

OSHER LIFELONG LEARNING INSTITUTE

OSHER LIFELONG LEARNING INSTITUTE

OLLI at UNI

Course Catalog: Spring Term 4 2025

Curiosity never retires



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, March 11, 2025, 8 a.m. (CT)

Term Dates: March 24-May 3, 2025

schedule at a glance

All times are Central Time

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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..



ON DEMAND

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

How to prepare to use Zoom

Where do I find the Zoom link for my course?

- 1) A registration confirmation will be emailed to you after you pay for your course. This email will contain the Zoom link. Remember to make note of this email and create a folder in your inbox labeled “OLLI Zoom” and save it.
- 2) A course reminder will be emailed to you four days prior to the start date of the course. This email will also contain the Zoom link. Again, make note and save it.

If you can, print out the emails; otherwise save them somewhere in your email inbox. By creating a folder in your inbox for your OLLI Zoom links, you won't have to search through your emails later.

What devices do I need to use Zoom?

At the most basic level, all you need to use Zoom is a telephone, such as a smartphone or landline. However, if you have access to a computer or mobile device you can use the full capabilities of Zoom. The following equipment will enhance your experience:

- Mobile devices, including laptops with cameras and built-in microphones.
- Web camera on your device: A camera will increase your connection with your instructor and your peers by allowing you to see each other face-to-face. If you do not have access to a web camera, you will still be able to see the instructor.
- Headset with a microphone: This will let you hear and be heard more clearly. This does not need to be fancy equipment; it can be the same as the headphones you might use with your phone.

How do I join a Zoom meeting?

You will receive a Zoom link for your upcoming OLLI at UNL course(s) in your registration confirmation email, and in a reminder email prior to class. Next to or underneath each class title, you will see a link. Copy and paste that link into your web browser OR click on the link to enter the digital classroom. If your course has multiple sessions, you will use the same link every week the course meets.

A Zoom account is not required to attend a class session. Anyone can attend a class session using their laptop or desktop (Windows or Mac), tablet, or smartphone (iPhone or Android). A free download of Zoom is available in your app store for your device.

- If you have not used Zoom before, allow about five minutes to set it up before your first use.
- If you use a laptop or desktop, the first time you click on a link it will download a free and secure program to your computer.
- If you use a tablet or smart phone, you will need to download the free and secure Zoom application from your app store.

Location Key

LINCOLN LOCATIONS

American Lutheran Church, 4200 Vine St.
Asher Point, 1111 S. 70th St.
Assemblage, 1828 N St.
April Samson Cancer Center, 4101 Tiger Lily Rd.
Bridge to Better Living, 4230 Pioneer Woods Drive, Ste. B
Course Restaurant, Great Plains Culinary Institute, Southeast Community College, 8800 O St.
Duncan Aviation, 3701 Aviation Rd.
Eastmont, 6325 O Street
Food Bank of Lincoln, 1221 Kingbird Rd.
Fourth Presbyterian Church, 5200 Francis St.
Gartens Studio, 116 N. 14th St
Gateway Mall, 6100 O St.
Gateway Senior Living, 225 N. 56th St.
Great Plains Art Museum, 1155 Q St.
Holmes Lake, S. 70th and Normal Blvd.
Hy-Vee, 1601 N. 84th St.
International Quilt Museum, 1523 N. 33rd St.
Johnny Carson Center for Emerging Media Arts, 1300 Q St.
Kinetic Sports Complex, 150 SW 14th Pl.
Legacy Terrace, 5700 Fremont St.
Lied Center for Performing Arts, 301 N 12th St.
Lincoln Duplicate Bridge Club, 237 S. 70th St., #205
Lincoln Public Gardens, 1525 Memorial Dr.
Memorial Stadium, One Memorial Stadium, 800 Stadium Dr.
Rheumatology and Osteoporosis Services PC, 7441 O St, Ste. 400
Salt Creek Senior Living, 7360 Husker Circle

SCC-CEC, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place
Sheldon Museum of Art, 12th and, R Sts.
Speedway Village Sports Complex, 345 Speedway Circle
The Landing, 3500 Faulkner Dr.
The Scarlet Hotel, 2101 Transformation Drive
Trinity United Methodist Church, 7130 Kentwell Lane
Union College, Lang Amphitheater-Krueger Science and Math Bldg., 49th & Bancroft Sts.
UNL City Campus, Outdoor Adventure Center, 930 N. 14th St.
UNL East Campus, Newkirk Human Sciences Bldg., 1650 N. 35th St.
UNL East Campus, Plant Science Bldg., 1875 N. 38th St.
UNL East Campus, Recreation and Wellness Center, 1717 N 35th St.
UNL East Campus, Ruth Leverton Hall, 1700 N 35th St.
UNL Temple Building, Howell Theatre, 1209 R St.

OMAHA & OTHER LOCATIONS

Arbor Day Farm, 2611 Arbor Ave., Nebraska City
Arbor Lodge Mansion, 2600 Arbor Ave., Nebraska City
BLUEBARN Theatre, 1106 S. 10th St., Omaha
Branched Oak Observatory, 14300 NW 98th St., Raymond
Durham Museum, 801 S. 10th St., Omaha
Kiewit Luminarium, 345 Riverfront Dr., Omaha
Lied Center Lodge, 2700 Sylvan Rd, Nebraska City
Joslyn Art Museum, 2200 Dodge St., Omaha
Samuel Bak Museum, 2289 S. 67th St.
Thompson Alumni Center, UNO campus, 6705 Dodge Street, Omaha.
Westside Community Center, 3534 S. 108th St., Omaha

Membership & Registration

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

Membership Fee

Mid-year membership is \$50, valid from January 1 through July 31, 2025. Membership is required to take most courses, to participate in events and interest groups, and take advantage of all OLLI opportunities.

Join and Register

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

Mailing Address

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

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

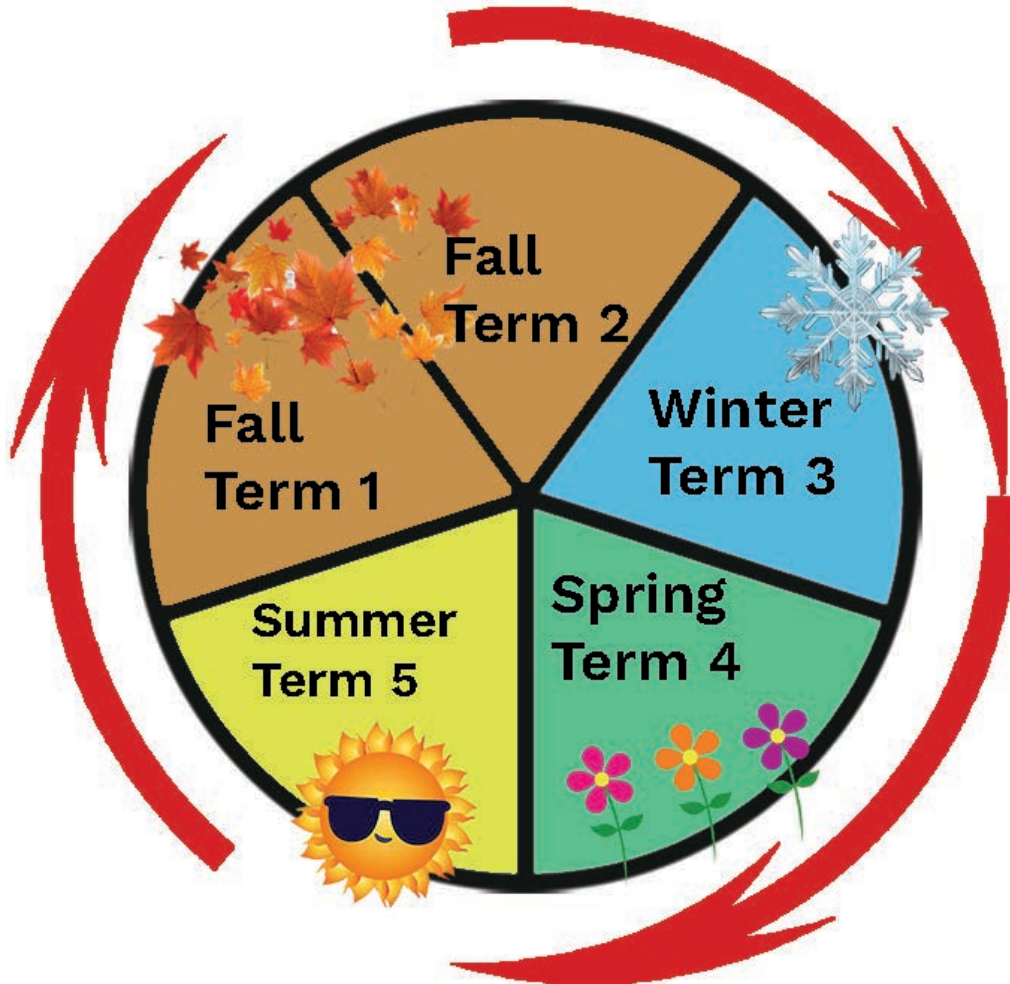
Financial Scholarships Available

The Osher Lifelong Learning Institute at UNL believes in the opportunity to take courses and participating in a rich

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

OLLI Membership Year

August 1, 2024–July 31, 2025



TERM DATES

OLLI meets year-round for five terms beginning in August. **A term is six-weeks long.**

- Spring Term 4- March 24-May 3, 2025
- Summer Term 5—June 2-July 11, 2025

COURSES

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

EVENTS

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

Travel with OLLI and Star Destinations



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

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



Scotland & Northern Ireland August 5-16, 2025

The beauty of Irish vistas and Scottish lochs and glens await! Beginning in Scotland, you will cruise Loch Ness, learn about the traditional art of malt whisky distilling, and experience the Royal Edinburgh Military Tattoo. In Northern Ireland, visit an iconic castle, see the shipyards where the Titanic was built. Then end in Ireland with Guinness and exciting Dublin!



Smoky Mountain Fall Getaway September 20-26, 2025

Explore Southern Appalachian culture, country music, and the beauty of Great Smoky Mountains National Park! Celebrate the iconic music legends of yesterday, today, and tomorrow in Nashville; step into a world as unique as its namesake at Dollywood; and discover whiskey in Gatlinburg. The stunning beauty of the Great Smoky Mountains and the Pigeon Forge area will capture the hearts of everyone.



**FOR MORE INFORMATION,
CONTACT:**

Tele: (712) 792-9793

Email: info@stardestinations.com

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

Recorded Courses

Watch at your convenience from anywhere!



CAN0011

Cost: \$30

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

All programming originates from OLLI at UNL.

Rural America: Wasteland or Reason for Hope – OLLI Fall, 2024 Symposium (2 sessions)

The United States seems to be divided into two different countries – an urbanized “Blue” region of social and cultural liberalism and the “Red” rural regions rebelling against social and demographic change and resenting coastal elitism. It seems everyone has an opinion about rural America. Is it gripped in a tragic decline? Or is it on the cusp of a glorious revival? Is it the key to understanding America today? Perhaps, we’re missing the real question...is rural America even a thing? Prominent experts examine this supposed divide from a social, economic, and political perspective. Presenters include: Steven Conn, W.E. Smith Professor of History, Miami (OH) University; Jena Ochsner, Double O Farms, Sutton, NE; Brad Lubben, Extension Associate Professor, Department of Agricultural Economics, UNL; Cheryl Burkhart-Kriesel, Extension Professor, Department of Agricultural Economics, UNL; L.J. McElravy, Associate Professor of Ag Leadership, Education and Communication, UNL; Ronnie Green, Chancellor Emeritus, UNL; Erin Schoenberg, Development Manager, Center for Rural Affairs; Jillian Linster, Policy Director, Center for Rural Affairs.

The Women of the Manhattan Project (4 sessions)

Instructor: Lynn Roper

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.

The Early Days of Nebraska Volleyball (4 sessions)

Instructors: John Mabry, Vicki Highstreet
Volleyball has been a part of the UNL athletic landscape for more than a century, but the sport didn’t gain much notoriety until the early 1970s, when the Huskers began to put together a program that is now known worldwide. Learn how its reputation grew from its humble beginnings, reaching a pinnacle in August 2023, when Volleyball Day put 92,003 in Memorial Stadium stands. Meet some of the players who made it possible from those early Title IX days at Mabel Lee Hall and the Coliseum.

Religion in Society: Exploring Its Influence (6 sessions)

Instructor: Dr. Jonathan Redding

Obtain a comprehensive understanding of the complex and often contentious relationship between religion and contemporary society. Examine the intersection of religious beliefs, practices, and institutions with key societal domains, including the legal system, public education, LGBTQ+ rights, economics, and responses to the Covid-19 pandemic.

Minimizing Radon Health Danger in Nebraska (1 session)

Instructor: Adrienne Moody

Naturally occurring Radon can gather in Nebraska homes. It increases the risk of lung

cancer but can be easily mitigated. Learn the best testing practices and how to make informed decisions on mitigating your home or not. We will dispel myths of radon and focus on the clear facts of the invisible gas.

Politics of Punishment: Implications of Being the World's Largest Jailer (4 sessions)

Instructor: Dr. Kevin Smith

Why does the United States lock up more of its citizens than any other liberal democracy? How does having the world's largest incarcerated – and formerly incarcerated – population influence the social, economic and political life of the nation? The key takeaway is that incarceration levels are rooted in struggle to manage a growing violent crime problem during a historical period marked by social changes that include widening economic inequality, increasing racial diversity and sharpening ideological divides. That struggle has produced several unintended and under-explored consequences affecting everyone in society.

Walking in the Footsteps of Our Ancestors (5 sessions)

Instructor: Christina Goodson

The Otoe-Missouria people once called south and eastern Nebraska home before they were forcibly removed to Indian Territory, present-day Oklahoma. They now reside in Red Rock, Oklahoma, the headquarters of the tribe. Learn the origins and history of the tribe, along with their migration from Minnesota and Iowa, the split from the Ho-Chunk, as well as their removal within Nebraska and further removal into Indian Territory.

Welcome to Medicare: Avoiding Confusion and Empowering You (1 session)

Instructor: Jonathan Burlison

Are you confused about Medicare? Nebraska's State Health Insurance Assistance Program (SHIP) educates people about Medicare, empowering older adults and people with disabilities to make informed decisions about health care. Become more educated with Medicare so you can identify and report possible Medicare scams, errors, or waste. Learn more regarding your health insurance options, benefits, and choices.

Because the System Isn't Broken – Non-Profits, Grant Money and White Saviors: Poverty Pimping in North Omaha (1 session)

Instructor: Schmeeka Simpson

This session critically examines the complex dynamics among non-profit organizations, philanthropic funding, and the perpetuation of systemic inequities within North Omaha. It delves into how well-intentioned charitable initiatives often inadvertently reinforce existing power imbalances and contribute to a cycle of dependency rather than fostering genuine empowerment and community-driven change. Explore the impact of "poverty pimping" – the phenomenon where poverty is commodified for financial gain – and listen to discussions on alternative approaches to creating sustainable, equitable solutions.

Democratic Partners (1 session)

Instructor: Mike Lux

Mike Lux, a political consultant who provides a variety of services for candidates and political organizations, is founder of Democracy Partners, a political consulting firm with offices in Washington D.C., Maine and California. He was born and raised in Lincoln and is a graduate of Lincoln Northeast High School. Lux was a White House employee during the administration of President Bill Clinton, served on the Obama-Biden presidential transition team and was also a staffer for the 1988 Joe Biden Presidential campaign. He discusses his career and the types of services his firm provides (e.g. fundraising, messaging, campaign services, etc.) and trends he sees from his three decades in national politics.

MONDAYS

Duncan Aviation Facilities Tour

Each session will offer a facility tour of Duncan Aviation, the largest family-owned maintenance, repair, and overhaul facility in the world, providing complete acquisition, sales, and nose-to-tail support services for business aircraft. Owned and operated by the Duncan family since their founding in 1956, Duncan Aviation is well known and respected by operators, manufacturers, and other service providers worldwide for their quality, work ethic and expertise. Join us for a walking tour and a peek into the many different services Duncan provides, including airframe inspections, engine maintenance, major retrofits for cabin and cockpit systems, and full paint and interior services.

Instructor: Drew Carman, corporate recruiter

Location: Duncan Aviation

Enrollment Limit: 20 per section

Cost: \$10

Parking: Information will be sent to registrants.

Please register for only one section:

LIF0451

Facilitator: Gene Stohs

Day/Date: Mon, April 14

Time: 9-10 a.m.

LIF0452

Facilitator: Tom Robertson

Day/Date: Mon, April 21

Time: 9-10 a.m.

LIF0453

Facilitator: Bill Latenser

Day/Date: Mon, April 28

Time: 9-10 a.m.

Preaching with the Choir Part II

Even if you didn't attend Part 1, join us for Part 2, and continue to explore the ways that music, specifically choral music, has been composed and used to build a variety of communities—that of the composer within his/her creative cohort; of the performers; of audiences; and of scholars and commentators, past, present, and future.

We will focus especially on the concept of “community” in the framework of the arts, and how community is built by artists. We will consider six such artists, living in the ages of “Enlightenment and Brotherhood” (18th and early 19th centuries), and “Romanticism” (later 19th century): Joseph Haydn, Wolfgang Amadeus Mozart, Ludwig van Beethoven, Giuseppe Verdi, Richard Wagner, and Johannes Brahms. Their use of the choir had some things in common, but also interesting differences resulting from their individual artistic, narrative, and expressive intentions.

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

Facilitator: Maureen Ose

Day/Dates: Mon, March 24, 31, April 7, 14, 21, 28

Time: 9-10:30 a.m.

Cost: \$35

Register for only one format:

ART162Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART162L

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

Enrollment Limit: 28

Photography Using Your Mobile Device

ART001L

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

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

Facilitator: David Dyke

Day/Dates: Mon, March 24, 31, April 7

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

Trailblazers 101: Learn to Hike



Hiking is a great way to enjoy the outdoors and get some exercise, and there are lots of hiking trails even 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 will 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.

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

Facilitator: Lorrie Benson

Day/Date: Mon, Mar 31

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

Cost: \$10

Register for only one format:

LIF177Z

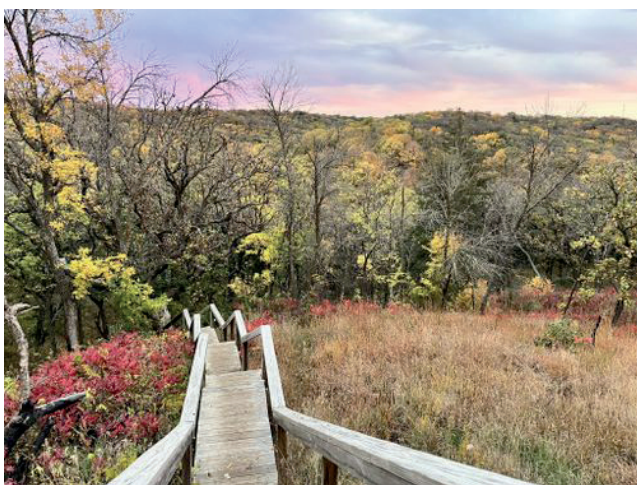
Location: Zoom Live Stream

Enrollment Limit: 100

LIF177L

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

Enrollment Limit: 28



Interviews with Historic Figures



Step back in time and engage with history as questions are posed to iconic historic figures. Edith Kermit Roosevelt has been called the “first of our modern First Ladies.” Behind the scenes, she was a trusted advisor to her husband. She was said to be an excellent judge of character and her children said she had “a longer head in politics” than her husband. How influential was Edith?

Ulysses S. Grant was President of the United States from 1868-1875. During this time, most journalists and historians thought the Grant administration accomplished very little and was involved in political corruption. What does Ulysses say about those accusations?

Ansel Adams is known for his black and white photographs of the western United States. He was an innovator in the science of photography and organizer of professional photographers. Ansel was also an environmentalist and advocate for photography as art.

Instructors: Actors will portray three historic figures—Edith Kermit Roosevelt, Ulysses S. Grant; Ansel Adams

Facilitator: John La Duke

Day/Dates: Mon, April 14, 21, 28

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

Cost: \$20

Register for only one format:

LIF119Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF119L

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

Enrollment Limit: 28



Under the Apple Tree



ART003L

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

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

Facilitator: David Dyke

Day/Dates: Mon, April 14, 21, 28

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

Pickleball: Fun, Fitness & Friendship



LIF026L

This course is for beginners with limited or no prior pickleball experience. You will learn the basics of pickleball in small groups of four OLLI participants taught by one or two experienced players (mentors). Our emphasis will be on the fun and joy of pickleball, and we promise to have you playing the game in no time! A limited supply of paddles and balls are available to borrow. You may purchase pickleball paddles at several local sporting goods stores, starting around \$50. Online purchases of beginner paddles is not recommended. Questions? See contact information for the Instructor/Facilitator below.

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

Days/Dates: Mon-Thu, April 14, 15, 16, 17

Time: 1-2 p.m.

Location: Speedway Village Sports Complex. Free parking is available on the west side of the building. Enter through either of the west facing doors. All classes will meet indoors.

Enrollment Limit: 40

Cost: \$25



Digital Photography



ART002L

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

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

Facilitator: David Dyke

Day/Dates: Mon, March 24, 31, April 7, 14, 21, 28

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$35

Tree Identification and Appreciation



SCI053L

Do you love trees and want to learn more about them? Do you wonder how to tell them apart when their leaves and flowers are gone or just emerging? Learn how to identify common trees in winter and spring using crown shape, bark, twigs, buds, flowers, fruits, seeds, and nuts. We will also learn how to use a field guide, a key, and a hand lens to examine the details of the tree's characteristics. Practice skills in the field by observing and identifying trees in different habitats and seasons. Recognize and appreciate the beauty and diversity of trees in winter and spring. Bring curiosity and a love for nature. We will go outside to look at trees, weather permitting, during the second class.

Instructor: Justin Evertson, coordinator, Green Infrastructure, Nebraska Forest Service

Facilitator: Bill Latenser

Day/Dates: Mon, March 24, 31

Time: 1-2:30 p.m.

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

Enrollment Limit: 28

Cost: \$15

Buddhism 101



Explore Buddhism as it is lived and practiced by communities within and outside Asia today. Learn about the ways in which Buddhist communities live out Buddhist teachings through rituals, festivals, ceremonies, celebrations, and ethical living. Discover the diversity that is the Buddhist tradition, plus various communities that live out the dynamic religion.

Instructor: Courtney Bruntz, professor, Institute of Buddhist Studies

Facilitator: Jeri Brandt

Day/Dates: Mon, April 7, 14, 21, 28

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

REL031Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL031L

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

Enrollment Limit: 28

Tour of Memorial Stadium



LIF178L

See the home of the Nebraska Cornhusker football team on this facility tour. Memorial Stadium has many historic and notable structures around the facility. The University of Nebraska athletics supports 24 varsity sports and is proud to be fully self-supporting, receiving no state funding or student fees. More than 1.3 million fans attend home sporting events each year. Memorial Stadium becomes the state's third largest city on football game days with nearly 90,000 Husker fans and has been sold out for every game since 1962. Enjoy this tour with stops in the Osborne Athletic Complex (North Stadium), All-American Wall Display, Captains Photo Display, view of the North Stadium weight room, and the tunnel walk out onto Tom Osborne Field.

Instructor: Cindy Obenchain, Guest Relations/Security Attendant

Facilitator: Charlotte Frank

Day/Date: Mon, April 28

Time: 1-2:30 p.m.

Location: Memorial Stadium, One Memorial

Stadium. Metered parking is available along Stadium Drive or use the parking garage at Stadium Drive/T St. Participants will meet the tour guides outside of Gate 11 on the west side of the Stadium.

Enrollment Limit: 50

Cost: \$10



Topics in Physical Therapy



H&W036L

People sometimes associate physical therapy (PT) with pain and discomfort after surgery or an injury, but PT can be fun and a key ingredient to successful aging. Hear about a variety of common problems that physical therapists work with every day. Meet three area board certified specialists in geriatric physical therapy to learn about this profession and how it can benefit you, whether you are interested in working to stay active, healthy and independent, or are already experiencing physical changes. Learn about posture awareness, current joint replacement rehabilitation recommendations, how therapy can assist in the treatment of vertigo and dizziness, and the importance of maintaining the ability to walk confidently and safely. Each session will include balance tests and active participation. You will also receive a comprehensive balance assessment.

Instructors: Mark Sunderman, PT, GCS, director, Rehabilitation, Eastmont; Barbara Leymaster, physical therapist, Seward Memorial Hospital; Carrie Heermann, physical therapist, CHI St. Elizabeth Hospital

Facilitator: Carla Fetch

Day/Dates: Mon, March 24, 31, April 7, 14, 21

Time: 1-3 p.m.

Location: Eastmont, Performing Arts Center

Enrollment Limit: 20

Cost: \$30

Understanding Play Development Through Local Stories



It's always entertaining to see a local story on stage - something that the community can relate to directly. So, how do local writers go about creating stories that feature our community and stories about our community on the stage? Along with the playwright, look behind the curtain of Angels Theatre Company's premiere of "Eminent Domain" to discover how the playwright and production team made a local story come to life.

Registrants are encouraged to attend the performance of the play on their own between the first and second class. Purchase tickets directly from the Lied Center for Performing Arts; the registration confirmation email will include the link to purchase. Enter promo code **OLLIROCKS**; an OLLI member discount will appear after clicking "Add to Cart."

Instructors: Timothy Scholl, director/producer, Angels Theater Company; Laura Leininger-Campbell, playwright

Facilitator: Mary Ann Sullivan

Day/Dates: Mon, March 24, 31

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

ART163Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART163L

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

Enrollment Limit: 28

Nebraska CAFOs' Effect on Drinking Water



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.

Instructors: Sky Chadde, senior reporter, Investigate Midwest; Yanai Xu, senior investigative reporter, Flatwater Free Press

Facilitator: Kate High

Day/Date: Mon, April 7

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

CON098Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON098L

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

Enrollment Limit: 28

TUESDAYS

Dance Fitness



H&W011Z

Dance Fitness is perfect for older adults who want to add some movement to their lives but would like to adapt the easy-to-follow choreography to their own fitness levels. You will be encouraged to do what works for you and will be shown options for raising and lowering the intensity. In the process, you'll move to great show tunes, standards and world music while improving your balance, brain function and cardiovascular endurance. Wear comfy clothing and come prepared to move. And yes, you can dance in a chair.

Instructor/Facilitator: Julie Enersen, former Zumba instructor

Day/Dates: Tue, Mar 25, April 1, 8, 15, 22, 29

Time: 9-9:50 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Charitable Estate Planning Strategies: Avoid the Top 5 Mistakes

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

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

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

Facilitator: Bob Michl

Day/Date: Tue, April 22

Time: 9-11 a.m.

Cost: \$0

Register for only one format:

LIF139Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF139L

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

Enrollment Limit: 28

Everyday Bike Maintenance

LIF036L

Build your confidence in performing simple maintenance items on your bike. Bike anatomy, fit, ABC quick check, fix a flat, and simple brake and shifting adjustment will be covered. Gain confidence to make simple repairs on the road and to talk to a bike mechanic for the more complex repairs.

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Tue, April 1

Registration Deadline: Tue, March 25. *Cancellation after that date is non-refundable unless cancelled by UNL.*

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

Location: UNL City Campus, Outdoor Adventure Center, classroom

Enrollment Limit: 10

Cost: \$50



Tai Chi Part II

H&W065L

Tai Chi is a widely practiced physical and mental exercise form that originated from ancient Chinese martial arts. This class is built on Tai Chi Part 1. We will train in more complex skills that comprise the second portion of the classic Yang 'solo routine' that is the foundation for daily self-practice. Those who have taken Tai Chi Part 1 or with prior Tai Chi experience are welcome.

Instructor: Gary Yuen, retired plant pathologist, UNL, and 30-year Tai Chi instructor in Lincoln and with the UNL Dance Program

Facilitator: Kathy Grubbe

Day/Dates: Tue, Mar 25, April 1, 8, 15, 22, 29

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

Location: American Lutheran Church, Fellowship Hall

Enrollment Limit: 20

Cost: \$35

Cokie Roberts' "Founding Mothers" and More



In her book, "Founding Mothers: The Women Who Raised Our Nation," Roberts states, "Of the women who influenced the Founding Fathers, almost all of them are recognizable only because of the men in their lives." We will look at these mothers, wives, sisters, and friends of the men who signed the Declaration of Independence, fought in the Revolutionary War, attended the Constitutional Convention and served in the new government. George Washington stated, "...I think you ladies are in the number of the best patriots America can boast." Learn about who these women were and the significant impact they made.

Instructor/Facilitator: Gary Timm

Day/Dates: Tue, March 25, April 1, 8, 15

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

Cost: \$25

Register for only one format:

HIS123Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS123L

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

Enrollment Limit: 28

Zoom to the Zoo: An Elephant Adventure



Enjoy a live, virtual presentation by Omaha's Henry Doorly Zoo. Learn from a zoo educator and caretaker 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.

Instructor: Brian Priesman, outreach coordinator, Omaha Henry Doorly Zoo

Facilitator: Audrey Paulman

Day/Date: Tue, April 29

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

Cost: \$10

Register for only one format:

SCI076Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI076L

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

Enrollment Limit: 28



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Lincoln's Symphony Orchestra: Behind the Scenes (Course)



Learn about the behind-the-scenes process of putting together a Lincoln's Symphony Orchestra concert, then attend LSO's "A Tightrope Across Time" performance on April 25. Prior to the concert, there will be four presentations: LSO Executive Director Barbara Zach Lee will talk about what a symphony orchestra means to a community, and what kinds of support are required for an orchestra to flourish. Maestro Edward Polochick, director and conductor, will explain the role of a musician and give insights on how orchestras can provide transformative experiences to audience members. Composer-in-Residence Elena Ruehr will discuss what it's like to compose music for a specific group of friends and musicians, and how it feels to hear newly composed music performed live. Piano soloist Simone Dinnerstein will talk about life as a professional musician, what inspires her, and her favorite kinds of music to perform.

Instructors: Barbara Zach Lee, LSO executive director; Edward Polochick, LSO music director; Simone Dinnerstein, pianist; Elena Ruehr, composer

Facilitator: Dori Bush

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

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

ART168Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART168L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. *Attendees will watch the instructors on Zoom on April 8 and 15.*

Enrollment Limit: 28

"A Tightrope Across Time" with Lincoln's Symphony Orchestra (Performance)



ART161L

Get ready to experience history in the making with the world premiere of "Tightrope" by LSO's Composer-in-Residence Elena Ruehr, praised by the New York Times for writing music "full of soaring melodies and piquant harmonies." After intermission, pianist Simone Dinnerstein dazzles with Brahms' majestic "Piano Concerto No. 2." LSO also welcomes the Lincoln youth Symphony to the stage for a side-by-side performance of Beethoven's "Egmont Overture."

Facilitator: Dori Bush

Day/Date: Fri, April 25

Registration Deadline: Thu, April 17. *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: \$40

Integrative Medicine and Energy Healing



Explore how energy healing has been used in integrative medicine. Learn about its history, who teaches it and how it can be learned. Einstein told us that energy is in all matter, including us. We can influence that by learning ways of working with the energy system in the field around us, through energy centers and meridians. As many as 92 cultures have words that describe energy, illustrating how these concepts cross cultures and time; the term life force may be used in American culture. We will discuss Reiki, healing touch and therapeutic touch as three forms of energy healing.

Instructor: Margaret Rickers, licensed massage therapist, Healing Touch Practitioner and Reiki Master

Facilitator: Kristi Shoemaker

Day/Date: Tue, March 25

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

H&W077Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W077L

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

Enrollment Limit: 28

Petitioning for Freedom in the Nebraska West



Petitioning for Freedom is an interactive and growing database of records from Nebraska and other states that chronicle the efforts of marginalized people to challenge their carceral and coercive confinement. With cases ranging from attempted marriages involving horse chases to confounding stories of enslavement and trafficking in the 1890s, this project reveals the incredible diversity and significance of Nebraska's legal history and puts that narrative in dialogue with trends across the American West. Our two-session course will start with Nebraska and then pan out to consider the implications of the project on our nation's legal traditions and assumptions.

With funding from the National Science Foundation, the presenter led a team of over

50 undergraduate and graduate students, digital humanities staff and regional consultants to explore and index historic case files throughout the American West.

Instructor: Katrina Jagodinsky, Ph.D.; Susan J. Rosowski, associate professor, History, UNL

Facilitator: Charlyne Berens

Day/Dates: Tue, April 8, 15

Time: 1-2:30 p.m.

Cost: \$15

Register for only one format:

CON097Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON097L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Riders of the Hoot Owl Trail: Nebraska's Outlaws



HIS1170 (OMAHA)

Learn about Nebraska's history of lawlessness during the early years of statehood, through original narrative poetry and music (guitars and vocals). Discover Nebraska's obscure, colorful, complex characters and situations of the Western Movement from a sister duo who grew up along "Nebraska's Outlaw Trail Scenic Byway Highway 12." These Nebraska Humanities presenters have incorporated their rural experience and research to provide an educational yet entertaining look at Doc Middleton (Nebraska's Robin Hood), Kid Wade, outlaw wives, and the situation of "frontier law:" rustlers vs. vigilantes.

Instructors: Marci Broyhill, Prairie Poet and Storyteller; Teresa Kay Orr, Musician and Entertainer

Facilitator: Jeanette Wellsandt

Day/Date: Tue, April 29

Time: 1-2:30 p.m.

Location: Thompson Alumni Center, UNO campus, Omaha. Parking is available in the lot next to the building and across the street.

Enrollment Limit: 40

Cost: \$0

Open to the public



Loren Eiseley's Nebraska



Loren Eiseley (1907-1977) is recognized as one of the most important nature writers of the 20th century. His reputation is global, but many people are unaware that he grew up in Lincoln. As a boy, young Loren roamed the woods and fields on the edge of town, and as a young man he did paleontological field work in the western Nebraska badlands for the Nebraska State Museum. Eventually he became a distinguished professor of anthropology at the University of Pennsylvania, spending most of his adult life in Philadelphia. Yet much of Eiseley's writing is influenced by his early life in Nebraska. We will read a selection from his work, emphasizing his portrayals of Nebraska. All class participants will receive a free copy of the book, "The Loren Eiseley Reader."

Instructor: Tom Lynch, professor emeritus, English, UNL and vice president of the Loren Eiseley Society

Facilitator: Mike McCoy

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

Time: 3-4:30 p.m.

Cost: \$20

Register for only one format:

L&L042Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L042L

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

Enrollment Limit: 28

Backstage at the Rep: "Urinetown, the Musical" (Course)



ART157L

Join the director, Ann Marie Pollard, for a discussion about "Urinetown, the Musical." Produced in association with UNL Opera, "Urinetown" is a satirical musical that takes place in a dystopian future where a severe water shortage has led to the privatization of public restrooms. The story humorously critiques social and economic inequalities while following a revolution led by a charismatic hero fighting against the corrupt authorities controlling access to sanitation. Ann Marie will be joined by her production design team who will discuss their concepts and will show examples of their drawings, illustrations, models and more. This session will include a sneak-peek at the set, lighting, and costumes.

Instructor: Tim Ganser, managing marketing director, Nebraska Repertory Theatre

Facilitator: Anne Diffendal

Day/Date: Tue, April 22

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre lobby

Enrollment Limit: 50

Cost: \$10

Nebraska Repertory Theatre Presents: "Urinetown, the Musical" (Performance)



ART158L

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

Facilitator: Dori Bush

Day/Date: Sun, April 27

Registration Deadline: Sunday, April 20.
Cancellations after this date are non-refundable, unless canceled by UNL.

Time: 2-4:30 p.m.

Location: UNL Temple Building, Howell Theatre

Enrollment Limit: 25

Cost: \$15



Aliens on Earth: Are They Really Here?



Growing numbers of Americans believe that 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. We will consider the Fermi Paradox, the Drake Equation, and the Rare Earth Hypothesis; we will give time to the sociology of UFOlogy; and we will consider the evidence for and against claims of alien presence. All are welcome to enroll, but spot checks for human DNA may be performed.

Instructor: Clay Farris Naff, Member of the National Association of Science Writers, former science correspondent, The Humanist Magazine.

Facilitator: Bill Latenser

Day/Dates: Tue, April 22, 29

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format.

SCI074Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI074L

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

Enrollment Limit: 28

Introduction to Kayaking



LIF019L

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Tue, April 29

Registration Deadline: Tue, April 22.

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

Time: 4-7 p.m.

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

Enrollment Limit: 12

Cost: \$50



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WEDNESDAYS

In the Country of the Kaw



Explore the watershed of the Kaw (Kansas) River, which rises on the High Plains of Colorado, Kansas, and Nebraska and empties into the Missouri River at Kansas City. Based on the recently published book, “In the Country of the Kaw,” we will learn about the geology, landforms, woodlands, prairies, wildflowers, and wildlife of the region, with a special focus on the Nebraska portion. We will also examine how people have interacted with the land throughout history. Gain an appreciation for the surprising natural and cultural wonders of this lesser-known region of Nebraska.

Instructor: Jim Locklear, director and conservation emeritus, Lauritzen Gardens

Facilitator: Bill Latenser

Day/Date: Wed, Mar 26

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

SCI073Z

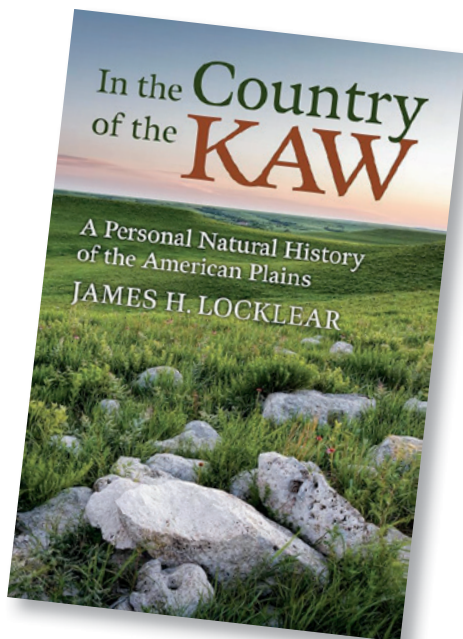
Location: Zoom Live Stream

Enrollment Limit: 100

SCI073L

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

Enrollment Limit: 28



Modern Retirement Planning



LIF031L

Whether retired already or planning ahead, it is important to keep up to date on the financial aspects of your life. Review and understand the principles for successful retirement, while having the opportunity to discover potentially new concepts in current financial markets. Learn about setting goals, the costs of retirement, retirement sources, estate planning, traditional and non-traditional investments, and strategies for protecting your assets. The content is not biased toward any strategy, company or product, but rather focuses on the concepts needed to make informed decisions in this ever-changing environment.

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

Facilitator: Carla Fetch

Day/Dates: Wed, April 2, 9, 16, 23

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$25

Hospitality Excellence: A Tour of the Scarlet Hotel



LIF127L

The Scarlet, Lincoln, a Tribute Portfolio Hotel is located at Innovation Campus. It has 154 guest rooms and suites and event space, plus the Well and Good Signature Restaurant, Barred Owl Rooftop Bar and Good Life Coffee Shop. Enjoy a tour of the entire facility. The hotel also provides a teaching space of hands-on experience for UNL students who are participating in the Hospitality, Restaurant and Tourism Management degree program. By combining classroom instruction with experiential learning, the program is designed to meet current industry needs. Learn about the current learning laboratory at the hotel and receive an update on future plans for the HRTM program to be located in a separate space at the hotel. Participants can stay afterwards to enjoy coffee and conversation in the hotel coffee shop.

Instructors: Patrick Murphy, director of sales, The Scarlet Hotel; Ajai Ammachathram, program director, Restaurant and Tourism

Management and associate professor, College of Education and Human Sciences, UNL

Facilitator: Charlotte Frank

Day/Date: Wed, April 16

Time: 9-10:30 a.m.

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

Enrollment Limit: 25

Cost: \$10



Rural Poll Insights on Rural Nebraska



The University of Nebraska conducts an annual rural poll that provides interesting insights on rural Nebraskans and their opinions and attitudes about personal and community well-being, public services, economics, policy, and various other public issues. The results of the most recent 2024 survey efforts highlight the concerns among rural Nebraskans about personal and community well-being as well as a focus on civil discourse, economic and trade issues, artificial intelligence, and rural housing, all issues that affected Nebraskans during 2024 and have implications for what is ahead for policymakers, communities, and citizens.

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

professor, Agricultural Leadership, Education and Communication; Katelyn Larson, Associate Extension Educator, Nebraska Extension

Facilitator: Marvin Almy

Day/Date: Wed, April 23

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

CON068Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON068L

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

Enrollment Limit: 28

Exploring Your Roots: A Beginner's Guide to Genealogy

Learn through this hands-on course 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. Confidently begin the journey that preserves your family's story for future generations.

Instructor: Teresa Shane, president, Lincoln-Lancaster County Genealogical Society.

Facilitator: Laura Damuth

Day/Dates: Wed, March 26, April 2, 9, 16, 23, 30

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

Cost: \$35

Register for only one format:

HIS118Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS118L

Location: SCC-CEC, Auditorium

Enrollment Limit: 75

Explore the Art of Amanda Maciuba



ART165L

Meet and learn from artist Amanda Maciuba in this exhibition tour and studio visit. A professor of printmaking, drawing, and book arts at Mount Holyoke College in Western Massachusetts, Maciuba's work is concerned with landscapes, communities, and environmental practices throughout the United States. Her work considers how humans influence and attempt to change, destroy, and recreate the natural environments around them. During this OLLI session, Maciuba will lead participants through her solo exhibition and discuss her in-progress commissioned work in the museum's education studio.

Instructors: Amanda Maciuba, artist; Ashley Wilkinson, director and curator, Great Plains Art Museum

Facilitator: Anne Diffendal

Day/Date: Wed, April 16

Time: 11 a.m.–12:30 p.m.

Location: Great Plains Art Museum

Enrollment Limit: 22

Cost: \$10



Therapeutic Benefits of Geriatric Gaming



H&W0760 (OMAHA)

Playing board games is associated with a reduced risk of dementia. Research shows that participating in cognitively demanding leisure activities throughout life may provide protection against dementia and Alzheimer's. Games can be used as motivating, evidence-based interventions to restore and maintain cognitive and physical functions. Learn how adults, by targeting multiple cognitive skills, can increase their quality of life through the power of play.

Instructor: Kaleb Michaud, professor, Division of Rheumatology, UNMC, and CEO and Co-Founder of Spielbound Board Game Café

Facilitator: Bob Michl

Day/Date: Wed, April 16

Time: 11 a.m.–12:30 p.m.

Location: Thompson Alumni Center, UNO Campus, Omaha. Parking is available in the lot next to the building and across the street.

Enrollment Limit: 40

Cost: \$10

Tai Chi for Better Balance and Stretch



H&W022L

Open your horizons to a new way to energize your inner self with a certified experienced teacher. The base of this class is "Tai Chi for Better Balance," a nationwide program for beginners. It is a non-traditional form of exercise used to help participants improve strength and balance. Gain all the benefits of good health for your body, mind and spirit. Participants will learn a modified 8-form of Tai Chi (the most basic movements) and are encouraged to purchase a light Thera band (such as a Scheels or Target) for some of the stretching exercises at the beginning of each class.

Instructor: Marsha Dunn, retired registered nurse

Facilitator: Kathy Grubbe

Day/Dates: Wed, March 26, April 2, 9, 16, 23, 30

Time: 1-2 p.m.

Location: Trinity United Methodist Church

Enrollment Limit: 22

Cost: \$35

Nebraska Author Wright Morris: From Pictures to Stories to Life



L&L062L

Award-winning Wright Morris brought a Nebraskan's perspective to his showing and telling of the "American dream." His childhood as "half an orphan," beginning in Central City, provided a basis for his extended re-examination of our individual, local, regional and national experiences. His works of fiction, photography and commentary, published between 1942 and 1993, provide deceptively simple, yet challenging perspectives on our personal and collective construction of our lives, blending where we have come from, our current scene, and where we may be headed. We will examine multiple aspects and themes of his work, based on specific photos and passages, and questions they raise.

Instructors/Facilitators: Wil Hass, professor emeritus, Argosy University and retired licensed psychologist; Ernie Hines, OLLI member

Day/Dates: Wed, March 26, April 2, 9, 16, 23, 30

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 403

Enrollment Limit: 24

Cost: \$35

Eisenhower at War



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.

The course includes: a screening and discussion of the award-winning documentary, "Running Toward the Fire – a War Correspondent's Story," with producer Barney McCoy, examining Eisenhower's emphatic belief that war correspondents should have unfettered access to the Allies' fight against Nazi Germany; Todd Arrington, director of the Dwight D. Eisenhower Presidential Library and Museum, talking about Eisenhower's critical decision-making role as Supreme Commander; Mitch Yockelson, historian, archivist and author,

talking about his forthcoming book, "The Lion and the General, which focuses on the important and sometimes testy relationship between Eisenhower and Churchill.

Instructors: Barney McCoy, professor, UNL College of Journalism and Mass Communications; Todd Arrington, director, Dwight D. Eisenhower Presidential Library and Museum, Abilene, KS; Mitch Yockelson, professor of military history, Norwich University, and investigative archivist at the National Archives and Records Administration, Washington D.C.

Facilitator: Charlyne Berens

Day/Dates: Wed, April 2, 9, 16

Time: 1-2:30 p.m.

Cost: \$20

Register for only one format:

HIS121Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS121L

Location: SCC-CEC, Auditorium

Enrollment Limit: 75

Learn from the Past and Prepare for the Future: History of Meteorology



Do you forecast moisture in 90 days by tracking the fog? Learn the who, why and what around the history of weather reporting and forecasting. When did weather broadcasting begin and how has it evolved? What has been and is the role of technology over the decades?

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

Facilitator: Stephanie Nantkes

Day/Date: Wed, April 23

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

SCI036Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI036L

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

Enrollment Limit: 28

All About Chocolate



LIF111L

Who doesn't love chocolate? Explore the history of chocolate, where it is grown and how it is produced. We will 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: Jeanette Wellsandt

Day/Date: Wed, April 30

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 22

Cost: \$15 includes cost of chocolate samples

Introduction to Bridge II



LIF016L

This class is a continuation of the Introduction to Bridge I class. This course is structured for the student with very limited prior knowledge of the game of bridge. We will cover how the game is played, bridge vocabulary, basic Standard American bidding, and basic card play. There will be ample opportunities to play hands that will illustrate what has been taught in class. 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, April 2, 9, 16, 23, 30, May 7

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

Nature's Classroom: Outdoor Skills in Nebraska's Parks



Learn about a wide range of outdoor skills and activities in Nebraska's parks. Learn about hands-on experiences that teach essential outdoor skills. This course highlights the role of outdoor education in fostering conservation, stewardship, and outdoor skill development.

Discover how Nebraska's parks serve as dynamic classrooms, offering unique learning opportunities that connect people to nature while equipping them with the skills needed for safe and enjoyable outdoor adventures.

Instructors: From Nebraska Game and Parks: Christy Christiansen and Kelly Ekue, outdoor education specialists

Facilitator: Jim Pinkerton

Day/Date: Wed, April 16

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

LIF181Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF181L

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

Enrollment Limit: 28

Hooked on Nebraska: Fishing in State Parks



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. Whether you're a seasoned angler or a beginner, discover valuable insights and tips for a successful fishing experience in Nebraska's parks.

Instructors: From Nebraska Game and Parks: Justin Bogue, assistant parks division administrator; Daryl Bauer, manager, Fisheries Outreach Program

Facilitator: Jim Pinkerton

Day/Date: Wed, April 23

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

LIF182Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF182L

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

Enrollment Limit: 28

The Magic of the Metropolitan Opera: “Le nozze di Figaro”

ART159L

“Le nozze di Figaro (The Marriage of Figaro),” is an opera in four acts composed in 1786 by Wolfgang Amadeus Mozart, with an Italian libretto written by Lorenzo Da Ponte. It premiered at the Burgtheater in Vienna in May 1786 and tells how the servants Figaro and Susanna succeed in getting married, foiling the efforts of their philandering employer Count Almaviva to seduce Susanna and teaching him a lesson in fidelity. Considered one of the greatest operas ever written, it is a cornerstone of the repertoire and appears consistently among the top ten in the list of most frequently performed operas. We will listen to and discuss the history of this opera; its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

Facilitator: Dori Bush

Day/Date: Wed, April 23

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: “Il Barbiere di Siviglia”

ART160L

“Il Barbiere di Siviglia (The Barber of Seville)” is an opera buffa in two acts composed by Gioachino Rossini with an Italian libretto by Cesare Sterbini. Rossini’s Barber of Seville is considered to be one of the greatest masterpieces of comedy within music and has been described as the opera buffa of all “opere buffe.” After two centuries, it remains a popular work. We will listen to and discuss the history of this opera; its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

Facilitator: Dori Bush

Day/Date: Wed, May 21

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



Winged Wonders: Birding Across Nebraska's Parks



Enjoy a comprehensive overview of 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 residents and migratory birds, making them prime locations for bird enthusiasts.

Instructors: From Nebraska Game and Parks: Jeff Fields, parks division administrator; Kevin Holliday, southeast regional superintendent

Facilitator: Jim Pinkerton

Day/Date: Wed, April 30

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

LIF183Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF183L

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

Enrollment Limit: 28

The Aging Eye



Learn about 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.

Instructor: Thomas A. Graul, MD.

Facilitator: Jeff Grubbe

Day/Date: Wed, April 9

Time: 4-5:30 p.m.

Cost: \$10

Register for only one format:

H&W079Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W079L

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

Enrollment Limit: 28

Understanding Cancer: Science, Treatment and Beyond



H&W059L

Join us on an enlightening journey through the intricacies of cancer, exploring its scientific underpinnings, contemporary treatment modalities and the holistic support systems available. This course includes a tour of the state-of-the-art April Sampson Cancer Center. Participants will engage with leading oncologists, researchers, and other health care professionals, gaining insights into innovative therapies, precision medicine and the pivotal role of technology in cancer diagnosis and treatment. View cutting-edge medical equipment, observe the healing arts throughout the center and see firsthand the incredible offerings the center has for Nebraska's cancer patients. Meet us at the intersection of science, medicine and human compassion in the fight against cancer.

Instructors: Danielle Henriksen, director, Bryan Cancer Program; Justin Rousek, executive director, Cancer Partners of Nebraska.

Facilitator: Gene Stohs

Day/Date: Wed, April 30

Time: 5-7 p.m.

Location: April Sampson Cancer Center

Enrollment Limit: 80

Cost: \$10

New to Medicare



H&W0810 (OMAHA)

Are you or someone you know approaching Medicare or retirement? If you're currently employed and not sure how Medicare works with your employer's insurance or are a caregiver for your parents and have questions about their Medicare coverage, this session will cover the topic from end-to-end and answer your questions. Prepare ahead and prevent confusion on what you need to do and when.

Instructor: Mike Carsey, volunteer and certified Medicare counsel, State Health Insurance Assistance Program (Nebraska SHIP), Omaha

Facilitator: Jeanette Wellsandt

Day/Date: Wed, April 23

Time: 6:30-8 p.m.

Location: Westside Community Center, Omaha, Rm 222

Enrollment Limit: 30

Cost: \$0

Open to the public.

THURSDAYS

Gentle Yoga



H&W001Z

From the comfort of your own home, 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. The 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, instructor, Yoga

Day/Dates: Thu, Mar 27, April 3, 10, 17, 24, May (skip 1), 8

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

The Beetles Invade Nebraska



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.

Instructor: Wayne Ohnesrog, entomologist and educator, Nebraska Extension

Facilitator: Marie Trayer

Day/Date: Thu, April 17

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

SCI072Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI072L

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

Enrollment Limit: 28

Learn the Ukulele



LIF018L

The ukulele is an easy instrument to learn. Have fun singing, strumming, and learning with fellow OLLI members. Learning a new instrument keeps the brain sharp, and fingering the ukulele helps arthritic hands. You do not have to know how to read music to take this class. Any standard “C tuning” ukulele may be used. It is helpful if members bring their own ukulele and music stand. Members may check out a beginner ukulele from any public library in advance.

Instructor/Facilitator: Gary Kruce, Lincoln Ukulele Group

Day/Dates: Thu, Mar 27, April 3, 10, 17, 24, May 1

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

Location: Fourth Presbyterian Church

Enrollment Limit: 18

Cost: \$35



Pottery Pals



ART115L

Get acquainted with the medium of clay. Explore hand build ceramics from a functional and sculptural point of view while building and carving mugs and plant pots. Discover ceramic hand-building basics and observe demonstrations and examples. Some standing is required while working with projects.

Instructor: Kate Askey, ceramics, potter and florist

Facilitator: Bob Michl

Day/Dates: Thu, Mar 27, April 3, 10, 17, 24, May 1

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

Location: Gartens Studio. Located on the 2nd level between A Novel Idea and Tsuru

Enrollment Limit: 8

Cost: \$70 includes all supplies, glaze, and firing of projects

Simply Salad and Dessert



LIF179L

After the cold winter months filled with comfort food, it's time to lighten and brighten things up. Discover the art of creating fresh, flavorful and fuss-free dishes. Learn to craft vibrant, nutritious salads that go beyond lettuce, exploring a variety of ingredients, dressings and presentation techniques. Then, satisfy your sweet tooth with quick and easy desserts that deliver maximum flavor with minimal effort. Bring three containers to take home your delicious creations.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Jeanette Wellsandt

Day/Dates: Thu, April 3, 10

Registration Deadline: Thu, March 27.

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

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

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

Enrollment Limit: 14

Cost: \$30 includes cost of course plus supplies

How AI and Tech are Reshaping the Workplace



Over the past twenty years, the pace of change has continued to accelerate, especially in how, where and why people work. We will explore how technological advancements, the influence of global economic events (e.g., dotcom bust, Great Recession, COVID-19 pandemic, etc.), Artificial Intelligence and other macro trends have evolved the world of work. We will also explore the implications and predictions for the future.

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

Facilitator: Marie Trayer

Day/Date: Thu, April 17

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

Cost: \$10

Register for only one format:

L&L038Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L038L

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

Enrollment Limit: 28

Who's Who in the Trump Administration



Who are the key players in the newly installed Donald Trump second term administration? As of December 2024, nominees for most of the key positions were announced. Many will require confirmation from the U.S. Senate. Some are controversial: Will all be confirmed? When this class occurs, we should know the key players and what their appointments may indicate about the priorities of the second Trump administration. We will profile the cabinet members and other key administration appointees. You cannot tell the players without a program.

Instructor/Facilitator: Marvin Almy, OLLI member

Day/Date: Thu, April 24

Time: 11 a.m. – 12:30 p.m.

Cost: \$10

Register for only one format:

CON095Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON095L

Location: SCC-CEC, Auditorium

Enrollment Limit: 75

Constitutional Convention: Good Idea or Bad?



The U.S. Constitution of 1789 lays out the mechanism for calling subsequent conventions, but that mechanism has never been used. Now, Nebraska is one of 19 states who have signed on to the effort to call for a Convention of the States to propose amendments to the Constitution. A minimum of 34 states is required to make a convention happen.

Proponents say we need a convention to bring power back to the states and the people and out of the hands of bureaucrats. Opponents say the convention could endanger the nation's principles and institutions since the U.S. Constitution includes no rules or boundaries for what can be done at a convention.

This course's first session will feature a constitutional scholar explaining the history and philosophy behind the Constitution and the principles it lays out. At the second session, an opponent and proponent of calling a convention will present their arguments.

Instructors: Eric Berger, professor and associate dean, College of Law, UNL; Gavin Geis, executive director, Common Cause Nebraska; Laura Ebke, senior fellow, Platte Institute

Facilitators: Charlyne Berens, Randy Moody

Day/Dates: Thu, May 8, 15

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

Cost: \$15

Register for only one format.

CON099Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON099L

Location: SCC-CEC, Auditorium

Enrollment Limit: 75

Qigong: Refresh and Recharge



H&W005L

The ancient practice of Qigong, pronounced "chee-gong," focuses on improving balance, core strength, mental clarity, and flexibility. The slow and measured movements guarantee participants an excellent workout without the strain of jumping, quick movements, or floor work. Seated and standing forms will be practiced. Appropriate for individuals at all levels of ability.

Instructor/Facilitator: Tracie Foreman, retired community health educator, Health and Fitness, Aging Partners

Day/Dates: Thu, Mar 27, April 3, 10, 17, 24, May 1

Time: 1-2 p.m.

Location: American Lutheran Church, Fellowship Hall

Enrollment Limit: 30

Cost: \$35

Food Bank of Lincoln Tour: 40 Years of Feeding



The Food Bank of Lincoln works to alleviate hunger in Southeast Nebraska, where an estimated 1 in 10 neighbors, and 1 in 7 children, are experiencing food insecurity. In its most recent fiscal year, the organization connected neighbors in its 16-county service area to more than 9.1 million meals. Touring the Food Bank's new facility in Northwest Lincoln will offer insight into the operations of food banking and the programs and services addressing food insecurity in Southeast Nebraska, while answering common questions about food sources, community involvement and ongoing needs. The Food Bank of Lincoln is a proud member of the Feeding America Network.

Instructors: Michaella Kumke, president and CEO, Food Bank of Lincoln; John Mabry, vice president, Fundraising and Engagement, Food Bank of Lincoln

Facilitator: Nancy Mitchell

Location: Food Bank of Lincoln

Enrollment Limit: 30

Cost: \$10

Please register for only one session:

CON0301

Day/Date: Thu, May 1

Time: 1-2 p.m.

CON0302

Day/Date: Thu, May 1

Time: 3-4 p.m.



Lincoln Literacy: Bridgeway to a Better Life



Learn about Lincoln Literacy's outreach to the community and literacy services. The history of refugees/immigrants to Lincoln, current numbers and trends will be covered, plus a description of Lincoln Literacy and other agencies who provide services. Lincoln Literacy provides a continuum of services from beginner to advanced English, as well as workforce development focused classes in a variety of areas: certified nursing assistant, commercial driver's license, working in Lincoln Public Schools, or reentering a profession from their country of origin such as engineering, nursing, teaching, and more. Walk away with an increased awareness of the diversity in our community and the immense talents that these newcomers bring to Lincoln.

Instructor: Bryan Seck, executive director, Lincoln Literacy

Facilitator: Stephanie Nantkes

Day/Date: Thu, March 27

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

LIF098Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF098L

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

Enrollment Limit: 28

Whimsy at the IQM



ART171L

Enjoy a curator-led gallery walk of "Whimsy II: Birds of a Feather," an exhibition of fanciful and playful quilts at the International Quilt Museum. This exhibition of whimsical quilts is inspired by a unique quilt made entirely of feathers. Also on view is a 19th century red and green applique quilt with stylized peacocks, a traditional Hmong story quilt featuring chickens amidst images of daily life in a Hmong village, and a quilt with a colorful flock of birds frolicking on its top. Learn more about nineteenth and twentieth-century quilt making and the women who created quilts with unique visions of assorted avian creatures. After the class, stroll through the International Quilt Museum galleries viewing other exhibitions at your own pace.

Instructor: Carolyn Ducey, curator, Collections, International Quilt Museum

Facilitator: Patricia Crews

Day/Date: Thu, April 3

Time: 1-2:30 p.m.

Location: International Quilt Museum

Enrollment Limit: 30

Cost: \$15

Learning About the Game of Volleyball



LIF096L

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

Instructors: Maggie Griffin, club director and former Husker volleyball player; Bryce Hickerson, director of operations; Blake Rawlins, director, coach and player development.

Facilitator: Stephanie Nantkes

Day/Dates: Thu, April 10, 17, 24

Time: 1-2:30 p.m.

Location: Kinetic Sports Complex. The seating is mostly on bleachers; bring a bag or lawn chair to sit on the perimeter of the court if you wish.

Enrollment Limit: 65

Cost: \$20

Omaha's Home to History: The Durham Museum



HIS1220 (OMAHA)

Explore restored train cars, street cars, replica storefronts and farmhouses during this guided tour. Ponder numerous artifacts which showcase the area's history, and the role transportation played. Tour the Great Hall with all its art deco glory, including a functioning soda shop. The tour will also include temporary exhibits from the Smithsonian and National Archive. Be prepared to walk and stand the entire time.

Instructor: Kyle Chattleton, education services coordinator and public historian

Facilitator: Paul Paulman

Day/Date: Thu, May 1

Time: 1-2:30 p.m.

Location: Durham Museum.

Entering via 10th Street: Main museum entrance is located on this level. Accessible parking. Height restriction of 7.5 feet.

Entering via Leavenworth Street: Accessible for taller vehicles, staircase located in the middle of the parking lot up to the main entrance.

Enrollment Limit: 40

Cost: \$20



War Games: The Samuel Bak Museum



ART1640 (OMAHA)

Explore the various themes in the spring exhibition War Games at Samuel Bak Museum: The Learning Center. Learn how Samuel Bak uses toys and games to relate his experience of a childhood at war, and how Bak's current paintings call attention to ongoing children's human rights violations and why Holocaust commemoration remains vital in our contemporary moment.

Instructor: Alexandra M. Cardon, gallery manager/curator

Facilitator: Jeanette Wellsandt

Day/Date: Thu, April 3

Time: 3-4:30 p.m.

Location: Samuel Bak Museum, Omaha

Enrollment Limit: 25

Cost: \$10

Parking: A free three-level parking deck is located directly east of the museum



Pictures of Everything: 21st Century Art Appreciation



ART111L

Learn to view and interpret modern art with confidence. Delve into the diverse forms, styles, and techniques employed by contemporary artists as we explore the intersection of creativity and meaning. By viewing pieces at the Sheldon Museum of Art and in UNL faculty studios, develop the skills to decode symbolism, appreciate abstraction and connect with the narratives woven into each piece. Learn to recognize beauty in the unconventional and foster an appreciation for the richness and complexity of modern artistic expression.

Instructor: Aaron Holz, professor, Art, UNL

Facilitator: Kay Logan-Peters

Day/Dates: Thu, March 27, April 3

Time: 3-4:30 p.m.

Location: Sheldon Museum of Art. Be prepared to walk and stand for most of each class.

Enrollment Limit: 30

Cost: \$15

Explore Pawnee Lake by Kayaking



LIF020L

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Thu, May 8

Registration Deadline: Thu, May 1. *Cancellation after this date will be non-refundable, unless cancelled by UNL.*

Time: 3-6 p.m.

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

Enrollment Limit: 12

Cost: \$55

A Night Under the Stars at Branched Oak Observatory



SCI052L

Join OLLI members on an evening field trip to Branched Oak Observatory in nearby Raymond for an unforgettable astronomical experience. We will meet experienced professional and amateur astronomers, deepen our understanding of astronomy, and see for ourselves the deep-space wonders of the night sky. If conditions are favorable, we will peer through telescopes at various stars, clusters, and galaxies, including the mighty Milky Way. If clouds get in the way or the temperature plummets, we will gather in the heated educational center and see stored images. This first-rate observatory is equipped with state-of-the-art telescopes, including one that helps low-vision people see images on their tablets or phones if they're unable to view through the 'scope. We will come away with fresh knowledge and a new appreciation of the vast and varied universe overhead.

Instructors: Brian Sivill, Branched Oak Observatory board member, former president, Prairie Astronomy Club, board member and supervisor of Lincoln's Hyde Observatory; Michael Sibbernsen, co-founder and director, Education

Facilitator: Clay Farris Naff

Day/Date: Thu, March 27

Time: 7:30-9:30 p.m.

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

Enrollment Limit: 30

Cost: \$10

FRIDAYS

“Fri-Yay” Fitness Club



LIF003L

Enjoy the “golden years” with a healthy and strong body. Meet with a certified personal trainer to discover ways to incorporate physical activity and fitness into your daily life. All sessions will be broken into two main components: education and activity. Topics will include functional fitness, cardio training, strength training, flexibility training, balance exercises and core work. Modifications will be provided for all activities. Copies of the workouts will be provided to all participants so exercises can be done at home. Please wear comfortable work out attire and tennis shoes.

All participants must submit the health questionnaire and UNL Rec Center Waiver before beginning the workouts. The OLLI office will email electronic forms to fill out online and electronically sign prior to the first class.

Instructor: Madie Ewing, graduate assistant and personal trainer

Facilitator: David Dyke

Day/Dates: Fri, March 28, April 4, 11, 18, 25, May 2

Time: 8:30-10 a.m.

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

Enrollment Limit: 24

Cost: \$35

Which Lincoln Senior Retirement Community May Be Right for You?



LIF107L

Tour five senior independent living communities in Lincoln and learn what an active, carefree lifestyle can be. In the first session, we will learn the aspects to consider when selecting a senior living community, to ensure social, physical, medical, and financial needs are met. Then, each week we will tour one of five senior living communities in Lincoln gathering information specific to each facility such as type and number of units, costs, special amenities and features and

dining options. Start your search by learning about the different personalities of retirement communities.

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

Facilitator: Carla Fetch

Day/Dates: Fri, March 28, April 4, 11, 18, 25, May 2

Time: 9-10:30 a.m.

Locations: March 28, Bridge to Better Living; April 4, Legacy Terrace; April 11, Asher Point; April 18, Gateway Senior Living; April 25, Salt Creek Senior Living; May 2: The Landing

Enrollment Limit: 12

Cost: \$35



Terrific Terrariums

SCI070L

A terrarium is an ecosystem which is a careful balance of living and non-living things within a closed environment. Plants are producers that grow from a few basic inputs of water, minerals, and the atmosphere. Like our environment, we rely on plants for survival, and we enjoy the beauty of plants around us. Explore the science of terrariums through plant selection, creating a rooting medium, and balancing the atmosphere. We will also blend artistic elements as each participant makes their own terrarium to take home.

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

Facilitator: Lorrie Benson

Day/Date: Fri, March 28

Time: 9-10:30 a.m.

Location: UNL East Campus, Plant Science Building, Rm 275

Enrollment Limit: 24

Cost: \$30, including course fee and supplies: choice of four foliage plants, container, media, and decorator items. Additional plants can be purchased from the UNL Horticulture Club immediately following the class session. Attendees may bring their own transparent container with lid if they desire, with a minimum 3” diameter top opening and total volume more than 2-liters.

Understanding Blood Clots and Treatments



Explore the complexities of blood clotting disorders and the use of anticoagulants and antiplatelet therapies in older adults. This course provides 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, as well as strategies for balancing treatment efficacy and safety.

Instructor: Kailash Mosalpuria, MD, MPH, FACP

Facilitator: Jeff Grubbe

Day/Date: Fri, April 4

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

H&W080Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W080L

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

Enrollment Limit: 28

Post World War II German Artists in Film



HIS120L

Learn about two highly regarded German visual artists: Gerhard Richter (b. 1932 -), in a fictionalized treatment of his life and career, and Anselm Kiefer (b. 1945 -), in a documentary. The first film is "Never Look Away," 188 minutes, by Florian Henckel von Donnersmarck, the other is "Anselm," 93 minutes, by Wim Wenders. We will explore and discuss trends and works by several German visual artists, looking at works from both East and West Germany, and also reference works throughout the 20th into the 21st century. Discover how art is embedded within a given culture and has clear connections to political and social history.

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

Facilitator: Georgianne Mastera

Day/Dates: Fri, March 28, April 4, 11, 18, 25, May 2

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

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$35



OLLI in the Greenhouses



Who decides which annual plants will be in the city gardens and where do those plants come from? Lincoln city horticulturists will answer those questions and many more during this course in the city's public gardens section greenhouses. If you enjoyed the previous Sunken Gardens visits, you will be interested to learn about the theme for summer 2025. We will learn how Lincoln's gardens begin with seeds and grow into the beauty that we all appreciate.

Instructors: From Lincoln Parks and Recreation: Zach Halley, horticulturalist; Mike Fallon, senior gardener

Facilitator: Judy Hart

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

Enrollment Limit: 25

Cost: \$10

Please register for only one session:

SCI0351

Day/Date: Fri, March 28

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

SCI0352

Day/Date: Fri, April 4

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

The Wild Ride of Menopause: Long-Term Effects



Maybe the hot flashes and mood swings are in the past, but a great deal happens behind the scenes during menopause, and the effects have long-lasting implications. Those hormones have decreased, and we are learning to live by forgetting why we entered a room, changes to cognitive function to wearing clothes in layers so we can navigate when we are too hot or too cold. Explore those changes as well as bone health issues, reproductive tract relaxation and skin changes and obtain support to handle it all with humor and grace.

Instructor: Donald Gibbens, MD, OB/GYN specialty, Bryan Health
Facilitator: Bob Bleicher
Day/Date: Friday, April 11
Time: 11 a.m.-12:30 p.m.
Cost: \$10

Register for only one format:

H&W078Z

Location: Zoom Live Stream
Enrollment Limit: 100

H&W078L

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

HomeFit: How to Age in Place at Home



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

Instructor/Facilitator: Karla Frese, manager, Home Care Partners of Nebraska,
Day/Date: Fri, April 11
Time: 11 a.m.-12:30 p.m.
Cost: \$10

Register for only one format:

LIF002Z

Location: Zoom Live Stream
Enrollment Limit: 100

LIF002L

Location: SCC-CEC, Rm 213
Enrollment Limit: 24

Prepare to Care: Navigating Future Healthcare Options and Cost



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

Instructor/Facilitator: Karla Frese, manager, Home Care Partners of Nebraska
Day/Date: Fri, April 18
Time: 11 a.m.-12:30 p.m.
Cost: \$10

Register for only one format:

LIF055Z

Location: Zoom Live Stream
Enrollment Limit: 100

LIF055L

Location: SCC-CEC, Rm 213
Enrollment Limit: 24

Living Well with Parkinson’s Disease



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

Instructor/Facilitator: Karla Frese, manager, Home Care Partners of Nebraska
Day/Date: Fri, April 25
Time: 11 a.m.-12:30 p.m.
Cost: \$10

Register for only one format:

H&W015Z

Location: Zoom Live Stream
Enrollment Limit: 100

H&W015L

Location: SCC-CEC, Rm 213
Enrollment Limit: 24

Dementia Caregiving at Home



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

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

Day/Date: Fri, May 2

Time: 11 a.m. – 12:30 p.m.

Cost: \$10

Register for only one format:

LIF061Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF061L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Great Decisions 2025 Part II



We will discuss major foreign policy issues facing the United States. The Foreign Policy Association has selected eight topics, and we will cover the final four in Term 4. The course is a continuation of Great Decisions from Term 3. Each topic will be covered through FPA's 25-minute "Master Class" video lecture as well as written articles. You will be expected to read articles prior to watching the video each day of the class. Topics to be discussed in Term 4 include the future of NATO and European Security; AI and American National Security, India; between China, the West, and the Global South, and After Gaza; American Policy in the Middle East. Class members may purchase the "Great Decisions Briefing Book" online at www.fpa.org.

Instructor: Marvin Almy, OLLI member

Facilitator: Jim McLoughlin

Day/Dates: Fri, March 28, April 4, 11, 18, 25, May 2

Time: 1-2:30 p.m.

Cost: \$35

CON096Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON096L

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

Enrollment Limit: 28

Personal Art Collection of Dr. Amy Garwood



ART166L

Dr. Amy Garwood has decorated her medical office and patient clinic with a unique personal art collection. The collection includes paintings, photography, quilts, collages, tapestries, light up art, and a button wall. Each piece in the collection has a unique story. Some pieces were commissioned while others were garage sale finds. Some were created by Dr. Garwood herself while others were purchased during her travels at home and abroad. Join us for a walk around the clinic to view the art and hear Dr. Garwood's stories.

Instructor: Amy Garwood, M.D., Rheumatology and Osteoporosis Services PC

Facilitator: JoLynn Brown

Day/Date: Fri, March 28

Time: 1-2:30 p.m.

Location: Rheumatology and Osteoporosis Services PC

Enrollment Limit: 20

Cost: \$10

Open Studios: The Johnny Carson Center for Emerging Media Arts



ART169L

Join Founding Director Megan Elliott, along with faculty and students, at the Johnny Carson Center for Emerging Media Arts as they prepare for their annual Spring Open Studios. We will get a sneak peek at some of the projects they will be presenting and will have an opportunity to speak with the creators. After the class, stay for an evening of exploration and experimentation, and tour the Open Studios from 5-7 p.m. Examples of projects may include augmented reality (AR), virtual reality (VR), artificial intelligence (AI), the Internet of Things (IoT), 3D printing, interactive video, projection mapping and immersive experiences.

Instructor: Tim Ganser, managing director, Nebraska Repertory Theatre
Facilitator: Anne Diffendal
Day/Date: Fri, May 9
Time: 4-5 p.m. with Open Studios beginning at 5 p.m.
Location: Johnny Carson Center for Emerging Media Arts
Enrollment Limit: 50
Cost: \$10

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SUNDAY

“Seeing Double” at Assemblage



ART172L

“Seeing Double” will explore how we see by pairing characteristics such as composition, media, design, subject matter, historical context and premise. By simultaneously looking at the pieced ceramic shards of South Korean artist Yeesoookyung’s “Translated Vase” with Sandra Osip’s “Abandoned,” we notice similarities of structure and content. Overshadowed figures, such as Roger Bruhn’s New York City pedestrian passing a gigantic fashion image and Duvier Del Dago’s tiny image of Fidel Castro in a work titled “Teoria y Practica,” take on greater significance as we ponder them. Nebraska artist Merrill Peterson’s “Portrait of a Chair and House” considers the juncture between cognition and reality.

Instructors: From Assemblage—Anne Pagel, curator; A.J. Krakau, curator

Facilitators: Pat King and Lucy Lien

Day/Date: Sun, April 6

Time: 1:30–3 p.m.

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

Enrollment Limit: 70

Cost: \$10



Jeopardy: The Team Edition

LIF158L

“Jeopardy: The Team Edition” is a fun and engaging game designed in a group setting. Players are divided into teams, each consisting of members who bring their wealth of life experience and knowledge to the table. The game follows the classic format of the beloved TV show with a full-size electronic game board. Teams take turns selecting categories and point values from the game board, with each category representing a different topic of interest. Once a category and point value are chosen, the team is presented with a question. Instead of responding individually, team members collaborate to come up with the correct answer. This fosters teamwork, communication, and lively discussion among players. The team with the most points at the end of the game is crowned the Jeopardy champions, but the real prize is the camaraderie and memories shared during this delightful journey through knowledge and nostalgia.

Facilitator: Bob Michl

Date: Thu, April 3

Registration Deadline: Thu, Mar 17.

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

Time: 5-7 p.m.

Location: Eastmont, Performing Arts Center

Enrollment Limit: 24

Cost: \$20 includes a light meal and drinks

A Culinary Experience: Your Adventure Awaits!

LIF087L

Tired of leftovers for lunch? Ready for a new eating adventure? Join us for lunch at the Great Plains Culinary Institute at Southeast Community College. In addition to a delicious buffet lunch prepared and served by the students, learn about the culinary program by taking a tour of the facility and observing a food preparation demonstration. Past participants are welcome to attend again. This facility is fully accessible; parking information will be provided prior to this event.

Instructors: From Course Restaurant, Southeast Community College: Jade Baber, executive chef; Shalaia Schrunk, front of house manager

Facilitators: Christy Hargesheimer, Leslie Ryan

Day/Date: Mon, April 7

Registration Deadline: Mon, March 24.

Cancellation after this date is nonrefundable unless cancelled by OLLI.

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

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

Enrollment Limit: 60

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



BLUEBARN Theatre Presents: “The Night Larry Kramer Kissed Me”

ART1670 (OMAHA)

David Drake’s unforgettable chronicle of self-discovery takes us with him as he awakens to gay pride and answers the call to action. We travel with him through the height of the AIDS crisis and into a dream of the future where anyone can walk anywhere, hand-in-hand, without condemnation or fear. We will never stop fighting for the freedom to love. We will never forget those we have lost. Join the production team for a pre-show talk and backstage tour.

Facilitator: Jeanette Wellsandt

Day/Date: Sun, April 13

Registration Deadline: Thu, March 27.

Cancellation after this date is nonrefundable unless cancelled by UNL.

Time: 12:45–3:15 p.m.

Location: BLUEBARN Theatre, Omaha

Enrollment Limit: 20

Cost: \$45



The Sights, Smells and Tastes at Arbor Day Farm

(NEBRASKA CITY)

Ride over the trails and journey into the heart of the orchards and forest on a tractor-pulled wagon. See and learn from an experienced tour guide about Arbor Day Farm’s native trees and animals, tree research, orchards, and history. Discover the rich history of the area, including the grand home of the Morton family where the idea for the first Arbor Day holiday was conceived. Begin with a self-guided tour with a short video relaying the history of the Morton family and their magnificent home. Explore the 52-room mansion, see the carriage house and grounds, and be inspired to plant a tree. Enjoy lunch with Porter’s. View apple orchards in bloom. Learn about apple development. Peek into the world of honeybees and how flowers are pollinated. Enjoy Wine Tasting before our final tour. End the day with a tour of Lied Lodge.

Presenters: Laura Steinman, coordinator, Arbor Lodge, Arbor Day Foundation; Ben Heusinkvelt, grounds and orchard manager; Sara Wiebold, beverage manager and sommelier

Facilitator: Abi Shelbourn

Day/Date: Thu, April 17

Registration Deadline: Thu, March 27.

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

Register for only one session:

SCI071L (Lincoln)

Time: 8:30 a.m.–5:30 p.m.

Location: Lincoln participants meet at the Lincoln Gateway Mall parking lot just north of Dillard’s parking deck to board the bus. Depart Gateway Mall at 8:30 a.m. Personal vehicles can be parked in this area for the day.

Enrollment Limit: 40

Cost: \$120 includes transportation, admission fees, lunch and wine tastings

SCI0710 (Omaha)

Time: 10 a.m.–4:30 p.m.

Location: Meet at Arbor Day Farm.

Enrollment Limit: 10

Cost: \$75 includes admission fees, lunch and wine tastings

Breakfast with UNL Athletics: Janet Sellon, Team Physician

LIF180L

Dr. Janet Sellon, MD, serves as a team physician for the Nebraska athletic department. Janet earned her undergraduate degree at UNL while starting for the Husker volleyball team. She was a three-year starter and Nebraska's first three-time All-American and an NCAA Woman of the Year, twice leading Nebraska to the NCAA Tournament semi-finals. She went on to earn her medical degree from the University of Nebraska Medical Center and completed her residency at Lincoln Medical Education Partnership. She has practiced family medicine in Lincoln since 1999 and joined the Husker staff in 2021.



Presenter: Janet Sellon, MD., Nebraska team physician and former NU volleyball standout

Facilitator: Bob Michl

Day/Date: Fri, April 18

Registration Deadline: Thu, April 10.

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

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

Location: Hy-Vee, 84th and Holdrege, upstairs club room.

Enrollment Limit: 40

Cost: \$20 includes breakfast. Please contact the OLLI office with any dietary restrictions.

Joslyn Museum and Luminarium Adventure

(OMAHA)

At the Joslyn Art Museum, see classic paintings, beautiful Chihuly glass sculptures, and experience the magical sculpture gardens. Dinner will be catered in a private room at Joslyn. At the Luminarium, take the opportunity to participate in several exhibits and experiences. Enjoy "Catch Waves", which is a hands-on exploration of motion, light, sound, and heat; "Dig Deeper" by exploring land, water, structures, and tools. Plus, "Explore the Human Experience," including cells, life, and the community. "Play" with so many more patterns, towers, and structures to help expand knowledge and spark joy.

Presenters: Joslyn Art Museum: Various docents; Alexis Belme, assistant, Learning & Engagement; Kiewit Luminarium: Self-Guided

Facilitator: Judy Hart

Day/Date: Thu, April 24

Registration Deadline: Thu, April 3.

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

Locations: Joslyn Art Museum; Kiewit Luminarium, Omaha

Register for only one format:

ART170L (Lincoln)

Time: 2:30-10:30 p.m.

Location: Meet at the Lincoln Gateway Mall parking lot just north of Dillard's parking deck to board the bus. Depart Gateway Mall at 2:30 p.m. Personal vehicles can be parked in this area for the day/evening.

Enrollment Limit: 40

Cost: \$95 includes transportation, admission fees and dinner

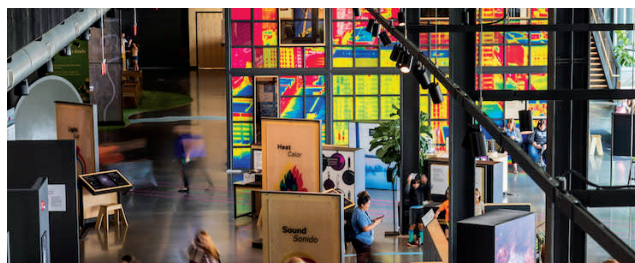
ART170O (Omaha)

Time: 4 p.m.-9:30 p.m.

Location: Meet at Joslyn Art Museum

Enrollment Limit: 10

Cost: \$60 Includes admission fees and dinner.



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 will get together once a month to delve into the background and history of 20th century (and beyond) movement and trends in fine art, photography, and other creative activities. Participants bring their own ideas and questions about the ways in which creative mediums have evolved over the last century and engage in lively discussions led by artist, filmmaker, photographer, and gallerist Michael Farrell. Micheal will use the visual resources he has collected and used in teaching and creating over the past fifty years.

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. The group may assist in developing OLLI special events or travel programs involving baseball.

Coordinators: Marvin Almy, hmalmy@aol.com, 402-786-5856; Bill Fagler, bill.fagler@gmail.com, 402-430-8289; Jon Hamilton, playingwiththepossibilities@gmail.com, 402-261-5979

Day: 2nd Tuesday of each month

Time: 3-4:30 p.m.

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

Biking the Trails

Gather with OLLI friends to ride local bike trails in and around Lincoln.

Coordinators: Marilyn Hahn, marilynahn@icloud.com; Tim Shaw, timothyfshaw@gmail.com

Meets: Weekly rides during the warm season months

Bridge Players

The group consists of sets of four playing 18 hands of party bridge using tallies for partners.

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

Coffee and Conversation

Feel like some wake-up conversation? Join other OLLI members for a one-hour Zoom session to discuss a question posed by the coordinator prior to the week's session. Chat about everything except politics.

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Every Tuesday

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

Conversational Spanish-Over Zoom

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

Coordinator: Jack McGann, jackmcgann1@mac.com.

Contact the coordinator for the Zoom link.

Day: Tuesdays

Time: 1-2:30 p.m.

German Language and Culture

If you have been exposed to the German language in the past and would like to refresh some of those skills in speaking, reading and comprehension, please join in this OLLI Interest Group. In addition, the meetings also include discussions of German history and culture, as well as an on-going review of current events in Deutschland.

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 importance. The leaders introduce topics and raise stimulating questions for participants to discuss.

Coordinator: Peter Levitov, plevitov1@unl.edu

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

Day: First Wednesday of each month, September through May

Time: 3-4:30 p.m.

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

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

Meditation

The group is open to any OLLI member who has an interest in meditation. The focus is to talk about the practice of meditation and some of the challenges that arise with meditative time. Each meeting includes a 15-to-20-minute guided meditation. You do not need experience in meditation to participate. Participants sit in chairs.

Coordinator: Margaret Rickers, mrickers14@gmail.com

Day: Second Thursday of each month

Time: 1:30 p.m.

Location: First-Plymouth Congregational Church, 20th & D Sts., Calvert Parlor, Lincoln. Enter through the west door. The mediation group may meet on Zoom during the winter months.

My Backyard

Explore all things connected with the landscape. Discussions include site preparation, landscaping, lawn care, soil amendments, gardening, seeds, plants, weeds, composting and the wildlife associated with the landscape, i.e. pollinators, insects and birds. In addition, there are field trips, guest speakers and subject-matter experts to make presentations at meetings.

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

Day: Last Tuesday of each month

Time: 10-11:30 a.m.

Matinee at the Ross

Join fellow OLLI members and their guests for a Friday matinee movie at the Mary Riepma Ross Media Arts Center on UNL's City Campus at 313 N. 13th St. No reservations needed. Just show up for a great start to the weekend.

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Friday

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

Out to Lunch

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

Contact Nancy Whitman for more information. Days/**Time:** Meets twice a month, typical around the traditional lunch hour.

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

Politics

This group is open to all regardless of political persuasion – the more viewpoints the better.

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

Day: Third Thursday of each month

Time: 3-4:30 p.m.

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

Reading Groups

OLLI book clubs generally limit their membership to 15 or less. There are currently several groups, some which are open for addition OLLI members, both women and men.

Coordinator: Kay Rockwell,
krockwell1@unl.edu

Science & Technology

Explore science and technology and learn about the impact of new science and technology to society. All sciences and technology is eligible for consideration and discussion.

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

Day: Third Friday of the month

Time: 2-3:30 p.m.

Location: Rock-N-Joe Coffee, 5025 Lindberg St., Lincoln

Story Analysis

If you enjoy a deep dive into literature, each month we read a work selected by members of the group. Share your responses to the story, insights on the author's background and style, how a novel's structure and narrative approach aid the storytelling, or what historical events or philosophical movements might have influenced this author's work.

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

Day: 2nd Thursday of each month, Jan through Nov

Time: 4 p.m.

Table Tennis

Join our table tennis interest group. Everybody plays. No pressure. Simply show up and bring your favorite paddle. Some paddles are available. This group is for OLLI members of any ability. Come meet others who share your passion for ping pong.

Coordinator: Larry McClure,
lmerkmcclure@yahoo.com

Days: Tuesdays and Thursdays

Time: 12:30-2 p.m.

OLLI-UKES (Ukulele)

Join others who enjoy playing the ukulele. All levels are welcome, from beginners to experienced players.

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

Enjoy the invigorating weather and improve your health at the same time. The group gathers at Holmes Lake, rain or shine. Make sure to 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

The OLLI writers group meets monthly to share writings and practice the craft through generative writing exercises. Beginners as well as more experienced writers are welcome. Those interested are organized in groups of five members by the interest group coordinator. Contact the coordinator for additional information.

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.

Walking Omaha

Enjoy the invigorating weather and improve your health at the same time. The group gathers twice a month at Elmwood Park Pavilion on the 2nd Tuesday of the month and at Flanagan Lake on the 4th Tuesday of the month. If the weather prohibits outdoor walking, the group will meet at Westroads Mall.

Coordinator: Amy Owens,
ajowens1928@outlook.com

Day: 2nd and 4th Tuesdays of the month

Time: 9 a.m.

Location: 2nd Tuesday, Elmwood Park Pavilion;
4th Tuesday, Flanagan Lake



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OLLI Member Discounts

Angels Theatre Company

Offers a ticket discount to OLLI members.
angelscompany.org

Arts for the Soul

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

Friends of the Mary Riepma Ross

Media Arts Center

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

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

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

Lincoln Community Playhouse

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

Nebraska Brass (NEW)

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 (NEW)

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

Nebraska Jazz Orchestra (NEW)

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 fee still applies. 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

Check out OLLI online!

- Membership information
- Online course catalog
- Course registration
- Curriculum resources



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

I would like to be assigned an OLLI ambassador.

FOR OFFICE USE ONLY

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

2024-2025 Membership Registration -- Check One		Cost
<input type="checkbox"/>	I am a current 2024-2025 OLLI member.	\$0
<input type="checkbox"/>	I am purchasing a 2024-2025 mid-year membership (Valid through July 31, 2025).	\$50
Course or Event Registration:		
Number	Name	Cost
Total Payment (Membership + Course Cost + Event Cost)		

Payment Method:
Check or money order payable to *University of Nebraska-Lincoln* Check # _____ Amount _____
Credit Card [] Visa [] MasterCard [] Discover [] American Express
Credit Card Number _____ **Expiration Date** _____

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

General Information and Policies

Animal/Pet Policy

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

Course Recording Policy

OLLI at UNL selects certain courses to record for future use. Recordings are not shared with members due to a 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, 8 a.m.-4:30 p.m. central time, 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:

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).

UNIVERSITY OF
Nebraska
Lincoln

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P.O. Box 830800
Lincoln, NE 68583-0800

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UNL does not discriminate based upon any protected status.

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