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OLLI at UNL

Curiosity never retires

Course Catalog: *Fall Term 2 2025*



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, October 14, 2025, 8 a.m. (CT)

Term Dates: October 27-December 12, 2025

schedule at a glance

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

RECORDED COURSE PACKAGE Online. Watch at your convenience.

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Cover Photos: OLLI members tour Robber's Cave in Lincoln, Neb. The site is listed on the National Register of Historic Places.

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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 all 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 Historical Society of Germans from Russia, 631 D. St.

April Sampson Cancer Center, 4101 Tiger Lily Rd.

Bryan Health Firethorn Campus, 2920 S. 84th St.

City of Lincoln Municipal Service Center,
949 West Bond

Eastmont, 6325 O Street

Gateway Mall, 6100 O St.

Great Plains Art Museum, 1155 Q St.

Hy-Vee, 1601 N. 84th St.

International Quilt Museum, 1523 N. 33rd St.

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

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

Madonna Rehabilitation Hospitals,
5401 South St.

Mana Games Café, 701 P St., Ste. 102

Nebraska Innovation Campus, 2021
Transformation Drive

Robber's Cave, 925 Robbers Cave Rd, Ste. B

Screamers Family Restaurant, 803 Q St.,
Ste 150

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

Sheldon Museum of Art, 12th and R Sts.

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

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

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

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

UNL East Campus, Plant Sciences Hall,
1875 N. 38th St.

UNL Love Library, 1318 R St.

UNL Temple Building, Howell Theatre, 1209 R St.

Unitarian Church of Lincoln, 6300 A St.

Victory Park Center, 600 S. 70th St.

OMAHA & OTHER LOCATIONS

Bailey Pointe at Roxbury Park, 5728 S. 108th
St., Omaha

Bess Streeter Aldrich House, 204 East F St.,
Elmwood

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

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

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

Cloisters on the Platte, 23332 Fishery Rd,
Gretna

Denny's Restaurant, 15010 NE-31, Gretna

Echo Hills Assisted Living and Memory Care,
14509 Echo Hills Dr., La Vista

Esprit of Whispering Ridge, 17555 Emmet St.,
Omaha

Holy Family Shrine, 23132 Pflug Rd, Gretna

James Arthur Vineyards, 2001 W. Raymond Rd.,
Raymond

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

Omaha Community Playhouse, 6915 Cass St.,
Omaha

Ovation Heartwood Preserve, 470 Maxwell
Plaza, Omaha

Speilbound Board Game Café, 3229 Harney St.,
Omaha

St. John Lutheran Church, 919 N. Columbia
Ave., Seward

Symphony Pointe, 445 S. 193rd St., Elkhorn

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

Membership & Registration

Membership Fee

Annual membership is \$75 (Aug 1, 2025–July 31, 2026). Membership is required for most courses, events, and interest groups.

Join & Register–Your Way

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

Mailing Address

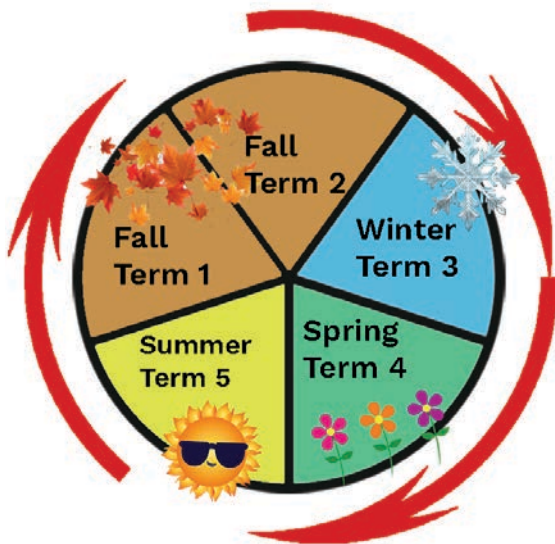
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Lincoln, NE 68583-0800

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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.

- Fall 2 – Oct 27–Dec 12, 2025
(Registration begins Oct 14, 2025)
- Winter 3 – Jan 20–March 2, 2026
(Registration begins Jan 8, 2026)
- Spring 4 – March 30–May 8, 2026
(Registration begins March 17, 2026)
- Summer 5 – June 1–July 10, 2026
(Registration begins May 19, 2026)

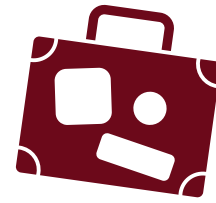
COURSES

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

EVENTS

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

Travel with OLLI and Star Destinations



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

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



Costa Rica | March 1-7, 2026

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



English Crown & Culture | August 15-24, 2026

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



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

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



Southwest Balloon & Beyond | October 6-14, 2026

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

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

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



Recorded Course Package

Learn at your convenience!



CAN0011

Cost: \$30

The following video programs are previously recorded OLLI courses. Learn at your own pace, on your own time and at your convenience. Over 40 hours of programming are available for a **single cost of \$30**. You will receive a link in your registration confirmation email to access all recordings.

All programming originates from OLLI at UNL.

Wanted: 100,000 Young Women to Go West!

Instructor: Lynn Roper (4 sessions)

From the 1880's to the 1950's, Fred Harvey dining rooms along the Santa Fe Railroad line went through eight western states and offered weary travelers' gourmet food, served in 30 minutes, and provided with high standards of service in 65 different towns. The "Harvey Girls" were courageous young women who wanted to be independent and self-sufficient. Learn how and why more than 100,000 young women left their homes for a job, an adventure, and a new life out West. (4 sessions)

The Women of the Manhattan Project

Instructor: Lynn Roper (4 sessions)

The secrecy of the project hid the roles of women, leaving the perception that it was done by a few brilliant male scientists. Learn the stories of women who served as physicists, chemists, mathematicians, and lab technicians. Forbidden to talk about their work, thousands of young women never knew what purpose their tasks would accomplish. Thousands of men, women and children endured hardships in their everyday lives sequestered inside Los Alamos. They lived in hastily built barracks and had to lie to their families about where they were and what they were doing as they disappeared for years.

Eisenhower at War

Instructors: Barney McCoy, Todd Arrington, Mitch Yockelson (3 sessions)

The cost was high and the learning curve steep. Despite his relative youth and limited combat command experience, General Dwight D. Eisenhower overcame immense challenges to lead the Allies to victory in the greatest war in history. This three-part series examines Eisenhower's role as Supreme Allied Commander in WWII.

Aliens on Earth: Are They Really Here?

Instructor: Clay Farris Naff (2 sessions)

Growing numbers of Americans believe extraterrestrial aliens have landed on Earth. Over the past year alone, the Department of Defense collected nearly 500 reports of Unidentified Aerial Phenomena (formerly known as UFOs). While most of these were quickly resolved, some cases remain unexplained. Explore both theory and evidence for the idea that aliens have crossed the vast oceans of space to visit our planet.

Exploring Your Roots: A Beginner's Guide to Genealogy

Instructor: Teresa Shane and others (6 sessions)

Learn how to gather information from family members and check facts using trustworthy sources. Explore places to research, like libraries and online databases, and learn how to find information in newspapers and census data. Discover how to document and organize your findings and understand your ancestors' lives in the social context of their lives. Find ways to tackle research challenges and connect with local and online genealogy groups for support.

Zoom to the Zoo: An Elephant Adventure

Instructor: Holly Babutzke – Zoo Educator (1 session)

Enjoy a virtual presentation by the Omaha Zoo. Learn about the elephant herd. Meet the elephants from the public viewing platform, then virtually journey to the non-public areas of the Elephant Barn for a tour behind the scenes. Discover how the animal care staff trains and enriches the lives of Nebraska's largest zoo residents. Learn about the care of the five elephant babies now at the zoo.

The Aging Eye*Instructor: Thomas Graul (1 session)*

Learn the most common eye conditions associated with aging, including cataracts, macular degeneration and glaucoma. Symptoms, prevention and treatment will be discussed. Gain a deeper understanding of how to care for your eyes as you age and learn practical tips to maintain optimal vision health.

The Beetles Invade Nebraska*Instructor: Wayne Ohnesrog (1 session)*

Learn about three beetle species that have invaded Nebraska over the past ~20 years. Those beetles are the Japanese beetle, green June beetle, and emerald ash borer. The identification, lifecycle, damage, and management of these beetles will be covered.

Trailblazers 101: Learn to Hike*Instructor: Scott Bigelow (1 session)*

Hiking is a great way to enjoy the outdoors and get some exercise, and there are lots of hiking trails in eastern Nebraska. Hiking can be as easy as 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. We'll have a show and tell of 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.

Understanding Blood Clots and Treatments*Instructor: Kailash Mosalpuria (1 session)*

Explore the complexities of blood clotting disorders and the use of anticoagulant and antiplatelet therapies in older adults. Get an overview of conditions such as deep vein thrombosis, pulmonary embolism, and atrial fibrillation, highlighting the risks and challenges associated with aging. Learn about the mechanisms, benefits, and potential side effects of medications like anticoagulants and antiplatelets, and strategies for balancing treatment efficacy and safety.

Winged Wonders: Birding Across Nebraska Parks*Instructors: Jeff Fields, Kevin Holliday (1 session)*

Enjoy a comprehensive overview on birding in Nebraska's parks. Discover the diverse bird species that call these parks home and the best times and places to spot them. Learn about bird identification techniques, Nebraska's Important Bird Areas designated by the National Audubon Society, and the importance of habitat conservation. Enhance your birding skills and learn how Nebraska's parks provide vital resources for both resident and migratory birds.

Hooked on Nebraska: Fishing in State Parks*Instructors: Justin Bogue (1 session)*

Dive into the world of fishing in Nebraska's parks with staff from the Fisheries Division. Explore everything from the best fishing spots and techniques to the types of fish you can catch in Nebraska's waters. Learn about the conservation efforts that maintain healthy fish populations and the regulations that help protect this beloved pastime.

Nebraska CAFOs Effect on Drinking Water*Instructors: Sky Chadde, Yanai Xu (1 session)*

Concentrated animal feeding operations (CAFOs) have proliferated around Nebraska (and the country) over the past few decades, mostly in rural communities. Almost from the beginning, community members have criticized the facilities, and their owners, for causing air and water quality problems. Journalism and academic studies have also shown potential problems. For instance, studies have linked the presence of CAFOs to high levels of nitrates in drinking water, which can cause cancer. Learn about the issues surrounding CAFOs in Nebraska and the regulations protecting drinking water.



MONDAYS

Three Big Ideas for Understanding America's Past



An economic revolution changed daily life in America like no other in human history. The “Long New Deal” represented “The Great Exception” in recent American political history. A third big idea can be summed up as a fundamental shift in American culture from the restraints of the Victorian age to an age of hyper-individualism.

Instructor: Ben Rader, professor emeritus, History, UNL

Facilitator: Charlyne Berens

Day/Dates: Mon, Nov 17, 24, Dec 1

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

CON109Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON109L

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

Enrollment Limit: 28

Saving a Life with CPR



H&W008L

Learn the lifesaving skills of Adult Hands-Only CPR, Child CPR, Infant CPR and AED use. We will cover mild and severe airway block 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 Mellor; Katie Cutshall

Facilitator: David Dyke

Day/Date: Mon, Dec 8

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

Location: Bryan Health Firethorn Campus, Classroom 2B

Enrollment Limit: 13

Cost: \$20

Faux CFP Football Rankings

LIF070L

The College Football Playoff is entering its 12th season, the second with 12 qualifying teams, based on game results, criteria and ranking by the CFP Selection Committee. Using a process like that of the real committee, participants in this course will form a faux committee and have fun ranking a weekly, comparative Top 25 from mid-season on, culminating in the final 12 teams that should be in the tournament for the national championship.

Instructor/Facilitator: Jim Cunningham

Day/Dates: Mon, Oct 27, Nov 3, 10, 17, 24, Dec 1, 8

Time: 10 a.m.-12:30 p.m.

Location: SCC-CEC, Rm 214

Enrollment Limit: 21

The first 13 to register will constitute the faux committee; the next 8 will be alternate members, with observer/full discussion status at all sessions and substitute voting status on an as-needed, rotating basis.

Cost: \$40

The Cave Beneath Lincoln: Robber's Cave Tour



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

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

Location: Robber's Cave. Park in the lot on the east side of the building and enter at the front door. The tour requires stairs and walking on uneven ground, and there is no seating.

Enrollment Limit: 30 each session

Cost: \$20

Register for only one session:

HIS1141

Facilitator: Jim Pinkerton

Day/Date: Mon, Oct 27

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

HIS1142

Facilitator: Lynn Willey

Day/Date: Thu, Nov 6

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

Photography Using Your Mobile Device



ART001L

Build photography skills using your mobile devices – smart phones and tablets. Most of the content will focus on Apple device Technology, however, it will also cover Android features, multiple apps and photographic principles 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, Oct 27, Nov 3, 10

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

Nebraska Center for Obesity Prevention



LIF203L

Learn about achievements and plans for the Nebraska Center for Obesity Prevention. The class will include a presentation by the Center's founding director, a tour of research facilities, and an overview of past and current research conducted. The obesity prevention center is among UNL's most productive biomedical research centers and, to date, has secured \$210 million in research funding for the State of Nebraska.

Instructors: Janos Zempleni, Nebraska Center for Obesity Prevention; Jingjie Hao, director, Biomedical and Obesity Research Core

Facilitator: Charlotte Frank

Day/Date: Mon, Nov 3

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

Location: Ruth Levertson Hall, Rm 304

Enrollment Limit: 20

Cost: \$10

Inside Out: Restorative Programs for Inmates



Incarceration rehabilitation programs in Nebraska offer a wide range of support for those behind bars and preparing for release. A long-time defense attorney and jail volunteer will share insights from their journey working within the system. Topics include a reading program that connects incarcerated individuals with their families, educational and job training opportunities, parenting skill development, medical and spiritual care, and navigating re-entry into society with the goal of reducing recidivism.

Instructor: Rebecca Smith, BAE, JD, attorney, chaplain, Episcopal Deacon, volunteer at county jails statewide

Facilitator: Ruth Tomlinson

Day/Date: Mon, Nov 10

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

Cost: \$10

Register for only one format:

REL037Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL037L

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

Enrollment Limit: 28

Digitizing Memories



ART056L

Do you have envelopes full of negatives or slides? How about old photos stored in shoeboxes under your bed? Do you want to learn how to preserve these in a more organized form? Bring some of these to this class and we will explore the process of scanning and saving those prints digitally so they will be memories forever. Please 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, Nov 17, 24, Dec 1

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

COURSES

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. You don't need to own every Apple device, a solid understanding of the basics is expected so we can dive right in without covering beginner-level content.

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

Facilitator: David Dyke

Day/Dates: Mon, Oct 27, Nov 3, 10, 17, 24, Dec 1

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$35

The Power of Play



Play involves engaging in activities for enjoyment and recreation, and the results of "play" can be unexpected. Learning, improved cognition, and television game shows are some surprising results. Explore the power and purpose of play through discussion and discovery, then put it into action during a fun field trip to Mana Games Café in Lincoln.

Instructors: Julia Remsik Larsen, senior instructional designer, Center for Transformative Teaching UNL; Alma Cerretta, owner, Mana Games; Kaleb Michaud, professor, Division of Rheumatology, UNMC and CEO/Co-founder of Spielbound Board Game Café; Mary Miesbach, payroll coordinator, College of Education and Human Sciences, UNL and TV game show participant; Judy Hart, teaching artist, producer, actor, director and TV game show participant

Facilitator: Judy Hart

Day/Dates: Mon, Nov 17, 24, Dec 1, 8

Time: 1-2:30 p.m.

Cost: \$30 includes MANA Games entry fee



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Register for only one format:

LIF209Z

Location: Zoom Live Stream. Zoom attendees are welcome to join the in-person class at MANA Games Café on Nov. 24.

Enrollment Limit: 22

LIF209L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. *Attendees will view the December 1 class instructor on Zoom.* Class on Nov 24 will meet at Mana Games Café.

Enrollment Limit: 28

Deportation and the Impact on Nebraskans



A major objective of the second Donald Trump administration is the deportation of “undocumented” immigrants. Originally stated to focus on those with criminal records, the program has gone beyond that target. Nebraska saw early evidence of the program with the ICE raid on Glenn Valley Foods, an Omaha meat packer. What are the legal and social impacts of this deportation effort in Nebraska? How has it affected communities, employers, and families?

Instructors: Darcy Tromanhauser, program director, Immigrants and Communities, Nebraska Appleseed; Mary Choate, executive director, Center for Legal Immigration Assistance,

Facilitator: Marvin Almy

Day/Dates: Mon, Oct 27, Nov 3

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

CON111Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON111L

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

Enrollment Limit: 28

African American History at Malone Center



For years, reporters and researchers shared nuggets of African American history in newspaper articles, programs and books. However, no one place has brought all the information together. The Malone Community Center, formerly the Urban League of Nebraska of Lincoln, has been a haven for African Americans since the 1930s. A cooperative Mellon grant shared by UNL Libraries and the Malone Community Center is digitizing the archives to provide a site for discovery.

Instructors: Charlene Maxey-Harris; professor and associate dean, UNL University Libraries; Albert Maxey, Sr., retired, Lincoln Police lieutenant and UNL Nebraska Basketball Hall of Famer

Facilitator: Charlyne Berens

Day/Dates: Mon, Nov 10, 17

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

CON110Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON110L

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

Enrollment Limit: 28



COURSES

Healing Through Art



ART197L

Art can be a powerful and therapeutic part of the healing process. Exposure to art in healthcare settings can provide distraction and create feelings of calm, clarity, or positivity. Learn how the healing arts process evolved at the April Sampson Cancer Center, the different types of healing arts that take place there, followed by a tour of art throughout the facility.

Instructor: Valerie Hunt, executive director, Bryan Foundation, Bryan Health

Facilitator: Mary Ann Sullivan

Day/Date: Mon, Nov 3

Time: 4:30–6 p.m.

Location: April Sampson Cancer Center, Conference Center, lower level

Enrollment Limit: 40

Cost: \$10

TUESDAYS

Functional Strength and Balance



H&W082Z

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

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

Day/Dates: Tue, Oct 28, Nov 4, 11, 18

Time: 9–10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$25

Huckleberry Finn and James



L&L071L

Explore two powerful works of American fiction: Mark Twain's "Adventures of Huckleberry Finn" and Percival Everett's "James," winner of both the National Book Award and Pulitzer Prize. By shifting the narrative from Huck to Jim, Everett reimagines Twain's classic in a way that invites thoughtful

discussion on race, history, and storytelling. No prior reading required, just curiosity and a love of literature.

Instructor: Scott Stanfield, retired, professor, English, Nebraska Wesleyan University

Facilitator: Wil Hass

Day/Dates: Tue, Oct 28, Nov 4, 11, 18, 25

Time: 9–10:30 a.m.

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

Enrollment Limit: 28

Cost: \$30

Embracing Technology: A Guide to AI



Artificial Intelligence, AI, is a force driving our future. Unlock the secrets of AI: where it began, how it functions, and the transformative power it holds in everyday life. Learn how to use AI systems in planning trips, summarizing books, authoring stories, songs, and poems, creating recipes and images, language translation and other things. Watch AI come to life and explore its power on devices you are now using such as smart phones, computers, and tablets.

Instructor/Facilitator: Rich Sincovec, Emeritus Henson Professor, Computer Science and Engineering, UNL, and OLLI member

Day/Dates: Tue, Dec 2, 9

Time: 9–10:30 a.m.

Cost: \$15

Register for only one format:

SCI093Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI093L

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

Enrollment Limit: 28

Military Medicine



Like many innovations through the millennia, medical knowledge, devices, practices, research, and technologies developed initially to restore military personnel to health have found their ways into the civilian sphere. The Roman Empire birthed the first national commitment to heal its war fighters, which ultimately paid dividends to its citizenry. Trace the fascinating development of world and American military medicine, crafted during war and peace, and explore how we enjoy its benefits today.

Instructor: Thomas Berg, history lecturer
Facilitator: David Dyke
Day/Dates: Tue, Oct 28, Nov 4, 11, 18, 25, Dec 2
Time: 11 a.m.-12:30 p.m.
Cost: \$35

Register for only one format:

HIS135Z

Location: Zoom Live Stream
Enrollment Limit: 100

HIS135L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. Attendees will view the instructor on Zoom.
Enrollment Limit: 28

My Personal Palooza: Passion, Purpose, Pizzazz



(OMAHA)

In a fun and energizing way, design ways to add passion, purpose, and pizzazz to your life. What if each day felt special? What if ordinary could become extraordinary with just a touch of planning and a shift in perspective? Identify what makes you feel alive, map out simple plans to make those

things happen, and find delight in the life you're already living. Your most inspired chapter starts when you plan a palooza!

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

Instructor: Kim Bunton, Life Coach and Inspirational Speaker
Facilitator: Mark Greenwell
Day/Dates: Tue, Nov 4, 11, 18
Time: 11 a.m.-12:30 p.m.
Cost: \$20

Register for only one format:

LIF210Z

Location: Zoom Live Stream
Enrollment Limit: 100

LIF2100

Location: Thompson Alumni Center
Enrollment Limit: 25

Bess Streeter Aldrich: Nebraska Author



L&L069L

Discover the life and work of Nebraska author Bess Streeter Aldrich. Over forty years, Aldrich published over 160 short stories and articles, nine novels and one novella. Session 1 will be a visit to her historic Elmwood home, complete with a 1945-era tour, tea, and her signature Lady Baltimore Cake. The remaining class sessions will 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, Oct 28, Nov 4, 11
Time: 1-2:30 p.m.
Location: Session 1: Bess Streeter Aldrich House at Elmwood, Neb.; Sessions 2 and 3 at UNL East Campus, Newkirk Human Sciences Bldg., Rm 137
Enrollment Limit: 20
Cost: \$30 includes tour



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EASTMONT

COURSES

Mindfulness for Wellbeing



REL038L

Discover the benefits of mindfulness in this interactive class. Learn simple techniques to reduce stress, improve focus, and enhance emotional well-being through guided meditation, breathing exercises, and mindful movement. No prior experience is needed. Each session provides a supportive, welcoming environment where we will relax, connect, and enjoy greater peace of mind. Explore mindfulness and bring calm and clarity into your daily life.

Bring a yoga mat for gentle floor stretches and breathing. Seated moving meditation will also be practiced.

Instructor: Karla Jensen, professor, Communication Studies and Contemplative Pedagogy, Nebraska Wesleyan University

Facilitator: Nan Kaye-Skinner

Day/Dates: Tue, Oct 28, Nov 4, 11, 18

Time: 1-2:30 p.m.

Location: Unitarian Church, Gallery Rm

Enrollment Limit: 15

Cost: \$25

Keep the Memories, Not the Stuff



(OMAHA)

Letting go of "stuff" can be hard but holding onto too much can hold us back. Explore the emotional weight of inherited items and keepsake clutter, and discover a fresh perspective on memories, love, and legacy. Gain practical tips for deciding what to keep, how to part with things guilt-free, and how to leave a meaningful legacy—not just boxes of belongings—for those you love.

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

Instructor: Jeannine Bryant, senior move manager and owner, Changing Spaces SRS.

Facilitator: Jeanette Wellsandt

Day/Dates: Tue, Nov 4, 11, 18

Time: 1-2:30 p.m.

Cost: \$20

Register for only one format:

LIF099Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF0990

Location: Thompson Alumni Center

Enrollment Limit: 25

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Parchment & Press: History of the Book



Before books rolled off factory presses, they were meticulously crafted by hand. Explore the historical and technological development of the book, from the medieval period to the hand press era. Learn to describe books and their material components using the conventions of descriptive bibliography and situate book history within broader historical and cultural contexts.

Instructor: Broghan White, assistant professor, Cataloging & Metadata Librarian, UNL Libraries

Facilitator: Deb Pearson

Day/Dates: Tue, Dec 2, 9

Time: 1-2:30 p.m.

Cost: \$15

Register for only one format:

L&L068Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L068L

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

Enrollment Limit: 28



Behind the Scoop: Ice Cream Science



LIF208L

Learn about all the steps and different processes used to make ice cream, including the role of each ingredient in product formulation. Engage in the opportunity to formulate different types of frozen desserts, like soft serve, frozen yogurt and a plant-based product.

Instructors: From Food Science & Technology at UNL—Andreia Bianchini, food engineering specialist and extension specialist; Jayne Stratton, food safety and extension specialist

Facilitator: Charlotte Frank

Day/Date: Tue, Nov 18

Time: 1-3 p.m.

Location: Nebraska Innovation Campus, UNL Food Innovation Center, Rm FIC 107. Park in the Food Innovation Center's parking lot; no permit or payment required. Do not park in reserved stalls which are numbered and for FSTD employees only.

Enrollment Limit: 24

Cost: \$20



Mastering Medicare's RX Tool

LINCOLN & OMAHA

Is your current Medicare Part D plan still the best fit? Learn to use Medicare's drug plan calculator to compare options and find the most cost-effective coverage for next year. Bring your tablet or laptop (no cell phones) and your prescription list. With guidance from Department of Insurance volunteers, you'll use your own device to explore and evaluate plans. This class is for those with original Medicare and Part D—not Medicare Advantage plans

Register for only one session:

H&W0660 (OMAHA)

Instructor: Mike Carsey, volunteer, Senior Health Insurance Information (SHIP) Certified Medicare Counselor, Volunteers Assisting Seniors, Omaha.

Facilitator: Jeanette Wellsandt

Day/Date: Tue, Oct 28

Time: 3-4:30 p.m.

Location: Jewish Community Center, Wiesman Room

Enrollment Limit: 20

Cost: \$10

H&W066L (LINCOLN)

Instructor: Jonathan Burlison, administrator for Nebraska SHIP (State Health Insurance Assistance Program), Nebraska Department of Insurance

Facilitator: Nancy Hicks-Rose

Day/Date: Wed, Nov 5

Time: 9-11 a.m.

Location: SCC-CEC Room 214

Enrollment Limit: 36

Cost: \$10



COURSES

Dangerous Earth



Discover Earth processes that pose risks to humans, our infrastructure, and the natural world. From runaway global geochemical feedback, eLearn about the catastrophic impacts from mega-earthquakes, tsunamis, volcanoes, ocean acidification and anoxia, meteorite impacts, and abrupt climate changes. By reviewing Earth's past, we can understand the timing and scale of future events to help us prepare for inevitable calamities that will affect humanity and our co-inhabitants of Planet Earth.

Instructor: David Harwood, E.E. and T.M. Stout
Professor of Stratigraphy, Earth and Atmospheric Sciences, UNL

Facilitators: Bill Latenser, Clay Farris Naff

Day/Dates: Tue, Oct 28, Nov 4, 11, 18, 25

Time: 3-4:30 p.m.

Cost: \$30

Register for only one format:

SCI092Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI092L

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

Enrollment Limit: 28



Backstage at the Rep: “Murder on the Orient Express” (Course)



ART189L

Join director Brendon Fox for a discussion about this classic mystery, adapted for the stage by Ken Ludwig. As detective Hercule Poirot investigates a murder aboard a luxury train, every passenger becomes a suspect in this fast-paced, stylish whodunit. Brendon will be joined by his production and design team to 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, Nov 11

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 50

Cost: \$10

Nebraska Repertory Theater Presents: “Murder on the Orient Express” (Performance)



ART190L

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, Nov 23

Registration Deadline: Sunday, November 16.

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

Time: 2-3:30 p.m.

Location: UNL Temple Building, Howell Theatre

Enrollment Limit: 50

Cost: \$15



**NEBRASKA
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WEDNESDAYS

Advanced Yoga



H&W071Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Wed, Oct 29, Nov 5, 12, 19 (skip 26), Dec 3, 10

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Omaha Assisted Living: Find Your Fit



LIF2020

Discover what assisted senior living can offer through tours of five Omaha communities. Session one provides an overview of key factors to consider, such as social, physical, medical, and financial aspects when choosing an assisted living option. Each 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.

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

Facilitator: Kaye Jesske

Day/Dates: Wed, Oct 29, Nov 5, 12, 19 (skip 26), Dec 3, 10

Time: 9-10:30 a.m.

Locations: Oct 29—Bridge to Better Living, Enterprise Center, Suite 106, Enter through the west entrance (OMAHA); Nov 5—Echo Hills Assisted Living (LA VISTA); Nov 12—Bailey Pointe at Roxbury Park (OMAHA); Nov 19—Esprit of Whispering Ridge (OMAHA); Dec 3—Symphony Pointe (ELKHORN); Dec 10—Ovation Heartwood Preserve (OMAHA)

Enrollment Limit: 16

Cost: \$35

Preaching with the Choir: 20th-21st Centuries



ART193Z

Discover the choral works from composers in the 20th through the 21st centuries, including Benjamin Britten, Leonard Bernstein, Margaret Bonds, and Craig Hella Johnson. No music experience is needed but choral singers always welcome, as we delve into the power of voices together and learn how choral music builds a bridge for connection.

Instructor: Pamela Starr, professor emerita, Music History, UNL

Facilitator: Maureen Ose

Day/Dates: Wed, Oct 29, Nov 5, 12

Time: 9-10:30 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$20

“Terry Jones’ Medieval Lives”



HIS136L

This documentary series debunks common myths about the Middle Ages. Hosted by Monty Python’s Terry Jones, it explores the real stories behind medieval stereotypes like knights, peasants, and monks, offering a humorous yet insightful look at the complexities of medieval life. Each class will include a presentation discussing the timeline and characters (such as Joan of Arc and Margery Kemp), along with viewing eight video episodes.

Instructor/Facilitator: Esa Jarvi, OLLI member

Day/Dates: Wed, Oct 29, Nov 5, 12, 19

Time: 9-10:30 a.m.

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

Enrollment Limit: 28

Cost: \$25

Shaping Omaha’s Future



(OMAHA)

Discover the top priorities, opportunities and challenges facing the City of Omaha including a discussion of city finances, public safety, economic development, affordable housing, and quality of life measures and the key public-private partnerships that make the city work.

Instructor: Pete Festersen, Omaha City Councilman

Facilitator: Mike Barwig

Day/Date: Wed, Oct 29

COURSES

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

Cost: \$10

Register for only one format:

CON112Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON112O

Location: Jewish Community Center, Wiesman Room, Omaha

Enrollment Limit: 25

Christian Nationalism: A Brief History



Explore the who, what, where, when, and why of Christian Nationalism in the United States—from the early days of European exploration to the present. Along the way, we will uncover the movement's complex roots, evolution, and modern expressions.

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

Facilitator: David McCracken

Day/Dates: Wed, Oct 29, Nov 5, 12

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

Cost: \$20

Register for only one format:

REL036Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL036L

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

Enrollment Limit: 28

The Big Bang Theory



In the past 25 years, physics and astronomy have made major discoveries of the origin and evolution of the universe. Explore the universe from the structure of individual atoms up to the overall structure. Examine the current theory that the universe came from nothing. We will discuss several misconceptions about science. Learn about the different structural components of the universe from sub-atomic particles to clusters of galaxies.

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

Day/Date: Wed, Nov 19

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

Cost: \$10



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Register for only one format:

SCI094Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI094L

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

Enrollment Limit: 28

War of the Roses



L&L067L

The 15th-century War of the Roses featured royal relatives from Lancaster and York battling (and often murdering) each other for the English throne. With insanity, secret marriages, and betrayal, it rivals any TV drama. Dive into the real story behind the chaos, setting the stage for the rise of the Tudors. Enjoy a close-up look at fascinating items from UNL Special Collections that bring the drama to life.

Instructors: Carol Levin, director emeritus, Medieval and Renaissance Studies, UNL and Willa Cather Professor of History Emeritus; Traci Robison, professor, University Archives Outreach Librarian

Facilitator: Deb Pearson

Day/Dates: Wed, Oct 29, Nov 5

Time: 1-2:30 p.m.

Location: UNL Love Library South, University Archives, Rm 221

Enrollment Limit: 25

Cost: \$15



Looking Together at the Sheldon Museum of Art



ART194L

Explore a fresh, interactive approach to experiencing art! Learn to engage with individual works using your own observations, feelings, and reactions. Instead of being told what to see, join a group discussion to unpack each piece—discovering meaning together and exploring what the artist might be communicating. This method, used in classrooms and museums nationwide, brings art to life through personal connection and shared interpretation.

Instructor: Jeremy McDonnell, professional visual artist and educator

Facilitator: Mary Ann Sullivan

Day/Dates: Wed, Nov 12, 19 (skip 26), Dec 3, 10

Time: 1-2:30 p.m.

Location: Sheldon Museum of Art. Meet in the Great Hall.

Enrollment Limit: 25

Cost: \$25

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

Day/Dates: Wed, Oct 29 (Oct 29 will meet from 12-2 p.m.), Nov 5, 12, 19 (skip 26), Dec 3, 10

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

COURSES

OLLI's Canada and New England Cruise



Whether you register for the trip or not, learn details of OLLI's 9-day autumn cruise from Boston October 3-11, 2026 through rugged coastlines and historic harbors of Canada and New England. Discover immersive shore excursions such as lobster in Portland, Acadia National Park around Bar Harbor, Saint John in New Brunswick, the beauty of Halifax, and take in Boston's Freedom Trail in this unforgettable adventure.

Instructor: Wendi Fagan, tour designer, Star Destinations

Facilitator: Carol Myers

Day/Date: Wed, Oct 29

Time: 3-4 p.m.

FREE AND OPEN TO THE PUBLIC

Register for only one format:

LIF206Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF206L

Location: SCC-CEC, Rm 213. Attendees will view the instructor on Zoom.

Enrollment Limit: 24



The Magic of the Metropolitan Opera: "La Sonnambula"



ART191L

Explore Bellini's "La Sonnambula," a hauntingly beautiful opera set in the Swiss Alps. Soprano Nadine Sierra stars as Amina in Rolando Villazón's psychologically rich new production. With tenor Xabier Anduaga, soprano Sydney Mancasola, and bass Alexander Vinogradov, this cast brings emotional depth to a story of love, loss, and sleepwalking. Listen to highlights and discuss the opera's history, structure, musical elements, as well as 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, Oct 15

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



The Magic of the Metropolitan Opera: “Arabella”



ART192L

Strauss’s “Arabella” brings 19th-century Vienna to life in a lavish Met production by Otto Schenk. Soprano Rachel Willis-Sørensen stars as Arabella, a noblewoman seeking love, with Louise Alder as her sister and Tomasz Konieczny as the charming count. Listen to highlights and discuss the opera’s history, structure, musical elements, as well as 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, Nov 19

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



Celebrating OLLI Authors



Engage with eight OLLI member authors as they share, through conversation with the moderator, their literary journeys from the blank page to the publishing house. The authors include Jerry Bockoven, Jeanne Kern, Pat Flodman, Lucy Adkins, Clay Farris Naff, Tom Phillips, Lew Kaye Skinner and John Janovy Jr.

Instructor: Judy Hart, teaching artist, producer, actor, director and OLLI member

Facilitators: Susan Major & Mike McCoy

Day/Dates: Wed, Oct 29, Nov 5, 12, 19

Time: 3-4:30 p.m.

Cost: \$25

Register for only one format:

L&L072Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L072L

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

Enrollment Limit: 28

Nebraska’s Unique Legislature



Nebraska’s Unicameral is the only one-house, nonpartisan legislature in the nation. Learn the history and principles behind it, then hear insights from the recently retired long-time Clerk of the Legislature, former senators, current senators and lobbyists about how the Unicameral works, its strengths and weaknesses and how it continues to change.

Instructors:

Charlyne Berens, professor emeritus, UNL College of Journalism and Mass Communications; Patrick O’Donnell, J.D. retired Clerk of the Legislature; Jana Hughes; state senator, District 24; Tom Brandt; state senator, District 32; Danielle Conrad, state senator, District 46; Jason Prokop, state senator, District 27; Kathy Campbell, former state senator; DiAnna Schimek, former state senator; Greg Adams, former state senator; Mark Kolterman, former state senator; Korby Gilbertson, attorney and lobbyist; Sara Howard, lobbyist, First Five Nebraska; Eric Gerard, attorney and lobbyist, American Communications Group

Facilitator: Charlyne Berens

Day/Dates: Wed, Nov 5, 12, 19, (skip 26) Dec 3, 10

Time: 3-4:30 p.m.

Cost: \$30

COURSES

Register for only one format:

CON107Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON107L

Location: SCC-CEC, Auditorium

Enrollment Limit: 70



Discover Aging Partners



LIF109L

Join us for a friendly, informative introduction to all that Aging Partners has to offer—what they do, how they can support you, and the many ways to access services. Enjoy a guided tour of their welcoming Victory Park Center. As part of the session, learn more about the Medicare Part D website and demonstrate how to easily navigate a Part D search.

Instructor: Randall Jones, director, Aging Partners

Facilitator: Bob Michl

Day/Date: Wed, Nov 5

Time: 3-4:30 p.m.

Location: Victory Park Center

Enrollment Limit: 50

FREE AND OPEN TO THE PUBLIC

THURSDAYS

Gentle Yoga



H&W001Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Thu, Oct 30, Nov 6, 13, 20 (skip 27), Dec 4, 11

Time: 9-9:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Nutrition for Cancer Wellness



H&W090L

Dive deeper into what to eat for cancer risk reduction and cancer survivorship. Eight key nutrition strategies will be explained with ideas on how to incorporate them into meals and snacks. Prepared recipes and foods will also be available for tasting that support eating well for cancer.

Instructor: Jennifer Dunavan, Registered Dietician, Hy-Vee

Facilitator: Laura Williams

Day/Date: Thu, Oct 30

Time: 9-10:30 a.m.

Location: Hy-Vee, Club Rm (84th & Holdredge)

Enrollment Limit: 32

Cost: \$25 includes food samples

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: From City of Lincoln Transportation—Elizabeth Elliot, director; Thomas Shafer, assistant director; Brandon Bugarin, Operations Group Leader

Facilitator: Lynn Willey

Day/Date: Thu, Nov 13

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

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 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: Thu, Oct 30, Nov 6, 13, 20 (skip 27), Dec 4, 11

Time: 10-10:55 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Jesse James in Nebraska



(OMAHA)

The notorious Jesse James typically isn't thought of in connection with Nebraska...but he was here. Nebraska was where the outlaw could find family and friends. It was where he could plan robberies, make a recovery of an escape, and even sit for his most famous photograph. He wanted to buy a farm here and some even say he started a family here. Learn what's known of the truth, the fiction and the legend of Jesse James in Nebraska.

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

Facilitator: Jeanette Wellsandt

Day/Date: Thu, Oct 30

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

Cost: \$10

Register for only one format:

HIS137Z

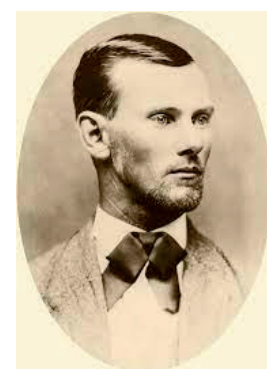
Location: Zoom Live Stream

Enrollment Limit: 100

HIS137O

Location: Jewish Community Center, Wiesman Rm, Omaha

Enrollment Limit: 25



Gifts From the Kitchen



LIF205L

Get festive with fun, homemade holiday gifts! From sweet to savory treats, create delicious goodies perfect for neighbors, party hosts, or anyone on your list. Learn easy, hands-on recipes and creative wrapping ideas to make your gifts extra special—and extra tasty!

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Karen Case

Day/Dates: Thu, Nov 13, 20

Registration Deadline: Thu, Nov 7.

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

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

Location: UNL Ruth Levertson Hall, Rm 206

Enrollment Limit: 14

Cost: \$30 includes cost of course plus supplies

Chemical Senses and Nutrition



Explore how taste, smell, and the trigeminal system shape our daily experiences—from food to social interaction. Learn how these chemical senses work at the genetic, cellular, and brain levels, how they change with age or illness, and how disorders affect health. Through engaging lectures and demonstrations, examine chemosensory function across the lifespan and discuss current and emerging approaches to diagnosing and managing related disorders.

Instructor: Sunil Sukumaran, assistant professor, Nutrition & Health Sciences, UNL.

Facilitator: Doug Wood

Day/Dates: Thu, Nov 13, 20 (skip 27), Dec 4, 11

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

Cost: \$25

COURSES

Register for only one session:

SCI095Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI095L

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

Enrollment Limit: 28

All About Chocolate



LIF111L

Explore the history of chocolate, where it is grown and how it is produced. Discuss why chocolate is good to eat and good for you. Learn what is bad about chocolate, including child exploitation and the difficulty of addressing child labor. Taste chocolates from several different countries. Please bring a bottle of water to cleanse your palate between samples.

Instructor: Pat King, OLLI member

Facilitator: Jim Pinkerton

Day/Date: Thu, Oct 30

Time: 1-2:30 p.m.

Location: SCC-CEC, 214

Enrollment Limit: 22

Cost: \$15 includes cost of chocolate samples



Behind the Scenes at the IQM



ART086L

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. Exhibitions currently include Chinese Quilts Today, Aftershock: The Long Shadow of 2020, Scribbling Women, Chinese Folk Textiles for Marriage and Children, The Collector's Eye.

Instructor: Jamie Swartz, collections manager, IQM

Facilitator: Patricia Crews

Day/Date: Thu, Nov 6

Time: 1-2:30 p.m.

Location: International Quilt Museum

Enrollment Limit: 20

Cost: \$30



Top Ten Mistakes Made in Estate Planning



(OMAHA)

Learn the top ten mistakes people make when estate planning. Have you prepared your estate, or are you waiting until the last minute? If you have not done any planning, you are, unfortunately, in the majority. Only 41% of Americans have an estate plan in place. But what other mistakes make this list? Join us to find out.

Instructor: Andrew Loudon, Attorney at Law, Ball, Loudon, Ebert, & Brostrom, LLC

Facilitator: Jeanette Wellsandt

Day/Date: Thu, Nov 6

Time: 1-2:30 p.m.

Cost: \$10



Register for only one session:

LIF082Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF082O

Location: Jewish Community Center, Wiesman Rm, Omaha

Enrollment Limit: 20

Reflections of Our People: Otoe-Missouria Art



ART199L

This course focuses on “Reflections of Our People, Our Ways, Our Land,” the first exhibition to center on Otoe-Missouria artists and their creative work. In the first session, tour the exhibition at the Great Plains Art Museum. In the second session, the exhibition curators and featured artists will discuss the exhibition’s collaborative process and themes of healing, reconciliation, and reconnecting to the land seen in exhibition artwork.

Instructors: Jessica Moore Harjo (Otoe-Missouria/Osage/Pawnee), interdisciplinary artist, designer, and educator and founder and owner of Weomepe Designs; Ashley Wilkinson, director and curator, Great Plains Art Museum

Facilitator: Anne Diffendal

Day/Dates: Thu, Nov 13, 20

Time: 1-2:30 p.m.

Location: Nov. 13-Great Plains Art Museum; Nov. 20-UNL East Campus, Newkirk Human Sciences Bldg, Rm 137. *Attendees will view some instructors on Zoom.*

Enrollment Limit: 20

Cost: \$15



They Called Us “Roosians”

HIS026L

German-speaking immigrants from Russia settled in Lincoln’s North and South Bottoms neighborhoods in the late 19th and early 20th centuries. At one point, a quarter of Lancaster County’s residents were of German Russian descent. Known for their strong work ethic, frugality, and patriotism, they left a lasting impact on Lincoln. Explore the rich cultural heritage they brought with them and discover key aspects of their lives and contributions to the community.

Instructor: Emily Gengenbach, volunteer coordinator, Museum Services, American Historical Society of Germans from Russia

Facilitator: Janet Rife

Day/Dates: Thu, Dec 4 (skip 11), 18

Time: 1-2:30 p.m.

Location: American Historical Society of Germans from Russia

Enrollment Limit: 35

Cost: \$20, includes admission fee



Preview Southwest Balloons and Beyond Trip



Discover the highlights of OLLI’s 9-day trip to the Southwest, October 6–14, 2026. Experience the awe of the Albuquerque International Balloon Fiesta, explore Santa Fe’s adobe charm and cultural blend, and take in the stunning landscapes of Pike’s Peak and Garden of the Gods. From festive skies to historic streets, this adventure offers a vibrant mix of natural beauty, history, and Southwestern spirit. Join us to learn more about this upcoming trip!

Instructor: Wendi Fagan, tour designer, Star Destinations

Facilitator: Carol Myers

COURSES

Day/Date: Thu, Oct 30

Time: 3-4 p.m.

FREE AND OPEN TO THE PUBLIC

Register for only one format:

LIF207Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF207L

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

Enrollment Limit: 28



Prehistoric Caves and Rock Art



ART153L

Why did prehistoric men feel the need to draw in caves, on rock shelters, cliffs and even large boulders? Were these drawings done by Neanderthals or modern man? What did these drawings mean? We will discuss the seven most important rock and cave art sites, including Lascaux and Altamira, and check out some other interesting sites throughout the world and note their similarities and differences.

Instructor: Pat King, OLLI member

Facilitator: Jeanette Wellsandt

Day/Date: Thu, Nov 6

Time: 3-4:30 p.m.

Location: SCC-CEC, Rm 214

Enrollment Limit: 24

Cost: \$10



Pulling Out All the Stops: The Pipe Organ



ART198L (SEWARD)

Discover the story behind a magnificent pipe organ—its history, design, maintenance, and musical role. Enjoy a live demonstration showcasing its unique features, sounds, and capabilities. Learn how this powerful instrument has been used over time and gain a deeper appreciation for its craftsmanship and continued use today.

Instructor: Paul Soulek, music director, St. John Lutheran Church

Facilitator: David McCracken

Day/Date: Thu, Nov 6

Time: 3:30-5 p.m.

Location: St. John Lutheran Church, Seward, NE

Enrollment Limit: 30

Cost: \$10

FRIDAYS

Mark Your Calendar:

Game Day at Spielbound Board Game Café (Omaha)

OLLI at UNL is once again sponsoring “Game Day” at Spielbound Board Game Café in Omaha. OLLI members are invited to get together to play games at no cost once a month from September 2025 to May 2026, on the third Friday of each month.

Simply drop by and join friends for a game of your choosing. While you are there, feel free to purchase a beverage or snack from their amazing snack bar.

Day/Dates: Fri, Sep 19, Oct 17, Nov 21, Dec 19, Jan 16, Feb 20, March 20, April 17, May 15

Time: 1- 3 p.m.

Location: Spielbound Board Game Café, 3229 Harney St., Omaha

Cost: FREE

Free parking is available in the parking garage across the street to the North.



“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, UNL Recreation and Wellness Center

Facilitator: David Dyke

Day/Dates: Fri, Oct 31, Nov 7, 14, 21 (skip 28), Dec 5, 12

Time: 9-10:30 a.m.

Location: UNL East Campus, Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

Long COVID: Research and Recovery



SARS-CoV-2, the virus responsible for COVID-19, has substantially impacted on the health of people across Nebraska. An estimated 10–30% of individuals infected develop post-acute sequelae—commonly referred to as Long COVID—that may persist for weeks, months or years, and significantly impair quality of life. This series describes clinical presentation patterns and emerging research, and highlights evidence-informed, multidisciplinary rehabilitation strategies aimed at improving outcomes for individuals affected by this complex, often debilitating condition.

Instructors: From Madonna Rehabilitation Hospitals—Judith M. Burnfield, Ph.D., PT, Vice President of Research, Director Institute for Rehabilitation Science and Engineering, Director Madonna’s Post-COVID Model System of Rehabilitation Care; Jade Bertsch, PT, DPT, ATRIC, CAPTCC, Outpatient Post-COVID and Neuro Physical Therapist; Virginia Chaidez, Ph.D., RD, Director Translational Research in Nutrition Sciences, Post-COVID Model System of Rehabilitation Care; Dennis Scofield, MAEd, Research Exercise Post-

COVID Model System of Rehabilitation Care; Natalie Williams, Ph.D., Translational Research Director of Health Psychology and Clinical Psychologist, Post-COVID Model System of Rehabilitation Care

Facilitator: Jeff Grubbe

Day/Dates: Fri, Oct 31, Nov 7, 14

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

H&W091Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W091L

Location: Madonna Rehabilitation Hospitals, Donlan-Lincoln Conference Center

Enrollment Limit: 60

Nebraska Ecology



From the Pine Ridge in the west, the central Sandhills, to the prairies and woodland corridors found in the east, Nebraska is home to many unique habitats and ecosystems that support a rich biological diversity of flora and fauna across the state. Gain a broad understanding of Nebraska’s ecology, and the diversity found in the birds, mammals, reptiles, amphibians, insects, and fish that call our state home.

Instructors: From Fish & Wildlife Education Division, Nebraska Games and Park Commission—Alie Mayes, assistant division administrator, Monica Macoubrie, wildlife education specialist; Grace Gaard, aquatic ecology education specialist; Brianna Nugent, community science education specialist

Facilitator: Bill Latenser

Day/Dates: Fri, Oct 31, Nov 7, 14, 21, (skip 28), Dec 5, 12

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

Cost: \$35

Register for only one format:

SCI020Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI020L

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

Enrollment Limit: 28

COURSES

Doppelgangers, Enemies, and Strangers



(OMAHA)

Combining history and creative writing, learn about historical figures behind the novel “The War Begins in Paris,” including a pioneering female journalist who later joined a group of American “radio traitors” who broadcast propaganda on behalf of the Nazis. The author will also discuss his approach to discovering character during the early drafts of a story and walk participants through their own generative writing exercise.

Instructor: Theodore (Ted) Wheeler, assistant professor, English, Creighton University, and author

Facilitator: Mark Greenwell

Day/Date: Fri, Nov 21

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

Cost: \$10

Register for only one format:

L&L070Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L070O

Location: Jewish Community Center, Wiesman Rm, Omaha

Enrollment Limit: 20

PlanForward-2050



What is envisioned for Lincoln and Lancaster County in 2050? Every ten years, the City-County Planning Department develops a comprehensive new plan. The current “PlanForward-2050” Comprehensive Plan builds a long-range vision to manage growth and development to be efficient, orderly, and attractive; to facilitate opportunities; and to conserve natural and cultural resources. Learn about the 2050 plan, amendments, and initial thoughts for the plan update.

Instructor: David Cary, director, Lincoln/Lancaster County Planning Department

Facilitator: Kathy Campbell

Day/Date: Fri, Dec 5

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

Cost: \$10

Register for only one format:

CON108Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON108L

Location: SCC-CEC Rm 213

Enrollment Limit: 24

Contemporary Floral Design with Style



ART200L

This design series explores the natural beauty of flower forms, color theory, and natural elements to cohesively create the unique artforms of Ikebana, Mono-botanical, and Ombre styles. Participants will be provided with tools and supplies necessary for the creation of three unique designs to take home.

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

Facilitator: Mary Ann Sullivan

Day/Dates: Fri, Nov 7, 14, 21

Time: 1-2:30 p.m.

Location: UNL East Campus, Plant Sciences Hall, Rm 274

Enrollment Limit: 24

Cost: \$50

Science of Chocolate



LIF204L

Explore the science of chocolate making. Learn the importance of each step of chocolate making from growing cocoa trees to molding the final product. Discuss various types of chocolates and the role that each ingredient and processing conditions play in obtaining a high-quality chocolate with outstanding flavor. Common defects found in chocolate and the science behind them will be also discussed. Samples will be provided.

Instructor: Silvana Martini, professor, Food Science and Technology, UNL

Facilitator: Charlotte Frank

Day/Date: Fri, Dec 12

Time: 1-2:30 p.m.

Location: Nebraska Innovation Campus, Food Science and Technology-Food Processing Center, Rm 111. Park in the Food Innovation Center parking lot. No permit or payment required. Do not park in reserved stalls which are numbered.

Enrollment Limit: 30

Cost: \$15 includes chocolate samples.

SUNDAYS

Solar Sunday



SCI096L (RAYMOND)

Enjoy the golden autumn sunshine at Branched Oak Observatory to safely view the Sun's surface through specialized solar telescopes. Learn about solar flares, sunspots, and other amazing features. Whether a seasoned stargazer or just curious, take advantage of this fun, educational way to connect with the cosmos.

Instructor: Michael Sibbersen, co-founder and director of education, Branched Oak Observatory

Facilitator: Bill Latenser

Day/Date: Sun, Nov 9

Time: 2-3:30 p.m.

Location: Branched Oak Observatory

Enrollment Limit: 30

Cost: \$15



OLLI Member Discounts

Angels Theatre Company

Offers a ticket discount to OLLI members.
angelscompany.org

Arts for the Soul

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

Friends of the Mary Riepma Ross

Media Arts Center

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

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

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

Lincoln Choral Artists (NEW)

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

Lincoln Community Playhouse

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

Nebraska Brass

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

Nebraska Chamber Players

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

Nebraska Jazz Orchestra

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

OmniArts Nebraska

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

University Bookstore

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

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



A Spiritual Tour in Nebraska

REL003L

Experience a day of reflection visiting Cloisters on the Platte and the Holy Family Shrine near Gretna. Both sites highlight Catholic traditions but offer visual and spiritual inspiration for all Christian faiths. Explore at the Cloisters through an audio-guided tour of the Stations of the Cross, while the Shrine offers a peaceful, self-guided visit. Between tours, enjoy lunch at a local restaurant (not included in course price). Preview both sites online for a virtual introduction.

Instructor: Self-guided tours with audio/pamphlet guides

Facilitator: Dori Bush

Day/Date: Wed, Oct 29

Registration Deadline: Wed, Oct 22.

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

Time: 10 a.m.-3 p.m.

Locations: Cloisters on the Platte; Holy Family Shrine; Denny's Restaurant

Enrollment Limit: 25

Cost: \$20 includes audio-guide fee

A Day Filled with Art in Clarinda, Iowa

ART201L

Visit the Clarinda, Iowa, Carnegie Art Museum founded by Robert and Karen Duncan. Enjoy lunch at the historic Garrison House on Main Street, then travel to The Hangar, their new art storage facility housing large sculptures and art not currently on display. Next, visit The Millinery on the town square to learn about new art education programs for children. Finally, stop for a glass of wine at Apple House Market, Arbor Day Farm in Nebraska City.

Speaker: Trish Bergren, director, Clarinda Carnegie Art Museum

Facilitator: Kay Logan-Peters

Day/Date: Thu, Oct 30

Registration Deadline: Thursday, October 16.

Cancellation after this date is nonrefundable unless cancelled by OLLI.

Time: 8 a.m.-6 p.m.

Location: Meet at Lincoln Gateway Mall parking lot just north of Dillard's parking deck to board the bus. Depart Gateway Mall at 8 a.m. Personal vehicles may be parked in this area for the day/evening.

Members outside of Lincoln can meet the bus at Sapp Bros. Travel Center. 210th Ave, Percival, Iowa (at I-29/Highway 2 interchange).

Enrollment Limit: 50

Cost: \$80, includes transportation and lunch



"Exploring the Expanse" with Lincoln's Symphony Orchestra

ART195L

Depicting the shape of a solar system in loops and spirals, LSO opens with Missy Mazzoli's "Sinfonia (for Orbiting Spheres)." LSO principal trombonist Scott Anderson takes the stage to perform Ferdinand David's virtuosic "Concertino for Trombone." After intermission, the orchestra performs Gustav Holst's "The Planets," an epic journey through our solar system.

Facilitator: Dori Bush

Day/Date: Fri, Nov 7

Registration Deadline: Thu, Oct 30

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



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. Everyone walks away a champion with new memories and connections made along the way.

Facilitator: Bob Michl

Day/Date: Wed, Nov 12

Registration Deadline: Wed, Nov 5

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

Time: 5-7 p.m.

Location: Eastmont

Enrollment Limit: 24

Cost: \$20 includes a light meal and drinks

Tasting 101: The Basics of Wine Tasting

LIF201L (RAYMOND)

Wine has a very long and romantic history steeped in tradition, but have you ever wondered why we smell, sniff and swirl? Learn why we use all our senses to truly enjoy the wines we are drinking. Also peek into many of the other mysteries behind wine. Whether a novice or a seasoned wine drinker, get some tidbits of information that will make that tasting experience more fun.

Speakers: From James Arthur Vineyards—Jim Ballard, head winemaker; Jeff Korblik, tasting room manager

Facilitator: Judy Hart

Day/Date: Thu, Nov 20

Time: 3-4:30 p.m.

Registration Deadline: Thu, Nov 13

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

Location: James Arthur Vineyard

Enrollment Limit: 30

Cost: \$30 includes 4 tastings and appetizers

Omaha Community Playhouse Presents: “A Christmas Carol”

ART1960 (OMAHA)

Celebrate the 50th Anniversary of Omaha’s favorite holiday tradition that’s been treasured by generations. Ebenezer Scrooge takes you on a life-changing journey to discover the true meaning of Christmas in a glorious production filled with music, elaborate costumes, and warmth that families and friends return to again and again. Enjoy a backstage tour prior to the show.

Facilitator: Judy Hart

Day/Date: Sun, Nov 30

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

Registration Deadline: Mon, Nov 17

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

Location: Omaha Community Playhouse

Enrollment Limit: 40

Cost: \$40

OPEN TO THE PUBLIC



EVENTS

BLUEBARN Theatre Presents: “Every Christmas Story Ever Told (And Then Some!)”

ART2030 (OMAHA)

Don't miss “Every Christmas Story Ever Told (And Then Some!)” by Michael Carleton, Jim Fitzgerald and John K. Alvarez. Three actors. A million Christmas stories. One wildly fast and hilarious mashup that's part “A Christmas Carol,” part “The Grinch,” part “Die Hard.” Expect laughs, chaos, and a reminder that the best part of Christmas is finding where you belong — even if it's just surviving your family's dysfunctional madness with a drink in hand! Join the production team for a talk and tour before the show.

Facilitator: Charles Hettinger

Day/Date: Sun, Dec 7

Registration Deadline: Wed, Nov 26

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

Time: 4:45-8 p.m.

Location: BLUEBARN Theatre

Enrollment Limit: 10

Cost: \$50

OPEN TO THE PUBLIC



Celebrate the Season at Screamers

ART041L

Bring a guest and join fellow OLLI members for a festive lunch at Screamers Dining and Cabaret. Enjoy great food and even better entertainment—courtesy of the talented local staff who sing while they serve. It's the perfect way to celebrate the season with friends, laughter, and a little holiday sparkle!

Entertainers: Screamers Restaurant Staff

Facilitator: Dori Bush

Day/Date: Wed, Dec 17

Registration Deadline: Tue, Nov 25

Cancellation after that date is nonrefundable, unless cancelled by UNL. Members can bring a

guest; guests should create an account and may register without joining.

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

Location: Screamers Family Restaurant

Parking: Marketplace Garage-Park & Go is at 925 “Q” (north side of “Q”) and Screamers is at 803 “Q” (one block west of the garage. First hour is free.

Enrollment Limit: 85

Cost: \$45



Breakfast with UNL Athletics: Husker Softball

LIF211L

Entering her 34th year at her alma mater, Rhonda Revelle has led the Huskers to over 1,100 victories. She is the winningest coach in Nebraska athletic history and has won the third most wins by any active Division 1 head coach. Diane Miller has helped Nebraska turn into one of the most dangerous offenses in the NCAA over her 14 years at NU. In addition to heading the offense, she also oversees the catchers.

Speakers: Rhonda Revelle, head Coach, Nebraska Softball; Diane Miller, assistant coach, Nebraska Softball

Facilitator: Bob Michl

Day/Date: Fri, Dec 19

Registration Deadline: Thu, Dec 11

Cancellation after this date will be nonrefundable, unless cancelled by OLLI.

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

Location: Hy-Vee, upstairs Club Rm (84th and Holdrege)

Enrollment Limit: 40

Cost: \$20 includes breakfast. Contact the OLLI Office if you have specific dietary needs.



INTEREST GROUPS

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

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

LINCOLN

Art Appreciation

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

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

Day/Date: Third Sunday of the month

Time: 1-3 p.m.

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

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

Baseball

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

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

Day: Second Tuesday of each month

Time: 3-4:30 p.m.

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

Biking the Trails

Ride local bike trails in and around Lincoln.

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

Meets: Weekly rides during the warm season months

Bridge Players

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

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

Coffee and Conversation

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

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Every Tuesday

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

Conversational Spanish

Improve your ability to read, speak and listen to the Spanish language. Meetings are via Zoom.

Coordinator: Jack McGann, jackmcgann1.com

Contact the coordinator for the Zoom link.

Day: Tuesdays

Time: 1-2:30 p.m.

German Language and Culture

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

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

Day: 1st and 3rd Wednesday of each month

Time: 3-4:30 p.m.

International Affairs

Offering engaging conversations on topics of current international events and important issues.

Coordinator: Peter Levitov, plevitov1@unl.edu

Discussion Leaders: Dave Forsythe, professor emeritus, Political Science, UNL; Peter Levitov, associate dean emeritus, International Affairs, UNL; Roger Lempke, retired Major General; Wes Peterson, professor, Agricultural, Economics, UNL

Day: First Wednesday of each month, September through May

Time: 3-4:30 p.m.

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

INTEREST GROUPS

Matinee at the Ross

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

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Friday

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

Meditation

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

Coordinator: Margaret Rickers, mrickers14@gmail.com

Day: Second Thursday of each month

Time: 1:30 p.m.

Location: Most meetings will be via Zoom. Contact the coordinator for the Zoom link.

My Backyard

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

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

Day: Last Tuesday of each month

Time: 10-11:30 a.m.

Out to Lunch

Coordinators: Nancy Whitman, newhit34@gmail.com; Maxine Moul, mmoul1@allophone.com. Contact Nancy Whitman for more information.

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

Location: Various eating establishments in and around Lincoln

Politics

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

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

Day: Third Thursday of each month

Time: 3-4:30 p.m.

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

Reading Groups

OLLI book clubs generally limit their membership to 15 or less.

Coordinator: Cheryl Ferree, greshamgirl@mac.com

Science & Technology

Explore science and technology and learn about its impacts on society.

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

Day: Third Friday of the month

Time: 2-3:30 p.m.

Location: HoriSun Hospice, conference room, 8055 O St., Ste. 300

Story Analysis

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

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

Day: 2nd Thursday of even-numbered months

Time: 4 p.m.

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

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.

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

Payment Method:

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

Credit Card ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit Card Number _____ Expiration Date _____

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

General Information and Policies

Animal/Pet Policy

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

Course Recording Policy

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

Drop a Course or Event

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

Email Notifications

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

Guest Policy

Members may bring a guest, an individual who is NOT currently an OLLI member, to **one session** of a course **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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