

OSHER LIFELONG LEARNING INSTITUTE



OLLI at UNL

Course Catalog: Spring Term 4 2023

Curiosity never retires



UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, March 7, 2023, 8 a.m.

Term Dates: March 20-April 29, 2023

schedule at a glance

MONDAYS

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8:30-10 a.m.	Birding: An Activity for All to Enjoy	LIF034P	8
9 a.m.-12 p.m.	Saving a Life with CPR	H&W008P	8
9-10:30 a.m.	Vertebrate Paleontology Collections Tour	HIS053P	9
9-10:30 a.m.	What Are Invertebrate Fossils?	HIS054P	9
9-10:30 a.m.	Anthropology Collections Tour	HIS055P	9
9-10:30 a.m.	The Skeptic's Guide to American History-Part II	HIS048Z	10
11 a.m.-12:30 p.m.	Discovering the Holocaust Narrative via Digital Humanities Tools	HIS046Z, HIS046P	10
11 a.m.-12:30 p.m.	Nebraska Schools 101	CON037Z, CON037P	11
1-2 p.m.	Pickleball: Fun, Fitness and Friendship	LIF026P	11
1-2:30 p.m.	Solar @ Scale	CON036Z, CON036P	11
1-2:30 p.m.	Drinking Water Quality in Nebraska	SCIO38Z, SCIO38P	11
1-2:30 p.m.	The Gifts of Dementia	H&W017Z, H&W017P	12
3-4:30 p.m.	The Home Option	H&W032Z, H&W032P	12
4-7 p.m.	Introduction to Kayaking	LIF019Z	7

TUESDAYS

9-9:50 a.m.	Dance Fitness	H&W011Z	12
9-10:30 a.m.	Walking Sheridan Boulevard, Again	ART033P	12
11 a.m.-12:30 p.m.	Want to Be Saint? Organize Your Estate	LIF029Z, LIF029P	13
11 a.m.-12:30 p.m.	Why We Are So Politically Divided	L&L020Z, LIF029P	13
11 a.m.-12:30 p.m.	Volunteering: Something for Everyone	H&W037Z	13
1-2:30 p.m.	Nebraska Public Media: Past, Present and Future	HIS047Z, HIS047P	14
1-2:30 p.m.	A Safe Drive Through the Aging Process	H&W018Z, HIS018P	14
1-2:30 p.m.	Coming of S ² age: Community By Design	H&W035P	14
2-4 p.m.	PT Bootcamp: Before and After	H&W036P	15
3-4:30 p.m.	Backstage at the Rep: Behind the Scenes of "The Play That Goes Wrong"	ART057P, ART058P	15
3-4:30 p.m.	Charlotte Brontë's "Jane Eyre"	L&L021Z, L&L021P	16
3-4:30 p.m.	The Creation and Political Philosophies of Our Nation's Founding Documents	HIS051Z, HIS051P	16

WEDNESDAYS

9-10:30 a.m.	This Is Nebraska Extension: Creating a Better Tomorrow for Nebraskans-Part II	LIF084Z, LIF084P	17
9-10:30 a.m.	Stories in Text and Film	L&L024P	17
11 a.m.-12:30 p.m.	Nebraska Rural Poll 2023	CON039Z, CON039P	17
11 a.m.-12:30 p.m.	Learn from the Past and Prepare for the Future: History of Meteorology	SCIO36Z, SCIO36P	18
11 a.m.-12:30 p.m.	Digitizing Memories	ART056P	18
11 a.m.-12:30 p.m.	Post-Processing: Editing Your Digital Pictures	ART009P	18
1-2:30 p.m.	Advanced Amateur Photography	ART022P	18
1-2:30 p.m.	The Metropolitan Museum of Art-Part I	ART018P	19
1-2:30 p.m.	Reading Charles Dickens' "Classic" Novels	L&L019Z, L&L019P	19
1-2:30 p.m.	Glory and Heartbreak: The Nebraska High School Sports Hall of Fame	LIF085P	19
1-3 p.m.	Introduction to Bridge II	LIF016P	20
3-4:30 p.m.	Tours of Artists' Studios	ART016P	20
3-4:30 p.m.	The Magic of the Metropolitan Opera: "Falstaff"	ART059P	20
3-4:30 p.m.	The Magic of the Metropolitan Opera: "Der Rosenkavalier"	ART060P	21
4-7 p.m.	Introduction to Kayaking	LIF0191	7

Cover: Spring is the perfect time to tour the UNL Maxwell Arboretum gardens.

THURSDAYS

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9-10 a.m.	Moving to Heal	LIF027P	21
9-10:30 a.m.	Growing a Way of Farming Using Regenerative Principles	SCI037Z, SCI037P	22
11 a.m.-12:30 p.m.	Civil Discourse	CON040Z, CON040P	22
11 a.m.-12:30 p.m.	Learn the Ukulele	LIF018P	22
11 a.m.-12:30 p.m.	Prehistoric Europe: Celtic Origins and the Bronze Age	HIS052P	23
11 a.m.-12:30 p.m.	Do You Have Time for More Stories?	ART065P	23
11 a.m.-12:30 p.m.	Fun and Sun-Themed Lunches	LIF086P	23
1-2:30 p.m.	Quilter Grace Snyder: No Time on Her Hands	HIS050Z, HIS050P	23
1-2:30 p.m.	Learn to Play: Cribbage	LIF089P	24
1-2:30 p.m.	Ecotourism in the Great Plains	CON38Z, CON38P	24
1-3 p.m.	Trash? Not True! Do My Efforts Make an Impact?	SCI039P	24
3-4:30 p.m.	Exploring the Serene Shores of Door County	LIF091Z	24
3-4:30 p.m.	Our Prairie University: A Historic Walking Tour of UNL City Campus	ART027P	25
3-4:30 p.m.	Our Prairie University: A Historic Walking Tour of UNL East Campus	ART046P	25
3-6 p.m.	Explore Pawnee Lake By Kayaking	LIF020P	7

FRIDAYS

9-10:30 a.m.	Turn Friday into "Fri-Yay" with Friday Fitness Club	LIF003P	26
9:30-11:30 a.m.	Taking Control of Your Financial Future: Modern Retirement Planning	LIF031P	26
10-11:30 a.m.	Duncan Aviation Facilities Tour	LIF0451, LIF0452, LIF0453	26
11 a.m.-12 p.m.	Parkinson's Disease: What to Expect	H&W033Z, H&W033P	27
11 a.m.-12 p.m.	Palliative Care: What does the Journey Look Like?	H&W034Z, H&W034P	27
11 a.m.-12:30 p.m.	A Nebraska Treasure: Tour of the Sheldon Museum of Art	ART064P	27
1-2:30 p.m.	Building Strength As We Age	H&W031P	27
1-2:30 p.m.	Great Decisions 2023-Part II	CON035Z, CON035P	28
1-2:30 p.m.	Leveraging the Most Valuable Card in Your Wallet: Your Library Card	L&L023P	28
1-2:30 p.m.	Images of Gender, Power and Religion (1475-1795)	L&L022P	28
1:30-3:30 p.m.	Tagalong Art Tour at Concordia University	ART020P	28

EVENTS

Fri, March 24 and 31	Be a "Shark" UNL New Venture Competition	LIF092P, LIF093Z, LIF094Z, LIF095Z	32
Wed, March 29	Get to Know Boys Town	HIS049P	33
Sat, April 1	Cirque Alfonse: Animal - A Farm Story	Art062Z, ART061P	33
Mon, April 3	Game Night with OLLI	LIF060P	34
Fri, April 14	Breakfast with UNL Athletics: Academic Support	LIF083P	34
Mon, April 17	Trivia Night	LIF088P	34
Fri, April 21	DBR and the New World with the Lincoln Symphony Orchestra	ART063P	35
Fri, April 21	A Culinary Experience: Your Adventure Awaits	LIF087P	35
Sun, April 30	Minnesota v. Nebraska Baseball Game	LIF090P	35
Fri, May 12	The Success of Ho-Chunk, Inc. and the Impact on the Winnebago Community	DIV007P	36

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COURSE FORMATS



IN-PERSON

Live



ZOOM LIVE STREAM

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



MULTI-FORMAT

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



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:

Spring Term 4—March 20-April 29, 2023

Summer Term 5—June 5-July 17, 2023

Fall Term 1—Aug 28-Oct 9, 2023

Course Location Key

Bess Dodson Walt Branch Library, 6701 S. 14th St.

Boys Town Hall of History, 14057 Flanagan Blvd,
Boys Town, Neb.

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

Charles H. Gere Branch Library, 2400 S. 56th St.

Concordia University, 800 N. Columbia Ave., Seward,
Neb.

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

Duncan Aviation, 3701 Aviation Rd.

Eastmont Towers, 6315 O St.

Gateway Mall, 6100 O St.

Genesis Health Clubs, 1305 S. 70th St.

Haymarket Park, Hawks Field, 403 Line Dr. Cir.

Holmes Lake, S. 70th St. & Normal Ave.

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

Nebraska High School Sports Hall of Fame, 500
Charleston St.

Nebraska Public Media, 1800 N. 33rd St.

Peterson Park Pickleball Courts, 4400 Southwood Dr.

Perin Porch, 3621 East Campus Loop

Sheldon Museum of Art, 12th and R Sts.

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

SCC, Great Plains Culinary Institute, Course Restaurant,
8800 O St.

Tabitha Nursing and Rehabilitation Center,
4720 Randolph St.

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

Unitarian Church of Lincoln, 6300 A St.

UNL City Campus, College of Business, Howard L.
Hawks, 730 N. 14th St.

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

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

UNL State Museum, Collections Bldg., Nebraska Hall,
901 N. 17th 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 interest groups, and take advantage of all OLLI opportunities.

Join and Register

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

Mailing Address

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

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

Financial Scholarships Available

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

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

Travel with OLLI and Star Destinations

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



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



Kansas Black History Tour | June 27-29, 2023

This history tour tells the story of African American contributions to Kansas at its various historical sites, chronicling the people, places, and events that created this rich history. It is a shared history of all Kansans. Some of the stops along the way include: the Richard Allen Cultural Center and Museum in Leavenworth; the John Brown Museum and State Historic Site in Osawatomie; the Negro League Baseball Museum and American Jazz Museum in Kansas City; Brown v. Board of Education National Historic Site in Topeka; Nicodemus National Historic site in Nicodemus; and so much more to explore.

Double Occupancy (per person) \$539

Single Occupancy (per person) \$675



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/unllolli/

Tele: (712) 792-9793

Email: info@stardestinations.com

OLLI Covid-19 Travel Policy at: https://olli.unl.edu/travel/OLLI_Travel_Policy_2022.pdf

Outdoor Adventures with UNL Campus Recreation



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

Introduction to Kayaking

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

Instructor/Facilitator: UNL Campus Recreation Staff

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

Enrollment Limit: 12 per session

Cost: \$40 per session

Register for only one class:

LIF0191

Day/Date: Wed, April 26

Time: 4-7 p.m.

Cancellation after Wednesday, April 19 will be non-refundable, unless cancelled by UNL.

LIF0192

Day/Date: Mon, May 1

Time: 4-7 p.m.

Cancellation after Monday, April 24 will be non-refundable, unless cancelled by UNL.

Explore Pawnee Lake by Kayaking

LIF020P

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

Instructor/Facilitator: UNL Campus Recreation Staff

Day/Date: Thu, May 11

Time: 3-6 p.m.

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

Enrollment Limit: 12 per session

Cost: \$45

Cancellation after Thursday, May 4 will be non-refundable, unless cancelled by UNL.



MONDAYS

Birding: An Activity for All to Enjoy



LIF034P

Birding and bird feeding is the fastest growing outdoor recreational activity in the U.S. and is popular all over the world. Learn various aspects of birding with an emphasis on identification and experience in the field. From the exciting identification of a new bird to the pleasure of seeing “old friends” returning year-round, birding is a gift. Learn about basic photography from a professional photographer and pick up tips about photographing birds. We will begin with an orientation to provide you with some birding tools (e.g., identification, choice of binoculars, etc.) and tips on bird photography. We will make field trips to local sites representing a variety of habitats such as lakes, wetlands, woodlands and prairies.

Instructors: Dan Wheeler, professor emeritus, IANR, UNL; Dave Titterington, founder, Wildbird Habitat Store; John Keller, adjunct professor, photography, Doane University and Southeast Community College

Facilitator: David Dyke

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

Time: 8:30-10 a.m.

Location: The first class (April 3) will meet at UNL East Campus, Human Sciences Bldg., Rm 137. Locations for the remaining classes will be provided prior to the course.

Enrollment Limit: 28

Cost: \$35



Saving a Life with CPR



H&W008P

Learn the lifesaving skills of adult hands-only CPR, child CPR, infant CPR and AED use. We will cover mild and severe airway blocks 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. Learn the use of life-saving tourniquets in controlling serious extremity hemorrhage. This course is information only and does not lead to re-certification in cardiopulmonary resuscitation.

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

Facilitator: David Dyke

Day/Date: Mon, March 20

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

Location: Bryan West Campus, Gregorius Conference Room A

Enrollment Limit: 12

Cost: \$20



Vertebrate Paleontology Collections Tour



HIS053P

The rock layers in Nebraska are extremely fossiliferous. The vertebrate paleontology collection at the University of Nebraska State Museum contains more than 1.5 million specimens and is utilized by researchers all over the world to answer questions about evolution, paleoecology, and climate change. What was the first catalogued specimen? Why don't we find many dinosaurs in Nebraska? What is a four-tusker? What is the Highway Paleontology Program? What happens to a specimen before it goes on display? This collection and preparation lab tour will answer these questions and many more about Nebraska's prehistoric past.

Instructors: From University of Nebraska State Museum-Morrill Hall: George Corner, collection manager; Shane Tucker, Highway Salvage Paleontologist; Jeremy McMullin, Highway Salvage Preparator

Facilitator: Hana Sindi

Day/Date: Mon, March 27

Time: 9-10:30 a.m.

Location: UNL State Museum, Collections Bldg., Nebraska Hall. Parking available at the 14th St. and Avery Parking Garage.

Enrollment Limit: 25

Cost: \$15



What Are Invertebrate Fossils?



HIS054P

Learn the definition of the word "fossils," discover the various kinds of invertebrate fossils and see examples from the collection at the University of Nebraska State Museum.

Instructor: Robert Diffendal, emeritus professor, University of Nebraska State Museum, Invertebrate Paleontology, School of Natural Resources, UNL

Facilitator: Hana Sindi

Day/Date: Mon, April 10

Time: 9-10:30 a.m.

Location: UNL State Museum, Collections Bldg., Nebraska Hall. Parking available at the 14th St and Avery Parking Garage.

Enrollment Limit: 10

Cost: \$15



Anthropology Collections Tour



HIS055P

View a selection of objects from the University of Nebraska State Museum anthropology collection. The collection holds 40,000 objects from all over the world, representing 153 countries and hundreds of cultures. The archaeology collection features artifacts from thousands of years of history in Nebraska and other parts of the globe. The collections feature textiles, baskets, ceramics, weapons and much more.

Instructor: Katelyn Trammell, assistant, anthropology collections/ NAGPRA, UNSM

Facilitator: Hana Sindi

Day/Date: Mon, April 17

Time: 9-10:30 a.m.

Location: Location: UNL State Museum, Collections Bldg., Nebraska Hall. Parking available at the 14th St. and Avery Parking Garage.

Enrollment Limit: 10

Cost: \$15

The Skeptic's Guide to American History - Part II



HIS048Z

We will pick up where we left off in Term 3, reviewing the second half of the lectures from this "Great Courses" DVD collection. Although this is part two, you can enjoy these lectures without having heard the first half. Professor Mark Stoler focuses on elements of American history that are often misunderstood, where myths abound or where important elements have simply been forgotten or ignored. These 12 lectures deal with myths of American anti-imperialism, the true nature of the early "progressive" movements, an assessment of Wilson's presidency, the culture clashes of the 1920's, positive aspects of the Hoover presidency, the effectiveness of the "new deal," myths associated with World War II, the subsequent "cold" war, the Vietnam war, and about American wars in general. The series ends with an examination of important figures often ignored (e.g., John Quincy Adams and George Marshall) and modern trends assumed to be new that are not.

Instructor/Facilitator: Dick Dienstbier, professor emeritus, Psychology, UNL; Mark Stoler, professor, History, University of Wisconsin and Great Courses DVD

Day/Dates: Mon, March 20, 27, April 3, 10, 17, 24

Time: 9-10:30 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35



Discovering the Holocaust Narrative via Digital Humanities Tools



View collections from Holocaust survivors who settled in Nebraska and from WWII vets who hailed from Nebraska and liberated Nazi camps. Archival materials are preserved in a digital humanities web portal at the University of Nebraska-Lincoln Center for Digital Research in the Humanities, <https://nestoriesofhumanity.unl.edu/>.

In addition to transnational open access on the internet for all visitors, the website is a teaching tool that interfaces with digital storytelling to accompany state educational standards in secondary classrooms and higher education research. We will look at how digital methods elevate these stories and at two individuals whose personal archives have provided unexpected historical discoveries and networking within our community. You will be invited to participate in a group inquiry and discussion using the web portal.

Instructor: Beth Dotan, doctoral candidate, Teaching, Learning and Teacher Education, Nebraska Stories Humanities Project, UNL

Facilitator: Charlyne Berens

Day/Dates: Mon, March 20, 27, April 3

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

Cost: \$20

Register for only one format:

HIS046Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS046P

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

Enrollment Limit: 28



Shiri Phillips, artist, settled in Omaha at an early age. Many of her family members did not survive the Holocaust. She was raised with the understanding that "we must continue to share these stories and pay tribute to those we lost."

Nebraska Schools 101



Nebraska's schools have been the topic of all kinds of competing claims in the past year. Using a visual presentation and online resources, Schools 101 provides an overview of K-12 education in Nebraska. Learn details about four topics: who attends the schools (students); who works in the schools (teachers, staff, administrators); who pays for the schools (funding); and what guides the schools (curriculum).

Instructor: Rachel M. Gibson, Vice President of Action, League of Women Voters

Facilitator: Charlyne Berens

Day/Date: Mon, April 10

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

Cost: \$10

Register for only one format:

CON037Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON037P

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

Enrollment Limit: 28

This class has been developed by the League of Women Voters of Nebraska's Education Policy Action Team. The League is a nonprofit, nonpartisan organization dedicated to cultivating an informed electorate.

Pickleball: Fun, Fitness and Friendship



LIF026P

Learn the basics of pickleball. You will be playing the game in 20 minutes. This course is for beginners. A limited supply of paddles and balls are available to borrow. One mentor per court, four OLLI participants, will be provided. Purchase pickleball paddles at local sporting goods stores starting around \$50. Online purchase is not recommended. Questions? Contact the instructor, Bill Roehrs at 402-432-6790 or via email at wroehrs@me.com.

Instructor/Facilitator: Bill Roehrs, district ambassador, USA Pickleball

Days/Dates: Mon-Thu, April 24, 25, 26, 27 (rain date April 28)

Time: 1-2 p.m.

Location: Peterson Park Pickleball Courts

Enrollment Limit: 40

Cost: \$25

Solar @ Scale



Get ready for a deep dive into how local government policies and actions affect community-scale solar development outcomes. We will discuss and consider the systems thinking approach needed for local governments to transition to green electricity generation. Examine real-world community examples and action steps local governments can implement. Learn about "net zero" and efforts by Nebraska public utilities, especially Lincoln Electric System, to achieve it. Find out about efforts in the Nebraska legislature to impede the move toward green electricity and reduce public input in how public utilities are run. This class will prepare you to weigh in on this important public policy issue.

Instructor: Christy Eichorn, AICP (American Institute of Certified Planners), CMP (Certified Public Manager), School of Public Administration, UNO

Facilitator: Lorrie Benson

Day/Date: Mon, March 20

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON036Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON036P

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

Enrollment Limit: 28

Drinking Water Quality in Nebraska



Learn about your source of water, the potential contaminants monitored in public water and what you should be looking for in private water. We will also discuss unregulated contaminants. A case study of a recent outbreak will be highlighted. Bring your questions.

Instructor: Sue Dempsey, retired administrator, Drinking Water & Groundwater Division, Nebraska Department of Environment & Energy

Facilitator: De Tonack

Day/Date: Mon, April 24

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

SCI038Z**Location:** Zoom Live Stream**Enrollment Limit:** 100**SCI038P****Location:** UNL East Campus, Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**The Gifts of Dementia**

There is hope and there is beauty in dementia. It lies in the way we understand and approach the person living with a changing brain. Learn the reality of the costs and challenges, but more about the whole story of dementia: specifically, that there can be gifts along the way. We will discuss the DAWN Method, a person-centered, strength-based approach. Learn which cognitive skills are lost, which are kept, and why it matters. We will touch on the opportunity we have to bring security and well-being for our loved ones with dementia, and how it makes the journey more comfortable for everyone. Register for this course as well as “The Home Option” course to learn how dementia may impact many aspects of remaining in your home.

Instructor: Jill Couch, MS, OT/L, licensed occupational therapist, DAWN Method certified dementia specialist and trainer**Facilitator:** Jeanette Wellsandt**Day/Date:** Mon, April 17**Time:** 1-2:30 p.m.**Cost:** \$10**Register for only one format:****H&W017Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**H&W017P****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**The Home Option**

Ninety-six percent of older adults wish to remain in their own homes. Learn how and why being home often contributes to decreased risk and increased well-being. Learn what it takes to remain at home, how to maximize safety, and how and when to get the right help in the home. Get a sense of the economics of staying home, and how to help the home option become a decision that family and friends support. Register for this course as well as “The Gifts of Dementia” course to learn

how dementia impacts decisions regarding remaining at home.

Instructor: Jill Couch, MS, OT/L, licensed occupational therapist, DAWN Method certified dementia specialist and trainer**Facilitator:** Jeanette Wellsandt**Day/Date:** Mon, April 17**Time:** 3-4:30 p.m.**Cost:** \$10**Register for only one format:****H&W032Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**H&W032P****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**TUESDAYS****Dance Fitness****H&W011Z**

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

Instructor/Facilitator: Julie Enersen, Certified Zumba Instructor**Day/Dates:** Tue, March 21, 28, April 4, 11, 18, 25**Time:** 9-9:50 a.m.**Location:** Zoom Live Stream**Enrollment Limit:** 100**Cost:** \$35**Walking Sheridan Boulevard, Again****ART033P**

This course is back by popular demand as previously offered in Term 1, 2022. The residential development surrounding Sheridan Boulevard was conceived by the Woods Brothers in response to the area's topography, rather than strictly extending the

grid plan of the original portion of Lincoln. The boulevard was initiated in 1909; subsequent developments in 1916 were carried out by the Woods Brothers and Harvey Rathbone. We will begin with a classroom session, followed by a pair of walking tours encompassing the area from South St. to Penny Bridge at S. 33rd St. and will consider land use and landscaping, architectural history and the stories of some early residents.

Instructor: Ed Zimmer, historic preservation planner emeritus

Facilitator: Anne Diffendal

Day/Dates: Tue, March 28, April 4, 11

Time: 9-10:30 a.m.

Location: March 28, SCC-CEC Auditorium. Instructions for course tours will be provided at the first class.

Enrollment Limit: 55

Cost: \$20

Want to Be a Saint? Organize Your Estate



When the time comes, make it easy for your loved ones to administer your estate. Learn a practical method to organize your financial and legal affairs to benefit you now and help your estate administrator save time and avoid errors. Get an overview of estate administration, including professional tips which can save you money and headaches. Make sure the final words said about you are praise and not colorful prose.

Instructors: Lorrie Benson, retired attorney; Andrew Loudon, attorney, Ball, Loudon, Ebert & Brostrom

Facilitator: Jeanette Wellsandt

Day/Date: Tue, March 21

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

Cost: \$10

Register for only one format:

LIF029Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF029P

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

Enrollment Limit: 28

Why We Are So Politically Divided



The presidency of Donald Trump ushered in a seemingly unprecedented level of polarization and acrimony. This intensity may not be a coincidence as the differing preferences of Trump's supporters and Trump's opponents reflect a timeless, foundational societal division. By paying particular attention to the issue objectives distinguishing Trump's strongest supporters from those who are not his strongest supporters—especially those who are not his strongest supporters but still label themselves ideologically conservative—explore the reasons for the current, somewhat dismal, state of politics and democracy. We will also address the differences between Trump's base and others portend for the future of American politics even as Trump's time in the political limelight may be ending. Whatever your own political beliefs, it is valuable to understand the motivations of those who disagree with you.

Instructor: John Hibbing, professor, Political Science, UNL

Facilitator: Ken Gobber

Day/Dates: Tue, March 28, April 4, 11, 18

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

Cost: \$25

Register for only one format:

L&L020Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L020P

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

Enrollment Limit: 28

Volunteering: Something for Everyone



H&W037Z

Each of us has special interests and skills to offer. It has been shown that people who volunteer with a desire to help and inform, experience an increase in their own health and well-being. Learn about volunteer opportunities in the community to share yourself in ways that benefit others and is good for your health as well. Bring your own ideas for sharing your time and talents in ways that contribute to and enrich the lives of others.

Instructor/Facilitator: Margaret Rickers, M.S. LMT

Day/Date: Tue, April 25
Time: 11 a.m.-12:30 p.m.
Location: Zoom Live Stream
Enrollment Limit: 100
Cost: \$10

Nebraska Public Media: Past, Present and Future



Nebraska Public Media (NPM) has been connecting Nebraskans for nearly 70 years. Learn about its founding years and the enormous growth of the following decades as digitization enabled the state's television and radio network to reach farther and deeper. Hear from on-air personalities from some of NPM's best-known shows like "Backyard Farmer" and "Big Red Wrap-Up" and the people working on the news side. Find out how NPM played a role in bringing OLLI to UNL. We will close with an update from today's leadership and a tour of the facility on N. 33rd St.

Instructors: From Nebraska Public Media—Ron Hull, senior advisor; Rod Bates, retired general manager; Nancy Finken, chief content officer; Mark Leonard, general manager and CEO

Facilitators: Charlyne Berens and Roger Lempke

Day/Dates: Tue, March 21, 28, April 4, 11

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

HIS047Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS047P

Location: Nebraska Public Media, Board Room

Enrollment Limit: 30

A Safe Drive Through the Aging Process



Learn how to remain behind the wheel as long as it is safely possible, how to prevent traffic crashes, how to make good decisions when a permanent move to the passenger seat may be the best idea, and how and when to develop a Plan B for transportation alternatives. We will discuss why and how to have the sensitive conversations about driving with your family and your physician. The information presented is based on the evidence around driving issues as we age, and on helping older drivers

and their families make these sensitive and important decisions.

Instructor: Jill Couch, MS, OT/L, licensed occupational therapist, DAWN Method dementia specialist and senior driving rehabilitation specialist, Better People Care LLC.

Facilitator: Jeanette Wellsandt

Day/Date: Tue, April 18

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

H&W018Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W018P

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

Enrollment Limit: 28

Coming of S²age: Community by Design



H&W035P

Nonprofit Tabitha is addressing the needs of the community and changing the way we think, live and interact with our neighbors. The first-of-its-kind in the nation, Tabitha's S2age Living is an intergenerational community like no other. Older adults, 55 plus, and Bryan College of Health Sciences students will call the corner of 47th and L Streets home in the fall of 2023. The community was created to address three major challenges: epidemic of loneliness across generations, a lack of moderately priced housing, and the shortage of health care workers to support older adults. This initiative is connecting the two groups by fulfilling the needs they have in common in an uncommon manner. Learn more about how Tabitha is living through their purpose to empower people to live joyfully and age gratefully with S2age.

Instructors: From Tabitha—Joyce Ebmeier, chief of staff; Lauryl Hebenstreit, specialist, Interger & Dream Program; Aubrey Paulsen, manager, senior living advisor; Alethea Stovall, dean of students, Bryan College of Health Sciences

Facilitator: Bob Michl

Day/Date: Tue, April 25

Time: 1-2:30 p.m.

Location: Tabitha Nursing and Rehabilitation Center, LifeQuest Conference Room

Enrollment Limit: 50

Cost: \$10

PT Bootcamp: Before and After



H&W036P

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

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

Facilitator: Carla Fetch

Day/Dates: Tue, March 21, 28, April 4, 11, 18

Time: 2-4 p.m.

Location: Eastmont Towers, The Gallery, first floor. Enter at the main Springfield entrance doors.

Enrollment Limit: 20

Cost: \$30

Backstage at the Rep: “The Play That Goes Wrong”



Get a behind-the-scenes overview and/or attend a performance of “The Play that Goes Wrong,” a hilarious play within a play that has been taking the theatre world by storm.

Register for one or both:

Behind the Scenes of “The Play That Goes Wrong” (Course)

Join the director and the design team for an overview of the concepts involved in the production and see examples of drawings, illustrations, models and more of the show. This session will include a sneak-peek at the set, lighting, costumes and sound.

ART057P

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

Facilitator: Anne Diffendal

Day/Date: Tue, May 2

Time: 3-4:30 p.m.

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 35

Cost: \$10

“The Play That Goes Wrong” (Performance)

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

ART058P

Facilitator: Dori Bush

Day/Date: Sun, May 7

Time: 2-4:30 p.m.

Location: UNL Temple Building, Howell Theatre

Enrollment Limit: 50

Cost: \$15

Registration Deadline: Friday, April 14. Cancellations after this date are non-refundable, unless canceled by UNL.

Charlotte Brontë's "Jane Eyre"



"Jane Eyre," first published in 1847, may be described in a great many ways. It is Charlotte Brontë's first and most famous novel. A landmark in the development of the realist novel, it also has elements of a supernatural Gothic thriller. The template for a great many romance novels, it is also the story of a young woman's coming of age and her claim of the right to live her life on her own terms. Both the novel and its heroine are one of a kind. Even if you have already read the novel, it is well worth revisiting; its themes only deepen with repeated readings. We will begin with an introductory session on Brontë's life and work, then devote each subsequent session to each of the three parts in which the novel was originally published.

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

Facilitator: Wil Hass

Day/Dates: Tue, March 21, 28, April 4, 11

Time: 3-4:30 p.m.

Cost: \$25

Register for only one format:

L&L021Z

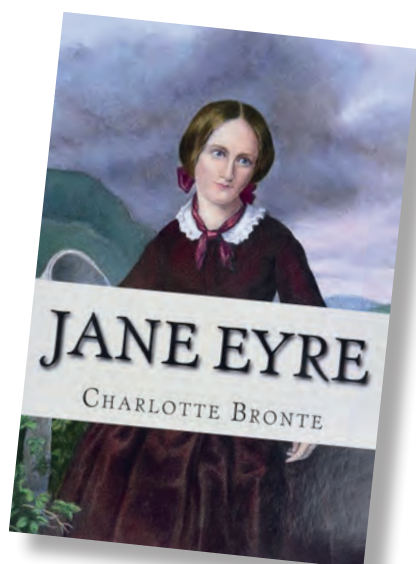
Location: Zoom Live Stream

Enrollment Limit: 100

L&L021P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24



The Creation and Political Philosophies of Our Nation's Founding Documents



In fifteen short years, the world witnessed an unprecedented explosion of political optimism, starting with the American people breaking from the British Empire in 1776 via the Declaration of Independence. Though our Revolutionary War started without a national government, in 1781 we crafted our short-lived Articles of Confederation, which lasted only seven years. To solve the Article's shortcomings, the American people welcomed the Constitution in 1788. In 1791, to secure an individual's political liberties, we ratified ten amendments to the Constitution, commonly called the Bill of Rights. Each document addressed increasingly more difficult issues, and success for each became increasingly more complex, and much less guaranteed. Only through the collective will of the American people could the issues find resolution. Emulating our Founding Fathers, we continuously debate the definitions of "success" and "resolution."

Instructor: Thomas Berg, Lecturer, History

Facilitator: David Dyke

Day/Dates: Tue, March 21, 28, April 4, 11, 18, 25

Time: 3-4:30 p.m.

Cost: \$35

Register for only one format:

HIS051Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS051P

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

Enrollment Limit: 28

WEDNESDAYS

This Is Nebraska Extension: Creating a Better Tomorrow for Nebraskans – Part II



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 II of this series focuses on horticulture, landscape, environmental systems, rural prosperity, 4-H youth development, livestock systems, and food, nutrition and health. 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.

Instructors: From Nebraska Extension—John Porter, program leader, Horticulture, Landscape, and Environmental Systems; Dave Varner, program leader, Rural Prosperity Nebraska; Ashley Benes, statewide 4-H coordinator; Liz Hamm, statewide 4-H coordinator; Maria Walker, statewide 4-H coordinator; Rick Rasby, program leader, Livestock Systems; Jean Ann Fischer, program leader, Food, Nutrition & Health

Facilitator: Jim Pinkerton

Day/Dates: Wed, March 22, 29, April 5, 12, 19

Time: 9-10:30 a.m.

Cost: \$30

Register for only one format:

LIF084Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF084P

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

Enrollment Limit: 28

Stories in Text and Film



L&L024P

After stories came into being in spoken language, they were written down, and then printed in books. We pay homage to this medium by talking about "literature." But in roughly the last century, motion pictures and television have taken over a predominant role in narrative communication. "Have you seen the movie?" ranks right up there with "Have you read any good books lately?" How do these versions of "telling" and "showing" compare in the ways they are constructed and appreciated? We will review general issues and specific examples of written and depicted stories.

Instructor/Facilitator: Wil Hass, professor emeriti, Argosy University and OLLI member

Day/Dates: Wed, March 22, 29, April 5, 12, 19, 26

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$35

Nebraska Rural Poll 2023



Did you grow up in a rural community or a small town in Nebraska? Do you still have friends or relatives that live in rural Nebraska, or do you own farm ground in rural Nebraska that's been in your family for generations? Learn what rural Nebraskans think about their lives and communities. The University of Nebraska Department of Agricultural Economics and Nebraska Extension have been conducting the Nebraska Rural Poll since 1996 with a multi-disciplinary team of faculty. The goal of the poll is to provide Nebraska legislators, government officials, community leaders, and citizens statewide with a better understanding of the views and options of rural Nebraskans. We will review current findings as well as trends discovered over the years. On-going and recent topics covered by the poll include local community services, economic and individual well-being, natural resource issues, pandemic impacts, and trust in institutions.

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

Facilitator: Marv Almy
Day/Date: Wed, April 26
Time: 11 a.m.-12:30 p.m.
Cost: \$10

Register for only one format:

CON039Z

Location: Zoom Live Stream
Enrollment Limit: 100

CON039P

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

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



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

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

Facilitator: Stephanie Nantkes

Day/Date: Wed, April 12

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

Cost: \$10

Register for only one format:

SCI036Z

Location: Zoom Live Stream
Enrollment Limit: 100

SCI036P

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

Digitizing Memories



ART056P

Do you have envelopes full of negatives or slides? What about old photos stored in shoeboxes under your bed? Do you want to learn how to preserve these in a more organized form? Bring some of these to this class and explore the process of scanning and saving those prints digitally so they will be memories forever. Bring no more than four or five prints, negatives, or slides.

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

Facilitator: David Dyke

Day/Dates: Wed, March 22, 29, April 5

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

Location: Doane University, Fred D. Brown Center, Lincoln Campus, Room 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. 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, jfk120@gmail.com, 402-450-3781

Facilitator: David Dyke

Day/Dates: Wed, April 12, 19, 26

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

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

Enrollment Limit: 16

Cost: \$20

Advanced Amateur Photography



ART022P

Gain greater proficiency in digital photography while using cameras with interchangeable lenses, including advanced amateur cameras (adjustable), mirrorless interchangeable lens cameras (MILC) or digital single-lens reflex (DSLR) cameras. This course is designed to provide you with these fundamentals as you practice with your own personal camera. Basic principles of photography will be reviewed

and then more sophisticated digital camera operations, such as controls, function and purpose, lighting, composition, hardware options and software will be discussed.

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

Facilitator: David Dyke

Day/Dates: Wed, March 22, 29, April 5, 12, 19, 26

Time: 1-2:30 p.m.

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

Enrollment Limit: 16

Cost: \$35

The Metropolitan Museum of Art-Part I



ART018P

This “Great Courses” DVD series offers a way to understand New York City’s Metropolitan Museum of Art and make sense of the wide range of works, artists, styles, and cultures that populate its various departments. Professor Brettell enlivens the vast variety of art and showcases the museum as a true wonder of the art world.

Instructor: Richard Brettell, professor, Art and Aesthetics, University of Texas, Dallas and “Great Courses” DVD series

Facilitator: Bridget Cannon

Day/Dates: Wed, March 22, 29, April 5, 12, 19, 26

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$35

Reading Charles Dickens’ “Classic” Novels



Learn about the famous Victorian novelist dubbed the “Inimitable” by his peers. We will focus on three of his beloved and classic novels: “Hard Times,” “Great Expectations” and “Our Mutual Friend.” Discussion will focus on the historical, social, and political contexts within which each was composed. Although reading these novels before the course begins is not required, doing so will enhance your understanding and educational experience.

Instructor: Peter Capuano, associate professor, English, UNL

Facilitator: Susan Major

Day/Dates: Wed, March 22, 29, April 5, 12, 19, 26

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

L&L019Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L019P

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

Enrollment Limit: 28

In-person attendees will view the instructor via Zoom.

Glory and Heartbreak: The Nebraska High School Sports Hall of Fame



LIF085P

Imagine the moment in history when the greatest baseball player in the world was from Omaha, Nebraska; so was the world’s best football player; so was one of the NBA’s top 10 players; one of pro basketball’s top rookies; and football’s best rookie quarterback. On Oct 6, 1968, in a span of three hours, Omaha experienced the most extraordinary day in sports history. Bob Gibson dominated the Detroit Tigers in Game 4 of the World Series; Gale Sayers rushed for 100 yards against the Baltimore Colts; Marlin Briscoe became the first black man in America to start a pro football game as quarterback. The greatest generation of Nebraska athletes experienced triumph and pain, fame and fury, glory and heartbreak. Hear more stories of the greatest athletes in Nebraska sports history from the leaders of this amazing museum of sports history. Explore ALL the greats who have been elected to the Nebraska High School Sports Hall of Fame.

Instructors: From Nebraska High School Sports Hall of Fame—Chuck Johnson, executive director; Mike Rasmussen, assistant director

Facilitator: Bob Michl

Day/Date: Wed, April 12

Time: 1-2:30 pm

Location: Nebraska High School Sports Hall of Fame

Enrollment Limit: 40

Cost: \$10

Introduction to Bridge II



LIF016P

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

Instructor: Keith Bartels, OLLI member

Facilitator: Henry Schuman

Day/Dates: Wed, March 22, 29, April 12, 19, 26, May 3

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

Tours of Artists' Studios



ART016P

Have you ever wondered where and how some artists create their work? Get a behind-the-scenes look of six different Lincoln artists in their studios. See the creative environments and study the artists finished pieces or works in progress. Hear them describe their creative process and perhaps see a demonstration of their techniques. We will visit all new and different studios from past offerings of this course.

Instructors: Various

Facilitator: Mary Ann Sullivan

Day/Dates: Wed, March 22, 29, April 5, 12, 19, 26

Time: 3-4:30 p.m.

Location: Studios and addresses will be noted in the syllabus. You may have to stand for parts or some of the presentations and there may be stairs to navigate.

Enrollment Limit: 15

Cost: \$35

The Magic of the Metropolitan Opera: "Falstaff"



ART059P

"Falstaff" was written in 1920 and is a comic opera in three acts by the Italian composer Giuseppe Verdi. The plot revolves around the thwarted, sometimes farcical, efforts of the fat knight Sir John Falstaff to seduce two married women to gain access to their husband's wealth. Falstaff is dishonest and cowardly, boastful and narcissistic. At the same time, he is intelligent and insightful. All that makes for a great, watchable character. We will listen to and discuss the history of this opera: its structure, information about the composer's sources for the opera, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

Facilitator: Dori Bush

Day/Date: Wed, March 29

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



The Magic of the Metropolitan Opera: “Der Rosenkavalier”



ART060P

“Der Rosenkavalier” (“The Knight of the Rose”) is a comic opera in three acts by Richard Strauss to an original German libretto by Hugo von Hofmannsthal. It is loosely adapted from a novel written in 1893 and first performed in 1911. This opera is noted for its showcasing of the female voice, as its protagonists are written to be portrayed by women who share several duets and perform as a trio during the opera’s emotional climax. We will listen to and discuss the history of this opera: its structure, information about the composer’s sources for the opera, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

Facilitator: Dori Bush

Day/Date: Wed, April 12

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



THURSDAYS

Gentle Yoga



H&W001Z

From the comfort of your own home, join in meditation, breath-work, balance, and mindful movements to reconnect your mind, body and spirit. Class is for all levels and poses will include a variety of positions requiring students to get on and 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; however a yoga mat is encouraged. Consult with your physician prior to participating.

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

Day/Dates: Thu, March 23, 30, April 6, 13, 20, 27

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35



Moving to Heal

LIF027P

Nia Moving to Heal is a gentle movement practice designed for adults wanting joyful, gentle ways to exercise. It blends teaching from the dance arts, healing arts and martial arts to create a holistic approach to movement. Moving to Heal is appropriate for all fitness levels, leaving you energized, refreshed and with a smile on your face. Moving to Heal: Gentle Movement for Every BODY.

Instructor/Facilitator: Jennifer Hilkemann, Nia instructor

Day/Dates: Thu, March 23, 30, April 6

Time: 9-10 a.m.

Location: Unitarian Church of Lincoln, Gallery Room

Enrollment Limit: 18

Cost: \$20

Growing a Way of Farming Using Regenerative Principles



Have you ever wondered if there was an approach to agriculture that was better for the farmer, the planet and society? Regenerative Agriculture is a way of farming with nature that increases soil and environmental health. It is gaining momentum and adoption across the United States and the world. We will learn what Regenerative Agriculture is, how it is different and similar to conventional, sustainable, and organic agriculture, and why it is gaining momentum. Explore this approach to farming which results in a triple win for society, the planet, as well as the farmers and the communities they live in. Learn how the agriculture system, global food system, policy and emerging technology all interact to provide both opportunities and barriers to the adoption of regenerative agriculture by farmers, along with ideas of ways you can help grow its adoption.

Instructors: David Meyer, retired senior scientist, Corteva Agrisciences; Tom Hoegemeyer, retired professor, Agronomy and Horticulture, UNL

Facilitator: De Tonack

Day/Dates: Thu, April 13, 20, 27

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

SCI037Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI037P

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

Enrollment Limit: 28

Civil Discourse



A study found that one in six Americans stopped speaking to a family member or close friend after the 2016 election. The divide may only have gotten worse since then. Is there a way to change the trajectory of political polarization? Civic Nebraska will highlight the story of Americans with opposing viewpoints, investigating their differences, and discovering the concerns and experiences that lie behind each other's positions. We will start with a film called "Purple," featuring residents of rural

Wisconsin and Iowa. We will then hear from community members who have put politics aside to rekindle friendships or gathered with residents of different backgrounds and ideologies to have meaningful discussions. Learn about the barriers to engaging in civil discourse conversations and solutions we can provide based on personal experiences in our communities.

Instructor: Nancy Petitto, director, Civic Health Programs, Civic Nebraska

Facilitator: Charlyne Berens

Day/Dates: Thu, March 23, 30

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

Cost: \$15

Register for only one format:

CON040Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON040P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Learn the Ukulele



LIF018P

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

Instructor/Facilitator: Gary Kruce, Lincoln Ukulele Group

Day/Dates: Thu, March 23, 30, April 6, 13, 20, 27

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

Location: Bess Dodson Walt Branch Library

Enrollment Limit: 18

Cost: \$35



Prehistoric Europe: Celtic Origins and the Bronze Age



HIS052P

Watch a series of videos and discuss the archeology and history surrounding prehistoric Europe and the origins of the Celts. Videos include “The Celts – How the Barbarians Tamed Europe,” by International Masters Publishing, as well as the PBS films “Secrets of Stonehenge” and “After Stonehenge,” taught by academics who summarize life in the Bronze Age. Also included is the PBS film, “In Search of Ancient Ireland” to learn about the beginnings of Celtic and Bronze Age of the Emerald Isle. Each video will begin with a brief lecture by the course instructor.

Instructor/Facilitator: Esa Jarvi

Day/Dates: Thu, March 23, 30, April 6

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

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$20

Do You Have Time for More Stories?



ART065P

Stories are personal wealth, collected over a lifetime. The instructors use prompts to invite class participants to share stories, both oral and written. Examples of prompts include favorite meals, family traditions, mentors and more. If you attended this course during the fall term, you will continue your journey of sharing and listening. If you are new to this course, let the adventure begin. All are welcome as we practice the key storytelling elements of telling and listening. You are encouraged to write or otherwise record your stories for your family.

Instructors/Facilitators: Christy

Hargesheimer and Judy Hart, OLLI members

Day/Dates: Thu, March 23, 30, April 6, 13, 20, 27

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

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

Enrollment Limit: 20

Cost: \$35

Fun and Sun-Themed Lunches



LIF086P

Are you looking for new ideas to kick off your spring and summer entertaining? An Easter brunch and a Hawaiian Luau will be fun ways to welcome warmer weather and time with friends and family. Try new recipes in UNL's teaching kitchen. Learn a few culinary techniques you may not have known before and enjoy sampling your dishes at the end of each session. Bring containers to take home your delicious creations to devour yourself or share with friends and family.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Jeanette Wellsandt

Day/Dates: Thu, March 30, April 6

Registration Deadline: Thu, March 23.

Cancellation after this date will be non-refundable.

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

Location: UNL Ruth Levertson Hall, Rm 206

Enrollment Limit: 14

Cost: \$30 includes cost of course plus supplies

Quilter Grace Snyder: No Time on Her Hands



Grace Snyder has been called the “Queen of Nebraska Quilters.” She was born in 1882, moved to Nebraska at age 3, married a cowboy and lived to be 100 years old. Her quilts are known across the nation for their technical complexity and quality. Many have been on display at the Nebraska State Fair and at UNL's International Quilt Museum. Learn about Snyder's interesting life and her contributions to the art and history of quilting.

Instructor: Charlotte Endorf, independent scholar and speaker, Humanities Nebraska

Facilitator: Janet Rife

Day/Date: Thu, March 30

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

HIS050Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS050P

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

Enrollment Limit: 28

Learn to Play: Cribbage



LIF089P

This is the second course in a series called "Learn to Play." Although it may seem intimidating at first, the basic game of cribbage is very easy to learn and play. If you have a cribbage board, or pen and paper, and a deck of cards, you're ready. We will walk you through the setup, the forming of hands, scoring points, finishing a round and playing with strategy. You will feel comfortable in no time.

Instructors/Facilitators: Dori Bush; Bob Michl; Linda Biggerstaff

Day/Dates: Thu, April 6, 13, 20

Time: 1-2:30 p.m.

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

Enrollment Limit: 20

Cost: \$20

Ecotourism in the Great Plains



Learn about ecotourism starting with nature tourism concepts in Africa leading to how it is being practiced in Nebraska and the region. Nature-based tourism as a form of conservation can serve as a bridge between landowners, conservationists, and the general public. Explore several ecotourism operators, challenges for the industry and how you can get out there and see the Great Plains.

Instructor: Katie Nieland, associate director and communications coordinator, Center for Great Plains Studies, and leader of the Great Plains Ecotourism Coalition

Facilitator: Peggy Apthorpe

Day/Date: Thu, April 27

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON038Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON038P

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

Enrollment Limit: 28



Trash? Not True! Do My Efforts Make an Impact?



SCI039P

Climate concerns and depletion or degradation of natural resources are prompting citizens to better understand the implications of their consumption habits and the amount of waste that must be managed from their own household. A paradigm shift is occurring in which decisions will be made within the framework of a circular economy instead of the linear economy. Understand why "reduce, reuse, recycle" are important, but also why they are associated more with the existing linear economy rather than the future circular economy. Every person can have an impact. Understanding the options for managing waste in Lincoln creates the foundation for having the maximum impact. Learn how UNL is integrating sustainability into their waste management and other university operations to foster progress towards institutional sustainability goals.

Instructors: Karla Welding, superintendent, Solid Waste Management, City of Lincoln; Willa DiCostanzo, coordinator, Waste Diversion, City of Lincoln; Morgan Hartman, sustainability coordinator, Office of Sustainability, UNL; Anna Oetting, assistant, Sustainability Program, Office of Sustainability, UNL

Facilitator: De Tonack

Day/Dates: Thu, March 23, 30, April 6, 13

Time: 1-3 p.m.

Locations: The class on March 23 will meet at SCC-CEC, Rm 404. Two classes will be field trips: one to the landfill and one to a recyclables processing center. Transportation for both field trips will be provided. More information will be provided prior to the course.

Enrollment Limit: 20

Cost: \$30

Exploring the Serene Shores of Door County



LIF091Z

Join us as we learn about the upcoming OLLI four-day adventure to Wisconsin's prized Door County, known as the "Cape Cod" of the Midwest. Explore miles of picturesque coastline, vibrant towns and villages and marvel at nature. Board an old-time trolley to see countless acres of wilderness dotted with lighthouses hidden amongst the trees.

Feast like a local at a traditional fish boil, which includes a multi-step cooking process that has turned into a unique culinary experience. See an engaging live performance under the stars along the serene shores of Green Bay at Peninsula Players Theatre, America's oldest resident summer theater. On the way home visit Galena, Illinois, known for its history, architecture, resorts, and more than 125 shops and restaurants in original 1800s buildings nestled into a stunning landscape. This virtual journey will spur your imagination for an OLLI trip you and your friends can experience first-hand in September.

Instructor: Liz Meyer, tour designer, Star Destinations

Facilitator: Carol Myers

Day/Date: Thu, March 30

Time: 3-4:30 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$0

Open to the Public



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



ART027P

The University of Nebraska started as an infamous building on 11 acres of land north of downtown Lincoln. Join Kay Logan-Peters, retired UNL librarian and author of "University of Nebraska-Lincoln," for a walking tour of the early buildings at the city campus. She will discuss the physical growth of the campus during the University's first century and some of the faculty and administrators who were instrumental in shaping this prairie university. Be prepared to walk and stand; wear comfortable shoes and dress for the weather.

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

Day/Date: Thu, April 20

Time: 3-4:30 p.m.

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

Enrollment Limit: 25

Cost: \$10

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



ART046P

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

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

Day/Date: Thu, April 27

Time: 3-4:30 p.m.

Location: Meet at "Perin Porch," the white structure between Holdrege St. and the East Campus Loop.

Enrollment Limit: 25

Cost: \$10

FRIDAYS

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 Dwiggins

Day/Dates: Fri, March 31, April 17, 14, 21, 28, May 5

Time: 9-10:30 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

Taking Control of Your Financial Future: Modern Retirement Planning



LIF031P

Learn from a qualified financial professional regarding your retirement plan. Designed to help individuals comprehend the principles for successful retirement, you will learn how to set reasonable goals based on your personal means. Become familiar with the concepts and terminology involved in the financial components of an overall retirement plan. The course is not biased toward any strategy, company or product, but focuses on the concepts needed to make informed decisions in this ever-changing environment.

Planning ahead is always a good thing. Receive a modern retirement planning workbook with current information.

Instructor: Joel T. Barjenbruch

Facilitator: Carla Fetch

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

Time: 9:30-11:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 25

Cost: \$25

Duncan Aviation Facilities Tour



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

Instructor: Kendall Folds, recruiter, Duncan Aviation

Facilitator: De Tonack

Location: Duncan Aviation

Enrollment Limit: 12

Cost: \$10

Parking: Information will be sent to registrants.

Register for only one session:

LIF0451

Day/Date: Fri, March 31

Time: 10-11:30 a.m.

LIF0452

Day/Date: Fri, April 7

Time: 10-11:30 a.m.

LIF0453

Day/Date: Fri, April 14

Time: 10-11:30 a.m.

**DUNCAN
AVIATION.**



Parkinson's Disease: What to Expect



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

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

Day/Date: Fri, April 14

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

Cost: \$10

Register for only one format:

H&W033Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W033P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Palliative Care: What Does the Journey Look Like?



Learn what palliative care means, when it is appropriate, how to care for someone on their journey and where to find support and resources.

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

Day/Date: Fri, April 21

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

Cost: \$10

Register for only one format:

H&W034Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W034P

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

A Nebraska Treasure: Tour of Sheldon Museum of Art



ART064P

Have you ever wondered about Sheldon Museum of Art building or how the art is selected for exhibitions? Has it been a while since you have visited the Sheldon? Learn the history of the museum from staff, including a fascinating description of the architecture and the construction of the building, the roles of curators, docents and the Sheldon Art Association. Then enjoy a tour of the spring semester exhibitions led by Sheldon staff

and UNL student docents. We will focus on and view the exhibitions "Sheldon Treasures: Before Sheldon," featuring some the earliest art acquisitions, as well as "X: A Decade of Collecting 2012–2022," showing more recent acquisitions. Sheldon is a fully accessible building.

Instructor: Saraphina Masters, assistant curator, Engagement, Sheldon Museum of Art

Facilitator: Christy Hargesheimer

Day/Date: Fri, April 28

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

Location: Sheldon Museum of Art

Enrollment Limit: 30

Cost: \$10



Building Strength As We Age



H&W031P

Meet with a certified personal trainer to learn about the importance of strength training as we age. 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. Wear comfortable work out attire and tennis shoes. We will do a 60-minute strength training workout accessible to all levels of fitness. The last 30 minutes focus on about nutrition, hydration and sleep practices.

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

Facilitator: Kathy Grubbe

Day/Dates: Fri, March 24, 31, April 7, 14, 28, May 5

Time: 1-2:30 p.m.

Location: Genesis Health Clubs

Enrollment Limit: 15

Cost: \$35

Great Decisions 2023- Part II



We will continue the discussion on major foreign policy issues facing the United States. The Foreign Policy Association (FPA) has selected eight topics and we will cover four in Term 4, having covered the first 4 in Term 3. 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 4 are: 1) Politics in Latin America, 2) Global Famine, 3) Iran at a Crossroads, and 4) Climate Migration. 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, March 24, 31, April 7, 14, 21, 28

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

CON035Z

Location: Zoom Live Stream

Enrollment Limit: 20

CON035P

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

Enrollment Limit: 20

Leveraging the Most Valuable Card in Your Wallet: Your Library Card



L&L023P

Maximize your library card by learning how to access audiobooks, e-books, movies and television shows with the Libby and Hoopla apps, as well as a fun and educational app you can share with the little ones in your life. Discover the ease of managing your account and having the library's catalog in your pocket with our LibraryLNK app. Learn about special collections, such as the Polley Music Library, Heritage Room of Nebraska Authors, exclusive genealogical resources and much more. Be sure to bring your device for hands-on assistance from library staff members.

Instructor: Jennifer Jackson, librarian, Bennett Martin Public Library

Facilitator: Dorothy C. Anderson

Day/Date: Fri, March 31

Time: 1-2:30 p.m.

Location: Charles H. Gere Branch Library. Enter room from the vestibule hallway in front of the library.

Enrollment Limit: 45

Cost: \$10

Images of Gender, Power and Religion (1475-1795)



L&L022P

Learn about the exhibitions "Beyond Eve and Mary: Premodern Representations of Gender, Power and Religion" and "Reigning Queens: Modern and Contemporary Representations of Women, Power and Religion" at the Sheldon Museum of Art. We will begin with a discussion the first exhibition which examines Eve and Mary through thematic groupings of works and encourages viewers to consider how multifaceted gender was in the premodern period. The adjoining exhibition "Reigning Queens" examines twentieth-and twenty-first century representations of women in art. From temptresses and monarchs to advocates and activists, this exhibition invites viewers to consider the ways artists have explored and challenged gender stereotypes.

Instructors: Carole Levin, professor emeritus, History, UNL; Patricia Simpson, professor, German, Modern Languages and Literature, UNL.

Facilitator: Deb Pearson

Day/Date: Fri, April 7

Time: 1-2:30 p.m.

Location: Sheldon Museum of Art, Auditorium

Enrollment Limit: 20

Cost: \$10

Tagalong Art Tour at Concordia University



ART020P

Concordia University's Brommer Art Center houses fabrication facilities, multi-purpose classrooms, media-specific workshops, student and faculty studios, a state-of-the-art computer design lab and exhibition space. Brommer boasts 11 dedicated student studio art spaces. The Marxhausen Gallery of Art, named after Reinhold Marxhausen, the first Concordia art department chair, has hosted more than 40 artists and art professionals on the campus.

The gallery hosts a diverse mix of exhibitions, performances, screenings and conversations that aim to bring the campus art community and local residents together. The Center for Liturgical Art is committed to creating art for worship and witness, while advocating for visual arts in Christian life and practice. The center specializes in custom and site-specific artwork and was established to create a program to allow students the opportunities to learn what it means to be an artist in the church. Participants should be prepared to walk the campus and use some stairs.

Instructor: Jennifer Furr, senior director, Alumni and University Relations

Facilitator: JoLynn Brown

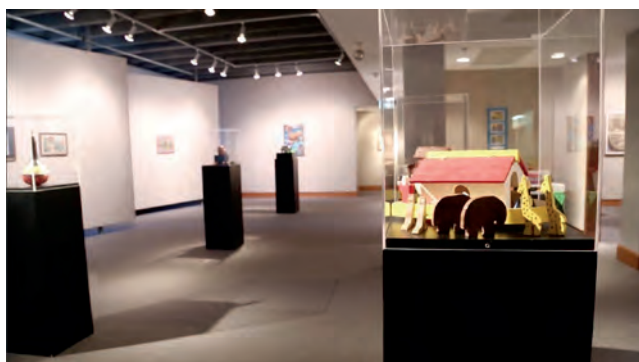
Day/Date: Fri, Apr 21

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

Location: Concordia University, Seward, Neb., Weller Hall. Free parking is available on Weller Drive.

Enrollment Limit: 20

Cost: \$10



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.



PROGRAMMING ON DEMAND & Online

Learn at your 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. All of 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.

Why Grandpa Kept His Hounds: A Tale of Neighborhood and Region

In 1913, Sam Rader faced a painful choice. As a recent widower residing deep in the hollows of the Ozarks with his seven children, he needed help. He met a widow and proposed marriage to her. She responded favorably to his entreaty, but, alas, insisted that, as a precondition to their marriage, he would have to get rid of his hounds. Grandpa chose to keep his hounds. Ben Rader, professor emeritus of History at UNL, and grandson of Sam, says understanding Grandpa's decision requires an examination of the folkways of the Ozarks. Was his response simply that of a "hillbilly?" That Grandpa also loved to listen to the famed Italian tenor, Enrico Caruso, on the family's Victrola suggests otherwise. Rader proposes a far more complex portrait of the ways of the peoples in the Ozarks and the Upland South than that offered by the hillbilly stereotype.

The Orphan Train: The Largest Migration of Children in U.S. History

Between 1854 and 1929, nearly 250,000 orphaned or abandoned children were relocated from the East Coast to the Midwest and West. This migration is known as the orphan train. The goal of this relocation effort was to find homes where children could learn practical skills, gain an education, and live in a family setting. Mickey Creager, descendant of an orphan train rider; and Kaily Carson, curator at the National Orphan Train Complex, discuss how this fascinating movement began, how it worked, and what happened to the children involved.

Sport in American Culture

Sport has been an important part of the American cultural landscape since before the founding of the Republic, from the very popular blood sports of the 18th century through the development of the boxing and horse racing industries in

the 19th century and the explosion of baseball, football, and basketball in the 20th century. Our society seldom sees the confluence of income, class, race, gender, identity, and celebrity the way we do in sports. UNL associate professor of broadcasting, John Shrader, examines the role of sport in our society and how the media have been both partners and observers. He takes a deep dive into sport and how it fits into American life, discussing complicated and sensitive issues; it's not just about slam dunks, big contracts, SportsCenter and social media.

The History of Reproductive Rights

UNL Associate Professor of History, Katrina Jagodinsky, examines Nebraska's historical regulation of abortion and reproductive rights in the context of national historic and modern trends. Based in historic state statutes and court cases, this legal history will encourage audiences to consider the distinctions between historical practice and perception to better understand the reproductive rights landscape.

The Supreme Court and National Power

Perhaps the most notable project of the current Supreme Court is its efforts to curtail federal authority. The Court often decides these cases not as a matter of constitutional law but rather administrative law and statutory interpretation. The Court purports to be issuing narrow rulings about the specific statutes at issue. Make no mistake, though, says Eric Berger, professor at the UNL College of Law. These cases are about the Constitution. Significantly, these decisions deny the federal government authority to address pressing national crises including climate change, voting rights, and the Covid pandemic. Recent Supreme Court decisions about national power are examined as are the consequences of those decisions in a variety of areas.

From Battlefield to Boardroom: Logistics, the Key to Victory

Every military battlefield victory includes stories about how the organization and movement of supplies and personnel (logistics) saved the day. Today, we order something online for delivery tomorrow without an afterthought. Retired Major General Roger Lempke explores the role of logistics in military operations and business through stories that highlight the vital need for reliable logistics. The course will also examine how the global “supply chain” has become so very efficient but also vulnerable to new threats.

Nebraska Ecology

From the Pine Ridge in the west, the central Sandhills, to the prairies and woodland corridors in the east, Nebraska is home to many unique habitats and ecosystems supporting a rich biological diversity across the state. Program specialists from the Nebraska Game and Parks Commission provide a broad understanding of Nebraska's ecology, and the diversity found in the birds, mammals, reptiles, amphibians, insects, and fish that call our state home.

How to Identify and Protect Yourself Against Fraud

Angela Nielsen shares the tools you need to identify potential fraud and scams. Learn about several common financial scams and ways fraudsters try to take advantage of you and your loved ones and take your hard-earned cash. Nielsen dissects what to watch out for, what you can do to protect your money, and how you can approach emails, phone calls, messages and texts to identify what is important and what to be aware of.

Global Food Security: Political, Economic, and Climate Challenges

Achieving global food security in the face of current political, economic, and climatic challenges is at the forefront of our conversations today and will remain so for the foreseeable future. Food shortages driven by the war in Ukraine, rising energy prices, supply chain issues, the increasing frequency of climate extremes on food production and numerous other factors contribute to this crisis. Joe Glauber, of the International Food Policy Research Institute in Washington, D.C., and David Beckmann, president emeritus of Bread for the World, discuss opportunities available to enhance and improve agricultural food systems locally and globally.



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ALUMNI ASSOCIATION



Be a “Shark” in the UNL New Venture Competition



Have you ever watched “Shark Tank” on television and wanted a behind-the-scenes view? The UNL Center for Entrepreneurship provides resources, expertise and collaboration through mentorships, workshops, competitions, and funding opportunities to help students research, innovate and grow their business ideas. The New Venture Competition allows students to “pitch” their business plan to judges from the Lincoln and Omaha business community and field questions on current traction, monetization strategies, risk assumptions and more.

Register for either LIF0921 or LIF0922 to serve as a “judge” during the students’ practice sessions. You will have the opportunity to ask questions and provide direct feedback on students’ pitches. OLLI members registering to judge will also attend a one-hour orientation session via Zoom the week prior to the event, to learn how to complete the judging process.

If you prefer to simply watch the practice competition and judging conversations, register for one Zoom session either LIF0923 or LIF0924.

Day/Dates: Fri, March 24 and 31

Instructors: Mallory Krenk, student engagement and recruitment coordinator, Center for Entrepreneurship, College of Business, UNL

Facilitator: Jerry Smithers

Location: UNL City Campus, College of Business, Howard L. Hawks Hall, Rm 120. Parking is available at the 14th and Avery Parking Garage.

Register for only one section.

LIF0921

Section 1 - Morning Judging

- Orientation, March 24, 11 a.m.-12 p.m., via Zoom
- Judging Session, March 31, 10 a.m.-12 p.m., In-person

Cost: \$15

Enrollment Limit: 5

LIF0922

Section 2 - Afternoon Judging

- Orientation, March 24, 11 a.m.-12 p.m., via Zoom
- Judging Session, March 31, 1-3 p.m., In-person

Cost: \$15

Enrollment Limit: 5

LIF0923

Section 3 - Morning View and Observe

- March 31, 10 a.m.-12 p.m., via Zoom

Cost: \$10

Enrollment Limit: 100

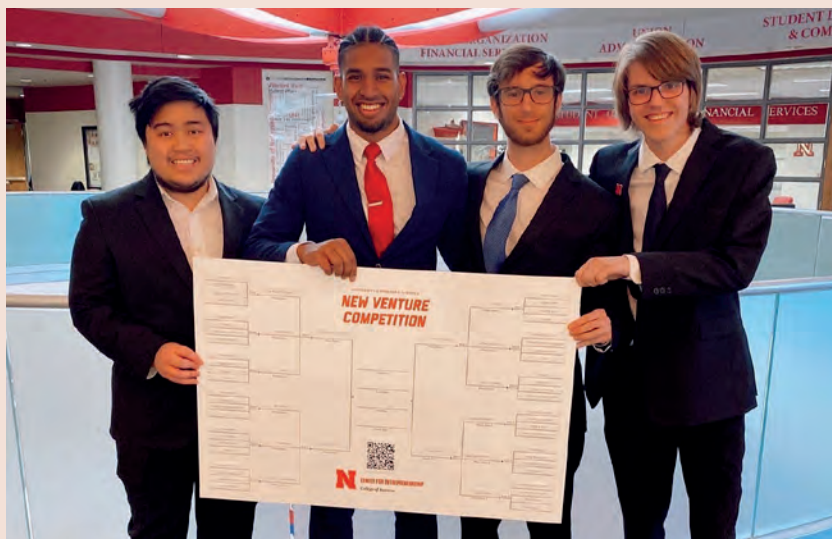
LIF0924

Section 4 - Afternoon View and Observe

- March 31, 1-3 p.m., via Zoom

Cost: \$10

Enrollment Limit: 100



Get to Know Boys Town



HIS049P

Do you know about the great work being done at Boys Town? Discover how Boys Town programs developed and how they continue their mission to change the way America cares for children and families with tours of the Boys Town Hall of History Museum and the Father Flanagan House Museum, which is the former residence of Boys Town's founder, Father Edward Flanagan. We will enjoy lunch at the Boys Town Overlook Café. Learn what staff is currently doing and their plans to continue the mission of saving children, healing families, and strengthening communities long into the future.

Presenter: Thomas J. Lynch, director, Boys Town Community Programs

Facilitator: Bruce Mitchell

Day/Date: Wed, March 29

Time: 9:30 a.m.-3:45 p.m.

Registration Deadline: Wednesday, March 22. Cancellations after this date will be nonrefundable, unless cancelled by UNL.

Location: Boys Town Hall of History Museum. Meet at Gateway Mall Parking lot just north of the Dillard's parking deck to carpool to Boys Town. Depart Gateway Mall at 9:30 a.m. to caravan. Personal vehicles can be parked in this area for the duration of the trip. Carpooling will be arranged via email the week before the trip.

Enrollment Limit: 30

Cost: \$25 includes lunch



Cirque Alfonse: "Animal - A Farm Story"

"Cirque Alfonse" is one of the world's top cirque troupes. Their show "Animal - A Farm Story" leads young and old on a journey to a reinvented land. The cattle shed is crazy, and the barn is upside down. A gentleman farmer surrounds himself with crazy creatures: the chickens have teeth, the ducks are very naughty, and the cows run amok. Registration includes a ticket to the performance, a 30-minute post show question-and-answer session with the creator of the show and a little gift to remind you of April Fool's Day.



Warm Up Session

ART062Z

Attend this session to learn more about the production from OLLI facilitators, Dori Bush and Judy Hart, and get excited about the upcoming performance and events.

Day/Date: Mon, March 20

Time: 3-4:30 p.m.

Location: Zoom only

Cost: \$0

Performance Ticket, Pre- Performance Talk, and Post-Show Question and Answer Session

ART061P

Join in a delightful, themed dinner and cash bar before the show. Dinner requires separate registration through the Lied Center Box Office.

Day/Date: Sat, April 1

Enrollment Limit: 40

Registration Deadline: Friday, March 17. Cancellations after this date are non-refundable.

Cost: \$40 includes ticket to 7:30 p.m. performance plus:

- Pre-performance talk , 7-7:20 p.m.
 - Post-Show Q&A, 10-10:30 p.m.
- Location:** Steinhart Room, Lied Center for Performing Arts

Pre-Performance Dinner

Join us for a delightful themed dinner with a cast bar before the show. Dinner requires separate registration through the Lied Center box Office and is not part of the event cost above.

Day/Date: Sat., April 1

Time: 5:30 p.m. Cocktails | 6 p.m. Dinner

Location: Lied Center Commons

Cost: \$45 per person. Reserve seats and pay for dinner by contacting the Lied Center Box Office at 402-472-4747.

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 drinks for all who attend. If you do not have a game to bring and simply want to join in the fun, please do so. There will be plenty of options. Game ideas: Scrabble, Monopoly, Risk, Yahtzee, Jenga, Taboo, Pictionary, Apples to Apples, Bunko, Pitch, Gin Rummy, etc.

Facilitator: Bob Michl

Day/Date: Mon, April 3

Time: 4-7 p.m.

Cancellation Deadline: Mon, Mar 27. Cancellation after that date will be non-refundable.

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rms 137 and 121

Enrollment Limit: 40

Cost: \$10 per person includes snacks/beverages

Open to the Public

Breakfast with UNL Athletics: Academic Support

LIF083P



Academic progress rate and graduation success rate are two components that are seldom mentioned when we hear about the success of Husker athletes. Katie Jewell, associate director of academic programs, addresses these issues

and more. A native of Hastings, Neb., and a UNL alumnus, Jewell takes pride in her academic counseling. She coordinates academic support for the football and baseball teams but her job title includes so much more. Hear her discuss her role in ensuring the success of Nebraska athletes in the classroom.

Speaker: Katie Jewell, associate director, Academic Programs, UNL

Facilitator: Bob Michl

Day/Date: Fri, Apr 14

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

Registration Deadline: Fri, April 7.

Cancellation after this date is non-refundable.

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.

Trivia Night

LIF088P

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

Facilitator: Bob Michl

Day/Date: Mon, April 17

Time: 5-7:30 p.m.

Registration Deadline: Mon, April 10.

Cancellation after this date is non-refundable.

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

Enrollment Limit: 40

Cost: \$25 includes buffet dinner with two entrees, 3 sides, roll & butter, and dessert. Contact the OLLI office if you have specific dietary restrictions.

DBR and The New World with the Lincoln Symphony Orchestra (LSO)



ART063P

Following the opening with “Saint-Saëns Danse Macabre,” LSO is joined by composer and violinist Daniel Bernard Roumain (DBR), guest solo artist, as he plays his composition “Voodoo Violin Concerto,” tapping into his Haitian roots. In the second half of the concert, LSO will perform Antonin Dvorák’s Symphony No. 9 “From the New World,” one of the most popular symphonies ever written with its famous “Goin’ Home” theme.

Facilitator: Dori Bush

Day/Date: Fri, April 21

Time: 7:30-10 p.m.

Registration Deadline: Tue, March 20.

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

Location: Lied Center for Performing Arts

Enrollment Limit: 18 (Reserved Seats)

Cost: \$35



A Culinary Experience: Your Adventure Awaits



LIF087P

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

facility is fully accessible; parking information will be provided prior to this event.

Presenter: Mike Vandenberg, executive chef and CEC; Angela L. Cheever, manager, Course Dining Services

Facilitator: Christy Hargesheimer

Day/Date: Fri, Apr 21

Registration Deadline: Friday, April 14.

Cancellation after this date is nonrefundable unless cancelled by UNL.

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

Location: SCC, Great Plains Culinary Institute, Course Restaurant

Enrollment Limit: 60

Cost: \$30. Please contact the OLLI office if you have specific dietary restrictions.



Minnesota v. Nebraska Baseball Game



LIF090P

Coming off a year in which the team underperformed compared to expectations, the Nebraska baseball team isn’t giving themselves any breaks. Head Coach Will Bolt says, “We have a challenging schedule that will give our student-athletes the opportunity to compete against some of the best teams in college baseball.” Join OLLI friends and check out the Huskers as they host Big 10 foe Minnesota on a Sunday afternoon, making a run for a Big 10 championship and a bid for a 2023 Regional tourney appearance.

Facilitator: Bob Michl

Day/Date: Sun, Apr 30

Time: 1 p.m.

Registration Deadline: Fri, April 21

Location: Haymarket Park, Hawks Field

Enrollment Limit: 20

Cost: \$20

Cancellation after Tuesday, April 25 is non-refundable.

The Success of Ho-Chunk, Inc and the Impact on the Winnebago Community



DIV007P

Learn about the economic development efforts of the Winnebago Nation. Ho-Chunk, Inc., the economic development corporation owned by the Winnebago Nation, is a major driver of the success over the last three decades. Build your understanding of the impact that casinos in Iowa and Nebraska have had on this success. Get an overview of the various entities making up Ho-Chunk. Impressive accomplishments include contracts with the federal government, housing development for tribal members, farming initiatives and the new broadband project. Shop at the Harvest House Friday Market selling food and locally made crafts, view the sculpture garden, and potentially see bison at a newly built paddock near the village. If time permits, we will visit the Angel DeCora Museum at Little Priest Tribal College and get an overview of the Tribal college and its impact on the community.

Presenter: Executive officers, Ho-Chunk, Inc.; Joi Long, tour guide

Facilitator: Maxine Moul

Day/Date: Fri, May 12

Time: 7:45 a.m. – 5:30 p.m.

Registration Deadline: Mon, May 1.

Cancellation after this date is non-refundable.

Location: Meet at Gateway Mall Parking lot just north of the Dillard's parking deck. The bus departs promptly at 8 a.m. Bus returns to Lincoln by 5:30 p.m. Personal vehicles can be parked in the lot for the duration of the trip.

Enrollment Limit: 35

Cost: \$80, includes bus, lunch and attendance at all attractions.



Avoid the Brain Strain:

How to keep your brain stronger longer

UNL-TABITHA MEMORY WORKSHOP

What is the Memory Workshop?

This is a weekly class led by speech language pathologists and graduate speech language pathology students. The target audience is individuals and their significant others who are concerned about, or merely want to learn more about, age-related memory issues. The purpose is to provide education and solutions. Group intervention for participants will focus on learning about and developing strategies to maintain or improve independence and safety with daily functional skills and activities. Participants will have the opportunity to share their experiences with other individuals and professionals, as well as brainstorm and implement techniques to manage daily challenges.

Who should attend?

Individuals and their significant others who are:

- Concerned about memory and thinking limiting functional skills
- Interested in learning about memory and strategies to enhance thinking skills
- Willing to participate in discussions
- Willing to complete simple weekly assignments
- Able and willing to attend 8 weekly sessions for 90 minutes each

Days/Dates: Wednesdays, March 22 through May 10, 2023

Time: 10-11:30 a.m.

Cost: \$20 (per participant)

Location: UNL East Campus, The Barkley Center, 4075 E. Campus Loop

Contact:

Judy Harvey Ph. D. CCC-SLP,
University of Nebraska-Lincoln
402-472-6792 | Judy.Harvey@UNL.edu
Or Register Online at: CEHS.UNL.edu/
SECD/Memory-Clinic



TABITHA



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.
fpclincoln.org/music-home/arts-for-the-soul/

Friends of the Mary Riepma Ross Media Arts Center

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

Johnny Carson School of Theatre & Film, UNL & Nebraska Repertory Theatre
Offers OLLI members season tickets and individual tickets at the student rate. Ticket fee still applies. nebraskarep.org

Lincoln Community Playhouse

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

Lincoln Friends of Chamber Music

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

Nebraska Chamber Players

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

OmniArts Nebraska

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

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

Day: 2nd Tuesday of each month

Time: 3-4:30 p.m.

In-person location: Stauffer's Café and Pie Shoppe, 5600 S. 48th St. Contact the coordinator when online for Zoom link.

Biking the Trails

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

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

Meets: Weekly rides during the warm season months

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.

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

Contact the coordinator when online for Zoom link.

Meditation

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

Coordinator: Margaret Rickers, mrickers14@gmail.com

Day: Second Thursday of each month

Time: 1:30 p.m.

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

My Backyard

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

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

Day: Last Tuesday of each month

Matinee at the Ross

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

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Friday

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

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 Hahn, 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.

Location: Rock 'N' Joe coffee, 5025 Lindberg St.

Table Tennis

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

Coordinator: Larry McClure, lmerkmclure@yahoo.com

Days: Tuesdays and Thursdays

Time: 12:30-2 p.m.

Ukulele

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

Coordinator: Julia Larson, jlarson9342@gmail.com

Day: Third Thursday of the month

Time: 1 p.m.

Location: Varies-Lincoln Libraries

Walking

Enjoy the invigorating weather and improve your health at the same time. The group gathers at Holmes Lake, rain or shine. Make sure to dress for the day. We divide into fast and slow walkers, so there is sure to be someone who walks at your pace.

Coordinator: Karen Harris, kharris555@gmail.com

Day: Monday

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

Location: 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 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.

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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