

OSHER LIFELONG LEARNING INSTITUTE



OLLI at UNL

Course Catalog: Winter Term 3 2026

Curiosity never retires

Chinese Quilts

YESTERDAY AND TODAY



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Thursday, January 8, 2026, 8 a.m. (CT)

Term Dates: January 20-March 2, 2026

schedule at a glance

All times are Central Time. Classes are in Lincoln unless otherwise indicated.

RECORDED COURSE PACKAGE

Online. Watch at your convenience.

Page
8-9

MONDAYS

9-10:30 a.m.	Mapping Local News: Why It Matters	10
11 a.m.-12:30 p.m.	Photography Using Your Mobile Device	10
11 a.m.-12:30 p.m.	The Roman Revolution, 133 BCE-14 CE	10
11 a.m.-12:30 p.m.	Post-Processing: Digital Photo Editing	10
1-2:30 p.m.	Nebraska's Journey to Statehood	11
1-2:30 p.m.	8 Pillars of Yoga: It's More Than Exercise	11
1-2:30 p.m.	Highway Archaeology	11
1-2:30 p.m.	Digital Photography	12
3-4:30 p.m.	Apocalypse: Survival or Collapse	12

TUESDAYS

9-10 a.m.	Functional Strength and Balance	12
9-10:30 a.m.	Europe in the Napoleonic Era	12
9-10:30 a.m.	The Geology of Niobium in Nebraska	13
10 a.m.-12 p.m.	Smart Charitable Estate Planning	13
11 a.m.-12:30 p.m.	First Century Sons(s) of God?	13
11 a.m.-12:30 p.m.	Tai Chi	13
11 a.m.-12:30 p.m.	Restoring and Managing Resilient Prairies	14
11 a.m.-12:30 p.m.	Behind the Olympic Scores (OMAHA)	14
11 a.m.-12:30 p.m.	Saltdogs Baseball: Life Behind the Scenes	14
1-2:30 p.m.	Behind the Scenes with the LSO	15
1-2:30 p.m.	Journey Through the Green Book (OMAHA)	15
1-2:30 p.m.	The Cave Beneath Lincoln: Robber's Cave Tour	15
3-4:30 p.m.	Fossils of Nebraska	16
3-4:30 p.m.	Life on the Edge: Meet the Extremophiles	16
3-4:30 p.m.	Home Winemaking: From Grape to Glass	16
3-4:30 p.m.	Tax Planning During Retirement	16
3-4:30 p.m.	Backstage at the Rep: "Tigers Be Still"	17
3-4:30 p.m.	Winter Wander	18
3-4:30 p.m.	Crystal Skillman's "The Rocket Men"	18

WEDNESDAYS

9-9:55 a.m.	Gentle Yoga	19
9-10:30 a.m.	WWII: War in the Pacific	19
9-11 a.m.	Behind the Scenes at Nebraska Public Media	20
10-10:55 a.m.	Chair Yoga	20
11 a.m.-12:30 p.m.	Yes! Your Voice Matters	21
11 a.m.-12:30 p.m.	The Steps of Saint Paul	21
11 a.m.-12:30 p.m.	Five Mistakes Families Make at Discharge (OMAHA)	21
11 a.m.-12:30 p.m.	GLP Medications: Myth or Magic? (LAVISTA)	21
1-2:30 p.m.	Modern College Football Officiating (LAVISTA)	22
1-2:30 p.m.	Women Who Lived for Danger	22
1-3 p.m.	Introduction to Bridge I	22
3-4:30 p.m.	Exploring "La Bohème" with UNL Opera	22
3-4:30 p.m.	The Lifelong Learner's Guide to the UNL Library	23
3-4:30 p.m.	Gait Speed: The 6th Vital Sign	23
3-4:30 p.m.	The Magic of the Metropolitan Opera: "Tristan and Isolde"	23

Cover Photos: OLLI members learn the fascinating story of quilting traditions in China.

Photo Credit: Loren Rye, UNL Pixel Lab.

THURSDAYS

9-10:30 a.m.	Your Brain	24
9-10:30 a.m.	Lincoln Senior Living: Find Your Fit	24
9-10:30 a.m.	Inside the Costume Closet at NWU	24
11 a.m.-12:30 p.m.	Choose Your Word for the Year (OMAHA)	25
11 a.m.-12:30 p.m.	America's Roots in Western Nebraska	25
11 a.m.-12:30 p.m.	Dishin' Up Sunday Supper	25
11 a.m.-12:30 p.m.	Reading Amy Tan	26
1-2:30 p.m.	Classic Car Restoration: Joy or Madness? (LAVISTA)	26
1-2:30 p.m.	Tour of A Total Manufacturing Company-TMCO	26
1-2:30 p.m.	The Gospel of Mary Magdalene	27
3-4:30 p.m.	Ageless Grace® Brain Health Fitness	27
3-5 p.m.	My Mother and the Holocaust Brought to Light	27

FRIDAYS

9-10:30 a.m.	"Fri-Yay" Fitness Club	27
11 a.m.-12:30 p.m.	Want to Be a Saint? Organize Your Estate	28
11 a.m.-12:30 p.m.	Exhibition Walkthrough at Sheldon	28
1-2:30 p.m.	Succulent Garden Savvy	28
1-2:30 p.m.	Great Decisions 2026 Part I	28
1-2:30 p.m.	Bones, Bodies and Bestsellers (LAVISTA)	29
1-2:30 p.m.	Fancy Plants & Fairy Gardens	29

SUNDAY

1:30-3 p.m.	"Animal Instinct" at Assemblage	29
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EVENTS

Wed. Feb 4	A Taste of Lincoln: L's Kitchen	32
Wed, Feb 11	Sing a Song	32
Thu, Feb 12	Mini-Golf: Tee Off in Prehistoric Paradise	32
Fri, Feb 13	Lincoln Symphony Orchestra Presents: "Experience the Intrigue"	15
Sun, Feb 15	BLUEBARN Theatre Presents: "The Heart Sellers" (OMAHA)	32
Sun, Feb 22	Nebraska Repertory Theater Presents "Tigers Be Still"	17
Thu, Feb 26	Tiny Lanes, Big Strikes: Mini Bowling	33
Fri, Feb 27	Breakfast with UNL Athletics: Husker Vision	33
Sun, March 8	Omaha Community Playhouse Presents: "Hair" (OMAHA)	33
Fri, April 3	In Crane View Day Trip (WOOD RIVER & GIBBON, NE)	33

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

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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 COURSE PACKAGE

Recorded video programs available online. Watch at your convenience. You will receive a link in your registration confirmation email to access the recordings.

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.

Location Key

LINCOLN LOCATIONS

American Lutheran Church, 4200 Vine St.
Assemblage, 1828 N. St.
Bob and Willie's Wonderbowl, 2901 S. 84th, Ste. 16
Bridge to Better Living, 4230 Pioneer Woods Dr.
Duplicate Bridge Club, 237 S. 70th St., #205
Eastmont, 6315 O Street
Gramercy Hill, 6800 A St.
Hy-Vee, 1601 N. 84th St.
Knolls Senior Living, 5755 Norman Rd.
L's Kitchen, 2785 S. 17th St.
Legacy Estates, 7200 Van Dorn St.
Lied Center for Performing Arts, 301 N 12th St.
Nebraska Public Media, 1800 N. 33rd St.
Nebraska Wesleyan University, Elder Memorial Theatre, 51st & Huntington Ave.
Pioneers Park Nature Center, 3201 South Coddington
Prehistoric Putt Lincoln, 1919 Cornhusker Hwy
Robber's Cave, 925 Robbers Cave Rd, Ste. B
Sage Living by Tabitha, 402 S. 47th St.
SCC-CEC, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place
Sheldon Museum of Art, 12th and R Sts.
TMCO, 701 S. 6th St.
Union College, Lang Amphitheater-Krueger Science and Math Bldg., 49th & Bancroft Sts.

University of Nebraska State Museum, Morrill Hall, 645 N. 14th St.

UNL City Campus, Glenn Korff School of Music, 10th & Q Sts.

UNL City Campus, Manter Hall, 1101 T 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, Plant Sciences Hall, 1875 N. 38th St.

UNL Temple Building, Howell Theatre, 1209 R St.

Yankee Hill Village, 8401 S. 33rd St.

OMAHA & OTHER LOCATIONS

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

Crane Trust, 9325 Alda Rd. S., Wood River

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

Educational Service Unit #3, 6949 S. 110th, LaVista

Jewish Community Center, 333 S. 132nd St., Omaha

Omaha Community Playhouse, 6915 Cass St., Omaha

Rowe Sanctuary, 44450 Elm Island Rd., Gibbon

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

Membership & Registration

Membership Fee

A mid-year membership is \$50, valid through July 31, 2026. Membership is required for most courses, events and interest groups.

Join & Register-Your Way

- **Online:** Sign up anytime at <https://olli.unl.edu>
- **Mail:** Mail your form and payment at least 5 business days before registration opens.
- **Drop-off:** Hand-deliver to the OLLI office. Staff will not process your registration while you wait.

Mailing Address

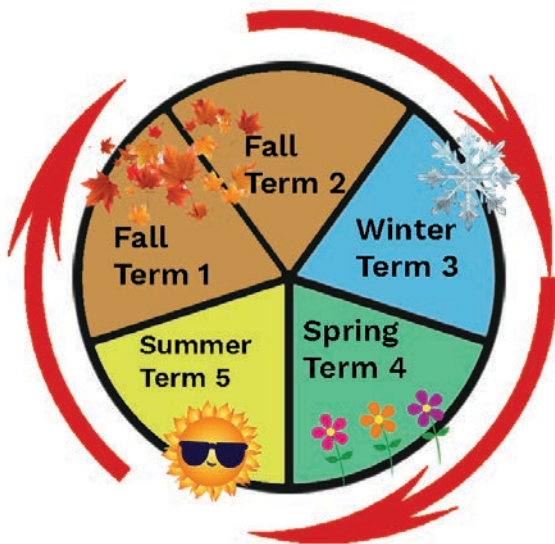
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Lincoln, NE 68583-0800

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

Financial Scholarships Available

OLLI at UNL believes lifelong learning should be accessible to all. A limited number of financial scholarships are available each year covering membership and/or courses fees (not events or travel). Recipients enjoy full membership benefits. Applications are accepted year-round but expire at the end of the membership year. To apply or learn more, call the OLLI office at 402-472-6265.

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



TERM DATES

A term is six-weeks long.

- Winter 3 - Jan 20–March 2, 2026
(Registration begins Jan 8, 2026)
- Spring 4 - March 30–May 8, 2026
(Registration begins March 17, 2026)
- Summer 5 - June 1–July 10, 2026
(Registration begins May 19, 2026)

COURSES

Courses meet once a week. A course meets from one to six times. The cost is based on 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 to a nearby location and refreshments.

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.



Costa Rica | March 1-7, 2026

Closed

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 Balloon & 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 Course Package

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**. You will receive a link in your registration confirmation email to access all recordings.

All programming originates from OLLI at UNL.

Disinformation, the Sequel: News vs. Nonsense –

Instructor: George Ayoub (4 sessions)

Ayoub discusses the challenge for citizens in a democracy to get accurate information. This sequel centers on the structure of news gatherings, the constitutional and ethical underpinnings of journalism, the ever-enlarging footprint of social media on the information landscape, and the modern processes and technology required to best stay informed.

Great Stars of Golden Age Hollywood – Instructor:

Michael Page (6 sessions)

Embark on a journey through the films, lives, and careers of some of the instructor's favorite stars of Hollywood's Golden Age, the era from the beginning of the "talkies" to the early 1960's. Delve into 3 or 4 stars and screen clips per class session and view their most memorable performances. The stars include but is not limited to Ingrid Bergman, Humphrey Bogart, James Cagney, Bette Davis, Henry Fonda, Glenn Ford, Cary Grant, Rita Hayworth, Rock Hudson, Barbara Stanwyck, Jimmy Stewart, & Elizabeth Taylor.

Built for Learning: Architecture of Lincoln Public Schools – Instructor: Ed Zimmer (4 sessions)

From the Lincoln Plat of 1867 and the original Lincoln High School of 1871 to Lincoln Public School's newest high schools, Ed Zimmer explores the history of one of Lincoln's most important institutions through his unique perspectives of an architectural historian, a 19-year member of the LPS Board of Education, and his 35-year career in the Lincoln/Lancaster County Planning Department.

Run to the Roar: Secrets of Emotional Resilience –

Jerry Bockoven (3 sessions)

When lions hunt, the females hide in the grass while the males sit on a hill and roar. Unsuspecting gazelles then hear the roar, and naturally run away from it, right into the clutches of the waiting females. We often hear the internal roar of emotional lions such as shame, depression, grief, anger and anxiety. When we do, our instincts are to run the other way. Learn the techniques and benefits of radical acceptance that encourage us to embrace difficult emotions to stay focused on what really matters in our lives.

Highlights in Cancer Research and Care – Instructors:

Multiple from UNMC (6 sessions)

Get updates about screening strategies that can detect cancer early and how survivors can deal successfully with post-cancer treatment challenges. UNMC researchers are developing new ways to detect pancreatic cancers and to target gastrointestinal tumor cells while limiting side effects. Multidisciplinary care strategies are designed for older adults who have cancer. Bacteria living in our intestines influence both the onset of cancer and the effectiveness of treatments for it. Innovative findings about prostate cancer will be covered. Hear how foundational cancer research can lead the way toward the treatments of tomorrow.

What to Know About Dental Care as We Age –

Instructor: Tim Calkins (1 session)

Learn about how the transition from one stage in life to the next impacts how we approach the maintenance and care of our teeth, as well as surrounding supporting structures. Explore how to consider if recommendations are necessary and in your best interests. Build awareness of the latest procedures and ways to preserve or improve your dazzling smile. Join us for a review of dental care as we progress through life.

The Road to Heaven: Sin, Sacrifice, or Grace? –

Instructor: Michael Ryan (1 session)

Christian denominations splinter along the fault line of whether one is saved by God's grace or through a sacrifice for sin. Insight into this plaguing issue comes from the sacrificial system used in the Temple and how it differs from the sacrificial systems of the Greco/Roman world. How does the Temple's system fit with scripture and with Western Christianity?

Waves, Particles and Our World: Into the Unknown –

Instructor: Herman Batelaan (2 sessions)

Obtain an introduction to the principles of quantum mechanics, beginning with the captivating phenomenon of quantum interference. Explore Richard Feynman's "only mystery" in quantum mechanics through the iconic double-slit experiment, revealing waves and particles. The first mystery that has never been answered is: "What is it that moves the waves and particles around?" The second mystery called the quantum measurement problem and highlighted with Schrödinger's famous cat, which has also has never been answered is: "What does that mean for our world around us?"

Bird Flu and Other Significant Viral Updates –

Instructor: Bob Rauner (1 session)

With all the news about bird flu, measles outbreaks in Texas, and the tuberculosis outbreak in Kansas City this past year, what should we be worried about and what should we do to protect ourselves? Learn about the numbers of infections and fatalities for various infectious diseases so you can gauge your own risk. Current recommendations for vaccines and treatment to decrease your chances of being sick are explained.

Wildflowers of Nebraska – Instructor: Bob Henrickson (1 session)

Across the fields and prairies, along the roadsides and wooded streams grow rare native wildflowers. Take a guided pictorial tour of regions across Nebraska to show beautiful images of Nebraska wildflowers growing in their natural habitat. These prairie gems are increasingly rare to see in nature. Learn more about the rare wildflowers of Nebraska, where you can find them and why it's important to preserve the land that they still occupy.

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6315 O St. Lincoln, NE 68510



MONDAYS

Mapping Local News: Why It Matters



Local news in Nebraska is in trouble. There are fewer newspapers and journalists, and more than half our counties have two or fewer full-time journalists. With the Nebraska News Map, we now know where our news deserts are. But why does that matter, and what can you do to support local news? Learn how one journalism professor is shining a light on the importance of supporting local news.

Instructor: Jessica Walsh, assistant professor, UNL College of Journalism and Mass Communications

Facilitator: Charlyne Berens

Day/Date: Mon, Feb 2

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

CON116Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON116L

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

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, Jan 26, Feb 2, 9

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

The Roman Revolution, 133 BCE-14 CE



The fall of the Roman Republican government was fueled by financial inequalities, class struggles, incompetent leadership, military expansion, and the rise of populist generals. The people learned that they were indeed sovereign and proceeded to vote away their political power in favor of dictators, like Marius and Caesar who brought them bread and circuses, but also decades of civil war. Augustus was the last man standing and established a principate.

Instructor: Vanessa Gorman, professor, Department of History and Classics, UNL

Facilitator: Georgianne Mastera

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

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

Cost: \$35

Register for only one format:

HIS140Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS140L

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

Enrollment Limit: 28

Post-Processing: Digital Photo Editing



ART009L

Learn how to turn great photos into masterpieces through post-processing and editing. Discover how to control brightness, contrast, sharpness, cropping, and much more. You will need a laptop with an editing program such as Photoshop, Affinity Photo, Nikon NX-1 or another comparable recent editing program. Bring at least two photos in RAW format and two photos in JPEG format to the class to get started.

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

Facilitator: David Dyke

Day/Dates: Mon, Feb 16, 23, March 2

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

Nebraska's Journey to Statehood



Explore the issues surrounding the Kansas-Nebraska Act, both nationally and locally. Examine the selection for the location of the territorial capital in Omaha City and the animosity it created among early Nebraska towns. Discover how Lancaster was selected as the site for the state capital, and the debates over the selection of the capital's name and location of state institutions.

Instructor: Sara B. Crook, professor emeritus, Peru State College

Facilitator: Marie Trayer

Day/Date: Mon, March 2

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

HIS145Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS145L

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

Enrollment Limit: 28



8 Pillars of Yoga: It's More Than Exercise



Yoga is known for physical posture, but its roots are far deeper. Explore the eight limbs of yoga as outlined by the sage Patanjali in his Yoga Shastra. Discover the ethical, physical, and meditative foundations of yoga. Learn how this ancient practice supports clarity, peace, and meaningful living. These teachings provide both a historical perspective and a framework for its true purpose: quieting the churning of the mind and body.

Instructor: Jessica Jewel, yoga instructor, astrologer, mentor and studio manager

Facilitator: Kristi Shoemaker

Day/Date: Mon, Jan 26

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

H&W092Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W092L

Location: Nebraska Public Media, Board Rm

Enrollment Limit: 30

Highway Archaeology



The Highway Archeology Program at the Nebraska State Historical Society enables significant cultural resources, both below and above ground, to be taken into consideration when road construction is planned. This partnership with the Nebraska Department of Transportation has been in existence since 1960 and has changed a lot over 65 years. Learn how it came to be and how it continues to protect our shared Nebraska heritage.

Instructor: Nolan Johnson, archaeologist, Nebraska State Historical Society

Facilitator: Charlyne Berens

Day/Dates: Mon, Jan 26, Feb 2, 9, (skip 16), 23

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

HIS141Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS141L

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

Enrollment Limit: 28

COURSES

Digital Photography



ART002L

Gain greater proficiency in digital photography while using an advanced amateur camera (adjustable), mirrorless interchangeable lens camera (MILC) or digital single-lens reflex (DSLR) camera. Learn the fundamentals as you practice with your own personal camera. Basic principles of photography will be reviewed and then more sophisticated digital camera operations, such as controls, function and purpose, lighting, composition, hardware options and software will be discussed.

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

Facilitator: David Dyke

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

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$35

Apocalypse: Survival or Collapse



Explore whether societies react effectively when facing existential threats. Do they adapt and survive or collapse? Discover if there are commonalities amongst societies that triumphed over adversity and/or amongst those that ultimately collapsed. We will discuss several examples connected to these concepts, including Rome's 3rd Century collapse, the fall of the Western Roman Empire, the four Crusader Kingdoms, the Columbian Exchange, and our 21st Century world.

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

Facilitator: Peter Levitov

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

Time: 3-4:30 p.m.

Cost: \$35

Register for only one format:

CON113Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON113L

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

Enrollment Limit: 28

TUESDAYS

Functional Strength and Balance



H&W082Z

Enhance overall physical fitness and improve the ability to perform daily activities with confidence. Focusing on muscular strength, flexibility, mobility and balance, engage in exercises tailored to support functional movement and reduce the risk of injury. Using just a chair, through guided workouts and movement strategies, build confidence in your physical abilities, fostering greater independence and overall well-being.

Instructor/Facilitator: Diane Hopkins, Peak Pilates Comprehensive Certified Pilates Instructor and personal trainer

Day/Dates: Tue, Jan 20, 27, Feb 3, 10

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$25

Europe in the Napoleonic Era



HIS142L

Europe of the 1700s still had kingdoms and nobility as the basis of governing the countries. Follow the changes through the French Revolution and Napoleon's part in converting Europe to modern states. Videos will focus on Napoleon and France (PBS), with descriptions of life in Europe at the time, including Prussia and Austria-Hungary.

Instructor/Facilitator: Esa Jarvi, OLLI Member

Day/Dates: Tue, Jan 20, 27, Feb 3

Time: 9-10:30 a.m.

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

Enrollment Limit: 28

Cost: \$20



The Geology of Niobium in Nebraska



NioCorp Developments Ltd is currently drilling test holes near Elk Creek in Johnson County, Nebraska, intending to begin mining the element niobium. Learn about this critical mineral, often erroneously called a “rare earth,” and why it can be found in southeastern Nebraska. Neither mining techniques nor the economic aspects of this project are the focus of the course.

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

Facilitator: Anne Diffendal

Day/Date: Tue, Feb 10

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

SCI100Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI100L

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

Enrollment Limit: 28

Smart Charitable Estate Planning



Charitable giving is not one-size-fits-all. Finding the right balance between family priorities and charitable giving is crucial and can vary greatly depending on individual circumstances and goals. Explore giving options and common pitfalls that can be avoided to ensure your gifts work as intended. Learn how to maximize your philanthropic efforts in a tax-advantaged way, regardless of the donation amount.

The University of Nebraska Foundation is the university's trusted partner for those wishing to support the University of Nebraska. Because estate planning can be complex, you are encouraged to consult your professional advisors to determine what is appropriate for you.

Instructor: Keith Napolitano, senior director, Gift Planning, University of Nebraska Foundation

Facilitator: Bob Michl

Day/Date: Tue, Feb 24

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

Cost: \$0-Free

Register for only one format:

LIF139Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF139L

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

Enrollment Limit: 28

First Century Son(s) of God?



The Son of God? What can it mean? Although Christians understand Jesus is the Son of God, many are not aware of the title's meanings in the first century nor that there were others to whom the term applied. Exploring the implications of other "sons of god" challenges and illuminates our understanding of the Gospels today. Come deepen your understanding of the gospels through an historical critical approach.

Instructor: Michael Ryan, Pastor, Southwood Lutheran Church

Facilitator: Charlie Francis

Day/Date: Tue, Jan 20

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

Cost: \$10

Register for only one format:

REL040Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL040L

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

Enrollment Limit: 28

Tai Chi



H&W052L

Tai Chi, an ancient Chinese martial art, is the world's most widely practiced exercise form. Unlike most other exercises, Tai Chi is a life-long learning experience. Build fundamentals skills comprising a 'solo exercise' that is the foundation for daily self-practice. Experienced participants can refine familiar movements and learn new ones. All levels of ability and Tai Chi experience are welcome. Wear comfortable clothing and flat shoes.

Instructor/Facilitator: Gary Yuen, retired UNL plant pathologist, 30-year Tai Chi instructor in Lincoln

Day/Dates: Tue, Jan 20, 27, Feb 3, 10, 17, 24

COURSES

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

Location: American Lutheran Church, Fellowship Hall

Enrollment Limit: 24

Cost: \$35

Restoring and Managing Resilient Prairies



Prairies are beautiful, diverse and fascinating. View photos and hear stories about Nebraska prairies and learn about how land stewards keep them vibrant and healthy. Explore seed harvest, prescribed fire, grazing, mowing, invasive species management, and the art and science of blending those in surprisingly sophisticated ways. Discover how bees, badgers, cows, and people can all interact and coexist.

Instructor: Chris Helzer, Nebraska Director, Science and Stewardship, The Nature Conservancy

Facilitator: Stephanie Nantkes

Day/Date: Tue, Jan 27

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

Cost: \$10

Register for only one format:

SCI101Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI101L

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

Enrollment Limit: 28



Behind the Olympic Scores



OMAHA

Explore the fascinating world of Olympic figure skating judging, where technical precision meets artistic expression. Just in time for the 2026 Winter Olympics, learn how judges evaluate spins, jumps, and choreography using the International Judging System, and discover what separates a medal-winning performance from the rest. Gain a new appreciation for the skill, strategy, and subjectivity behind every glide across the ice—you'll never watch skating the same way again!

Instructor: Mike Barwig, national-level figure skater, U.S. Figure Skating Judge and OLLI member

Facilitator: Charles Hettinger

Day/Date: Tue, Feb 3

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

Cost: \$10

Register for only one format:

LIF220Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF220L

Location: Thompson Alumni Center, Omaha

Enrollment Limit: 30

(This course is co-sponsored by the UNO Alumni Association)

Saltdogs Baseball: Life Behind the Scenes



Go behind the scenes with Saltdogs General Manager Shane Tritz and his daughter, Morgan, as they share an inside look at life in Minor League Baseball. Hear firsthand stories about the highs and challenges of managing a team, family life around the ballpark, and what it's really like to be part of the Saltdogs organization. A fun, personal glimpse into the world of professional minor league baseball.

Instructors: From the Lincoln Saltdogs—Shane Tritz, General Manager; Morgan Tritz, manager, Promotions and Community Relations

Facilitator: Judy Hart

Day/Date: Tue, Feb 24

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

Cost: \$10

Register for only one format:

LIF214Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF214L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Behind the Scenes with the LSO (Course)



Learn about the process of putting together a Lincoln's Symphony Orchestra concert, then attend the concert "Experience the Intrigue." Executive director Barbara Zach Lee will discuss what an orchestra means to a community. Maestro Edward Polochick will give insights into how orchestras provide transformative experiences. Composer Julia Adolphe will share how it feels to hear her compositions performed live, and viola soloist Rita Porfiris will talk about life as a professional musician and what inspires her.

Instructors: From LSO—Barbara Zach Lee, executive director; Edward Polochick, music director; Julia Adolphe, composer; Rita Porfiris, viola soloist

Facilitator: Dori Bush

Day/Dates: Tue, Jan 20, 27, Feb 3, 10

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

ART214Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART214L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. *Attendees will watch week 1 and 2 instructors via Zoom.*

Enrollment Limit: 28

Lincoln Symphony Orchestra Presents: "Experience the Intrigue" (Performance)



ART207L

The Lincoln Symphony Orchestra opens with Jean Sibelius' stirring "Finlandia," a tone poem considered as Finland's unofficial national anthem. Rita Porfiris then takes the stage to perform Julia Adolphe's "Unearth, Release" – a concerto showcasing the rich tone of the viola. The concert finishes with Nikolai Rimsky-Korsakov's "Scheherazade," based on "One Thousand and One Nights (Arabian Nights)."

Facilitator: Dori Bush

Day/Date: Fri, Feb 13

Registration Deadline: Thu, Feb 5. *Cancellation after this date is nonrefundable unless cancelled by OLLI.*

Time: 7:30-10 p.m.

Location: Lied Center for Performing Arts

Enrollment Limit: 20 (Reserved Seats)

Cost: \$45

Journey Through the Green Book



HIS1460 (OMAHA)

Join us at Omaha's Durham Museum for a guided exploration of "The Green Book" exhibit, which chronicles the travel experiences of Black Americans during the Jim Crow era. Learn how this historic guide offered safety, dignity, and connection on the road. Enjoy time to explore the museum and reflect on the stories of resilience and community that helped shape a more inclusive America.

Instructor: Kyle Chattleton, education manager and public historian, Durham Museum

Facilitator: Char Casson

Day/Date: Tue, Feb 10

Time: 1-2:30 p.m.

Location: Durham Museum

Enrollment Limit: 40

Cost: \$20



The Cave Beneath Lincoln: Robber's Cave Tour



Explore this 2020 addition to the National Register of Historic Places and learn about the infamous and notorious Robber's Cave. Tour the cave, which is 55 degrees year round, and discover its fascinating past, including the cave's ownership through the past century and beyond as well as hear about the legends who used the cave. Learn about not only the geological and man-made origins of the cave but hear entertaining anecdotes along the way. **The tour requires stairs and walking on uneven ground.**

Instructor: Joel Green, author of "Robber's Cave: Truths, Legends, Recollections"

Location: Robber's Cave. Park in the lot on the east side of the building and enter at the front door.

Enrollment Limit: 30 each session

Cost: \$20

Please register for only one session:

HIS1141

Facilitator: Judy Hart

Day/Date: Tue, Feb 17

Time: 1-2:30 p.m.

HIS1142

Facilitator: Bob Michl

Day/Date: Tue, Feb 24

Time: 1-2:30 p.m.



COURSES

Fossils of Nebraska



HIS143L

Journey through geological time as you explore the vast gallery collections of the University of Nebraska State Museum in Morrill Hall. Start the adventure in the Paleozoic Era and move through the Mesozoic Era to the Cenozoic Era. Explore Nebraska's ancient past.

Instructor: Jason Nord, education supervisor, University of Nebraska State Museum

Facilitator: Georgianne Mastera

Day/Date: Tue, Jan 27

Time: 3-4:30 p.m.

Location: University of Nebraska State Museum, Morrill Hall. Twelve free visitor parking stalls and accessible parking are located on the east side of the museum and designated with Museum Guest Parking Only signs. Be prepared to provide your license plate number if needed. Alternative parking is located on Stadium Drive or 14th and Avery parking garage for an additional fee. Metered parking is also available along 14th Street.

Enrollment Limit: 25

Cost: \$10



Life on the Edge: Meet the Extremophiles



SCI099L

Learn about animals that live in extreme environments, followed by a laboratory tour featuring opportunities to interact with live examples. Discover the background on extremophiles and their survival strategies, emphasizing how such animals can adapt and evolve in environments that should be inhospitable. Lab activities will include a tour and various forms of microscopy to meet the animals up close. Explore the challenges of maintaining extremophiles in the lab.

Instructor: Rebecca Varney, assistant professor, School of Biological Sciences, UNL

Facilitator: Clay Farris Naff

Day/Dates: Tue, Jan 20, 27

Time: 3-4:30 p.m.

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

Session 2-UNL City Campus, Manter Hall, Rm 211A.

Enrollment Limit: 15

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, Feb 3

Time: 3-4:30 p.m.

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

Enrollment Limit: 28

Cost: \$10

Tax Planning During Retirement



Learn how to reduce your lifetime of taxes during your retirement years. Manage taxes by coordinating the timing of claiming social security, required minimum distributions, and charitable giving to increase the after-tax wealth of both you and your beneficiaries.

Instructors: Dan Stous, CFP-I Wealth Advisor; Michael Johnson CFP -I Wealth Advisor

Facilitator: Gene Stohs

Day/Dates: Tue, Feb 10, 17, 24

Time: 3-4:30 p.m.

Cost: \$20

Register for only one format:

LIF215Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF215L

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

Enrollment Limit: 28

Backstage at the Rep: "Tigers Be Still" (Course)



ART204L

Join director Lori Adams for a discussion about Kim Rosenstock's "Tigers Be Still," a darkly funny and heartfelt play about two young women struggling to overcome depression, loss, and disappointment. The story explores how healing begins when people stop hiding and start reconnecting. Adams' production and design team will discuss their concepts and show examples of their drawings and models. This session will include a sneak peek at the set, lighting and costumes.

Instructor: Tim Ganser, managing director, Nebraska Repertory Theatre

Facilitator: Anne Diffendal

Day/Date: Tue, Feb 17

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 50

Cost: \$10

Nebraska Repertory Theater Presents "Tigers Be Still" (Performance)



ART205L

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, Feb 22

Registration Deadline: Sun, Feb 15. *Cancellations after this date are non-refundable, unless canceled by UNL.*

Time: 2-3:30 p.m.

Location: UNL Temple Building, Howell Theatre

Enrollment Limit: 50

Cost: \$15



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COURSES

Winter Wander



LIF077L

Join us for a winter wander with staff from the Pioneers Park Nature Center. Explore how life has adapted for Nebraska's winter weather. Dress for the elements. Plan to be outdoors walking 1-2 miles around the Nature Center. If the weather is unfavorable for long durations outdoors an indoor alternative will be held including a presentation with hands-on elements. Binoculars, cameras, walking sticks and layered clothing are all encouraged.

Instructor: Neal Bryan, naturalist, Pioneers Park Nature Center

Facilitator: Kathie Putensen

Day/Date: Tue, Feb 17

Time: 3-4:30 p.m.

Location: Pioneers Park Nature Center, Prairie Building

Enrollment Limit: 30

Cost: \$15

Crystal Skillman's "The Rocket Men"



Six women step into the roles of former Nazis and helped launch America's space program, bringing to life the story of the team that became the backbone of NAS in the most unexpected place: North Alabama. A startling new play about the intersection of scientific exploration and moral responsibility, "The Rocket Men" asks what it means "to be an American".

Registrants are encouraged to attend the Angels Theatre Company's production of "The Rocket Men" at the Johnny Carson Theatre. Performances run from March 12-22, 2026. Check the Lied Center website at <https://www.liedcenter.org/events-page> for showtimes and availability. OLLI members can enter **OLLI2026** in the **Promo Code** field and receive a **ticket at the discounted rate of \$23**. The cost of a ticket for the performance is excluded from the course price.

Instructor: Jamie Bullins, associate professor, Johnny Carson School of Theatre and Film, UNL and director and interim artistic director, Angels Theatre Company



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Day/Dates: Tue, March 10 (skip 17), 24

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

ART213Z

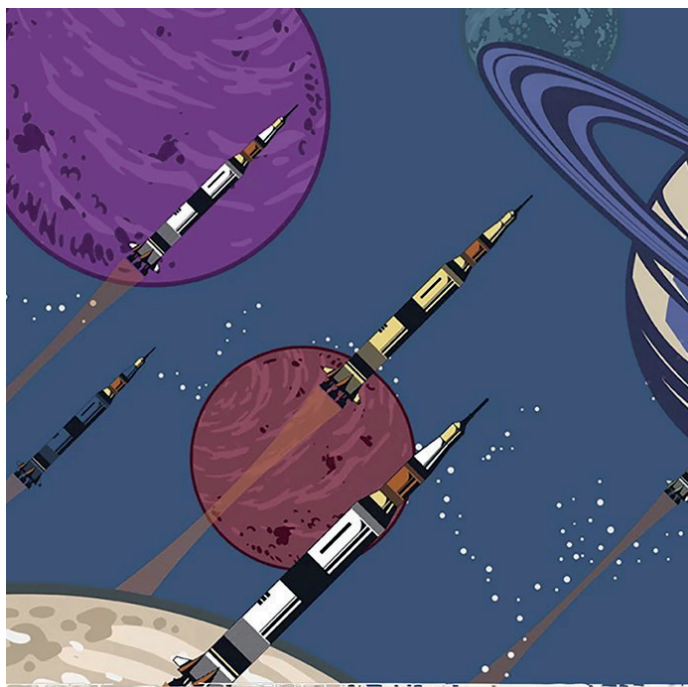
Location: Zoom Live Stream

Enrollment Limit: 100

ART213L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. Parking available at the east end of the Nebraska Public Media parking lot.

Enrollment Limit: 28



WEDNESDAYS

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: Wed, Jan 21, 28, Feb 4, 11, 18, 25

Time: 9-9:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

WWII: War in the Pacific



The U.S.A. fought World War II in two fronts that were on opposite sides of the world. After Pearl Harbor, the war in the Pacific had aircraft carriers engaging in combat for the first time and island hopping became a major tactic never experienced in warfare. Explore the significant characteristics of the war in the Pacific including pre-war relations, military leadership, tactics, and logistics in the vast ocean region.

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

Facilitator: David Dyke

Day/Dates: Wed, Jan 21, 28, Feb 4, 11, 18, 25

Time: 9-10:30 a.m.

Cost: \$35

Register for only one format:

HIS138Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS138L

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

Enrollment Limit: 28

COURSES

Behind the Scenes at Nebraska Public Media



ART212L

Discover how Nebraska Public Media—home to PBS and NPR in the state—brings trusted storytelling, educational resources, and cultural programming to audiences across Nebraska. Get an inside look at television and radio production, a tour of the facility, the mobile production truck, and take a special look into the archives, showcasing how public media continues to innovate and serve communities statewide.

Instructors: From Nebraska Public Media—Stacey Decker, general manager and CEO; Nancy Finken, chief content officer; Alexis Scargill, media archivist

Facilitator: Anne Diffendal

Day/Date: Wed, Jan 28

Time: 9-11 a.m.

Location: Nebraska Public Media

Enrollment Limit: 25

Cost: \$10



Chair Yoga



H&W057Z

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

Instructor/Facilitator: Casey Bogenrief, yoga instructor

Day/Dates: Wed, Jan 21, 28, Feb 4, 11, 18, 25

Time: 10-10:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35



COMMUNITY FOUNDATION

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Yes! Your Voice Matters



Learn the most effective and efficient ways to express your opinions at the local, state and federal levels. Discuss contacting elected and appointed officials, testifying at public hearings, social media, letters to the editor and more. We will focus on individual actions while recognizing the power of collective action. Whether you are an introvert, extrovert or in-between, and whether you have a few minutes or plenty of time, your civic engagement can make a difference.

Instructors: S ndra Washington, council member, Lincoln City Council; Laurel Van Ham, volunteer, psychologist; Eric Gerrard, American Communications Group, Inc.

Facilitators: Bill Latenser and Lorrie Benson

Day/Date: Wed, Jan 21

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

Cost: \$10

Register for only one format:

CON114Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON114L

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

Enrollment Limit: 28

The Steps of Saint Paul



Come experience the photos and stories of key places in Greece that St. Paul visited to bring the Christian message to the gentiles. Experience where Paul baptized and converted the first European Lydia in Philippi, visit Paul's bases of Ephesus and Thessaloniki, and where Paul received lashings in Corinth.

Instructor: Bob Kacvinsky, international Bethel Bible Series Training, bible study leader and Holy Land scholar and traveler

Facilitator: Charlie Francis

Day/Date: Wed, Jan 28

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

Cost: \$10

Register for only one format:

REL039Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL039L

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

Enrollment Limit: 28



Five Mistakes Families Make at Discharge



(OMAHA)

Learn how to confidently navigate the hospital discharge process. Discover the most frequent pitfalls patients face when leaving the hospital, from missed instructions to medication confusion, and get practical strategies to ensure a safe, smooth transition home. Empower yourself or your loved ones to prevent setbacks and support better recovery outcomes.

Instructor: Becky Korinek, E.Ds. Director of Business Development, Outreach Patient Advocates; Nicky Wik, BCPA, CDP, owner, Outreach Patient Advocates

Facilitator: Charles Hettinger

Day/Date: Wed, Feb 11

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

Cost: \$10

Register for only one format:

LIF055Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF055O

Location: Thompson Alumni Center, Omaha

Enrollment Limit: 30

(This course is co-sponsored by the UNO Alumni Association)

GLP Medications: Myth or Magic?



(LAVISTA)

GLPs (glucagon-like peptide) offer a wide range of benefits beyond their established effects on diabetes, weight loss and cardiovascular outcomes. Learn about GLPs; cut through the hype and the noise to discover how they work, the many diverse benefits they can offer, side effects and how they might be used to maximize existing health and wellness practices.

Instructor: Kristin Epps-Martinez, APRN, InVita Health & Wellness

Facilitator: Diane Hopkins

Day/Date: Wed, Feb 25

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

Cost: \$10

Register for only one format:

H&W094Z

Location: Zoom Live Stream

Enrollment Limit: 100

COURSES

H&W0940

Location: Educational Service Unit #3,
Vista Rm (LaVista)
Enrollment Limit: 30

Modern College Football Officiating



(LAVISTA)

An inside look of what goes into a week as a major college football official crew chief, from the minute the crew steps off the field on Saturday to next week's game. True "Whistle Wisdom" from a high-level Division 1 official for 20+ years and 16 bowl games. Discussion will include crew scheduling, logistics and hotels, learning the teams, coaches, and tendencies, and how they handle hectic play by play situations, decisions, and instant replay.

Instructor: Kevin Mar, Big 12 Conference head referee

Facilitator: Mark Greenwell

Day/Date: Wed, Jan 21

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

LIF212Z

Location: Zoom Live Stream
Enrollment Limit: 100

LIF2120

Location: Educational Service Unit #3, Niobrara Rm,
LaVista
Enrollment Limit: 30

Women Who Lived for Danger



Fearless, smart, creative and decisive women. From 1940, the British SOE trained 39 women to handle guns and explosives, work undercover, endure interrogation and use complex codes as they were dropped into Nazi-occupied France to work as secret agents. America's intelligence agency, the OSS, began in 1942, bolstered this effort and evolved in 1947 to the CIA where trailblazing, daring women helped the U.S. face the new, growing Soviet threat. These courageous agents of change also fought for equal pay and opportunities for women.

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

Facilitator: Nancy Mitchell

Day/Dates: Wed, Feb 4, 11, 18, 25

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

HIS139Z

Location: Zoom Live Stream
Enrollment Limit: 100

HIS139L

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

Enrollment Limit: 28

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. Learn how the game is played, bridge vocabulary, basic Standard American bidding, and basic card play. There will be opportunities to play hands that will illustrate what has been taught in class. The students will dictate how fast the class will move.

Instructor/Facilitator: Henry Schuman

Day/Dates: Wed, Jan 21, 28, Feb 4, 11, 18, 25

Time: 1-3 p.m.

Location: Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

Exploring "La Bohème" with UNL Opera



ART211L

Discover Puccini's beloved opera "La Bohème" through performances by UNL opera students and learn about the university's rural opera outreach program. Explore how UNL Opera trains students of all levels—future educators and professional performers alike—through mainstage productions, workshops, and statewide tours. Learn about the opportunity to attend a special performance of "La Bohème" at the historic Warren Building-Opera House in Friend, Nebraska, a National Register of Historic Places site.

Instructor: Bill Shomos, professor, Glenn Korff School of Music, UNL

Facilitator: Mary Ann Losh

Day/Date: Wed, Jan 21

Time: 3-4:30 p.m.

Location: Glenn Korff School of Music, Rm 131. Park at the Que Place Garage or meters.

Enrollment Limit: 40

Cost: \$10

The Lifelong Learner's Guide to the UNL Library



L&L075L

Discover how the UNL Library is your gateway to curiosity, creativity, and connection. Discover the academic library's vast resources—from genealogy and local history to world-class scientific research, and digital tools—that can help you explore new interests, build skills, and enjoy learning at any age. Receive an introduction and special access to UNL Library System resources, sessions focused on topics of interest, and time to explore resources at home. This course is intended for those with no access to these resources.

Instructors: Melissa Gomis, collections strategy and open scholarship; Erica DeFrain, social sciences librarian

Facilitator: Deb Pearson

Day/Dates: Wed, Jan 21, Feb 4, Feb 18 (every 2 weeks)

Time: 3-4:30 p.m.

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

Enrollment Limit: 28

Cost: \$20

Gait Speed: The 6th Vital Sign



Discover why gait speed is more than just a way of measuring how fast you walk. This simple, accessible indicator reflects the health and function of multiple body systems and is strongly linked to overall vitality and survival. Learn how slowing down can signal underlying changes and how reduced mobility can create a cycle of inactivity and deconditioning that impacts long-term health. Participate in a gait-speed assessment and learn what you can do to improve this vital sign.

Instructor: Casey Bogenrief, DPT, registered yoga instructor and certified health coach

Facilitator: Jeanette Wellsandt

Day/Date: Wed, Feb 25

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

H&W093Z

Location: Zoom Live Stream. Zoom participants will be encouraged to schedule a free gait speed assessment with the instructor at a different time.

Enrollment Limit: 20

H&W093L

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

Enrollment Limit: 28

The Magic of the Metropolitan Opera: "Tristan und Isolde"



ART206L

Richard Wagner's "Tristan und Isolde" tells the tragic story of a knight and an Irish princess, bound by duty yet consumed by passion after drinking a magic potion. Their conflict between love and obligation unfolds across three acts of longing, betrayal, and destiny, set to Wagner's groundbreaking score and evocative leitmotifs. Listen to highlights, discuss the opera's history, structure, musical elements, and explore how it fits into the broader world of opera.

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

Facilitator: Dori Bush

Day/Date: Wed, March 18

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10

THURSDAYS

Your Brain



SCI098L

Although we have billions of neurons, we still do not know how they store memories. We know how your brain takes sensory information and continuously provides a detailed view of the world. Scientists know some of the processing of the signals. Using PBS videos from David Eagleman and a PBS episode “Who’s in Control?” we will see experiments that demonstrate how much we know.

Instructor/Facilitator: Esa Jarvi, OLLI Member

Day/Dates: Thu, Jan 22, 29, Feb 5

Time: 9-10:30 a.m.

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

Enrollment Limit: 28

Cost: \$20

Lincoln Senior Living: Find Your Fit



LIF107L

Discover what active, independent senior living can offer through tours of five Lincoln communities. The first session provides an overview of key factors to consider—social, physical, medical, and financial—when choosing a senior living option. Each following 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, marketing director

Facilitator: Carla Fetch

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

Time: 9-10:30 a.m.

Locations: Jan 22-Bridge to Better Living; Jan 29-Legacy Estates; Feb 5-Knolls Senior Living; Feb 12-Yankee Hill Village; Feb 19-Sage Living by Tabitha; Feb 26-Gramercy Hill;

Enrollment Limit: 12

Cost: \$35

Inside the Costume Closet at NWU



ART215L

If you have ever enjoyed a play performance, you know decisions were made about costumes and props. Discover the Great Plains’ largest costume and prop library at Nebraska Wesleyan University. Special interest will be placed on the upcoming performance of “Alice by Heart” February 19-March 1.

To attend the “Alice by Heart” performance, purchase tickets from Nebraska Wesleyan via their website at <https://www.nebrwesleyan.edu/theatre/current-season>, or call 402-465-2384, or visit the ticket office. Senior tickets are \$15 + tax. You can obtain a printed ticket at Will Call when arriving at the theatre for the performance.

Instructor: Julie Wilshusen, manager of Theater Operations, Nebraska Wesleyan University.

Facilitator: Cherie Bayley

Day/Date: Thu, Jan 22

Time: 9-10:30 a.m.

Location: Nebraska Wesleyan University, Elder Memorial Theatre Center Costume Library. Park on the street. Handicapped parking is in lots at 51st and Huntington Ave.

Enrollment Limit: 15

Cost: \$10



Choose Your Word for the Year



(OMAHA)

Forget resolutions! Start the new year with creative direction instead. Discover how this simple trend, choosing a “Word for the Year,” became a powerful tool to add meaning, purpose and fun for the year ahead. Through simple questions and group brainstorming, you will uncover a word that reflects what matters most to you in 2026—and discover tips to keep it front and center all year long. One word. One year. Embrace the possibilities.

Instructor: Kim Bunton, teacher, coach, motivator

Facilitator: Diane Hopkins

Day/Date: Thu, Jan 22

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

Cost: \$10

Register for only one format:

LIF219Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF219O

Location: Jewish Community Center, Wiesman Room

Enrollment Limit: 30

America's Roots in Western Nebraska



Located on the Oregon Trail, the Legacy of the Plains Museum in Scottsbluff features an impressive collection of pioneer and early community artifacts, antique tractors and farm implements, exhibits highlighting early transportation, the history of livestock, dryland farming and irrigation, as well as the ethnic groups that settled the Panhandle. Discover its unique exhibits through a virtual tour of the museum.

Instructor: David Wolf, museum director

Facilitator: Charlyne Berens

Day/Date: Thu, Jan 29

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

Cost: \$10

Register for only one format:

HIS144Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS144L

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

Enrollment Limit: 28

Dishin' Up Sunday Supper



LIF217L

Build new skills and obtain delicious recipes for hearty, homemade meals to enjoy on a Sunday evening or any day of the week. We will prepare a complete meal (entrée, side and dessert), learning practical techniques, helpful tips and time-saving tricks as we cook. Whether you're an experienced home chef or a beginner, enjoy spending time in the kitchen with OLLI friends as you craft tasty dishes.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Karen Case

Day/Dates: Thu, Jan 29, Feb 5

Registration Deadline: Thu, Jan 22. **Cancellation after this date will be non-refundable, unless cancelled by OLLI.**

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

Location: UNL Ruth Leverton Hall, Rm 206

Enrollment Limit: 14

Cost: \$30 includes cost of course plus supplies



COURSES

Reading Amy Tan



Join us as we delve into one of Amy Tan's highly acclaimed novels, "The Kitchen God's Wife." The story is infused with vivid details of Chinese life and traditions, spanning continents and centuries. It presents a memorable portrait of a courageous woman and a tale that celebrates the bond between mother and daughter.

Instructor: Susan Major, retired linguistics professor and OLLI member

Facilitator: Mike McCoy

Day/Dates: Thu, Feb 5, 12, 19, 26

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

Cost: \$25

Register for only one format:

L&L074Z

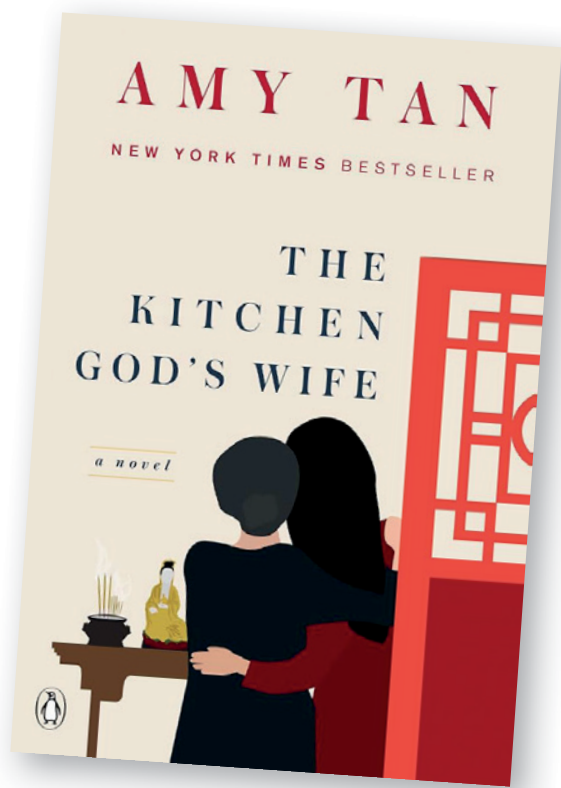
Location: Zoom Live Stream

Enrollment Limit: 100

L&L074L

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

Enrollment Limit: 28



Classic Car Restoration: Joy or Madness?



(LAVISTA)

You have always wanted to restore that car you drove as a teenager but were afraid to take the first step. Discover the things to consider making the project manageable. Designed for both beginners and veterans, learn proper tools, workspace, costs and safe preservation methods along with bodywork techniques, paint preparation, engine care, and interior refurbishment to bring a vintage car back to life while maintaining authenticity.

Instructor: Mike Zimmerman, car restorer and hobbyist

Facilitator: Mark Greenwell

Day/Date: Thu, Jan 29

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

LIF213Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF213O

Location: Educational Service Unit #3, Niobrara Rm, LaVista

Enrollment Limit: 30

Tour of A Total Manufacturing Company-TMCO



LIF168L

This 50-year-old Lincoln company specializes in one-stop, concept-to-completion metal manufacturing services for agricultural & farming, energy and other specialty industries across the country. The Metal & Art Division, the artistic side of TMCO, has created many sculptures across Lincoln including the Lincoln Children's Zoo sign, dome at Sunken Gardens and items in the Haymarket. Learn about assembly, engineering, powder coating, machining, metal fabrication, tube fabrication, and welding divisions during this tour.

Instructor: Ashlee Harms, manager, Human Resource, TMCO

Facilitator: Lynn Willey

Day/Date: Thu, Feb 12

Time: 1-2:30 p.m.

Location: TMCO. Parking is available in the lot on the east side of the building or on street parking. Enter TMCO on the east side of the building. Prepare

to walk and/or stand the entire time.

Enrollment Limit: 15

Cost: \$10

The Gospel of Mary Magdalene



Long-lost until discovery in the late 19th century, the gospel account of Mary Magdalene tells the story of discipleship, conflict, and the proclamation from a voice too often overlooked. Explore the world within and behind the text of Mary Magdalene's gospel and get a glimpse into the complex world of artifact discovery and scripture interpretation.

Instructor: Liz Kocher, Campus Pastor, The UNL Lutheran Center

Facilitator: Charlie Francis

Day/Dates: Thu, Feb 12, 19, 26

Time: 1-2:30 p.m.

Cost: \$20

Register for only one format:

RELO41Z

Location: Zoom Live Stream

Enrollment Limit: 100

RELO41L

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

Enrollment Limit: 28

Ageless Grace® Brain Health Fitness



Discover the 21 tools that will help engage the five primary functions of the brain: strategic planning, memory and recall, analytical thinking, creativity and imagination and kinesthetic learning. Participants will activate the spine, joints and muscles of body and mind to optimize the ability to respond, react and recover in daily life. Wear comfortable clothing to move and sweat in. Bring a water bottle and sense of humor.

Instructor: Kimberly Barrett, certified medical exercise specialist, health coach and Ageless Grace educator

Facilitator: Carol Babcock

Day/Dates: Thu, Jan 22, 29, Feb 5

Time: 3-4:30 p.m.

Cost: \$20

Register for only one format:

H&W095Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W095L

Location: Nebraska Public Media, Events Room.

Enrollment Limit: 30

My Mother and the Holocaust Brought to Light



HIS001Z

Before her death in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland. Her son, Irv, has published her powerful writings in "Only Hope: A Survivor's Stories of the Holocaust." Join us as he shares excerpts from the book, reflects on his mother's resilience, and offers his perspective as a child of survivors and on bringing her work to light.

Instructor: Irv Lubliner, professor emeritus, Southern Oregon University

Facilitator: Bob Michl

Day/Date: Thu, Jan 22

Time: 3-5 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

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: Collin Kollasch, graduate research assistant

Facilitator: David Dyke

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

Time: 9-10:30 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

COURSES

Want to Be a Saint? Organize Your Estate



When the time comes, make it easy for your loved ones to administer your estate. Learn a practical method to organize your financial and legal affairs which will benefit you now and help your estate administrator save time and avoid errors. Get an overview of estate administration, including professional tips which can save money and headaches. Make sure the final words said about you are praise and not colorful prose.

Instructors: Lorrie Benson, retired attorney; Andrew Loudon, attorney, Ball, Loudon, Ebert & Brostrom, LLC

Facilitator: Lorrie Benson

Day/Date: Fri, Jan 23

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

Cost: \$10

Register for only one format:

LIF029Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF029L

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

Enrollment Limit: 28

Exhibition Walkthrough at Sheldon



ART210L

Gather at Sheldon Museum of Art to experience and learn about the exhibition “Hyphen American: Intersections of Identity,” which examines the way art reflects the American experience and how artists express “Americanness” through their work. As the United States celebrates the 250th anniversary of the country’s founding, this exhibition explores these concepts by showcasing how identity is presented and interrogated through artwork from Sheldon’s collection.

Instructor: Christian Wurst, associate curator, Exhibitions, Sheldon Museum of Art

Facilitator: Anne Diffendal

Day/Date: Fri, Feb 6

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

Location: Sheldon Museum of Art

Enrollment Limit: 25

Cost: \$10

Succulent Garden Savvy



SCI049L

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

Instructor: Stacy Adams, professor, horticulture, Agronomy and Horticulture, UNL

Facilitator: Lorrie Benson

Day/Date: Fri, Jan 23

Time: 1-2:30 p.m.

Location: UNL East Campus, Plant Science Bldg., Rm 274

Enrollment Limit: 24

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



Great Decisions 2026 Part I



Join OLLI members to discuss major foreign policy issues based on readings and video provided by the Foreign Policy Association. Class members may purchase the “Great Decisions Briefing Book” on-line at www.fpa.org and are encouraged to read materials prior to each class. Four topics are covered during Term 3 and continue with four additional topics in Term 4. Each class consists of watching a half-hour video and then discussing the text provided by the FPA.



Instructor: Marvin Almy, OLLI member
Facilitator: Jim McLoughlin
Day/Dates: Fri, Jan 23, 30, Feb 6, 13, 20, 27
Time: 1-2:30 p.m.
Cost: \$35

Register for only one format:

CON115Z

Location: Zoom Live Stream
Enrollment Limit: 100

CON115L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 28

Bones, Bodies, and Bestsellers



(LAVISTA)

Crime fiction is even more fun when the science holds up. Whether you're a fan curious about the facts behind your favorite mysteries, or an author eager to sharpen your storytelling, pull back the curtain on science in crime fiction. Explore forensic anthropology and how, when accurately utilized, it can improve mystery stories, learn how a forensic anthropological investigation works, and review literary examples that succeed in incorporating accuracy.

Instructor: Dr. Kaitlin East, forensic anthropologist and adjunct instructor, Creighton University
Facilitator: Mark Greenwell
Day/Date: Fri, Jan 30
Time: 1-2:30 p.m.
Cost: \$10

Register for only one format:

L&L073Z

Location: Zoom Live Stream
Enrollment Limit: 100

L&L073O

Location: Educational Service Unit #3, Niobrara Rm, LaVista
Enrollment Limit: 30

Fancy Plants & Fairy Gardens

SCI097L

Foliage container gardens add freshness to indoor spaces, with flexibility for outdoor-shaded living areas in summer. Elegant yet easy to care for. Learn about plant selection and care and make a garden to take home. Add a touch of whimsy to your garden by making it a fairy garden!

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

Facilitator: Lorrie Benson

Day/Date: Fri, Feb 27

Time: 1-2:30 p.m.

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

Enrollment Limit: 24

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

SUNDAYS

"Animal Instinct" at Assemblage



ART215L

From time immemorial, humanity has had a complex relationship with the animal world. Mythologies are filled with animals' heroic acts and misdeeds. At the most pragmatic end of the spectrum man has been nourished, warmed, and protected by animal flesh and hides. Yet, human lives are often so entwined with those of individual species we consider them members of our families. We're charmed by their antics yet fear for their tenuous existence.

Instructors: Anne Pagel, Curator; A. J. Krakau, curator

Facilitators: Pat King, Patricia Saldaña

Day/Date: Sun, Feb 15

Time: 1:30-3 p.m.

Location: Assemblage. Parking is available on the northeast corner of 18th and N Sts.

Enrollment Limit: 70

Cost: \$10

How to keep your brain stronger longer

UNL-TABITHA MEMORY WORKSHOP

This is a weekly class led by speech language pathologists and graduate speech language pathology students. The purpose is to provide education about how to maintain cognitive skills and how to develop and use memory strategies related to cognition and aging. Participants will have the opportunity to work with professionals, share their experiences with other group members, and to brainstorm and implement memory techniques.

Individuals who should participate are:

- Interested in learning about memory and strategies to enhance thinking skills
- Willing to participate in discussions and try new strategies and techniques
- Willing to attend 8 weekly sessions for 90 minutes on Wednesdays 10-11:30 a.m.

Next Workshop: January 2 - March 11, 2026

Cost: \$20 per participant

Location: UNL East Campus, Barkley Memorial Center, 4705 East Campus Loop

Register Online at:

CEHS.UNL.edu/SECD/Memory-Clinic

For questions contact:

Judy Harvey Ph. D. CCC-SLP, University of Nebraska-Lincoln
402-472-6792 | judy.harvey@unl.edu



LEAVE A LEGACY THROUGH ESTATE PLANNING

As you consider how you may wish to approach estate planning, be sure to take the time to learn about the many tax-efficient giving options that are available. The University of Nebraska Foundation, the trusted philanthropic partner of the university, has tools and resources that can help make estate planning easy.

The time to consider estate planning is now! For more information on making a gift from your estate to support the university, contact a gift planning representative at the University of Nebraska Foundation or download our estate planning kit to get started:

nufoundation.org/planforward

GIFT.PLANNING@NUFOUNDATION.ORG | 800-432-3216



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.
fpclincn.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 are 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

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



A Taste of Lincoln: L's Kitchen

V&P017L

Join your OLLI friends for an unpretentious, cozy, and sophisticated French lunch with Chef and owner Lawrence De Villiers, who will chat about seasonal specialties, his culinary journey, and answer the many questions OLLI folks ask.

Speaker: Lawrence De Villiers

Facilitator: Judy Hart

Day/Date: Wed, Feb 4

Registration Deadline: Wed, Jan 28. *Cancellations after this date are non-refundable, unless cancelled by OLLI.*

Time: 11:30 a.m.-1 p.m.

Location: L's Kitchen.

Parking is limited to the north side of the building. More parking is available one-half block away on VanDorn Street in Domino's Pizza parking lot.

Enrollment Limit: 35

Cost: \$35



Sing a Song

LIF216L

Singing is one way to enhance your sense of belonging and build community. It offers both physical, mental, and social benefits, too. That should be reason enough to join your fellow OLLI members and sing. There will be no auditions, so everyone is welcome. Share your voice to create a world where everyone will experience a safe and joyful time.

Facilitator: Cherie Bayley, OLLI member

Day/Date: Wed, Feb. 11

Time: 3-4:30 p.m.

Location: Eastmont Performing Arts Center

Enrollment Limit: 40

Cost: \$10

Mini-Golf: Tee Off in Prehistoric Paradise

LIF123L

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

Facilitator: Jeanette Wellsandt

Day/Date: Thu, Feb 12

Time: 3-5 p.m.

Registration Deadline: Thu, Feb 5. *Cancellations after this date are non-refundable, unless cancelled by OLLI.*

Location: Prehistoric Putt Lincoln

Enrollment Limit: 40

Cost: \$15



BLUEBARN Theatre Presents: "The Heart Sellers"

ART2090 (OMAHA)

"The Heart Sellers" by Lloyd Suh is a poignant and gently humorous play that explores identity, belonging, and friendship through the lens of the immigrant experience. Set in 1970s America, it follows Luna and Jane, two Asian immigrant women who meet on Thanksgiving. Over the course of one evening, their growing bond becomes a lifeline—and a revelation. "The Heart Sellers" shines a light on the often-overlooked stories of immigrant women, offering a heartfelt exploration of what it means to find connection, hope, and a sense of belonging in a new world. Join the production team for a talk and tour before the show.

Facilitator: Marya Lucca-Thyberg
Day/Date: Sun, Feb 15
Registration Deadline: Thur, Feb 5. *Cancellations after this date will be non-refundable unless cancelled by OLLI.*
Time: 4:45 – 8 p.m.
Location: BLUEBARN Theatre
Enrollment Limit: 10
Cost: \$50



Tiny Lanes, Big Strikes: Mini Bowling

LIF171L

Join OLLI friends and enjoy the fun and camaraderie of mini bowling! The rules are the same as traditional bowling, but everything is scaled down. The bowling balls are smaller, about the size of a grapefruit, weigh about 2.5 pounds and have no holes. The lanes are about half the distance and about one foot off the ground. Half the size, twice the fun! No prior bowling experience or knowledge needed.

Facilitator: Jeanette Wellsandt
Day/Date: Thu, Feb 26
Registration Deadline: Thur, Feb 19. *Cancellations after that date will be non-refundable unless cancelled by OLLI.*
Time: 3 – 5 p.m.
Location: Bob and Willie's Wonderbowl
Enrollment Limit: 15
Cost: \$20



Breakfast with UNL Athletics: Husker Vision

LIF218L

Nebraska was the nation's first college football team to have instant replay boards at an exclusive college venue back in 1994. In 2006, as part of the Memorial Stadium Expansion project, Husker Vision opened a new era with the addition of a massive screen atop the North Stadium. Providing live game entertainment, Husker Vision operates not only at Memorial Stadium, but at all Husker game venues.

Speaker: Kirk Hartman, assistant AD, Husker Vision
Facilitator: Bob Michl
Day/Date: Fri, Feb 27
Registration Deadline: Thur, Feb 19. *Cancellation after this date will be nonrefundable, unless cancelled by OLLI.*
Time: 8:30–9:30 a.m.



Location: Hy-Vee, 84th and Holdrege, upstairs Club Room
Enrollment Limit: 48
Cost: \$20 includes breakfast

Omaha Community Playhouse Presents: "Hair"

ART2150 (OMAHA)

Bursting with the vibrant spirit and energy of the 1960s, "Hair" is a bold celebration of youth, love, and the unrelenting pursuit of self-expression. A theatrical experience that will leave you breathless and inspired. Featuring timeless anthems such as "Aquarius," "Let the Sunshine In," and "Easy to Be Hard." Enjoy a backstage tour prior to the show.

Speaker: Kyle Bell, associate box office manager, Omaha Community Playhouse
Facilitator: Marya Lucca-Thyberg
Day/Date: Sun, Mar 8
Registration Deadline: Sun, Mar 1. *Cancellations after this date will be non-refundable, unless cancelled by OLLI.*
Time: 2–4:30 p.m. (Backstage tour 12:30 p.m.; Show begins at 2 p.m.)
Location: Omaha Community Playhouse
Enrollment Limit: 20
Cost: \$40



In Crane View Day Trip

SCI068L (WOOD RIVER & GIBBON, NE)

One of Nebraska's greatest attractions is the annual arrival and departure of thousands of Sandhill Cranes and other migratory birds to replenish their fuel as they graze and roost in and around the fertile fields along the Platte River. Enjoy this phenomenon through a day trip that will include an educational session on "Crain Behavior Basics," viewing exhibits, dinner in the area and an evening guided viewing of Cranes in blinds at Rowe Sanctuary near Gibbon.

Facilitator: Helen Meeks
Day/Date: Fri, April 3
Registration Deadline: Wed, Jan 27. *Cancellations after this date are non-refundable, unless cancelled by OLLI.*
Time: 11 a.m.–11 p.m.
Location: Wood River, Kearney and Gibbon, Neb.
Enrollment Limit: 50
Cost: \$165 includes transportation, dinner and fees

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](https://wallspace-lnk.com)

Baseball

The OLLI baseball interest group is an opportunity for all OLLI baseball fans to get together once a month and discuss all things baseball.

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

Day: Second 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, timothyfshaw@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 four playing 18 hands of party bridge using tallies for partners.

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

Coffee and Conversation

Join via 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

Beginners to native Spanish speakers are welcome. Broaden your command of Spanish in reading, speaking, and listening. Meetings are via Zoom.

Coordinator: Jack McGann, jackmcgann1.com

Contact the coordinator for the Zoom link.

Day: Meets weekly on 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 current international events and important issues.

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.

Location: Gere Library, 2400 S. 56th St., Lincoln
Contact Peter Levitov at plevitov1@unl.edu if meeting is on Zoom

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.

Meditation

Discuss is on 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: Most meetings will be via Zoom. Contact the coordinator for the Zoom link.

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.

Out to Lunch

Coordinators: Nancy Whitman, newhit34@gmail.com; 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

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.

Coordinator: Cheryl Ferree, greshamgirl@mac.com

Science & Technology

Explore science and technology and learn about its impacts 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: HoriSun Hospice, conference room, 8055 O St., Ste. 300

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.,

INTEREST GROUPS

Table Tennis

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

Coordinator: Larry McClure,

lmerkmclure@yahoo.com

Days: Tuesdays and Thursdays

Time: 12:30-2 p.m.

Location: Calvert Recreation Center, 4500 Stockwell

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.

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.

Film Streams Omaha Movies (NEW!)

Join your fellow OLLI members once a month at the historic Dundee Theater for an afternoon of cinematic magic.

Coordinator: Paul Paulman, ppaulman@unmc.edu

Day: First Tuesday of the month

Time: 3:30 p.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.

Omaha Needle Crafts

For those who knit, crochet, embroider, do needlepoint or other portable needle crafts. Gather for friendship, support, and sharing of expertise.

Coordinator: Linda Wood, woodlinda1874@gmail.com

Day/Time: Second Wednesday of each month

Time: 10 a.m.

Location: Omaha Conservatory of Music, Myrtle and Cypress, 7023 Cass St., Omaha

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

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

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

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

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

RELEASOR (Signed)

RELEASOR (Printed)

DATE

REGISTRATION

Complete one form for EACH person.

First Name _____ Last Name _____

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

Preferred name for badge _____ Birthdate _____

Address _____ City _____ State ____ Zip Code ____

E-mail Address _____

Phone: Home _____ Cell _____

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

☐

I would like to be assigned an OLLI ambassador. An ambassador will help you with 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 <u>Mid-Membership Registration</u> -- Check One			Cost
☐	I am a current 2025-2026 OLLI member.		\$0
☐	I am purchasing a 2025-2026 <u>mid-year membership</u> (Valid through July 31, 2026).		\$50
Course or Event Registration:			
Number	Name		Cost
Total Payment (Membership + Course Cost + Event Cost)			

Payment Method:

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

Credit Card ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit Card Number _____ Expiration Date _____

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

General Information and Policies

Animal/Pet Policy

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 **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

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

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

All times are Central Time (CT).



 olli@unl

 OLLI at UNL

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*Rhonda & Bradley Barrows,
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