

OSHER LIFELONG LEARNING INSTITUTE



# OLLI at UNL

Course Catalog: Fall Term 2 2024

*Curiosity never retires*



UNIVERSITY OF  
**Nebraska**  
Lincoln®

**Registration Begins**  
**Tuesday, October 15, 2024, 8 a.m. (CT)**

**Term Dates:** Oct 28-Dec 13, 2024

# schedule at a glance

All times are Central Time

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<b>Cover Photos:</b> OLLI members meet and learn from indigenous artist Angela Two Stars, a Minneapolis-based public artist and curator who recently exhibited at the Great Plains Art Museum in Lincoln. <i>Photo Credit: Loren Rye, UNL Pixel Lab.</i>		

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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.

## Course Location Key

### LINCOLN LOCATIONS

**American Lutheran Church**, 4200 Vine St.  
**Anderson Branch Library**, 3635 Touzalin Ave.  
**Assemblage**, 1828 N. St.  
**Bridge to Better Living**, 4230 Pioneer Woods Drive, Ste. B  
**Course Restaurant**, Great Plains Culinary Institute, Southeast Community College, 8800 O St.  
**Doane University**, Fred D. Brown Center, Lincoln Campus, 303 N. 52nd  
**Duncan Aviation Facilities**, 3701 Aviation Rd.  
**Eastmont Senior Living Center**, 6325 O St.  
**Grand Lodge**, 4400 S. 80th St.  
**Great Plains Art Museum**, 1155 Q St.  
**Heritage Room**, Bennett Martin Public Library, 136 S. 14th St.  
**Hy-Vee**, 1601 N. 84th St.  
**International Quilt Museum**, 1523 N. 33rd St  
**Lied Center for the Performing Arts**, 301 N 12th St.  
**Lincoln Duplicate Bridge Club**, 237 S. 70th St., #205  
**Museum of American Speed**, Speedway Motors, 599 Oak Creek Dr.  
**Nebraska State Capitol Building**, 1445 K St.  
**Pemberly Place**, 7655 Archer Place  
**Pieloch Pet Adoption Center**, 6500 S. 70th St.  
**Saro Cider**, 1746 N St.  
**Savannah Pines**, 3900 Pine Lake Road  
**SCC-CEC**, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place  
**Screamers Dining & Cabaret**, 803 Q St., Ste 150  
**Sheldon Museum of Art**, 12th and, R Sts.  
**Steve Joel District Leadership Center**, 5905 O St.

**The Legacy**, 5600 Pioneers Blvd.  
**The Scarlet Hotel**, 2101 Transformation Drive  
**Union College**, Lang Amphitheater-Krueger Science and Math Bldg., 49th & Bancroft Sts.  
**Unitarian Church of Lincoln**, 6300 A 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 Love Library**, 1318 R St.  
**UNL Temple Building**, Howell Theatre, 1209 R St.  
**Walt Branch Library**, 6701 S. 14th St.  
**Wyuka Stables**, 3600 O St.

### OMAHA & OTHER LOCATIONS

**American Cancer Society Hope Lodge**, 8030 Farnam Dr., Omaha  
**Ashland Public Library**, 1324 Silver St., Ashland  
**Glacial Till Cider House and Tasting Room**, 1419 Silver St., Ashland  
**Hot Shops Art Center**, 1301 Nicholas St., Omaha  
**James Arthur Vineyards**, 2001 W. Raymond Rd, Raymond  
**Jewish Community Center**, 333 S. 132nd St., Omaha  
**Malcom X Birth Site & Museum**, 3448 Evans St., Omaha  
**Omaha Public Schools Teacher Administration Center (TAC) Bldg.**, 3215 Cuming St., Omaha  
**University of Nebraska-Omaha**, Biomechanics Research Bldg., 6160 University Dr., Omaha  
**Samuel Bak Museum**, 2289 S. 67th St., Omaha  
**St. Augustine Episcopal Church**, 285 S. 208th St., Elkhorn  
**Willow Point Gallery and Museum**, 1431 Silver St., Ashland

## Membership & Registration

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

### Membership Fee

An annual membership is \$75, valid from August 1, 2024-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](http://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

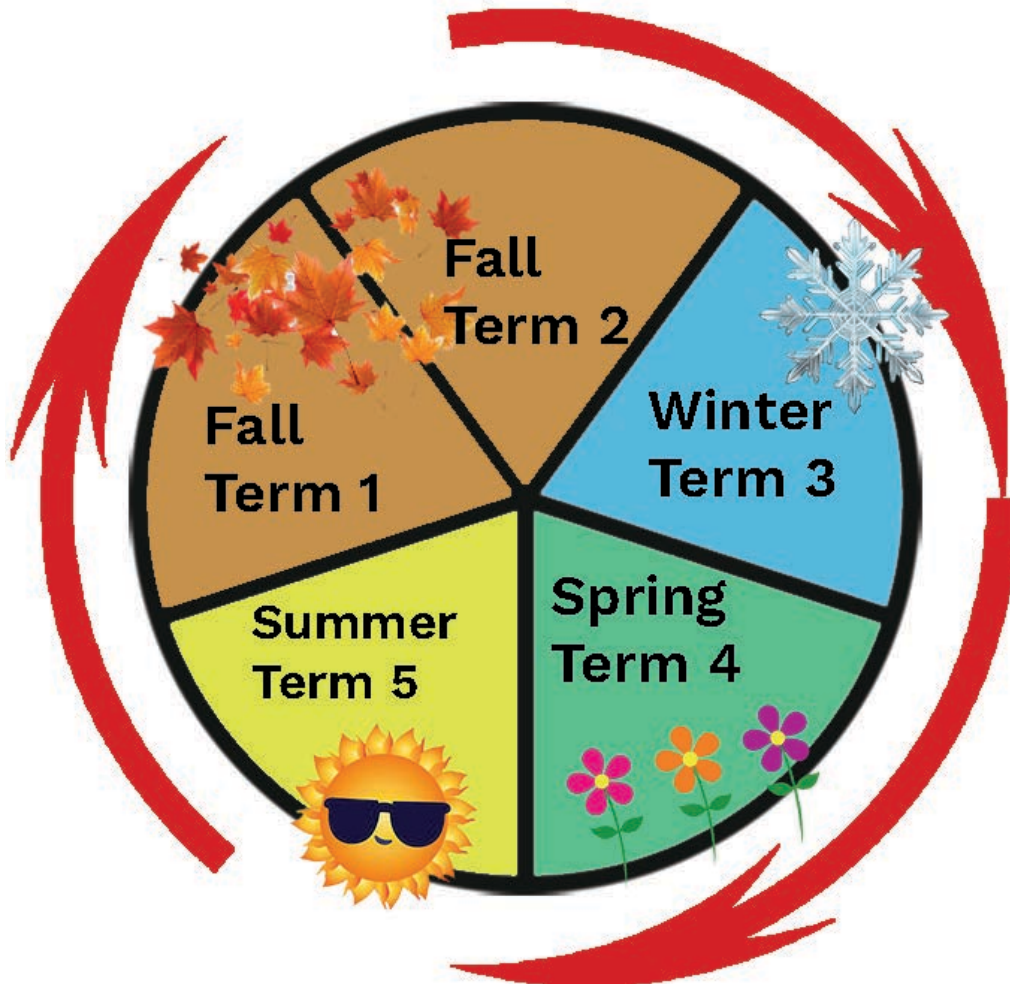
The Osher Lifelong Learning Institute at UNL believes the opportunity to take courses and participating in a rich

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

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## TERM DATES

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

- Fall Term 2—Oct 28-Dec 13, 2024
- Winter Term 3- Jan 21-March 3, 2025
- Spring Term 4- March 24-May 3, 2025
- Summer Term 5—June 2-July 11, 2025

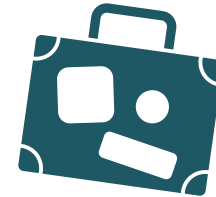
## COURSES

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. 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.



## **The Rhine River Cruise | April 10-19, 2025**

Explore the Rhine and its tributaries as you sail through Switzerland, Germany, and the Netherlands aboard the Emerald Destiny. Along the Rhine, you'll find picturesque landscapes dotted with colorful tulip fields, secluded castles, bustling metropolises, medieval towns, half-timbered homes, and modern architecture. Each destination is more impressive than the next, with unique histories and traditions.



## **Philadelphia Freedom | June 9-14, 2025**

Be one of the first to celebrate the 250th anniversary of America! See where our nation's two most important documents were signed, explore the life and character of Benjamin Franklin, and savor the flavors of Philly's culinary scene. Brandywine Valley and the Poconos also await!!



## **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](mailto:info@stardestinations.com)**

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

# OLLI Member Art Show

OLLI is excited to announce the 2024 OLLI Member Art Show. The exhibition will be held November 13-24, 2024, at the Unitarian Church of Lincoln, 6300 A St. The show will be open to the public. So, everyone is welcome to view the artistic and creative talents of OLLI members. The exhibition will showcase framed works of sketching, painting, printed art and photography. A reception is planned for November 17, 2-4 p.m. at the Unitarian Church. The church is open Monday through Friday, 9 a.m.-4 p.m., and noon on Sundays.



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# Programming on Demand

Learn at your convenience!



## CAN0011

**Cost:** \$30

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

**All programming originates from OLLI at UNL.**

### **Edith Wilson: The First Lady Who REALLY Ran the Country – 3 sessions**

Was she an unconstitutional usurper or a devoted wife? President Woodrow Wilson's second wife, Edith, was a wealthy, beautiful and brilliant D.C. businesswoman. In October 1919, President Wilson suffered a near-fatal stroke which was enveloped in secrecy. Fed misleading information, the press and the cabinet were shut out for the next 18 months. Who was running the country? All visitors, paperwork, personnel decisions went to Edith who said her top priority "was first my beloved husband whose life I was trying to save" and "after that he was President of the United States." Edith, one of American history's most influential and complicated women, wielded unauthorized power as the first unelected woman to govern the country.

### **The Vietnam War: Origins, Impact and Legacy – 6 sessions**

In July 2023, Governor Pillen visited Vietnam to pursue trade opportunities. Fifty years prior, the last American soldier left Vietnam. This course discusses the origins of the Cold War in the 1950's, the traumatic 1960's, and the American withdrawal in 1973. Our memories paint pictures of this unique period of history; these discussions help clarify those memories and present new facts that further explain our involvement and withdrawal.

### **Fascism: A Warning from History – 4 sessions**

The word "fascism" has been increasingly used to describe some modern political movements across the world. It is a loose, incoherent, and conflicted collection of ideologies, myths and hatreds that is difficult to define. To understand

the concept, you must understand its history. Explore its origins in Benito Mussolini's Italy, its zenith in Nazi Germany, its continued influence in Cold War-era Spain and other manifestations throughout history. Discussions regarding today's political movements are also addressed.

### **The Role of Science: Exploring Acceptance and Denial in American Society – 2 sessions**

Science denial is the rejection or doubt of scientific facts or consensus, often motivated by personal, social, or political reasons. Science denial can have serious consequences for public health, environmental protection, and social justice. Learn about the psychological and historical factors that contribute to science denial, and the strategies and skills that can help individuals overcome it. The instructors also explore the ethical and civic implications of embracing science as a way of understanding and improving our world.

### **Podcasts: Free, Fun and Customized for You – 2 sessions**

Podcasts are on-demand user-selected audio content that allows listeners to go beyond radio's geographic and temporal restrictions and listen to content at their leisure. Learn from an avid fan of podcasts (specifically true crime) about how this new information source came to be, how to get started enjoying podcasts, and recommendations for a few to try.

### **Education of African American Children following Slavery – 1 session**

Approximately 5,357 schools were built, a century ago, in the American South with funds from a wealthy Jewish philanthropist for Black children who had largely been ignored

by Whites in power. These schools became known as Rosenwald Schools in honor of philanthropist Julius Rosenwald who partnered with African American educator and activist Booker T. Washington to erect schools in 15 states to educate thousands of Black boys and girls across the Jim Crow South. This session discusses the impact of these schools and contextualizes their mission in the histories of American progressivism, racial segregation, education, and philanthropy.

### Healthy Watersheds, Thriving Community – 1 session

We all live in a watershed, and the health of our watersheds is essential for our thriving community. Healthy watersheds provide clean water, flood control, habitat for wildlife, recreation opportunities, economic benefits, and improved quality of life. The Antelope Valley project is a great example of this, providing significant flood reduction, transportation improvements, recreational uses, and an entertainment hub for our community. Learn how the City of Lincoln manages our local

watersheds to protect homes, businesses, and infrastructure from flooding and stream erosion, improve water quality and other natural resources, and increase our communities' resilience to a changing climate.

### Dear Judy: A Memoir from the Inside Out – 1 session

Michael James, author of *Dear Judy – A Love Story Rewritten by Alzheimer's* offers a “back-of-house” exploration of the writing of his recently published memoir. Learn about his day-to-day approach to making time to write, his decision-making as the book developed and evolved, and his interface with his first readers and editors. He reads a few excerpts to illustrate key points and addresses questions both about the book's creation and about the experiences it details.

### The First Amendment: Is It Always First? – 6 sessions

Americans value their First Amendment right to free expression – as well as other rights, and sometimes those rights clash with each other. What about a person's right to privacy versus the right to free speech? What about taking a knee during the Pledge of Allegiance versus displaying grateful patriotism? And how much freedom of expression should college students and faculty be able to exercise? What about protesting government restrictions during a pandemic? Should we be able to regulate speech on social media platforms?

### Learning from Nebraska's “Never Event” – 1 session

History unexamined may become history repeated. This simple premise and a desire to save lives led to the true story of one of America's largest outbreaks of Hepatitis C resulting from healthcare transmission in the book “A Never Event: Exposing the Largest Outbreak of Hepatitis C in American Healthcare History.” The event took place in Nebraska in 2002. A “Never Event” is a term used to describe a preventable medical tragedy. Presenters lead a discussion about lessons learned from the many tragedies that resulted



**HoriSun Hospice Community Foundation**  
402-484-6444

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

[www.horisunfoundation.org](http://www.horisunfoundation.org) | Phone: 402-484-6444

# 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 Carmen, Corporate Recruiter

**Location:** Duncan Aviation

**Enrollment Limit:** 20 per session

**Cost:** \$10

**Parking:** Information will be sent to registrants.

**Please register for only one session:**

### LIF0451

**Facilitator:** Charlotte Frank

**Day/Date:** Mon, Oct 28

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

### LIF0452

**Facilitator:** Stephanie Nantkes

**Day/Date:** Mon, Nov 4

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

### LIF0453

**Facilitator:** Jeanette Wellsandt

**Day/Date:** Mon, Nov 11

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



**DUNCAN  
AVIATION**

## Health, Nature and the Built Environment

Explore the vital connections between our health and the environment. Learn the historical evolution of human health in relation to urban and rural settings, focusing on the management of water, waste, light, air, heat and the incorporation of nature into cityscapes. Examine ways to create healthier indoor environments by emphasizing the significance of natural daylight, views, acoustic and thermal comfort, and thoughtful selection of building materials. We will address the crucial topic of microbial management, offering perspectives on how the built environment can mediate and mitigate disease transmission, which is explored through the lens of common hospital associated Infections, as well as pandemics such as measles, influenza and COVID-19. Learn insights for enhancing human health through design and management of our built environments.

**Instructor:** Kevin Van Den Wymelenberg, dean, College of Architecture, UNL

**Facilitator:** Charlyne Berens

**Day/Dates:** Mon, Oct 28, Nov 4, 11

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

**Cost:** \$20

**Register for only one format:**

### CON084Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON084L

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

**Enrollment Limit:** 28

## Omaha Women and Civil Rights

### HIS1090 (OMAHA)

Learn the role that Omaha woman played in the local civil rights movement. Dr. Eileen Wirth will be joined by women who participated in the movement. The first session will include an overview of women in the local civil rights movement including the contributions of “Omaha Star” publisher Mildred Brown, Judge Elizabeth Pittman, the first African American elected to the School Board, and the DePorres Club, a Creighton

student group that worked for desegregation. Explores civil rights, Omaha Public Schools (OPS) and the fight against racism in OPS, including its history of segregation and employment discrimination, the landmark local school discrimination lawsuit and progress in combatting racism. As a bonus, OPS will offer a tour of the building and its magnificent auditorium.

**Instructor:** Eileen Wirth, Ph.D., professor emeritus, College of Journalism, Creighton University, and author of the book, “The Women Who Built Omaha”

**Facilitator:** Bob Michl

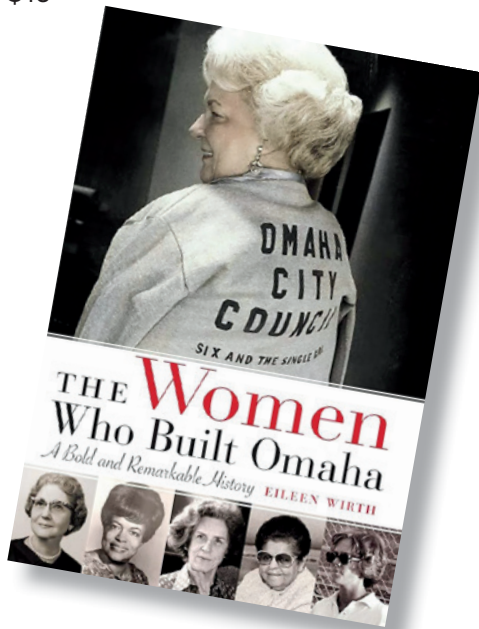
**Day/Dates:** Mon, Nov 4, 11

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

**Location:** Omaha Public Schools Teacher Administration Center (TAC) building, originally Tech High School. Parking is located east of the building. Enter on the east side into the Atrium. The room number will be posted there.

**Enrollment Limit:** 20

**Cost:** \$15



## Access to Healthcare in Lincoln



Explore a variety of aspects related to accessing different types and levels of healthcare in Lincoln. We will discuss access to primary care providers for all insurance types including Medicaid, Medicare and commercial insurance, plus specialty care providers. Learn about the options for patients with no insurance, including low-income clinics, applying for Medicaid, Medicare or insurance through the healthcare marketplace. Obtain a list of the local community agencies available for assistance and a description of the services they provide, as well as details about the Medical Assistance Program for patients with no insurance or high deductible insurance. In addition, learn about Bluestem Health, a federally qualified health center with four clinic locations in our community. Bluestem provides medical, dental and behavioral health services to all residents, both insured and uninsured.

**Instructors:** Joan Anderson, project coordinator, Lancaster County Medical Society Foundation; Brad Meyer, CEO, Bluestem Health

**Facilitator:** Bob Bleicher

**Day/Date:** Mon, Dec 2

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

**Cost:** \$10

**Register for only one format:**

**H&W067Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**H&W067L**

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

**Enrollment Limit:** 28

## Faux CFP Football Rankings



**LIF070L**

After its first ten seasons, the College Football Playoff is entering an exciting new era. The field of playoff-qualifying teams is expanding from four to twelve: the five highest-ranked FBS conference champions and seven at-large selections, based on ranking. The designated number of participants in this course will join the facilitator in forming a faux CFP selection committee. Using a process like that of the

real committee, participants will select and rank a weekly Top 25 from mid-season on, culminating in the final twelve that should be in the playoff for the national championship. The art of selecting and ranking teams can be based on several criteria. The fun is in the process of collecting and analyzing information, assessing the outcomes of regular season and conference championship games, applying the criteria, voting to determine rankings and comparing decisions with those of the real CFP committee.

**Instructor/Facilitator:** Jim Cunningham

**Day/Dates:** Mon, Oct 28, Nov 4, 11, 18, 25, Dec 2, 9

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

**Location:** SCC-CEC, Rm 403

**Enrollment Limit:** 18

**Cost:** \$40

## Respect Partisans on the Other Side? Impossible?



Partisan polarization is a defining feature of our times. Americans don't necessarily love their own party, but they hate the opposing party. Respecting these opposing partisans is extremely difficult, if not impossible, for most people. Yet we know that recognition respect (accepting that all people have intrinsic worth) and civic respect (being willing to listen to those with whom we disagree) are fundamental to democratic equality. Learn why respect is so important to democracy and why it is so hard to give to opposing partisans. We will begin by looking at novel data on recognition and civic respect. Then we will address the moralized worldviews that drive Democrats and Republicans apart. Respect is difficult, but it might be a major part of the solution to our fractured politics.

**Instructor:** Elizabeth Theiss-Morse, Ph.D.; professor, Political Science, UNL

**Facilitator:** Charlyne Berens

**Day/Dates:** Mon, Oct 28, Nov 4

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

**Cost:** \$15

**Register for only one format:**

**CON081Z**

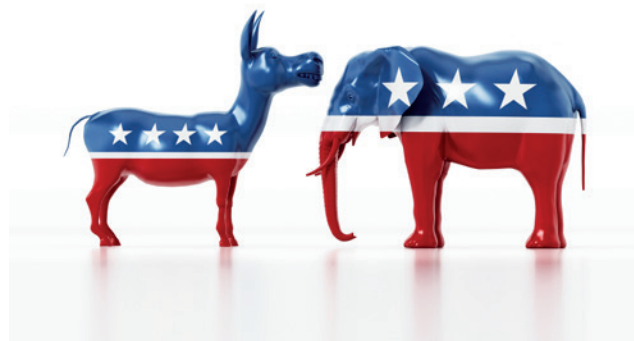
**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**CON081L**

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

**Enrollment Limit:** 28



## John Steinbeck's Big Novel: "East of Eden"



**L&L055L**

Steinbeck believed this novel, featuring the parallel lives of the Hamilton and Trask families in California's Salinas Valley, reflected the peak of his career. Building on the biblical story of Cain and Abel, the novel explores the nature of good and evil, rejection and the quest for love, and of one's individual choice. We will review Steinbeck's career and participate in in-depth discussion of the novel, the 1955 film adaptation featuring James Dean, and the 1982 TV mini-series that starred Jane Seymour. Netflix's plans to begin filming yet another mini-series version this fall underscores the movie "East of Eden" continuing appeal. The Penguin edition is recommended.

**Instructor:** Ernie Hines, retired journalist and OLLI member

**Facilitator:** Jane Hines

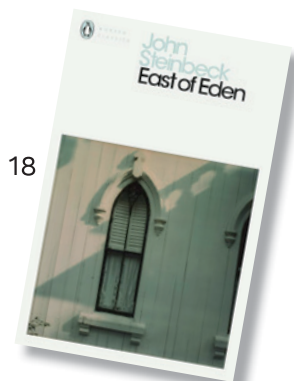
**Day/Dates:** Mon, Oct 28, Nov 4, 11, 18

**Time:** 11 a.m. – 12:30 p.m.

**Location:** SCC-CEC, Rm 405

**Enrollment Limit:** 24

**Cost:** \$25



## Malcolm X Birth Site and Museum



### HIS1100 (OMAHA)

Tour the Malcolm X Birth Site and learn the role of Rowena Moore, a civil rights “giant” and Omaha native in creating it. Moore has been elected to the Nebraska Hall of Fame.

**Instructor:** JoAnna LeFlore-Ejike, executive director, Malcolm X Memorial Foundation

**Facilitator:** Bob Michl and Lynn Roper

**Day/Date:** Mon, Nov 18

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

**Location:** Malcom X Birth Site and Museum  
OLLI members who would like to meet and carpool to the site should meet at Omaha Public Schools TAC building, originally Tech High School, 3215 Cuming St., Omaha by 8:40 a.m.

**Enrollment Limit:** 50

**Cost:** \$20



## The Life and Legacy of Dr. Susan LaFlesche Picotte



The first Native American female doctor in U.S. history earned her medical degree in 1889 and was a member of the Omaha tribe in Nebraska. She returned to her people to serve them on the 1,350 square miles of their Nebraska reservation. They were often sick with tuberculosis, smallpox, and measles, and she was their last hope. Her public health dedication caused a privately funded hospital in Walthill, NE to open in 1913 which is now being restored for medical and community use. She overcame racial and gender inequality to lead her people and advocate for social reforms.

**Instructor:** Joe Starita, author and biographer, emeritus professor, College of Journalism, UNL; Nancy Waltman, author and retired; Elizabeth Lovejoy Brown, executive director, Picotte Center.

**Facilitator:** Lynn Roper

**Day/Dates:** Mon, Oct 28, Nov 4, 11

**Time:** 1-2:30 p.m.

**Cost:** \$20

**Register for only one format:**

### HIS107Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS107L

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

**Enrollment Limit:** 28



## Museum of American Speed Tour



Tour one of Lincoln’s hidden gems, the Museum of American Speed, voted #1 by USA Today’s Readers’ Choice Award: Best Attraction for Car Lovers. This non-profit museum preserves, interprets and displays items significant in racing and automotive history. The collection results from the founders’ “Speedy” Bill and Joyce Smith’s personal involvement in racing and hot rodding, and their lifelong passion for collecting and preserving racing and automotive history. Come see where automotive history and the history of American ingenuity is on full display. The museum currently encompasses more than 250,000 square feet over three levels, so wear comfortable shoes for this unique experience.

**Instructor:** Museum Staff

**Location:** Museum of American Speed, Speedway Motors

**Enrollment Limit:** 20

**Cost:** \$15 includes admission fee

**Please register for only one session:**

### LIF1601

**Day/Date:** Mon, Nov 18

**Time:** 1-2:30 p.m.

**Facilitator:** Bob Michl

### LIF1602

**Day/Date:** Mon, Nov 18

**Time:** 3-4:30 p.m.

**Facilitator:** Charlotte Frank



## Fascism in the United States: A History



One narrative in contemporary politics is whether to define certain movements as fascist. We will take a long view of the history of fascism, beginning with its origins in Europe in the early 20th century and its defining characteristics. We will look at right-wing extremist groups, such as the KKK, which existed prior this period, and explore how fascism fit alongside these uniquely American movements. Individuals such as Huey Long and Father Coughlin exhibited fascist tendencies but never built effective political organizations. Charles Lindbergh and the America First movement certainly displayed Nazi sympathies and antisemitism and other racisms during the 1930s. The German-American Bund was a blatantly fascist organization but was blunted by the time the country entered WWII.

**Instructor:** Anthony Foreman, Ph.D., lecturer, History, UNL

**Facilitator:** Charlyne Berens

**Day/Dates:** Mon, Nov 18, 25, Dec 2, 9

**Time:** 1-2:30 p.m.

**Cost:** \$25

**Register for only one format:**

### CON083Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON083L

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

**Enrollment Limit:** 28

## Creating Chaos and Order with Art



### ART137L

Explore a wonderful lesson taught by a Museum of Modern Art (MoMA) docent several years ago to a group of Lincoln Public Schools art teachers. Using very simple materials, each of us will create a pair of artworks representing the opposing concepts of chaos and order. We will survey all our artworks for an ordering critique. Finally, we will each change both of our artworks. All skill levels are welcome.

**Instructor:** Joan Phelan, retired LPS elementary art teacher and OLLI member

**Facilitator:** Mary Ann Sullivan

**Day/Date:** Mon, Nov 4

**Time:** 1-3 p.m.

**Location:** Walt Branch Library, Meeting Rm 1

**Enrollment Limit:** 20

**Cost:** \$10

## The Question of Palestine



This is a two-class short introduction to the Arab-Israeli conflict, a long and violent conflict over the disposition of what was once British Western Palestine. We will trace the main outlines of history from the start of the Zionist movement circa 1897 to the creation of the state of Israel in 1948 and then its victory in the Six Day War of 1967. We will explore the more recent developments in the continuing conflict, from 1967 to the Gaza war resulting from the Hamas attack on Israel of October 7, 2023. The focus will be to review central facts and varying interpretations of their meaning. The instructor does not see himself as an advocate for any one political, religious, or ideological position.

**Instructor:** David Forsythe, professor emeritus, Political Science, UNL

**Facilitator:** Peter Levitov

**Day/Dates:** Mon, Dec 2, 9

**Time:** 3-4:30 p.m.

**Cost:** \$15

**Register for only one format:**

### CON080Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON080L

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

**Enrollment Limit:** 28

## Lincoln Public Schools Focus Programs: Innovative and Engaging



### LIF128L

LPS Focus Programs engage students by customizing their high school experience. They offer students an ever-increasing array of options to follow their passions and develop skills that will serve them well beyond high school. Learn about the successes and opportunities as the school district creates even more pathways to graduation. Then, register for the “LPS Focus Programs Student Panel” course to gain information about a specific Focus Program. Hear from a variety of students, first-hand, who have chosen to do school differently.

**Instructor:** James Blake, director, Strategic Initiatives and Focus Programs

**Facilitator:** Cherie Bayley

**Day/Date:** Mon, Nov 4

**Time:** 3:30-5 p.m.

**Location:** Steve Joel District Leadership Center, Boardroom. Park in the south parking lot area. The entrance to the building is on the east side with the boardroom located just inside the lobby area.

**Enrollment Limit:** 25

**Cost:** \$10

## Lincoln Public Schools Focus Programs Student Panel



### LIF161L

Register for the “LPS Focus Programs – Innovative and Engaging” course to obtain an overview of the ever-increasing array of options Lincoln high school students may use to customize their high school experience, following their passions and developing skills that will serve them well beyond high school. Then, register for and attend this session to gain information about a specific Focus Program where we will hear from a variety of students first-hand who have chosen to do school differently.

**Instructor:** James Blake, director, Strategic Initiatives and Focus Programs, LPS

**Facilitator:** Cherie Bayley

**Day/Date:** Mon, Nov 11

**Time:** 3:30-5 p.m.

**Location:** Steve Joel District Leadership Center, Boardroom. Park in the south parking lot area. The entrance to the building is on the east side with the boardroom located just inside the lobby area.

**Enrollment Limit:** 25

**Cost:** \$10

## Chair Yoga



### H&W057Z

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

**Instructor/Facilitator:** Casey Bogenrief, Yoga Instructor

**Day/Dates:** Mon, Oct 28, Nov 4, 11, 18, 25, Dec 2

**Time:** 8-8:45 p.m.

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** \$35



# 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. Do what works for you and learn 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. If you wear comfy clothing and come prepared to move, then you're ready for Dance Fitness. And yes, you can dance in a chair.

**Instructor/Facilitator:** Julie Enersen, certified Zumba instructor

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

**Time:** 9-9:50 a.m.

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** \$35

## Eating Well for Diabetes



### H&W069L

Eating healthy for pre-diabetes and diabetes not only helps to better manage blood glucose but impacts all areas of health and wellness. We will explore intentional eating for glucose control, meal planning, sharing sample diabetes meal plans and sampling recipes. Learn about exciting new eating strategies that are tasty and easy to implement.

**Instructor:** Jennifer Dunavan MS, RDN

**Facilitator:** June Ryan

**Day/Date:** Tue, Oct 29

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

**Location:** Hy-Vee Club Room, 84th and Holdrege St.

**Enrollment Limit:** 30

**Cost:** \$25, includes food samples

## Analyzing Movement of Athletes of All Ages



### H&W0700 (OMAHA)

Tour the UNO Sports Medicine and Biomechanics Lab, where science meets athletic performance. Explore cutting-edge methods used to analyze and enhance the movement of athletes across all age groups. The tour provides an in-depth look at how advanced technologies, such as 3D motion capture and force plates, are employed to assess and improve athletic performance while minimizing injury risk. Experience a live demonstration as a golfer's swing is analyzed, offering a firsthand view of the clinical assessments and data-driven insights that contribute to optimized training and rehabilitation strategies.

**Instructors:** From UNO Sports Medicine and Biomechanics Lab—Dr. Brian Knarr; Dr. Sam Wilkins; Dr. Adam Rosen; Cameron Jensen, athletic trainer; and graduate students

**Facilitator:** Bob Michl

**Day/Date:** Tue, Nov 5

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

**Location:** University of Nebraska at Omaha - Biomechanics Research Bldg.

**Enrollment Limit:** 20

**Cost:** \$10

## Water for Food: The High Plains/Ogallala Aquifer



Crops irrigated by water from the High Plains/Ogallala Aquifer comprise a significant portion of the world's food supply. This water is Nebraska's most important natural resource. Beginning about 31 million years ago, ashfall from eruptions of super volcanos to the west and southwest and then sediments carried by raging rivers flowing off the Rocky Mountains formed the aquifer. Learn about the geologic development of this feature and the impact in recent years of irrigation on the water in the aquifer.

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

**Facilitator:** Jeanette Wellsandt

**Day/Dates:** Tue, Nov 5, 12

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

**Cost:** \$15

**Register for only one format:**

### SCI034Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### SCI034L

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

**Enrollment Limit:** 28

### 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 builds 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

**Facilitator:** Kathy Grubbe

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

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

**Location:** American Lutheran Church, Fellowship Hall

**Enrollment Limit:** 20

**Cost:** \$30

### Powerful Queens and Warrior Women



An exploration of female leaders in the premodern world; how they got power, how they exercised it, and what their legacy grew to be. Learn about coercive regents, vengeful widows, women who were warriors, Christian mystics and martyrs, and religious manipulators. Gain an understanding of the roles, challenges and contributions of women in positions of leadership and power prior to the modern era.

**Instructor:** Vanessa B. Gorman, Aaron Douglas, professor, Teaching Excellence, History and Classics, UNL

**Facilitator:** Georgianne Mastera

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

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

**Cost:** \$35

**Register for only one format:**

### HIS102Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS102L

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

**Enrollment Limit:** 28

### The Holocaust and War: Wrestling with Faith



#### ART1340 (OMAHA)

Samuel Bak's paintings of the Holocaust and war wrestle with faith, religious traditions, and with the assurance of a divine blessing for Jewish people. Bak is not blind to the ceaseless wars that plague this planet. The Holocaust, a genocide of humankind's creation, is for him, only one example of the disregard for the Ten Commandments. His work illustrates society's failure to adhere to divine exhortations for peace. The presentation and exhibit uses Bak's work to pose larger questions of hope in the face of the endemic violence that exists in every country and every culture.

**Instructor:** Alexandra M. Cardon, gallery manager and curator

**Facilitator:** Bob Michl

**Day/Date:** Tue, Nov 5

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

**Location:** Samuel Bak Museum, Omaha

**Enrollment Limit:** 24

**Cost:** \$10

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



## Faith in the Public Square: Religion in Politics



From the pulpit on Sunday mornings to the bully pulpit of the American presidency, what role does religion play in our political life? Explore the latest research in the fields of sociology and political science about the role of faith in the public square and dive into three recent issue campaigns in Nebraska in which people of faith played a pivotal role in public policy change in Nebraska.

**Instructor:** Kaitlin Reece, Mdiv, BA, public policy advocate and ministry leader

**Facilitator:** Ruth Tomlinson

**Day/Date:** Tue, Nov 12

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

**Cost:** \$10

**Register for only one format:**

### REL025Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### REL0250 (ELKHORN)

**Location:** St. Augustine Episcopal Church, Elkhorn

**Enrollment Limit:** 24

### REL025L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

*Attendees will view the instructor via Zoom.*

## Capitol Tour: The Outdoors



### HIS108L

Join experts discussing the Nebraska Capitol architecture, artistic influences and history. Enjoy a morning stroll around the outside of the building and learning about the artwork and the philosophical reasons and approach behind each. Find out about the interrelationship of Hartley Burr Alexander, a philosopher and professor at UNL; Lee Lawrey, architectural sculptor; and Bertram Goodhue, capitol architect. Discover the architectural and philosophical messages of the Capitol external iconography, and how the panels were sculpted. If you attended the previous OLLI course reviewing the internal artwork, this course will complete your understanding of the totality and meaning of the artwork within and outside Nebraska's most magnificent and honored structure.

**Instructors:** Roxanne Smith, tourism supervisor

**Facilitator:** Charlyne Berens

**Day/Date:** Tue, Oct 29

**Time:** 1-2:30 p.m.

**Location:** Nebraska State Capitol Building. Meet across K Street from North entrance. Parking is on your own.

**Enrollment Limit:** 25

**Cost:** \$10

## Fires and Forges: Exploring Artistry



### ART1390 (OMAHA)

Hot Shops Art Center was created out of the desire to share molten resources and build creative community, brought to life with a little luck, a lot of 'what ifs,' and hard work that defines the people of Omaha. Over 100 artists work in this collaborative space. On this guided tour, visit the four anchor studios where pottery is fired at 2,300 degrees, glass is blown and bronze is cast at 2,100 degrees, and iron is forged at 1,900 degrees. In the 50 other studios of this living museum, see a variety of mediums including oil, pastel, photography, jewelry, fiber, weaving, quilting and more. Your visit concludes with an enchanting glassblowing demonstration, where molten glass takes on a life of its own under the expert hands of glass artisans. Witness the intense heat of the furnace and experience the artistry and skill required as the glassblower shapes, blows, and manipulates the molten glass into stunning works of art.

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

**Facilitator:** Bob Michl

**Day/Date:** Tue, Nov 5

**Time:** 1-2:30 p.m.

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

**Enrollment Limit:** 25

**Cost:** \$15



## Joan of Arc: Her Life and Afterlife



### L&L054L

Defying age, gender, and status, Joan of Arc, a peasant girl in fifteenth century France, became one of the most famous women in the medieval world. During Joan's time, the English had conquered much of France. Claiming that she was called to defend France by St. Michael, St. Katherine, and St. Margaret, Joan convinced the Dauphin to give her an army and turned the tide of the war before she was captured, put on trial by the English, and burned to death at the age of nineteen in 1431. We will concentrate on the actual Joan and religion and politics of her age. We will also examine the variety of ways Joan's story has been retold over the last six centuries in history, drama, poetry, art, and film and how these representations reflect the different historical eras in which they appeared.

**Instructor:** Carole Levin, director emeritus, Medieval and Renaissance Studies, UNL and Willa Cather Professor of History Emeritus

**Facilitator:** Deb Pearson

**Day/Dates:** Tue, Nov 12, 19

**Time:** 1-2:30 p.m.

**Location:** UNL Love Library (South), Special Collections, Rm 31

**Enrollment Limit:** 25

**Cost:** \$15

## Nebraska's Outdoor Treasures



Gain a holistic view of Nebraska's parks, blending history, natural beauty, and outdoor recreation to enrich your understanding and appreciation of Nebraska's unique offerings. Learn the rich history of Nebraska through its state historical parks. Get an in-depth look at Nebraska's eight state parks, including diverse landscapes, natural features, conservation initiatives and the best ways to explore these natural treasures. Take a look the unique opportunities for outdoor recreation and adventure, focusing on amenities, activities and landscapes and tips for making the most of our visit to these vibrant recreational hubs.

**Instructors:** From the Nebraska Game and Parks Commission—Bob Hanover and Bill Oligmueller, assistant division administrators; Tyler Wulf, Tommy Hicks, and Tyler Franciso, regional park superintendents

**Facilitator:** Jim Pinkerton

**Day/Dates:** Tue, Nov 26, Dec 3, 10

**Time:** 1-2:30 p.m.

**Cost:** \$20

**Register for only one format:**

### LIF164Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF164L

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

**Enrollment Limit:** 28

## Behind the Scenes at the International Quilt Museum



### ART086L

Have you ever wondered how thousands of quilts are stored and cared for at the International Quilt Museum (IQM)? Here's your chance to get behind the scenes and see the climate-controlled area where the world's largest publicly held collection is stored. Learn how the quilts are cared for by collections staff and volunteers. Following the behind-the-scenes tour, you may stroll through the galleries and view current exhibitions at your own pace. Exhibitions currently include "Yorgan: The Art of Turkish Quilts," "Without a Net: Quilted Sculptures," "Rebound, Renew, Reimagine" and "Option Expedition by Victoria Findlay Wolfe." The IQM is a fully accessible building.

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

**Facilitator:** Patricia Crews

**Day/Date:** Tue, Dec 10

**Time:** 1-2:30 p.m.

**Location:** International Quilt Museum

**Enrollment Limit:** 20

**Cost:** \$30

## Sheldon in Focus: Jacob Lawrence



### ART136L

Educated in the vibrant arts community of the Harlem Renaissance, Jacob Lawrence employed a modern visual style influenced by African and European art that combined bright colors and angular figures with a tight narrative structure to illustrate the histories and heroes of Black culture. Enjoy an overview of the life and work of Lawrence in the museum's auditorium followed by a walk-through of the exhibition "Sheldon in Focus: Jacob Lawrence."

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

**Facilitator:** Anne Diffendal

**Day/Date:** Tue, Oct 29

**Time:** 3-4:30 p.m.

**Location:** Sheldon Museum of Art, auditorium

**Enrollment Limit:** 25

**Cost:** \$10

## History of the Holocaust



Learn the history of the Holocaust, the Nazis' systematic genocide of six million European Jews between 1933 - 1945. Centering around survivors, learn about life under Nazi occupation and the impact this fascist regime left on the world. While the major focus of will be on Jewish communities, other victims of Nazi atrocities such as the Sinti/Roma, mentally/physically disabled, Communists, Jehovah Witness, and LGBTQ+ will also be included. Explore rescue and resistance groups, with a particular focus on those who saved children from Nazi extermination. We will be guided by the following questions: What conditions and ideologies made the Holocaust possible? What role did ordinary people play in the persecution of Nazi victims? What did rescue and resistance look like? How did the world respond to the Holocaust?

**Instructor:** Andrea Wagh, Ph.D. student, History, UNL

**Facilitator:** Jim O'Hanlon

**Day/Dates:** Tue, Oct 29, Nov 5, 12, 19, 26, Dec 3

**Time:** 3-4:30 p.m.

**Cost:** \$35

**Register for only one format:**

### RELO26Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### RELO26L

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

**Enrollment Limit:** 28

## Bring Out Your Inner Artist



### ART143L

Bring out your inner artist with hands-on projects suitable for any skill level. Explore your creativity with stamp making, shrinky dinks, cyanotypes, and squash notebooks. Use the principles of design and your own creativity to make each project unique. Learn new techniques and engage with the artistic process in a creative environment while learning.

**Instructor/Facilitator:** Claire Weakly, local artist

**Day/Dates:** Tue, Oct 29, Nov 5, 12, 19

**Time:** 3-4:30 p.m.

**Location:** SCC-CEC, Rm 102

**Enrollment Limit:** 15

**Cost:** \$55 includes course fee and supplies.

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## Backstage at the Rep: “POTUS”



### ART129L

“Behind Every Great Dumbass Are Seven Women Trying to Keep Him Alive, POTUS” by Selina Fillinger is an adult comedy which centers on seven women and their efforts to manage a White House public relations nightmare while keeping the president out of trouble. Join director Lori Adams and her production design team who will discuss their concepts and show examples of their drawings, illustrations, models and more. The session will include a sneak-peek at the set, lighting, costumes and sound.

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

**Facilitator:** Anne Diffendal

**Day/Date:** Tue, Nov 12

**Time:** 3-4:30 p.m.

**Location:** UNL Temple Building, Howell Theatre Lobby

**Enrollment Limit:** 50

**Cost:** \$10

## Nebraska Repertory Theater Presents “POTUS” (Performance)



### ART130L

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

**Facilitator:** Dori Bush

**Day/Date:** Sun, Nov 17

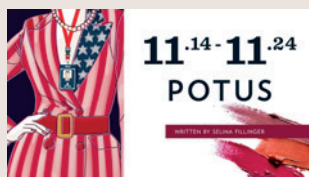
**Registration Deadline:** Sun, Nov 10

**Time:** 2-4:30 p.m.

**Location:** UNL Temple Building, Studio Theatre

**Enrollment Limit:** 25

**Cost:** \$15



## WEDNESDAYS

## Uncovering the Beauty and Diversity of Today’s Children’s Literature



### L&L031L

Need help choosing just the right book for a school-ager in your family or neighborhood? Explore contemporary children’s literature, learn how school libraries evaluate and select high-quality literature for their respective communities, and obtain hands-on access to the Lincoln Public School’s MOSAIC collection, which features over 150 inclusive and culturally relevant titles that provide awareness and access for teachers, students and families to the newest and best titles published in the previous year.

**Instructors:** From Lincoln Public Schools, Library Services—Chris Haeffner, director; Joy Harvey, coordinator

**Facilitator:** Becky Pasco

**Day/Date:** Wed, Oct 30

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

**Location:** Steve Joel District Leadership Center, Board Conference Room. Park in the lot east or south of the building. Enter the building through the main doors on the east side.

**Enrollment Limit:** 15

**Cost:** \$10

## Rome and the Barbarians



### HIS105L

The Roman Empire was a powerful operation and its army held most of Europe under its control for several centuries. The barbarians were at their door by the fifth century, partly due to the age of migrations. But they were not outsiders; large numbers of these barbarians, including the Goths, were employed by the Romans in their armies. The people encountered by Romans in the first century were by now highly organized and intelligent societies and merely took the opportunity of profiting from the declining empire. Learn about both sides of this story by viewing background on Rome watching videos from PBS and National Geographic documentaries Review deeper descriptions of these times.

**Instructor/Facilitator:** Esa Jarvi, OLLI member  
**Day/Dates:** Wed, Oct 30, Nov 6, 13, 20  
**Time:** 9-10:30 a.m.  
**Location:** SCC-CEC, Rm 404  
**Enrollment Limit:** 24  
**Cost:** \$25

## Looking at Outsider Art



What is Outsider Art? Also known as Art Brut, Self-Taught Art, and Visionary Art, this loosely defined body of art has fascinated art scholars and art lovers for decades. We will discuss what Outsider Art really means and meet some of the contemporary artists who have risen to prominence in recent decades such as Simon Rodia, creator of the Watts Towers, and Loy Bowlin, the original “Rhinstone Cowboy.” The infamous Emory Blagdon, from Callaway, Nebraska, who created fascinating “healing machines”, will be highlighted as well. Also included will be a discussion of art sites that still exist in the Midwest, such as the “Garden of Eden” in Lucas, Kansas. A review of the many museums devoted to outsider art, both American and international, such as the Kohler Arts Center in Sheboygan, Wisconsin and La Fabuloserie in France will also be provided.

**Instructors/Facilitators:** Kay Logan-Peters, professor emeritus, Libraries, Art and Architecture, UNL; Judy Hart, teaching artist.  
**Day/Dates:** Wed, Oct 30, Nov 6, 13  
**Time:** 9-10:30 a.m.  
**Cost:** \$20

**Register for only one format:**

### ART142Z

**Location:** Zoom Live Stream  
**Enrollment Limit:** 100

### ART142L

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

## Hospitality Excellence: A Tour of the Scarlet Hotel



### LIF127L

Tour the hotel that 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. We will tour the entire facility. Participants can stay afterwards to enjoy a beverage at the Barred Owl or dinner at Well and Good Restaurant.

**Instructors:** Patrick Murphy, director, Sales, The Scarlet Hotel; Ajai Ammachathram, Ph.D., program director, Restaurant and Tourism Management, associate professor, extension specialist and global engagement coordinator, College of Education and Human Sciences, UNL  
**Facilitator:** Charlotte Frank  
**Day/Date:** Wed, Dec 4  
**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

## Maximizing Function and Look of Small Spaces



Discover how to make the most out of limited space in this engaging interior design course. Learn the principles and elements of design and how to adapt them to small spaces, as well as how to create an environment that is both visually stunning and highly functional. Explore how design differs in small spaces, how to make them appear larger, ways to maximize storage, and understanding the importance of color and light.

**Instructor:** Lorele Lesoing, founder, president, and Lead designer, Lee Douglas Interiors and THE LOFT by Lee Douglas Interiors  
**Facilitator:** Charlotte Frank  
**Day/Date:** Wed, Dec 11  
**Time:** 9-10:30 a.m.  
**Cost:** \$10

**Register for only one format:**

### LIF151Z

**Location:** Zoom Live Stream  
**Enrollment Limit:** 100

### LIF151L

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

## Photography Using Your Mobile Device



### ART001L

Are you interested in focusing on photography using your mobile devices—smart phones and tablets (not limited to Apple products)—and doing some limited post-processing of these photographs? In preparation for the course, please download Snapseed for photo processing to your device.

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

**Facilitator:** David Dyke

**Day/Dates:** Wed, Oct 30, Nov 6, 13

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

**Location:** SCC-CEC, Rm 403

**Enrollment Limit:** 24

**Cost:** \$20

## Under the Apple Tree



### ART003L

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.

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

**Facilitator:** David Dyke

**Day/Dates:** Wed, Nov 20, (Skip 27), Dec. 4, 11

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

**Location:** SCC-CEC, Rm 403

**Enrollment Limit:** 24

**Cost:** \$20

## Hearing the Movies: Music in Classic Hollywood Cinema



Film is one of our most prominent and influential art forms. Explore Hollywood films and study the use and function of music in films. We will concentrate on the expressive, formal, and semiotic function that film music serves, either as sound experienced

by the protagonists, or as another layer of commentary to be heard only by the viewer, or some mixture of the two. We will look at two specific composers: Max Steiner and Erich Korngold. Although some basic knowledge of music is helpful, it's not necessary to learn about these topics. We will focus on background and definitions using clips from films as examples. Discuss whole movies and how music functions within them.

**Instructor:** Laura Damuth, emeritus director, National and International Fellowships, UNL.

**Facilitator:** Charlyne Berens

**Day/Dates:** Wed, Oct 30, Nov 6, 13

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

**Cost:** \$20

**Register for only one format:**

### ART133Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### ART133L

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

**Enrollment Limit:** 28

## Crafting Your Best Retirement



### LIF162L

If you've just retired and are wondering how to spend your time or think your retirement needs a reset, this class on intentional retirement is for you. Whatever you want from retirement, you're much more likely to get it if you're intentional. We'll consider suggestions for creating a great retirement, with a focus on process. Research is clear that relationships are critical to a happy retirement, and retirement is a chance to expand our social networks. This class is interactive so come prepared to talk with new people. Attendees are invited to bring a sack lunch and stay for a semi-guided chat over lunch.

**Instructor/Facilitator:** Lorrie Benson, OLLI member

**Day/Date:** Wed, Dec 4

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

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

**Enrollment Limit:** 20

**Cost:** \$10



## Digital Photography



### ART002L

Want to 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 is designed to 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:** Wed, Oct 30, Nov 6, 13, 20 (Skip 27), Dec 4, 11

**Time:** 1-2:30 p.m.

**Location:** SCC-CEC, Rm 403

**Enrollment Limit:** 24

**Cost:** \$35

## Animal Welfare Issues and Shelter Tour



### CON082L

Explore national and local animal welfare issues, from the "no-kill" versus "socially conscious sheltering" debate to shifting perspectives on pet ownership. Learn about the various types of animal welfare organizations, their challenges and how they collaborate, with an emphasis on Lincoln's only open admission animal shelter, Capital Humane Society. Look at the experience animals undergo in a shelter and tour Lincoln's Pieloch Pet Adoption Center.

**Instructor:** Lindsay Thompson, director, Community Engagement, Capital Human Society

**Facilitator:** Nancy Hicks-Rose

**Day/Dates:** Wed, Oct 30, Nov 6, 13

**Time:** 1-2:30 p.m.

**Locations:** Oct 30 and Nov 5, SCC-CEC, Rm 404; Nov 13, tour of Pieloch Pet Adoption Center

**Enrollment Limit:** 24

**Cost:** \$20

## The British View of the American Revolution



Americans learned about the American Revolution or the sometimes called "Cousin's War" in school from the patriot perspective. Explore the revolution through British eyes. From the members of Parliament to the citizens on the street; who are they supporting? You may be surprised.

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

**Day/Dates:** Wed, Oct 30, Nov 6, 13, 20

**Time:** 1-2:30 p.m.

**Cost:** \$25

**Register for only one format:**

### HIS106Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS106L

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

**Enrollment Limit:** 28

## Introduction to Bridge I



### LIF004L

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

**Instructor/Facilitator:** Henry Schuman

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

**Time:** 1-3 p.m.

**Location:** Lincoln Duplicate Bridge Club, Second Floor

**Enrollment Limit:** 36

**Cost:** \$35

**Canceled**

## Medical Bill Savvy: Mastering Healthcare Savings for Seniors

### H&W0680 (OMAHA)

Unlock the secrets to saving money on medical bills and navigating insurance like a pro. Learn practical tips and strategies to reduce healthcare costs and avoid common billing pitfalls. Gain confidence in managing your medical expenses and ensuring you get the best value for your healthcare dollars.

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

**Facilitator:** Bob Michl

**Day/Date:** Wed, Oct 30

**Time:** 3-4:30 p.m.

**Location:** Jewish Community Center, Wiesman Rm

**Enrollment Limit:** 40

**Cost:** \$10

## Keep the Memories, Not the Stuff

Our attachment to "stuff" is real and letting go can be difficult. Yet, holding onto too much stuff can be suffocating or immobilizing, preventing us from living our best life because we are too weighed down by our possessions. We will discuss the problem of "inherited stuff" as well as our own "keepsake clutter." Get a new perspective on memories, life and love - and how none of it is tied to STUFF. We will discuss hands-on tips and practical advice for choosing which possessions to keep, how to get rid of items without guilt, and what it really means to leave a legacy behind for your loved ones.

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

**Facilitator:** Jeanette Wellsandt

**Day/Dates:** Wed, Nov 6, 13, 20

**Time:** 3-4:30 p.m.

**Cost:** \$20

**Register for only one format:**

### LIF099Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF099L

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

**Enrollment Limit:** 28

## The Magic of the Metropolitan Opera: "Tosca"

### ART128L

"Tosca" is a three-act opera by Italian composer Giacomo Puccini that tells a tragic story of love, passion and political intrigue set in Rome in June 1800 during the Napoleonic Wars. The opera is based on Victorien Sardou's 1887 play La Tosca and premiered in Rome in 1990. It features a richly romantic score, soaring arias, and intense drama. 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, Nov 20

**Time:** 3-4:30 p.m.

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

**Enrollment Limit:** 50

**Cost:** \$10

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# 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, Yoga Instructor

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

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

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** \$35

## Nebraska Authors You Know... and Should Know



### L&L056L

Nebraska has a diverse literary landscape, spanning from the diaries of our first explorers and pioneers, through the columns of Nebraska's earliest newspapers, to modern poets and bestselling novelists. We inherit a literary tradition informed and nurtured by Nebraska as a place, a people, a heritage. It is a tradition of striking quality and scope for a state relatively sparse in population. Nebraska poets and mystery writers, social critics and romance novelists, historians and journalists have achieved regional, national, and international recognition. Explore some of Nebraska's most celebrated authors, as well as some hidden gems. Learn what some listeners of Nebraska Public Media's "All About Books" have said about which books best describe Nebraska. The last session will be a tour of the Heritage Room of Nebraska Authors.

**Instructor:** From Lincoln City Libraries—Amber Stephenson, librarian, Heritage Room of Nebraska Authors; Pat Leach, Host of "All About Books" on Nebraska Public Media and retired director

**Facilitator:** Ken Gobber

**Day/Dates:** Thu, Nov 7, 14, 21 (skip 28), Dec 5

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

**Location:** Nov 7, 14 and 21: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137; Dec 5, Heritage Room of Nebraska Authors, Lincoln City Libraries, 136 S. 14th St.

**Enrollment Limit:** 28

**Cost:** \$25

## Do It Yourself: Medicare's Drug Plan Calculator



### H&W066L

Is your current Medicare prescription drug plan (Part D) still your best option? Find out the answer. Learn how to navigate Medicare's drug plan calculator to determine the best plan for you for next year, during the annual open enrollment period. Bring your own tablet or laptop computer, no cell phones, and your prescription list and learn how to work Medicare's prescription drug calculator, using your device with assistance from Department of Insurance volunteers. Determine the best drug plan for next year. This class is for people who have original Medicare, with a drug plan through Part D. It is not intended for people using an Advantage Plan.

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

**Facilitator:** Nancy Hicks-Rose

**Day/Date:** Thu, Oct 31

**Time:** 9-11 a.m.

**Location:** SCC-CEC, Auditorium

**Enrollment Limit:** 36

**Cost:** \$10

## Trading Under the Buttonwood Tree: Founding the Stock Market



In 1792, 24 men gathered under a tree in lower Manhattan to establish an auction market among themselves to trade government bonds. Today's New York Stock Exchange uses the same auction market system established by the Buttonwood Agreement in 1792. The NYSE then and now seeks to complete transactions quickly and cheaply and to always provide liquidity with a ready buyer and seller of securities. Still using an auction market with a "bid" and an "ask," electronic trading still uses a market maker and specialist system. This overview class – back by popular demand – will share the history, the mechanics of trading and significant events shaping the NYSE (aka The Big Board) as the world's largest securities trading system.

**Instructor:** Lynn Roper, retired senior vice president, Merrill Lynch

**Facilitator:** Charlyne Berens

**Day/Date:** Thu, Oct 31

**Time:** 11 a.m. – 12:30 p.m.

**Cost:** \$10

**Register for only one format:**

### HIS022Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS022L (LINCOLN)

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

**Enrollment Limit:** 28

### HIS022O (OMAHA)

**Location:** Omaha Jewish Community Center, Conf Rm A.

**Enrollment Limit:** 12

## Learn the Ukulele



### LIF018L

The ukulele is an easy instrument to learn. Have fun singing, strumming, and learning with fellow OLLI members. Learning a new instrument keeps the brain sharp, and fingering the ukulele helps arthritic hands. You don't have to know how to read music to take this class. Any standard "C tuning" ukulele may be used. It is helpful if members

bring their own ukulele and music stand; and, members may check out a beginner ukulele from any public library in advance.

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

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

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

**Location:** Anderson Branch Library, Meeting Rm

**Enrollment Limit:** 18

**Cost:** \$35

## How to Play Nicely with Others



### ART138L

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

**Instructor:** From **Nebraska Chamber**

**Players**—Becky Van de Bogart, flute; Alyssa Pracht, oboe; Ed Love, clarinet; Joyce Besch, bassoon; Ric Ricker, horn

**Facilitator:** Judy Hart

**Day/Date:** Thu, Dec 5

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

**Location:** Unitarian Church of Lincoln, Sanctuary

**Enrollment Limit:** 15

**Cost:** \$10

## Savory Starters: Exploring Appetizers and Charcuterie



### LIF126L

Looking to up your "game" for an upcoming game night or party? Join us for this hands-on appetizer course. Learn the art of Charcuterie and prepare other appetizers that will wow your guests.

**Instructor:** Kathi Huenink, self-proclaimed foodie

**Facilitators:** Carla Fetch and Jeanette Wellsandt

**Day/Dates:** Thu, Nov 14, 21

**Registration Deadline:** Thu, Nov 7.

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

**Time:** 11 a.m.–12:30 p.m.

**Location:** UNL Ruth Leverton Hall, Rm 206

**Enrollment Limit:** 14

**Cost:** \$30 includes cost of course plus supplies

## History of Professional Baseball in Lincoln



Lincoln has had a long and storied history of professional baseball beginning in the 1890's to the present day. Learn about the 130-year timeline and the cooperation and vision required by the University of Nebraska, the city of Lincoln and private enterprise to bring Haymarket Park to fruition. We will learn about these key players and the role each played in making this trifecta a “home run.”

**Instructor:** Charlie Meyer, president of the Lincoln Saltdogs

**Facilitator:** Gene Stohs

**Day/Date:** Thu, Nov 7

**Time:** 11 a.m.–12:30 p.m.

**Cost:** \$10

**Register for only one format:**

### LIF163Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF163L

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

**Enrollment Limit:** 28

## Qigong: Refresh and Recharge



### H&W005L

Improve your 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, Oct 31, Nov 7, 14, 21 (skip 28), Dec 5, 12

**Time:** 1-2 p.m.

**Location:** American Lutheran Church, Fellowship Hall

**Enrollment Limit:** 30

**Cost:** \$35

## Sacred Traditions: Exploring Native American Religion



Explore the profound and diverse spiritual traditions of Native American cultures. This course offers an immersive journey through the origin stories that have shaped the lives and identities of Indigenous peoples across North America. Engage with ancient wisdom, explore the interconnectedness of nature and spirituality, and challenge your understanding of religion and culture. Through storytelling, sacred texts, and contemporary perspectives, discover how these enduring traditions continue to inspire and transform. Join us in honoring the past and envisioning a future where these spiritual legacies thrive.

**Instructor:** Brady DeSanti, associate professor, Religious Studies and director of Native American Studies University of Nebraska Omaha

**Facilitator:** Bill Latenser

**Day/Date:** Thu, October 31

**Time:** 1-2:30 p.m.

**Cost:** \$10

**Register for only one format:**

### RELO28Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### RELO28L

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

**Enrollment Limit:** 28

### RELO28O (OMAHA)

**Location:** Omaha Jewish Community Center, Conf Rm A. *Attendees will view the instructor on Zoom.*

**Enrollment Limit:** 12

## Hospice: A Service for Your Family and Loved Ones



What is the difference between hospice and palliative care? When does your loved one need one of these services? While hospice care has been around for many years, palliative care is a fairly recent medical approach. It is a very difficult time of life, and these medical professionals can help guide families through tough decisions. Learn about how hospice works, how families may enroll

their loved ones and what are the appropriate diagnoses required for hospice management. Know about a Medicare benefit that requires certain services be provided in hospice care. It is often difficult for doctors to recommend hospice for their patients, but it is a much better way for people at the end of life compared with in-hospital treatment.

**Instructors:** Bob Bleicher, medical and executive director, HoriSun Hospice

**Facilitator:** Jim O’Hanlon

**Day/Dates:** Thu, Nov 14, 21

**Time:** 1-2:30 p.m.

**Cost:** \$15

**Register for only one format:**

### REL027Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### REL027L

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

**Enrollment Limit:** 28



## Sips and Wishes

### LIF057L

Sips and Wishes is end-of-life medical education and planning session with medical professionals. Explore ways to talk with loved ones about our end-of-life wishes. View medical equipment and learn the “whys” of different procedures, including CPR and feeding tubes. Enjoy a beverage and snack while learning the difference between intubation and tracheotomy, the truths about CPR, considerations when deciding on dialysis long-term, or if modified diets sound appealing. Hear stories of the presenters from their nursing perspective which will fuel conversation. Learn the importance of sharing our wishes with loved ones, and leave feeling energized and comforted, plus empowered and prepared to communicate our choices and wishes.

**Instructors:** From Before the Casket—Amy Hensley, MSN, RN, chief operations director; Erin Putney, MSN, RN, School of Nursing faculty, Nebraska Wesleyan and chief strategist

**Facilitator:** Jeanette Wellsandt

**Day/Date:** Thu, Nov 7

**Time:** 1-3:30 p.m.

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

**Enrollment Limit:** 20

**Cost:** \$20 includes refreshments

## Making Everyday Products Cleaner: The Monolith Revolution



Explore Monolith Corporation’s revolutionary clean carbon black and hydrogen production technology, showcasing how their low-emission materials are changing automotive, agriculture and many other industries. Discover this Lincoln company’s journey, impact, and vision for using sustainability to reenergize American manufacturing, all from right here in Nebraska.

**Instructors:** Anna Wishart, senior director, Public Affairs, Monolith Corporation

**Facilitator:** Bill Latenser

**Day/Date:** Thu, Nov 7

**Time:** 3-4:30 p.m.

**Cost:** \$10

**Register for only one format:**

### SCI061Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### SCI061L

**Location:** SCC-CEC, Rm 213

**Enrollment Limit:** 24

## Engage, Learn, and Grow with the Nebraska Statewide Arboretum



### SCI062L

Discover the Nebraska Statewide Arboretum’s diverse programs and services that enhance Nebraska’s landscapes and communities. Explore NSA’s organization, history, affiliate sites, and project impacts; the world of fabulous plants and landscapes; and a tour the UNL East Campus green infrastructure projects and the NSA greenhouse. Learn about tree planting, garden making, community building, and sustainable practices. Interact directly with NSA staff in an “ask us anything” format during one of the classes.

**Instructors:** Hanna Pinneo, executive director, NSA; Justin Evertson, coordinator, Green Infrastructure Coordinator, Nebraska Forest Service; Bob Henrickson, coordinator, Horticulture Program; Toby Burnham, coordinator, Member & Affiliate

**Facilitator:** Bill Latenser

**Day/Dates:** Thu, Nov 21, (Skip 28), Dec 5, 12

**Time:** 3-4:30 p.m.

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

**Enrollment Limit:** 28

**Cost:** \$20

## FRIDAYS

### “Fri-Yay” Fitness Club



#### LIF003L

Enjoy the “golden years” with a healthy and strong body. Join this exclusive physical activity club, open to OLLI members only. Each Friday, 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:** Brad Dwiggin

**Day/Dates:** Fri, Nov 1, 8, 15, 22, (skip 29), Dec 6, 13

**Time:** 8:30-10 a.m.

**Location:** UNL 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. Learn the aspects to consider when selecting a senior living community, to ensure social, physical, medical, and financial needs are met. Each week 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, Nov 1, 8, 15, 22 (skip 29), Dec 6, 13

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

**Locations:** Nov 1, Bridge to Better Living; Nov 8, Grand Lodge; Nov 15, The Legacy; Nov 22, Eastmont Senior Living Center; Dec 6, Savannah Pines; Dec 13, Pemberly Place

**Enrollment Limit:** 12

**Cost:** \$35

### Year-Round Indoor Gardening



Nebraskans love our outdoor gardens, but we only get to enjoy the harvest for a limited amount of time. Luckily, we can enjoy beautiful greens, microgreens, and herbs all year round, even when the snow is blowing. Gain the knowledge and practical skills to cultivate a thriving indoor garden all year long. Regardless of experience level or available space, learn how to establish a simple, efficient, and economical indoor growing system.

**Instructor:** Rick Helweg, author and OLLI member

**Facilitator:** Pat King

**Day/Date:** Fri, Nov 1

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

**Cost:** \$10

**Register for only one format:****LIF159Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**LIF159L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**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, Nov 8**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**Living Well with Parkinson’s Disease**

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, Nov 15**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**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 YOU need to know to provide the best care for your loved one and/or to provide vital information for your children to assist you should that need arise. Receive the tools to plan for future housing needs, caregiving considerations and financial planning for the cost of healthcare. You can create a comprehensive plan that includes your home, health, finances, and wishes.

**Instructor/Facilitator:** Karla Frese, manager, Home Care Partners of Nebraska,**Day/Date:** Fri, Nov 22**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**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, Dec 6**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



## Contemporary Indigenous Art



This course is being offered as part of the Walking in the Footsteps of Our Ancestors project through the Center for Great Plains Studies in partnership with the Otoe-Missouria Tribe and funded through the Mellon Foundation. It showcases the work of Indigenous artists living on and engaging with the Great Plains, with special attention to the Otoe-Missouria. We will focus on themes and issues in contemporary Indigenous art of the Great Plains including presentations by artists and curators. A third session at the Great Plains Art Museum features a tour of the “Contemporary Indigeneity” exhibit.

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

**Facilitator:** Anne Diffendal

**Day/Dates:** Fri, Nov 1, 8

**Time:** 1-2:30 p.m.

**Cost:** \$15

**Register for only one format:**

### HIS103Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS103L

**Location:** SCC-CEC, Auditorium. *Attendees will view the instructor on Zoom.*

**Enrollment Limit:** 24

## Contemporary Indigenous Art Tour



Enjoy this tour of the “Contemporary Indigeneity” exhibit in conjunction with the two-session course being offered under a similar name. We will view this exhibit which is part of Walking in the Footsteps of our Ancestors, a project through the Center for Great Plains Studies in partnership with the Otoe-Missouria Tribe and funded through the Mellon Foundation. It showcases the work of Indigenous artists living on and engaging with the Great Plains, with special attention to the Otoe-Missouria. Two classroom sessions will focus on themes and issues in contemporary Indigenous art of the Great Plains including presentations by artists and curators.

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

**Facilitator:** Anne Diffendal

**Location:** Great Plains Art Museum

**Enrollment Limit:** 18 each session

**Cost:** \$10

**Please register for only one session:**

### HIS1041

**Day/Date:** Fri, Nov 15

**Time:** 1-2:30 p.m.

### HIS1042

**Day/Date:** Fri, Nov 15

**Time:** 3-4:30 p.m.

### HIS1043

**Day/Date:** Fri, Nov 22

**Time:** 1-2:30 p.m.

### HIS1044

**Day/Date:** Fri, Nov 22

**Time:** 3-4:30 p.m.

## Exploring the Language of Flowers Through Design



### ART141L

Fans of “Downton Abbey” and “Bridgerton” will absolutely love learning the hidden language of flowers used in these historical docudramas. In the Victorian Era, flowers were the symbol of love... affectionate between two lovers or discretely proclaimed when words should not be spoken. Passion or jealousy, forward or secretive, flowers played a significant role in society and were a favorite pastime of many. Explore a few designs and try our hand in creating some compositions that capture the essence of the hidden language of flowers. Participants will be provided with tools and all supplies necessary to create four unique designs to take home. Structured and loose designs will be attempted using various vases, bowls, traditional and sustainable approaches.

**Instructor:** Stacy Adams, associate professor, Practice, Agronomy and Horticulture, UNL

**Facilitator:** Mary Ann Sullivan

**Day/Dates:** Fri, Nov 1, 8, 15, 22

**Time:** 1-2:30 p.m.

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

**Enrollment Limit:** 24

**Cost:** \$50 – includes \$25 supply fee

### Aging with Intention



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

**Instructor:** Julie Masters, Ph.D.; Terry Haney, chair and professor, Gerontology, University of Nebraska-Omaha

**Facilitator:** Bob Michl

**Day/Date:** Fri, Dec 6

**Time:** 1-2:30 p.m.

**Cost:** \$10

**Register for only one format:**

#### LIF166L

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

#### LIF166Z

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

**Enrollment Limit:** 28

## SUNDAY

### Art of India Redux at Assemblage



#### ART144L

Karen and Robert Duncan and Kathryn and Marc LeBaron have returned to India and are again drawn by the warmth of its people, the beauty of the land and the abundant opportunities to meet noteworthy artists and acquire their works. Within India's burgeoning population of 1.417 billion people are complex societal stratifications: cultural and religious hierarchies, more than 700 marginalized tribal groups and gender inequities. These conditions further complicate environmental crises, forcing migration. The residue of colonialism and political discord persist, but as one of the world's oldest civilizations, India also enjoys a vibrant array of folk arts and rituals. Visitors will find in Art of India Redux, the second exhibition of Indian art to be displayed at Assemblage, the color, exuberance and substance that makes India such a magical, yet complex country.

**Instructor:** Anne Pagel, curator,

**Facilitators:** Pat King and Lucy Lien

**Day/Date:** Sun, Oct 27

**Time:** 1:30 – 3 p.m.

**Location:** Assemblage

**Enrollment Limit:** 70

**Cost:** \$10



## Flatwater Shakespeare Company presents “The Turn of the Screw”

### ART132L

Adapted by Jeffrey Hatcher for the stage, innocence is shattered in a remote estate haunted by secrets. As a governess uncovers the eerie mysteries surrounding her young charges, prepare for a gripping journey. Under the direction of Emily Funkey, this play is sure to delve into the depths of psychological terror. Join us... if you dare! The show concludes with a post-performance question and answer period with OLLI attendees.

**Day/Dates:** Sat, Oct 26

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

**Registration Deadline:** Tue, Oct 22.

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

**Facilitator:** Dori Bush

**Location:** Wyuka Stables, 3600 O Street

**Enrollment Limit:** 20

**Cost:** \$20



## Breakfast with UNL Athletics: Huskers Radio Network

### LIF167L

Jessica Coody serves Nebraska Athletics and the Huskers Radio Network as an announcer, host and producer. Coody joined the Huskers in July 2021 after spending nine seasons with the University of Oklahoma Athletic department where she served as a sideline/digital reporter, television/radio host, play-by-play announcer and feature producer.



**Day/Date:** Fri, Nov 1

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

**Registration Deadline:** Thursday, October 24. **Cancellation after this date will be nonrefundable, unless cancelled by OLLI.**

**Speakers:** Jessica Coody, Huskers Radio Network announcer, host, producer,

**Facilitator:** Bob Michl

**Location:** Hy-Vee, 84th and Holdrege, Upstairs Club Room

**Enrollment Limit:** 40

**Cost:** \$20 includes breakfast. *Please contact the OLLI office if you have specific dietary restrictions.*

## Jeopardy: The Team Edition

“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

**Cost:** \$20 includes a light meal and drinks.

**Register for only one section:**

### LIF158L (LINCOLN)

**Date:** Thu, Nov 7

**Time:** 5-7:30 p.m.

**Location:** Eastmont Senior Living Center

**Registration Deadline:** Thu, Oct 31.

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

**Enrollment Limit:** 24

### LIF158O (OMAHA)

**Date:** Tue, Nov 12

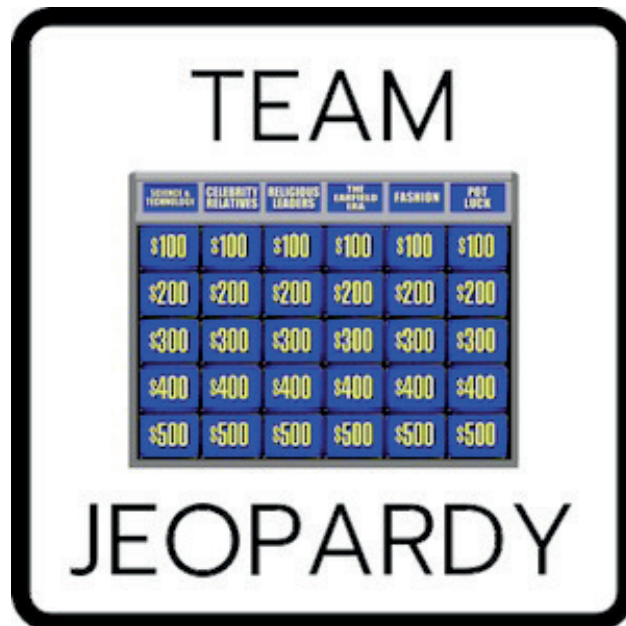
**Time:** 5-7:30 p.m.

**Location:** American Cancer Society Hope Lodge

**Registration Deadline:** Tue, Nov 5.

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

**Enrollment Limit:** 24



## 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.

**Instructor:** From Course Restaurant, Southeast Community College—Jade Baber, executive chef; Shalaia Schrunk, manager, Front of House

**Facilitator:** Christy Hargesheimer and Dori Bush

**Day/Date:** Mon, Nov 11

**Registration Deadline:** Sunday, October 27.

**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.



## James Arthur Vineyard Wine and Dessert Pairing

### ART135L (RAYMOND)

Discover the art of pairing wines with desserts in this delightful experience. Sample five or six James Arthur wines paired with delicious desserts from Lincoln's Sweet Things by Marcy. Enjoy a decadent dessert experience that captures the essence of Southern culinary traditions, along with pairings that bring out the best in both wine and dessert.

**Day/Date:** Thu, Nov 14

**Time:** 3-4:30 p.m.

**Registration Deadline:** Thu, Nov 7.

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

**Speakers:** Jeff Korbek, tasting room manager

**Facilitator:** Judy Hart

**Location:** James Arthur Vineyards, Raymond

**Enrollment Limit:** 50

**Cost:** \$35



## Gene Roncka: An Artist's Vision

### ART140L (ASHLAND)

Learn about the work and lifetime accomplishments of renowned Nebraska artist, Gene Roncka, who captured on canvas the seasons, places and memories that connect our past, present and future, then chat with OLLI members about your experience while tasting local wine. We will begin at the Ashland Public Library and learn about Gene Roncka's paintings and the stories behind his inspiration. Several organizations commissioned Roncka to artistically convey their mission or purpose through a painting or piece of art. Next, we will walk a block to Willow Point Gallery and view much of Roncka's work showcased within. Many of Roncka's paintings are seen in interpretive centers, galleries, museums, businesses,

and community buildings across the state of Nebraska. We will end the afternoon at Glacial Till Cider House and Tasting Room. Explore his work, some wine and enjoy a stroll down Ashland's main street of shops.

**Instructor:** Jody Lamp, co-founder, American Doorstop Project, author, producer and Humanities Nebraska speaker; Mary Roncka, owner, Willow Point Gallery.

**Facilitator:** Jeanette Wellsandt

**Day/Date:** Tue, Nov 19

**Registration Deadline:** Tue, Nov 12.

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

**Time:** 1-4 p.m.

**Locations:** In Ashland, Nebraska: Ashland Public Library; Willow Point Gallery and Museum; Glacial Till Cider House and Tasting Room

**Enrollment Limit:** 40

**Cost:** \$40 includes snacks and beverages

## "Love, Loss and Eternity" with the Lincoln Symphony Orchestra

### ART131L

LSO Concertmaster Anton Miller opens this performance with Sibelius' heart-wrenching Violin Concerto in D Minor. Following intermission, the orchestra explores themes of love, loss and the mysteries of the eternal with the dramatic "Prelude and Liebestod" from Wagner's tragic opera "Tristan und Isolde" and Strauss' transcendent tone poem "Tod und Verklärung" (Death and Transfiguration).

**Day/Date:** Sun, Nov 24

**Time:** 6-8:30 p.m.

**Registration Deadline:** Sun, Nov 17.

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

**Facilitator:** Dori Bush

**Location:** Lied Center for Performing Arts

**Enrollment Limit:** 20 (Reserved Seats)

**Cost:** \$35



## Hard Cider History and Tasting at Saro Cider

### LIF165L

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

**Day/Date:** Thu, Dec 5

**Time:** 3-4:30 p.m.

**Registration Deadline:** Tue, Nov 26.

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

**Cost:** \$35

**Presenter:** Chris Ganshert, cider maker

**Facilitator:** Jeanette Wellsandt

**Location:** Saro Cider, 1746 N Street

**Enrollment Limit:** 20

## Celebrate the Season at Screamers

### ART041L

Since all your holiday shopping will be concluded by this event (smile), bring a guest and plan to join fellow OLLI members for a delightful holiday lunch at Screamers Dining and Cabaret, combined with awesome entertainment provided by the restaurant staff... all local talent!

**Day/Date:** Wed, Dec 18

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

**Registration Deadline:** Tue, Nov 26.

**Cancellation after that date is nonrefundable, unless cancelled by UNL.** Members can bring a guest; guests should create an account and may register without joining.

**Cost:** \$40

**Entertainers:** Screamers Restaurant Staff

**Facilitator:** Dori Bush

**Location:** Screamers Dining and Cabaret

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

**Enrollment Limit:** 120



# 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.**

## 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.

**In-person location:** Stauffer's Café, 5600 S. 48th St., Lincoln

## Biking the Trails (Lincoln)

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

**Coordinators:** Marilyn Hahn, marilynhahn@icloud.com; Tim Shaw, timothyshaw@gmail.com

**Meets:** Weekly rides during the warm season months

## Biking the Trails (Omaha)

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

**Coordinators:** Paul Paulman, ppaulman@unmc.edu

**Meets:** Thursday mornings

**Time:** 9 a.m.

## Bridge Players

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

**Coordinator:** Sue Guild, guild.carolyn42@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

**Day:** Tuesdays

**Time:** 1-2:30 p.m.

Contact the coordinator for the Zoom link.

## 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, kengobber@hotmail.com; David Dyke, drdrdmd@me.com, 402-470-7211

**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 via 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:** Bonnie Bake, bonbake24@gmail.com, 402-570-5297

**Day:** Last Tuesday of each month

## 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

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

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

**Coordinators:** Nancy Whitman, newhit34@gmail.com, 402-488-8416; Maxine Moul, mmoul1@allophone.com  
Contact Nancy Whitman for more information.

## Omaha Lunch League

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The OLLI Omaha Lunch League will meet monthly to explore a variety of local and international restaurants across the Omaha Metro area. Each individual luncheon would be limited to 14 participants, requiring preregistration via email.

**Coordinator:** Audrey Paulman, apaulman@me.com

**Meets:** Monthly

**Times:** Vary

## Politics

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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.

## Reading Groups

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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

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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

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Enjoy a deep dive into literature as 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

**Time:** 4 p.m.

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

## Table Tennis

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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, lmerkmclure@yahoo.com

**Days:** Tuesdays and Thursdays

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

## Ukulele

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

**Coordinator:** Julia Larson, [jl Larson9342@gmail.com](mailto:jl Larson9342@gmail.com)

**Day:** Third Thursday of the month

**Time:** 1 p.m.

**Location:** Varies-Lincoln Libraries

## Walking Lincoln

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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, [m Carlson314@gmail.com](mailto:m Carlson314@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

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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.

**Coordinator:** Gail Hollarbush, [ghollarbush@gmail.com](mailto:ghollarbush@gmail.com)

**Day:** Second Wednesday of the month

**Time:** 2 p.m.

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

## OLLI Member Discounts

### Angels Theatre Company

Offers a ticket discount to OLLI members. [angelscompany.org](http://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/](http://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](http://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](http://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](http://lincolnplayhouse.com)

### 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](mailto:omniarts.nebraska@hotmail.org) [omniartsne.org/](http://omniartsne.org/)

### University Bookstore

Offers 10% discount on in-stock, regular priced general reading books. [bkstr.com/nebraska-lincolnstore/home](http://bkstr.com/nebraska-lincolnstore/home)

**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.

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**RELEASOR (Signed)**

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**RELEASOR (Printed)**

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**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 annual membership (Valid through July 31, 2025).	\$75
Course or Event Registration:		
Number	Name	Cost
<b>Total Payment (Membership + Course Cost + Event Cost)</b>		

**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

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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

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OLLI at UNL selects certain courses to record for future use. Because of staffing and technology constraints, we will not record courses because a member will miss an upcoming session. Recorded courses are edited, archived, and used for future instructional purposes.

## Drop a Course or Event

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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, during business hours, Monday-Friday. This policy does not apply to courses and events with cancellation deadlines.

## Email Notifications

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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

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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

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Memberships are non-transferable and non-refundable.

## Postponed, Cancelled or Full Courses

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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

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If Lincoln Public Schools or UNL is closes or starts late due to weather conditions, OLLI in-person and multi-format courses, and events will be canceled. OLLI weekend in-person courses and events are canceled if UNL cancels courses or closes. Zoom-only courses may take place. Call the OLLI office after 8 a.m. or check the OLLI website ([olli.unl.edu](http://olli.unl.edu)) for information.

## UNL East Campus Parking Permits

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

Parking permits are:

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

**All times are Central Time (CT).**



UNIVERSITY OF  
**Nebraska**  
Lincoln

Gwendolyn A. Newkirk  
Human Sciences Bldg.  
Suite 105  
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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