

OSHER LIFELONG LEARNING INSTITUTE



OLLI at UNL

Course Catalog: Winter Term 3 2023

Curiosity never retires



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, January 10, 2023, 8 a.m.

Term Dates: January 23-March 4, 2023

schedule at a glance

MONDAYS

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9-10:30 a.m.	The Skeptic's Guide to American History-Part 1	HIS044Z	9
9-10:30 a.m.	Twelve Spectacular Geological Sites-Part 2	SCIO33P	9
9 a.m.-12 p.m.	Saving a Life with CPR	H&W008P	9
11 a.m.-12:30 p.m.	Crossing the Digital Divide: A Guide for Seniors	SCI005Z, SCI005P	10
1-2:30 p.m.	This Is Nebraska: Books That Tell Our Story	L&L016P	10
1-2:30 p.m.	Italiamo! Part 2	LIF075Z, LIF075P	11
1-3 p.m.	Moving in the Right Direction: Senior Housing Issues	LIF053Z, LIF053P	11
1-3:30 p.m.	How the Cookie Crumbles: A Day in the Life of a Food Scientist	SCI030P	11
3-4:30 p.m.	Free Speech Under Attack in Nebraska	CON033Z, CON033P	12
3-5 p.m.	The Making of the New Testament Canon	REL010P	12

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9-9:50 a.m.	Dance Fitness	H&W011Z	13
11 a.m.-12:30 p.m.	Women at Work: Nebraska, 1880-1940	ART054Z, ART054P	13
11 a.m.-12:30 p.m.	Reading the New Media: Becoming Digital Media Literate	CON027Z, CON027P	14
11 a.m.-12:30 p.m.	"Fun" With Critical Thinking	CON031Z, CON031P	14
1-2 p.m.	Tulips & Trains: Journeys East and West	LIF076Z	14
1-2:30 p.m.	South Street Temple Visit and Discussion of Purim	REL008P	15
1-2:30 p.m.	American Government: What You Want and What You Get	HIS038Z, HIS038P	15
1-2:30 p.m.	We've Got the Power	SCI029Z, SCI029P	16
3-4:30 p.m.	World War II: How the Imperfect Good Defeated the Near-Perfect Evil	HIS039Z, HIS039P	16
3-4:30 p.m.	Backstage at the Rep: "Stop Kiss"	ART050P	16
3-4:30 p.m.	Winter Hike	LIF077P	17

WEDNESDAYS

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11 a.m.-12:30 p.m.	Post-Processing: Editing Your Digital Pictures	ART009P	18
11 a.m.-12:30 p.m.	Writing from the White-Hot Center	L&L018Z, L&L018P	18
11 a.m.-12:30 p.m.	Writing the Sandhills	L&L017Z, L&L017P	19
11 a.m.-12:30 p.m.	The Dead Sea Scrolls and the History of the Hebrew Bible	REL009Z, REL009P	19
1-2 p.m.	Under the Apple Tree	ART0031; ART0032	20
1-2:30 p.m.	FUNdamental Parks and Recreation in Lincoln	CON028P	20
1-2:30 p.m.	Weather Extremes: Tornadoes, Thunderstorms and More	SCI031Z, SCI031P	21
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3-4:30 p.m.	Staging History: A Case Study with Angels Theatre Company's Production of "Predictor"	ART052Z, ART052P	21
3-4:30 p.m.	Stress Management in Your Body	SCI027Z, SCI027P	22
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Cover: OLLI members learn to play the ancient Chinese game of Mah Jongg.

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11 a.m.-12:30 a.m.	Starting Conversations About Race	DIV006P	24
11 a.m.-12:30 p.m.	Sheet Pan Dinners	LIF054P	24
11 a.m.-12:30 p.m.	Culture Wars of the Renaissance	HIS040Z, HIS040P	25
11 a.m.-12:30 p.m.	The Battle of Britain: How Upstream Thinking Saved a Nation	HIS043Z, HIS043P	25
1-2:30 p.m.	Everything You Need to Know About Electric Vehicles	CON029Z, CON029P	26
1-2:30 p.m.	Meyer v. Nebraska: Will It Fall Like Roe v. Wade?	CON032Z, CON032P	26
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1-2:30 p.m.	Slavery and Freedom in American History	HIS045Z, HIS045P	27
3-4:30 p.m.	Conservation Easements: A Critical Voluntary Tool	CON034Z, CON034P	27
3-4:30 p.m.	WANTED: 100,000 Young Women to Go West!	HIS042Z, HIS042P	28
6-7:30 p.m.	Learn to Make Your Own Fishing Tackle: Jig and Fly Making	LIF081P	28

FRIDAYS

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9-10:30 a.m.	Turn Friday into "Fri-Yay" with Friday Fitness Club	LIF003P	29
9-10:30 a.m.	Top Ten Mistakes Made in Estate Planning	LIF082Z, LIF082P	30
9-10:30 a.m.	The Geological Development of the High Plains/Ogallala Aquifer	SCI034Z, SCI034P	30
11 a.m.-12:30 p.m.	Learn to Play: Ten Point Pitch	LIF078P	30
11 a.m.-12:30 p.m.	Sexy Rectangles and Other Mathematical Wonders	SCI035P	30
1-2:30 p.m.	Great Decisions 2023	CON026Z, CON026P	31
1-2:30	OLLI in the Greenhouses	SCI035P	31
1-3 p.m.	Art 101	H&W030P	31

SATURDAYS

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EVENTS

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Fri, Feb 10	Mozart & Mendelssohn with the Lincoln Symphony Orchestra	ART053P	34
Thu, Mar 2	Game Night with OLLI	LIF060P	34

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 Term Dates: January 23-March 4, 2023

COURSE FORMATS



IN-PERSON

Live



ZOOM LIVE STREAM

Live meeting online.
We will email the Zoom
link after you register.



MULTI-FORMAT

Live in-person and on
Zoom. You choose the
format you wish to
attend. We will email
the Zoom link after
your register.



ON DEMAND

Recorded video
programming available
online. Watch at your
own time and at your
convenience. We
will email you a "Join
Code" and instructions
after you register.

How to prepare to use Zoom

Where do I find the Zoom link for my course?

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

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

What devices do I need to use Zoom?

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

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

How do I join a Zoom meeting?

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

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

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

TERM DATES

TO HELP YOU PLAN AHEAD, HERE ARE OLLI FUTURE TERM DATES:

Winter Term 3—Jan 23-Mar 4, 2023
Spring Term 4—Mar 20-Apr 29, 2023
Summer Term 5—June 5-July 17, 2023

Course Location Key

Bryan Medical Center, West Campus, 2300 S. 16th St.

Congregation B'nai Jeshurun- The South Street Temple, 2061 S 20th St.

Doane University, Lincoln Campus, Fred D. Brown Center, 303 N. 52nd St.

Food Bank of Lincoln, 1221 Kingbird Rd.

Hy-Vee, 1601 N. 84th (84th and Holdrege Sts.)

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

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

Lincoln Public Gardens, 1525 Memorial Drive

Madonna ProActive, 7111 Stephanie Ln

Nebraska Innovation Campus, UNL Food Innovation Center, 1901 N. 21 St.

Pioneers Park Nature Center, 3201 South Coddington

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

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

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

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

UNL Ruth Leverton Hall, 1700 N. 35th St.

UNL Temple Building, 1209 R St.

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-term membership fee is \$50, valid from January 1-July 31, 2023. Membership is required to take most courses, to participate in events 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.



**Friday,
March 10, 2023**

9 a.m.-Noon • \$29

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

Register at <http://bit.ly/RegisterCE>
Online Registration Keyword: Energize

Registration Deadline: March 6

Co-sponsored by:



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

Energize Your Body, Mind & Spirit

Join us for an informative and relaxing morning as we explore the interconnections between Body, Mind and Spirit. A mini retreat designed for anyone who is looking for a day to relax or those caring for others.

Agenda

8:45 a.m..... Check-in

8:55 a.m..... Welcome

9 a.m..... **Building Resistance to Stress and Aging**

Richard Dientsbier, PhD, Professor Emeritus, Department of Psychology - UNL
How can we prevent and possibly overcome the damage to our brains by chronic stress and aging? Mental challenges, physical exercise, being socially engaged, meditation, and even affectionate activities can help toughen up our brains.

This presentation will dive into the science behind those relationships by explaining how those activities affect our brain's structure and chemistry, and in turn how those physical modifications preserve our mental capacities.

9:45 a.m..... Break

10 a.m..... **An Informed Approach to Evaluating Health Information**

Bob Rauner, MD, MPH, Chief Medical Officer, OneHealth Nebraska, ACO (Accountable Care Solutions)

We are bombarded daily with the latest in "scientific" health studies: in newspapers, on social media and in television reporting. Discover how you can assess the health information you encounter, relevant to your own health. We will enable you to discern the source of the story, to ensure it's credible, free of bias and from commercialization. Let your critical thinking with your "skeptical mind" help you to appreciate trustworthy health news reporting.

10:45 a.m..... Break

11 a.m..... **Music Bingo**

Elliot Piper

A fun and exciting take on the classic game of bingo. Music bingo is great for mental stimulation, recall, starting conversations, and reliving memories with others.

11:45 a.m..... Closing

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.



PLEASE PRINT

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/collegecatalog for additional information.

Today's Date

Social Security Number OR SCC Student ID Number		Name: Last		First		Middle Initial		Email Address									
Residence Mailing Address				City	State	Zip	County #	☐ Cell ☐ Business 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	Home Phone								
COURSE NUMBER		SECTION		TITLE		DATE		LOCATION	START TIME	COST							
L	L	L	X	0	6	8	2	C	E	S	A	Energize Your Body, Mind & Spirit	Reg. Deadline: March 6	March 10, 2023	CEC, 303	9 a.m.	\$29

SIGNATURE

☐ Check ☐ Cash ☐ Mastercard ☐ AMEX ☐ Discover ☐ VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

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/diversity *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.

Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to **<http://bit.ly/RegisterCE>**.
2. **Search for your class** by entering either a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
3. **Select the course** for which you wish to register. Click **Submit**.
4. Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
5. *Optional*: Enter your **Additional Registration Information** and click **Submit**.
6. If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
7. Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.



301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

** The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.*

Travel with OLLI and Star Destinations

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



Pella Tulips & Madison County | May 5-6, 2023

This overnight adventure takes you to Pella, Iowa, for the Tulip Time festival celebrating Dutch heritage and hundreds of thousands of blooming tulips. Then you're off to Winterset, Iowa, to visit the bridges of Madison County.

Double Occupancy (per person) \$445

Single Occupancy (per person) \$515



Colorado Mountain Views | June 11-15, 2023

Immerse yourself in the scenery of Colorado's Rocky Mountains. Step back in time at museums dedicated to aviation during WWII, the history of buggies and more. Then, climb aboard two fantastic railways – see the world's highest suspension bridge on the Royal Gorge Railroad and ride on the Pikes Peak Cog Railway.

Double Occupancy (per person) \$1,765

Single Occupancy (per person) \$2,169



The Best of the Emerald Isle | August 15-25, 2023

Journey across the Emerald Isle of Ireland to visit Irish artisans, take in breathtaking vistas, and go back in time at historic castles. Craftsmen will showcase their talents, Irish shepherds will proudly demonstrate their sheep dogs' herding abilities, and the Ashford Castle falconer will teach you to fly hawks. Every day will bring another amazing experience.

Double Occupancy (per person) \$5,999

Single Occupancy (per person) \$7,285



Serene Shores of Door County | September 19-23, 2023

Enjoy authentic Door County experiences that capture the heart and soul of this quaint Wisconsin area. Explore maritime history and enjoy the fruits of the land with a traditional fish boil and a visit to a local winery. Climb aboard a special old-time trolley to take in the very best of Door County.

Double Occupancy (per person) \$1,499

Single Occupancy (per person) \$1,939



GET ALL OF THE DETAILS AND REGISTER AT

www.stardestinations.com/unloli/

Tele: (712) 792-9793

Email: info@stardestinations.com

MONDAYS

The Skeptic's Guide to American History-Part 1



HIS044Z

Professor Mark Stoler of the University of Vermont has created 24, half-hour lectures via Great Courses DVD. Half of these DVD lectures will be presented in Term 3; the second half will be saved for Term 4. Stoler focuses on those elements of American history that are misunderstood or where myths abound. We will learn about the true origins of religious tolerance; a balanced perspective on causes of the Revolutionary war, and the vital role of foreign assistance; an assessment of George Washington as a general and a statesman; the extent of democracy the framers of the constitution really intended and much more. Discussion will follow each lecture led by the OLLI facilitator.

Instructor: Professor Mark Stoler, Great Courses DVD; Dick Dienstbier, professor emeritus, Psychology, UNL

Facilitator: Dick Dienstbier

Day/Dates: Mon, Jan 23, 30, Feb 6, 13, 20, 27

Time: 9-10:30 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35



Twelve Spectacular Geological Sites-Part 2



SCI033P

We will pick up where we left off in Term 2 and continue exploring twelve additional geological wonders, listening to additional Great Courses DVD lectures given by a professional geologist. Supplemental information will be provided by the OLLI facilitator. Discussion will follow each lecture led by the OLLI facilitator.

Instructor/Facilitator: Le Etta Sprackling, retired science teacher

Day/Dates: Mon, Jan 23, 30, Feb 6, 13, 20, 27

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$35

Saving a Life with CPR



H&W008P

This course teaches 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.

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

Facilitator: David Dyke

Day/Date: Mon, Feb 20

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

Location: Bryan West Campus, Gregorius Conference Center, Rm A

Enrollment Limit: 12

Cost: \$20



Crossing the Digital Divide: A Guide for Seniors



Learn the basic skills necessary to function and flourish in an increasingly digital and online world. We will discuss tools to effectively address the most popular phone and computer-based scams including identity theft, the nation's number one consumer complaint. We will provide a practicum on safe browsing, secure banking, online shopping and payment systems, monitoring and protecting your credit, and cybersecurity. Created for everyone from the technophobic novice to the enthusiastic early adopter, the course focuses on the utility and benefit derived from using technology as a tool to stay connected, make life easier, and increase the quality of our lives.

Instructor: Ryan Sothan, Outreach Coordinator, Nebraska Attorney General's Office

Facilitator: Rich Sincovec

Day/Dates: Mon, Jan 23, 30, Feb 6

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

Cost: \$20

Register for only one format:

SCI005Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI005P

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

Enrollment Limit: 28



This Is Nebraska: Books That Tell Our Story



L&L016P

What books best tell Nebraska's story? The "All About Books" program on Nebraska Public Media recently introduced an ongoing series called "This Is Nebraska—Books That Tell Our Story." What book best illuminates something particular about Nebraska? What book best reflects your experience of Nebraska? We will explore responses from listeners, include readings from various books, and invite class members' own suggestions.

Instructor: Pat Leach, host of "All About Books" on Nebraska Public Media and retired Director, Lincoln City Libraries

Facilitator: Ken Gobber

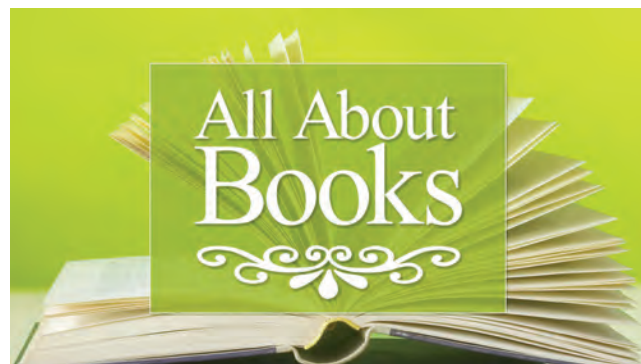
Day/Dates: Mon, Jan 30, Feb 6, 13, 20

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 405

Enrollment Limit: 25

Cost: \$25



Italiamo! Part 2



Join us for Italiamo! Part 2 to learn basic Italian from the instructor—Italian is her native language—explore even more Italian culture, art, literature, history, and music. After the first class fully dedicated to language basics, we will concentrate on language-learning by mimicking real-life communicative situations related to the topic of the day, for example, vocabulary about food will be offered when learning about Italian cuisine. The instructor will then lecture and take questions and comments from participants, while practicing specific vocabulary learned in the first part of class. Occasionally, guests and experts will join us for this interactive course. As a bonus, you will receive tips about travel and cultural customs. Completion of Part 1 is not required.

Instructor: Caterina Bernardini, Ph.D., Fulbright Scholar, UNL Lecturer, Contributing Editor for the “Walt Whitman Archive.”

Facilitator: Nancy Mitchell

Day/Dates: Mon, Jan 23, 30, Feb 6, 13, 20, 27

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

LIF075Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF075P

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

Enrollment Limit: 28



Moving in the Right Direction: Senior Housing Issues



At some point in most seniors' lives, decisions must be made regarding current and future housing needs. We must decide if our existing housing arrangements continue to be right for us. Learn how to work through situations that arise as we evaluate the housing options available. We will discuss the emotional issues associated with change, various housing options, health and safety issues, home adaptations and financial considerations. We will also discuss the process of getting your home ready to sell, if that is your decision, and moving on to new opportunities.

Instructor/Facilitator: Bruce Hahn, realtor, senior real estate specialist

Day/Date: Mon, Jan 23

Time: 1-3 p.m.

Cost: \$10

Register for only one format:

LIF053Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF053P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

How the Cookie Crumbles: A Day in the Life of a Food Scientist



SCI030P

Learn about the steps and challenges involved in developing new food products, including those associated with consumers expectations for healthier and innovative foods. We will be faced with the opportunity to formulate a product that needs to meet certain consumer needs, without compromising product flavor, texture and color.

Instructor: Andreia Bianchini, Food Engineering Specialist, Extension Specialist, Food Science & Technology – Food Processing Center, UNL

Facilitator: De Tonack

Day/Date: Mon, Feb 27

Time: 1-3:30 p.m.

Location: Nebraska Innovation Campus, UNL Food Innovation Center, Rm FIC 107.

Instructions for parking will be emailed to participants the week before the class.

Enrollment Limit: 24

Cost: \$15

Free Speech Under Attack in Nebraska



Is freedom of speech in Nebraska at risk, or are people just exercising it now more than ever? Join four experts as we delve into some of today's hottest topics. We will learn about the basic concepts related to the First Amendment, as well as how banning books has impacted Nebraska learners and families. We will also learn about the dissolution of the journalism program in Grand Island Northwest High School and critical race theory and freedom of speech in the classroom.

Instructors: From the College of Journalism at UNL: John Bender, professor emeritus; Charlyne Berens, professor emeritus; Kelli Boling, assistant professor; and Vicki Wood, Youth Services Coordinator, Lincoln City Libraries

Facilitator: Nancy Mitchell

Day/Dates: Mon, Jan 23, 30, Feb 6, 13

Time: 3-4:30 p.m.

Cost: \$25

Register for only one format:

CON033Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON033P

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

Enrollment Limit: 28

The Making of the New Testament Canon



REL010P

The first Christian communities regarded the Jewish scriptures as their highest authority, followed closely by the teachings of the apostles. But gradually, beginning with Paul and the early gospel writers, other writings began to appear in increasing numbers: more gospels, letters, acts, apocalyptic writings, and other texts of various kinds. Since these were regarded with varying degrees of authority in the different communities, a need was felt to determine which writings were authoritative for the growing movement, which were spurious, and which, although not regarded as authoritative, were nonetheless useful for instruction. We will be looking at the changing structure of the proto-church, how texts were shared between them but sometimes interpreted differently, and how decisions were made as to which works would be included in the evolving idea of a canon. Our guides will be the books and Great Courses DVD's of Bart Ehrman and David Brakke.

Instructor: Great Courses DVD and Ken Gobber, OLLI member

Facilitator: Lois Ullman

Day/Dates: Mon, Jan 23, 30, Feb 6, 13, 20, 27

Time: 3-5 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$35

Please Remember to Wear Your Name Badge

When you become an OLLI member, you are mailed a name badge that helps identify you to others. By wearing your name badge to OLLI in-person classes and events, new members and others are more apt to remember and recognize you. Wearing a name badge instantly breaks down social barriers. Communication is better when people know someone's name. When everyone is wearing a name badge, the positive experiences to be shared are boundless. If you have misplaced your name badge, please email the OLLI office at olli@unl.edu or call 402-472-6265.



TUESDAYS

History of Korea



HIS041P

We will cover 2,000 years of Korean history. Lectures by Craig Benjamin via a DVD from Great Courses will cover the Tang dynasty in China followed by Korea lectures on the Silla, Goryeo and Joseon dynasties, taking us to the 1800's. We will then discuss the relationship of Korea and Japan. Finally, the PBS documentary "Korea, The Never-Ending War" will cover the Korean War and the era of North and South Korea following it.

Instructors: Esa Jarvi, OLLI member; Steven Wills, assistant professor, History, Nebraska Wesleyan University

Facilitator: Esa Jarvi

Day/Dates: Tue, Jan 24, 31, Feb 7, 14, 21

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$30



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

Instructor/Facilitator: Julie Enersen, Certified Zumba Instructor

Day/Dates: Tue, Jan 24, 31, Feb 7, 14, 21, 28

Time: 9-9:50 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Women at Work: Nebraska, 1880-1940



On the eve of Women's History Month, reflect upon the work of Nebraska women in time past. Through photographs from the collections of History Nebraska, view women at work in a wide variety of settings: home, field, shop, office, restaurant, factory, and others. Consider the contributions of this work—paid and unpaid—to the nation's economy.

Instructor/Facilitator: Anne Diffendal, retired archivist and OLLI member

Day/Date: Tue, Feb 28

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

Cost: \$10

Register for only one format:

ART054Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART054P

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

Enrollment Limit: 28

Reading the New Media: Becoming Digital Media Literate



The modern media environment is a continuously evolving landscape that challenges traditional views of truth. In this environment facts, data, opinions, disinformation, misinformation and marketing are muddled together. This creates a challenging circumstance for media consumers to separate the sound from the noise. A 2017 study by the Pew Research Center found only 17 percent of Americans are considered skilled and able enough to actively participate in and navigate the modern digital media environment. We will discuss the need for media literacy and the challenges we face in our current environment and offers steps for practicing digital literacy.

Instructor: Aaron Duncan, associate professor, Communication Studies, UNL

Facilitator: Charlyne Berens

Day/Date: Tue, Feb 21

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

Cost: \$10

Register for only one format:

CON027Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON027P

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

Enrollment Limit: 28



"Fun" With Critical Thinking



Critical thinking is the intellectually disciplined process of identifying a real-life problem or issue; locating the true facts relevant to the problem or issue; listening actively; researching in a schooled manner; and carefully applying logic, reason and experience to reach a conclusion regarding that problem or issue. This process requires that we identify how humans think; be mindful of our cognitive and emotional biases; keep an open mind; and apply statistics when available and appropriate. This class could help us find truer facts and make better decisions. For fun, we will look at WYSIATI, IYI, prospect theory, black swans, blinking outliers, and other concepts.

Instructor/Facilitator: Cassandra Sasso, retired law professor and OLLI member

Day/Dates: Tue, Jan 24, 31, Feb 7, 14

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

Cost: \$25

Register for only one format:

CON031Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON031P

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

Enrollment Limit: 28

Tulips & Trains: Journeys East and West



LIF076Z

From colorful landscapes in Iowa to the emerging green peaks of Colorado, this class has you covered. Kick-off spring by taking a virtual journey showcasing the sites and itineraries of two upcoming 2023 OLLI trips! Take a journey east to see 300,000 vibrantly-colored flowers at the Pella Tulip Festival, and explore the Dutch heritage the locals celebrate with mesmerizing singing and dancing by generations young and old, a boisterous grand parade, and handmade treats from centuries-old recipes. See the famous Bridges of Madison County as well as the Iowa Quilt Museum. Heading west to Colorado, climb 8,000 feet towards the "Gateway to Heaven" on Pikes Peak Railway. Take to the skies at the National Museum of WWII Aviation. Delve deep into the landscape as you glide beside rolling rivers and

sheer rock walls of Garden of the Gods and the Royal Gorge.

Instructor: Liz Meyer, tour designer, Star Destinations

Facilitator: Carol Myers

Day/Date: Tue, Jan 24

Time: 1-2 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: No Charge

Free and Open to the Public

South Street Temple Visit and Discussion of Purim



REL008P

Welcome to Congregation B'nai Jeshurun and the South Street Temple. Elaine Monnier and Maria Cadwallader, both members of B'nai Jeshurun, will invite class participants into a conversation about Judaism, the architecture of the Temple, and the celebration of Purim.

Instructors: Elaine Monnier, OLLI member; Maria Cadwallader, South Street Temple member

Facilitator: Judy Hart

Day/Date: Tue, Feb 28

Time: 1-2:30 p.m.

Location: Congregation B'nai Jeshurun - The South Street Temple

Enrollment Limit: 20. Parking is available on the Temple property. Enter the parking lot from South Street.

Cost: \$10



American Government: What You Want and What You Get



When Alexander Hamilton was asked about the United States' new form of government, he responded, "Here, sir, the people govern." Do we know as much as we think we know about how we rule ourselves? Could you explain more than the broad outline and generalities? This will not be your typical American government course. We will use real life events to help explain how all of the moving parts mesh together to get us to where we are today. Are you ready for a lively conversation where we can share our own experiences? Are we much different from our cousins living in 1787?

Instructor: Gary Timm, retired faculty, American History and Political Science, Northeast Community College

Facilitator: Charlyne Berens

Day/Dates: Tue, Jan 24, 31, Feb 7, 14, 21, 28

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

HIS038Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS038P

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

Enrollment Limit: 28

We've Got the Power



We will learn about numerous topics related to our personal power choices and how we can save money through efficiency and renewable energy generation. What are the upcoming power generating technologies and choices? How is LES preparing to meet the challenges of storms and potential power outages? We will also learn what it means to “work the grid” in power transmission throughout a portion of the United States.

Instructors: LES managers: Marc Shkolnick, Energy Services; Tom Davlin, Projects Engineering; Laurie Gregg, System Operations; Dennis Florom, Energy and Environment Operations.

Facilitator: De Tonack

Day/Dates: Tue, Feb 7, 14, 21, 28

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

SCI029Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI029P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

World War II: How the Imperfect Good Defeated the Near-Perfect Evil



Twenty years after the “war to end all wars” concluded, another more cruel, more hideous, more destructive war started in Europe, and two years earlier, a similarly barbaric war erupted in Asia. Starting on opposite sides of the Earth, these wars merged into one conflagration: the Second World War. While as many as 100 million soldiers and sailors fought, twice as many civilians died than combatants because humans had now crafted death into a most savage art. The war's growing depravity demanded previously unimaginable sacrifices and weapons, and the war's outcome was not guaranteed. Truly, the Second World War was a life-and-death struggle in which the imperfect Good defeated the near-perfect Evil. Thankfully, countless examples of compassion helped save humanity from its worst self. Yet, nearly eighty years later, some people deny the Holocaust and openly admire its perpetrators. The war's battle between Good and Evil must continue.

Instructor: Thomas Berg, Lecturer, History

Facilitator: David Dyke

Day/Dates: Tue, Jan 24, 31, Feb 7, 14, 21, 28

Time: 3-4:30 p.m.

Cost: \$35

Register for only one format:

HIS039Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS039P

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. In-person attendees will view the instructor via Zoom.

Enrollment Limit: 28

Backstage at the Rep: “Stop Kiss”



ART050P

Join Guest Director Keira Fromm for a discussion about Diana Son's poignant love story “Stop Kiss.” Keira will be joined by her production design team who will discuss their concepts and show examples of their drawings, illustrations, models and more. Get 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, Feb 21

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 35

Cost: \$10



Winter Hike



LIF077P

Join us for a winter wander with staff from the Pioneers Park Nature Center. We will go on a 1 to 2 mile walk around the Nature Center, exploring how life has adapted for Nebraska's winter weather. Dress for the elements; we will be outside exploring for the duration. Binoculars, cameras, walking sticks and layered clothing are all encouraged.

Instructors: From Pioneers Park Nature Center: Andrea Faas, Coordinator; Neal Bryan, Naturalist

Facilitator: Kathie Putensen

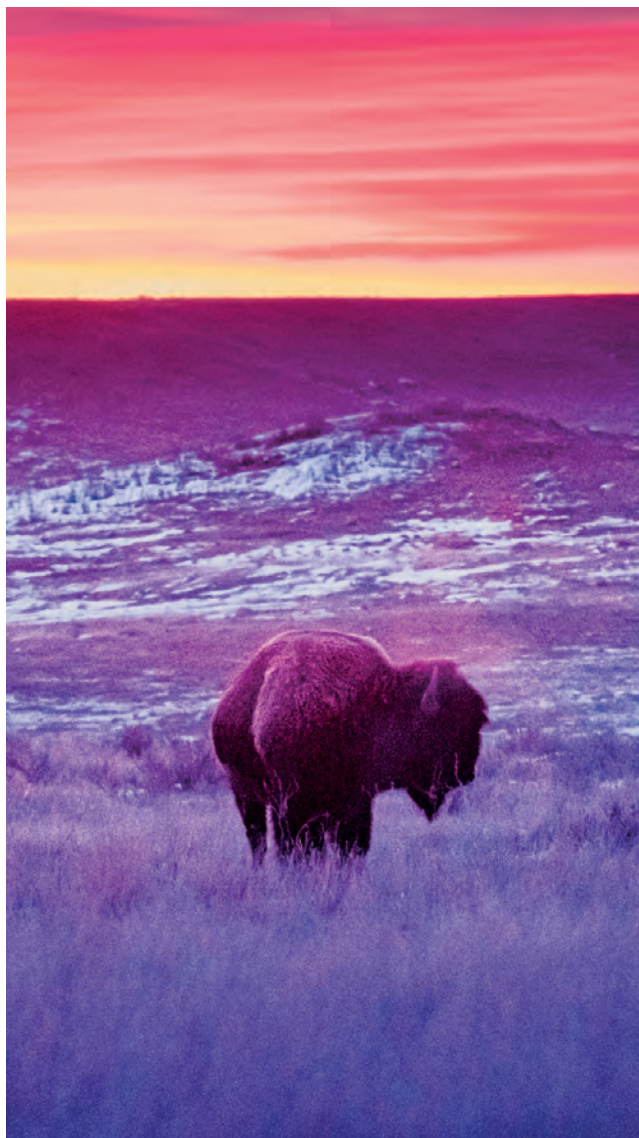
Day/Date: Tue, Feb 28

Time: 3-4:30 p.m.

Location: Pioneers Park Nature Center, Prairie Building

Enrollment Limit: 30

Cost: \$10



WEDNESDAYS

This Is Nebraska Extension: Creating a Better Tomorrow for Nebraskans-Part 1



Have you heard about Nebraska's best kept secret? Nebraska Extension has been engaging with people in all 93 counties for more than a century as a trusted educational resource; inspiring fulfilled, prosperous, and healthful lives. Discover how Extension engages with Nebraskans wherever they are, connecting them with the resources, research, and innovation of the University of Nebraska. Part I of this series focuses on an overview of the Nebraska Extension system followed by focused sessions on Water and Cropping Systems, Agricultural Profitability, Early Childhood, and Urban Extension. By living and working in communities, Extension educators rely on local relationships to respond to local needs, build trust, and engage effectively. Discover how you too can learn, engage, collaborate, and volunteer with Extension in your community. Nobody connects with the people of Nebraska like Extension!

Instructors: From Nebraska Extension: Dave Varner, associate dean and associate director; Charlie Stoltenow, dean and director; Daren Redfearn, co-leader, Water and Cropping Systems Program; Daran Rudnick, co-leader, Water and Cropping Systems Program; John Westra, leader, Ag Profitability Program; Holly Hatton Bowers, leader, Early Childhood Program; Cindy Zluticky, leader, Urban Program

Facilitator: Jim Pinkerton

Day/Dates: Wed, Jan 25, Feb 1, 15, 22, Mar 1

Time: 9-10:30 a.m.

Cost: \$30

Register for only one format:

LIF066Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF066P

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

Enrollment Limit: 28



Photography Using Your Mobile Device



ART001P

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

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

Facilitator: David Dyke

Day/Dates: Wed, Jan 25, Feb 1, 8

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

Location: Doane University, Fred D. Brown Center, Lincoln Campus, Rm 107. Park east of the main entrance.

Enrollment Limit: 16

Cost: \$20

Post-Processing: Editing Your Digital Pictures



ART009P

The prerequisite for this course is having previously completed the OLLI Advanced Amateur Photography course. This course has been designed to help you turn great photos into masterpieces through post-processing and editing. You will learn how to control brightness, contrast, sharpness, cropping, and much more. You will need a laptop with an editing program such as Photoshop, Affinity Photo, Nikon NX Studio, Luminar, Canon Digital Professional 4, DXO Photolab or another comparable recent editing program. Bring at least two photos in RAW format and two photos in JPEG format to the class to get started. Contact John Keller, the instructor, if you have questions about what program(s) can be used for this course or if you have any other related questions.

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

Facilitator: David Dyke

Day/Dates: Wed, Feb 15, 22, Mar 1

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

Location: Doane University, Fred D. Brown Center, Lincoln Campus, Rm 107. Park east of the main entrance.

Enrollment Limit: 16

Cost: \$20

Writing from the White-Hot Center



We will explore writing from “the white-hot center,” where your best writing originates. Together we will discuss the theory of “writing from the center,” what writing “wants,” and examine ways to dig deep into your writer’s soul. In addition, we will study techniques used by successful writers of all genres and investigate strategies to keep on the writing path. Finally, we will have two or three short writing exercises, so plan on going home with the beginnings of a new short story, essay, or poem. This class is designed for writers at any stage.

Instructor: Lucy Adkins, local author

Facilitator: Gail Hollarbush

Day/Date: Wed, Jan 25

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

Cost: \$10

Register for only one format:

L&L018Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L018P

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

Enrollment Limit: 28

Writing the Sandhills



We will learn about the background and research conducted by the author which led to the writing of "The Bones of Paradise," the 2022 selection for "One Book One Nebraska" sponsored by the Nebraska Center for the Book, Humanities Nebraska and the Nebraska Library Commission. The story explores the aftermath of the Massacre at Wounded Knee on both a Lakota family and a Sandhills family, as they struggle to survive in the Nebraska Sandhills.

Instructor: Jonis Agee, author of "The Bones of Paradise" and Adele Hall Chair of English, UNL.

Facilitator: Gail Hollarbush

Day/Date: Wed, Feb 22

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

Cost: \$10

Register for only one format:

L&L017Z

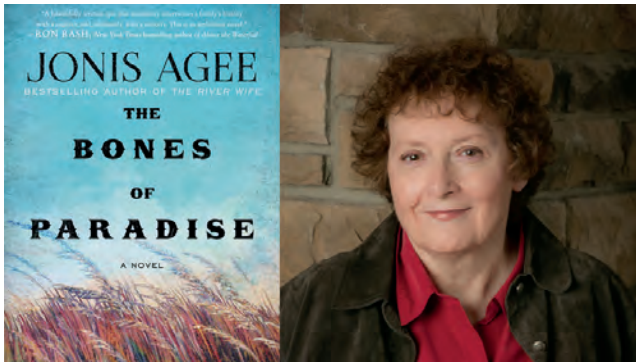
Location: Zoom Live Stream

Enrollment Limit: 100

L&L017P

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. In-person attendees will view the instructor via Zoom.

Enrollment Limit: 28



The Dead Sea Scrolls and the History of the Hebrew Bible



The discovery of the Dead Sea Scrolls 75 years ago was a paradigm changing event in biblical studies. The biblical scrolls from the Judean Desert caves revealed all sorts of information about the text of the Hebrew Bible and the history of its development in the Second Temple period. The instructor is one of the editors for the biblical Dead Sea Scrolls and has spent her career working with this material. She will discuss the new insights we have learned about the Hebrew from the scrolls.

Instructor: Sidnie White Crawford, Willa Cather professor emeritus, UNL, Visiting Scholar Princeton Theology Seminar

Facilitator: Nancy Mitchell

Day/Date: Wed, Mar 1

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

Cost: \$10

Register for only one format:

REL009Z

Location: Zoom Live Stream

Enrollment Limit: 100

REL009P

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. In-person attendees will view the instructor on Zoom.

Enrollment Limit: 28



Under the Apple Tree



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

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

Facilitator: David Dyke

Location: Doane University, Fred D. Brown Center, Lincoln Campus, Rm 107. Park east of the main entrance.

Enrollment Limit: 16

Cost: \$20

Register for only one session:

ART0031

Day/Dates: Wed, Jan 25, Feb 1, 8

Time: 1-2 p.m.

ART0032

Day/Dates: Wed, Feb 15, 22, Mar 1

Time: 1-2 p.m.

FUNDamental Parks and Recreation in Lincoln



CON028P

Did you know that Lincoln Parks and Recreation manages 7,000 acres of public land? We enjoy a comprehensive parks and recreation program fundamental to our shared quality of life in Lincoln. The Lincoln Parks and Recreation Department and the Lincoln Parks Foundation are partnering to provide this overview about parks and recreation facilities and programs in Lincoln. We will meet and learn from people who manage our parks and recreation facilities and programs. These include pools, ball fields, tennis and pickle ball courts, dog runs, the Nature Center, recreation centers and programs, open space conservation, trails, golf courses, street trees, public art and much more. Course sessions will be in-person at parks and recreation facilities throughout Lincoln.

Instructors: From Lincoln Parks and Recreation: Lynn Johnson, retired director; Maggie Stuckey-Ross, director; Susan Larson Rodenburg, Lincoln Parks Foundation; Randy Gordon, executive director of Lincoln Parks Foundation; JJ Yost, planning and facilities manager; Chris Myers, parks operations manager; Tom Hartzell, park planner; Holly Lewis, assistant director; Nicole Fleck-Tooze, executive director, Solidago Conservancy

Facilitator: Peter Levitov

Day/Dates: Wed, Jan 25, Feb 1, 8, 15, 22

Time: 1-2:30 p.m.

Locations: Various parks and recreation sites around Lincoln:

Jan 25 and Feb 22: Parks and Recreation Administration Office, 3131 O Street #300. Public parking and building entrances are on the east side of the building. The Administration Office is on the third floor.

Feb 1: Jayne Snyder Trails Center, Union Plaza, 228 N. 21st Street. Public Parking is available along the west side of North 21st Street between O and Q Streets.

Feb 8: Pioneers Park Nature Center, Malinovskis Auditorium, Prairie Building, 3201 S. Coddington Ave. The Nature Center is at the west end of Pioneers Park. Public Parking and the Prairie Building are on the north side of the park road.

Feb 15: F Street Community Center, 1225 F Street. Public parking is available on streets around the center and in the parking lot on the southwest corner of S. 12th and F Streets.

Enrollment Limit: 30

Cost: \$30



Weather Extremes: Tornadoes, Thunderstorms and More



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

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

Facilitator: Stephanie Nantkes

Day/Date: Wed, Mar 1

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

SCI031Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI031P

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

Enrollment Limit: 28

Introduction to Bridge I



LIF004P

This class is structured for the student who has no 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 how fast the class will move.

Instructor: Keith Bartels, bridge enthusiast

Facilitator: Henry Schuman

Day/Dates: Wed, Jan 25, Feb 1, 8, 15, 22, Mar 1

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

Staging History: A Case Study with Angels Theatre Company's Production of "Predictor"



Creating a play based on history can be a creative challenge, particularly when staging plays about recent history and living people. Join the creative artists in Angels Theatre Company's production of "Predictor" for a fascinating behind-the-curtain look at creating and staging a new play. "Predictor" is the real-life story of Margaret Crane who, in 1967, defied all odds and expectations to become the inventor of the first home pregnancy test.

Registrants are encouraged to attend the production of "Predictor" at the Johnny Carson Theatre in the Lied Center for Performing Arts. Performances run February 10-19. Please check the Lied Center website at liedcenter.org/events-page for showtimes and availability. OLLI members receive a discounted ticket rate of \$23.80 per ticket. The cost of tickets to attend the performance is not included in the cost of the course.

Instructors: Timothy Scholl, executive director, Angels Theatre Company; Jennifer Blackmer, playwright, "Predictor"

Facilitator: Mary Ann Sullivan

Day/Dates: Wed, Feb 8, 22

Time: 3-4:30 p.m.

Cost: \$15 (excludes cost of ticket to performance)

Register for only one format:

ART052Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART052P

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

Enrollment Limit: 28



predictor
a play by
Jennifer Blackmer

Stress Management in Your Body



Are you curious about how stress can be managed in your body? Learn about basic stress signaling concepts, the latest biochemistry techniques, and how to measure stress levels in the cell. Gain an understanding of the stress adaptation process at the microscopic level. The type of stress your body can get and how tissue damage can occur will be discussed, along with autophagy as a stress adaptation process and how cells recover to alleviate stress. Learn more about how your body reacts to stress and increase your ability to cope with stress in the future.

Instructor: Seung-Hyun Ro, assistant professor, Biochemistry, UNL

Facilitator: Jeanette Wellsandt

Day/Date: Wed, Feb 15

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

SCI027Z

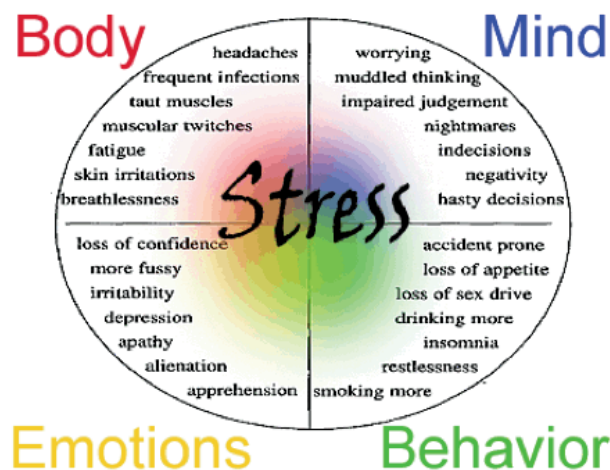
Location: Zoom Live Stream

Enrollment Limit: 100

SCI027P

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

Enrollment Limit: 28



The Magic of the Metropolitan Opera: "Lohengrin"



ART051P

We will listen to and discuss the history of this opera along with its structure, the different musical elements and other information outlining its contributions to the genre.

Composed by Richard Wagner in 1848, the opera tells the story of Lohengrin, Holy Grail ambassador, in the form of a knight in shiny armor, who comes to defend Elsa, wrongfully accused of murdering her little brother. They fall in love, yet the desire to possess power and reign over the whole country of Burgundy pushes Elsa's relative count Telramund and his evil wife Ortrud to use magic spells and treachery. Lohengrin successfully defends Elsa. Because of Telramund's and Ortrud's actions, Elsa, who promised never to ask Lohengrin of his origin, breaks her promise. Lohengrin must leave the earth and return to the Holy Temple of Grail to Monsalvat. Before Lohengrin vanishes, he returns Elsa's brother to her and announces him as a ruler of Brabant.

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

Facilitator: Dori Bush

Day/Date: Wed, Mar 8

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



Only Hope: My Mother and the Holocaust Brought to Light



Before she died in 1974, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland, powerful stories published by her son. Irving Lubliner, professor emeritus at Southern Oregon University, will share excerpts from "Only Hope: A Survivor's Stories of the Holocaust," shedding light on his mother's fortitude and indomitable spirit, as well as his own experience as a child of Holocaust survivors. You will learn about the Holocaust through the eyes of a survivor, as well as how the instructor, the child of two survivors, was impacted by his parents' experiences. For more information, please visit www.onlyhopebook.com.

Instructor: Irv Lubliner, professor emeritus, Southern Oregon University

Facilitator: Bob Michl

Day/Date: Wed, Mar 1

Time: 3-5 p.m.

Cost: \$10

Register for only one format:

HIS001Z

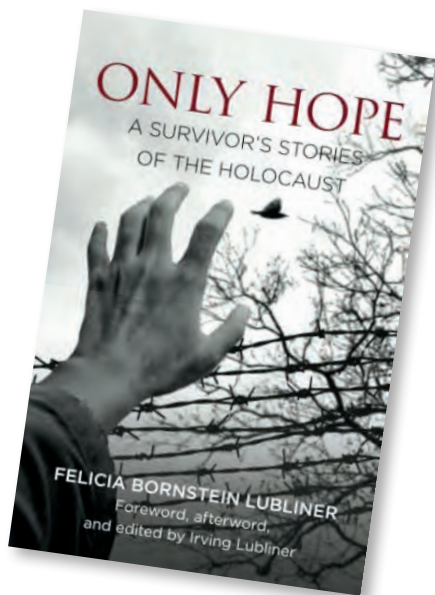
Location: Zoom Live Stream

Enrollment Limit: 100

HIS001P

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. In-person attendees will view the instructor via Zoom.

Enrollment Limit: 28



THURSDAYS

Gentle Yoga



H&W001Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Thu, Jan 26, Feb 2, 9, 16, 23, Mar 2
Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Historical Uses of Native Plants



Nebraska's native wildflowers and grasses have a rich history here on the Great Plains. These plants were not only beautiful but were also useful to the Native Americans and prairie pioneers. Most every plant had a purpose, whether it was used for ceremony, food, medicine, shelter or for play. Learn about our native wild fruits, nuts, seeds, and other edible plants which grow wild in our region or in your own yard.

Instructor: Bob Henrickson, coordinator, Horticulture Program, Nebraska Statewide Arboretum

Facilitator: Kirk Dietrich

Day/Date: Thu, Feb 2

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

SCI028Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI028P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24



What's Up with Bracketology?



LIF006P

The NCAA uses a season-ending tournament - "March Madness" - to determine its national collegiate champion in Division I men's basketball. The tournament field begins with 68 teams out of 319 competing schools. Which teams get in? Which are left out? Which are "on the bubble?" Processes for analyzing the prospects and predicting the bracket of selected teams have come to be known as "bracketology." Engage in bracketology, playing the roles of the NCAA's Tournament Selection Committee. For the final six weeks leading up to Selection Sunday, the mock selection committee will identify and work with criteria for selection, develop a mock bracket and adjust it regularly, and ultimately create a final version, which will stand in comparison to the NCAA's official bracket.

Instructor/Facilitator: Jim Cunningham, OLLI member

Day/Dates: Thu, Feb 2, 9, 16, 23, Mar 2, and Fri, Mar 10

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

Location: SCC-CEC, Rm 406

Enrollment Limit: 15

Cost: \$35

Starting Conversations About Race



DIV006P

The mission of "Together, One Lincoln" focuses on how each person can help create a community of racial equity by starting a conversation. Gain an understanding about these conversations, participate in small group conversations and learn how to begin these conversations in other groups.

Instructor: Sandra Washington, founder, Together, One Lincoln

Facilitator: Dori Bush

Day/Dates: Thu, Jan 26, Feb 2, 16, 23

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

Location: SCC-CEC, Rm 405

Enrollment Limit: 25

Cost: \$25

Sheet Pan Dinners



LIF054P

Are you tired of using lots of pots and pans to make dinner? How about finding ways to reduce large recipes down to smaller amounts to feed one or two individuals? These hands-on classes will show you how easy and efficient it is to make dinner using a sheet pan. Bring one sheet pan (either 15x10x1" or 13x18x1" size) and two containers to each class to take home your delicious meals.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Jeanette Wellsandt

Day/Dates: Thu, Jan 26, Feb 2

Registration Deadline: Thu, Jan 19. 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

Culture Wars of the Renaissance



When the Black Death hit Florence in 1348 it wiped out more than half of the population. However, like a burnt field yielding to new growth, Florence became fertile grounds for the rebirth of the “Humanism” of Greek and Roman Times. In two parts we will explore, first, the end of the Dark Ages in the “Early Renaissance of Rome, Venice, and Florence.” Then we will examine the “High Renaissance of Leonardo da Vinci and Michelangelo.” We will end with Savonarola’s attempt to eradicate sin in Florence’s “Bonfire of the Vanities.” This anti-renaissance conflagration destroyed many works of art including books like Boccaccio’s “Decameron”. Although it is said that Sandro Botticelli threw several of his paintings on the fire, he didn’t toss “The Birth of Venus.”

Instructor: Joel Geyer, producer/director of PBS documentaries

Facilitator: David Dyke

Day/Dates: Thu, Feb 2, 9

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

Cost: \$15

Register for only one format:

HIS040Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS040P

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

Enrollment Limit: 28



The Battle of Britain: How Upstream Thinking Saved a Nation



Many are familiar with the famous air war known as the “Battle of Britain” that pitted German air forces against British defenders over British skies in 1940. Winston Churchill acknowledged the brave British pilots by his words “never in the field of human conflict was so much owed by so many to so few”. But the story behind how the aircraft, radar systems, and communications network performed so perfectly at the right moment is even more fascinating. Dan Heath’s 2020 book “Upstream: The Quest to Solve Problems Before They Happen” drives home the point to not only focus on solving current problems but to also address potential problems. We will focus on how over a decade, key elements came together under great technical uncertainty and opposition just in time to defeat the German Air Force.

Instructor: Roger P. Lempke, retired Maj. Gen. and former Nebraska Adjutant General

Facilitator: David Dyke

Day/Dates: Thu, Feb 16, 23, Mar 2

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

Cost: \$20

Register for only one format:

HIS043Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS043P

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

Enrollment Limit: 28

Everything You Need to Know About Electric Vehicles



We will focus on the ins and outs of electric vehicles. Come ready with your questions about their safety, cost, recharging, heating and cooling systems and more. We will also learn what Lincoln Electric System and the Nebraska Department of Environmental Energy are doing to support the use of electric vehicles in Nebraska.

Instructors: Marc Shkolnick, manager, Energy Services, Lincoln Electric System; Randy Smith, coordinator, Clean Diesel Program, Nebraska Department of Environmental Energy.

Facilitator: Peggy Apthorpe

Day/Date: Thu, Jan 26

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON029Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON029P

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

Enrollment Limit: 28



Meyer v. Nebraska: Will It Fall Like Roe v. Wade?



The Constitutional right to abortion was eliminated last year by the U.S. Supreme Court in the Dobbs v. Jackson Women's Health case. The basis of that right was found in a Nebraska case, Meyer v. The State of Nebraska, decided 100 years ago. At least one Supreme Court justice has written that Meyer, like Roe, was wrongly decided. We will discuss Meyer and the loss of personal liberties should it fall.

Instructor: Randy Moody, OLLI member

Facilitator: Marv Almy

Day/Dates: Thu, Feb 2, 9

Time: 1-2:30 p.m.

Cost: \$15

Register for only one format:

CON032Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON032P

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. In-person attendees will view the instructor via Zoom.

Enrollment Limit: 28

Evaluating Your Antiques and Collectibles



LIF079P

Learn about what's hot and what's not in the world of buying, selling and evaluating antiques, coins and collectibles. We will cover a variety of items, including glassware, pottery, china, vintage jewelry, U.S. and foreign coins, old postcards and other paper collectibles. Class members are encouraged to bring a favorite item or mystery item each session for the instructor to appraise; for large items, bring a photo.

Instructor: Tom Bassett, former teacher, Lincoln High School, auctioneer and 35-year member of the New England Appraisers Association

Facilitator: Jim Pinkerton

Day/Dates: Thu, Feb 16, 23, Mar 2

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 214

Enrollment Limit: 35

Cost: \$20

Slavery and Freedom in American History



We will learn about the changing history of slavery and freedom from the Revolution to the Civil War. For over seventy years and five generations, enslaved families in the U.S. filed hundreds of lawsuits for their freedom against slaveholders, often taking their cause all the way to the Supreme Court. Between 1787 and 1861, these lawsuits challenged the legitimacy of slavery in American law and put slavery on trial in the nation's capital. Hear the intricate and intensely human story of the enslaved families (the Butlers, Queens, Mahoneys and others), their lawyers (among them a young Francis Scott Key), and the slaveholders who fought to defend slavery, beginning with the Jesuit priests who held some of the largest plantations in the nation and founded a college at Georgetown. Consider the moral problem of slavery and its legacies in the present day. We will also use the instructor's recent award-winning documentary films "Anna" (2018) and "The Bell Affair" (2022) to discuss this important topic.

Instructor: William G Thomas III, professor, History, UNL

Facilitator: Georgianne Mastera

Day/Dates: Thu, Feb 16, 23

Time: 1-2:30 p.m.

Cost: \$15

Register for only one format:

HIS045Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS045P

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

Enrollment Limit: 28



Conservation Easements: A Critical Voluntary Tool



The permanent conservation of private land through voluntary agreements known as conservation easements or agricultural land easements has grown tremendously in the last 30 years. We will look at easements' conservation goals, flexibility to meet goals, and touch on economic and property tax aspects of easements. We will focus on agricultural land easements which are designed to assure the conservation of working farms and ranches. Specific examples will describe how and where Nebraska Land Trust has employed these agreements to permanently conserve agricultural, historical, and natural resources in some of Nebraska's most treasured landscapes. Brief video clips of farm and ranch owners will let them explain why their easements matter and show some of the beautiful and valuable landscapes preserved. Finally, we will touch on potential threats to the continued use of this valuable tool in Nebraska.

Instructor: Dave Sands, executive director, Nebraska Land Trust

Facilitator: Lorrie Benson

Day/Date: Thu, Jan 26

Time: 3-4:30 p.m.

Cost: \$10

Register for only one format:

CON034Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON034P

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

Enrollment Limit: 28

WANTED: 100,000 Young Women to Go West!



From the 1880's to the 1950's, Fred Harvey dining rooms along the Santa Fe Railroad line went through eight western states and offered weary travelers gourmet food, served in 30 minutes and provided with high standards of service in 65 different towns. The "Harvey Girls" were courageous young women who wanted to be independent and self-sufficient. "Young women 18 to 30 years of age, single, of good character and intelligent" served as waitresses. They received wages and tips, free room and board, clean uniforms and a train pass. More than 100,000 young women left their homes for a job, an adventure, and a new life out West. Harvey expanded to build 15 destination hotels, notably El Tovar at the Grand Canyon and La Fonda in Santa Fe, which is still operating today. Harvey hired Mary Colter as the architect, and she created the "Santa Fe style" incorporating native American art and culture.

Instructors: Lynn Roper, retired senior vice president, Merrill Lynch; Stephen Fried, author of "Appetite of America"; Lesley Poling-Kempes, author of "The Harvey Girls"

Facilitator: Lynn Roper

Day/Dates: Thu, Feb 2, 9, 16, 23

Time: 3-4:30 p.m.

Cost: \$25

Register for only one format:

HIS042Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS042P

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. In-person attendees will view the instructors via Zoom.

Enrollment Limit: 28



Learn to Make Your Own Fishing Tackle: Jig and Fly Making



LIF081P

Learn to make bucktail jigs, marabou jigs/doll flies, and fishing flies that can be used to catch fish right here in Lancaster County. You will also learn basic jig and fly-tying techniques, including equipment, tools, materials, tying techniques, and patterns. You will be able to take home what they created in class to catch fish in the spring on tackle they created themselves.

Instructor: Eric Einspahr, executive board member, Cornhusker Fly Fishers; Jim Fischer, member Cornhuskers Fly Fishers

Facilitator: Kirk Dietrich

Day/Dates: Thu, Feb 16, 23, Mar 2

Time: 6-7:30 p.m.

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

Enrollment Limit: 12

Cost: \$25 (includes \$5 supply fee)



FRIDAYS

Food Bank of Lincoln Tour: 40 Years of Feeding



CON030P

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

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

Facilitator: Nancy Mitchell

Day/Date: Fri, Mar 3

Time: 9-10 a.m.

Location: Food Bank of Lincoln

Enrollment Limit: 30

Cost: \$10



Turn Friday into “Fri-Yay” with Friday Fitness Club



LIF003P

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.

Instructor: David Jenkins, certified personal trainer

Facilitator: Brad Dwiggin

Day/Dates: Fri, Jan 27, Feb 3, 10, 17, 24, Mar 3

Time: 9-10:30 a.m.

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

Enrollment Limit: 24

Cost: \$35



Top Ten Mistakes Made in Estate Planning



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

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

Facilitator: Jeanette Wellsandt

Day/Date: Fri, Jan 27

Time: 9-10:30 a.m.

Cost: \$10

Register for only one session:

LIF082Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF082P

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

Enrollment Limit: 28

The Geological Development of the High Plains/Ogallala Aquifer



Crops irrigated by water from the High Plains/Ogallala Aquifer comprise a significant portion of the world's food supply. This water is Nebraska's most important natural resource. Learn how raging rivers, flowing off the Rocky Mountains starting about 18 million years ago, formed this feature that is of such importance to us today.

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

Facilitator: Jeanette Wellsandt

Day/Date: Fri, Feb 10

Time: 9-10:30 a.m.

Cost: \$10

Register for only one format:

SCIO34Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCIO34P

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

Enrollment Limit: 28

Learn to Play: Ten Point Pitch



LIF078P

This is the first course in a series called "Learn to Play." Pitch is a simple card game which is always a hit at family gatherings, holiday parties, the local pub and card clubs. We will start with the most fundamental version, "Ten Point Pitch." You will be introduced to the concepts of "trump," "leads," "sluffs" as well as bidding and scoring. Over the course, you will be introduced to playing with partners and "calling" for your partner. Lots of practice time will allow you to get comfortable playing. Even if you already know how to play, come join the fun, help to mentor and socialize with those learning the game. As time allows, you will be introduced to alternative pitch games, such as "four point," or "five point," etc.

Instructor/Facilitator: Bob Michl, OLLI director

Day/Dates: Fri, Feb 10, 17, 24, Mar 3

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

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

Enrollment Limit: 20

Cost: \$25



Sexy Rectangles and Other Mathematical Wonders



SCI032P

"There ain't no cryin' in mathematics!" Mathematics is an artistic endeavor that requires imagination and creativity. We will explore mathematics in unique ways, from artistic works from the perspective of a mathematician to patterns in nature, bar codes and geometry. We will discuss the meaning of infinity and discover the twists and turns of a geometry called topology. Mathematics is full of ideas comparable to the works of Shakespeare, Plato, and Michelangelo. Gain a better understanding of some rich mathematical ideas and develop a new perspective on the world. It is intended to excite the math lover and quell the fears of the math fearful.

Instructor/Facilitator: De Tonack, retired, Teaching, Learning and Teacher Education, UNL.

Day/Dates: Fri, Feb 10, 17, 24, Mar 3

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

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$25

Great Decisions 2023



We will discuss major foreign policy issues facing the United States. The Foreign Policy Association (FPA) has selected eight topics and we will cover four in Term 3. The course will continue in Term 4 to cover the remaining topics. Each topic will be covered through FPA's 25-minute "Master Class" lecture as well as written articles. You are expected to read the articles prior to watching the video on the day of the class. Topics to be discussed in Term 3 are: 1) Energy Geopolitics, 2) War Crimes, 3) China and the U.S., and 4) Economic Warfare. Class members may purchase the "Great Decisions Briefing Book" on-line at www.fpa.org.

Instructor: Marvin Almy, OLLI Member

Facilitator: Jim McLoughlin

Day/Dates: Fri, Jan 27, Feb 3, 10, 17, 24, Mar 3

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

CON026Z

Location: Zoom Live Stream

Enrollment Limit: 20

CON026P

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

Enrollment Limit: 20



Art 101



ART055P

We will learn and practice several art skills in drawing and painting, some basics in calligraphy, perspective drawing, and three aspects of color (hue, value, intensity) to make a personal portfolio of ideas. All skill levels are welcome.

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

Facilitator: Mary Ann Sullivan

Day/Dates: Fri, Jan 27, Feb 3, 10, 17

Time: 1-3 p.m.

Location: SCC-CEC, Rm 102

Enrollment Limit: 10

Cost: \$25, plus \$5 materials fee paid to instructor at first class session.

OLLI in the Greenhouses



SCI035P

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 Sunken Gardens visit in June, you will be interested in hearing about the theme for summer 2023. 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—Steve Nosal, horticulturist; Alice Reed, senior gardener

Facilitator: Judy Hart

Day/Date: Fri, Mar 3

Time: 1-2:30 p.m.

Location: The greenhouses are in Antelope Park, across Memorial Drive from the Auld Pavilion. Parking is available in the Auld Pavilion north parking lot.

Enrollment Limit: 25

Cost: \$10

SATURDAY

Aqua Therapy



H&W030P

We will experience the many benefits of training in warm water, with and without a current, using body weight and other equipment. Class will begin with a brief lecture on water safety, benefits of cardiovascular, muscular and flexibility training in water, followed by an opportunity for questions/answers. After a short break, participants will gather in the Aqua Track to put into practice what was discussed in the lecture with a 45-50-minute class, including a warm-up and cool down. During the last 10 minutes of class, participants will experiment with additional exercises, both with and without equipment.

Instructor: Madonna ProActive Aquatics staff

Facilitator: Bob Michl

Day/Date: Sat, Mar 4

Registration Deadline: Friday, Feb 24.

Cancellations after that date are nonrefundable, unless cancelled by UNL.

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

Location: Madonna ProActive Medical Fitness

Enrollment Limit: 16

Cost: \$30

PROGRAMMING ON DEMAND

Learn at your own convenience!



CAN0011

Cost: \$30

The following video programs are on demand, on the online platform CANVAS. Learn at your own pace, on your own time and at your convenience. This programming is available for a single cost of \$30. After registration, you will receive an email with a “Join Code” and instructions on how to access programming.

All programming originates from OLLI at UNL.

A History of Lincoln’s Auditoria and the Pershing Auditorium Block

Before a village could become a true city, it needed a newspaper and an opera house—not a place to hear opera but a theatre or auditorium where you could witness a play or hold a graduation. Lincoln and Nebraska Historian Jim McKee explores Lincoln’s auditoriums, both private and public, from theatre held in the first capitol to Pershing Municipal Auditorium, with the largest outdoor mural in the world at the time, as well as Block 63 where Pershing sat for over half a century and what may take its place.

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 they formed. KOLN/KGIN TV Meteorologist Brad Anderson shares information regarding the different types and shapes of clouds, the weather they can bring, and how they form.

Fly Girls

In 1929, at the dawn of aviation when every flight was a test of courage, 20 gutsy and passionate female pilots in propeller-driven planes raced from California to Ohio in the first female cross-country air race, making 18 stops in nine days, while competing for the \$8,000 prize. During World War II, the 1,034 Women Airforce Service Pilots (WASPs) ferried and flight-tested aircraft bombers in the U.S. and taught men how to fly. When the war ended, Congress clipped their wings and sent the WASPs home; they did not receive military status until 1977. In 1961, 13 remarkable women pilots underwent secret testing to become America’s first female astronauts.

The Mercury 13 were ignored by NASA and on Capitol Hill while the USSR sent its first woman into space in 1963. Self-taught historian Lynn Roper and other experts of women aviators share in this fascinating series of lectures.

Women of the Bible

Dr. Jonathan Redding, Assistant Professor of Religion at Nebraska Wesleyan University, analyzes the portrayal of women in Biblical literature. He explores critical theories of feminist, womanist, and gender studies alongside their application to biblical studies. What factors may have influenced how these ancient authors portray women?

Trading Under the Buttonwood Tree: Founding the Stock Market

On May 17, 1792, 24 men gathered under a tree in lower Manhattan to establish an auction market among themselves to trade government bonds. The NYSE then and now seeks to complete transactions quickly and cheaply and to always provide liquidity with a ready buyer and seller of securities. Still using an auction market with a “bid” and an “ask,” electronic trading still uses a market maker and specialist system. Lynn Roper, retired senior vice president at Merrill Lynch, shares the history, mechanics of trading, and significant events shaping the NYSE as the world’s largest securities trading system.

America and the World War in Ukraine (and Other Modern Challenges)

Since the beginning of the 20th century, the U.S. has been, by many measures, the most influential nation in the world. As Americans and their government have navigated complicated global currents, they have encountered difficult challenges,

including: nationalism and globalization from the American revolution to the Russian war on Ukraine; Russia, the Cold War and the challenge of socialism; the place of China and Asia in the American story; and the American role in climate change. UNL Modern World History Professor Tim Borstelmann explores each of these critical issues in the American relationship with the rest of the world.

Deterrence: From Korea to Ukraine – The Evolution of a Vital National Security

General George C. Marshall once said, “The only way human beings can win a war is to prevent it.” Deterrence, specifically nuclear deterrence, has been a mainstay of United States foreign policy and national security. The term lost relevance with the demise of the Soviet Union in the early 90’s but is front page news again after Russia’s invasion of Ukraine. Retired Major General Roger Lempke explores the definitions, dilemmas, and stories of

nuclear deterrence that helped avert a nuclear conflict during the Cold War. After a thirty-year hiatus, very direct nuclear threats have emerged again. Would stronger deterrence actions before the Russian invasion perhaps caused Putin to think twice?

The American Civil War: Causes and Consequences – More Than You Think

Volume after volume has been written about the American Civil War. Despite all that information, do we really know the whole story about what led up to the war and what came after? The causes can be traced back to early settlements in 1607 and events that led to the war. We are still dealing with the consequences. Come along this historical journey as Gary Timm, retired history faculty member at Northeast Community College explores the causes and effects of the Civil War. It’s more than you think



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ALUMNI ASSOCIATION



Breakfast with UNL Athletics: Women's Volleyball



LIF080P

Papillion, Nebraska native Kelly Hunter, a three-time Husker All-American and two-time national champion, was promoted to a full-time assistant coach in December of 2021. Hunter previously spent three seasons on the Husker staff as a graduate assistant and a volunteer coach. Kelly, the Husker setter from 2013-2017 earned All-Big Ten and All-American honors and led her team to national title in 2015 and 2017. Come listen as Kelly shares her experiences as a player, and now as a coach for the premiere college volleyball program in the entire country.



Speaker: Kelly Hunter, Assistant Volleyball Coach, UNL

Facilitator: Bob Michl

Day/Date: Fri, Feb 3

Registration Deadline: Fri, Jan 27

Cancellation after this date is non-refundable.

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

Location: Hy-Vee, 1601 N 84th St., upstairs Club Room

Enrollment Limit: 40

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

Mozart & Mendelssohn with the Lincoln Symphony Orchestra



ART053P

Pianist Anne-Marie McDermott is the featured artist in this LSO concert featuring Mozart's Piano Concerto No. 25 in C major. Also performed will be Mendelssohn's Symphony No. 5 "Reformation," featuring Martin Luther's "A Mighty Fortress is Our God."

Entertainers: Lincoln Symphony Orchestra and Guest Artist, Anne-Marie McDermott

Facilitator: Dori Bush

Day/Date: Fri, Feb 10

Registration Deadline: Fri, Jan 27

Cancellation after this date is non-refundable.

Time: 7:30-10 p.m.

Location: Lied Center for Performing Arts

Enrollment Limit: 18. Seats will be reserved in a block for OLLI members.

Cost: \$33, includes ticket to performance

Game Night with OLLI



LIF060P

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 drink for all who attend. And if you don't 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, Checkers, Chess, Monopoly, Risk, Yahtzee, Jenga, Taboo, Pictionary, Apples to Apples, Bunko, Pitch, Gin Rummy, etc.

Facilitator: Bob Michl

Day/Date: Thu, Mar 2

Registration Deadline: Thu, Feb. 23

Cancellation after this date is non-refundable.

Time: 4-7 p.m.

Location: SCC-CEC, Rms 302 and 303

Enrollment Limit: 60

Cost: \$10 per person includes food/beverages.

OPEN TO THE PUBLIC

OLLI Member Discounts

Abendmusik

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

Angels Theatre Company

Offers a 15% 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 omniartsne.org/

TADA Theatre

Offers OLLI members a discounted ticket to some performances. www.tadaproductions.info

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 or Mike Jess, michaeljess3@gmail.com. **For location information or Zoom meeting links, contact the coordinator(s) listed.**

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, hmalmly@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.

Biking the Trails

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

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

Meets: Weekly rides during the warm season months

Bridge

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

Coordinator: Sue Guild, sguild@inebraska.com

Coffee and Conversation

Feel like some wake-up conversation on Tuesday mornings? 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 and the pandemic.

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Every Tuesday

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

Location: Via Zoom

Conversational Spanish

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

Coordinator: Jack McGann,

jackmcgann1@mac.com

Day: Tuesdays

Time: 1-2:30 p.m.

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; Beth Ann Brooks, adjunct professor, Psychiatry, UNMC

Day: First Wednesday of each month, Sept through May

Time: 3-4:30 p.m.

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.

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: Steve Schafer,

stevenlschafer@gmail.com 402-310-1503

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.

Paddleboarding

Participants need to rent or bring their own paddleboard. Members should be comfortable swimming and doing water sports. Life jackets are required by state law.

Coordinators: Kathleen Wingard,

heritageyogacenter@gmail.com or Alyx Knight, alyxknight2011@gmail.com

Day: Saturday or Sunday

Time: 10 a.m.

Location: Rotates between Holmes Lake in Lincoln and Conestoga and Wagon Train State parks.

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.

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.

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: Second Tuesday of each month

Time: 3-4:30 p.m.

Table Tennis

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

Coordinator: Larry McClure, 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: 3 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: Holmes Lake parking lot at the northwest corner of the park near the dam.

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: Michael Jess, michaeljess3@gmail.com, 402-802-8921

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.

Read and check the box on the OLLI registration form.

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 # _____

2022-2023 Membership Registration -- Check One		Cost
☐	I am a current 2022-2023 OLLI member	\$0
☐	I am purchasing a mid-year membership (Valid through July 31, 2023)	\$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/Policies

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 if you need to drop a course/class so we may add someone from the waitlist. Call prior to the beginning of a class and before the second class for courses with multiple weeks. Let us know if you would like to enroll in an alternate course, want a refund, or wish to donate your course fee.

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.

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 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 Parking Permit

Courses meeting at the University require a parking permit unless otherwise indicated. Keep your parking permit convenient and safe. OLLI pays for each permit issued and you will be charged for a replaced permit.

Parking permits are:

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

For the **LOVE** of **LEARNING**



 [olliatunl](https://www.facebook.com/olliatunl)

 [OLLI at UNL](https://www.youtube.com/olliatunl)

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125 Human Sciences Bldg
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OLLI members learn various aspects of birding with an emphasis on identification and experience in the field.



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