

OSHER LIFELONG LEARNING INSTITUTE



OLLI at UNL

Course Catalog: *Spring Term 4 2024*

Curiosity never retires



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, March 12, 2024, 8 a.m. (CT)

Term Dates: March 25-May 4, 2024

schedule at a glance

All times are Central Standard Time

CANVAS

Learn at your convenience. Programming offered on demand.

CAN0011

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MONDAYS

9-10 a.m.	Qigong: Refresh and Recharge	H&W005L	13
9-10:30 a.m.	Behind the Curtain: Exploring the Lied Center for Performing Arts	ART102L	13
9 a.m.-12:30 p.m.	Saving a Life with CPR	H&W008L	13
11 a.m.-12:30 p.m.	Chicago Architecture: From the Great Fire to Last Week	ART110Z, ART110L	13
11 a.m.-12:30 p.m.	Anna Rosenberg: The Busiest Woman in the U.S.	HIS087Z, HIS087L	14
1-2 p.m.	Pickleball: Fun, Fitness and Friendship	LIF026L CON066Z,	14
1-2:30 p.m.	Agrivoltaics: The Marriage of Agriculture and Solar	CON066L CON064Z,	15
1-2:30 p.m.	Causes and Effects of Political Disagreement	CON064L L&L043Z,	15
1-2:30 p.m.	The Continuing Relevance of Joan of Arc	L&L043L	16
3-4:30 p.m.	Our Prairie University: A Historic Walking Tour of UNL City Campus	ART027L	16
3-4:30 p.m.	Let Freedom Read: Censorship in School and Public Libraries	L&L045Z, L&L045L	16
3-4:30 p.m.	The Impact of Voter Identification in Lancaster County	CON067Z, CON067L	17

TUESDAYS

9-9:50 a.m.	Dance Fitness	H&W011Z	17
9-10:30 a.m.	Untold Heroines: The American Revolution's Unsung Voices	HIS083Z, HIS083L	17
10 a.m.-12 p.m.	Everyday Bike Maintenance	LIF036L	12
11 a.m.-12:30 p.m.	WWII in the Pacific, the Defense of Philippines, and the Bataan Death March	HIS082Z, HIS082L	18
11 a.m.-12:30 p.m.	Preventing Tragedy: Suicide Awareness and Intervention	CON065Z, CON065L	18
11 a.m.-12:30 p.m.	Samuel Bak Museum: Becoming a Witness-From Abstraction to Figuration	HIS085O	19
1-2:30 p.m.	Tours of Places of Worship	REL006L	19
1-2:30 p.m.	Identifying Trees in Winter and Spring	SCI053L	19
3-4:30 p.m.	Pictures of Everything: 21st Century Art Appreciation	ART111L	20
3-4:30 p.m.	Loren Eiseley's Nebraska	L&L042L	20
3-4:30 p.m.	Backstage at the Rep: "Big Fish"	ART099L	21
5-8 p.m.	Introduction to Kayaking	LIF019Z	12
6:30-8 p.m.	The Woman Behind the Teddy Bear: The Awe-Inspiring Story of Margarete Steiff	HIS084Z	21

WEDNESDAYS

9-10:30 a.m.	Rural Poll Insights on Rural Nebraska	CON068Z, CON068L	22
9-11:30 a.m.	Behind the Scenes at the Lincoln Children's Zoo	SCI008L	22
11 a.m.-12:30 p.m.	Tai Chi	H&W052L	23
11 a.m.-12:30 p.m.	Sport in American Culture	CON023Z, CON023L	23
11 a.m.-12:30 p.m.	Lincoln Literacy: Bridgeway to a Better Life	LIF098Z, LIF098L	23
11 a.m.-12:30 p.m.	Speak Up! Your Health, Your Choices	H&W055Z, H&W055O	24
11 a.m.-12:30 p.m.	Mastering the Art of Error Prevention in Healthcare	H&W056Z, H&W056O	24
11 a.m.-12:30 p.m.	All About Chocolate	LIF111L, LIF111Z	24
1-2:30 p.m.	The Heart of Lincoln: Human Services Nonprofits, Part II	CON063Z, CON063L	25
1-2:30 p.m.	Connect with Artist Angela Two Stars	ART107L	25
1-2:30 p.m.	RARE AIR: Endangered Species in the Art of Sarah Kaizar	ART108L	26
1-3 p.m.	Introduction to Bridge II	LIF016L	26
3-4:30 p.m.	You Are the Help Until Help Arrives	H&W054L	26
3-4:30 p.m.	The Magic of the Metropolitan Opera: "La Rondine"	ART101L	27
3-4:30 p.m.	Our Prairie University: A Historic Walking Tour of UNL East Campus	ART046L	27
4-7 p.m.	Introduction to Kayaking	LIF019I	12

Front and Back Covers: OLLI members get a behind-the-scenes look at the International Quilt Museum in Lincoln and an overview of exhibits on display. **Photo Credit:** Loren Rye, UNL Pixel Lab

THURSDAYS

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9-10 a.m.	Gentle Yoga	H&W001Z	28
9-10:30 a.m.	The Evolution of Work Over the Last Twenty Years	L&L038Z, L&L038L	28
9-11 a.m.	Charitable Estate Planning Strategies: How to Avoid the Top 5 Mistakes	LIF139Z, LIF139L	28
9-10:30 a.m.	A Journey of Music and Instruments	ART112Z, ART112L	29
10 a.m.-12:30 p.m.	A Story to Be Told Through Film and Discussion	HIS089Z, HIS089L	29
11 a.m.-12:30 p.m.	Learn the Ukulele	LIF018L	30
11 a.m.-12 p.m.	I Shutter to Think...	LIF002Z, LIF002L	30
11 a.m.-12:30 p.m.	HomeFit: How to Age in Place at Home		30
11 a.m.-12:30 p.m.	Prepare to Care: Navigating the Future Healthcare Options and Cost	LIF055Z, LIF055L	30
11 a.m.-12:30 p.m.	Living Well with Parkinson's Disease	H&W015Z, H&W015L	31
11 a.m.-12:30 p.m.	Oh, the Pastabilities!	LIF134L	31
1-2:30 p.m.	Take a Walk in the Clouds	SCI017Z, SCI017L	31
1-2:30 p.m.	Overview of Pure Nebraska	LIF135Z, LIF135L	31
1-2:30 p.m.	Learning About the Game of Volleyball	LIF096L	32
1-2:30 p.m.	The Mosaic of Homesteader Groups	HIS088Z, HIS088L	32
3-4:30 p.m.	The Historical Journey of Service Clubs in Lincoln	HIS091Z, HIS091L	33
3-4:30 p.m.	Aging Partners Tour and Overview of Victory Park	LIF109L	33
3-4:30 p.m.	Haymarket History Inside and Out	HIS059L	33
7-9 p.m.	A Night Under the Stars at the Branched Oak Observatory	SCI052L	34

FRIDAYS

9-10:30 a.m.	"Fri-Yay" Fitness Club	LIF003L	34
9-10:30 a.m.	Build Your Bridge to Retirement	LIF138L	34
10 a.m.-12:30 p.m.	Nebraska's Connections to the 150th Kentucky Derby	HIS086Z, HIS086L	35
11 a.m.-12:30 p.m.	Lincoln's Rehabilitation Options and Restorative Care Education	LIF038L	35
11 a.m.-12:30 p.m.	OLLI in the Greenhouses	SCI0351, SCI0352	35
11 a.m.-12:30 p.m.	A Nebraska Treasure: Tour of Sheldon Museum of Art	ART0641, ART0642	36
11 a.m.-12 p.m.	Explore the Lied Jungle at Omaha's Henry Doorly Zoo	SCI0510	36
1-2:30 p.m.	Great Decisions 2024 Part II	CON062Z, CON062L	37
2-3 p.m.	Building Strength As We Age	H&W031L	37
1-3 p.m.	Exploring Yankee Hill Brick	LIF136L	37

SATURDAY

9 a.m.-12 p.m.	Explore Pawnee Lake by Kayaking	LIF020L	12
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EVENTS

Thu, March 28	Wine and Junk Food: A Tasty Journey of Pairing Possibilities	ART106L	38
Mon, April 1	Game Night with OLLI	LIF060L	38
Fri, April 5	"Elena Ruehr and Brahms" with the Lincoln Symphony Orchestra	ART104L	39
Sun, April 14	BLUEBARN Theatre Presents: "More of a Heart"	ART1030	39
Thu, April 18	Movies that Matter: "Divisible," The History and Impact of Redlining	DIV010Z, DIV010L	40
Fri, April 19	Breakfast with UNL Athletics: Women's Rifle	LIF137L	41
Wed, April 24	Visit Offutt Air Force Base	HIS090L, HIS0900	41
Mon, April 29	Trivia Night	LIF088L	42
Wed, May 1	Nebraska Repertory Theatre Presents: "Big Fish"	ART100L	21
Sun, May 5	"Pictures at an Exhibition" with the Lincoln Symphony Orchestra	ART105L	42

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COURSE FORMATS



ON DEMAND

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



IN-PERSON

Live (*Course numbers ending with “L” are located in Lincoln and those ending with “O” are located in Omaha.*)



ZOOM LIVE STREAM

Live meeting online. We will email the Zoom link with your registration confirmation.



MULTI-FORMAT

Live in-person and on Zoom. If you choose Zoom, we will email the Zoom link with your registration confirmation.

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.
- 3) Login to your OLLI account. Click on the person icon. Choose “Class List.” The Zoom link will be in the “Receipt Notes.”

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.

TERM DATES

To help you plan for the coming year, here are the term dates:

- Spring Term 4—March 25-May 4, 2024
- Summer Term 5—June 3-July 13, 2024

Course Location Key

LINCOLN LOCATIONS

Anderson Branch Library, 3635 Touzalin Ave.
American Lutheran Church, 4200 Vine St.
Auld Pavilion Recreation Center, 1650 Memorial Dr.
Bridge to Better Living, 4230 Pioneer Woods Dr.
Bryan Health Firethorn Campus, 2920 S. 84th St.
Cornhusker Bank, 6100 Apples Way
Eastmont Towers, 6315 O St.
Epic Church, 6601 S. 70th St.
Gateway Mall, 6100 O St.
Genesis Health Club, 1305 S. 70th
Great Plains Art Museum, 1155 Q St.
Hy-Vee, 1601 N. 84th (84th and Holdrege Sts.)
Iron Horse Park, 235 N. 7th St.
Kinetic Sports Complex, 150 SW 14th Place
Lied Center for the Performing Arts, 301 N 12th St.
Lincoln Children's Zoo, 1222 S. 27th St.
Lincoln Duplicate Bridge Club, 237 S. 70th St., #205
Nebraska Public Media, 1800 N. 33rd St.
Peterson Park Pickleball Courts, 4400 Southwod Dr.
SCC-CEC, Southeast Community College, Continuing

Education Center, 301 S. 68th St. Place
Sheldon Museum of Art, 12th & R Sts., UNL City Campus
Union College, Lang Amphitheater-Krueger Science and Math Building, 49th & Bancroft Sts.
Unitarian Church, 6300 A St.
UNL East Campus, Newkirk Human Sciences Bldg., 1650 N. 35th St.
UNL East Campus, Recreation and Wellness Center, 1717 N 35th St.
UNL Richards Hall, 560 Stadium Dr.
UNL Ruth Leverton Hall, 1700 N. 35th St.
UNL Temple Building, 1209 R St.
Veterans Administration Campus, 600 South 70th Street
Yankee Hill Brick, 3705 Coddington

OMAHA LOCATIONS

BLUEBARN Theatre, 1106 S. 10th St., Omaha
Henry Doorly Zoo and Aquarium, 3701 S. 10th St., Omaha
Samuel Bak Museum, 2289 S. 67th St., Omaha

OTHER LOCATIONS

VFW Shelter, 10410 N. 140th St., Waverly
Branched Oak Observatory, 14300 NW 98th St, Raymond
James Arthur Vineyards, 2001 W. Raymond Rd., Raymond

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

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

Join and Register

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

Mailing Address

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

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

Financial Scholarships Available

The Osher Lifelong Learning Institute at UNL believes 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.

Travel with OLLI and Star Destinations



Come explore some great adventures with OLLI and **Star Destinations**, OLLI's travel vendor. **Star Destinations** provides outstanding educational and customized travel experiences locally, regionally, across the United States and internationally. OLLI travel opportunities are open to members and non-members.



Portugal, Plus the Azores

September 21-28, 2024

Registration Deadline: May 10, 2024

Prepare to be immersed in centuries of history and the captivating culture of Portugal. Lisbon offers a unique blend of tradition and modernity, while Fatima is one of the most important pilgrimage sites in the country. Sintra, Coimbra, and Porto are each steeped in history with a flair all their own. Along the way, visit chapels, monasteries, universities, and palaces; savor the flavor of port wine; and cruise along the Douro River.



Optional Post Tour

September 29-October 2, 2024

Registration Deadline: May 10, 2024

Continue exploring Portugal with the journey to the Azores archipelago 900 miles out in the North Atlantic Ocean! The island of São Miguel is a gorgeous paradise boasting lake-filled calderas, lush vegetation, and stunning coastlines. Admire jewel-toned lakes and other reminders of the island's volcanic past!



Magical New York Christmas

December 9-13, 2024

Registration Deadline: August 30, 2024

Experience the iconic traditions of Christmas in the Big Apple, from the Columbus Circle Holiday Market and a carriage ride in Central Park to the Radio City Music Hall Christmas Spectacular! Meet with a Broadway performer, see a Broadway show, reflect at the poignant 9/11 Museum, and so much more!



FOR MORE INFORMATION, CONTACT:

Tele: (712) 792-9793

Email: info@stardestinations.com

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



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**ALUMNI
ASSOCIATION**



Build a Legacy. Grow the Tradition. Show your Pride.

How to keep your brain stronger longer

UNL-TABITHA MEMORY WORKSHOP

This is a weekly class led by speech language pathologists and graduate speech language pathology students. The workshop is for individuals and their significant others who are concerned about or merely want to learn more about age-related memory difficulties. Group intervention for participants will focus on learning about and developing strategies to improve independence and safety with daily functional skills and activities. Significant others can attend with a focus on assisting their family member/friend with the daily challenges of memory impairment.

Who should attend?

Individuals and their significant others who are:

- Concerned about memory and thinking limiting functional skills
- Interested in learning about memory and strategies to enhance thinking skills

Must be:

- Willing to participate in discussions
- Willing to complete simple weekly assignments
- Able and willing to attend 8 weekly sessions for 90 minutes each

Dates: March 20- May 8, 2024

Day: Wednesdays

Time: 10-11:30 a.m.

Location: Barkley Memorial Center East Campus - University of Nebraska-Lincoln

Cost: \$20 (per participant)

To Register Contact:

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

Or Register Online at:

<https://cehs.unl.edu/secd/memory-clinic/>



LEAVE A LEGACY THROUGH ESTATE PLANNING

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

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



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



Attend the class **Charitable Estate Planning Strategies: How to Avoid the Top 5 Mistakes.**
Thursday, April 4, 2024 | 9-11 a.m.



**Friday,
March 15, 2024**

9 a.m.-Noon • \$29

Jack J. Huck Continuing
Education Center, Room 303
301 S. 68th St. Place, Lincoln

Register at southeast.edu/continuing
Online Registration Keyword: Mind

Registration Deadline: March 11

Mind Body Spirit Day 2024

Set your mind at ease while we explore those things that keep us up at night.

Agenda

8:45 a.m. Check-in

8:55 a.m. Welcome

9 a.m. **Medicare: The Good, Bad and Ugly**

Molli Stolz, Aging Partners Benefits Counselor

Clint Solano, Aging Partners Benefit Counselor

Medicare is a major part of every senior's life in America. Each part of Medicare is complex and has its own challenges. We'll break them down part by part for better understanding.

9:45 a.m. Break

10 a.m. **Making Smart Financial Decisions in Retirement**

Patricia Bennett, Senior Vice President and Resident Director with Merrill Lynch Wealth Management in Lincoln, Nebraska

Even with proper planning, many seniors experience financial challenges, and they must develop strategies to prevent economic-related stress. Take a look at some of the financial problems seniors face and tips they can use to address each issue.

10:45 a.m. Shake It Off

11 a.m. **Herbalism at Home**

Alex Svoboda, clinical and community herbalist, owner of Arise Botanicals

Explore the medicinal benefits and applications of common herbs on your spice rack as well as right outside your door. Healing plants are everywhere and we will discuss how to select the right options for your garden and your kitchen.

11:45 a.m. Closing

Co-sponsored by:



For more information, contact us at
continuing@southeast.edu,
402-437-2700 • 800-828-0072

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



Registration Form - Non-Credit Course

Complete this form with payment information and send via FAX or mail to: **Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510**
FAX: 402-437-2703

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit southeast.edu/academics/college-catalog.php for additional information.

Today's Date

____/____/____

* Required

PLEASE PRINT

Social Security Number OR SCC Student ID Number		Name: * Last		* First	Middle Initial	* Email Address	
* Residence Mailing Address		* City	* State	* Zip	County #	* ☐ Cell ☐ Home Phone	
* Birth Date	I identify as: ☐ Male ☐ Female	Ethnicity (select one): ☐ Hispanic or Latino ☐ Not Hispanic or Latino	Race (select one or more): ☐ White ☐ Native Hawaiian or Other Pacific Islander ☐ American Indian or Alaska Native		☐ Asian ☐ Black or African American	☐ NE Resident ☐ Non-Resident	Business Phone
COURSE NUMBER		SECTION		TITLE		DATE	LOCATION
L	L	L	X	0	6	8	2
C	E	S	A	Mind Body Spirit Day 2024		Reg. Deadline: March 11	March 15, 2024
						CEC, 303	9 a.m.
							\$29

SIGNATURE _____

☐ Check ☐ Mastercard ☐ AMEX ☐ Discover ☐ VISA V Code _____
(Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

Name as it appears on card: _____ Exp. Date _____

CC # _____

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
☐ Yes ☐ No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____
DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php * The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

Learn at your convenience!

PRE-RECORDED/ON DEMAND PROGRAMMING



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](#). On the day courses begin for the term, you will receive an email with a "Join Code" and instructions on how to access programming.

All programming originates from OLLI at UNL.

The 6888th All-Black Female WWII Battalion – 4 sessions

In February 1945, 800 Women's Army Corps recruits in the segregated U.S. army sailed to Europe to do something crucial to the war effort: clear a massive two-year backlog of undelivered mail to troops whose morale was low, due to having no contact from home and family. Though they experienced constant credential challenges and discrimination, the 6888th worked around the clock, 7 days a week, processing 65,000 pieces of mail each day.

Artificial Intelligence: Friend or Foe? – 6 sessions

Obtain an in-depth introduction to artificial intelligence (AI), including how it works and its applications in various fields such as healthcare, finance, education, and more. Examine ChatGPT – an AI language model that can generate human-like text – with live classroom demonstrations and hands-on exercises. Build your understanding on navigating the ethical and societal issues surrounding AI, emphasizing its potential to impact society in profound ways.

Historic Preservation 101 – 4 sessions

Join Ed Zimmer, retired Historic Preservation Planner for the City of Lincoln, as he explains how historic preservation really works. Explore the mysteries of preservation laws and tools and how they do and do not protect historic sites. Using abundant examples of preservation successes and failures, Ed will demystify the rules and policies that govern development and impact the historic fabric of cities such as Lincoln.

"Kill the Indian to Save the Man:" Genoa U.S. Indian School – 3 sessions

Captain Richard Henry Pratt described his philosophy of assimilation: "Kill the Indian in him, and save the man," speaking in 1892 to the National Conference of Charities and Correction. Nebraska, a part of this assimilation process, opened its Native American Boarding School in 1884; the 4th largest in the U.S. and it focused on stripping Indigenous children of their language and culture in the name of assimilation. Genoa Indian Industrial School operated from 1884–1934. At its peak, the schools' campus housed 599 students who ranged in age from 4 to 22 years old from more than 40 tribes. There is an ongoing search for graves at Genoa and efforts to identify children who died at the school with current confirmed deaths of 86.

Feed Your Gut to Improve Your Health – 1 session

Bacteria in our gastrointestinal tract (microbiota) plays a role in gut health and the health of the entire body. Evidence suggests microbiota can impact one's glucose, cholesterol, body weight, and even how the brain works. We can positively change these bacteria to promote health through what we eat. Selecting whole foods such as whole grains, fruits, and vegetables are all important parts of a healthy diet that can improve gut health. It is possible to change our microbiota through foods and supplements called prebiotics and probiotics. Learn about the microbiome, its relation to health, modification through diet, and how to apply these concepts.

Nebraska Feeds the World: The Transformation of Grandpa's Farm – 6 sessions

Nebraska agricultural production is a \$30 billion industry. One in 4 jobs in Nebraska involves agriculture. Nebraska ranks fourth among all 50 states in the value of agricultural products. Approximately 44,000 farms and ranches exist in the state with an average size of 1,000 acres. Marketing procedures, domestic and international market channels, developing markets and potential future markets highlight the complexity of marketing ag products. Explore various challenges producers face, including acquiring access to a viable land base through ownership and rental, farm consolidation, and the transfer of assets between generations.

The Politics and History of American Civil Religion – 4 sessions

Americans love to talk about having a “separation of church and state” to justify certain ends. On the surface, separation exists; there is no official national religion, and religious discrimination is forbidden by the 1st Amendment. The reality is quite different, as what scholars call American Civil Religion weighs heavily on issues like American morality, legality, justice, and equality. Topics covered include religious freedom, religious choice, and whether this hypothetical separation of Church and State is real or a pipe dream. Consider theologies behind the dominant streams of American Christianity to understand how political and religious leaders use their understanding of theology for political, social, and economic gain.

Living Your Best Life with Healthy Bones – 1 session

Understanding bone health is important to leading an active life where you can do the things you want to do for as long as possible. Learn about osteoporosis, including tests used for screening, diagnosis, and treatment options. Hear more about ways to prevent osteoporosis, including calcium, Vitamin D and strategies to prevent falls.

Misinformation and Conspiracy Theories: Why People Believe Them and How to Address Them – Fall 2023 Symposium – 2 sessions

In an era characterized by unprecedented connectivity and the rapid dissemination of information, it is essential to critically examine the pervasive influence of misinformation, disinformation, and conspiracy theories. This symposium sheds light on the complex web of falsehoods that permeate our society and explore strategies to mitigate their impact. Prominent experts present cutting-edge research findings, case studies, and real-world examples, highlighting the mechanisms by which misinformation spreads and the detrimental effects it has on individuals, communities, and democratic processes.

Outdoor Adventures with UNL Campus Recreation



All courses are instructed and facilitated by staff at UNL Campus Recreation.

Everyday Bike Maintenance

LIF036L

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

Day/Date: Tue, April 16

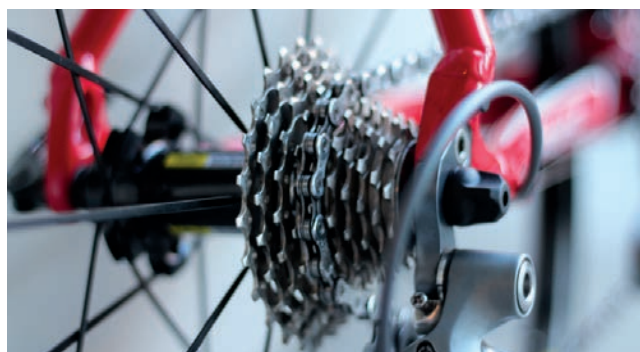
Time: 10 a.m. – 12 p.m.

Location: UNL Campus Recreation Outdoor Adventure Center Classroom

Enrollment Limit: 10

Cost: \$45

Cancellation after Tuesday, April 9, will be non-refundable unless cancelled by UNL.



Explore Pawnee Lake by Kayaking

LIF020L

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

Day/Date: Sat, May 11

Time: 9 a.m. – 12 p.m.

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

Enrollment Limit: 12

Cost: \$50

Cancellation after Friday, May 3 will be non-refundable, unless cancelled by UNL.

Introduction to Kayaking

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

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

Enrollment Limit: 12 per session

Cost: \$45 per session

LIF0191

Day/Date: Wed, April 24

Time: 4–7 p.m.

Cancellation after Wednesday, April 17 will be non-refundable, unless cancelled by UNL.

LIF0192

Day/Date: Tue, May 7

Time: 5–8 p.m.

Cancellation after Tuesday, April 30 will be non-refundable, unless cancelled by UNL.



MONDAYS

Qigong: Refresh and Recharge



H&W005L

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

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

Day/Dates: Mon, March 25, April 1, 8, 15, 22, 29

Time: 9-10 a.m.

Location: American Lutheran Church, Fellowship Hall

Enrollment Limit: 30

Cost: \$35

Behind the Curtain: Exploring the Lied Center for Performing Arts



ART102L

Enjoy a tour and learn about various aspects of public safety, patron services, production, marketing, outreach, volunteers and season planning for the Lied Center for Performing Arts. The Lied staff will share stories about their favorite performances, performers, and some of the oddest events they have experienced over the years.

Instructors: From the Lied Center for Performing Arts—Mark Moore, associate director, Event and Facility Services; Sasha Dobson, manager, Education Outreach Manager; Jane Schiermeyer Hansen, director, Education & Community

Facilitator: Judy Hart

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

Time: 9-10:30 a.m.

Location: Lied Center for Performing Arts. Participants will gather in the ticket lobby for the first class.

Enrollment Limit: 40

Cost: \$25

Saving a Life with CPR



H&W008L

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

Instructor: Mindi Jo Porto, NREMT-Paramedic, Training Center Coordinator, Bryan Medical Center.

Facilitator: David Dyke

Day/Date: Mon, April 1

Time: 9 a.m.-12:30 p.m.

Location: Bryan Health Firethorn Campus, Classroom 2B

Enrollment Limit: 13

Cost: \$20



Chicago Architecture: From the Great Fire to Last Week



Chicago is known as America's architectural Mecca. Join us for a survey of important buildings and architectural advancements in the Windy City. We will start with the great fire and the birth of the skyscraper, to important modernist buildings by Mies van der Rohe and his contemporaries, to contemporary structures, some still under construction. Review Louis Sullivan's contributions, Frank Lloyd Wright's prairie houses in Oak Park and many other famous and infamous buildings in Chicago.

Instructors: Kay Logan-Peters, MLS, retired Architecture Librarian, UNL; Zeb Lund, UNL lecturer and independent architect

Facilitator: Charlyne Berens

Day/Dates: Mon, April 1, 8

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

Cost: \$15

Register for only one format:

ART110Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART110L

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

Enrollment Limit: 28



Anna Rosenberg: The Busiest Woman in the U.S.



With a disarming mix of charm and tammany-hewn toughness, Anna Rosenberg befriended Eleanor Roosevelt in 1920s Manhattan and eventually served as FDR's unofficial advisor, wielding enormous influence. Rosenberg's extraordinary career continued as she was asked to be assistant secretary of defense in 1950 prevailing over Sen. Joseph McCarthy for her Senate confirmation. In 1962, she organized JFK's infamous birthday gala, sitting beside him while Marilyn Monroe sang. Rosenberg fought tirelessly for progressive domestic policies from racial integration to



women's equality to national health care. She was at the forefront of U.S. history from the 1920's through the 1960's and was the first person to receive the Medal of Freedom.

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

Facilitator: Nancy Mitchell

Day/Dates: Mon, April 15, 22, 29

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

Cost: \$20

Register for only one format:

HIS087Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS087L

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

Enrollment Limit: 28

Pickleball: Fun, Fitness & Friendship



LIF026L

This course is for beginning players with limited or no prior pickleball experience. You will learn the basics of pickleball in small groups of four OLLI participants taught by one or two experienced players. Our emphasis will be on the fun and joy of pickleball. We promise to have you playing the game in no time. A limited supply of paddles and balls are available to borrow. You may purchase pickleball paddles at several local sporting goods stores, starting around \$50. On-line purchases of beginner paddles is not recommended. Questions? Contact Stefan Newbold, stegan.newbold@gmail.com.

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

Days/Dates: Mon-Thu, April 29, 30, May 1, 2 (rain date May 3)

Time: 1-2 p.m.

Location: Peterson Park Pickleball Courts

Enrollment Limit: 40

Cost: \$25



Agrivoltaics: The Marriage of Agriculture and Solar



Agrivoltaics is a fascinating and innovative practice that involves using land for both solar panels and agriculture. This approach can include a variety of agricultural activities, such as protecting plants from too much sun, grazing livestock, beekeeping, creating pollinator habitats, and carbon sequestration. We will explore the advantages and disadvantages of this dual-use approach, as well as how it could impact both energy production and agriculture in the future. Understanding the economics of blending these two practices is crucial for maximizing their benefits while minimizing any potential drawbacks.

Instructors: Christy Eichorn, certified public manager, American Institute of Certified Planners, UNO, School of Public Administration; Peter S. Berthelsen, president, Conservation Blueprint

Facilitator: Lorrie Benson

Day/Date: Mon, April 22

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON066Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON066L

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

Enrollment Limit: 28



Causes and Effects of Political Disagreement



Mounting evidence from political science and other fields confirms what many people suspect: American politics has become more polarized over time. We will explore what that means. In the first session, we will discuss how people arrive, intentionally or accidentally, at their political preferences and which preferences they are most likely to fight about. In the second session, we will discuss the effects of political disagreement, from how people think, feel, and behave toward their political allies and opponents, to how political conflict can reshape our society—for worse or for better.

Instructor: Pierce Ekstrom, assistant professor, Political Science, UNL

Facilitator: Charlyne Berens

Day/Dates: Mon, March 25, April 1

Time: 1-2:30 p.m.

Cost: \$15

Register for only one format:

CON064Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON064L

Location: SCC-CEC Rm 213

Enrollment Limit: 24

The Continuing Relevance of Joan of Arc



Joan of Arc's story—a 15th century French woman still in her teens getting command of an army—achieving military success and bringing about the coronation of a French king before being taken prisoner by the English, tried for heresy, and burned at the stake. Her career raises many questions about religious callings and the church that are still vital, today. We will take up these questions while looking at some of the surviving documents about Joan, especially the record of her trial, and at some of the many striking ways she has been memorialized in literature and film.

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

Facilitator: Wil Hass

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

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

L&L043Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L043L

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

Enrollment Limit: 28



Our Prairie University: A Historic Walking Tour of UNL City Campus



ART027L

The University of Nebraska started as one infamous building on 11 acres of land north of downtown Lincoln. Join Kay Logan-Peters, retired UNL librarian and author of “University of Nebraska,” for a walking tour of the early buildings on the City Campus. We will discuss the physical growth of the campus during the University's first century and learn about the faculty and administrators who were instrumental in shaping the prairie university. Be prepared to walk and stand. Wear comfortable shoes and dress for the weather.

Instructor/Facilitator: Kay Logan-Peters, retired UNL librarian

Day/Date: Mon, April 29

Time: 3-4:30 p.m.

Location: Sheldon Museum of Art. Meet at stairs on the east side of the building. Parking is available at the 12th and Q Streets garage.

Enrollment Limit: 25

Cost: \$10

Let Freedom Read: Censorship in School and Public Libraries



According to the American Library Association, book challenges and bans were at an all-time high in 2022 and 2023. Why is this happening now, what books are being targeted, and how can citizens protect our freedom to read? Delve into the social, political, and personal forces that fuel censorship attempts. Find out how libraries build their collections using the values set out in the Library Bill of Rights, and how citizens can speak against censorship, support libraries and library staff.

Instructor: Vicki Wood, former coordinator, Youth Services, Lincoln City Libraries

Facilitator: Cherie Bayley

Day/Date: Mon, April 15

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

L&L045Z

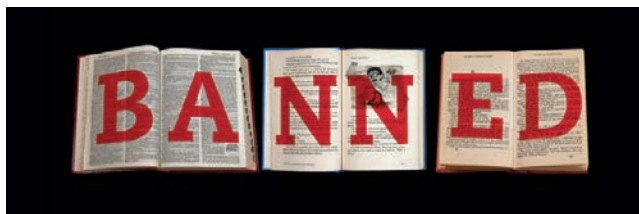
Location: Zoom Live Stream

Enrollment Limit: 100

L&L045L

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

Enrollment Limit: 28



The Impact of Voter Identification in Lancaster County



Learn about the application of Nebraska's new voter identification law passed by the 2023 Legislature in response to voters' approval of the initiative petition in 2022. We will look at some of the statewide requirements but focus primarily on how those will be carried out in Lancaster County. We will cover what constitutes acceptable photo identification as well as how it applies to early voting by mail, early voting in office, Election Day voting and provisional voting.

Instructor: Becki Gaston-Wise, chief deputy election commissioner, Lancaster County

Facilitator: De Tonack

Day/Date: Mon, March 25

Time: 3-4:30 p.m.

Cost: \$0-No Fee

Register for only one format:

CON067Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON067L

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

Enrollment Limit: 28

TUESDAYS

Dance Fitness



H&W011Z

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

Instructor/Facilitator: Julie Enersen, certified Zumba instructor

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

Time: 9-9:50 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Untold Heroines: The American Revolution's Unsung Voices



Delve into the often-overlooked roles played by women during this pivotal period. From the resilient camp followers and nurses who tended to the wounded to the daring spies and couriers who risked everything for the cause, we will unravel the multifaceted contributions of women in shaping the narrative of the American Revolution. Defying societal norms to actively participate in the struggle for independence, discover the stories of Abigail Adams—who told her husband John Adams “remember the ladies”—and countless other unsung heroines whose courage and resilience became instrumental in the forging of a new nation.

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

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

Time: 9-10:30 a.m.

Cost: \$35

Register for only one format:

HIS083Z

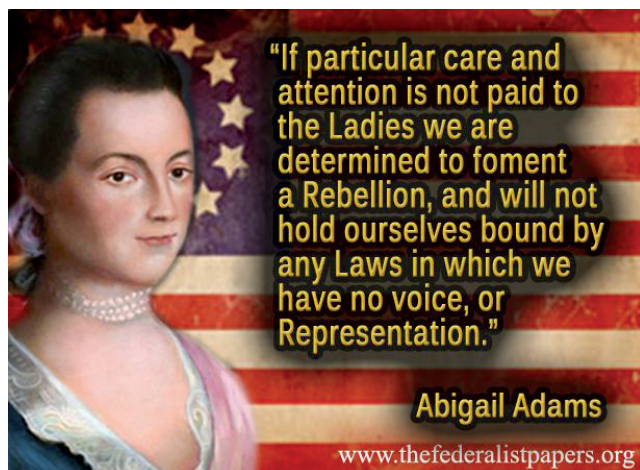
Location: Zoom Live Stream

Enrollment Limit: 100

HIS083L

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

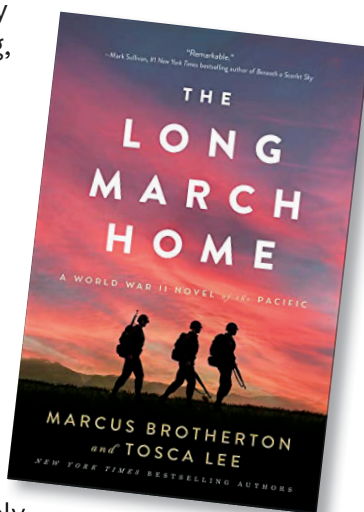
Enrollment Limit: 28



WWII in the Pacific, the Defense of the Philippines, and the Bataan Death March



Learn from OLLI history professor, Thomas Berg, and “New York Times” bestselling Nebraska author Tosca Lee, co-author of “The Long March Home: A WWII Novel of the Pacific,” about the Japanese War Strategy for the South Pacific. The War culminated on December 8, 1941, when the Philippine Islands were aggressively invaded, just 10 hours following its unanticipated, devastating attack on Pearl Harbor. We will focus on the War in the Philippines, the forced Allied surrender of April 1942, with its subsequent infamous Bataan Death March, and the POW life for those who were barely able to survive their ordeal. Dr. Berg will provide a pre-recorded “prologue history lecture” in the first class. Tosca Lee will be teaching sessions 2 and 3 in person.



Instructors: Thomas Berg, lecturer, History (pre-recorded); Tosca Lee, author (in-person)

Facilitator: David Dyke

Day/Dates: Tue, March 26, April 2, 9

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

Cost: \$20

Register for only one format:

HIS082Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS082L

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

Enrollment Limit: 28

Preventing Tragedy: Suicide Awareness and Intervention



Learn when and how to intervene when someone might be contemplating suicide. We will learn about QPR (question, persuade, refer) and techniques for saving lives.

Instructor: Teri Effle, prevention specialist, Region V Systems

Facilitator: Nancy Hicks Rose

Day/Date: Tue, April 16

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

Cost: \$10

Register for only one format:

CON065Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON065L

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

Enrollment Limit: 28

Samuel Bak Museum: Becoming a Witness - From Abstraction to Figuration



HIS0850

Theodoro Adorno's quotation, "To write poetry after Auschwitz is barbaric," has been frequently cited in post-Second World War culture in support of a prohibition against figurative artistic responses to the Holocaust. Adorno offered in this statement a criticism of Western European pre-war culture as one capable of mass extermination. This exhibition explores how Samuel Bak's works from the 1950s and 1960s, created during his time in Paris and Rome, wrestle with the intellectual quandary posed by Adorno and the anti-figurative challenge set forth by his peers. "Becoming a Witness" also explores his post-60s painting style – a blend of realism with metaphysics and surrealism in a vibrant palette that discomforts yet entices the viewer. Bak established his new approach to painting, one that blends the traditions of the Northern Renaissance with the uncanniness of Surrealism and the tense atmosphere of Metaphysical painting. Bright colors and hyperrealist details draw the viewer in, who is then confronted to Bak's memories of the Holocaust, themes of war and peace, and the struggle of the survivor in the aftermath of destruction.

Instructor: Alexandra M. Cardon, manager and curator, Gallery, Samuel Bak Museum

Facilitator: Bob Michl

Day/Date: Tue, April 23

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

Location: Samuel Bak Museum, Omaha. A free, three-level parking deck is located directly east of the museum.

Enrollment Limit: 30

Cost: \$10.



Tours of Places of Worship



REL006L

We will visit six churches in Lincoln. The speaker at each location will give an overview of the congregation's beliefs, traditions, and practices. A tour of the facility may also be included. We will visit some new locations and some from previous offerings of this course. All churches are in Lincoln. Churches include Epic Church, Messiah Lutheran, First Plymouth Congregational Church, Zion Presbyterian Church, South Gate United Methodist Church and Cathedral of the Risen Christ.

Instructors: Church Staff

Facilitators: Jeri Brandt, Lois Ullman

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

Time: 1-2:30 p.m.

Locations: March 26, Epic Church. The list of churches will also be provided at the first session

Enrollment Limit: 75

Cost: \$35

Identifying Trees in Winter and Spring



SCI053L

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

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

Facilitator: Bill Latenser

Day/Date: Tue, April 9

Time: 1-2:30 p.m.

Location: VFW shelter, just inside the northwest entrance to Wayne Park, Waverly, Neb.

Enrollment Limit: 30

Cost: \$10

Pictures of Everything: 21st Century Art Appreciation



ART111L

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

Instructor: Aaron Holz, professor, School of Art, Art History and Design, UNL

Facilitator: Kay Logan-Peters

Day/Dates: Tue, March 26, April 2

Time: 3-4:30 p.m.

Location: First class will meet at Sheldon Museum of Art. Second class will meet at Richards Hall, UNL.

Enrollment Limit: 30

Cost: \$15



Loren Eiseley's Nebraska



L&L042L

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

Instructor: Tom Lynch, professor emeritus, English

Facilitator: Christy Hargesheimer

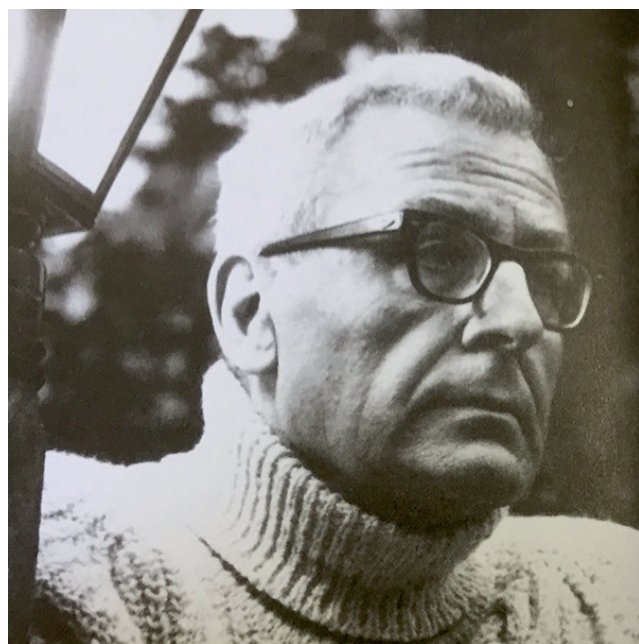
Day/Dates: Tue, April 16, 23, 30, May 7

Time: 3-4:30 p.m. (May 7 class will last 2 hours)

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

Enrollment Limit: 28

Cost: \$25



Nebraska Repertory Theatre Presents: “Big Fish”



Backstage at the Rep (Course)

ART099L

Join director Ann Marie Pollard for a discussion about “Big Fish,” a co-production with UNL Opera. “Big Fish” is a musical based on the novel by Daniel Wallace and the award-winning Tim Burton film. The director will be joined by the production design team who will discuss their concepts and show examples of their drawings, illustrations, models and more. This 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, April 23

Time: 3-4:30pm

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 35

Cost: \$10

Performance

ART100L

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 our own. The same OLLI discount on ticket prices applies either way you attend.

Facilitator: Dori Bush

Day/Date: Wed, May 1

Registration Deadline: Wed, April 24.

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

Time: 7:30-10 p.m.

Location: UNL Temple Building, Howell Theatre

Enrollment Limit: 25

Cost: \$15



The Woman Behind the Teddy Bear: The Awe-Inspiring Story of Margarete Steiff



HIS084Z

Discover the awe-inspiring story of Margarete Steiff, the visionary behind the world-famous Teddy Bear. Overcoming illness and monumental challenges, she transformed a small workshop near Stuttgart into an internationally recognized brand, defying the norms of the 19th century. Learn about the remarkable life of Margarete Steiff, a true pioneer in the world of toy-making and business.

Instructor: Anette Isaacs, German historian and director, OLLI at Florida International University

Facilitator: Bob Michl

Day/Date: Tue, March 26

Time: 6:30-8 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10



WEDNESDAYS

Rural Poll Insights on Rural Nebraska



The University of Nebraska conducts an annual Rural Poll that provides interesting insights on rural Nebraskans and their opinions and attitudes about personal and community well-being, public services, economics, policy, and various other public issues. The results of the most recent 2023 survey efforts highlights the concerns among rural Nebraskans about the general economic conditions and public services such as childcare and among other issues, focus on the increasingly bitter and polarized state of civil discourse across the country. We will summarize these Rural Poll findings and discuss implications for Nebraska policymakers, communities, and citizens.

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

Facilitator: Marv Almy

Day/Date: Wed, March 27

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

CON068Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON068L

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

Enrollment Limit: 28

Behind the Scenes at the Lincoln Children's Zoo



SCI008L

Take a behind-the-scenes tour of the zoo's newest animal residents. The lead zookeeper will provide a special look at the new giraffe barn. Zoo staff will lead a tour of the medical facilities and describe the zoo's conservation efforts. Evan Killeen, CEO, will chat with us about the history, evolution and future of the zoo.

Instructor: Evan Killeen, chief executive officer, Lincoln Children's Zoo

Facilitator: De Tonack

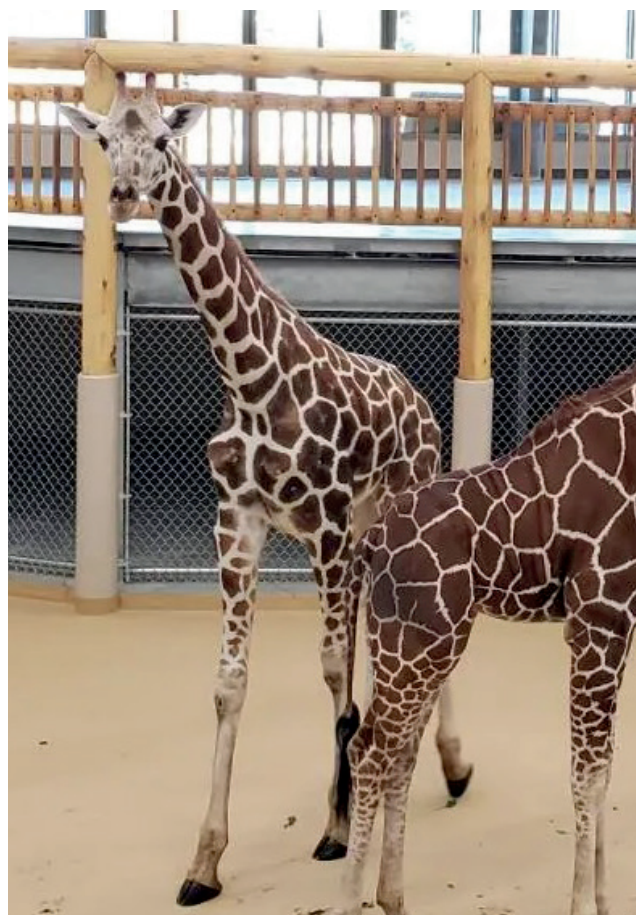
Day/Date: Wed, May 1

Time: 9-11:30 a.m.

Location: Lincoln Children's Zoo

Enrollment Limit: 20

Cost: \$50



Tai Chi



H&W052L

Tai Chi is an ancient Chinese martial art that has become the world's most widely practiced exercise form. In contrast to most other exercises, Tai Chi can be a life-long learning experience. We will train in class fundamentals skills comprising a 'solo exercise' that is the foundation for daily self-practice. Those with prior Tai Chi experience can hone familiar movements and acquire new skills. All levels of physical capability or Tai Chi experience are welcome. Wear comfortable clothing and flat shoes.

Instructor: Gary Yuen, 30-year Tai Chi instructor and retired UNL plant pathologist

Facilitator: Kathy Grubbe

Day/Dates: Wed, March 27, April 3, 10, 17, 24, May 1

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

Location: American Lutheran Church, Fellowship Hall

Enrollment Limit: 20

Cost: \$35



Sport in American Culture



Sport has been an important part of the American cultural landscape since before the founding of the Republic, from the very popular blood sports of the 18th century through the development of the boxing and horse racing industries in the 19th century and the explosion of baseball, football and basketball in the 20th century and eSports in the 21st century. At few, if any places, in our society do we see the confluence of income, class, race, gender, identity, and celebrity the way we do in sports. We will deeply examine the role of sport in our society and how the media have been both partners and observers. We will take a deep dive into sport and how it fits into American life. We will discuss issues which are complicated and sensitive; it's not just about slam dunks, big contracts, SportsCenter and social media.

Instructor: John Shrader, associate professor, Broadcasting, College of Journalism and Mass Communications, UNL

Facilitator: Charlyne Berens

Day/Dates: Wed, March 27, April 3, 10, 17

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

Cost: \$25

Register for only one format:

CON023Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON023L

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

Enrollment Limit: 28

Lincoln Literacy: Bridgeway to a Better Life



Learn about Lincoln Literacy's outreach to the community and literacy services. The history of refugees/immigrants to Lincoln, current numbers and trends will be covered, plus a description of Lincoln Literacy and other agencies who provide services. Lincoln Literacy provides a continuum of services from beginner to advanced English, as well as workforce development focused classes in a variety of areas: certified nursing assistant, commercial drivers license, working in Lincoln Public Schools, or reentering a

profession from their country of origin such as engineering, nursing, teaching, and more. Walk away with an increased awareness of the diversity in our community and the immense talents that these newcomers bring to Lincoln.

Instructor: Bryan Seck, executive director, Lincoln Literacy

Facilitator: Stephanie Nantkes

Day/Date: Wed, March 27

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

Cost: \$10

Register for only one format:

LIF098Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF098L

Location: SCC-CEC Rm 213

Enrollment Limit: 24



Speak Up! Your Health, Your Choices



H&W055Z

Gain tips and strategies for how to navigate healthcare and insurance systems. Learn how to effectively prepare for a doctor's appointment and/or a hospital stay. Become a good historian of your medical information and obtain tips for successfully negotiating a medical bill. In addition, contesting an insurance denial will be covered. Overall, gain information and ways to advocate for yourself and others in the healthcare system.

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

Facilitator: Jane Stokebrand

Day/Date: Wed, April 3

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

Mastering the Art of Error Prevention in Healthcare



H&W056Z

Did you know that medical errors are the third leading cause of death in the U.S.? Learn specific strategies for avoiding medical error, useful for you or a loved one. Tips will be shared which cover doctor's visits, hospital stays and trips to the pharmacy. Simply having another set of eyes and ears can drastically improve patient outcomes. Obtain valuable advice to help you and your loved ones stay safe and healthy.

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

Facilitator: Jane Stokebrand

Day/Date: Wed, April 10

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

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10



All About Chocolate

Who doesn't love chocolate? Explore the history of chocolate, where it is grown and how it is produced. We will discuss why chocolate is good to eat and good for you. You will also learn what is bad about chocolate, including child exploitation and the difficulty of addressing child labor. You will have an opportunity to taste chocolates from several different countries. Please bring a bottle of water to cleanse your palate between samples.

Instructor: Pat King, OLLI member

Enrollment Limit: 22

Cost: \$15 (includes cost of chocolate samples)

LIF1111

Facilitator: Linda Biggerstaff

Day/Date: Wed, April 24

Time: 11 a.m. – 12:30 p.m.

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

LIF1112

Facilitator: Jeanette Wellsandt

Day/Date: Wed, May 1

Time: 11 a.m. – 12:30 p.m.

Location: SCC-CEC, Rm 404

The Heart of Lincoln: Human Services Nonprofits, Part II



Learn about more human services-related nonprofit organizations in the Lincoln area during this second series, a continuation from Term 3, as we explore the essential work provided by this vital sector. Leaders from local nonprofits dealing with housing/shelter, women's and children's needs and immigrant/refugee services and resettlement will explain their work. Completion of Part I is not required to enjoy Part II. We will gain a fuller understanding of the unique contributions these organizations make to improve life for those in our community and how it takes a village to do this work.

Instructors: Julie Reager, volunteer coordinator, Lutheran Family Services; Nizar Rasho, director, Economic Empowerment and Education, Lutheran Family Services; Rachel Tvrdy, coordinator, Community Engagement, Catholic Social Services; Katie Batenhorst, assistant director, Refugee Resettlement, Catholic Social Services; Quentin Brown, executive director, EduCare Lincoln; Leah Droge, executive director, Friendship Home; Jim Blue, president and CEO, CEDARS Home for Children; Jessie Hedrick, director, Communications and Development, Head Start, Community Action Partnership of Lancaster and Saunders Counties; Chris Lamberty, executive director, Lincoln Housing Authority; Heather Loughman, CEO, Community Action Partnership, Lancaster & Saunders Counties; Tom Barber, CEO, People's City Mission; Leslie Coleman, CEO, NeighborWorks

Facilitators: Charlyne Berens, Roger Lempke, Nancy Mitchell

Day/Dates: Wed, March 27, April 3, April 10

Time: 1-2:30 p.m.

Cost: \$20

Register for only one format:

CON063Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON063L

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

Enrollment Limit: 28

Connect with Artist Angela Two Stars



ART107L

Meet and learn from Indigenous artist Angela Two Stars (Sisseton Wahpeton Oyate) in this special exhibition tour and studio visit at the Great Plains Art Museum. Two Stars is the museum's 2024 Elizabeth Rubendall Artist in Residence and is a Minneapolis-based public artist, curator and arts administrator. Her artwork is rooted in language revitalization, and she uses her own language journey to share a deeper understanding of cultural identity and healing through the Dakota language. Two Stars will share insight on her solo exhibition and artwork commission for the museum as well as lead an art-making activity for class participants.

Instructors: Angela Two Stars, artist; Ashley Wilkinson, director and curator, Great Plains Art Museum

Facilitator: Anne Diffendal

Day/Date: Wed, April 10

Time: 1-2:30 p.m.

Location: Great Plains Art Museum

Enrollment Limit: 16

Cost: \$10



RARE AIR: Endangered Species in the Art of Sarah Kaizar



ART108L

Experience Philadelphia-based artist Sarah Kaizar's vibrant and detailed renderings of endangered winged species in this exclusive exhibition tour. Featuring original gouache and ink artwork from Kaizar's book "RARE AIR: Endangered Birds, Bats, Butterflies, and Bees," this exhibition also includes interactive elements that connect visitors of all ages to the diversity of our ecosystems and the extraordinary creatures that populate them. Kaizar's work enables audiences to recognize and appreciate the species that share our world and offers strategies—big and small—to slow or reverse the threats that face them.

Instructor: Ashley Wilkinson, director and curator, Great Plains Art Museum

Facilitator: Anne Diffendal

Day/Date: Wed, April 17

Time: 1-2:30 p.m.

Location: Great Plains Art Museum

Enrollment Limit: 20

Cost: \$10



Introduction to Bridge II



LIF016L

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

Instructor/Facilitator: Henry Schuman

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

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

You Are the Help Until Help Arrives



H&W054L

Life-threatening emergencies can happen fast, and emergency responders are not always nearby. You may be able to save a life by taking simple actions immediately. Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest are best positioned to provide first care. You are the "Help Until Help Arrives" teaches five essential actions that anyone can take in an emergency. Attendees will have the opportunity to practice skills to stop life-threatening bleeding, position the injured, provide emotional support and communicate with 9-1-1 operators effectively.

Instructor: Josh Yox, state coordinator, Citizen Corps, Nebraska Emergency Management Agency

Facilitator: Stephanie Nantkes

Day/Dates: Wed, April 3, 10, 17

Time: 3-4:30 p.m.

Location: Eastmont Towers

Enrollment Limit: 20

Cost: \$20

The Magic of the Metropolitan Opera: “La Rondine”



ART101L

Puccini’s bittersweet love story makes a rare Met appearance, with soprano Angel Blue starring as the sophisticated French courtesan Magda, opposite tenor Jonathan Tetelman in his company debut as Ruggero, an idealistic young man who offers her an alternative to her life of excess. The Art Deco-inspired staging transports audiences from the heart of Parisian nightlife to a dreamy vision of the French Riviera. Soprano Emily Pogorelc and tenor Bekhzod Davronov—both making their Met debuts—complete the cast as Lisette and Prunier. We will listen to and discuss the history of this opera: its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

Facilitator: Dori Bush

Day/Date: Wed, April 17

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



Our Prairie University: A Historic Walking Tour of UNL East Campus



ART046L

The University of Nebraska Farm started as a demonstration and test farm on the outskirts of Lincoln shortly after the founding of the university. Join Kay Logan-Peters, retired UNL librarian and author of “University of Nebraska,” for a walking tour of the early buildings on the East Campus, formerly known as the Farm. We will discuss the physical growth of the campus during the University farm’s early years and learn about some of the faculty and others who were instrumental in shaping the University’s agricultural campus. Be prepared to walk and stand. Wear comfortable shoes and dress for the weather.

Instructor/Facilitator: Kay Logan-Peters, retired librarian, UNL

Day/Date: Wed, May 1

Time: 3-4:30 p.m.

Location: Meet at “Perin Porch,” the white structure between Holdrege Street and the East Campus Loop.

Enrollment Limit: 25

Cost: \$10

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. Instructor will provide modifications as needed. No homework, but you will learn some yoga tidbits to use in your future practice both on and off your mat. No equipment needed, but a yoga mat is encouraged. Consult with your physician prior to participating.

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

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

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

The Evolution of Work Over the Last Twenty Years



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

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

Facilitator: Marie Trayer

Day/Date: Thu, March 28

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

L&L038Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L038L

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

Enrollment Limit: 28

Charitable Estate Planning Strategies: How to Avoid the Top 5 Mistakes



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

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

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

Facilitator: Bob Michl

Day/Date: Thu, April 4

Time: 9-11 a.m.

Cost: \$0-No Fee

Register for only one format:

LIF139Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF139L

Location: SCC-CEC Auditorium

Enrollment Limit: 50

A Journey of Music and Instruments



ART112L

Learn about world influences, styles and sounds connected to three different instruments. In the first session, La Dolce Vita, a Lincoln based flute/guitar duo, will provide an overview of the vast repertoire available and history of the duo in a casual lecture recital format. Including compositions from the 1800s to 2023, the flute and guitar duo is a versatile ensemble, able to adapt to the formal concert hall or the casual coffee shop. In the second session, we will visit the regions of Llanera (Venezuela and Colombia), Jarocah (Mexico), and Paraguaya (Paraguay), using the harp as our guide, through illustration and live performance. All harps in America date from Spanish Conquest. The regional traditions are not entirely isolated; there are many regional and local variants, and each performer has his or her own unique style. The harp tradition survived in many Latin American Cultures.

Instructors: La Dolce Vita: Lindsay Bartlett, flute; Antonio Forgione, guitar; John Lozier, harpist

Facilitator: Julie Jones

Day/Dates: Thu, April 11, 18

Time: 9-10:30 a.m.

Location: Unitarian Church of Lincoln, Auditorium

Enrollment Limit: 50

Cost: \$15



A Story to Be Told Through Film and Discussion



Szum (Arthur) Zygielbojm was a Jewish political and labor leader in pre-World War II Poland. Appointed by the occupying Nazis to the Warsaw Judenrat (Jewish Council), he argued against the creation of the Warsaw Ghetto. The Nazi SS reacted by marking him for death. After escaping Poland, he served in the Polish Government-in-Exile in London. Zygielbojm's job was to receive intelligence about the destruction of the Jews in Poland and convince the Allies to take action to save them. Met by disbelief and encouraged to take grave action by the leaders of the Warsaw Ghetto Uprising, he took his own life in protest against the world's indifference. There have been many books, plays, and movies about Zygielbojm. This course will present one of them, "The Death of Zygielbojm", which was released in Poland in late 2021. Along with the film, the presenter will discuss antisemitism and present background information about Zygielbojm's family.

Instructor: Arthur Zygielbaum, Grandson of Szum Zygielbojm

Facilitator: Georgianne Mastera

Day/Date: Thu, May 2

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

Cost: \$20

Register for only one format:

HIS089Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS089L

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

Enrollment Limit: 28



Learn the Ukulele



LIF018L

The ukulele is an easy instrument to learn. Have fun singing, strumming and learning with fellow OLLI members. Learning a new instrument keeps the brain sharp, and fingering the ukulele helps arthritic hands. You 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, March 28, April 4, 11, 18, 25, May 2

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

Location: First session at Anderson Branch Library, Meeting Rm. Locations will vary.

Enrollment Limit: 18

Cost: \$35



I Shutter to Think...

ART109L

Photography is an art. Obtain guidance and build confidence in your photography abilities and creativity using an SLR/DLR camera or a cell phone. Get to know your camera, focusing and composition, experimenting with manual mode instead of automatic, working with light and shutter speed and aperture, when to use tripods and more. Participants must supply their own photography equipment. Be prepared for photo challenges and assignments and critiques if desired.

Instructor: Chuck Hackenmiller, OLLI member

Facilitator: David Dkye

Day/Dates: Thu, March 28, April 4, 11, 18, 25

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

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

Enrollment Limit: 15

Cost: \$30

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: Thu, April 4

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

Cost: \$10

Register for only one format:

LIF002Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF002L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Prepare to Care: Navigating Future Healthcare Options and Cost



When it comes to caring for loved ones, most families don't have a plan until a crisis happens. Find out what 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. You will 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: Thu, March 28

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

Cost: \$10

Register for only one format:

LIF055Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF055L

Location: SCC-CEC Rm 213

Enrollment Limit: 24

Living Well with Parkinson's Disease



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

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

Day/Date: Thu, April 11

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



Oh, the Pastabilities!

LIF134L

Pasta: so simple, yet so versatile. The wide variety of options (e.g., gluten-free, vegetarian, hot, cold, red sauce and white sauce) can be overwhelming. Explore all these options during this hands-on course. For the first class, bring two flat containers to take home your creations.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Jeanette Wellsandt

Day/Dates: Thu, April 18, 25

Registration Deadline: Thu, April 11.

Cancellation after this date will be non-refundable.

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



Take a Walk in the Clouds



During our childhoods, we may have spent time lying in the grass on a hot, summer day, gazing at the clouds and talking with our siblings or friends about what shapes the clouds formed. Who knew there are so many types of clouds and all of them have different names, weather indications and formations? Discover the types of clouds, the weather they can bring and how they form.

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

Facilitator: Stephanie Nantkes

Day/Date: Thu, Mar 28

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

SCI017Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI017L

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

Enrollment Limit: 28

Overview of Pure Nebraska



Pure Nebraska is a TV show on Channels 10/11. The program highlights agriculture, along with the people and places that make Nebraska unique. Emmy-award winning anchors Jon and Taryn Vanderford, along with meteorologist Brad Anderson have been working on this program for more than 10 years. Jon and Taryn will share some of their highlights from the road. They will also discuss how they find stories, how they report on them, and provide some unique perspective on television reporting and production.

Instructors: From Pure Nebraska, 10/11 Now, KOLN/KGIN TV—Jon Vanderford, executive producer and co-host; Taryn Vanderford, co-host and First at Four anchor

Facilitator: Stephanie Nantkes

Day/Date: Thu, April 4

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

LIF135Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF135L

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

Enrollment Limit: 28



Learning About the Game of Volleyball



LIF096L

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

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

Facilitator: Stephanie Nantkes

Day/Dates: Thu, April 11, 18, 25

Time: 1-2:30 p.m.

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

Enrollment Limit: 65

Cost: \$20



The Mosaic of Homesteader Groups



The Homestead Act of 1862 provided a chance for individuals to secure 160 acres of the public domain if they followed specific requirements. This is a big story that spans 30 states and 123 years. Ten percent of all land in the United States was directly developed via this act. Homestead National Historical Park partnered with Lincoln Public Schools to create an educational video series that highlight four primary themes within the Homestead story: Native Americans, immigration, industrialization and agriculture. Explore the history and legacies of the Homestead Act via these major themes. The video series will be integrated into the discussion.

Instructor: Amber Kirkendall, Park Ranger/Volunteer Coordinator, Homestead National Monument of Nebraska, Beatrice

Facilitator: Julie Jones

Day/Date: Thu, May 2

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

HIS088Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS088L

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

Enrollment Limit: 28



The Historical Journey of Service Clubs in Lincoln



Learn about community service in Lincoln, spotlighting the histories of prominent organizations, including the Lions Club, Rotary Club of Lincoln, Kiwanis, and the Junior League of Lincoln. Delve into their origins and trace their evolution to becoming beacons of positive change. Also gain insight into their mission, goals, projects and milestones. Each class will feature two clubs.

Instructors: Tammy Freitag, president, Lincoln 21st Century Lions Club; Colleen Ogden, Junior League of Lincoln; Randy Bretz, Rotary Club #14; Mark Shkolnik, president, Kiwanis Club

Facilitator: Janet Rife

Day/Dates: Thu, April 4, 11

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

HIS091Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS091L

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

Enrollment Limit: 28

Aging Partners Tour and Overview at Victory Park



LIF109L

Aging Partners is now open at its new Victory Park location on the former Veterans Administration campus. Learn about the many services the agency provides to older adults in Lincoln. Tour the new facilities, including a look at the new fitness, recreation, and dining facilities, as well as a foot and health assessment clinic.

Instructor: Randall Jones, Director, Aging Partners

Facilitator: Bob Michl

Day/Date: Thu, April 18

Time: 3-4:30 p.m.

Location: Victory Park Center (east end of VA Campus)

Enrollment Limit: 50

Cost: \$0-No Fee

OPEN TO THE PUBLIC

Haymarket History Inside and Out



HIS059L

Jim McKee and Ed Zimmer return to repeat this overwhelmingly popular course. In the first session, McKee will present a richly illustrated historic background on Lincoln's Haymarket, including railroading, wholesale and warehouse establishments, hotels, candy manufacturing, and the area's redevelopment into a district listed among Lincoln Landmarks and enrolled on the National Register of Historic Places. In the second session, Zimmer will guide a 90-minute walking tour of Haymarket exploring historic architecture, early and current businesses, placemaking, and preservation successes and challenges.

Instructors: Jim McKee, Lincoln historian, author, bookseller and publisher; Ed Zimmer, Lincoln architectural historian, author, and retired City of Lincoln historic preservation planner

Facilitator: Lynn Roper

Day/Dates: Thu, April 25, May 2

Time: 3-4:30 p.m.

Location: April 25, SCC-CEC, Auditorium; May 2, meet at Iron Horse Park. Parking is available in the public garages at 9th and Q Streets, or one block west on Q and Pinnacle Bank Arena Drive.

Enrollment Limit: 50

Cost: \$15



A Night Under the Stars at the Branched Oak Observatory



SCI052L

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

Instructors: Brian Sivill, board member and supervisor, Lincoln Hyde Observatory; Michael Sibbersen, co-founder and director, Education, Branch Oak Observatory

Facilitator: Clay Farris Naff

Day/Date: Thu, April 11

Time: 7-9 p.m.

Location: Branched Oak Observatory

Enrollment Limit: 30

Cost: \$10



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 a PDF of these forms, to print out and sign, then bring to the first class.

Instructors: Kinna Arp, group fitness graduate assistant; Brenna Mazour, graduate assistant, Nutrition Education; Madie Ewing, graduate assistant, Personal Training

Facilitator: Brad Dwiggins

Day/Dates: Fri, March 29, April 5, 12, 19, 26, May 3

Time: 9-10:30 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

Build Your Bridge to Retirement



LIF138L

Learn how to navigate the many options surrounding retirement. Explore information on: choosing a retirement community; non-medical home care and home health care; stress-free organization and downsizing for a move; guardian/conservatorship; durable power of attorney; spousal impoverishment/Medicaid; Veteran options; hospice and palliative care truths and myths; planning end of life;

senior fraud; planning for retirement; making informed Medicare insurance decisions; senior legislation; and tips for seniors when traveling.

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

Facilitator: Carla Fetch

Day/Dates: Fri, March 29, April 5, 12, 19, 26, May 3

Time: 9-10:30 a.m.

Location: Cornhusker Bank, Activity Room, Ste. 102, Apples Way location

Enrollment Limit: 30

Cost: \$35

Nebraska's Connections to the 150th Kentucky Derby



Learn more about Nebraska's national legacy and connections to 150 Years of the Kentucky Derby. The award-winning documentary film "Born to Rein" captures the historic narrative of the thoroughbred history through the humble upbringings and lives of native Nebraskans and National Hall of Fame Trainers such as John Nerud of Minatare, and the father and son team, Marion and Jack Van Berg of Columbus, to the national story of America's first Triple Crown winner, Sir Barton, who spent time at Fort Robinson in the U.S. Army Remount program. After viewing the film, enjoy a question and answer session with the filmmakers and author of "Sir Barton and the Making of the Triple Crown" (2019) and "Foxes of Belair: Gallant Fox, Omaha, and the Quest for the Triple Crown" (2023).

Instructor: From American Doorstep Project—Jody Lamp, co-founder; Melody Dodson, co-founder

Facilitator: Jeanette Wellsandt

Day/Date: Fri, April 19

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

Cost: \$20

Register for only one format:

HIS086Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS086L

Location: Nebraska Public Media

Enrollment Limit: 70

Lincoln's Rehabilitation Options and Restorative Care Education



LIF038L

Everything you need to know to prepare and plan for recovery. Visit with the discharge planners and get exclusive tours of Lincoln's finest rehabilitation options. During the first class, we will review the class plan and expectations, learn about Medicare payments, hospital-to-home rehabilitation, and discuss driving directions and logistics for site tours. Each following week, we will visit one site, including Eastmont Rehabilitation, Southlake Village Rehabilitation, Old Cheney Rehabilitation, Gateway Vista Rehabilitation and Madonna Rehabilitation.

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

Facilitator: Carla Fetch

Day/Dates: Fri, March 29, April 5, 12, 19, 26, May 3

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

Locations: March 29, SCC-CEC Rm 404. A list of locations for remaining sessions will be provided.

Enrollment Limit: 20

Cost: \$35

OLLI in the Greenhouses



Who decides which annual plants will be in the city gardens and where do those plants come from? Lincoln city horticulturists will answer those questions and many more during this course in the city's public gardens section greenhouses. If you enjoyed the previous Sunken Gardens visits, you will be interested to learn about the theme for summer 2024. We will learn how Lincoln's gardens begin with seeds and grow into the beauty that we all appreciate.

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

Facilitator: Judy Hart

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

Location: Lincoln Parks & Recreation greenhouses are located in Antelope Park. Parking is available in the Auld Pavilion north parking lot.

Enrollment Limit: 25

Cost: \$10

Register for only one session:

SCI0351

Day/Date: Fri, April 5

SCI0352

Day/Date: Fri, April 12



A Nebraska Treasure: Tour of Sheldon Museum of Art



Have you ever wondered about Sheldon Museum of Art's building or how the art is selected for exhibitions? Has it been a while since you've visited Sheldon? Learn the history of the museum from staff, including a fascinating description of the architecture and the construction of the building, and the roles of curators, docents, and the Sheldon Art Association. Then enjoy a tour of the spring semester exhibitions led by Sheldon staff and UNL student docents. We will focus on the exhibitions "Sheldon in Focus: The New York School," "(In)credible: Exploring Trust and Misperceptions," and "Unprecedented: Art in Times of Crisis." Sheldon is a fully accessible building.

Instructor: Erin Hanas, Ph.D., curator of Academic Engagement, Sheldon Museum of Art
Facilitator: Christy Hargesheimer
Location: Sheldon Museum of Art
Enrollment Limit: 15 for each tour
Cost: \$10

Register for only one session:

ART0641

Day/Date: Fri, April 12
Time: 11 a.m.-12:30 p.m.

ART0642

Day/Date: Fri, April 12
Time: 2-3:30 p.m.



Explore the Lied Jungle at Omaha's Henry Doorly Zoo



SCI0510

Monkeys, tapirs, macaws, pygmy hippos... These are just a few of the animals you will encounter as you take a one hour guided tour of the Lied Jungle, America's largest indoor rain forest. As gibbons swing and you hear the waterfalls crashing, feel the tropical environment as it surrounds you, showcasing rainforests from South America, Asia, and Africa. Armed with historical information, conservation stories, biofacts, and engaging animal facts, you will never forget this experience. You will traverse both the canopy and the trail, so bring your binoculars and/or cameras. After the session, enjoy the rest of the day visiting all the other exhibits of the zoo.

Instructor: Education staff, Henry Doorly Zoo

Facilitator: Bob Michl

Day/Date: Fri, April 19

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

Location: Omaha's Henry Doorly Zoo and Aquarium

Enrollment Limit: 30

Cost: \$40 (includes senior admission rate to zoo)

Cost for Zoo Members: \$15 (Register by calling the OLLI office and only paying for the walking tour...not admission)



Great Decisions 2024 Part II



We will continue the discussion on major foreign policy issues facing the United States. The Foreign Policy Association (FPA) has selected eight topics, and we will cover four in Term 4, having covered the first four in Term 3. Each topic will be covered through FPA's 25-minute "Master Class" video lecture, as well as written articles. You will be expected to read articles prior to watching the video on the day of the class. Topics to be discussed in Term 4 include NATO's Future, Understanding Indonesia, High Seas Treaty, and Pandemic Preparedness. Members may purchase the "Great Decisions Briefing Book" on-line at <https://www.fpa.org/>

Instructor: Marvin Almy, OLLI Member

Facilitator: Jim McLoughlin

Day/Dates: Fri, March 29, April 5, 12, 19, 26, May 3

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

CON062Z

Location: Zoom Live Stream

Enrollment Limit: 20

CON062L

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

Enrollment Limit: 20

Building Strength As We Age



H&W031L

Meet with a certified personal trainer to learn about the importance of strength training as we age. All sessions will cover both education and a strength training workout, accessible to all levels of fitness. Topics 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. Wear comfortable work out attire and tennis shoes.

Instructor: Dusty Hatt, certified personal trainer, director of Pilates Reformer

Facilitator: Kathy Grubbe

Day/Dates: Fri, March 29, April 5, 12, 19, 26, May 3

Time: 2-3 p.m.

Location: Genesis Health Clubs

Enrollment Limit: 20

Cost: \$35

Exploring Yankee Hill Brick



LIF136L

From raw material to finished bricks, through a tour of the facility we will see the entire process of brick making. Since 1881 bricks have been produced at the Lincoln Nebraska facility. The company has evolved over time from seasonal work using donkeys and pick ax. to mine clay, to a 24 hour a day plant using large industrial machinery. After taking this tour, you will never see a brick the same way again. Be prepared to walk about a half mile. Dress for weather conditions as some of the tour will be outside.

Instructor: Vicky Todd, ceramic engineer/kiln supervisor, Yankee Hill Brick

Facilitator: Jim Pinkerton

Day/Date: Fri, May 3

Time: 1-3 p.m.

Location: Yankee Hill Brick

Enrollment Limit: 30

Cost: \$10

EVENTS

Wine and Junk Food: A Tasty Journey of Pairing Possibilities



ART106L

Join OLLI friends at James Arthur Vineyards to indulge in a culinary adventure that challenges traditional notions of wine pairing. Be inspired and elevate your snacking game. Discover the surprising world of pairing wine with a wide range of junk foods. OLLI members will have the opportunity to taste 10 wines with 10 appetizers.

Speaker: Jeff Korbelick, Tasting Room Manager, James Arthur Vineyards

Facilitator: Judy Hart

Day/Date: Thu, March 28

Time: 3-4:30 p.m.

Registration Deadline: Thursday, March 21.

Cancellation after this date is non-refundable.

Location: James Arthur Vineyards **Enrollment Limit:** 35

Cost: \$30



Game Night with OLLI



LIF060L

Do you have an indoor game that you enjoy playing, but never seem to have enough people to play? Do you simply love to play games and socialize? How about learning a new game? Game night gives you that chance. Join us and bring along your favorite game for an evening of fun, food, and socialization. OLLI will provide food and drinks for all who attend. If you do not have a game to bring and simply want to join in the fun, please do so. There will be plenty of options. Game ideas: Scrabble, Monopoly, Risk, Yahtzee, Jenga, Taboo, Pictionary, Apples to Apples, Bunko, Pitch, Gin Rummy, etc.

Facilitator: Bob Michl

Day/Date: Mon, April 1

Registration Deadline: Mon, March 25.

Cancellation after this date is non-refundable.

Time: 5-7 p.m.

Location: Eastmont Towers

Enrollment Limit: 25

Cost: \$15 per person includes snacks/beverages.

OPEN TO THE PUBLIC



“Elena Ruehr and Brahms” with the Lincoln Symphony Orchestra



ART104L

After opening with Reznicek’s jovial “Donna Diana Overture,” the Lincoln Symphony Orchestra introduces the 2023-2026 Composer-In-Residence, Elena Ruehr, with the premiere of “Unquiet Earth,” a multimedia experience dedicated to Ruehr’s late mother, an environmentalist and filmmaker. The second half features pianist Mark Clinton on Brahms’s “Piano Concerto No. 1 in D minor,” one of Brahms’s most beloved pieces with its romanticism and beautiful interplay between soloist and orchestra.

Facilitator: Dori Bush

Day/Date: Fri, April 5

Registration Deadline: Thu, March 28.

Cancellation after this date is nonrefundable unless cancelled by UNL.

Time: 7:30-10 p.m.

Location: Lied Center for Performing Arts

Enrollment Limit: 20 (Reserved Seats)

Cost: \$35



BLUEBARN Theatre presents, “More of a Heart”



ART103O

A mother’s love. A son’s need for independence. As Zachary, an Autistic teenager, comes of age in a world that rewards him for neurotypical behavior, he begins to question his feelings about his upbringing. When tragedy strikes, hidden truths rise to the surface in this beautiful drama about what it means to live a fulfilling life.

Facilitator: Julie Jones

Day/Date: Sun, April 14

Time: 6-8 p.m.

Registration Deadline: Thu, April 4.

Cancellation after this date is nonrefundable unless cancelled by UNL.

Location: BLUEBARN Theatre, Omaha

Enrollment Limit: 20

Cost: \$40





Movies That Matter: “Divisible” The History and Impact of Redlining

Join us to learn and participate in a discussion about “redlining,” a discriminatory practice of systematically withholding services from those who reside in neighborhoods classified as “hazardous” to investment, where significant numbers of racial and ethnic minorities and/or low-income individuals reside. We will view the documentary “Divisible,” which covers the history of the topic: what happened, where it came from, who was involved, how it supposedly “ended,” and why implemented legislation didn’t work to end it. Then, through the eyes of those who’ve been involved, explore how redlining continues to impact white privilege, housing, health, education, economics, the highway system, voting, and the criminal justice system. Participate in an impactful discussion led by experts on this issue. The focus of “Divisible” is to educate and make a positive impact

in its targeted communities. Join in the collective effort to learn, understand, and know what you can do to positively influence the future.

Speaker: Schmeeka Simpson, community organizer and director of tours, Malcolm X Memorial Foundation, Omaha

Facilitator: Judy Hart

Day/Date: Thu, April 18

Time: 6:30–8:30 p.m.

Register for only one format:

DIV010Z

Location: Zoom Live Stream

Enrollment Limit: 100

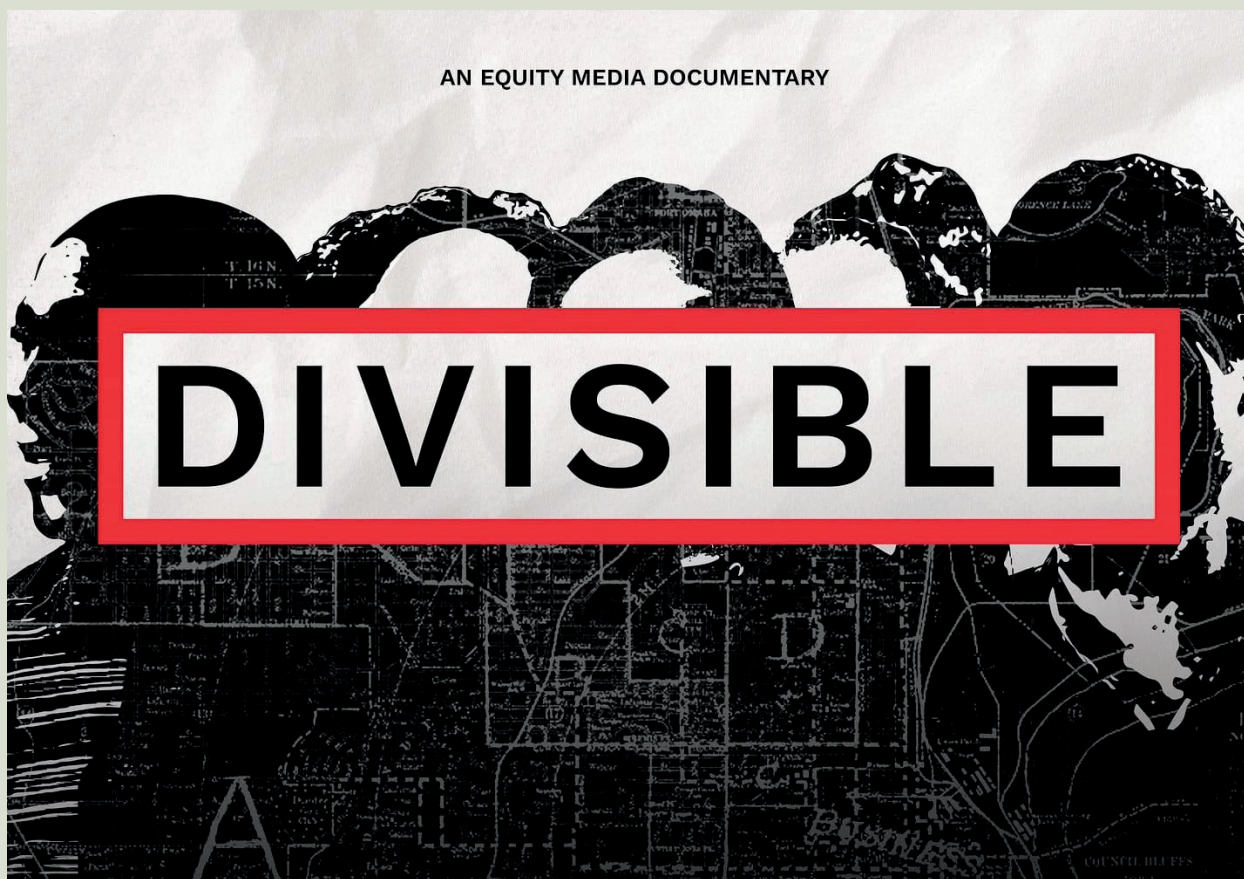
DIV010L

Location: SCC-CEC, Auditorium

Enrollment Limit: 75

Cost: \$0–No Fee

Registration is required. Open to the Public. OLLI membership is not required.



Breakfast with UNL Athletics: Women's Rifle



LIF137L

Former five-time All-American and USA Shooting National Team member Mindy Miles oversees the Husker rifle team after being named head coach in May 2021. Miles took over after serving as the assistant coach for the Huskers for two years. She helped the Huskers qualify for the NCAA Championships both seasons, including a sixth-place finish at the 2021 NCAA Championships in March. Come listen to Mindy discuss the recently completed season and accomplishments.



Speaker: Mindy Miles, Women's Rifle Coach – University of Nebraska-Lincoln

Facilitator: Bob Michl

Day/Date: Fri, April 19

Registration Deadline: Monday, April 15.

Cancellation after the deadline will be non-refundable unless cancelled by UNL.

Time: 8:30–9:30 a.m.

Location: Hy-Vee, 1601 N 84th (84th and Holdrege) upstairs Club Room

Enrollment Limit: 40

Cost: \$20 includes breakfast

Registration is required. Please contact the OLLI offices if you have any specific dietary restrictions.

Visit Offutt Air Force Base



The last OLLI visit to Offutt AFB was in 2015. Much has happened and changed since then including flooding and recovery operations, stand up of the USSTRATCOM Command & Control Facility, the movement of the 55th Wing to new headquarters, and a major runway renovation. The day will include briefings by the 55th Wing, 557th Weather Wing, Defense POW/MIA Accounting Agency (DPAA), and USSTRATCOM. Lunch will be enjoyed in the Airman Dining Hall. We will conclude with a driving tour of the base. Be prepared to walk a bit.

Speakers: Maj. Gen. (ret.) Roger P. Lempke; Staff of Offutt AFB.

Facilitator: Roger Lempke

Day/Date: Wed, April 24

Registration Deadline: Wed, April 3.

Cancellation after this date is nonrefundable unless cancelled by UNL. Please call the OLLI office and provide your driver's license state and number by this date. Your driver's license must be carried the day of the visit. Date of birth will also be provided to Offutt by OLLI office staff.

Time: 7:30 a.m.–4:30 p.m.

Register for only one session.

HIS090L

Location: Meet at the Lincoln Gateway Mall parking lot just south of the old Sears Automotive building to meet the bus. Depart Gateway Mall at 8 a.m. Personal vehicles can be parked in this area for the day.

Enrollment Limit: 40

Cost: \$50, includes course fee and transportation and excludes lunch. Please bring cash to pay for lunch.

HIS0900

Location: For those in the Omaha Metro area or other areas— Park at the Offutt Air Force Base SAC gate (the south gate), 478 Butler Boulevard, Offutt AFB, NE, to board the bus at 9 a.m.

Enrollment Limit: 15

Cost: \$20, includes course fee and excludes lunch. Please bring cash to pay for lunch.



Trivia Night



LIF088L

What's the capital of Australia? What is the most popular beverage in the world? Unlike a game of gin rummy or chess, anyone and everyone can play trivia. Whether you remember unimportant facts or not, playing trivia allows you to enjoy yourself while working out your brain and socializing with your peers. Reconnect with people, make new friends, take a break from the digital world, and boost your mental health.

Facilitator: Bob Michl

Day/Date: Mon, April 29

Registration Deadline: Mon, April 22.

Cancellation after this date is non-refundable.

Time: 5-7:30 p.m.

Event Location: Hy-Vee, 1601 N 84th (84th and Holdrege) upstairs club room

Enrollment Limit: 40

Cost: \$20 includes a light meal

"Pictures at an Exhibition" with the Lincoln Symphony Orchestra



ART105L

The Lincoln Symphony Orchestra's (LSO) season finale begins with Kenji Bunch's driving "Groovebox Fantasy", then presents the Nebraska premiere of James Lee's "Courageous Lights," a concerto based on three outstanding women activists who strive to achieve positive change in their respective spheres of influence. Lee's piece features LSO's own Darci Gamerl, American prize finalist, on English horn. The season closes with Ravel's arrangement of Mussorgsky's expansive and dramatic "Pictures at an Exhibition."

Facilitator: Dori Bush

Day/Date: Sun, May 5

Registration Deadline: Fri, April 26.

Cancellation after this date is nonrefundable unless cancelled by UNL.

Time: 6-8:30 p.m.

Location: Lied Center for Performing Arts

Enrollment Limit: 20 (Reserved Seats)

Cost: \$35

OLLI Member Discounts

Abendmusik

Events for the coming season are free of charge. abendmusik.org

Angels Theatre Company

Offers a ticket discount to OLLI members. angelscompany.org

Arts for the Soul

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

Friends of the Mary Riepma Ross Media Arts Center

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

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

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

Lincoln Community Playhouse

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

Lincoln Friends of Chamber Music

Offers OLLI members two tickets for the price of one at the door the night of the concert. lfcml.us

Nebraska Chamber Players

Offers a ticket discount. Call 402-429-8227 for more information or show your OLLI membership card at the door. nebraskachamberplayers.org

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 or omniartsne.org/

University Bookstore

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

INTEREST GROUPS

An OLLI interest group is a group of OLLI members who have a hobby or special interest in a 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 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 activity. 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, hmalmlly@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 and Pie Shoppe, 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, marilynahn@icloud.com; Tim Shaw, timothyfshaw@gmail.com

Meets: Weekly rides during the warm season months

Biking 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 or Audrey Paulman, apaulman@me.com

Meets: Thursday mornings

Time: 9 a.m.

Bridge Players

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

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

Coffee and Conversation

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

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Every Tuesday

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

Conversational Spanish-Over Zoom

Improve your ability to read, speak and listen to the Spanish language. All levels of experience work together to help each other improve their Spanish skills.

Coordinator: Jack McGann,
jackmcgann1@mac.com

Day: Tuesdays

Time: 1-2:30 p.m.

German Language and Culture

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

Coordinators: Ken Gobber, 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, Sept through May

Time: 3-4:30 p.m.

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

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

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.

Politics

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

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

Day: Third Thursday of each month

Time: 3-4:30 p.m.

Reading Groups

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

Coordinator: Kay Rockwell, krockwell1@unl.edu

Science & Technology

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

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

Day: Third Friday of the month

Time: 2-3:30 p.m.

Story Analysis

This group studies story narration and character development in order to better understand an author's personal perspective.

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

Table Tennis

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

Coordinator: Larry McClure, lmerkmclure@yahoo.com

Days: Tuesdays and Thursdays

Time: 12:30-2 p.m.

Ukulele

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

Coordinator: Julia Larson, jlarson9342@gmail.com

Day: Third Thursday of the month

Time: 1 p.m.

Location: Varies-Lincoln Libraries

Walking

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: Karen Harris, kharris555@gmail.com

Day: Monday

Time: Sept-May, 9:30 a.m.; June-Aug, 8:30 a.m.

Location: Lincoln-Holmes Lake parking lot at the northwest corner of the park near the dam.

Writers Group

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

Coordinator: Gail Hollarbush, ghollarbush@gmail.com

Day: Second Wednesday of the month

Time: 2 p.m.

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

Woodworking

In addition to talking shop and exploring useful solutions for woodworking projects, group members frequently participate in field trips to professional shops and to lumber providers. Periodically, group members swap tools and exchange drawings and building materials.

Coordinator: Doug Wood, wooddb137@gmail.com

Day: Last Thursday of the month

Time: 3-4:30 p.m.

Location: Varies

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

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

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

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

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

RELEASOR (Signed)

RELEASOR (Printed)

DATE

REGISTRATION

Complete one form for EACH person.

First Name _____ Last Name _____

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

Preferred name for badge _____ Birthdate _____

Address _____ City _____ State ____ Zip Code ____

E-mail Address _____

Phone: Home _____ Cell _____

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

☐

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

☐

I would like to be assigned an OLLI ambassador.

FOR OFFICE USE ONLY

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

2023-2024 Membership Registration -- Check One		Cost
☐	I am a current 2023-2024 OLLI member.	\$0
☐	I am purchasing a mid-membership (Valid through July 31, 2024).	\$50
Course or Event Registration:		
Number	Name	Cost
Total Payment (Membership + Course Cost + Event Cost)		

Payment Method:

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

Credit Card ☐ Visa ☐ MasterCard ☐ Discover ☐ American Express

Credit Card Number _____ **Expiration Date** _____

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

General Information and Policies

Animal/Pet Policy

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

Course Recording Policy

OLLI at UNL selects certain courses to record for future use. 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

Please notify the OLLI office at least one working day before the first class session. No refunds will be issued if cancellation is less than one working day prior to the first day of class. This policy does not apply to courses/events with cancellation deadlines.

Email Notifications

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

Guest Policy

Members may bring a guest, an individual who is NOT currently an OLLI member, to one session of a course if space is available. Contact the OLLI office at least two days in advance for approval and to make arrangements.

Membership

Memberships are non-transferable and non-refundable.

Postponed, Cancelled or Full Courses

If a class is postponed, you will be informed of the rescheduled date. If a course is cancelled or full, you will receive notice as soon as possible. You will be given the following options:

- Add your name to a wait list
- Register for an alternate course
- Receive a refund
- Donate your course fee

Weather-Related Cancellations

If 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) for information.

UNL East Campus Parking Permits

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

Parking permits are:

- Included in the course fee unless otherwise indicated
- Available in the OLLI office the week prior to the course or event start 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).



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