

OSHER LIFELONG LEARNING INSTITUTE

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OLLI at UNL

Course Catalog: Winter Term 3 2025

Curiosity never retires



Have a jolly OLLI winter!

UNIVERSITY OF
Nebraska
Lincoln®

Registration Begins
Tuesday, January 7, 2025, 8 a.m. (CT)

Term Dates: Jan 21–March 3, 2025

schedule at a glance

All times are Central Time

CANVAS		Page
Recorded courses. Watch at your convenience from anywhere!		8-9
MONDAYS		
9-10 a.m.	Advanced Yoga	10
9-10:30 a.m.	From Click to Connect: Exploring Digital Devices and Email	10
9-10:30 a.m.	Crossing the Digital Divide: A Guide for Seniors	10
11 a.m.-12:30 p.m.	How Can U.S. Democracy Survive and Thrive? Why Good Governance Really Matters	11
11 a.m.-12:30 p.m.	The Incredible Beauty and Diversity of Prairies	11
11 a.m.-12:30 p.m.	Making a Case for Reading Good Literature	11
11 a.m.-12:30 p.m.	Buffalo Bill: The Man and the Myth	12
1-2:30 p.m.	Grief and Loss: What to Expect During Bereavement	12
1-2:30 p.m.	Discover the Gerald Ford Conservation Center (OMAHA)	12
1-2:30 p.m.	The Art of Elizabeth Dolan in Morrill Hall	13
1-2:30 p.m.	What Happened to Housing?	13
3-4:30 p.m.	Plagues, Pestilences and Pandemics	14
TUESDAYS		
9-9:50 a.m.	Dance Fitness	14
9-10:30 a.m.	AI: Meet and Master a New Technology	14
9-10:30 a.m.	Getting Some Bodywork: Not On Your Car, On You	15
9-10:30 a.m.	UNL Neuroscience Research: Impacting the World	15
11 a.m.-12:30 p.m.	Opening the Mysteries of Our Universe: James Webb Space Telescope	15
11 a.m.-12:30 p.m.	Tai Chi Part I	16
11 a.m.-12:30 p.m.	Ayurveda: The Science of Life	16
11 a.m.-12:30 p.m.	How to Read a Poem and Fall in Love with Poetry	16
1-2:30 p.m.	Fencing: The Human Chess Game	17
1-2:30 p.m.	Tour of A Total Manufacturing Company-TMCO	17
1-2:30 p.m.	News of Crime: Its Values and Its Perils	17
1-2:30 p.m.	Winter Wander	18
3-4:30 p.m.	Discover Scotland and Ireland with OLLI	18
3-4:30 p.m.	How to Listen to Jazz	18
3-4:30 p.m.	Climate Change Science in Antarctica	19
3-4:30 p.m.	Backstage at the Rep: "Shakespeare's R&J"	19
7-8:30 p.m.	No Place Like Nebraska: Our Unique Campaign Finance System	20
WEDNESDAYS		
9-10:30 a.m.	Everything on Earth Is Chemistry	20
9-10:30 a.m.	Who Is Buying Nebraska Agricultural Land?	20
11 a.m.-12 p.m.	Photography Using Your Mobile Device	21
11 a.m.-12 p.m.	Digitizing Memories	21
11 a.m.-12:30 p.m.	Nebraska's Film Heritage (OMAHA)	21
11 a.m.-12:30 p.m.	Explore Financial Literacy with Junior Achievement	22

Cover Photos: "I look forward to taking OLLI classes this winter in the warmth and comfort of my home and in person. There are so many great courses to choose from." - Bruce Mitchell, OLLI member.

11 a.m.-12:30 p.m.	Qumran: Caves, Scrolls and Buildings	22
11 a.m.-12:30 p.m.	Want to Be a Saint? Organize Your Estate	23
11 a.m.-12:30 p.m.	Civil Rights and Omaha’s Athletic Legacy (OMAHA)	23
1-2:30 p.m.	Sex Trafficking in Our Own Backyard	23
1-2:30 p.m.	Digital Photography	24
1-2:30 p.m.	Waste Not, Want Not: Understanding Food Waste	24
1-2:30 p.m.	How Disordered Personalities Do Talk	24
1-2:30 p.m.	All About Chocolate	24
1-3 p.m.	Introduction to Bridge I	25
1-3 p.m.	A Guided Tour of Joslyn Art Museum (OMAHA)	25
3-4:30 p.m.	A Smoky Mountain Fall Getaway with OLLI	25
3-4:30 p.m.	The Magic of the Metropolitan Opera: “Aida”	26
3-4:30 p.m.	The Magic of Metropolitan Opera: “Fidelio”	26
3-4:00 p.m.	Mat Pilates	27

THURSDAYS

9-10 a.m.	Gentle Yoga	27
9-10:30 a.m.	Meet Your New Neighbors	27
9-10:30 a.m.	Hospitality Excellence: A Tour of the Scarlet Hotel	28
11 a.m.-12:30 p.m.	The Rise of Hitler and the Third Reich	28
11 a.m.-12:30 p.m.	Hearty Winter Soups and Sliders	29
11 a.m.-12:30 p.m.	Prehistoric Caves and Rock Art	29
11 a.m.-12:30 p.m.	Mediterranean Diet for Health	29
1-2:30 p.m.	This Is Not the Journalism I Remember	29
1-2:30 p.m.	The Cave Beneath Lincoln: Robber’s Cave Tour	30
1-2:30 p.m.	Should Nebraska Adopt Ranked Choice Voting?	30
1-4:30 p.m.	Art and the Machine: A Participatory Theater Workshop	31
3-4:30 p.m.	Nancy Drew: It’s a Mystery	32
3-5 p.m.	Good Time Show Games	32
6:30-8 p.m.	Against the Odds: Jewish Refuge and Resurgence in Post-War Germany	32

FRIDAYS

8:30-10 a.m.	“Fri-Yay” Fitness Club	33
9-10:30 a.m.	Which Lincoln Assisted Living Community May Be Right for You?	33
9-10:30 a.m.	Who Are You Anyway? An Introduction to the Science of Human Nature	33
9-10:30 a.m.	Succulent Garden Savvy	34
11 a.m.-12:30 p.m.	Get Real Estate Savvy	34
1-2:30 p.m.	Great Decisions 2025 Part I	34
1-2:30 p.m.	Caring for and Sharing the Land	35

EVENTS

Thu, Jan 23	Art and the Machine: A Leonardo Da Vinci Event	31
Sat, Jan 25	“French Impressions” with the Lincoln Symphony Orchestra	36
Tue, Feb 18	Lunch and Learn: A Taste of Lincoln	36
Thu, Feb 27	Tiny Lanes, Big Strikes: Mini Bowling	36
Sun, March 2	Nebraska Repertory Theatre Presents: “Shakespear’s R&J”	19
Mon, March 3	Game Night with OLLI	37
Wed, March 19	In Crane View Day Trip (GIBBON & WOOD RIVER)	37

Travel	7
Interest Groups	38-41
Member Discounts	41
Registration Form	43
General Information/ Policies	44

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COURSE FORMATS



IN-PERSON

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



MULTI-FORMAT

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



ZOOM LIVE STREAM

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



ON DEMAND

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

How to prepare to use Zoom

Where do I find the Zoom link for my course?

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

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

What devices do I need to use Zoom?

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

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

How do I join a Zoom meeting?

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

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

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

Location Key

LINCOLN LOCATIONS

Afghan Village Cuisine, 3111 O St. Ste. D
American Lutheran Church, 4200 Vine St.
Aviva Woodlands, 9421 Gable Pines Rd.
Bailey Pointe Assisted Living, 7208 Van Dorn St.
Bridge to Better Living, 4230 Pioneer Woods Drive, Ste. B
Bob and Willie's Wonderbowl-Lincoln, 2901 S. 84th St., Ste. 16
Eastmont, 6325 O Street
Fallbrook Assisted Living and Memory Care, 6600 Juliet Ct.
Genesis Health Club, 1305 S. 70th Street
Hy-Vee, 1601 N. 84th St.
Lied Center for the Performing Arts, 301 N 12th St.
Lincoln Duplicate Bridge Club, 237 S. 70th St., #205
Lincoln Fencing Club, 6800 P Street Ste. 2
Morrill Hall, University of Nebraska State Museum, 645 N. 14th St.
Pioneers Park Nature Center, 3201 S. Coddington
Robber's Cave, 925 Robbers Cave Road
SCC-CEC, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place

Sheldon Museum of Art, 12th and, R Sts.
The Lexington, 5550 Pioneers Blvd.
The Scarlet Hotel, 2101 Transformation Drive
TMCO, 701 S. 6th St.
Union College, Lang Amphitheater-Krueger Science and Math Bldg., 49th & Bancroft Sts.
UNL Center for Brain, Biology and Behavior, Stadium East, 1100 T St., Ste C89
UNL East Campus, Newkirk Human Sciences Bldg., 1650 N. 35th St.
UNL East Campus, Plant Science Bldg., 1875 N. 38th St.
UNL East Campus, Recreation and Wellness Center, 1717 N 35th St.
UNL, East Campus, Ruth Leverton Hall, 1700 N 35th St.
UNL Temple Building, Howell Theatre, 1209 R St.
Yankee Hill Village, 8401 South 33rd St.

OMAHA & OTHER LOCATIONS

Gerald R. Ford Conservation Center, 1326 S 32nd St. Omaha
Jewish Community Center, 333 S. 132nd St., Omaha
Joslyn Art Museum, 2200 Dodge St., Omaha
Westside Community Center, 3534 S. 108th St., Omaha

Membership & Registration

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

Membership Fee

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

Join and Register

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

Mailing Address

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

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

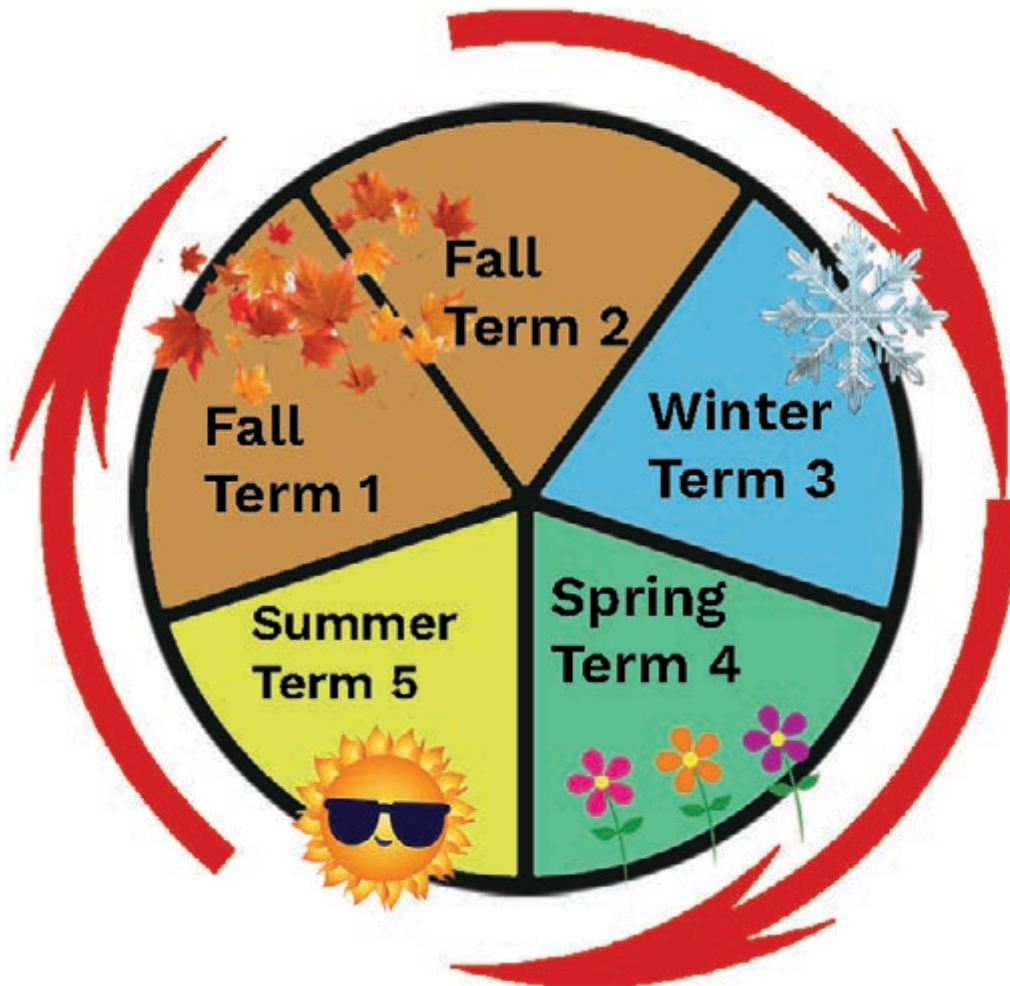
Financial Scholarships Available

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

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

OLLI Membership Year

August 1, 2024–July 31, 2025



TERM DATES

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

- Winter Term 3- Jan 21-March 3, 2025
- Spring Term 4- March 24-May 3, 2025
- Summer Term 5—June 2-July 11, 2025

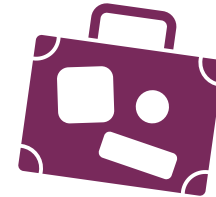
COURSES

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

EVENTS

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

Travel with OLLI and Star Destinations



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



The Rhine River Cruise | April 10-19, 2025

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



Philadelphia Freedom | June 9-14, 2025

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



Scotland & Northern Ireland | August 5-16, 2025

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



Smoky Mountain Fall Getaway | September 20-26, 2025

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



**FOR MORE INFORMATION,
CONTACT:**

Tele: (712) 792-9793

Email: info@stardestinations.com

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

Recorded Courses

Watch at your convenience from anywhere!



CAN0011

Cost: \$30

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

All programming originates from OLLI at UNL.

Anna Rosenberg: The Busiest Woman in the United States (3 Sessions)

Instructor: Lynn Roper

Anna Rosenberg befriended Eleanor Roosevelt in 1920's Manhattan and eventually served as FDR's unofficial advisor, wielding enormous influence. Rosenberg's career continued as she was asked to be assistant secretary of defense in 1950 prevailing over Sen. Joseph McCarthy for her Senate confirmation. In 1962, she organized JFK's infamous birthday gala. Rosenberg fought tirelessly for progressive domestic policies from racial integration to women's equality to national health care while at the forefront of U.S. history from the 1920's through the 1960's.

Addressing Climate Change: Lincoln & the World (1 Session) (Meeting of the OLLI Politics Interest Group)

Kim Morrow, Chief Sustainability Officer for the city of Lincoln, shares what she learned attending the COP28 Climate Conference in Dubai, United Arab Emirates. This annual conference, put together by the United Nations, deals with issues of Global Warming and Climate Change. Kim takes this a step closer to home by discussing Lincoln's Climate Action Plan, which creates a climate smart future for Lincoln.

Artificial Intelligence: Friend or Foe? (6 Sessions)

Instructors: Rich Sincovec; Zach Wrublewski
Obtain an in-depth introduction to artificial intelligence (AI), including how it works and its applications in various fields such as healthcare, finance, education, and more. Examine ChatGPT - an AI language model that can generate human-like text - with live classroom

demonstrations and hands-on exercises. Build your understanding on navigating the ethical and societal issues surrounding AI, emphasizing its potential to impact society in profound ways.

Take a Walk in the Clouds (1 Session)

Instructor: Brad Anderson

KOLN/KGIN TV Meteorologist Brad Anderson shares information regarding the different types and shapes of clouds, the weather they can bring, and how they form. During our childhoods, we may have spent time lying in the grass on a hot, summer day, gazing at the clouds and talking with our siblings or friends about what shapes they formed.

Agrivoltaics: The Marriage Between Agriculture and Solar (1 Session)

Instructors: Christy Eichorn; Peter Bertheisen
Agrivoltaics is an innovative practice that involves using land for both solar panels and agriculture. This approach can include a variety of agricultural activities, such as protecting plants from too much sun, grazing livestock, beekeeping, creating pollinator habitats, and carbon sequestration. Explore advantages and disadvantages of this dual-use approach, as well as how it could impact both energy production and agriculture in the future.

Let Freedom Read: Censorships in School & Public Libraries (1 Session)

Instructor: Vicki Wood

According to the American Library Association, book challenges and bans were at an all-time high in 2022 and 2023. Why is this happening now, what books are being targeted, and how can citizens protect our freedom to read? Delve into the social, political, and personal forces that fuel censorship attempts. Find out how

libraries build their collections using the values set out in the Library Bill of Rights, and how citizens can speak against censorship, support libraries and library staff.

Causes and Effects of Political Disagreements (2 Sessions)

Instructor: Pierce Ekstrom

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

Chicago Architecture: From the Great Fire to Last Week (2 Sessions)

Instructors: Kay Logan-Peters; Zeb Lund
Chicago is known as America's architectural Mecca. Join us for a survey of important buildings and architectural advancements in the Windy City starting with the great fire and the birth of the skyscraper, to important modernist buildings by Mies van der Rohe and his contemporaries, to contemporary structures, some still under construction (think Obama Presidential Library). We will review Louis Sullivan's contributions, Frank Lloyd Wright's prairie houses in Oak Park and many other famous and infamous buildings in Chicago.

Lincoln Literacy: Bridgeway to a Better Life (1 Session)

Instructor: Bryan Seck

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

commercial driver's license, working in Lincoln Public Schools, or reentering a profession from their country of origin such as engineering, nursing, teaching, and more. Walk away with an increased awareness of the diversity in our community and the immense talents that these newcomers bring to Lincoln.

How to Identify and Protect Yourself Against Fraud (1 Session)

Instructor: Angela Nielsen

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.

GET YOUR GAME ON!

Do you love to play games? OLLI at UNL has opened a relationship with the Spielbound Board Game Café in Omaha. Once a month, beginning on January 17, join other OLLI members at Spielbound's, 3229 Harney Street, in Omaha, for a fun-filled afternoon of board games. OLLI members may attend, at no cost, on Friday, January 17, February 21, March 21, April 18, May 16, and June 20, from 1:00-3:00 pm.

Sit at custom-made game tables, enjoy the best locally roasted coffee drinks around, craft beers, mouth-watering pizza and snacks, and the largest selection of playable board games in the U.S.

No registration necessary. Just show up wearing your OLLI badge and join in the fun!



Classes are in Lincoln unless otherwise noted.

MONDAYS

Advanced Yoga



H&W071Z

Let's get moving! From the comfort of your own home, join in meditation, breath-work, balance, and movement to connect the mind, body, and spirit. Bring your yoga practice to the next level as we go beyond learning just the asana (poses) but flowing them together in a variety of fun and progressively more challenging sequences. Enhance your practice with higher difficulty balance, range of motion, and strength positions. Lastly, foster a more regular home yoga practice with repetition and some pearls of wisdom along the way. Completion of OLLI Gentle Yoga OR prior Hatha/Vinyasa experience highly encouraged. A Yoga mat is recommended; consult your physician prior to participating.

Instructor/Facilitator: Casey Bogenrief, yoga instructor

Day/Dates: Mon, Jan 27, Feb 3, 10, 17, 24, March 3

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

From Click to Connect: Exploring Digital Devices and Email



Whether you're new to smartphones, tablets or laptops, we will demystify these devices, their navigation and provide an understanding of the basics of web browsing and creating and managing your own email. Gain foundational knowledge required to thrive in the digital age; and consider registering for "Crossing the Digital Divide: A Guide for Seniors" to learn even more.

Instructor: Ryan Sothan, outreach coordinator, Nebraska Attorney General's Office

Facilitator: Rich Sincovec

Day/Dates: Mon, Jan 27, Feb 3

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

Cost: \$15

Register for only one format:

SCI050Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI050L

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

Enrollment Limit: 28



Crossing the Digital Divide: A Guide for Seniors



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

Instructor: Ryan Sothan, outreach coordinator, Nebraska Attorney General's Office

Facilitator: Rich Sincovec

Day/Dates: Mon, Feb 10, (skip 17), 24, March 3

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

SCI005Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI005L

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

Enrollment Limit: 28

How Can U.S. Democracy Survive and Thrive? Why Good Governance Really Matters



CON094Z

Over history, and notwithstanding many shortcomings, democratic systems of governance have successfully delivered peace and prosperity around the world. However, recently they have come under pressure and attack from various forces and regimes, which seek to undermine their integrity by offering dubious authoritarian alternatives often thinly disguised as 'pseudo-democracy' or 'anocracy.' For a true democracy to function sustainably in the best interests of all its citizens, it must be continually strengthened and guided by the principles of good governance. There is an urgent need to promote and restore the core principles of good governance to strengthen democracy and secure a peaceful and prosperous future in a rapidly changing and highly volatile world.

Instructor: Roman Pryjomko, UN advisor and published author

Facilitator: Doug Jose

Day/Date: Mon, Jan 27

Time: 11 a.m. – 12:30 p.m.

Location: Zoom Live Stream

Cost: FREE/OPEN TO THE PUBLIC

The Incredible Beauty and Diversity of Prairies



Nebraska is rich with prairie habitat, but prairies are underappreciated by most Nebraskans. Photographer and ecologist Chris Helzer will highlight some of the more intriguing inhabitants of Nebraska's prairies, including the tiny ones that are the most important. Did you know milkweed is pollinated through a series of accidents? Have you met the caterpillar that camouflages itself

with its own food? How much do you know about the bees of Nebraska, most of which live solitary lives, unlike honey bees, which get all the attention? Come learn the stories behind the complex ecological communities that make grasslands fascinating, resilient and productive.

Instructor: Chris Helzer, Nebraska director of Science and Stewardship, The Nature Conservancy

Facilitator: Stephanie Nantkes

Day/Date: Mon, Jan 27

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

Cost: \$10

Register for only one format:

SCI063Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI063L

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

Enrollment Limit: 28

Making a Case for Reading Good Literature



L&L060L

Why is it important to read "good literature?" Is the purpose of such literature to make one a better person, or to tell a well-crafted story, or to provide a special experience through words? Has the purpose of teaching good literature changed over the years, and has the student's relationship to literature changed during that time? Are there some works that should be periodically re-read for new insights and new understanding? Does literature enhance our minds in ways that are different from what we gain from the study of science, ethics, and other disciplines? Are there certain works so foundational they should be on everyone's reading list? Examine these and other questions about creative writing, and why and how to read serious literature.

Instructor: Stephen Buhler, professor, English, UNL

Facilitator: Ken Gobber

Day/Dates: Mon, Jan 27, Feb 3, 10, 17, 24, March 3

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

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$35

Buffalo Bill: The Man and the Myth



Buffalo Bill was a complicated and interesting man who seemed to be larger than life.

Explore how he became a star of the American West and helped create the myth of the frontier. We will begin with the story of William F. Cody in Nebraska, from his days as an Indian scout, as a hunting guide to the rich and famous, as the creator of “Buffalo Bill’s Wild West,” and his enduring legacy in the state, nation, and world today. Learn about how posters for the Wild West show helped form our image of the West. Take a virtual tour of Buffalo Bill’s Scout’s Rest Ranch in North Platte.

Instructors: Jeff Barnes, Nebraska author/speaker and two-time winner of the Nebraska Book Award; Michelle Anne Delaney, acting associate director, Museum Research and Scholarship, Smithsonian, guest curator of the exhibit based on her work at the Buffalo Bill Center of the West in Cody, WY.; Adam Jones, superintendent, Buffalo Bill Ranch State Historical Park

Facilitator: Nancy Mitchell

Day/Dates: Mon, Feb. 3, 10, 17

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

Cost: \$20

Register for only one format:

HIS113Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS113L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Rm 137. *Attendees will view instructors on Zoom on the 10th and 17th.*

Enrollment Limit: 28



Grief and Loss: What to Expect During Bereavement



Everyone encounters loss at some point in their lives. Some losses we prepare for, and others are difficult to cope with. Whether you are grieving, know someone who has lost a loved one, or if you are curious about the best ways to support the bereaved, obtain an overview of grief and how it affects us. Explore grief models, what’s “normal” during grief, and ways to cope with the world without your loved one. Learn the many myths and cultural beliefs we have about grief as a society and how to address them in a more compassionate and sympathetic way. Go beyond the “Five Stages” of grieving and discover the many emotions along the grief journey.

Instructor: Jason Padilla, bereavement coordinator, Tabitha Hospice

Facilitator: Laura Williams

Day/Dates: Mon, Jan 27, Feb 3, 10

Time: 1-2:30 p.m.

Cost: \$20

Register for only one format:

H&W073Z

Location: Zoom Live Stream

Enrollment Limit: 100

H&W073L

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

Enrollment Limit: 28

Discover the Gerald Ford Conservation Center



L&L0580 (OMAHA)

The Gerald R. Ford Conservation Center is a regional conservation facility and a division of the Nebraska State Historical Society offering a range of services to private individuals, museums and libraries, corporations, and state and federal agencies. Gain an understanding of the concepts of conservation, restoration and preservation and how each plays a role in our history. This one-of-a-kind experience will include a tour of the objects, paintings, and paper labs at the Center led by conservators who will share

and showcase current projects such as the Wallpaper Conservation at the Willa Cather Childhood Home and/or the cleaning and restoration of Amelia Earhart 's 1928 sporting license.

Instructors: Vonnda Shaw, Ford Center Conservation Manager; Rebecca Cashman, objects conservator; Hilary LeFevre, paper conservator; Deborah Uhl, paintings conservator; Natalie Kammerer, conservation/office technician

Facilitator: Rebecca Pasco

Day/Date: Mon, Feb 3

Time: 1-2:30 p.m.

Location: Gerald R. Ford Conservation Center. Free parking is available in front of the building along 32nd St. (No stairs).

Enrollment Limit: 15

Cost: \$10

The Art of Elizabeth Dolan in Morrill Hall



ART152L

In 1927, Elizabeth Dolan painted the murals that form the background landscapes for the most iconic exhibits in Morrill Hall, fondly known by generations of Nebraskans as “Elephant Hall.” Learn how these exhibits were developed as Dolan worked with museum professionals under the direction of University of Nebraska State Museum Director E. H. Barbour to accurately portray animals and plants from Nebraska’s past. Visit the galleries to view Dolan’s work and appreciate her technique.

Instructors: Angie Fox, exhibits, University of Nebraska State Museum; George Corner, Collection Manager, University of Nebraska State Museum

Facilitator: Anne Diffendal

Day/Date: Mon, Feb 10

Time: 1-2:30 p.m.

Location: Morrill Hall, University of Nebraska State Museum, UNL City Campus. Meet at the front desk inside the main entrance.

Enrollment Limit: 25

Cost: \$10



What Happened to Housing?



The American housing market is broken. The 2008 and 2020 economic crises have conspired with labor shortages, rising prices, stagnant wages and exploitive investment tools to create an unprecedented national housing deficit. Investigate historic development trends and fundamental economic and real estate development concepts to more fully understand the causes of housing market dysfunction and what strong market cities like Lincoln can do about it. Weigh the components of an all-of-the-above strategy to achieve affordable and inclusive communities where families of all kinds can thrive.

Instructor: Wayne Mortensen, AIA NASW, vice president, Excel Development Group and president, Public Square Development Services

Facilitator: Charlyne Berens

Day/Dates: Mon, Feb 17, 24, March 3

Time: 1-2:30 p.m.

Cost: \$20

Register for only one format:

CON088Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON088L

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

Enrollment Limit: 28

Plagues, Pestilences and Pandemics



Our world recently passed through, and is arguably still passing through, the Covid-19 pandemic. We see the changes it wrought around us every day. Pandemics, in both their causes and consequences, are simultaneously simple and yet heinously complex. They originate causally with tiny microbes (viruses, bacteria, etc.); yet their effects and consequences are powerful enough to hasten worlds or alter the course of history. Explore, in a highly interdisciplinary manner, six widespread outbreaks of infectious disease.

Instructor: Mark Orsag, professor, European and Interdisciplinary History, Doane University

Facilitator: Peter Levitov

Day/Dates: Mon, Jan 27, Feb 3, 10, 17, 24, March 3

Time: 3-4:30 p.m.

Cost: \$35

Register for only one format:

CON085Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON085L

Location: UNL East Campus, Newkirk Human Sciences Bldg., Room 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, standards and world music while improving your balance, brain function and cardiovascular endurance. Wear comfy clothing and come prepared to move. And yes, you can dance in a chair.

Instructor/Facilitator: Julie Enersen, former Zumba Instructor

Day/Dates: Tue, Jan 21, 28, Feb 4, 11, 18, 25

Time: 9-9:50 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

AI: Meet and Master a New Technology



Artificial Intelligence (AI) isn't just a buzzword—it's a force driving our future. Yet, for many, AI remains an enigma. Unlock the secrets of AI: where it began, how it functions, and the transformative power it holds for our everyday lives. Journey through AI's rich history, uncovering the breakthroughs that have brought us to this pivotal moment, and then propel into the future to see where this groundbreaking technology is headed. Expect live demonstrations that bring AI to life and hands-on instruction tailored to help you harness AI's potential responsibly and creatively. Get ready to demystify AI and embrace the future.

Instructors: Rich Sincovec, emeritus Henson Professor, Computer Science and Engineering; UNL; Clay Farris Naff, member, National Association of Science Writers, former science correspondent, "The Humanist" magazine; Bill Latenser, retired environmental, health and safety professional.

Facilitator: Bill Latenser
Day/Dates: Tue, Jan 21, 28
Time: 9-10:30 a.m.
Cost: \$15

Register for only one format:

SCI066Z

Location: Zoom Live Stream
Enrollment Limit: 100

SCI066L

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



Getting Some Bodywork: Not On Your Car, On You



When we think of massage and bodywork, we think of a nice, soothing, relaxing time with a qualified therapist. That is most certainly a wonderful option. Yet, there are multiple ways of helping the body heal and recover from injuries and restore its functions to a place of comfort. Learn different forms and modalities of working with the body.

Instructor: Lisa Bradley, licensed massage therapist

Facilitator: Margaret Rickers
Day/Date: Tue, Feb 18
Time: 9-10:30 a.m.
Cost: \$10

Register for only one format:

H&W074Z

Location: Zoom Live Stream
Enrollment Limit: 100

H&W074L

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

UNL Neuroscience Research: Impacting the World



LIF172L

The Brain, Biology and Behavior Center (CB3) is an essential part of the University of Nebraska-Lincoln community, serving as a hub where experts from diverse disciplines collaborate to advance neuroscience and benefit society. The community comprises distinguished scientists, engineers, clinicians, and scholars, who all share a common goal: “To advance foundational knowledge and discovery in neuroscience, and to translate these insights into novel methods and technologies that promote cognitive function and brain health.” Tour the facility and the MRI suite and hear how the center started, the types of research being conducted and how it impacts society.

Instructor: Dr. Aron Barbey, director, The Center for Brain, Biology and Behavior, UNL
Day/Date: Tue, Feb 25

Time: 9-10:30 a.m.

Location: UNL Center for Brain, Biology and Behavior. Southeast Corner of Memorial Stadium – between Gate 22 and Gate 23. Meet in the lobby of the Center. Parking: CB3 has 6 reserved spots in the loop east of the stadium. There are also meters on 14th St. Pay for metered parking through the Passport app on your phone.

Enrollment Limit: 25

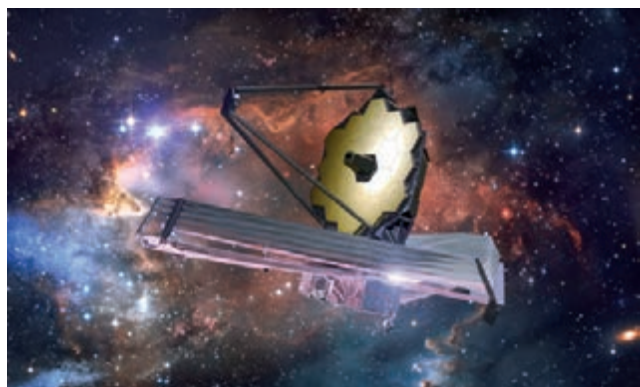
Cost: \$10

Opening the Mysteries of Our Universe: James Webb Space Telescope



The James Webb Space Telescope has allowed scientists to look deeper, further, and more clearly into the early universe following the Big Bang. The infrared sensors allow the telescope to peer through the dust of objects providing an “X-Ray” deep into the interiors of deep space objects unlike any previous telescope view. Review key discoveries that have changed our thinking of how we see the universe today.

Instructor: Bob Kacvinsky, NASA/JPL solar system ambassador; Astronomical League Master Observer; Prairie Astronomy Club

Facilitator: Rich Sincovec**Day/Date:** Tue, Jan 21**Time:** 11 a.m.-12:30 p.m.**Cost:** \$10**Register for only one format:****SCI065Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**SCI065L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Rm 137**Enrollment Limit:** 28**Tai Chi Part I****H&W061L**

Tai Chi is a widely practiced physical and mental exercise form that originated from ancient Chinese martial arts. Learn fundamental skills comprising the first part of the classic Yang 'solo routine' that is the foundation for daily self-practice. All levels of physical capability or Tai Chi experience are welcome. Wear comfortable clothing and flat shoes.

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

Facilitator: Kathy Grubbe**Day/Dates:** Tue, Jan 21, 28, Feb 4, 11, 18, 25**Time:** 11 a.m.-12:30 p.m.**Location:** American Lutheran Church, Fellowship Hall**Enrollment Limit:** 20**Cost:** \$35**Ayurveda: The Science of Life**

Discover a natural, holistic way to enhance your health and well-being that is both rooted in ancient wisdom and modern science by attending this introduction to Ayurveda and Ayurvedic living. Ayurveda is a Sanskrit word that means "the science of life." Developed more than 5,000 years ago, it is the medical system of India, rooted in science and philosophy. An Ayurvedic approach to well-being recognizes that there are different body types (doshas) and everything is connected. An imbalance in one area can affect another. Based on your dosha, a daily routine is recommended for optimal well-being. Learn about what foods to eat and avoid; gentle exercises that will build strength and help address health issues; breathing practices to increase energy; and meditation to bring peace to your mind. When combined, these actions can help bring your dosha back into balance.

Instructor: Jessica Jewel, yoga instructor, astrologer, mentor and studio manager

Facilitator: Kristi Shoemaker**Day/Date:** Feb 4**Time:** 11 a.m.-12:30 p.m.**Cost:** \$10**Register for only one format:****H&W072Z****Location:** Zoom Live Stream**Enrollment Limit:** 100**H&W072L****Location:** UNL East Campus, Newkirk Human Sciences Bldg., Room 137**Enrollment Limit:** 28**How to Read a Poem and Fall in Love with Poetry**

Rita Dove said, "Poetry is language at its most distilled and most powerful," and Mary Oliver said, "Poetry is a life-cherishing force... fires for the cold...bread in the pockets of the hungry." Take a look at these precepts, exploring a few well-known, well-loved poems as well as more contemporary ones, including those which we hope will become your new favorites. We will consider differing

approaches to the understanding and interpretation of poetry, including what makes a poem memorable, what gives poetry a bad rap, and why we especially NEED poetry. Each week, we will read, appreciate and experience poem after poem, and hopefully, we will fall in love with poetry.

Instructor: Lucy Adkins, writer and poet

Facilitator: Susan Major

Day/Dates: Tue, Feb 11, 18, 25

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

Cost: \$20

Register for only one format:

L&L057Z

Location: Zoom Live Stream

Enrollment Limit: 100

L&L057L

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

Enrollment Limit: 28



Fencing: The Human Chess Game



LIF039L

Have you ever thought: "I have always wanted to try that?" Here is your chance. You can learn about the sport's history, weapons, clothing, timing and scoring. Suit up to fence foil, sabre and epee; fence and laugh while enjoying the course or choose to watch rather than fence. All equipment is provided. Dress in sweatpants and tennis shoes; no sandals.

Instructor/Facilitator: Kit Boesch, fencing coach

Day/Dates: Tue, Jan 21, 28, Feb 4, 11, 18, 25

Time: 1-2:30 p.m.

Location: Lincoln Fencing Club

Enrollment Limit: 15

Cost: \$35

Tour of A Total Manufacturing Company-TMCO



This 50-year-old Lincoln company specializes in one-stop, concept-to-completion metal manufacturing services for agricultural & farming, energy and other specialty industries across the country. The Metal & Art Division, the artistic side of TMCO, has created many sculptures across Lincoln including the Lincoln Children's Zoo sign, dome at Sunken Gardens, and items in the Haymarket. Learn about assembly, engineering, powder coating, machining, metal fabrication, tube fabrication, and welding divisions during this tour.

Instructor: Ashlee Harms, manager, Human Resource, TMCO

Facilitator: Lynn Willey

Time: 1-2:30 p.m.

Enrollment Limit: 15

Location: TMCO. Parking is available in the lot on the east side of the building or on street parking. Enter TMCO on the east side of the building.

Cost: \$10

Register for only one session:

LIF1681

Day/Date: Tue, Jan 21

LIF1682

Day/Date: Tue, Feb 25

News of Crime: Its Values and Its Perils



Crime and criminal trials have always fascinated people. Starting with the rise of mass media in the 19th century, crimes and trials that used to be local matters have attracted the attention of readers and viewers across the country or around the world. Only a few crimes, however, receive such notoriety. Which crimes attract massive news coverage, and which do not seem to be random. Examine several criminal cases from the late 1800s through the late 20th century to identify some of the factors that cause some criminal cases to attract more news media and public attention than others. In addition, review some of the effects of intensive news coverage on the criminal justice system and how courts deal with it to assure criminal defendants a fair trial.

Instructor: John Bender, professor emeritus, College of Journalism and Mass Communications, UNL

Facilitator: Charlyne Berens

Day/Dates: Tue, Jan 21, 28, Feb 4, 11

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

CON087Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON087L

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

Enrollment Limit: 28

Winter Wander



LIF077L

Join us for a winter wander with staff from the Pioneers Park Nature Center. Walk 1-2 miles around the Nature Center exploring how life has adapted for Nebraska's winter weather. Explore the outdoors for the duration. Dress for the elements. Binoculars, cameras, walking sticks and layered clothing are all encouraged.

Instructor: Neal Bryan, naturalist, Pioneers Park Nature Center

Facilitator: Kathie Putensen

Day/Date: Tue, Feb 18

Time: 1-2:30 p.m.

Location: Pioneers Park Nature Center, Prairie Building

Enrollment Limit: 30

Cost: \$10

Discover Scotland and Ireland with OLLI



Learn about OLLI's adventure to Scotland and Ireland in August 2025 where travelers will visit a variety of locations, including the Rosslyn Chapel, Edinburgh's vibrant shopping areas, the Palace of Holyroodhouse, and Edinburgh Castle, culminating with the spectacular military bands showcase at the Royal Edinburgh International Military Tattoo. You won't want to miss Scotland's Secret Bunker and the historic town of St.

Andrews, proclaimed as the "home of golf," before visiting Dalwhinnie Distillery and taking a scenic cruise on Loch Ness. Learn more about this trip, including Belfast and the iconic Giant's Causeway, Titanic Belfast, and a picturesque tour of Derry. Cruise on Lough Erne before heading to Dublin to visit the Palladian House and the National Famine Museum. Enjoy stops at the Guinness Storehouse and the magnificent Christ Church Cathedral before heading home! Join us for this free preview of what will be a trip of a lifetime!

Instructor: Cathy Greteman, president of Star Destinations

Facilitator: Carol Myers

Day/Date: Tue, Jan 21

Time: 3-4:30 p.m.

Cost: FREE/OPEN TO THE PUBLIC

Register for only one format:

LIF175Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF175L

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

Enrollment Limit: 28

How to Listen to Jazz



Be introduced to the key elements of jazz through three sessions, exploring its origins, major styles, and techniques. Start with the roots of early jazz, move through the swing and bebop eras, and finish with modern styles like fusion and free jazz. Along the way, we'll break down essential concepts like improvisation, swing, and the jazz repertoire, helping you connect with jazz on a deeper level. Perfect for beginners, this course provides the tools to appreciate jazz with fresh ears.

Instructor: Jace Gatzemeyer, founder and principal consultant, GrantCraft Consulting, Jazz enthusiast

Facilitator: Bob Michl

Day/Dates: Tue, Feb 4, 11, 18

Time: 3-4:30 p.m.

Cost: \$20

Register for only one format:

ART154Z

Location: Zoom Live Stream

Enrollment Limit: 100

ART154L

Location: SCC-CEC, Room 213

Enrollment Limit: 24

**Climate Change Science
in Antarctica**



For over 50 years, UNL's Department of Earth and Atmospheric Sciences has been a global leader in research on our most remote continent. By drilling deep into the Antarctic ice, mud and rock and examining the cores, scientists have learned about millions of years of climate change and gained insight into changes now underway on our dynamic planet. Dr. David Harwood, who has led research teams from small, tent-based mountain camps to huge multinational Antarctic drilling projects, will offer perspectives on the science achieved and engage participants in discussions on what those findings tell us about past, present, and future climate change.

Instructor: David Harwood, professor, Stout Chair in Stratigraphy, Earth and Atmospheric Sciences, UNL

Facilitator: Clay Farris Naff

Day/Dates: Tue, Feb 4, 11, 18, 25

Time: 3-4:30 p.m.

Cost: \$25

Register for only one format:

SCI069Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI069L

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

Enrollment Limit: 28

**Backstage at the Rep:
"Shakespeare's R&J"
(Course)**



ART146L

Join director and playwright Joe Calarco for a discussion on his refreshing and contemporary adaptation of Shakespeare's tragedy "Romeo and Juliet. Broadway World" says, "Joe Calarco's electrifying interpretation of the legendary star-crossed lovers is nothing short of excellence." The director/playwright will be joined by his production design team who will discuss their concepts and show examples of their drawings, illustrations, models and more. The session will include a sneak-peek at the set, lighting, costumes and sound.

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

Facilitator: Anne Diffendal

Day/Date: Tue, Feb 25

Time: 3-4:30pm

Location: UNL Temple Building, Howell Theatre Lobby

Enrollment Limit: 50

Cost: \$10

**Nebraska Repertory Theater
Presents "Shakespeare's
R&J" (Performance)**



ART147L

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

Facilitator: Dori Bush

Day/Date: Sun, March 2

Time: 2-4:30 p.m.

Location: UNL Temple Building, Studio Theatre

Enrollment Limit: 25

Cost: \$15

Registration Deadline: Thursday, Feb. 20. *Cancellation after this date is non-refundable unless canceled by UNL.*



No Place Like Nebraska: Our Unique Campaign Finance System

CON086Z

Unlike most states and the federal government, Nebraska has no limits on how much a person can contribute to candidates running for the Unicameral and other state offices. Explore the history and overview of our unique campaign finance system, how it impacts who gets elected and the resulting impact on legislation. A tutorial will be included on accessing and using campaign finance records from the Nebraska Accountability and Disclosure Commission's "First Tuesday System."

Instructors: Kate High, OLLI member, treasurer, League of Women Voters of Nebraska; Gavin Geis, executive director, Common Cause Nebraska; David Hunter, director, Nebraska Accountability and Disclosure Commission

Facilitator: Kate High

Day/Dates: Tue, Jan 21, 28, Feb 4

Time: 7-8:30 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$20

Cancelled

WEDNESDAYS

Everything on Earth Is Chemistry

SCI064L

Explore the basics in chemistry with a somewhat selective survey of reactions, materials and a bit of biological chemistry. Discuss things that happen in nature, sample some of the larger scale chemistry which makes modern life possible, and occasionally detour into details like why capsaicin makes your mouth feel hot and take apart a molecule to see what fascinates chemists. Learn by watching PBS videos then discussing the content and examples. Discover basic chemistry which may whet your appetite for more.

Instructor/Facilitator: Esa Jarvi, OLLI member

Day/Dates: Wed, Jan 22, 29, Feb 5

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$20

Who Is Buying Nebraska Agricultural Land?

Agricultural land is an asset, particularly in Nebraska. Even though high property taxes on agricultural land in Nebraska are burdensome and interest rates and farm input costs have increased, agricultural land values have continued to increase. According to a recent survey by the University of Nebraska, land across the state increased by 5% in the past year when averaged over all classes of land. Examine who owns agricultural land across the United States, particularly in Nebraska. Several states are adopting laws restricting foreign adversaries from purchasing land near U.S. military installations. Nebraska enacted two related laws in the 2024 legislative session. In addition to agricultural production, farmland is also being purchased for other purposes, such as wind farms. Explore non-traditional uses of agricultural land.

Instructor: UNL Department of Agricultural Economics: Dave Aiken, professor; Jim Jansen, associate extension educator;



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Yanqi Xu, reporter, Flatwater Free Press;
Destiny Herbers, Roy W. Howard Fellow,
Flatwater Free Press; Mykel Taylor, professor,
Agricultural Economics and Rural Sociology,
Auburn University

Facilitator: Doug Jose

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

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

CON093Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON093L

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

Enrollment Limit: 28

Photography Using Your Mobile Device



ART001L

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

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

Facilitator: David Dyke

Day/Dates: Wed, Jan 22, 29, Feb 5

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20



Digitizing Memories



ART056L

Do you have envelopes full of negatives or slides? How 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 we will explore the process of scanning and saving those prints digitally so they will be memories forever. Please bring no more than four or five prints, negatives, or slides per person.

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

Facilitator: David Dyke

Day/Dates: Wed, Feb 12, 19, (skip 26), March 5

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

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$20

Nebraska's Film Heritage (OMAHA)



HIS116O

Nebraska has a surprisingly rich film heritage. While not synonymous with film and television the way many states are, this “flyover” state has produced more than its share of big screen and small screen talent, attracted some notable productions, and hosted some major premiers. Names and movie titles you may recognize include Fred Astaire, Henry Fonda, Marlon Brando, Johnny Carson, and Nick Nolte; “Boys Town,” “Terms of Endearment,” “On Golden Pond.” You will be amazed to learn about other notables and films you will surprisingly remember.

Instructor: Leo Adam Biga, author/journalist/
blogger

Facilitator: Bob Michl

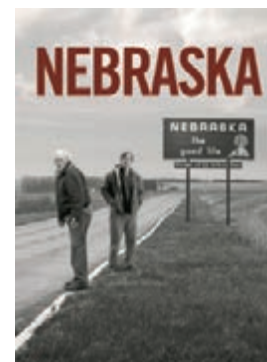
Day/Date: Wed, Feb 5

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

Location: Westside
Community Center, Room
225, Omaha

Enrollment Limit: 40

Cost: \$10



Explore Financial Literacy with Junior Achievement



Discover how Junior Achievement of Lincoln is making a difference in our community by equipping young Nebraskans with essential financial literacy skills. Delve into Junior Achievement's innovative programs that empower students to take control of their financial futures and prepare them for meaningful careers. Learn about hands-on activities and mentorships that guide students from kindergarten through high school in making informed financial decisions, exploring entrepreneurship, and understanding the global economy. Through discussions, case studies, and guest speakers, we will explore how financial literacy is taught in local classrooms, supported by partnerships with schools, businesses, and volunteers. Whether you're interested in the impact of financial literacy or looking for ways to support the next generation, this course offers valuable insights and the chance to be part of a transformative community initiative.

Instructor: Toni Rupe, president, Junior Achievement of Lincoln

Facilitator: Jeanette Wellsandt

Day/Date: Wed, Feb 12

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

Cost: \$10

Register for only one format:

LIF173Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF173L

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

Enrollment Limit: 28

Qumran: Caves, Scrolls and Buildings



The Qumran Dead Sea Scrolls are the largest collection of ancient Jewish manuscripts ever discovered. Learn about the circumstances of the discovery, the archaeology of the scroll caves and Qumran itself, and the texts themselves. Explore why the Dead Sea Scrolls count as one of the greatest archaeological discoveries of the 20th century.

Instructor: Sidnie Crawford, Willa Cather professor emeritus, UNL and visiting scholar, Princeton Theology Seminar

Facilitator: Nancy Mitchell

Day/Date: Wed, Feb 19

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

Cost: \$10

Register for only one format:

RELO30Z

Location: Zoom Live Stream

Enrollment Limit: 100

RELO30L

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

Enrollment Limit: 28



Want to Be a Saint? Organize Your Estate



When the time comes, make it easy for your loved ones to administer your estate. We will describe a practical method to organize your financial and legal affairs which will 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 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, LLC

Facilitator: Lorrie Benson

Day/Date: Wed, Feb 26

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

Cost: \$10

Register for only one format:

LIF029Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF029L

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

Enrollment Limit: 28

Civil Rights and Omaha's Athletic Legacy (OMAHA)



They rose out of segregation as racial tensions in North Omaha boiled hotter and hotter. During the civil rights era, they ascended to national prominence – Bob Boozer, Gale and Roger Sayers, Marlin Briscoe, Ron Boone, Johnny Rodgers and Bob Gibson. A neighborhood so vibrant, so unified that individual accomplishments and devastations touched every house from Tech High to Kountze Park. A neighborhood where, depending on the night, they might see Martin Luther King Jr., Malcolm X, Ray Charles, James Brown, Joe Louis, Jesse Owens or Jackie Robinson, just walking down 24th Street. A neighborhood, despite its humble size and remote location in middle America, became a progressive beacon in the national protest movement.

Omaha's black athletes of the 1950s and '60s were driven by ruthless, tireless mentors; nurtured by a fanatical rec sport culture; sharpened by hundreds of talented peers. Together in triumph, they put North Omaha on the sports map.

Instructor: Dirk Chatelain, author of "24th & Glory," author at Flatwater Free Press, and former Omaha World-Herald news reporter

Facilitator: Bob Michl

Day/Date: Wed, Feb 26

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

Cost: \$10

Register for only one format:

DIV014Z

Location: Zoom Live Stream

Enrollment Limit: 100

DIV014O

Location: Jewish Community Center, Wiesman Rm, Omaha

Enrollment Limit: 40

Sex Trafficking in Our Own Backyard



Increase your awareness of sex trafficking throughout Nebraska. Sex trafficking exists both in our cities and rural communities. Learn ways you can get involved to help prevent it.

Instructor: Paul Yates, executive director, I've Got a Name

Facilitator: Peggy Apthorpe

Day/Date: Wed, Jan 22

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON091Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON091L

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

Enrollment Limit: 28

Digital Photography



ART002L

Want to gain a greater proficiency in digital photography while using an advanced amateur camera (adjustable), mirrorless interchangeable lens camera (MILC) or digital single-lens reflex (DSLR) camera? Learn 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, Jan 22, 29, Feb 5, 12, 19, (skip 26), March 5

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

Cost: \$35

Waste Not, Want Not: Understanding Food Waste



Delve into the staggering global issue of discarded food. Explore its environmental, economic and social implications. From farm to plate we will explore the inefficiencies in the supply chain and shed light on the often-overlooked journey of food from plate to landfill. Join us in unraveling the complexities of food waste and discovering actionable steps toward a more sustainable and equitable food system.

Instructor: Melissa Landis, Senior Environmental Specialist, Lincoln Electric System

Facilitator: Peggy Apthorpe

Day/Date: Wed, Feb 5

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON092Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON092L

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

Enrollment Limit: 28

How Disordered Personalities Do Talk



L&L059L

“That’s just Harry!” We all may have encountered people who make others uncomfortable by the way they interact. What are personality disorders? What can be their basis? Learn about the criteria for various types, how they are expressed in the language a person uses, and what kinds of treatment have been shown to be effective.

Instructor/Facilitator: Wil Hass, professor emeritus, Argosy University and retired licensed psychologist

Day/Dates: Wed, Feb 5, 12, 19, (skip 26), March 5

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$25

All About Chocolate



LIF111L

Who doesn't love chocolate? Explore the history of chocolate, where it is grown and how it is produced. Discuss why chocolate is good to eat and good for you. Learn what is bad about chocolate, including child exploitation and the difficulty of addressing child labor. Taste chocolates from several different countries. Please bring a bottle of water to cleanse your palate between samples.

Instructor: Pat King, OLLI member

Facilitator: Jeanette Wellsandt

Day/Date: Wed, Feb 19

Time: 1-2:30 p.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 22

Cost: \$15 includes cost of chocolate samples



Introduction to Bridge I



LIF004L

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

Instructor/Facilitator: Henry Schuman

Day/Dates: Wed, Jan 22, 29, Feb 5, 12, 19, 26

Time: 1-3 p.m.

Location: Lincoln Duplicate Bridge Club, Second Floor

Enrollment Limit: 36

Cost: \$35

A Guided Tour of the Joslyn Art Museum (OMAHA)



ART1510

In 1928, Sarah Joslyn donated over \$3 million to fund an arts center for the citizens of Omaha. Over the years, multiple capital construction and renovation projects have improved the experience for visitors. Get a guided tour of the recently reopened art museum's permanent collection, and a listen to a presentation on "How to Look at Art." After that, you are welcome to stay and enjoy the multiple galleries and the museum shop.

Instructor: Joslyn Art Museum Gallery Volunteers

Facilitator: Bob Michl

Day/Date: Wed, Feb 26

Time: 1-3 p.m.

Location: Joslyn Art Museum, Omaha

Enrollment Limit: 30

Cost: \$10



A Smoky Mountain Fall Getaway with OLLI



Learn about OLLI's September 2025 captivating journey through the stunning landscapes and rich culture of the Southern Appalachians. The adventure begins at the majestic Biltmore Estate, where the Vanderbilt legacy comes alive amid autumnal decor. After savoring seasonal delights at Antler Hill Village, we'll explore the picturesque vineyards at the Biltmore Winery. The next day takes us to The Apple Barn Cider Mill, a true apple lover's paradise, before we arrive in Pigeon Forge, where Dollywood's Harvest Festival lights up the night with glowing jack-o-lanterns. In Nashville, immerse yourself in country music history at the iconic Ryman Auditorium, and experience a live Grand Ole Opry show. We'll also visit the breathtaking Cheekwood Estates and the Parthenon replica, finishing our trip with a farewell dinner to share cherished memories. Don't miss out on hearing about this unforgettable experience filled with delightful flavors, scenic views, and rich cultural insights!

Instructor: Cathy Greteman, president of Star Destinations

Facilitator: Carol Myers

Day/Date: Wed, Jan 22

Time: 3-4:30 p.m.

Cost: FREE/OPEN TO THE PUBLIC

Register for only one format:

LIF176Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF176L

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

Enrollment Limit: 28

The Magic of the Metropolitan Opera: “Aida”



ART148L

“Aida” is a tragic opera in four acts by Giuseppe Verdi. Set in the Old Kingdom of Egypt, it was commissioned by Cairo’s Khedivial Opera House and had its premiere there in December 1871. Today the work holds a central place in the operatic canon, receiving performances every year around the world. At New York’s Metropolitan Opera alone, “Aida” has been sung more than 1,110 times since 1886. Listen to and discuss the history of this opera; its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

Facilitator: Dori Bush

Day/Date: Wed, Jan 22

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: “Fidelio”



ART149L

“Fidelio” is the only opera by German composer Ludwig van Beethoven. The libretto was originally prepared by Joseph Sonnleithner and later rewritten by Beethoven’s friend Stephan von Breuning, shortening the work from three acts to two. The libretto tells how Leonore, disguised as a prison guard named “Fidelio,” rescues her husband Florestan from death in a political prison. Listen to and discuss the history of this opera; its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

Facilitator: Dori Bush

Day/Date: Wed, March 5

Time: 3-4:30 p.m.

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

Enrollment Limit: 50

Cost: \$10



Mat Pilates



H&W051L

Improve balance, posture and coordination through this non-impact core strengthening course. Movements will take place on the floor and teach us to use various muscle groups through whole body movements. Mats and any other necessary equipment will be provided.

Instructor: Vanessa Delany, certified PHI Mat Pilates, National Exercise Trainers Association for group fitness and personal training, certified yoga instructor, Genesis Health Clubs

Facilitator: Kathy Grubbe

Day/Dates: Wed, Jan 22, 29, Feb 5, 12, 19, 26

Time: 3-4 p.m.

Location: Genesis Health Club

Enrollment Limit: 25

Cost: \$35

THURSDAYS

Gentle Yoga



H&W001Z

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

Instructor/Facilitator: Casey Bogenrief, Yoga Instructor

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

Time: 9-10 a.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$35

Meet Your New Neighbors



L&L061L

Who are these people coming from many foreign countries to Lincoln, Nebraska to find a new home? Here's your chance to meet them and gain an understanding of who they are, where they are from and why they left their homes in foreign lands. Listen to their stories and ask questions about them and their countries. Meet one or more persons from two different countries who have been practicing their new language at Lincoln Literacy, a local nonprofit supporting new immigrants in learning English. Broaden your knowledge of the world and get to know your new neighbors.

Instructor: Mike Malloy, coordinator, Volunteer Training and Donor Stewardship, Lincoln Literacy

Facilitator: Ken Gobber

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

Time: 9-10:30 a.m.

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$20

HoriSun Hospice Community Foundation
402-484-6444

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

www.horisunfoundation.org | Phone: 402-484-6444

Hospitality Excellence: A Tour of the Scarlet Hotel



LIF127L

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

Instructors: Patrick Murphy, director, Sales, The Scarlet Hotel; Ajai Ammachathram, program director, Restaurant and Tourism Management and associate Professor, extension specialist and global engagement coordinator, College of Education and Human Sciences, UNL

Facilitator: Charlotte Frank

Day/Date: Thu, Feb 27

Time: 9-10:30 a.m.

Location: The Scarlet. Park in meters around Innovation Campus. Pay for parking through the Passport app on your phone.

Enrollment Limit: 25

Cost: \$10

The Rise of Hitler and the Third Reich



We are still fascinated and horrified. The citizens of Post WWI Germany were the best educated and among the most sophisticated in the world. Yet Adolph Hitler emerged as their leader, even though he foretold the things he would do –things that caused unimaginable horror. How could that happen then, and could it happen again? Although some of the content deals with the war and holocaust-related issues, this is not a course on WWII, but rather about the Nazis and Hitler's rise.

Instructor/Facilitator: Dick Dienstbier, professor emeritus, Psychology, UNL

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

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

Cost: \$35

Register for only one format:

HIS112Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS112L

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

Enrollment Limit: 28



Hearty Winter Soups and Sliders



LIF170L

What's better than a warm bowl of soup and a toasty slider sandwich on a cold winter day? Learn how to prepare hearty, tasty soups that comfort and nourish, alongside creative sliders packed with bold flavors. For each session, bring a 5-cup container for soup, and a flat container for sliders to take home your delicious creations.

Instructor: Kathi Huenink, self-proclaimed foodie

Facilitators: Carla Fetch and Jeanette Wellsandt

Day/Dates: Thu, Jan 30, Feb 6

Registration Deadline: Thu, Jan 23.

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

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

Location: UNL Ruth Leverton Hall, Rm 206

Enrollment Limit: 14

Cost: \$30 includes cost of course plus supplies

Prehistoric Caves and Rock Art



ART153L

Why did prehistoric men feel the need to draw in caves, on rock shelters, cliffs and even large boulders? Were these drawings done by Neanderthals or modern men? What did these drawings mean? Discuss the seven most important rock and cave art sites, including Lascaux and Altamira. Check out some other interesting sites throughout the world and note their similarities and differences.

Instructor/Facilitator: Pat King, OLLI member

Day/Date: Thu, Feb 13

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

Location: SCC-CEC, Rm 404

Enrollment Limit: 24

Cost: \$10



Mediterranean Diet for Health



H&W074L

The Mediterranean diet is a foundation for healthy eating that can reduce the risk of heart disease, metabolic syndrome, diabetes, depression and memory loss. Learn how easy it can be to bring the Mediterranean diet to your plate with simple everyday changes. Food tasting and sample menus will be provided.

Instructor: Jennifer Dunavan MS, RDN

Facilitator: June Ryan

Day/Date: Thu, Feb 20

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

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

Enrollment Limit: 30

Cost: \$25, includes food samples

This Is Not the Journalism I Remember



The advent of the digital revolution has accelerated the ongoing changes in journalism. Today, those of us in the OLLI demographic may not even recognize the news media and are wondering why there aren't as many newspapers; why newspapers have fewer pages; why radio seems to be all talk; what to make of all the new media. Hear from two newspaper editors about the changes in their medium; from a former broadcast journalist and journalism professor about what's happened in broadcast news; from the heads of the Nebraska Newspaper Association and the Nebraska Broadcasters Association about the overall outlook on the state and then hear from two alternative news media that have sprung up to try to meet the changing needs.

Instructors: Charlyne Berens, professor emeritus, Journalism and Mass Communications, UNL; Dave Bundy, editor, Lincoln Journal Star; David Stoeffler, chief executive officer, Springfield Daily Citizen; Jerry Renaud, professor emeritus, Journalism and Mass Communications, UNL; Nancy Finken, chief content officer, Nebraska Public Media; Matthew Hansen, editor, Flatwater Free Press; Matt Wynn, publisher, Flatwater Free Press; Cate Folsom, editor, The Nebraska Examiner

Facilitators: Charlyne Berens and Gene Stohs

Day/Dates: Thu, Jan. 23, 30, Feb. 6, 13

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

CON009Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON009L

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

Enrollment Limit: 28

The Cave Beneath Lincoln: Robber's Cave Tour



HIS114L

Explore this 2020 addition to the National Register of Historic Places and learn about the infamous and notorious Robber's Cave. Tour the cave and discover its fascinating past, including the cave's ownership through the past century and beyond as well as hear about the legends who used the cave. Learn about not only the geological and man-made origins of the cave but hear entertaining anecdotes along the way.

Instructor: Joel Green, author of "Robber's Cave: Truths, Legends, Recollections"

Facilitator: Jeanette Wellsandt

Day/Date: Thu, Feb 20

Time: 1-2:30 p.m.

Location: Robber's Cave. Park in the lot on the east side of the building and enter at the front door. The tour requires several stairs and walking on uneven ground.

Enrollment Limit: 30

Cost: \$20

GET YOUR GAME ON!

Do you love to play games? OLLI at UNL has opened a relationship with the Spielbound Board Game Café in Omaha. Once a month, beginning on January 17, join other OLLI members at Spielbound's, 3229 Harney Street, in Omaha, for a fun-filled afternoon of board games. OLLI members may attend, at no cost, on Friday, January 17, February 21, March 21, April 18, May 16, and June 20, from 1:00-3:00 pm.

Sit at custom-made game tables, enjoy the best locally roasted coffee drinks around, craft beers, mouth-watering pizza and snacks, and the largest selection of playable board games in the U.S.

No registration necessary. Just show up wearing your OLLI badge and join in the fun!

Should Nebraska Adopt Ranked Choice Voting? (OMAHA)



Find out why ranked choice voting could improve Nebraska's government and give voters the power they deserve. Instead of casting a ballot for one candidate in a race, voters rank candidates by preference on their ballots. Explore how ranked choice voting ensures we are always represented by someone who has received a majority vote.

Instructor: Wes Dodge, attorney, vice president, Rank the Vote Nebraska

Facilitator: Kate High

Day/Date: Thu, Feb 27

Time: 1-2:30 p.m.

Cost: \$10

Register for only one format:

CON090Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON0900

Location: Jewish Community Center, Wiesman Rm, Omaha

Enrollment Limit: 40

CON090L

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

Enrollment Limit: 28



Art and the Machine: A Participatory Theater Workshop



ART155L

Join artists Ash Eliza Smith, Robert Twomey, and their team for a participatory theater workshop that will allow participants to co-create with generative AI a brand-new radio play inspired by the recent PBS documentary “Leonardo da Vinci.” Attendees will be guided through how to craft effective prompts for generative AI programs to create a short theater work, which will then be performed as part of a public event later that day. This workshop is ideal for those with interests in art and technology who are curious about how new large-language AI models can be utilized for creative pursuits.

Presented by Nebraska Public Media, the Sheldon Museum of Art, and the Johnny Carson Center for Emerging Media Arts. A Speculative Devices and Cohab Labs co-production.

Instructors: Ash Eliza Smith, professor, Johnny Carson Center for Emerging Media Arts, UNL; Robert Twomey, professor of Visual Arts, University of California-San Diego

Facilitator: Anne Diffendal

Day/Date: Thu, Jan 23

Registration Deadline: Monday, Jan 20.
Cancellation after this date will be non-refundable, unless cancelled by OLLI.

Time: 1-4:30 p.m.

Location: Sheldon Museum of Art, Auditorium

Enrollment Limit: 15

Seats will be held for workshop participants at the evening performance event; no additional registration is required. A boxed supper will be provided.

Cost: \$10



Art and the Machine: A Leonardo Da Vinci Event



ART156L

Leonardo da Vinci was an artist and inventor ahead of his time, a speculative designer of machines and inventions that were too sophisticated to be realized in his day. Join us for a free event inspired by his boundary-pushing curiosity, featuring the performance of an original participatory theater production co-created by OLLI members and generative AI under the guidance of artists Ash Eliza Smith, Robert Twomey and their team. The event will also feature an excerpt from the recent PBS documentary “Leonardo da Vinci” that inspired the play, plus insights into this unique artistic process that merges human creativity with artificial intelligence.

Presented by Nebraska Public Media, Sheldon Museum of Art, and UNL’s Johnny Carson Center for Emerging Media Arts. A Speculative Devices and Cohab Labs co-production

Day/Date: Thu, Jan 23

Time: 5:30-6:30 p.m.

Facilitator: Anne Diffendal

Location: Sheldon Museum of Art, Auditorium

Enrollment Limit: 50

Cost: FREE/OPEN TO THE PUBLIC

Parking is available at the Sheldon Art Museum at meters on the street or Que Parking Garage, 1111 Q Street.

Nancy Drew: It's a Mystery

Smart. Sophisticated. Independent. Fashionable. Fearless. Role Model. Nancy Drew is all of these and so much more—a timeless character that has trailblazed through generations of fans since 1930—95 years. No matter the baffling mystery, the suspenseful cliffhanger or the dastardly peril Nancy faced, she was always determined to solve a mystery and help others. A classic and timeless sleuth, Nancy Drew has endured through time from her plucky out-in-the-world style beginning in 1930 to a modern latte-drinking heroine. Each succeeding generation of readers has passed them down to siblings, to children, to grandchildren. Learn about Nancy Drew Sleuths annual conventions, the Carolyn Keene ghostwriters, Nancy Drew history and Nancy Drew Book clubs.

Instructors: Lynn Roper, retired senior vice president, Merrill Lynch and self-taught historian; Jennifer Fisher, President, Nancy Drew Sleuths

Facilitator: Jeanette Wellsandt

Day/Dates: Thu, Jan 23, 30

Time: 3-4:30 p.m.

Cost: \$15

Register for only one format:

HIS115Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS115L

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

Enrollment Limit: 28

Good Time Show Games

LIF174L

Who's got game? Whether you simply watch as a member of the audience and quietly play the game to yourself... cheer on your fellow game time contestants... or want to participate to win and play for pride and prizes, this promises to be a good time playing "game show." We will play a variety of games

in a group setting as time allows. We have the answers; do you know the questions on "Jeopardy"? Spin the wheel to solve word puzzles on "Wheel of Fortune." Compete to name the most popular answers to survey questions on "Family Feud." Align your own personal life experiences to win a game of "Life Experience Bingo." Test your knowledge of merchandise prices to see if the "Price is Right." What are you waiting for? Come on down!

Instructor: Kevin Orth, director, Pre-Need Planning and Community Outreach, Butherus, Maser & Love Funeral Home

Facilitator: Abi Shelbourn

Day/Dates: Thu, Feb 13, 20

Time: 3 -5 p.m.

Location: Eastmont

Enrollment Limit: 20

Cost: \$15

Against the Odds: Jewish Refuge and Resurgence in Post-War Germany

REL029Z

Explore the untold story of over 200,000 Jewish refugees and Holocaust survivors who sought temporary asylum in post-World War II Germany. Occupying forces established Displaced Persons (DP) Camps, becoming a sanctuary for these individuals preparing for new lives in the United States and Israel. Explore insightful glimpses into the challenges and resilience of Jewish life in immediate post-war Germany, unraveling a lesser-known chapter of history. Join us to discover stories of survival, hope, and the enduring human spirit.

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

Facilitator: Bob Michl

Day/Date: Thu, Feb 20

Time: 6:30-8 p.m.

Location: Zoom Live Stream

Enrollment Limit: 100

Cost: \$10

FRIDAYS

“Fri-Yay” Fitness Club



LIF003L

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

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

Instructor: Madie Ewing, graduate assistant and personal trainer

Facilitator: Brad Dwiggin

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

Time: 8:30-10 a.m.

Location: UNL Recreation and Wellness Center, Rm 110

Enrollment Limit: 24

Cost: \$35

Which Lincoln Assisted Living Community May Be Right for You?



LIF119L

Tour five assisted living Communities in Lincoln and learn about the levels of care and amenity options. In the first session, we will learn the aspects to consider when selecting an assisted living community, to ensure social, physical, medical, and financial needs are met. Each week we will tour one of five assisted living communities in Lincoln gathering information specific to each community learning about the type and number of units, costs, special amenities,

and dining options. Assisted Living is resident and family driven. Levels of care options vary. Assisted Living Communities have very different features. Start your search by learning about the different personalities of assisted living communities.

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

Facilitator: Carla Fetch

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

Time: 9-10:30 a.m.

Locations: Jan 24, Bridge to Better Living; Jan 31, Yankee Hill Village; Feb 7, Bailey Pointe Assisted Living; Feb 14, Fallbrook Assisted Living and Memory Care; Feb 21, Aviva Woodlands, 9421 Gable Pines Rd.; Feb 28, The Lexington, 5550 Pioneers Blvd.

Enrollment Limit: 12

Cost: \$35

Who Are You, Anyway? An Introduction to the Science of Human Nature



Theologians, philosophers, and everyday people have long pondered what makes people tick, but at long last a genuine science of human nature is emerging. Explore the evolution of human nature, examining the biological bases and cultural factors that shape our instincts, feelings, thoughts, and behaviors. Look back at their prehistoric origins, taking care to separate speculation from evidence-based inferences, and discuss how human nature plays out in our private lives and on the stage of global civilization today.

Instructor: Clay Farris Naff, member of the National Association of Science Writers, former science correspondent, “The Humanist” Magazine

Facilitator: Bill Latenser

Day/Dates: Fri, Jan 31, Feb 7, 14

Time: 9-10:30 a.m.

Cost: \$20

Register for only one format:

SCI067Z

Location: Zoom Live Stream

Enrollment Limit: 100

SCI067L

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

Enrollment Limit: 28

Succulent Garden Savvy**SCI049L**

Add an indoor garden to your living space this winter by creating a succulent container garden. Learn the basics of succulent plants and how to select and care for plants in small containers. You will have the pleasure of selecting plants and creating our own gardens to take home.

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

Facilitator: Lorrie Benson

Day/Date: Fri, Feb 21

Time: 9-10:30 a.m.

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

Enrollment Limit: 24

Cost: \$30 including course fee and supplies: choice of 5 succulent plants, container, media, and decorator items. Additional plants can be purchased from the UNL Horticulture Club immediately following the class session. Attendees may bring their own succulent or bonsai dish if they desire, having a maximum size of 2" interior depth and diameter of 8".

**Get Real Estate Savvy**

Dive into the exciting world of real estate with confidence and clarity. Whether you're buying, selling, or simply exploring your options, gain insider knowledge and secrets from seasoned experts who will break down the complexities of real estate into bite-sized, easy-to-understand steps. From mastering the buying and selling process to exploring smart investment opportunities and understanding financial and legal considerations, get empowered with the skills and insight you need. Get ready for lively discussions, interactive activities, and practical tips that will leave you feeling knowledgeable, inspired, and ready to take the next step in your real estate journey.

Instructor: Alicia Chrastil, realtor

Facilitator: Jeanette Wellsandt

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

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

Cost: \$25

Register for only one format:

LIF169Z

Location: Zoom Live Stream

Enrollment Limit: 100

LIF169L

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

Enrollment Limit: 28

Great Decisions 2025**Part I**

We will discuss major foreign policy issues facing the United States. The Foreign Policy Association has selected eight topics, and we will cover four in winter Term 3. The class will continue in spring Term 4 to cover the remaining topics. Each topic will be covered through FPA's 25-minute "Master Class" video lecture as well as written articles. You will be expected to read articles prior to watching the video each day of the class. Topics to be discussed in Term 3 include American Foreign Policy at a Crossroads, Changing Leadership of the World Economy, U.S.-China Relations, and International Cooperation on Climate Change. Class members may purchase the "Great Decisions Briefing Book" on-line at www.fpa.org.

Instructor: Marvin Almy, OLLI member

Facilitator: Jim McLoughlin

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

Time: 1-2:30 p.m.

Cost: \$35

Register for only one format:

CON089Z

Location: Zoom Live Stream

Enrollment Limit: 100

CON089L

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

Enrollment Limit: 28

Caring for and Sharing the Land



Land stewards in southeast Nebraska from the Nature Conservancy, Solidago Conservancy, the Audubon Society, and tribal nations discuss how they are preserving and revitalizing our prairies, woodlands, and waterways. Learn about the vibrant Land Back movement of Indigenous people and how land stewards are working together to return land to tribal nations and to create new ways of sharing the land. This is a part of the “Walking in the Footsteps of our Ancestors: Re-Indigenizing Southeast Nebraska” project,

a partnership of the Center for Great Plains Studies and the Otoe-Missouria Tribe that is funded by the Mellon Foundation. The instructors are the co-founders of the Reconciliation Rising project that showcases how Indigenous and non-Indigenous people are working together to heal from the past and imagine new futures.

Instructors: Margaret Jacobs, director, Center for Great Plains Studies; Kevin Abourezk, journalist, activist and member of the Rosebud Sioux Tribe

Facilitator: Lynn Roper

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

Time: 1-2:30 p.m.

Cost: \$25

Register for only one format:

HIS111Z

Location: Zoom Live Stream

Enrollment Limit: 100

HIS111L

Location: SCC-CEC, Rm 213

Enrollment Limit: 24

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EVENTS *All events are in-person unless otherwise noted.*



“French Impressions” with the Lincoln Symphony Orchestra

ART150L

A French soirée! The program opens with Lili Boulanger’s “D’un Soir Triste” (Of a Sad Evening) and is followed by internationally acclaimed pianist Mark Markham performing Ravel’s “Piano Concerto for the Left Hand.” After intermission, Markham joins LSO again to perform Cécile Chaminade’s vivacious “Concertstück for Piano and Orchestra.” The program closes with Debussy’s masterpiece, “La Mer.”

Day/Date: Sat, Jan 25

Time: 7:30-10 p.m.

Registration Deadline: Thursday, Jan 16.

Cancellation after this date is nonrefundable unless cancelled by OLLI.

Facilitator: Dori Bush

Location: Lied Center for Performing Arts

Enrollment Limit: 20 Reserved Seats

Cost: \$35

Lunch and Learn: A Taste of Lincoln

DIV015L

Join us at the Afghan Village Cuisine for lunch. Last March the Lincoln Journal Star described the restaurant as “like eating in an Afghan home.” Owner Elias Dawary will be on hand to explain the various choices in the buffet-style dining. There will also be a chance to learn about seasonal, easy on the palate specialties and the time-consuming preparation process. After everyone eats, we will have time to visit with Mr. Dawary about his homeland and journey to Lincoln Nebraska.

Presenter: Elias Dawary, owner

Facilitator: Cherie Bayley

Day/Date: Tue, Feb 18

Time: 11:30 a.m. – 12:30 p.m.

Registration Deadline: Tue, Feb 11.

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

Location: Afghan Village Cuisine, Lincoln.

Parking is available in front of and behind the building.

Enrollment Limit: 18

Cost: \$30



Tiny Lanes, Big Strikes: Mini Bowling

LIF171L

Enjoy the fun and camaraderie of mini bowling. The rules are the same as traditional bowling, but everything is scaled down. The bowling balls are smaller, about the size of a grapefruit, weigh about 2 ½ pounds and have no holes; the lanes are about half the distance, about one foot off the ground. Half the size, twice the fun! No prior bowling experience or knowledge needed.

Day/Date: Thu, Feb 27

Time: 3 -5 p.m.

Registration Deadline: Thursday, February 20.

Cancellation after that date will be non-refundable unless cancelled by OLLI.

Facilitator: Jeanette Wellsandt

Location: Bob and Willie’s Wonderbowl-Lincoln

Enrollment Limit: 15

Cost: \$30



Game Night with OLLI

LIF060L

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

Day/Date: Mon, March 3

Time: 4:30-7 p.m.

Cancellation Deadline: Monday, Feb 24.
Cancellation after that date will be non-refundable unless cancelled by OLLI.

Facilitator: Bob Michl

Location: Eastmont

Enrollment Limit: 40

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

OPEN TO THE PUBLIC

In Crane View Day Trip (GIBBON & WOOD RIVER)

SCI068L

One of Nebraska's greatest attractions is the annual arrival and departure of thousands of Sandhill cranes and other migratory birds to replenish their fuel as they graze and roost in and around the fertile fields along the Platte River. Enjoy this phenomenon by going on a day trip that will entail a self-guided tour at the Audubon Visitor's Center and accompanying trails in Gibbon, followed by a dinner at the Rainside Diner. You will then have the opportunity to travel to Wood River and enjoy the guided Footbridge Evening Tour at the Crane Trust Viewing along the north channel of the Platte River before returning to Lincoln. Dress for the weather and be prepared to walk up to a mile between the Footbridge and the trails at the Audubon Center.

Tour includes Love's Travel Shop in Aurora, Iain Nicolson Audubon Center at Rowe Sanctuary, the Rainside Grill in Gibbon, and the Footbridge Tour in Wood River.

Facilitator: Helen Meeks

Day/Date: Wed, March 19

Registration Deadline: Wednesday, Feb 26.
Cancellation after that date will be non-refundable unless cancelled by OLLI.

Time: 12 p.m.- 10:45 p.m.

Location: Meet at the Lincoln Gateway Mall parking lot north of Dillard's parking deck to board the bus. Depart Gateway Mall at 12 p.m. Personal vehicles can be parked in this area for the day.

Enrollment Limit: 55

Cost: \$75 includes travel, dinner and footbridge tour

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INTEREST GROUPS

An OLLI interest group is a group of OLLI members who have a hobby or special interest in particular topic and want to share experiences with others. There are several in place and new ones are encouraged to form at any time. You must be an OLLI member to participate. There is no need to register and there is no fee. Information about starting a new interest group is available online at: <https://olli.unl.edu/special-interest-groups>.

Questions? Contact Doug Wood, wooddb137@gmail.com. **For location information or Zoom meeting links, contact the coordinator(s) listed.**

Art Appreciation

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

Coordinator: Michael Farrell, mfarrell.1st@gmail.com

Day/Date: Third Sunday of the month

Time: 1-3 p.m.

Location: WallSpace-LNK, 1624 S. 17th, Lincoln (17th & Sumner St.)

Visit the WallSpace-LNK website at <https://wallspace-lnk.com>

Baseball

The OLLI baseball interest group is an opportunity for all OLLI baseball fans to get together once a month and discuss all things baseball. The group may assist in developing OLLI special events or travel programs involving baseball.

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

Day: 2nd Tuesday of each month

Time: 3-4:30 p.m.

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

Biking the Trails (Lincoln)

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

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

Meets: Weekly rides during the warm season months

Biking the Trails (Omaha)

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

Coordinator: Audrey Paulman, apaulman@me.com

Meets: Thursday mornings

Time: 9:30 a.m.

Bridge Players

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

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

Coffee and Conversation

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

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Every Tuesday

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

Conversational Spanish-Over Zoom

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

Coordinator: Jack McGann,
jackmcgann1@mac.com.

Contact the coordinator for the Zoom link.

Day: Tuesdays

Time: 1-2:30 p.m.

German Language and Culture

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

Coordinators Ken Gobber,
kengobber@hotmail.com; David Dyke,
drdrdmd@me.com

Day: 1st and 3rd Wednesday of each month

Time: 3-4:30 p.m.

International Affairs

Offering engaging conversations on topics of current international importance. The leaders introduce topics and raise stimulating questions for participants to discuss.

Coordinator: Peter Levitov, plevitov1@unl.edu
Discussion Leaders: Dave Forsythe, Professor Emeritus, Political Science, UNL; Peter Levitov, Associate Dean Emeritus, International Affairs, UNL; Roger Lempke, retired Major General; Wes Peterson, professor, Agricultural, Economics, UNL

Day: First Wednesday of each month, September through May

Time: 3-4:30 p.m.

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

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

Meditation

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

Coordinator: Margaret Rickers,
mrickers14@gmail.com

Day: Second Thursday of each month

Time: 1:30 p.m.

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

My Backyard

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

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

Day: Last Tuesday of each month

Time: 10-11:30 a.m.

Matinee at the Ross

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

Coordinator: Dori Bush, dbush2508@gmail.com

Day: Friday

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

Out to Lunch

Coordinator: Nancy Whitman, newhit34@gmail.com, 402-488-8416
Contact Nancy Whitman for more information.

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

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

Omaha Lunch League

Coordinator: Audrey Paulman, apaulman@me.com

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

Location: Various eating establishments in and around Omaha. RSVP to coordinator is required.

Politics

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

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

Day: Third Thursday of each month

Time: 3-4:30 p.m.

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

Reading Groups

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

Coordinator: Kay Rockwell, krockwell1@unl.edu

Science & Technology

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

Coordinators: Craig 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: Third Friday of the month

Time: 2-3:30 p.m.

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

Story Analysis

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

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

Time: 4 p.m.

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

Table Tennis

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

Coordinator: Larry McClure, lmerkmcclure@yahoo.com

Days: Tuesdays and Thursdays

Time: 12:30-2 p.m.

OLLI-UKES (Ukulele)

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

Coordinator: Julia Larson, jl Larson9342@gmail.com

Day: Third Thursday of the month

Time: 1 p.m.

Locations: Varies-Lincoln libraries during the winter months; Antelope Park Bandshell during the summer months.

Walking Lincoln

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

Coordinator: Mike Carlson,
mcarlson314@gmail.com

Day: Monday

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

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

Walking Omaha

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

Coordinator: Amy Owens,
ajowens1928@outlook.com

Day: 2nd and 4th Tuesdays of the month

Time: 9 a.m.

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

Writers Group

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

Coordinator: Gail Hollarbush,
ghollarbush@gmail.com

OLLI Member Discounts

Angels Theatre Company

Offers a ticket discount to OLLI members.
angelscompany.org

Arts for the Soul

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

Friends of the Mary Riepma Ross Media Arts Center

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

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

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

Lincoln Community Playhouse

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

OmniArts Nebraska

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

University Bookstore

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

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

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

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

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

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

RELEASOR (Signed)

RELEASOR (Printed)

DATE

REGISTRATION Complete one form for EACH person.

First Name _____ Last Name _____

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

Preferred name for badge _____ Birthdate _____
 Address _____ City _____ State ____ Zip Code ____
 E-mail Address _____
 Phone: Home _____ Cell _____
 If you are a **new member referred** by a current OLLI member, who was it? _____

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

I would like to be assigned an OLLI ambassador.

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

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

Course or Event Registration:		
Number	Name	Cost
Total Payment (Membership + Course Cost + Event Cost)		

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

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

General Information and Policies

Animal/Pet Policy

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

Course Recording Policy

OLLI at UNL selects certain courses to record for future use. Recordings are not shared with members due to missed sessions. Recorded courses are edited, archived, and used for future instructional purposes.

Drop a Course or Event

Please notify the OLLI office 24 hours prior to the date and time of the first session of the course/event you want to drop, during business hours, Monday-Friday. This policy does not apply to courses and events with cancellation deadlines.

Email Notifications

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

Guest Policy

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

Membership

Memberships are non-transferable and non-refundable.

Postponed, Cancelled or Full Courses

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

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

Weather-Related Cancellations

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

UNL East Campus Parking Permits

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

Parking permits are:

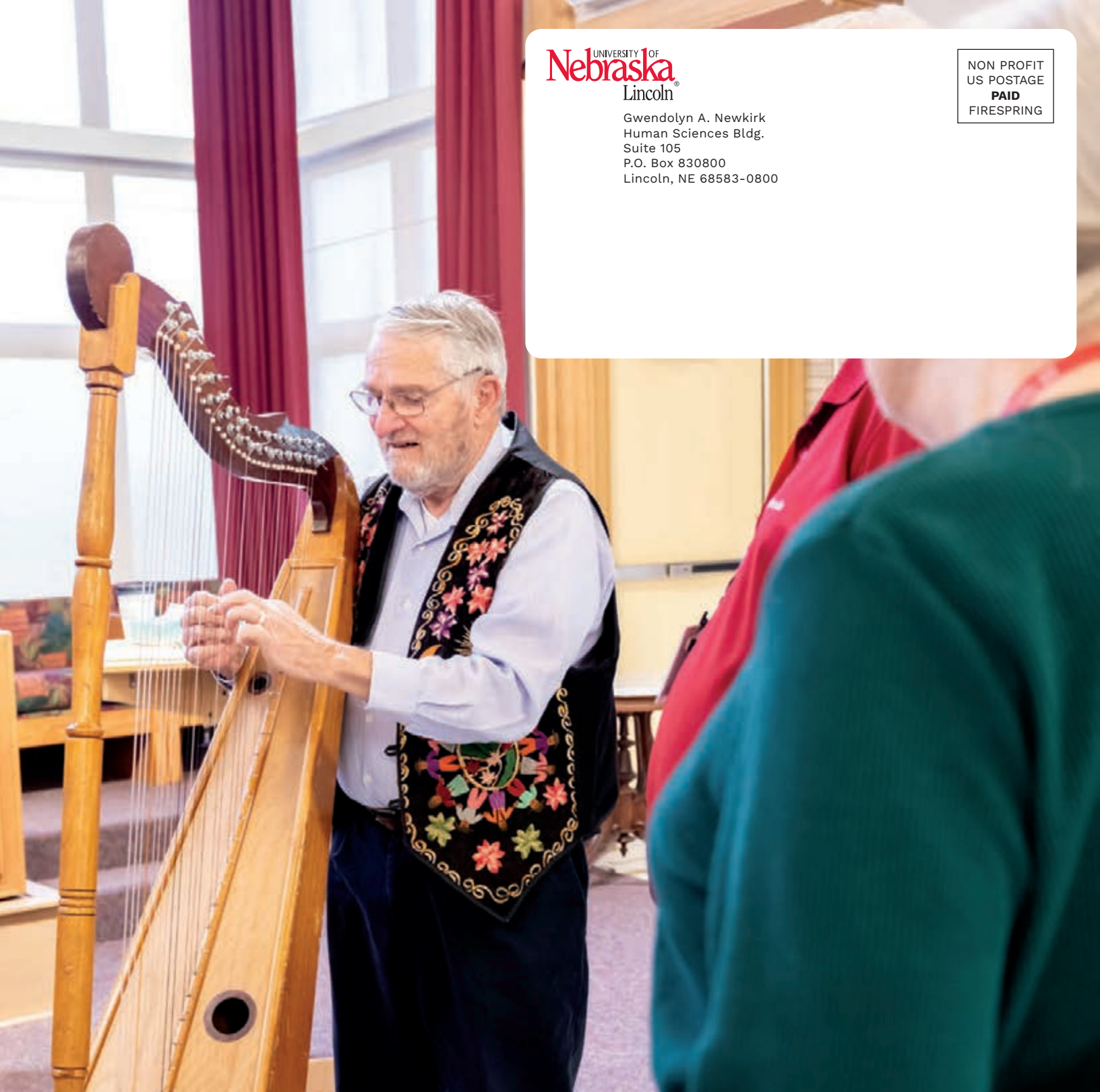
- Included in the course fee unless otherwise indicated
- Available in the OLLI office the week prior to the course or event stated date
- Valid only on the day/dates/times/lot indicated on the permit.
- Not valid for metered parking, visitor parking or reserved parking spaces
- For handicap parking,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

All times are Central Time (CT).

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