightening journey and delve into the clandestine alliance between Nazi leaders and Islamic forces during World War II. Unravel the intricate web of Nazi ideology and Islamic antisemitism in the tumultuous years of the 1930s

and 1940s, shedding light on a chapter of history often overlooked. This captivating exploration of the past and its reverberations in contemporary geopolitics illuminates the ongoing battle against extremism and deepens understanding of global dynamics.

Instructor: Anette Isaacs, German historian, public educator and director, OLLI at Florida International University

Facilitator: Bob Michl

Day/Date: Thu, Sep 18

Time: 6:30-8 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

This course is offered in collaboration with OLLI at Florida International University.

FRIDAYS

“Fri-Yay” Fitness Club



LIF003L

Stay active and strong during your golden years with guidance from a certified personal trainer. This program blends education and exercise, focusing on functional fitness, cardio, strength, flexibility, balance, and core training. All activities can be modified to meet individual needs, and take-home workout copies are provided. Wear comfortable workout clothes and tennis shoes. Participants must complete a health questionnaire and UNL Rec Center waiver, which will be emailed for electronic signature before the first session.

Instructor: Ethan Priebe, personal trainer

Facilitator: David Dyke

Day/Dates: Fri, Aug 29, Sep 5, 12, 19, 26, Oct 3

Time: 9-10:30 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

Lincoln’s Sunken Gardens



“Enchanted Oceans” is the 2025 theme for Lincoln’s Sunken Gardens. Explore the design process and the challenges of growing plants in Lincoln with the ever-changing weather. Please

plan accordingly for the weather and your comfort. A good deal of walking will be required.

Instructors: From the City of Lincoln, Public Gardens—Zac Halley, supervisor; Michael Fallon, horticulturalist

Facilitator: Judy Hart

Location: Sunken Gardens Rotary Pavilion. Limited parking is available at the parking lot located off 26th & D Street. Overflow parking is available in neighborhoods and across 27th Street at the Hamann Rose Gardens.

Enrollment Limit: 30

Cost: \$10

Register for only one session:

ART0261

Day/Date: Fri, Sep 12

Time: 9-10:30 a.m.

ART0262

Day/Date: Fri, Sep 26

Time: 9-10:30 a.m.



AI in Daily Life: Promise and Peril



Artificial Intelligence is no longer science fiction; it's helping us drive, cook, learn and even write. But what are the tradeoffs? Discover how AI is quietly embedded in our routines, where it helps, where it harms, and what's next.

Instructor: Joshua Berry, CEO/Co-Founder, Eonic

Facilitator: Marie Trayer

Day/Date: Fri, Sep 5

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

SCI091Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI091L

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

Enrollment Limit: 28

HomeFit: How to Age in Place at Home



LIF002Z

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

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

Day/Date: Fri, Sep 5

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Prepare to Care: Options and Costs



LIF055Z

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

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

Day/Date: Fri, Sep 12

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

COURSES

Living Well with Parkinson's Disease



H&W015Z

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

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

Day/Date: Fri, Sep 19

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Dementia Caregiving at Home



LIF061Z

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

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

Day/Date: Fri, Sep 26

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Biomechanics of Walking



Learn about the biomechanics of walking and how we move and exert forces. Discuss different gait impairments and strategies to prevent falls and injuries. Discover practical information such as how to select footwear for walking. In-person attendees will have the opportunity to have their gait recorded in 3D using smartphone-based motion-capture software after class.

Instructors: Philippe Malcolm, associate professor, Biomechanics, UNL; Keegan Moore, associate professor, Daniel Guggenheim School of Aerospace Engineering, Georgia Tech.

Facilitator: Jeanette Wellsandt

Day/Date: Fri, Aug 29

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

Cost: \$10

Register for only one format:

SCI087Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI087L

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

Enrollment Limit: 28

“Go Big Red” at Sheldon Museum of Art



ART182L

Learn more about the exhibition “Go Big Red,” which considers various ways of looking at the power of red. Each featured artwork was selected from Sheldon’s collection by a member of the university community, which stretches from the campus to the city, to the state, and beyond. The selected works span history, genres, styles, and media, just as the participants and their reflections represent the distinctive individuals who have come together to realize this exhibition.

Instructor: Erin Hanas, curator, Academic and Campus Engagement, Sheldon Museum of Art

Facilitator: Anne Diffendal

Day/Date: Fri, Sep 12

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

Location: Sheldon Museum of Art

Enrollment Limit: 25

Cost: \$10



Braver Angels: Healing Our Democracy



The mission of Braver Angels, a national organization, is to heal the dramatic political divide afflicting our nation—not by trying to convince either side that it is wrong but by helping people learn to converse and even disagree in a respectful and civil manner. Learn how a group of concerned volunteers are working to form a Nebraska alliance of Braver Angels and how you can get involved.

Instructor: Barbara Dewey, Licensed Independent Clinical Social Worker (LICSW);

Facilitator: Charlyne Berens

Day/Date: Fri, Sep 26

Time: 1-2:30 p.m.

Cost: \$0 - Free

Register for only one format:

CON104Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON104L

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

Enrollment Limit: 28

Mah Jongg



LIF046L

Mah Jongg is an ancient Chinese game. Learning the game can be challenging. This class will introduce you to the card, the tiles, the Charleston, and the game itself.

Instructor/Facilitator: Dave Rosenbaum, OLLI member

Day/Dates: Fri, Aug 29, Sep 5, 12, 19, 26, Oct 3

Time: 1-3 p.m.

Location: Unitarian Church, Gallery Room

Enrollment Limit: 20

Cost: \$50, includes \$15 for the cost of a large print Mah Jongg card. If you already have a current year Mah Jongg card, contact the office to register and pay \$35 for the course

SUNDAYS

Duncan and LeBaron Sculpture Garden Tours



Enjoy these tours of iconic Lincoln residents' personal sculpture gardens. The garden surrounding the Duncan home has more than 60 sculptures, Midlands grasses and trees, a vineyard and a pond, providing rich diversity. Learn about works from their internationally significant art collection. The LeBaron garden includes 50 sculptures and a greenhouse featuring a gorgeous Orchid collection. It's beautiful and whimsical at the same time. Be prepared to walk and stand the entire time for both tours.

Instructors: From the Karen and Robert Duncan Collection—Anne Pagel, curator; AJ Krakau, curator; Susan Simon, art collection manager, Kathy and Marc LeBaron Collection

Day/Dates: Sun, Sep 28, Oct 5

Time: 2-3 p.m.

Enrollment Limit: 30

Cost: \$15

Register for only one section:

ART1801

Facilitator: Patricia Saldana

Location: Sep 28 at Duncan Sculpture Garden; Oct 5 at LeBaron Sculpture Garden

ART1802

Facilitator: Mary Ann Sullivan

Location: Sep 28 LeBaron Sculpture Garden; Oct 5 at Duncan Sculpture Garden

EVENTS *All events are in-person unless otherwise noted.*



Flatwater Shakespeare Company presents “Punk Rock Romeo and Juliet”

ART179L

Shakespeare gets a mohawk in this raw, punk rock Romeo and Juliet. Flatwater’s bold adaptation unleashes Verona’s feuding families with guitar-fueled energy, DIY grit, and rebellious passion. Expect a thrilling, high-voltage ride where young love blazes fast and fierce. The show concludes with a post-performance question and answer period for OLLI attendees.

Facilitator: Dori Bush

Day/Date: Sun, Aug 17

Registration Deadline: Fri, Aug 8

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

Time: 7 – 10 p.m.

Location: Wyuka Stables

Enrollment Limit: 20

Cost: \$35

Sideshow Spirits Tour and Tasting

LIF144L

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

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

Facilitator: Kristi Shoemaker

Day/Date: Thu, Aug 28

Registration Deadline: Thursday, Aug 21.

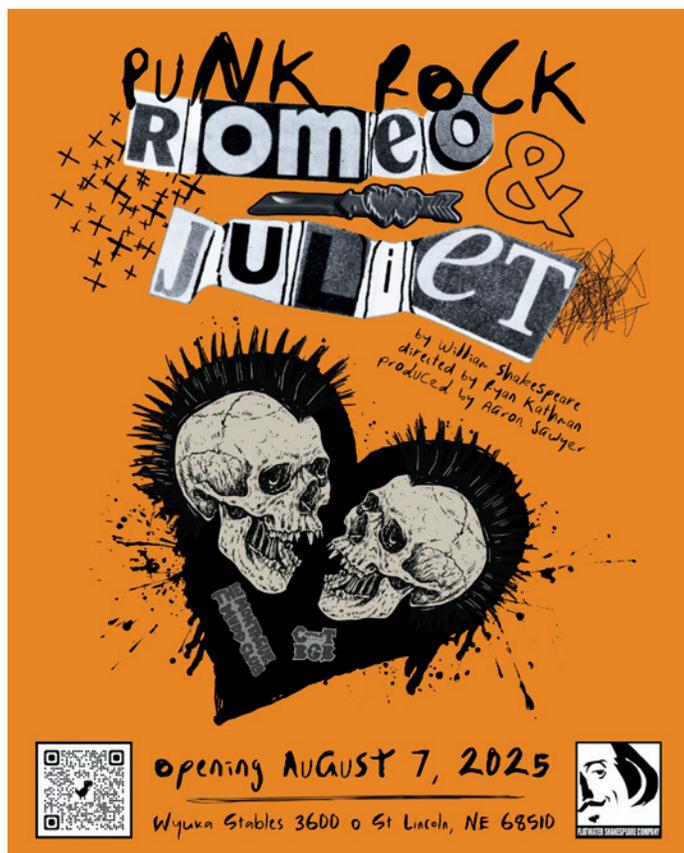
Cancellation after this date is non-refundable unless cancelled by OLLI.

Time: 1-2:30 p.m.

Location: Sideshow Spirits Distillery and Cocktail Bar

Enrollment Limit: 20

Cost: \$30 includes tour and tastings



Murder, Meal and Mystery: Clue Dinner Theatre

ART183L

Join OLLI friends on a bus trip to the New Theatre & Restaurant in Overland Park, Kansas. Enjoy the ride while relaxing and socializing with friends and family to attend the comedy smash hit, “Clue,” adapted from one of the most popular board games in America! A bizarre group of strangers are invited to the ominous Boddy Manor. Their evening together turns into a real mystery of whodunit. Murder, blackmail and hilarious twists and turns will draw you into a murder case filled with non-stop laughs.

Facilitator: Dori Bush

Day/Date: Sat, Sep 6

Registration Deadline: Thu, Aug 14.

Cancellations after this date are non-refundable unless cancelled by OLLI.

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

Location: Meet at Lincoln Gateway Mall parking lot just north of Dillard’s parking deck to board the bus. Department Gateway Mall at 7:30 a.m. Personal vehicles may be parked in this area for the day/evening.

Enrollment Limit: 50

Cost: \$120. Includes transportation, buffet lunch, show tickets and all gratuities. Dessert (\$8) may be purchased separately by attendees.

OPEN TO THE PUBLIC.



Kearney Landmarks: MONA and Beyond

ART184L

Kearney is calling! This bus tour will take us to the Great Platte River Road Archway, where we’ll explore Nebraska history, followed by a visit to the sculpture garden at Yanney Heritage Park—don’t miss the Chihuly! After lunch by the lake, we’ll have a guided tour of exhibitions at the newly renovated Museum of Nebraska Art (MONA), including a gallery of works by prominent Nebraska artists, and a gallery of portraits of Nebraskans by photographer Wesaam Al-Badry.

Speakers: Rebecca Puls, Learning & Engagement Assistant, MONA

Facilitator: Christy Hargesheimer

Day/Date: Fri, Sep 19

Registration Deadline: Fri, Aug 29.

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

Time: 8 a.m.-5:30 p.m.

Location: Meet at the south end of the Slumberland Furniture parking lot (5240 N. 27th St.) to board the bus. The bus departs promptly at 8 a.m. Bus returns to Lincoln by 5:30 p.m. Personal vehicles can be parked in the lot for the duration of the trip.

Enrollment Limit: 50

Cost: \$95

OPEN TO THE PUBLIC.



EVENTS

OLLI/UNL Emeriti Ice Cream Social

LIF200L

Join us for a sweet late summer treat at an Ice Cream Social, co-sponsored by OLLI@UNL and the UNL Emeriti and Retiree Association. Enjoy delicious, locally made ice cream from the UNL Dairy Store while catching up with friends and meeting new ones. Come enjoy conversation, community, and premium Husker-made ice cream!

Facilitators: Bob Michl, Pam Edwards

Day/Date: Fri, Sep 19

Registration Deadline: Mon, Sep 8

Time: 5:30–7:30 p.m.

Location: Bethany Park Enclosed Shelter

Enrollment Limit: 60

Cost: \$0

FREE.

Red Cloud's Willa Cather

L&L025L

Experience the Red Cloud, Nebraska area which provided the descriptive backdrop for well-known Nebraska author, Willa Cather. Visit the Pavelka homestead mentioned in the novel “My Antonia,” other local spaces and sources for Cather’s poetry and prose, and the National Willa Cather Center in Red Cloud. Share lunch at The Palace, a restaurant which has served folks in the area for 50 years. This trip will be the perfect companion to the OLLI course entitled “Willa Cather’s Nebraska” presented prior to the trip.



Speakers: Staff at The National Willa Cather Center

Facilitators: Dori Bush, Deb Pearson

Day/Date: Thu, Sep 25

Registration Deadline: Thu, Sep 4.

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

Time: 8 a.m.–7 p.m.

Locations: Meet at the south end of the Slumberland Furniture parking lot (5240 N. 27th St.) to board the bus. The bus departs promptly at 8 a.m. Bus returns to Lincoln by 7 p.m. Personal vehicles can be parked in the lot for the duration of the trip.

Enrollment Limit: 50

Cost: \$85 includes bus, lunch and tours.

OPEN TO THE PUBLIC.

Game Night with OLLI

LIF060L

Love games but need more players? Join us for Game Night! Bring your favorite indoor game or learn a new one while enjoying fun, food, and great company. OLLI provides snacks and drinks—just bring your enthusiasm. No game? No problem! We’ll have plenty to choose from, like Scrabble, Monopoly, Yahtzee, Pictionary, and more. Whether you're playing or mingling, it's the perfect evening to socialize and connect through friendly competition.

Facilitator: Bob Michl

Day/Date: Wed, Oct 1

Registration Deadline: Mon, Sep 29.

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

Time: 4:30–7 p.m.

Location: Eastmont

Enrollment Limit: 25

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

OPEN TO THE PUBLIC.

Hard Cider History and Tasting at Saro Cider

LIF165L

Join us at Saro Cider, a Lincoln-based cidery, and discover a history of hard cider in the U.S. Take your taste buds on an adventure through a curated cider flight, showcasing the variety of Midwest cider, including cider from apples grown at Arbor Day Farm in Nebraska City. A snack will be provided during sampling, and you will enjoy a short trek through the production facility to learn the art of cider making.

Presenter: Chris Ganshert, Cider Maker

Facilitator: Jeanette Wellsandt

Day/Date: Thu, Oct 2

Registration Deadline: Thu, Sep 25

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

Time: 3-4:30 p.m.

Location: Saro Cider

Enrollment Limit: 20

Cost: \$35



Movies That Matter: Route 2 Elsewhere

V&P016L

"Route 2 Elsewhere" is a documentary that explores the challenges and resilience of rural American communities along a 1,500-mile stretch of U.S. Highway 2, from Michigan's Upper Peninsula to Montana's Sweet Grass Hills. Filmed over a year, the film captures the experiences of residents adapting to economic shifts in one of the nation's most rural regions. By highlighting the stories of these communities, the documentary sheds light on the evolving dynamics between urban and rural areas in America. Attendees will watch the documentary then participate in table discussion groups.

Facilitators: Bob Michl & Dick Vautravers

Day/Date: Thu, Oct 9

Time: 7-9 p.m.

Location: Cornhusker Bank Community Room

Enrollment Limit: 100

Cost: \$0

FREE AND OPEN TO THE PUBLIC.



"Emotional Tapestry" with Lincoln's Symphony Orchestra

ART186L

After opening with Franz Schubert's romantic "Unfinished Symphony," the Lincoln Symphony Orchestra (LSO) performs Sarah Gibson's "warp & weft," a work for orchestra inspired by traditional women's art techniques, specifically weaving. Following intermission, internationally acclaimed pianist Michael McHale joins LSO to perform Piotr Ilyich Tchaikovsky's stunning "Piano Concerto No. 1."

Facilitator: Deb Pearson

Day/Date: Sun, Oct 19

Registration Deadline: Sun, Oct 12

Cancellation after this date is nonrefundable unless cancelled by OLLI.

Time: 6-9 p.m.

Location: Lied Center for Performing Arts

Enrollment Limit: 20

(Reserved Seats)

Cost: \$45



INTEREST GROUPS

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

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

LINCOLN

Art Appreciation

Art interested and art-curious folk get together once a month to explore the background, history and trends in fine art, photography and other creative activities.

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

Day/Date: Third Sunday of the month

Time: 1-3 p.m.

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

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

Baseball

OLLI baseball fans meet once a month and discuss all things baseball.

Coordinators: Marvin Almy, hmalmlly@aol.com; Bill Fagler, bill.fagler@gmail.com; Jon Hamilton, playingwiththepossibilities@gmail.com

Day: 2nd Tuesday of each month

Time: 3-4:30 p.m.

Location: Stauffer's Café, 5600 S. 48th St., Lincoln

Biking the Trails

Ride local bike trails in and around Lincoln.

Coordinators: Marilyn Hahn, marilynahn@icloud.com; Tim Shaw, timothyshaw@gmail.com; John Willey, jawilley@gmail.com; Dave Brown, bd52014@windstream.net; John Keller, jfk120@me.com

Meets: Weekly rides during the warm season months

Bridge Players

Consists of sets of four, playing 18 hands of party bridge using tallies for partners.

Coordinator: Sue Guild,
guild.carolynsue42@gmail.com

Companionable Hiking

Enjoy hiking/ walking outside in various locations and terrains in a companionable experience. Open to all levels of hiking ability and experience.

Coordinator: Beth Whitaker,
bawhitaker1@gmail.com

Day/Time: Twice monthly (TBA)

Coffee and Conversation

Join on Zoom for a weekly one-hour chat focused on fun, non-political questions, shared in advance.

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Every Tuesday

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

Conversational Spanish-Over Zoom

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

Coordinator: Jack McGann,
jackmcgann1@mac.com.

Contact the coordinator for the Zoom link.

Day: Tuesdays

Time: 1-2:30 p.m.

German Language and Culture

Discuss German history and culture and review current events in Deutschland. Refresh your speaking, reading and comprehension.

Coordinators: Ken Gobber, kgobbre@proton.me; David Dyke, drdrdmd@me.com

Day: 1st and 3rd Wednesday of each month

Time: 3-4:30 p.m.

International Affairs

Offering engaging conversations on topics of Group leaders introduce topics and raise questions for participants to discuss current international events and issues importance.

Coordinator: Peter Levitov, plevitov1@unl.edu

Discussion Leaders: Dave Forsythe, Professor Emeritus, Political Science, UNL; Peter Levitov, Associate Dean Emeritus, International Affairs, UNL; Roger Lempke, retired Major General; Wes Peterson, professor, Agricultural, Economics, UNL

Day: First Wednesday of each month, September through May

Time: 3-4:30 p.m.

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

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

Meditation

Discuss the practice of meditation and some of the challenges that arise with meditative time. Meetings include a 15-to-20-minute guided meditation. No prior experience required.

Coordinator: Margaret Rickers, mrickers14@gmail.com

Day: Second Thursday of each month

Time: 1:30 p.m.

Location: First-Plymouth Congregational Church, 20th & D Sts., Calvert Parlor, Lincoln.

Enter through the west door. The group may meet on Zoom during the winter months.

My Backyard

Explore all aspects of the landscape and gardening through discussions, guest speakers, field trips and presentations.

Coordinator: Sue Guild, guild.carolynsue42@gmail.com

Day: Last Tuesday of each month

Time: 10-11:30 a.m.

Matinee at the Ross

Enjoy a Friday matinee movie at the Mary Riepma Ross Media Arts Center on UNL's City Campus at 313 N. 13th St. No reservations are needed.

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Friday

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

Out to Lunch

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

Contact Nancy Whitman for more information.

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

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

Politics

Open to all regardless of political persuasion—the more viewpoints the better.

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

Day: Third Thursday of each month

Time: 3-4:30 p.m.

Location: Southern Heights Presbyterian Church, 5750 S. 40th St., Lincoln

Reading Groups

OLLI book clubs generally limit their membership to 15 or less. There are currently some groups accepting members.

Coordinator: Cheryl Ferree, greshamgirl@mac.com

INTEREST GROUPS

Science & Technology

Explore science and technology and learn about the impact of new science and technology on society.

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

Day: Third Friday of the month

Time: 2-3:30 p.m.

Location: Rock-N-Joe Coffee, 5025 Lindberg St., Lincoln (May vary)

Story Analysis

Read member-selected works and share thoughts on the story, author, writing style, structure and historical or philosophical references.

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

Day: 2nd Thursday of even-numbered months

Time: 4 p.m.

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

Table Tennis

Everybody plays. No pressure. Simply show up and bring your favorite paddle. Some paddles are available. All abilities welcome.

Coordinator: Larry McClure, lmerkmcclure@yahoo.com

Days: Tuesdays and Thursdays

Time: 12:30-2 p.m.

OLLI-UKES (Ukulele)

Join others who enjoy playing the ukulele. All levels are welcome.

Coordinator: Julia Larson, jlarson9342@gmail.com

Day: Third Thursday of the month

Time: 1 p.m.

Locations: Varies-Lincoln libraries during the winter months; Antelope Park Bandshell during the summer months.

Walking Lincoln

Gather at Holmes Lake, rain or shine. Dress for the day. We divide into fast and slow walkers, so there is sure to be someone who walks at your pace.

Coordinator: Mike Carlson, mcarlson314@gmail.com

Day: Monday

Time: Sept-May, 9:30 a.m.;

June-Aug, 8:30 a.m.

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

Writers Group

Meets monthly to share writings and practice the craft through generative writing exercises. All levels of experience are welcome. Participants are organized into groups of five members by the coordinator.

Coordinator: Gail Hollarbush, ghollarbush@gmail.com

OMAHA

Biking the Trails Omaha

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

Coordinator: Audrey Paulman, apaulman@me.com

Meets: Thursday mornings

Time: 9:30 a.m.

Omaha Lunch League

Coordinator: Audrey Paulman, apaulman@me.com

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

Location: Various eating establishments in and around Omaha. RSVP to coordinator is required.

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

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

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

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

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

RELEASOR (Signed)

RELEASOR (Printed)

DATE

REGISTRATION

Complete one form for EACH person.



First Name _____ Last Name _____

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

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

Vehicle License Plate (needed to attend class on UNL's East Campus)

State: _____
 Plate #: _____

I would like to be assigned an OLLI ambassador. An ambassador will help you navigate the OLLI program.

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

For Office Use Only

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

2025-2026 Membership Registration -- Check One		Cost
<input type="checkbox"/>	I am a current 2025-2026 OLLI member.	\$0
<input type="checkbox"/>	I am purchasing a 2025-2026 annual membership (Valid through July 31, 2026).	\$75

Course or Event Registration:		
Number	Name	Cost
Total Payment (Membership + Course Cost + Event Cost)		

Payment Method:

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

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

Credit Card Number _____ **Expiration Date** _____

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

General Information and Policies

Animal/Pet Policy

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

Course Recording Policy

Recordings are not shared with members due to missed session. Recorded courses are edited, archived, and used for future instructional purposes.

Drop a Course or Event

To be eligible for a refund, please notify the OLLI office 24 hours prior to the date and time of the first session of the course/event you want to drop. Please contact us during business hours, Monday-Friday. This policy does not apply to courses and events with cancellation deadlines. For eligible cancellations, you may choose to receive a refund or donate the course fee to OLLI.

Email Notifications

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

Guest Policy

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

Membership

Memberships are non-transferable and non-refundable.

Postponed, Cancelled or Full Courses

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

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

Weather-Related Cancellations

If UNL closes due to weather conditions, OLLI in-person and multi-format courses, and events will be canceled. Zoom-only courses may take place. Call the OLLI office after 8 a.m. or check the OLLI website (olli.unl.edu) for weather-related information.

UNL East Campus Parking Permits

Changes to parking are coming. Watch your email and the "OLLI Connects" email newsletter.

All times are Central Time (CT).



 olli@unl

 OLLI at UNL

UNIVERSITY OF
Nebraska
Lincoln

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

NON PROFIT
US POSTAGE
PAID
FIRESPRING



*Daniel and Diana Wheeler,
OLLI Mmembers*

*Helen Meeks,
OLLI Mmember*

For the **LOVE** of
LEARNING



**Scan QR
code to
view the
catalog
online**



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

UNL does not discriminate based upon any protected status.

UNIVERSITY OF
Nebraska
Lincoln