

OSHER LIFELONG LEARNING INSTITUTE



OLLI at UNL

Course Catalog: Spring Term 4 2026

Curiosity never retires



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, March 17, 2026, 8 a.m. (CT)

Term Dates: March 30 – May 8, 2026

schedule at a glance

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

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Cover Photos: OLLI members learned about the exhibition "Go Big Red," at the Sheldon Museum of Art, which considered ways of looking at the power of the color red.

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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.
April Sampson Cancer Center, 4101 Tiger Lily Rd.
Bin 105 Quality Wines, 105 N. 8th St, #100
Bridge to Better Living, 4230 Pioneer Woods Dr. B
Bryan College of Health Sciences, 1535 S. 52nd St.
Bryan Health Firethorn Campus, 2920 S. 84th St.
City of Lincoln Municipal Service Center,
949 West Bond
Cornhusker Bank, 8310 O St.
Cycle Works Bike Shop, 720 N. 27th St.
Duplicate Bridge Club, 237 S. 70th St., #205
Eastmont, 6315 O St.
Fourth Presbyterian Church, 5200 Francis St.
Holmes Lake, 70th St. & Normal Blvd.
Hy-Vee, 1601 N. 84th St.
International Quilt Museum, 1523 N. 33rd St.
Lincoln Public Gardens, Antelope Park, 1525
Memorial Dr.
Lincoln-Lancaster County Genealogical Society,
2900 O St.
Lila Mae's Southern Kitchen, 2110 Winthrop Rd.
Lied Center for Performing Arts, 301 N 12th St.
Pemberly Place, 7655 Archer Pl.
Pioneers Park Nature Center,
3201 South Coddington
Salt Creek Senior Living, 7360 Husker Circle
SCC-CEC, Southeast Community College,
Continuing Education Center, 301 S. 68th St. Place
Southeast Community College, Great Plains
Culinary Institute, Course Restaurant, 8800 O St.
Slumberland Furniture, 5240 N. 27th St.
Swanson Martial Arts, 4400 Lucile Dr., Ste. 102
The Landing, 3500 Faulkner Dr.
The Legacy, 5600 Pioneers Blvd.
Union College, Lang Amphitheater-Krueger Science
and Math Bldg., 49th & Bancroft Sts.
Unitarian Church of Lincoln, 6300 A St.
UNL Barkley Center, 4300 Holdrege St.
**UNL Johnny Carson Center for Emerging Media
Arts**, 1300 Q St.
UNL State Museum, Morrill Hall, 645 N. 14th St.

UNL City Campus, Glenn Korff School of Music,
10th & Q Sts.
UNL City Campus, Student Union, 1400 R St.
UNL East Campus, Entomology Hall (ENTO), 1700
East Campus Mall
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 Outdoor Adventures Center, 930 N. 14th St.
UNL Temple Building, Howell Theatre, 1209 R St.
VC Nebraska, Kinetic Sports Complex, 150 SW 14th
Place
Wyuka Funeral Home and Cemetery, 3600 O St.

OMAHA & OTHER LOCATIONS

Bess Streeter Aldrich House, 204 East F St.,
Elmwood
BLUEBARN Theatre, 1106 S. 10th St., Omaha
Bob and Willie's Wonderbowl-Regency, 10730
Pacific St., Omaha
Educational Service Unit #3, 6949 S. 110th, LaVista
Eugene T. Mahoney State Park, 28500 W. Park Hwy,
Ashland
General Crook House Museum, 5730 N. 30th St.,
Omaha
Hot Shops Art Center, 1301 Nicholas St., Omaha
James Arthur Vineyards, 2001 Raymond Rd.,
Raymond
John G. Neihardt State Historical Site, 306 Elm St.,
Bancroft
**Lewis and Clark National Historic Trail & Visitor
Center**, 601 Riverfront Dr., Omaha
Medieval Putt, 20915 Cumberland Dr., Elkhorn
Omaha Community Playhouse, 6915 Cass St.,
Omaha
Samuel Bak Museum, 2289 S. 67th St., Omaha
Susan La Flesche Picotte Center, 503 Matthewson
St., Walthill
Thompson Alumni Center, UNO campus, 6705
Dodge St., Omaha
UNMC Fred & Pamela Buffett Cancer Center, 505 S.
45th 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

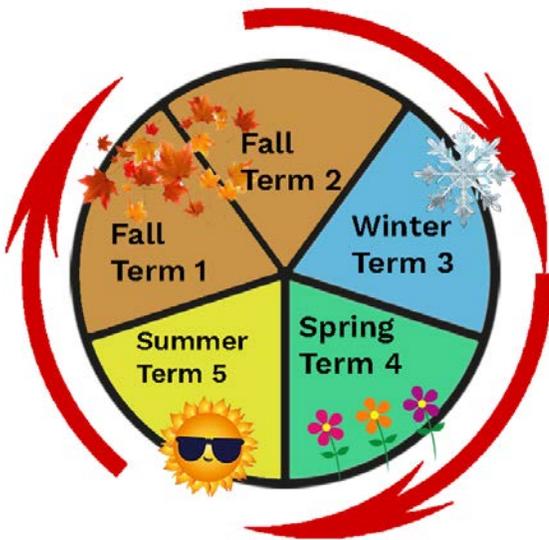
University of
Nebraska–Lincoln
Osher Lifelong
Learning Institute
105 Newkirk Human
Sciences Bldg.
P.O. Box 830800
Lincoln, NE 68583-0800

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

Financial Scholarships Available

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.

- Spring 4 - March 30–May 8, 2026
(Registration begins March 17, 2026)
- Summer 5 - June 1–July 10, 2026
(Registration begins May 19, 2026)
- Fall 1 – August 24–October 5, 2026
(Registration begins August 11, 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/unloli/> – to check availability and recent information regarding tours.



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.



Kansas Black History Tour | June 2-4, 2026

Journey through the stories, places, and people that shaped African American history in Kansas on this three-day experience. Explore influential museums, historic landmarks, and living communities founded in the pursuit of freedom.



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.

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

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



Kansas Black History (Course)

Although Kansas lies outside the South, it holds a rich civil rights history. Explore two pivotal stories: the landmark Supreme Court case “*Brown v. Board of Education*,” centered on a young Black girl seeking to attend her neighborhood school in Topeka—now a national historic site—and the founding of Nicodemus by Black homesteaders. A descendant shares this history. Join OLLI members on a three-day trip to these significant sites.

Whether you intend to register for the trip or not, all OLLI members are welcome to attend this course.

Instructors: Marvin Almy, OLLI member. Angela Bates, President and Executive Director of the Nicodemus Historical Society and Museum.

Facilitator: Dick Vautravers

Days/Dates: Wed and Thu, May 20, 21

Time: 11 a.m –12:30 p.m.

Register for only one format:

DIV008Z

Location: Zoom Live Stream

Enrollment Limit: 100

DIV008L

Location: SCC-CEC Auditorium. In person attendees will view Angela Bates via Zoom.

Enrollment Limit: 70

Cost: \$15

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. The link will be active from the first day of the term until one week before the next term starts.

All programming originates from OLLI at UNL.

Braver Angels: Healing Our Democracy – Barbara Dewey (1 session)

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

Identity Theft: A Consumer Guide – Ryan Sothan (1 session)

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

Landmark Supreme Court Cases: Free Speech and Press – John Bender (4 sessions)

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

Tech Basics for Everyday Life – Ryan Sothan (3 sessions)

Build your confidence with smartphones, tablets, and the internet. Learn essential skills to stay safe online, including how to block unwanted calls, shop and bank securely, and protect your credit. Explore common scams affecting Nebraskans and gain hands-on experience with practical tools. Whether reconnecting with loved ones or managing finances, gain the knowledge needed to thrive in today's connected world.

Global & Regional Water Issues: Challenges and Solutions – Multiple Instructors (2 sessions)

OLLI Symposium – Sept 27, 2025 - Water is one of the most critical resources for sustaining life, agriculture, and economic development. Challenges such as scarcity, pollution, climate change, and equitable distribution continue to threaten water security worldwide and right here in Nebraska. National and local experts examine policies, conservation strategies, and scientific advancements aimed at securing water resources for future generations.

Contact and Conflict – Jeff Barnes (1 session)

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

A Life Well-Lived: Your Legacy Plan – *Kevin Orth and John Love (4 sessions)*

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

Community in a Time of Crisis – *Day Hefner (1 session)*

While the phrase “unprecedented times” is the refrain we often hear to describe these days, the deep polarization and the challenge of forming a collective identity are by no means new to the church. Explore the struggles of the early church reflected in the Book of Acts and the letters of Paul as they wrestled with how to pull together Gentile and Judean, slave and free, women, men, and so on into a new community, forging a new communal identity in response to the ground-shaking new things God was doing.

Esports at UNL: Engaging Students in 2025 –

Instructor: Ryan Tan (1 session)

Esports (short for “electronic sports”) is a rapidly growing sports industry with a multi-billion-dollar market value. Over 500 million people across the world watch or compete in e-sports. This number is projected to grow to 640 million. The varsity e-sports team at the University of Nebraska-Lincoln competes with other Division 1 universities across the United States. Learn about this exciting new, popular sport at UNL.

Entrepreneurial Lawyering at Nebraska Law –

Instructor: Brett Stohs (1 session)

At the Nebraska College of Law, nine clinical programs offer third-year law students the opportunity to represent clients before they graduate and become lawyers. Supervised by licensed attorney professors, students provide valuable legal services to clients without means to hire a private attorney. Brett Stohs started the Weibling Entrepreneurship Clinic in 2013 and has served over 500 startups, small businesses, and nonprofits. He shares his pedagogy and passion, providing a sampling of valuable experiential programs.

Child and Youth Advocacy in Out-of-Home Care –

Dawn Rockey & Monika Gross (1 session)

Learn about CASA (Court Appointed Special Advocate) for abused or neglected, truant and ungovernable children and youth in the juvenile court system and about the Foster Care Review Office (FCRO) for Nebraska. FCRO volunteers oversee the safety, permanence, and well-being of children in out-of-home care. CASA volunteers advocate for the best interests of children in the court room and become a stable adult giving the child a fighting chance to gain a voice, achieve safety and stability and develop a sense of self-worth.

Contemporary Otoe-Missouria Lives Resilience –

Christina Goodson (4 sessions)

This course focuses on contemporary Otoe-Missouria history post-removal to Indian Territory (1881-present), the survivance of Otoe-Missouria people and ways of life, and language revitalization and reclamation among the Otoe-Missouria and other Nebraska tribes. The course covers major U.S. Indian Policy such as the Dawes Act, Allotments, Termination, Indian Claims Commission, and Relocation.

Know Your Rights in Long-Term Care – *Tami Barrett*

(1 session)

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



MONDAYS

The Pershing Mural: Final Phase



Learn about the planning and work to complete Pershing Mural tile installation and the cooperative effort with the UNL School of Architecture to create a “community connection” area around the Mural wall that includes seating, a stage, and a reflective area behind the wall. Both sections will meet in the classroom on April 13 and 20, then split into two groups for the walking tours April 27 and May 4.

Instructors: Lt. Gen. Roger P. Lempke, retired; Liz Shea-McCoy, artist, arts advocate and chair of the Pershing Mural Preservation Committee

Facilitator: Nancy Hicks Rose

Locations: Sessions 1 & 2: SCC-CEC, Auditorium; Session 3: Wyuka Park, Wyuka Funeral Home and Cemetery

Cost: \$20

Register for only one section:

HIS1591

Day/Dates: Mon, April 13, 20, 27

Time: 9-10:30 a.m.

Enrollment Limit: 35

HIS1592

Day/Dates: Mon, April 13, 20, May 4

Time: 9-10:30 a.m.

Enrollment Limit: 35



Saving a Life with CPR

H&W008L

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

Instructors: From Bryan Medical Center—Mindi Jo Porto, NREMT-Paramedic, Training Center Coordinator; Traci Mello; Katie Cutshall

Facilitator: David Dyke

Day/Date: Mon, April 20

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

Location: Bryan Health Firethorn Campus, Classroom 2B

Enrollment Limit: 13

Cost: \$20

Can Nuclear Power Go Green in Nebraska?



For decades, nuclear power has gotten a bad rap in popular culture, but actual data show that despite some high-profile accidents, few deaths have resulted. With climate change looming, new modular designs with advanced safety features and new applications make it worth a fresh look. Learn how modular nuclear power could help generate ammonia for fertilizer in rural Nebraska.

Instructors: Marty Stange, retired environmental supervisor, City of Hastings (NE) Utilities; Kristen Gottschalk, president, Advanced Nuclear Coalition; Daniel Buman, director, Nuclear Oversight & Strategic Asset Management, Nebraska Public Power District.

Facilitator: Clay Farris Naff

Day/Date: Mon, March 30

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

Cost: \$10

Register for only one format:

SCI103Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI103L

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 device, smart phone or tablet. 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 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, March 30, April 6, 13

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

Nebraska's Link to America's Oldest Sport



Nebraska's invaluable contributions to thoroughbred horse racing began with ordinary individuals who achieved extraordinary feats in the national "Sport of Kings." Learn about the Cornhusker State's nine ovals from west Nebraska in Mitchell, Crawford, and Alliance; in central Nebraska at Columbus and Grand Island; and to the east in Madison, Lincoln, Omaha and South Sioux City. Each racecourse at their infancy had one commonality – all were formed, organized, or governed by their county agricultural societies.

Instructor: Jody Lamp, co-founder, American Doorstep Project, author, producer and speaker

Facilitator: Jeanette Wellsandt

Day/Date: Mon, April 6

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

Cost: \$10

Register for only one format:

HIS153Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS153L

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

Enrollment Limit: 28



Essential Oils for Everyday Use



H&W105L

Explore five essential oils that are especially useful to keep at home. Learn how they support health and well-being, from easing minor discomforts to promoting relaxation. Discover practical, non-medical uses, such as simple cleaning solutions and everyday household applications. Learn to use essential oils in daily life safely and effectively.

Instructor/Facilitator: Margaret Rickers, massage therapist and wellness educator

Day/Date: Mon, April 13

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

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

Enrollment Limit: 28

Cost: \$10



Digitizing Memories



ART056L

Do you have envelopes full of negatives or slides? What about old photos stored in shoeboxes under your bed? Learn how to preserve these in a more organized form. Bring some of these to class and explore the process of scanning and saving those prints digitally so they will be memories forever. Bring no more than four or five prints, negatives, or slides.

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

Facilitator: David Dyke

Day/Dates: Mon, April 20, 27, May 4

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

Japanese Presence in Nebraska



Explore more than a century of Japanese history in Nebraska. Discover why Issei immigrants left Japan, how they moved across the United States, what brought them to communities throughout Nebraska, and how their descendants built lasting lives here. During the second session, view the 2025 Nebraska Public Media documentary "Rescuing Japanese Hall," offering a deeper look at the experiences of Japanese people in the High Plains and across the state.

COURSES

Instructors: Kim Hachiya, retired UNL communications writer; Sharon R. Ishii-Jordan, professor emerita and associate dean, Creighton University; Japanese American Citizens League Omaha Chapter; Vickie Sakurada Schaepler, history project coordinator, Japanese Hall, Legacy of the Plains Museum

Facilitator: Nancy Mitchell

Day/Dates: Mon, April 27, May 4

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

Cost: \$15

Register for only one format:

HIS154Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS154L

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

Enrollment Limit: 28

Understand and Taste Sparkling Wine

LIF223L

Appreciating the methods used in making the various types of sparkling wine will help us better understand the cost, taste, color and bubbles in each glass poured. Learn the difference between champagne, cava, prosecco, sparkling wine, etc. Taste a few together and see what your next celebration will bring.

Instructor: Tara Wallesen, certified in Level 1 and 2 Wine & Spirit Education Trust (WSET).

Facilitator: Kristi Shoemaker

Day/Date: Mon, March 30

Registration Deadline: Wed, March 25

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

Time: 1-2:30 p.m.

Location: Bin 105 Quality Wines, #100

Enrollment Limit: 26

Cost: \$30 includes tastings

Under the Apple Tree

ART003L

This course has been expanded from 3 to 6 weeks, providing more time to focus exclusively on Apple products (Macs, iPhones/iPads, iWatch, and AirPods) and the latest software updates and refinements. Designed for users who are already comfortable with their devices, explore advanced features and recent developments. While you don't need to own every Apple device, a solid understanding of the

basics is expected so we can dive right into the fun, useful stuff without covering beginner-level content.

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

Facilitator: David Dyke

Day/Dates: Mon, March 30, April 6, 13, 20, 27, May 4

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$35

The Heart of the Matter

(OMAHA)

Learn how modern heart care, from new ways to spot and treat artery disease and cholesterol problems, to personalized approaches for people born with heart defects. Explore how to recognize and respond to cardiac arrest, how genes can influence heart health, and how today's treatments fix irregular heartbeats. Discover how doctors now detect "hidden" chest pain conditions like ANOCA which do not show up on standard heart tests.

Review the course syllabus for details on each week's topics: <https://go.unl.edu/7kra>

Instructors: From UNMC—Mabruka Alfaidi, MD, assistant professor, Department of Cellular and Integrative Physiology; Ram Kumar Subramanyan, MD, Department of Surgery, Division of Cardiothoracic Surgery; Zhenguo Liu, MD, professor, Division of Cardiovascular Medicine; Doug Stoller, MD, Advanced Heart Failure and Transplant Cardiology; Dan Anderson, MD, associate professor, Division of Cardiovascular Medicine; Amar Annapureddy, MD, Interventional Cardiology

Facilitator: David Dyke

Day/Dates: Mon, March 30, April 6, 13, 20, 27, May 4

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

H&W104Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W104O

Location: UNMC Fred & Pamela Buffett Cancer Center, Rm 0.12.103. Parking is free in the visitors' parking lot; valet parking is also available at the ground floor door.

Enrollment Limit: 40

Vietnam: Then and Now



This course, part memoir, part travelogue, part history, gives an overview of Vietnam from its first settlers more than 4,000 years ago through conquests, colonialization, the Vietnam War, and the current period. Examine the War's deep impact on both Vietnam and the U.S. The instructor lived in Saigon as a teenager from 1963-65 and returned recently, providing him with a unique perspective.

Instructor: Walter Stroup, retired professor of Statistics, UNL

Facilitator: Peter Levitov

Day/Dates: Mon, March 30, April 6, 13, 20, 27

Time: 3-4:30 p.m.

Cost: \$30

Register for only one format:

CON117Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON117L

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

Enrollment Limit: 28



TUESDAYS

Advanced Yoga



H&W071Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Tue, March 31, April 7, 14, 21, 28, May 5

Time: 9-9:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Future in Focus: Retirement Strategies



Gain the clarity, confidence, and control to shape your ideal retirement. Learn complex financial topics in simplified language, including tax-smart planning, income strategies, risk management and legacy design, to protect what you've built, minimize taxes, and create a plan that reflects your goals, values, and vision for the future. The content focuses on concepts that support making informed financial decisions. This course was previously titled "Modern Retirement Planning."

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

Facilitator: Carla Fetch

Day/Dates: Tue, March 31, April 7, 14, 21

Time: 9-10:30 a.m.

Cost: \$25

Register for only one format:

LIF031Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF031L

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

Enrollment Limit: 28

COURSES

Self Defense for Seniors



H&W100L

Learn self-defense tactics tailored specifically for seniors and led by experienced instructors who understand the unique challenges seniors may encounter. Explore essential self-defense techniques like strikes, kicks, escapes, and defenses against common attacks, while also focusing on building confidence and situational awareness. Prepare yourself to feel safer and more empowered in any situation. Please wear loose clothing.

Instructor: Nicole Swanson, black belt in Taekwondo, Combat Hapkido and Philippine Martial Arts, Swanson Martial Arts

Facilitator: Laura Williams

Day/Dates: April 28, May 5

Time: 9-10:30 a.m.

Location: Swanson Martial Arts

Enrollment Limit: 24

Cost: \$15

Lincoln's Library of the Future



Lincoln's long-awaited new central library in the heart of downtown will open for service in 2028. Designed as a modern library with flexibility and space for community partners to complement library activities, the new library will provide traditional services and collections yet incorporate what is now expected in modern library design, function and sustainability. Walk through the virtual plans for the new facility and discover what will make this a world-class library and help transform O Street.

Instructor: Ryan Wieber, director, Lincoln City Libraries

Facilitator: Rebecca Pasco

Day/Date: Tue, May 5

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

L&L076Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L076L

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

Enrollment Limit: 28



Rendering. BVH Architecture and MSR Design are the architectural partners for the design of the new Lincoln downtown library.

Introduction to E-Bikes



LIF140L

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Tue, March 31.

Registration Deadline: Tue, March 24.

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

Time: 9-11 a.m.

Location: Cycle Works Bike Shop

Enrollment Limit: 15

Cost: \$20



Inside the System: How We Keep Traffic Moving



LIF184L

Gain an inside look at how Lincoln Transportation and Utilities (LTU) keeps the city moving. Explore how LTU manages over 410 traffic signals, intersection detection systems, Intelligent Transportation Systems (ITS), detection cameras, and traffic monitoring for incident management. Learn about the Green Light Lincoln Initiative and its impact on economic and environmental improvements. Enjoy a behind-the-scenes tour of the Signals and Sign Shop and the Brine Making Facility, offering a firsthand look at the operations that keep Lincoln's streets safe and efficient.

Instructors: Elizabeth Elliot, director, Lincoln Transportation and Utilities; Thomas Shafer, assistant director, City of Lincoln Transportation; Brandon Bugarin, operations group leader, City of Lincoln Transportation

Facilitator: Lynn Willey

Day/Date: Tue, April 14

Time: 9-11 a.m.

Location: City of Lincoln Municipal Service Center. A large parking lot is on the west side of the Service Center. The tour involves 2/3 of a mile walking on flat ground, indoors and outdoors. Wear comfortable shoes and dress for outdoor weather.

Enrollment Limit: 35

Cost: \$10

Planetarium Explorations



SCI102L

Take a ride through the solar system without leaving earth. Visit the University of Nebraska State Museum's planetarium for a series of programs developed specifically for OLLI. Discover the rocky planets (Mercury, Venus, Earth and Mars) and the gas giants (Uranus, Saturn, Jupiter and Neptune), then explore the stars, moons and interstellar objects.

Instructors: From the NU State Museum—Rachel Scheet, earth and space sciences education coordinator; Anastasia Erikson, Hubbard Science communication intern

Facilitator: Georgianne Mastera

Day/Dates: Tue, March 31, April 7, 14

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

Location: UNL 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: 60

Cost: \$20

Having a Safe and Sound Hospital Stay



(LAVISTA)

Explore actionable items to increase the odds of a safe hospital stay. Learn how to get a second opinion, interview a surgeon, stay on top of medications, manage tests and results, deal with weekend hospitalizations and more. Empower yourself to take control and effectively manage your own, or a love one's, healthcare.

Instructors: Becky Korinek, Ed.S, director, Business Development, Outreach Patient Advocates; Nicky Wik, BCPA, CDP, owner, Outreach Patient Advocates

Facilitator: Jeanette Wellsandt

Day/Date: Tue, April 7

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

Cost: \$10

Register for only one format:

H&W107Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W107O

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

Enrollment Limit: 30

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 fundamental 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 plant pathologist, UNL, 30-year Tai Chi instructor in Lincoln and with the UNL Dance Program

Day/Dates: Tue, March 31, April 7, 14, 21, 28

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

Location: American Lutheran Church, Fellowship Hall

Enrollment Limit: 24

Cost: \$30

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COURSES

Dutch Manhattan: The Colony That Shaped America



Utilizing Russell Shorto's novels entitled "The Island at the Center of the World" and "Taking Manhattan," explore the dramatic beginnings of New Amsterdam, revealing a story "more than a handful of beads." Analyze how the confluence of diversity, capitalism, and pluralism fostered America's first modern society. Concurrently, examine the painful legacy of slavery and the displacement of Native Americans that fundamentally shaped the city and continues to define the nation.

Instructor/Facilitator: Gary Timm, retired history faculty member, Northeast Community College

Day/Dates: Tue, April 21, 28, May 5

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

Cost: \$20

Register for only one format:

HIS152Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS152L

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

Enrollment Limit: 28

Wealth's Impact on America



America can be described as a capitalistic social democracy. Income and wealth are foundational drivers in our economy, democracy, and society. Examine the concept of "American Wealth" and its implications for every resident. Several themes will be explored, including increasing American oligarchy empowered by wealth concentration, wealth concentration trends including the informative history of the Gilded Age, the dynamics of wealth concentration, the impacts on our economy, democracy and society, and likely antidotes.

Instructor: Don Macke, retired college economics instructor and international speaker

Facilitator: Gene Stohs

Day/Date: Tue, March 31

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

LIF230Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF230L

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

Enrollment Limit: 28

A Case for Reading Great & Good Literature



L&L060L

Explore why reading serious literature matters and how the purposes of reading evolved over time. Consider generational relationships to literature and how certain works call for rereading for deeper insight. Discuss how literature expands the mind in ways distinct from science or ethics. Examine the idea of a literary canon: what is included and how the canon changes.

Instructor: Stephen Buhler, Aaron Douglas Emeritus Professor of English, UNL

Facilitator: Ken Gobber

Day/Dates: Tue, March 31, April 7, 14, 21, 28, May 5

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 214

Enrollment Limit: 40

Cost: \$35

Spies Among Us: A WWI German Spy in Omaha



The most famous German spy during World War I had previously been a Nebraska resident. What was he doing here? What did he do as a spy? What happened to him? Tony Foreman has pieced together answers to these and many other questions through archival research in Nebraska, Germany and Great Britain. Join us for a session about heroism, romance, cruelty, war and espionage.

Instructor: Anthony Foreman, lecturer, History, UNL

Facilitator: Charlyne Berens

Day/Date: Tue, April 7

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

HIS150Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS150L

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

Enrollment Limit: 28

Demystifying Psychiatry



H&W088L

Discover how psychiatrists make diagnoses and treatment decisions, and how patients and families can advocate for themselves. Explore how psychiatric opinions are formed, what treatments work—and for whom—and how to evaluate your care. Discuss substance use disorders, controversial treatments, social issues, and how to make sense of media reports.

Instructor: Richard Moldawsky, adult clinical psychiatrist

Facilitator: Bob Bleicher

Day/Dates: Tue, April 14, 21, 28, May 5

Time: 1-2:30 p.m.

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

Enrollment Limit: 28

Cost: \$25

Bess Streeter Aldrich: Nebraska Author



L&L069L

Discover the life and work of Nebraska author Bess Streeter Aldrich who published over 160 short stories and articles, nine novels and one novella. Visit her historic Elmwood home and step back to 1946 to meet Mrs. Aldrich (character portrayal), enjoy tea and her signature Lady Baltimore Cake, and tour her home. In class, explore “A Lantern in Her Hand,” “The Lieutenant’s Lady,” and selected short stories. Information about obtaining these books will be provided after registration.

Instructor: Jolene McLaughlin, Bess Streeter Aldrich historian

Facilitator: Dorothy Anderson

Day/Dates: Tue, March 31, April 7, 14

Time: 3-4:30 p.m.

Location: Session 1: Bess Streeter Aldrich House, Elwood, NE; Sessions 2 and 3: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137

Enrollment Limit: 20

Cost: \$35 includes tour and refreshments



Backstage at the Rep: “Bright Star” (Course)



ART218L

Join director Bobbie Pieranunzi for a discussion about the musical Bright Star, produced in association with UNL Opera. A member of the original Broadway cast, Bobbie will provide insight into this bluegrass-inspired musical set in the American South during the 1920s and 1940s. Bobbie’s 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, April 14

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre

Enrollment Limit: 50

Cost: \$10

Nebraska Repertory Theater Presents: “Bright Star” (Performance)



ART219L

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, April 19

Registration Deadline:

Sun, April 12

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

Time: 2-3:30 p.m.

Location: UNL Temple Building, Howell Theatre

Enrollment Limit: 50

Cost: \$15



COURSES

Secular Humanism as a Way of Life



Explore Humanism as a non-theistic worldview and life-stance based on reason, science, ethics and human flourishing. Trace its history from the Renaissance through the Humanist Manifestos. Distinguish Secular Humanism from mere atheism and contemporary religious humanism. Through a Humanist lens, critically examine theistic arguments such as intelligent design and Pascal's Wager. Learn about the instructor's personal journey from a religion-curious atheist to an active humanist and engage in critical discussion.

Instructor: Clay Farris Naff, former science correspondent, "The Humanist" magazine and OLLI member

Facilitator: Nan Kaye-Skinner

Day/Dates: Tue, April 21, 28

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

REL042Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL042L

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

Enrollment Limit: 28

Spring Nature Hike



LIF033L

Enjoy a Spring nature walk and look for migrating birds, spring flowers and other sights while taking a slow walk around the Nature Center. Dress for the weather and bring binoculars or cameras. Some binoculars are available to borrow upon request.

Instructor: Jamie Kelley, Coordinator, Pioneers Park Nature Center

Facilitator: Kathie Putensen

Day/Date: Tue, May 5

Time: 3-4:30 p.m.

Location: Pioneers Park Nature Center, Prairie Building

Enrollment Limit: 24

Cost: \$15

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, April 1, 8, 15, 22, 29, May 6

Time: 9-9:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

What is Antisemitism?



Trace the roots of antisemitism from antiquity to the present day. Learn about the long and dark history of antisemitism, including the Holocaust, and its modern implications.

Instructor: Julian Gillilan, Ph.D. student, History, UNL

Facilitator: Charlyne Berens

Day/Dates: Wed, April 1, 8, 15, 22, 29

Time: 9-10:30 a.m.

Cost: \$30

Register for only one format:

HIS149Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS149L

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

Enrollment Limit: 28

Hardy Nebraska Trees from A-Z



Discover the benefits, uses, upsides and downsides of the trees that grow well and tolerate the soil and climate conditions in eastern Nebraska. Learn about the trees we love from an experienced landscaper and tree grower.

Instructor/Facilitator: Bob Bleicher, founder of Eagle Nursery

Day/Date: Wed, May 6

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

SCI105Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI105L

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

Enrollment Limit: 28

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, April 1, 8, 15, 22, 29, May 6

Time: 10-10:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

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COURSES

Smart Charitable Estate Planning



(OMAHA)

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 of Gift Planning, University of Nebraska Foundation

Facilitator: Bob Michl

Day/Date: Wed, April 29

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

Cost: \$0 – Free

Register for only one format:

LIF139Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF139O

Location: Thompson Alumni Center, Omaha

Enrollment Limit: 30

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

Tom Osborne and TeamMates: Mentoring Matters



Learn directly from Tom Osborne about the positive impact of mentoring in his life, the founding of TeamMates Mentoring Program, and the program's mission to positively impact the world. In addition, discover the highlights of the Lincoln chapter's work and the ongoing need for mentors, and hear from OLLI members about their experiences mentoring through TeamMates.

Instructors: Tom Osborne, co-founder, TeamMates; Jim Bennett, coordinator, TeamMates Mentoring of Lincoln; OLLI Member TeamMates.

Facilitator: Jeanette Wellsandt

Day/Date: Wed, April 1

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

Cost: \$10

Register for only one format:

LIF226Z

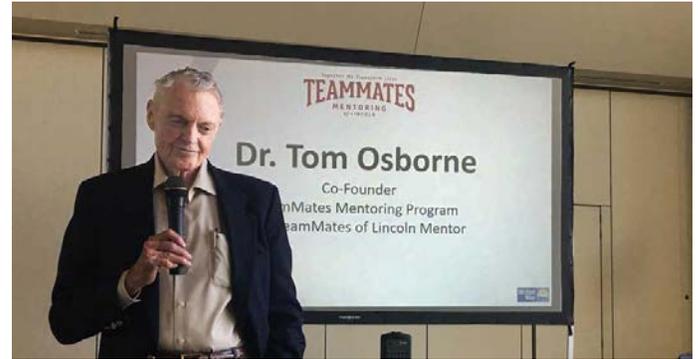
Location: Zoom Live Stream

Enrollment Limit: 100

LIF226L

Location: SCC-CEC, Auditorium

Enrollment Limit: 70



Exploring the Genealogical Society Library



HIS156L

Explore the Lincoln-Lancaster County Genealogical Society's amazing resource library. From books, periodicals, and maps to local oral histories and online resources, the library can assist with your family research journey. Guided by society members, learn about what is available and receive hands-on experience with the materials. Although the library specializes in local resources, there are also U.S. and International resources.

Instructors: From the LLCGS—Becky Martin, VP Programs; Cindy Cochran, Library Committee Chair

Facilitator: Laura Damuth

Day/Dates: Wed, April 1, 8, 15

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

Location: Lincoln-Lancaster County Genealogical Society, lower level

Enrollment Limit: 20

Cost: \$20

Active Adventures: Hikes, Bikes, Culture



This course is ideal for US and international travelers looking to blend physical activity with authentic cultural experiences, ensuring a smooth and unforgettable journey whether on foot or by bike. Topics will include local cultural immersion experiences, such as biking and walking tours or cooking classes, and lots of tips for logistics, inspiration and information, and travel support.



Instructor: Maggie Bigelow, experienced adventure traveler

Facilitator: Lorrie Benson

Day/Date: Wed, April 15

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

Cost: \$10

Register for only one format:

LIF227Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF227L

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

Enrollment Limit: 28

How to Play Nicely with Others

ART138L

Experience the collaborative work that creates a successful chamber music presentation. No musical experience necessary. Observe a rehearsal of the Nebraska Chamber Players and then be asked to help the musicians work together more successfully. Learn how musicians play together as a group, even when it appears no one is leading.

Instructor: From Nebraska Chamber Players—Lindsay Bartlett, flute; Alyssa Case, oboe; Ed Love, clarinet; Joyce Besch, bassoon; Ric Ricker, horn

Facilitator: Judy Hart

Day/Date: Wed, April 22

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

Location: Unitarian Church of Lincoln, sanctuary

Enrollment Limit: 20

Cost: \$10



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COURSES

Rural Poll Insights on Rural Nebraska



The University of Nebraska conducts an annual Rural Poll that provides interesting insights on rural Nebraskans and their opinions and attitudes about personal and community well-being, public services, economics, policy, and various other public issues. The results of the most recent 2025 survey efforts highlight the concerns among rural Nebraskans about personal and community well-being as well as a focus on confidence in institutions, trade, energy and agriculture, biosecurity and bioeconomy, and algorithms and artificial intelligence.

Instructors: From UNL—Brad Lubben, extension associate professor, Agricultural Economics; L. J. McElravy, associate professor, Agricultural Leadership, Education and Communication; Heather Akin, assistant professor, Agricultural Leadership, Education and Communication; Katelyn Larson, associate extension educator, Nebraska Extension

Facilitator: Marv Almy

Day/Date: Wed, April 22

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

Cost: \$10

Register for only one format:

CON068Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON068L

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

Enrollment Limit: 28

Changing Lives One Smile at a Time



Since 1982, Operation Smile has provided hundreds of thousands of free surgeries to children with cleft and other facial conditions. Starting in 1985, students in Operation Smile Clubs worldwide have been given the opportunity to play an active role in awareness, fundraising, and education. Learn about this amazing organization and get an insider's view of what happens on these life changing missions.

Instructor: Deanna Hughes, student chaperone, Operation Smile

Facilitator: Dori Bush

Day/Date: Wed, May 6

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

Cost: \$10

Register for only one format:

H&W099Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W099L

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

Enrollment Limit: 28

The Anatomy of a Crossword Puzzle



Enjoy this introduction to the crossword and its word puzzle cousins. Crosswords today are as popular as they have ever been. Explore the various components of the crossword including the grid, the clues, the themes and other word puzzle varieties. Learn from the expert who writes the weekly “Only in Nebraska” crossword appearing Wednesdays in the Lincoln Journal Star.

Instructor: Fred Ohles, past president of Nebraska Wesleyan University

Facilitator: Gene Stohs

Day/Dates: Wed, April 1, 8, 15, 22

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

LIF225Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF225L

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

Enrollment Limit: 28

Behind the Scenes at the IQM



ART086L

Thousands of quilts are stored at the International Quilt Museum. Go behind the scenes to tour the climate-controlled storage area and learn how staff and volunteers care for the world's largest public quilt collection. Afterward, explore the galleries and current exhibitions at your own pace.

Instructor: Jamie Swartz, Collections Manager

Facilitator: Patricia Crews

Day/Date: Wed, April 29

Time: 1-2:30 p.m.

Location: International Quilt Museum.

Enrollment Limit: 24

Cost: \$30

Exhibition Tour at Samuel Bak Museum



ART2230 (OMAHA)

Learn about the Museum and the life of artist and Holocaust survivor Samuel Bak. Then, tour the exhibition of artworks by Samuel Bak, Dinh Q. Lê, Mladen Miljanovic, Serge Alain Nitegeka, and Maja Ruznic. These artists are survivors of 20th century genocides and use their art as a means of building collective memory of the violence they witnessed. The tour includes opportunities for written or drawn reflections and group conversations.

Instructor: Alexandra M. Cardon, Chief Curator, Samuel Bak Museum: The Learning Center.

Facilitator: Charles Hettinger

Day/Date: Wed, May 6

Time: 1-2:30 p.m.

Location: Samuel Bak Museum. Free street parking can be found along the west (in front) and a large, covered parking garage to the east (in back) of the Museum building.

Enrollment Limit: 30

Cost: \$10



Extreme Weather: Thunder, Tornadoes and More



Severe weather comes to us through our senses, whether it's the sound of thunder, the feel of high winds and driving rain, the view of storm clouds or the soreness in our joints when bad weather is predicted. Learn the details behind severe weather statistics, safety and terminology. Stories of historic storms and tornadoes will be shared, enhanced by many pictures and videos.

Instructor: Brad Anderson, chief meteorologist, Channel 10/11-KOLN/KGIN

Facilitator: Stephanie Nantkes

Day/Date: Wed, May 6

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

SCI031Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI031L

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

Enrollment Limit: 28

Introduction to Bridge II



LIF016L

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

Instructor/Facilitator: Henry Schuman, Bridge enthusiast

Day/Dates: Wed, (skip April 1), April 8, 15, 22, 29, May 6, 13

Time: 1-3 p.m.

Location: Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

COURSES

Why Animal Health Matters to You



Explore the connection between modern livestock practices, animal health, and the safety and quality of the food we consume. From the farm to the table, livestock management practices influence not only animal well-being but also the nutritional value, safety, and sustainability of our food supply. Drawing on expertise in animal science, veterinary medicine, nutrition, and food safety, gain a deeper understanding of how research and production practices shape what ends up on our plates.

Review the course syllabus for details on each week's topics: <https://go.unl.edu/wdyi>

Instructor: From UNL—Thomas Burkey, professor and interim dean, College of Agriculture and Natural Resources; Becky Funk, assistant professor of practice and extension specialist, School of Veterinary Medicine and Biomedical Sciences; Deborah VanOverbeke, department head and Marvel Baker, professor, Animal Science; Jordan Wicks, assistant professor and meats extension specialist, Animal Science; Jim MacDonald, professor and graduate committee chair, Animal Science

Facilitator: Bob Bleicher

Day/Dates: Wed, April 1, 8, 15, 22, 29

Time: 3-4:30 p.m.

Cost: \$30

Register for only one format:

H&W096Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W096L

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

Enrollment Limit: 28

The Magic of the Metropolitan Opera: "Eugene Onegin"



ART220L

Explore Pyotr I. Tchaikovsky's "Eugene Onegin," one of opera's most enduring works, based on Alexander Pushkin's classic novel in verse. Learn about the story's themes, characters, and cultural impact while gaining insight into Tchaikovsky's approach to transforming literature into a powerful lyric drama. 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, April 29

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



Biblical Misconceptions



What was Eve really made of? Was the Savior really born in a barn? What were Martha and Mary really up to? Dig into the historical context and language of several popular biblical stories to uncover details lost in translation — or just plain mistranslated — and unearth some nuggets of gospel goodness along the way.

Instructor: Day Hefner, pastor, Spirit of Hope Lutheran Church

Facilitator: Charlie Francis

Day/Date: Wed, May 6

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

RELO43Z

Location: Zoom Live Stream

Enrollment Limit: 100

RELO43L

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

Enrollment Limit: 28

Introduction to Kayaking



LIF019L

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Wed, April 22.

Registration Deadline: Wed, April 15

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

Time: 3-6 p.m.

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

Enrollment Limit: 12

Cost: \$50

THURSDAYS

Lincoln Assisted Living: Find Your Fit



LIF221L

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

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

Facilitator: Carla Fetch

Day/Dates: Thu, April 2, 9, 16, 23, 30, May 7

Time: 9-10:30 a.m.

Locations: April 2: Bridge to Better Living; April 9: The Legacy (Pioneers Blvd.); April 16: Pemberly Place; April 23: The Landing; April 30: Salt Creek Senior Living; May 7: Eastmont

Enrollment Limit: 12

Cost: \$35

Perils of Pauline Epistles



We recognize that Gospels present us with differing perspectives on Jesus, but the letters of Paul, written one or two generations before the Gospels, gives us still another view. Paul's perspective is upon the Christ and he has a lot to say about what that means and what it portends. We shall strive to see Paul himself, and his differing understanding.

Instructor: Michael Ryan, pastor, Southwood Lutheran Church

Facilitator: Charlie Francis

Day/Date: Thu, April 9

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

RELO44Z

Location: Zoom Live Stream

Enrollment Limit: 100

RELO44L

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

Enrollment Limit: 28

COURSES

Making Art with Children



ART224L

Finding and preparing art activities to do with grandchildren, or other young people in your life, can be overwhelming. Learn professional tips about suitable supplies and setting up for projects and obtain step-by-step guidelines for quality art experiences you'll both enjoy. Art projects will be demonstrated by the instructor for your future use.

Instructor: Amy Cederdahl, K-12 art educator

Facilitator: Anne Diffendal

Day/Dates: Thu, April 23, 30, May 7

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 102

Enrollment Limit: 16

Cost: \$20

Cycling Skills and Road Safety



LIF222L

With 50% cycling accidents happening due to riders losing control of their bike, prevent that from happening to you by strengthening your bike handling skills and knowledge. Geared toward people of all riding abilities who want to gain confidence riding in urban settings, preview optional on-line material on traffic safety before class, then spend time in class on parking lot drills and riding Lincoln's bike infrastructure.

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Thu, April 16

Registration Deadline: Thu, April 9

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

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

Location: UNL Outdoor Adventures Center

Enrollment Limit: 10

Cost: \$60



Fires and Forges: Exploring Artistry



ART1390 (OMAHA)

Discover how Hot Shops Art Center grew from a shared passion for molten materials into a thriving Omaha arts community. Home to more than 100 artists, the center features four anchor studios where pottery is fired, glass blown, bronze cast, and iron forged. Explore additional studios showcasing painting, photography, jewelry, fiber arts and more. Your tour concludes with a live glassblowing demonstration that highlights the heat, skill, and artistry behind creating hand-formed glass pieces.

Instructors: Tim Barry, ceramic artist and co-founder; Matthew Shrader, glassblower,

Facilitator: Bob Michl

Day/Date: Thu, April 2

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

Location: Hot Shops Art Center. This is a multi-storied building. Walking up steps is part of the tour.

Enrollment Limit: 25

Cost: \$15



Esports Training and Development



LIF224L

Explore concepts in Esports coaching, then experience a live varsity practice of the Nebraska Esports Team as they prepare for national tournaments in the spring season. Housed in a temporary facility while the multi-million-dollar esports lounge and training facility is being constructed in the UNL City Campus Student Union, this program prepares students for diverse careers in the burgeoning esports industry.

Instructor: Ryan Tan, assistant professor, Sports Media and Communication and Esports program leader, UNL

Facilitator: Gene Stohs

Day/Date: Thu, April 2

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

Location: UNL City Campus Student Union. Park in metered street parking or in nearby parking garages.

Enrollment Limit: 10

Cost: \$10

Learn the Ukulele



LIF018L

The ukulele is an easy instrument to learn. Have fun singing, strumming, and learning with fellow OLLI members. Learning a new instrument keeps the brain sharp, and fingering the ukulele helps arthritic hands. You don't have to know how to read music to take this class. Any standard "C tuning" ukulele may be used. Bring your own ukulele and music stand or check out a beginner ukulele from any public library in advance.

Instructor/Facilitator: Gary Kruce, member, Lincoln Ukulele Group

Day/Dates: Thu, April 2, 9, 16, 23, 30, May 7

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

Location: Fourth Presbyterian Church

Enrollment Limit: 12

Cost: \$35

Blockchain Basics Made Simple



Explore what blockchain is and why it matters—without the technical jargon. Learn how this technology keeps information secure, how it protects cryptocurrencies like Bitcoin, and how it's used in areas such as finance, healthcare, and recordkeeping. Learn how data is stored, shared, and kept private, and look at real-world examples of blockchain in action. This session offers a clear, practical introduction for anyone curious about this fast-growing technology.

Instructor: Muhammad Naveed Aman, assistant professor, School of Computing, UNL

Facilitator: Doug Wood

Day/Dates: Thu, April 16, 23, 30

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

Cost: \$20

Register for only one format:

SCI106Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI106L

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

Enrollment Limit: 28

Trailblazers 101: Learn to Hike



Hiking is a great way to enjoy the outdoors and exercise, and there are many hiking trails in eastern Nebraska. Hiking can be a walk on a gravel path or a strenuous climb, whatever suits your interests and abilities. Learn the basics of hiking safety, etiquette, and tech, and see gear the instructors use. Learn how easy it is to get started hiking, including how to find great places to hike in Nebraska and beyond.

Instructor: Scott Bigelow, experienced outdoor enthusiast and retired orthopedic surgeon; Katie Leware, superintendent, Ponca State Park

Facilitator: Lorrie Benson

Day/Date: Thu, April 9

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

Cost: \$10

Register for only one format:

LIF177Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF177L

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

Enrollment Limit: 28

Flavorful, Fun, Fiesta!



LIF229L

Let's add some Olé! to your Cinco De Mayo party! In this hands-on course, create easy, flavorful Mexican entrées, sides and perhaps a dessert. Bring your enthusiasm for a fun time in the kitchen!

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch, Karen Case

Day/Dates: Thu, April 16, 23

Registration Deadline: Thu, April 9.

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

Cooking and Nutrition for One



H&W101L

Cooking for one or two can be satisfying, wholesome and enjoyable! Learn how smaller households can embrace the joy of nourishing meals with ease, creativity and confidence. Discover how to plan, shop and prepare intentional and nutritious meals scaled for one or two.

Instructor: Jennifer Dunavan, registered dietitian nutritionist, Hy-Vee

Facilitator: Laura Williams

Day/Date: Thu, April 30

Registration Deadline: Thu, April 23.

Cancellations after this date will be non-refundable, unless cancelled by OLLI.

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

Location: Hy-Vee, Club Room, N. 84th St.

Enrollment Limit: 32

Cost: \$25 includes cost of food

Quilts About Queens and Shakespeare



L&L077L

Discover the exhibit at the International Quilt Museum on quilts about queens and Shakespeare. Examine how queens, such as Queen Elizabeth I and the wives of Henry VIII, and William Shakespeare's work have been depicted on quilts and the differences between historical and modern quilts. Learn how quilts were produced during the reigns of such English queens as Anne and Victoria. Enjoy viewing the exhibit, walking through to discuss more specifically the items in it.

Instructors: Carole Levin, Willa Cather Professor of History Emerita, Department of History, UNL; Sarah Walcott, Ardis B. James Curator of Collections, International Quilt Museum, UNL

Facilitator: Deb Pearson

Day/Date: Thu, April 23

Time: 1-2:30 p.m.

Location: International Quilt Museum

Enrollment Limit: 25

Cost: \$10

Learning About the Game of Volleyball



LIF096L

Build or expand your knowledge of volleyball. Learn about the various aspects of the game, including rules, strategies, positions, and formations. Discover how recruiting works in volleyball and how players end up at their respective colleges. Whether you're cheering on a friend, a family member or a young woman playing the game in the "volleyball state" of Nebraska, you'll learn a ton and have a great time in the process.

Instructors: From VCNebraska—Maggie Griffin, Club director and former Husker volleyball player; Bryce Hickerson, director, Operations; Blake Rawlins, director, Coach and Player Development

Facilitator: Stephanie Nantkes

Day/Dates: Thu, April 23, 30, May 7

Time: 1-2:30 p.m.

Location: VCNebraska, Kinetic Sports Complex.

Seating is mostly on bleachers; bring a bag or lawn chair to sit on the perimeter of the court if you wish.

Enrollment Limit: 65

Cost: \$20

Suffragists: Women of Persistence and Pluck



'Votes for Women' was a three-generation battle nationally and in Nebraska where our foremothers' efforts included three statewide suffrage votes and Susan B. Anthony touring the state. Explore the women who led and created strategies nationally. Meet the Nebraska Suffs who spent 65 years fighting the antis with ever-changing tactics creating, in the end, a unanimous vote of our state Legislature to ratify the 19th amendment.

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

Facilitator: Nancy Mitchell

Day/Dates: Thu, April 23, (Skip April 30), May 7

Time: 1-2:30 p.m.

Cost: \$15

Register for only one format:

HIS157Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS157L

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

Enrollment Limit: 28

A History of the Cornhusker Marching Band



LIF228L

Explore the history, traditions, and behind-the-scenes operation of the University of Nebraska–Lincoln’s Cornhusker Marching Band. Discover the ensemble’s evolution, musical style, game-day preparation, and the dedication required of its student musicians. Learn how the “Pride of All Nebraska” brings its performances to life. A guided tour of the new building will follow the presentation.

Instructors: Tony Falcone, associate director, Bands, and director, Cornhusker Marching Band; Doug Bush, assistant director, Bands and assistant director, Cornhusker Marching Band

Facilitator: Charlotte Frank

Day/Date: Thu, May 7

Time: 1-2:30 p.m.

Location: UNL City Campus, Glenn Korff School of Music, Rm 116. Park in nearby garages or street parking at meters.

Enrollment Limit: 60

Cost: \$10



Understanding Hearing and Balance



Hearing and balance are essential to communication, safety, and well-being, yet many adults lack a clear understanding of how these systems function. Receive an accessible overview of the auditory and vestibular systems, common hearing and balance disorders, risk factors, prevention, and treatment options. Explore current technologies, resources, and practical strategies that support better hearing, balance, and informed decision-making for individuals and families.

Review the course syllabus for details on each week’s topics: <https://go.unl.edu/4hm3>

Instructors: From UNL Special Education and Communication Disorders—Stacie Ray, doctor of audiology, professor of practice; Hannah Ditmars, doctor of audiology, associate professor of practice; Michelle Hughes, professor; Kelly Pritchett, doctor of audiology, professor of practice; Tessa Boesiger, doctor of audiology, assistant professor of practice.

Facilitator: Carol Babcock

Day/Dates: Thu, April 2, 9, 16, 23, 30, May 7

Time: 3-4:30 p.m.

Cost: \$35

Register for only one format:

H&W103Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W103L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. The April 23 session will be held at the UNL Barkley Center. Free parking is located on the south side of the building which is accessed from East Campus Loop. Permits will be provided at the entrance.

Enrollment Limit: 28

A Plague of Locusts (Wasps, Flies and More)



SCI104L

Whether in croplands or gardens, managing hungry pests is an age-old challenge. Gain insight on Integrated Pest Management (IPM), focusing on insect science and practice. Explore the century-old wheat stem sawfly challenge in semi-arid cropping systems, highlighting research from UNL’s “Team Sawfly.” The first session will provide information on wheat dissection to find sawfly evidence. The second session will feature a tour of Entomology Hall to see scientists at work.

Instructor: Jeffrey Bradshaw, plant health program director and professor, Entomology, College of Agricultural Sciences and Natural Resources, UNL

Facilitator: Clay Farris Naff

Day/Dates: Thu, April 9, 16

Time: 3-4:30 p.m.

Location: April 9: SCC-CEC, Rm 214; April 16: UNL East Campus, Entomology Hall (ENTO), meet inside the main entrance on the west side.

Enrollment Limit: 24

Cost: \$15

COURSES

Explore Pawnee Lake by Kayaking



LIF020L

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Thu, April 30

Registration Deadline: Thu, April 30

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

Time: 3-6 p.m.

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

Enrollment Limit: 12

Cost: \$55

Understanding Cancer: Science, Treatment and Beyond



H&W059L

Explore the science, modern treatments, and holistic support systems part of the journey through cancer. This course includes a tour of the state-of-the-art April Sampson Cancer Center. Meet oncologists, researchers, and health professionals to learn about innovative therapies, precision medicine, and the role of technology in cancer diagnosis and treatment. View advanced medical equipment, experience the healing arts, and see how the center supports Nebraska's cancer patients with compassion and innovation.

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

Facilitator: Gene Stohs

Day/Date: Thu, April 30

Time: 5-7 p.m.

Location: April Sampson Cancer Center

Enrollment Limit: 80

Cost: \$10



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Health Care Comes Alive



Step into Bryan’s state-of-the-art Simulation Lab for a hands-on healthcare adventure. Try your hand at taking vital signs, delivering a “baby”, or saving a life using lifelike mannequins. See how healthcare professionals train for real-world situations—without any real-world risks. It’s interactive, educational, and just plain fun.

Instructors: Bryan College of Nursing Simulation Instructors

Facilitator: Gene Stohs

Location: Bryan College of Health Sciences

Enrollment Limit: 25 per section

Cost: \$10

Register for only one section:

H&W0971

Day/Date: Thu, April 16

Time: 5-6:15 p.m.

H&W0972

Day/Date: Thu, April 16

Time: 5:45-7 p.m.



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, April 3, 10, 17, 24, May 1, 8

Time: 9-10:30 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

Autism: Facts vs. Myths



Learn what autism is—and what it’s not—by exploring how it’s diagnosed, why rates have changed, and what current research says about causes and supports. Parents of now-adult children with autism will share real stories from their journeys, including challenges, surprises, and moments of humor and insight. This session offers a clear, practical, and human look at autism, helping separate common misunderstandings from lived experience.

Instructors: Marcia Lepinski, parent of autistic child; Becci Olander, psychiatric family mental health nurse practitioner and parent of autistic child

Facilitator: Bob Bleicher

Day/Dates: Fri, May 1, 8

Time: 9-10:30 a.m.

Cost: \$15

Register for only one format:

H&W102Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W102L

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

Enrollment Limit: 28

COURSES

HomeFit: How to Age in Place at Home

LIF002Z

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

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

Day/Date: Fri, April 3

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Prepare to Care: Options and Costs

LIF055Z

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

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

Day/Date: Fri, April 17

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Living Well with Parkinson’s Disease

H&W015Z

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

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

Day/Date: Fri, April 24

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Dementia Caregiving at Home

LIF061Z

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

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

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Ayurveda Doshas: Daily Routines

This ancient wisdom uncovers how your unique constitution can transform your health. Identify your dosha – Vata, Pitta, Kapha – the foundational energies that govern your physical, mental, and emotional harmony. Learn how to recognize imbalances and apply corresponding practices to reset them. Discover how understanding your dosha influences your daily rhythm, how to approach the changing seasons, and what to modify during different phases of life.

Instructor: Ann Alesio, certified Ayurvedic practitioner, herbalist, and founder of Bella Shaki Ayurveda

Facilitator: Kristi Shoemaker

Day/Date: Fri, April 3

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

Cost: \$10

Register for only one format:

H&W098Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W098L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

ACEs: It’s Not a Card Game

Learn about a new community-wide effort to increase understanding of Adverse Childhood Experiences (ACEs). Explore what ACEs are, discover your ACE score, and consider how ACEs affect learning, behavior, and long-term physical and mental health. Examine how ACEs can impact future generations and learn about the work of the Brave fACEs program in raising awareness. Participants will view the documentary “Resilience” and discuss ways to support themselves and others with high ACE scores.



OLLI in the Greenhouses

Who decides which annual plants will be in the city gardens and where do those plants come from? Lincoln city horticulturists will answer those questions and many more during this course in the city’s public gardens section greenhouses. If you enjoyed the previous Sunken Gardens visits, you will be interested to learn about the theme for summer 2026. Learn how Lincoln’s gardens begin with seeds and grow into the beauty we all appreciate.

Instructors: From Lincoln Parks and Recreation— Zach Halley, Lincoln Horticulturalist; Mike Fallon, Senior Gardener

Facilitator: Judy Hart

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

Location: Lincoln Public Gardens. The greenhouses are in Antelope Park. Parking is on the same side of Memorial Drive as the greenhouses.

Enrollment Limit: 25 per session

Cost: \$10

Please register for only one session:

SCI0351

Day/Date: Fri, April 17

SCI0352

Day/Date: Fri, April 24



On-Site with Highway Archaeology

HIS147L (ASHLAND)

Take a trip to scenic Mahoney State Park to visit a Native American site that has been preserved in place through the efforts of archeologists at the Nebraska State Historical Society, the Nebraska Department of Transportation and the Nebraska Game and Park Commission. See and learn about the site in question and how these three agencies work together to follow state and federal cultural resources laws and preserve sites when necessary.

Instructor: Nolan Johnson, archaeologist, Nebraska State Historical Society

Facilitator: Charlyne Berens

Day/Date: Fri, May 8

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

Location: Eugene T. Mahoney State Park, Ashland. Be prepared to walk on uneven ground and stand for long periods of time. Bring a lawn chair if you’d like.

Enrollment Limit: 30

Cost: \$10. Those who do not have a state park pass must purchase a \$7-per-vehicle day pass when they enter.

Instructor: Maja Cartwright, MSW, program director, Brave fACEs at BraveBe Child Advocacy Center

Facilitator: Eileen Vautravets

Day/Dates: Fri, April 3, 10, 17, 24, May 1, 8

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

Cost: \$35

Register for only one format:

H&W106Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W106L

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

Enrollment Limit: 28

Lewis and Clark: What Else Happened?



HIS1580 (OMAHA)

The Lewis and Clark expedition, to many, is known as a trip two guys went on to “explore the west.” There was more to it than taking a trip and there were more than two guys. Explore the government organized Corp of Discovery military expedition into the west by getting to know some other members and interesting happenings on their journey. Stay after class to view exhibits and other experiences offered at the center.

Instructor: David Bulin, supervisory park ranger and visitor center manager, Lewis and Clark National Historic Trail Headquarters and Visitor Center

Facilitator: Char Casson

Day/Date: Fri, April 10

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

Location: Lewis & Clark National Historic Trail Headquarters and Visitor Center, Omaha

Enrollment Limit: 50

Cost: \$10



COURSES

Great Decisions 2026 Part II



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. We covered the first four topics during Term 3 and will cover the final four 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, April 3, 10, 17, 24, May 1, 8

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

CON118Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON118L

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

Enrollment Limit: 28

Open Studios at the Johnny Carson Center



ART169L

Join faculty and students at the Johnny Carson Center for Emerging Media Arts at UNL for their annual Spring Open Studios. Get a sneak peek at some of the projects and speak with the creators. Stay for an evening of exploration and experimentation, and tour the Open Studios. Projects may include augmented reality (AR), virtual reality (VR), artificial intelligence (AI), the Internet of Things (IoT), 3D printing, interactive video, projection mapping and immersive experiences.

Instructor: Tim Ganser, Managing Director, Nebraska Repertory Theatre

Facilitator: Anne Diffendal

Day/Date: Fri, May 1

Time: 4-5 p.m. with Open Studios beginning at 5 p.m.

Location: UNL Johnny Carson Center for Emerging Media Arts, UNL. Parking at Que Place Garage, 1111 Q St., or metered parking on the street.

Enrollment Limit: 25

Cost: \$10

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.
fpclincoln.org/music-home/arts-for-the-soul/

Friends of the Mary Riepma Ross Media Arts Center

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

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

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

Lincoln Choral Artists

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.*



Movies That Matter: “The Bell Affair”

V&P018L

“The Bell Affair” is an award-winning film that tells the powerful story of Daniel and Mary Bell, an enslaved couple who sued for their freedom and led one of the largest escape attempts in U.S. history. Using an innovative live-action animation style, the film highlights the often-overlooked history of how enslaved people used the courts to challenge their bondage. The filmmakers will share the unique challenges of bringing this story to life—working with actors spread across the country and filming without ever gathering the full cast in one location due to COVID.

Presenters: From UNL—Kwakiutl Dreher, associate professor, English and Film Studies; Michael Burton, associate professor, Textiles, Merchandising and Fashion Design

Facilitators: Marjorie Kostelnik, Nancy Comer

Day/Date: Mon, March 30

Registration Deadline: Mon, March 23

Time: 7-9 p.m.

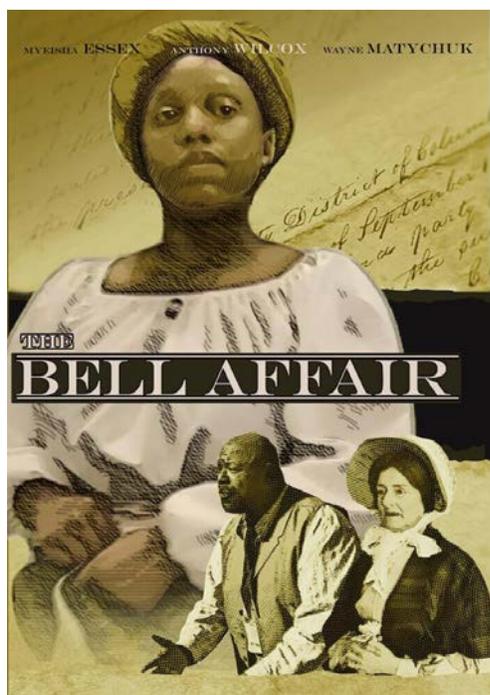
Location: Cornhusker Bank, Community Rm

Enrollment Limit: 60

Cost: \$0

Free and Open to the Public

Co-sponsored by UNL Women's Club



Wine and Junk Food Pairing Possibilities

ART106L (RAYMOND)

Join OLLI friends at James Arthur Vineyards to explore unconventional wine pairings with familiar “junk food.” Sample a range of wines matched with classic snack-aisle items and compare how each pairing works. This session offers a simple, practical look at how different flavors interact.

Presenter: Jeff Korbelik, Tasting Room Manager, James Arthur Vineyards

Facilitator: Judy Hart

Day/Date: Thu, April 2

Registration Deadline: Thu, March 26.

Cancellation after this date is nonrefundable, unless cancelled by OLLI.

Time: 3-4:30 p.m.

Location: James Arthur Vineyards, Raymond

Enrollment Limit: 30

Cost: \$35 includes wine and snacks

A Culinary Experience

LIF087L

Join us for lunch at the Great Plains Culinary Institute at Southeast Community College. In addition to a delicious buffet lunch prepared and served by the students, learn about the culinary program by taking a tour of the facility and observing a food preparation demonstration. Past participants are welcome to attend again. Parking information will be provided prior to this event.

Presenters: From Course Restaurant, Southeast Community College—Jade Baber, executive chef; Shalaia Schruck, manager, Front of House

Facilitator: Christy Hargesheimer, Kathi Huenink

Day/Date: Wed, April 8

Registration Deadline: Wed, April 1.

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

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

Location: Southeast Community College, Great Plains Culinary Institute, Course Restaurant

Enrollment Limit: 60

Cost: \$40. Please contact the OLLI office if you have specific dietary needs.



BLUEBARN Theatre Presents: “Primary Trust”

ART2210 (OMAHA)

In “Primary Trust” by Eboni Booth, experience the tender journey of old friends Kenneth and Bert as they sip on mai tais at the local tiki bar. When Kenneth’s longtime job ends, he is forced to push past his boundaries and reconcile with his past. Witness the intimate moments as you are drawn into a world where every choice matters and every connection holds the power to change lives. Join the production team for a talk and tour before the show.

Facilitator: Marya Lucca-Thyberg

Day/Date: Sun, April 12

Registration Deadline: Thu, April 2.

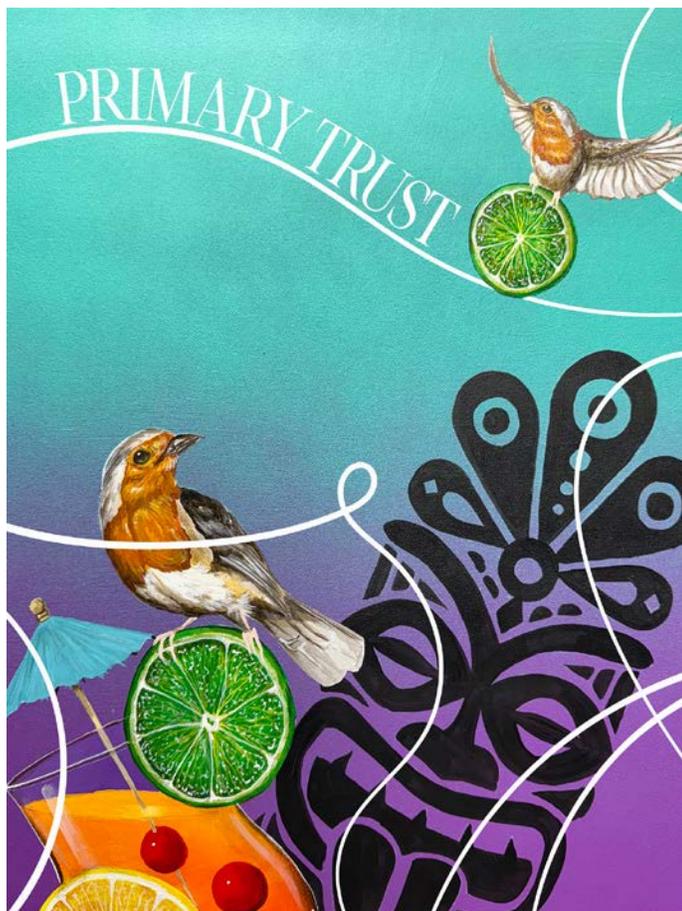
Cancellation after this date is non-refundable unless cancelled by OLLI.

Time: 4:45-8 p.m.

Location: BLUEBARN Theatre, Omaha

Enrollment Limit: 10

Cost: \$50



Mini-Golf: Tee Off at Medieval Putt

LIF2320 (ELKHORN)

Team up with OLLI friends and experience Medieval Putt, indoor mini golf with a fun medieval theme! Take on one of two challenging 18-hole courses amongst amazing décor like a full-size castle, 8-foot-tall Iron Throne, 40-foot-long flying dragon, knights, and even a dragon ride. Marvel at the ingenuity it takes to create these structures and enjoy OLLI camaraderie while you figure out ways to get that little ball into the hole.

Facilitator: Jeanette Wellsandt

Day/Date: Tue, April 14

Registration Deadline: Mon, April 6.

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

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

Location: Medieval Putt, Elkhorn

Enrollment Limit: 30

Cost: \$20



EVENTS

Nebraska History Tour: Beatrice and Wymore

HIS155L

Climb aboard for a fun and fascinating bus tour to two standout historic sites in southeastern Nebraska. Our day begins at Homestead National Historical Park near Beatrice, where a ranger-led introduction and short film set the stage for exploring the Heritage Center, a pioneer cabin, and the surrounding grounds. After lunch, we'll head to nearby Wymore to visit the one-of-a-kind Great Plains Welsh Centre, home to the only U.S. cultural resources dedicated to Welsh immigrants on the Great Plains.

Speaker: Homestead National Park ranger; Gwenith Closs-Colgrove, president, Great Plains Welsh Heritage Centre

Facilitator: Christy Hargesheimer

Day/Date: Thu, April 16

Registration Deadline: Thu, April 2.

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

Time: 8 a.m.-4 p.m.

Location: Participants will be notified where to board the bus. Personal vehicles may be parked in that location the entire time.

Enrollment Limit: 50

Cost: \$75. Includes transportation and lunch.



Jeopardy: The Team Edition

LIF158L

“Jeopardy: The Team Edition” brings the classic TV game show to life in a fun, collaborative setting. Teams work together to answer questions from a full-size electronic game board, choosing from a variety of topics and point values. The format encourages teamwork, lively discussion, and plenty of laughs.

Facilitator: Bob Michl

Day/Date: Mon, Apr 27

Registration Deadline: Mon, Apr 20.

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

Time: 5-7 p.m.

Location: Eastmont

Enrollment Limit: 30

Cost: \$20 includes a light meal and drinks

Tiny Lanes, Big Strikes: Mini Bowling

LIF1710 (OMAHA)

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, about one foot off the ground. Half the size, twice the fun!

Facilitator: Jeanette Wellsandt

Day/Date: Tue, April 28

Cancellation Deadline: Tue, April 21.

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

Time: 3-4:30 p.m.

Location: Bob and Willie’s Wonderbowl-Regency, Omaha

Enrollment Limit: 15

Cost: \$30



General Crook House Museum Tour and Lunch

HIS1510 (OMAHA)

The General Crook House Museum is the authentically restored home of Civil War and National Indian Wars hero, General George Crook. The home, constructed in 1879, is beautifully furnished to represent the age of Victorian splendor and provides a vivid look at Nebraska's early military and social history. Learn about General George Crook's life, the homes architecture, and its role in Fort Omaha. Enjoy a docent-led tour followed by a catered luncheon, featuring a chicken salad croissant, garden pasta salad, fresh fruit kabob and 7-layer bar. Notify the OLLI office if you have specific dietary requirements.

Speaker: Sara Atkins Rauwald, community outreach specialist.

Facilitators: Char Casson, Cheryl Richardson

Day/Date: Wed, April 29

Registration Deadline: Tue, April 15.

Cancellation after this date is nonrefundable, unless cancelled by OLLI.

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

Location: General Crook House, Omaha. Park on the street or in the parking lot behind the house, on the other side of West Road.

Enrollment Limit: 50

Cost: \$45 includes tour and lunch



Two Nebraska Visionaries: Neihardt and Picotte

HIS148L

Journey to northeast Nebraska to discover the lives of two individuals whose voices shaped history and culture. At the John G. Neihardt State Historical Site in Bancroft, explore the legacy of Nebraska's poet laureate and his search for meaning through story. After a boxed lunch at the Neihardt Center, travel to Walthill and visit the Dr. Susan La Flesche Picotte Center to learn how compassion, courage, and service transformed health care and community life. Between Bancroft and Walthill, we'll stop at the Bancroft Cemetery to view the graves of Dr. Susan and her family.

Speaker: Marianne Reynolds, executive director, John G. Neihardt State Historic Site.

Facilitators: Lynn Roper, Dori Bush

Day/Date: Thu, April 30

Registration Deadline: Thu, April 9.

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

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

Location: Meet at the south end of the Slumberland Furniture parking lot, 5240 N. 27th St. to board the bus. Personal vehicles may be parked here the entire time.

Enrollment Limit: 50

Cost: \$70 includes transportation and lunch



EVENTS

“Inspiration and Courage” with Lincoln’s Symphony Orchestra

ART217L

After opening with LSO Composer-in-Residence Elena Ruehr’s “Broadway Boogie Woogie,” LSO celebrates the culmination of her three-year residency by presenting her newly commissioned “Violin Concerto No. 3,” written for the orchestra and concertmaster Anton Miller. Following intermission, LSO performs Ludwig van Beethoven’s magnificent and heroic “Symphony No. 3 Eroica”

Facilitator: Dori Bush

Day/Date: Sat, May 2

Registration Deadline: Thu, April 23.

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

Omaha Community Playhouse Presents: “Dial ‘M’ for Murder”

ART2220 (OMAHA)

A new adaptation of Frederick Knott’s masterpiece of suspense and 1954 Alfred Hitchcock film. When a husband plots the perfect crime to murder his wife, things quickly spiral into a web of deceit, betrayal, and unexpected twists. This gripping mystery will have you guessing until the final moment. Enjoy a backstage tour prior to the show.

Speaker: Kyle Bell, associate box office manager, Omaha Community Playhouse

Facilitator: Charles Hettinger

Day/Date: Sun, May 3

Time: 2-4:30 p.m. (Backstage tour 12:30pm; show begins at 2pm)

Registration Deadline: Sun, April 26.

Cancellations after this date will be non-refundable, unless cancelled by OLLI.

Location: Omaha Community Playhouse, Omaha

Enrollment Limit: 20

Cost: \$40



A Taste of Lincoln: Lila Mae’s Kitchen

LIF231L

Lila Mae’s Southern Kitchen is the place to satisfy your cravings for something different. The menu for this event offers your choice of three main dishes, which we will gather after the **Registration Deadline:** corn meal crusted whiting fish, okra vegetarian stew, or Nashville hot chicken strips. Top off your meal with either a sweet peach cobbler or butter cake. Come join this epicurean experience and learn about the origins of the restaurant and its recipes.

Presenters: Travis Russell and Tramesha Cruse, chefs, Lila Mae’s Southern Kitchen

Facilitator: Cherie Bayley

Day/Date: Thu, May 7

Registration Deadline: Thu, April 23.

Cancellation after this date is nonrefundable, unless cancelled by OLLI.

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

Location: Lila Mae’s Southern Kitchen

Enrollment Limit: 40

Cost: \$40



INTEREST GROUPS

AAAn 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, marilyn.hahn@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@mac.com
Contact the coordinator for the Zoom link.

Day: Tuesdays

Time: 1-2:30 p.m.

German Language and Culture

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

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

Day: 1st and 3rd Wednesday of each month

Time: 3-4:30 p.m.

INTEREST GROUPS

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

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.

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 Rm, 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: May vary

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.

Writers Group

Meets monthly to share writings and practice the craft through generative writing exercises.

Participants are organized into groups of five members by the coordinator. All levels of experience are welcome.

Coordinator: Gail Hollarbush,
ghollarbush@gmail.com

OMAHA

Biking the Trails Omaha

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

Coordinator: Audrey Paulman apaulman@me.com

Meets: Thursday mornings

Time: 9:30 a.m.

Film Streams at Dundee Theater-Omaha

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: Time varies according to movie schedule

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 at
woodlinda1874@gmail.com

Day/Date: 2nd Wednesday of the month

Time: 10 a.m.

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

Omaha Lunch League

Coordinator: Audrey Paulman, apaulman@me.com

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

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

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

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

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

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

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

RELEASOR (Signed)

RELEASOR (Printed)

DATE

REGISTRATION

Complete one form for EACH person.



First Name _____ Last Name _____

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

Preferred name for badge _____ Birthdate _____

Address _____ City _____ State ____ Zip Code ____

E-mail Address _____

Phone: Home _____ Cell _____

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

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
<input type="checkbox"/>	I am a current 2025-2026 OLLI member.	\$0
<input type="checkbox"/>	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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Lincoln, NE 68583-0800

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OLLI members, left to right: Jim McLoughlin, Gene Stohs, Mary Ann Losh, Greg Jenson

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