

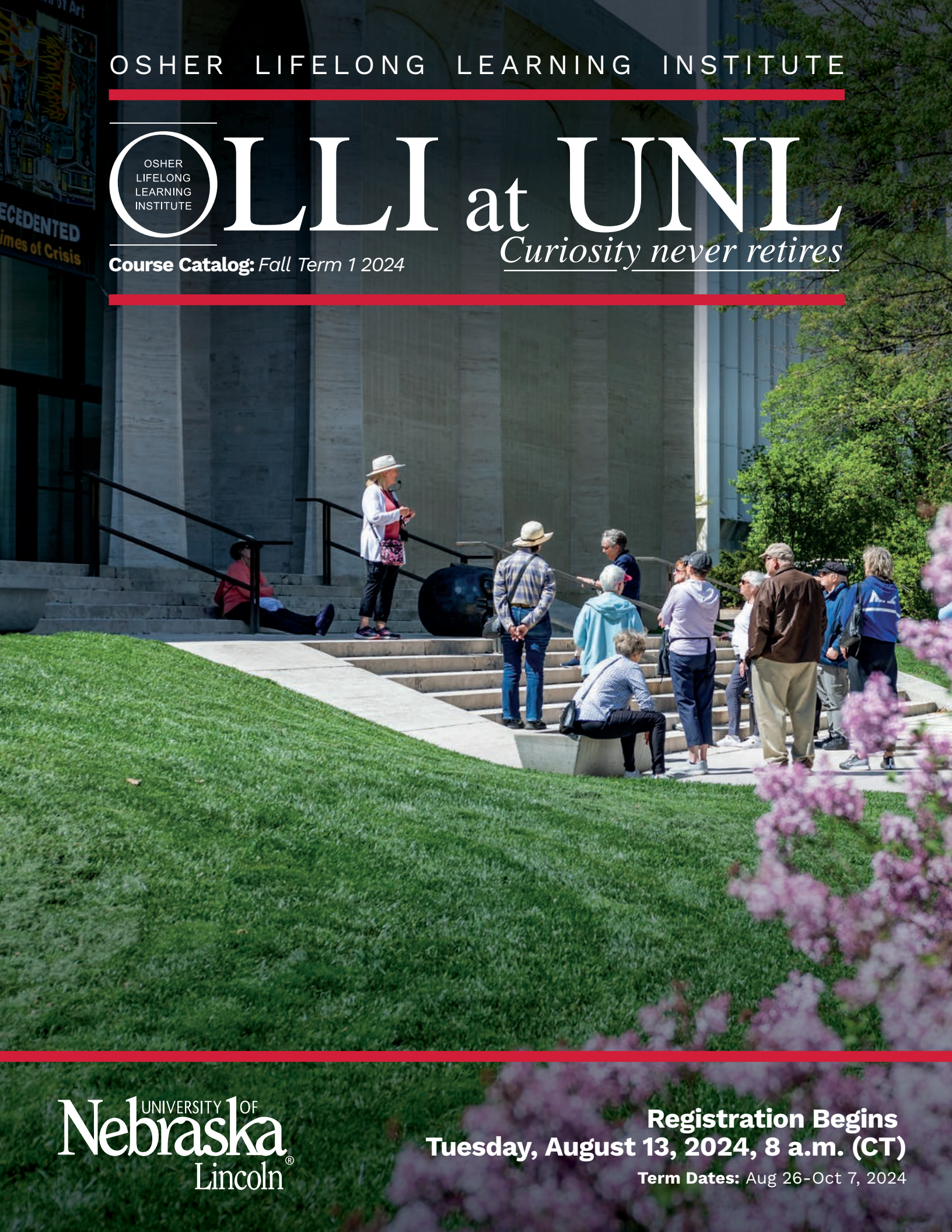
OSHER LIFELONG LEARNING INSTITUTE

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# OLLI at UNL

*Curiosity never retires*

Course Catalog: Fall Term 1 2024



UNIVERSITY OF  
**Nebraska**  
Lincoln®

**Registration Begins**  
**Tuesday, August 13, 2024, 8 a.m. (CT)**

**Term Dates:** Aug 26-Oct 7, 2024

# schedule at a glance

All times are Central Time

## CANVAS

Online, on demand. Watch at your convenience.

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## MONDAYS

|                    |  |    |
|--------------------|--|----|
| 9-10:30 a.m.       | Behind the Scenes at Morrill Hall  | 12 |
| 9-10:30 a.m.       | Walking Lincoln's Piedmont Neighborhood                                      | 12 |
| 9-10:30 a.m.       | Water for Food: The High Plains/Ogallala Aquifer                             | 12 |
| 9-12:30 p.m.       | Saving a Life with CPR   | 13 |
| 11 a.m.-12:30 p.m. | Crossing the Digital Divide: A Guide for Seniors                             | 13 |
| 11 a.m.-12:30 p.m. | From Click to Connect: Exploring Digital Devices and Email                   | 13 |
| 11 a.m.-12:30 p.m. | Healing Notes: The Therapeutic Power of the Harp                             | 13 |
| 1-2 p.m.           | Pickleball: Fun, Fitness & Friendship  | 14 |
| 1-2:30 p.m.        | Behind the Scenes at Morrill Hall  | 12 |
| 1-2:30 p.m.        | Hidden History: The Grayson Sisters' Escape                                  | 14 |
| 1-2:30 p.m.        | Restoring Voting Rights in Nebraska  | 15 |
| 1-2:30 p.m.        | The Politics of Punishment: Implications of Being the World's Largest Jailer | 15 |
| 3-4:30 p.m.        | Adventures in Food Science: From Fermentation to Agriculture 2.0             | 15 |
| 3-4:30 p.m.        | Fall Prairie Stroll at Pioneers Park   | 16 |
| 3-4:30 p.m.        | How the U.S. Deals with Foreigners: Immigration 101                          | 16 |
| 5:30-7 p.m.        | Religion in Today's Society: Exploring Its Influence                         | 16 |

## TUESDAYS

|                    |   |    |
|--------------------|---|----|
| 9-10:30 a.m.       | Your Inner Fish   | 17 |
| 9-10:30 a.m.       | A History of Midwifery: Midwives, Witches and Nurses    | 17 |
| 10 a.m.-12 p.m.    | Everyday Bike Maintenance                               | 11 |
| 11 a.m.-12:30 p.m. | Kimono: Tradition and Trajectories                      | 17 |
| 11 a.m.-12:30 p.m. | Minimizing Radon Health Danger to Nebraska              | 18 |
| 11 a.m.-12:30 p.m. | Tai Chi Part I  | 18 |
| 11 a.m.-12:30 p.m. | History and Archeology of the Historic Kennard House    | 18 |
| 11 a.m.-12:30 p.m. | Backstage at the Museum                                 | 19 |
| 1-2:30 p.m.        | Local and State Climate Action Plan Updates             | 19 |
| 1-2:30 p.m.        | The Great Depression: A Different Perspective           | 19 |
| 1-2:30 p.m.        | The Women of the Manhattan Project                      | 19 |
| 1-2:30 p.m.        | Trevelyon's Miscellany: A Special Collections Treasure  | 20 |
| 1-2:30 p.m.        | A Different Solution: Introducing the Center for People | 20 |
| 3-4:30 p.m.        | Explore the Rhine River with OLLI                       | 21 |
| 3-4:30 p.m.        | Inspiring Young Explorers Through Naturalist Narratives | 21 |
| 3-4:30 p.m.        | Backstage at the Rep: "The Importance of Being Earnest" | 22 |
| 3-5 p.m.           | Home Winemaking: From Grape to Glass                    | 22 |
| 7-9 p.m.           | A Night Under the Stars at the Branched Oak Observatory | 22 |

## WEDNESDAYS

|                    |   |    |
|--------------------|---|----|
| 9-10:30 a.m.       | Modern Retirement Planning                      | 23 |
| 9-11:30 a.m.       | Behind the Scenes at the Lincoln's Children Zoo | 23 |
| 11 a.m.-12:30 p.m. | Labyrinths in Lincoln: Mindfulness              | 23 |
| 11 a.m.-12:30 p.m. | Flourishing into the Future                     | 24 |
| 11 a.m.-12:30 p.m. | Introduction to Sacred Ground                   | 24 |
| 11 a.m.-12:30 p.m. | Sacred Ground                                   | 24 |
| 1-2:30 p.m.        | Rome: From SPQR to Republic in Name Only        | 25 |

**Front and Back Covers:** Kay Logan-Peters, retired UNL librarian, provides a guided walking tour of the early buildings on UNL's City Campus. **Photo Credit:** Loren Rye, UNL Pixel Lab

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|-------------|--|-------------|
| 1-2:30 p.m. | The Early Days of Nebraska Volleyball 1970-1996          | 25          |
| 1-2:30 p.m. | The Electoral College: Distortion of Democracy           | 25          |
| 1-3 p.m.    | Introduction to Bridge I                                 | 26          |
| 1-3 p.m.    | Only Hope: My Mother and the Holocaust Brought to Light  | 26          |
| 3-4:30 p.m. | History and Genres of Opera                              | 26          |
| 3-4:30 p.m. | Hospitality Excellence: A Tour of the Scarlet Hotel      | 27          |
| 3-4:30 p.m. | The Magic of the Metropolitan Opera: “Tales of Hoffmann” | 27          |
| 3-4:30 p.m. | Tours of Artists’ Studios                                | 27          |
| 3-4:30 p.m. | Celebrate 250 Years of America with OLLI                 | 28          |
| 3-6 p.m.    | Introduction to Canoeing                                 | 11          |

## THURSDAYS

|                    |   |    |
|--------------------|---|----|
| 9-10 a.m.          | Gentle Yoga   | 28 |
| 9-10:30 a.m.       | The Monarch Butterfly   | 28 |
| 9-10:30 a.m.       | Maximizing Function and Look of Small Spaces                      | 29 |
| 10 a.m.-12:30 p.m. | Heimat: Chronicle of a Turning Point in History (Part III of III) | 29 |
| 11 a.m.-12:30 p.m. | All About Chocolate   | 29 |
| 11 a.m.-12:30 p.m. | Pottery Pals  | 29 |
| 11 a.m.-12:30 p.m. | Sheet Pan Dinners   | 30 |
| 11 a.m.-12:30 p.m. | They Called Us “Roosians”   | 30 |
| 1-2:30 p.m.        | Personal Expressions: A Guide to Celebrating a Life Well-Lived    | 30 |
| 1-2:30 p.m.        | TNR, Cats and Your Community                                      | 30 |
| 1-2:30 p.m.        | Welcome to Medicare: Avoiding Confusion & Empowering You          | 31 |
| 3-4:30 p.m.        | Aging Partners Tour and Overview of Victory Park                  | 31 |
| 3-4:30 p.m.        | Sheldon Sculpture Garden Walk                                     | 31 |
| 3-4:30 p.m.        | The Science of What We Drink                                      | 31 |
| 3-4:30 p.m.        | Pilgrimages: Journeys to Seek Clarity and Improve Lives           | 32 |

## FRIDAYS

|                    |  |    |
|--------------------|--|----|
| 8:30 -10 a.m.      | “Fri-Yay” Fitness Club   | 32 |
| 9-10:30 a.m.       | Lincoln’s Sunken Gardens                                       | 32 |
| 9-10:30 a.m.       | Build Your Bridge to Retirement                                | 33 |
| 11 a.m.-12:30 p.m. | Magic Fundamentals: Unleashing Your Inner Sorcerer             | 33 |
| 11 a.m.-12:30 p.m. | Dementia Caregiving at Home                                    | 33 |
| 11 a.m.-12:30 p.m. | HomeFit: How to Age in Place at Home                           | 34 |
| 11 a.m.-12:30 p.m. | Living Well with Parkinson’s Disease                           | 34 |
| 11 a.m.-12:30 p.m. | Prepare to Care: Navigating Future Healthcare Options and Cost | 34 |
| 1-2:30 p.m.        | Election 2024  | 34 |
| 1-2:30 p.m.        | Walking in the Footsteps of Our Ancestors                      | 35 |
| 1-3 p.m.           | Mah Jongg  | 35 |
| 3-6 p.m.           | Introduction to Stand-Up Paddleboard                           | 11 |

## EVENTS

|             |   |    |
|-------------|---|----|
| Sat, Aug 31 | Flatwater Shakespeare Company Presents “Hamlet”                       | 38 |
| Thu, Sep 12 | Game Night with OLLI  | 38 |
| Fri, Sep 27 | “Home Again” with the Lincoln Symphony Orchestra                      | 38 |
| Sun, Oct 6  | Nebraska Repertory Theater Presents “The Importance of Being Earnest” | 22 |
| Mon, Oct 7  | Freezing Thai: Hand-Rolled Ice Cream Social                           | 38 |
| Wed, Oct 9  | Visit Offutt Air Force Base   | 39 |
| Fri, Oct 11 | Delicious Combinations: Wine, Cheese and Chocolate                    | 39 |
| Sat, Oct 12 | Fall Symposium—Rural America: Wasteland or Reasons for Hope?          | 36 |

|                                     |           |
|-------------------------------------|-----------|
| <b>Travel</b>                       | <b>7</b>  |
| <b>Interest Groups</b>              | <b>40</b> |
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## COURSE FORMATS



### IN-PERSON

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



### MULTI-FORMAT

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



### ZOOM LIVE STREAM

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



### ON DEMAND

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

## How to prepare to use Zoom

### Where do I find the Zoom link for my course?

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

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

### What devices do I need to use Zoom?

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

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

### How do I join a Zoom meeting?

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

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

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

## Course Location Key

### LINCOLN LOCATIONS

**American Historical Society of Germans from Russia**, 631 D St.  
**American Lutheran Church**, 4200 Vine St.  
**Bryan Firethorn Campus**, 2920 S. 84th St.  
**Center for People**, 3901 N. 27th St.  
**Eastmont Senior Living Center**, 6325 O St.  
**Freezing Thai Rolled Ice Cream**, 210 N. 14th St.  
**Gartens Studio**, 116 N. 14th St.  
**Gateway Mall**, 6100 O St.  
**Gere Branch Library**, 2400 S. 56th St.  
**Lied Center for the Performing Arts**, 301 N 12th St.  
**Lincoln Children's Zoo**, 1222 S. 27th St.  
**Lincoln Duplicate Bridge Club**, 237 S. 70th St., #205  
**Morrill Hall: University of Nebraska State Museum**, 645 N. 14th St.  
**Nebraska History Museum**, 131 Centennial Mall North  
**Peterson Park Pickleball Courts**, 4400 Southwood Dr.  
**Pioneers Park**, 201 South Coddington, Prairie Building  
**SCC-CEC**, Southeast Community College, Continuing Education Center, 301 S. 68th St. Place  
**Sheldon Museum of Art**, 12th and R Sts.  
**South Gate United Methodist Church**, 3500 Pioneers Blvd.  
**Sunken Gardens Rotary Pavilion**, 2600 D St.

**St. Paul United Methodist Church**, 1144 M St.  
**The Mill Coffee & Bistro/Innovation Campus**, 2021 Transformation Dr.  
**The Scarlet Hotel**, 2101 Transformation Drive  
**Thomas P Kennard House**, 1627 H St.  
**Union College**, Lang Amphitheater-Krueger Science and Math Building, 49th & Bancroft Sts.  
**UNL City Campus Recreation**, Outdoor Adventure Center, 930 N. 14th St.  
**UNL East Campus**, Newkirk Human Sciences Bldg., 1650 N. 35th St.  
**UNL East Campus**, Recreation and Wellness Center, 1717 N 35th St.  
**UNL East Campus**, Ruth Leverton Hall, 1700 N 35th St.  
**UNL East Campus Union**, 1705 Arbor Dr.  
**UNL Food Innovation Center**, 1901 N. 21st St.  
**UNL Love Library**, 1318 R St.  
**UNL Temple Building**, Howell Theatre, 1209 R St.  
**Victory Park Center**, 600 S. 70th St.  
**Wyuka Stables**, 3600 O St.

### OTHER LOCATIONS

**Branched Oak Observatory**, 14300 NW 98th, Raymond  
**Spring Creek Prairie Audubon Center**, 11700 SW 100th St., Denton  
**Offutt Air Force Base**, 478 Butler Blvd., SAC South Gate, 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

An annual membership is \$75, valid from August 1, 2024–July 31, 2025. Membership is required to take most courses, to participate in events and interest groups, and take advantage of all OLLI opportunities.

### Join and Register

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

### Mailing Address

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

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

### Financial Scholarships Available

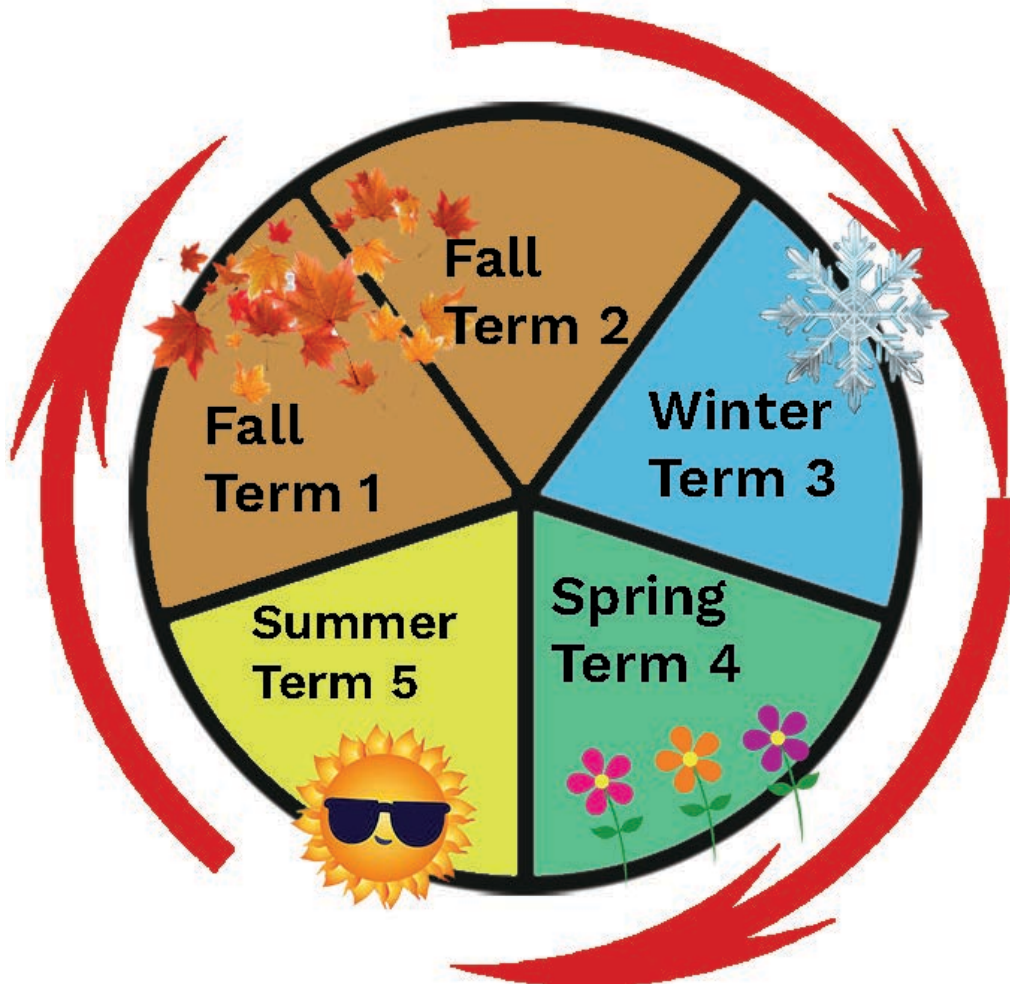
The Osher Lifelong Learning Institute at UNL believes the opportunity to take courses and participating in a rich intellectual life should be

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

# OLLI Membership Year

August 1, 2024–July 31, 2025

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## TERM DATES

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

- Fall Term 1—Aug 26–Oct 7, 2024
- Fall Term 2—Oct 28–Dec 13, 2024
- Winter Term 3– Jan 21–March 3, 2025
- Spring Term 4– March 24–May 3, 2025
- Summer Term 5—June 2–July 11, 2025

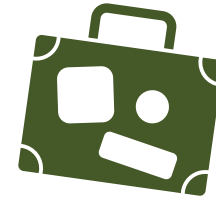
## COURSES

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

## EVENTS

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

# Travel with OLLI and Star Destinations



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



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

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



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

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



## **Scotland & Northern Ireland | August 5-16, 2025**

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



## **Smoky Mountain Fall Getaway | September 20-26, 2025**

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



**FOR MORE INFORMATION,  
CONTACT:**  
**Tele: (712) 792-9793**  
**Email: [info@stardestinations.com](mailto:info@stardestinations.com)**

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# LEAVE A LEGACY THROUGH ESTATE PLANNING

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

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



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





# Learn at your convenience!

PRE-RECORDED/ON DEMAND PROGRAMMING



## CAN0011

**Cost:** \$30

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

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

### **A Lightspeed Journey Through Science | 4 sessions**

Science has discovered (almost) everything about the world we live in and put much of it to work in amazing ways. Yet few understand more than the science headlines, and often these are confusing and contradictory. Gain a coherent view of what it's all about, how we know what we know, and why it matters to us all.

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

The word "fascism" has been increasingly used to describe some modern political movements across the world. Fascism is a loose, incoherent, and conflicted collection of ideologies, myths and hatreds that is difficult to define. To understand the concept, you must understand its history. Explore its origins in Benito Mussolini's Italy, its zenith in Nazi Germany, its continued influence in Cold War-era Spain and other manifestations throughout history. The course concludes with discussions surrounding today's political movements and assistance in helping to identify and confront any possible fascist threats - before it is too late.

### **100 Years of Nebraska's Memorial Stadium.... and What's Next | 1 session**

Memorial Stadium was constructed in only 90 working days in 1923....at a cost of under \$500,000. The stadium just recently celebrated its 100th birthday. Through many changes/additions, Memorial Stadium has stood the test of time. Now, more renovations are being planned to move to its next 100 years and to enhance the student and fan experience. Learn about Memorial Stadium, from its humble beginnings to its

foreseeable future.

### **A Conversation with Don Walton – Retired Lincoln Journal Star Journalist | 1 session**

Don Walton, a UNL graduate, joined the Lincoln Journal-Star as a college intern and worked at that newspaper for more than 60 years covering the legislature, the governor, and Nebraska politics. Don shares his insights and perspectives of his years as a news reporter in Lincoln.

### **Performance Nutrition at the UNL Training Table | 1 session**

Gain an understanding of what performance nutrition is and how it and hydration can provide a competitive edge in fueling and recovery for elite athletes. Discover how dual x-ray absorptiometry (DEXA) scans, which measure the thickness and strength of bones, can assist with determining body composition change for performance.

### **America's Founding Fathers | 6 sessions**

Examine the similarities and differences among 10 of the men who have earned the title of "Founding Father." Who were they and how did their accomplishments set them apart from others who supported the movement for independence?

### **Black Homesteaders in Nebraska and the Great Plains | 3 sessions**

DeWitty, Nebraska, later known as Audacious, was the largest and longest-lasting African American settlement in Nebraska. Settlers began arriving in 1906 attracted by the Kinkaid Act offering 640 acres of free land in the Sandhills. Black Homesteaders endured all the risks and burdens of other homesteaders, in

addition to social isolation and finding eligible marriage partners. Black communities created rich cultural and civic lives to establish churches, schools, baseball teams, reading circle, musical groups. Learn the history surrounding this story of Black achievement, struggle, persistence and risk-taking.

### **Exploring the Amazing Diversity of Nebraska Wetlands | 1 session**

The recently completed “Wetlands of Nebraska Outreach and Education” project produced a series of products designed to increase awareness of the importance of wetlands in Nebraska and the people and wildlife that depend on them. Watch excerpts of videos of the wetland produced by the talented team at Platte Basin Timelapse.

### **The Lincoln, Pershing, and Mural Connection | 2 sessions**

Explore the connection between General John J. Pershing, the Pershing Mural, and the city of Lincoln. The mural at the west entrance of the Pershing Center for over a

59-year period is a unique work of ceramics. The auditorium has been demolished, but the mural has been preserved and is planned for installation at Wyuka Park.

### **Civil Discourse | 3 sessions**

One in six Americans stopped speaking to a family member or close friend after the 2016 election. This course highlights the story of Americans with opposing viewpoints, and investigates their differences, concerns and experiences that lie behind each viewpoint. Barriers to engaging in civil discourse conversations and potential solutions are discussed.

### **Lymphedema: Treatment and Prevention | 1 session**

Lymphedema, a chronic condition, affects 3-5 million Americans. Get general information regarding the lymphatic system, the possible causes of lymphatic dysfunction, and a general recognition of early symptoms for proactive treatment and/or prevention of a chronic state.



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


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# Outdoor Adventures with UNL Campus Recreation



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

## Introduction to Stand-Up Paddleboard

### LIF021L

Stand-up Paddle Boarding is one of the fastest-growing paddling sports. If you enjoy being on the water and are an adventurous beginner this class is for you. We will go through both a land-based and paddling progression to gain this new skill. You must provide your own entry fee into the state recreation area.

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

**Time:** 3-6 p.m.

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

**Enrollment Limit:** 12

**Cost:** \$50

**Cancellation after Friday, Aug 30 will be non-refundable, unless cancelled by UNL.**



## Introduction to Canoeing

### LIF150L

Canoeing is a great way to explore local lakes and rivers. If you enjoy being on the water and are an adventurous beginner this class is for you. We will go through both a land-based and paddling progression to gain this new skill. You must provide your own entry fee into the State Recreation Area.

**Day/Date:** Wed, Sep 11

**Time:** 3-6 p.m.

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

**Enrollment Limit:** 12

**Cost:** \$50

**Cancellation after Wednesday, Sep 4 will be non-refundable, unless cancelled by UNL.**



## Everyday Bike Maintenance

### LIF036L

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

**Day/Date:** Tue, Sep 24

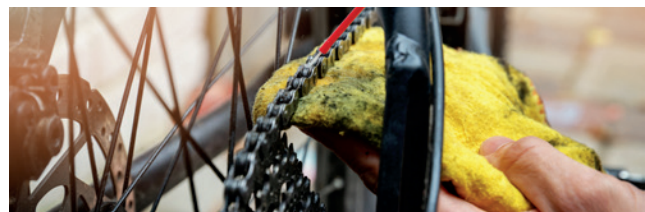
**Time:** 10 a.m.-12 p.m.

**Location:** UNL City Campus Recreation, Outdoor Adventure Center, Classroom

**Enrollment Limit:** 10

**Cost:** \$50

**Cancellation after Tuesday, Sep 17 will be non-refundable, unless cancelled by UNL.**



## MONDAYS

### Behind the Scenes at Morrill Hall



Take a behind the scenes guided tour through Nebraska's premier Natural History Museum. Participants will enjoy the Museum on a day that it is closed to the public. Learn about when elephants roamed Nebraska and when marine reptiles swam over Lincoln, and get an in-depth tour of the newest floor, "Cherish Nebraska."

**Instructors:** From the University of Nebraska State Museum—Emily Brown, education supervisor; Susan Weller, director

**Day/Date:** Mon, Aug 26

**Location:** Morrill Hall: University of Nebraska State Museum, UNL City Campus. Twelve free visitor parking spots and accessible parking are located on the east side of the museum and designated with "Museum Guest Parking Only" signs. Alternative parking is located on Stadium Drive or 14th and Avery parking garages for an additional fee. Metered parking is also available along 14th Street.

**Cost:** \$20

**Register for only one section:**

#### HIS0681

**Facilitator:** Skip Morris

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

**Enrollment Limit:** 25

#### HIS0682

**Facilitator:** Stephanie Nantkes

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

**Enrollment Limit:** 25

### Walking Lincoln's Piedmont Neighborhood



This course is back by popular demand. Learn about the Piedmont Neighborhood, which was developed by Lincoln businessman Charles Stuart beginning in 1926. A classroom session will focus on historical concepts behind the development, as well as the area's architects, early residents and unique landscape features. A second session will be a guided walking tour through the streets of Piedmont. As the area's sidewalks are narrow, or nonexistent, and traffic on Cotner Boulevard can be busy,

both groups will meet in the classroom for the first session, then split into two groups for the walking tours for the second session.

**Instructor:** Ed Zimmer, Historic Preservationist Emeritus

**Facilitator:** Anne Diffendal

**Locations:** Sep 23, SCC-CEC, Auditorium; Sep 25 and 27, Piedmont Neighborhood. Information about where to meet and park will be provided during class and emailed to registrants.

**Cost:** \$15

**Register for only one section:**

#### ART1131

**Days/Dates:** Mon, Sep 23 and Wed, Sep 25

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

**Enrollment Limit:** 35

#### ART1132

**Days/Dates:** Mon, Sep 23 and Fri, Sep 27

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

**Enrollment Limit:** 35

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



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

**Instructor:** Bob Diffendal, Professor Emeritus, CSD, School of Natural Resources

**Facilitator:** Jeanette Wellsandt

**Day/Dates:** Mon, Sep 9, 16

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

**Cost:** \$15

**Register for only one format:**

#### SCI057Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

#### SCI057L

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

**Enrollment Limit:** 28

## Saving a Life with CPR



### H&W008L

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

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

**Facilitator:** David Dyke

**Day/Date:** Mon, Oct 7

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

**Location:** Bryan Health Firethorn Campus, Classroom 2B

**Enrollment Limit:** 13

**Cost:** \$20

## Crossing the Digital Divide: A Guide for Seniors



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

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

**Facilitator:** Rich Sincovec

**Day/Dates:** Mon, Sep 16, 23, 30

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

**Cost:** \$20

### Register for only one format:

#### SCIO05Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

#### SCIO05L

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

**Enrollment Limit:** 28

## 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/Date:** Mon, Sep 9

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

**Cost:** \$10

### Register for only one format:

#### SCIO50Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

#### SCIO50L

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

**Enrollment Limit:** 28

## Healing Notes: The Therapeutic Power of the Harp



Sometimes, we need gentle reminders to slow down and be in the present moment. The harp has been called the perfect instrument for relaxation, as well as helping create wellness in our everyday lives. Learn from a therapeutic harpist as she weaves together powerful stories, practical tips, and plays harp examples, demonstrating music's role in your life's journey.

**Instructor:** Tami Briggs, therapeutic harpist

**Facilitator:** Margaret Rickers

**Day/Date:** Mon, Aug 26

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

**Cost:** \$10

**Register for only one format:**

**H&W064Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**H&W064L**

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

**Enrollment Limit:** 28



## Pickleball: Fun, Fitness & Friendship



**LIF026L**

This course is for beginning players with limited or no prior pickleball experience. Learn the basics of pickleball in small groups of four OLLI participants taught by one or two experienced players (mentors). Emphasis will be on the fun and joy of pickleball. A limited supply of paddles and balls are available to borrow. Purchase pickleball paddles at local sporting goods stores starting around \$50. On-line purchase is not recommended.

Questions? See contact information for the instructor/facilitator below.

**Instructor/Facilitator:** Stefan Newbold, Pickleball Lincoln, Inc., (PLI) member, stefan.newbold@gmail.com

**Days/Dates:** Mon-Thu, Sep 16, 17, 18, 19 (rain date Sep 20)

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

**Location:** Peterson Park Pickleball Courts

**Enrollment Limit:** 40

**Cost:** \$25

## Hidden History: The Grayson Sisters' Escape



Dive into the compelling and inspiring history of Celia and Eliza Grayson, two enslaved Black women who made a daring escape from Nebraska Territory in 1858. Explore the Grayson sisters' remarkable journey to freedom and the broader context of Black enslavement in the antebellum Midwest.

**Instructor:** Gail Blankenau, author, award-winning historian and professional genealogist

**Facilitator:** Marie Trayer

**Day/Date:** Mon, Oct 7

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

**Cost:** \$10

**Register for only one format:**

**L&L053Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**L&L053L**

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

**Enrollment Limit:** 28



## Restoring Voting Rights in Nebraska



In 2024, we are witnessing history in the making as Nebraska takes steps toward re-enfranchising Nebraska voters previously convicted of a felony. Before 2005, those Nebraskans had been denied the vote indefinitely. That year, the Nebraska Legislature amended state statute to limit disenfranchisement to two years beyond the date a person completed a felony sentence. Since then, a variety of re-enfranchisement measures have been introduced without success – until this year. Explore the history and current circumstances regarding voting rights in Nebraska and the power of participation in our democracy.

**Instructor:** Heather Engdahl, director, Voting rights, Civic Nebraska

**Facilitator:** Charlyne Berens

**Day/Date:** Mon, Sep 30

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

**Cost:** \$10

**Register for only one format:**

### CON075Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON075L

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

**Enrollment Limit:** 28

## The Politics of Punishment: Implications of Being the World's Largest Jailer



The United States locks up more of its citizens than any other liberal democracy. How does having the world's largest incarcerated – and formerly incarcerated – population influence the social, economic and political life of the nation? Identify the level of government most responsible for high incarceration levels, explore the key drivers of incarceration and investigate the unintended consequences of creating an exponentially growing population of ex-prisoners. Incarceration levels are rooted in struggle to manage a growing violent crime problem during a historical period marked by

roiling social changes that included widening economic inequality, increasing racial diversity and sharpening ideological divides. That struggle has produced several unintended and under-explored consequences that ultimately affect everyone in society.

**Instructor:** Kevin Smith, professor and department chair, UNL Political Science

**Facilitator:** Charlyne Berens

**Day/Dates:** Mon, Aug 26, Sep 9, 16, 23

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

**Cost:** \$25

**Register for only one format:**

### CON072Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON072L

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

**Enrollment Limit:** 28

## Adventures in Food Science: From Fermentation to Agriculture 2.0



### SCI009L

Explore another world of food beyond your usual meat and potatoes. You won't just hear about them; you will be able to sample many of them. Experience the latest on what makes fermented foods and beverages so appealing and why we should be eating more of them. The answer to the question, "How do you make meat and milk from plants?" will be revealed. You'll be surprised to learn about how mold and other fungi not only spoil some foods but are also delicious. You will hear about how researchers are breeding plants to improve human health. And you will learn how food scientists are developing novel ways to introduce more dietary fiber into our foods for improved health.

**Instructors:** From the UNL Department of Food Science and Technology: Robert Hutkins, Professor Emeritus; Andrew Benson, professor and director, Nebraska Food for Health Center; Heather Hallen-Adams, associate professor of Practice; Edward Deehan, assistant professor

**Facilitator:** De Tonack

**Day/Dates:** Mon, Sep 9, 16, 23, 30

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

**Location:** UNL Food Innovation Center, Rm 111, Training Room. Metered parking is available around Innovation Campus and in the north parking lot. Pay for parking through the Passport app on your phone.

**Enrollment Limit:** 30

**Cost:** \$25

### Fall Prairie Stroll at Pioneers Park



#### SCI060L

It's the beginning of Fall! Experience the sights and sounds of the fall prairie when it is at its most glorious state. We will meet at the Prairie Building for an introduction before walking at least two miles on uneven terrain.

**Instructor:** Neal Bryan, naturalist, Pioneers Park Nature Center

**Facilitator:** Kathie Putensen

**Day/Date:** Mon, Sep 16

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

**Location:** Pioneers Park Prairie Building

**Enrollment Limit:** 24

**Cost:** \$10

### How the U.S. Deals with Foreigners: Immigration 101



A common perception is that U.S. immigration law is a simple process involving the completion of proper forms by one who wishes to seek the American Dream. This notion is in stark contrast to the realities of a frustratingly complex web of statutes, regulations, case law, and departmental memoranda that make the acquisition of that dream beyond the reach of most. Obtain a broad outline of U.S. immigration law and explore the specific areas of interest of the class, which may range from non-immigrant classifications to those in which permanent residence, and eventually citizenship, in the United States may be sought. In addition to discussing potential pathways available to family members, we may also address situations wherein employers are attempting to fill gaps in the labor market or those wherein individuals are attempting to escape persecution in their home countries.

**Instructor:** Brent Wolzen, immigration attorney

**Facilitator:** Peter Levitov

**Day/Dates:** Mon, Aug 26, (skip Sep 2), Sep 9, 16, 23, 30, Oct 7

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

**Cost:** \$35

**Register for only one format:**

#### CON073Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

#### CON073L

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

**Enrollment Limit:** 28

### Religion in Today's Society: Exploring Its Influence



Obtain a comprehensive understanding of the complex and often contentious relationship between religion and contemporary society. Examine the intersection of religious beliefs, practices, and institutions with key societal domains, including the legal system, public education, LGBTQ+ rights, economics, and responses to the Covid-19 pandemic.

**Instructor:** Jonathan Redding, assistant professor, Religion, Nebraska Wesleyan University

**Facilitator:** Bob Michl

**Day/Dates:** Mon, Aug 26, (skip Sep 2), Sep 9, 16, 23, 30, Oct 7

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

**Cost:** \$35

**Register for only one format:**

#### REL023Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

#### REL023L

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

**Enrollment Limit:** 28



# TUESDAYS

## Your Inner Fish



### SCI058L

Explore Neil Shubin's 2008 book and the related PBS series on this subject. Shubin discovered the fossil of Tiktaalik in arctic Canada. This creature was the "fish" that walked onto land some 375 million years ago. The genetic legacy of this creature can be seen today in our own DNA, including the genes used to build our hands and limbs. Learn through Shubin's unique way of bringing to life ancient traits we evolved through. Each session will include watching the video with the facilitator offering a summary of the biology as well as life on earth during early geological time periods.

**Instructor/Facilitator:** Esa Jarvi, OLLI member

**Day/Dates:** Tue, Aug 27, Sep 3, 10

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

**Location:** SCC-CEC 404

**Enrollment Limit:** 24

**Cost:** \$20

## A History of Midwifery: Midwives, Witches and Nurses



Explore midwifery through the ages—from cave women to the midwives that defied pharaoh to the deep South African American midwives who save black, white and mixed-race babies. Community midwives make a huge difference in maternal and infant mortality and present-day movement for modern day midwives of color changes the lives of their Inuit, tribal and black urban communities and regains their cultures. Midwives caught babies on The Trail of Tears. Learn about the famous midwives in Nebraska, Texas and Oklahoma—especially those in Lincoln, Langston, Edmond and Cherokee, Sioux and the other five civilized tribes midwives.

**Instructor:** Sharon Schlicher, homebirth midwife, MHR, NREMT-IP, CCE, LLLI

**Facilitator:** Laura Williams

**Day/Dates:** Tue, Sep 10, 17, 24, Oct 1

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

**Cost:** \$25

**Register for only one format:**

### H&W062Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### H&W062L

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

**Enrollment Limit:** 28

## Kimono: Tradition and Trajectories



Learn about the evolution of the Kimono from the Edo period (1615-1868) to the present. Exploration begins with the origins, traditions and cultural significance of this unique garment that remains synonymous with Japanese culture. A look at the shape, structure, materials, and needle craft of the kimono will lead to an appreciation of the symbolism and artistic qualities of this distinctive form of dress. Exploration continues as we delve into the journey of the kimono to the West. After first appearing in Europe in 1867, it soon found favor among women of the Aesthetics Movement. Its form and style were next embraced by fashion designers including Paul Poiret (1919), Geoffrey Beene (1965), and Ralph Rucci (2004). Its simple geometrics and abstract relation to the human form allow it to continue to serve as a dynamic canvas for creative interpretation by artists and designers worldwide.

**Instructor:** Barbara Trout, Professor Emeritus, Textiles, Merchandising & Fashion Design, UNL

**Facilitator:** Patricia Crews

**Day/Dates:** Tue, Sep 24, Oct 1

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

**Cost:** \$15

**Register for only one format:**

### ART126Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### ART126L

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

**Enrollment Limit:** 28

## Minimizing Radon Health Danger in Nebraska



Naturally occurring Radon can gather in Nebraska homes. It increases the risk of lung cancer but can be easily mitigated. Learn the best testing practices and how to make informed decisions on mitigating your home or not. We will dispel myths of radon and focus on the clear facts of the invisible gas. Nebraska DHHS helps to inform and protect our citizens.

**Instructor:** Adrienne Moody, MPH, radon and indoor air quality program manager, Nebraska Department of Health and Human Services

**Facilitator:** Doug Wood

**Day/Date:** Tue, Aug 27

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

**Cost:** \$10

**Register for only one format:**

### SCI059Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### SCI059L

**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. In class, we will train fundamentals 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, 30-year Tai Chi instructor and retired plant pathologist, UNL

**Facilitator:** Kathy Grubbe

**Day/Dates:** Tue, Aug 27, Sep 3, 10, 17, 24, Oct 1

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

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

**Enrollment Limit:** 20

**Cost:** \$35

## History and Archeology of the Historic Kennard House



### HIS062L

Learn about the history of Lincoln's Kennard House, originally the home of Thomas P. Kennard, Nebraska's first Secretary of State. The Kennard House is the oldest building still standing that was part of Lincoln's original town plat and was restored as a memorial to Nebraska statehood in 1967. We will tour the home, discuss its construction and architectural history, and learn about archeological investigations of the property conducted by UNL's Summer Field School in Archeology and the History Nebraska State Archeology Office in the 1990s.

**Instructor:** Nolan Johnson, archeologist, History Nebraska

**Facilitator:** Charlyne Berens

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

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

**Location:** Thomas Kennard House. Entering Kennard House requires walking up several steps. The tour will also include the second floor of the house, accessible by a stairway. Parking is available on H St. and on 16th St., and around the Capitol building, where the limit is two hours.

**Enrollment Limit:** 25

**Cost:** \$10



## Backstage at the Museum



### HIS099L

Join History Nebraska archeologist Nolan Johnson for an intimate and in-depth tour of the “Piecing Together the Past” exhibit at the Nebraska History Museum. The exhibit answers the 10 questions archeologists are most often asked using examples from Nebraska archeological sites. Nolan has been involved in Nebraska archeology for nearly 20 years and will be able to provide an insider look at the exhibit and Nebraska archeology not available to the public or regular museum goer. The tour will provide additional context and details about the artifacts that are on display and the archeological sites they came from as well as any aspects of the exhibit design process.

**Instructor:** Nolan Johnson, archeologist, History Nebraska

**Facilitator:** Charlyne Berens

**Day/Date:** Tue, Sep 17

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

**Location:** Nebraska History Museum

**Enrollment Limit:** 20

**Cost:** \$15, includes cost of admission fee. If you already have a membership to History Nebraska, contact the office to register and pay \$10 for the course.

## Local and State Climate Action Plan Updates



The City of Lincoln adopted its first climate action plan in 2021. The State of Nebraska completed its first climate action plan in March 2024. Learn about the exciting things happening with each of these plans, including the who, what and why of the respective plans and how they complement one another.

**Instructors:** Anna Oetting, sustainability specialist, City of Lincoln; Randy Smith, air quality grants and training coordinator, Waste and Air Grants Section, Planning and Aid Division, Nebraska Department of Environment and Energy

**Facilitator:** Peggy Apthorpe

**Day/Date:** Tue, Aug 27

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

**Cost:** \$10

**Register for only one format:**

### CON078Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### CON078L

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

**Enrollment Limit:** 28

## The Great Depression: A Different Perspective



Explore the political events and economic conditions of the 1920s leading up to the Great Depression of the 1930s. Learn the unsettling similarities of the 1920s to our current 2020s. Examine political responses instituted to attempt to alleviate misery (i.e., CCC, WPA, etc.) and discuss the actual effects on several families in their struggles to survive. We will hear memories of Americans from all parts of the nation and from differing socio-economic strata. There will be a discussion of the effect of WWII to place the U.S. on the road to recovery.

**Instructor:** Ed Linz, author, retired Navy commander

**Facilitator:** Jim Pinkerton

**Day/Date:** Tue, Oct 1

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

**Cost:** \$10

**Register for only one format:**

### HIS098Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS098L

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

**Enrollment Limit:** 28

## The Women of the Manhattan Project



The secrecy of the Manhattan Project hid the roles of women, leaving the perception it was done by a few brilliant male scientists. The sprawling enterprise with three tightly guarded secret sites included thousands of women in every capacity working and living in Oak Ridge, Tn., Hanford, Wa. and Los Alamos, N.M. Learn the stories of women who served as physicists, chemists, mathematicians, and lab technicians.

Forbidden to talk about their work, thousands of young women never knew what purpose their tasks at Oak Ridge would accomplish. The one ultimate gatekeeper to the secret city of Los Alamos, N.M. was a woman in Santa Fe whose consent was required before anyone could be admitted to the project. Thousands of men, women and children endured hardships in their everyday lives sequestered inside Los Alamos. They lived in hastily built barracks and had to lie to their families about where they were and what they were doing as they disappeared for years.

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

**Facilitator:** Nancy Mitchell

**Day/Dates:** Tue, Sep 3, 10, 17, 24

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

**Cost:** \$25

**Register for only one format:**

### HIS097Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS097L

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

**Enrollment Limit:** 28



*Calutron operators at their panels, in the Y-12 plant at Oak Ridge during World War II as part of the Manhattan Project, 1944.*

## Trevelyan's Miscellany: A Special Collections Treasure



### L&L049L

Thomas Trevelyan, born around 1548, was still alive in 1616. He designed embroidery patterns and was a highly skilled calligrapher and artist. He created two large manuscript books known as miscellanies, which

contained illustrated pages about a range of subjects. His 1608 volume is owned by the Folger Shakespeare Library and University of Nebraska owns the facsimile of it in Special Collections. We will look at several of the beautiful pages on such topics as royalty, witchcraft, embroidery, and clothing and some of the books that may have been his sources.

**Instructor:** Carole Levin, Director Emeritus, Medieval and Renaissance Studies, UNL and Emeritus Willa Cather Professor of History; Tracy Robison, assistant professor of practice, outreach archivist for UNL Libraries

**Facilitator:** Deb Pearson

**Day/Date:** Tue, Sep 17

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

**Location:** UNL Love Library (South), Special Collections, Rm 29

**Enrollment Limit:** 25

**Cost:** \$10

## A Different Solution: Introducing the Center for People



### CON074L

Meet some of the people and become familiar with the programs that make the Center for People one of Lincoln's most dynamic nonprofit agencies. Visit the newly redesigned People's Pantry, observe job seekers as they fine-tune their resumes or learn new computer skills and peek at an English language learning class for new Americans. Obtain a history of the 21-year-old organization and highlights plans for its innovative future, built on the mandate to "solution differently."

**Instructors:** From the Center for People—Macala Carter, executive director; Shanon Meyer, director of education; Michaela Weverka, director of talent marketplace. Katie Bruggeman, manager of workforce development

**Facilitator:** Charlyne Berens

**Day/Date:** Tue, Aug 27

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

**Location:** Center for People

**Enrollment Limit:** 30

**Cost:** \$10

## Explore the Rhine River with OLLI



Obtain an overview of this April 2025 OLLI travel opportunity to the picturesque landscapes and charming towns along the majestic Rhine River. Begin your adventure in Basel, Switzerland, where the Swiss, French, and German borders meet, offering a unique cultural fusion. Delve into the medieval charm of towns nestled into the Black Forest and experience the harmonious blend of French and German cultures in Strasbourg, France. In Schwetzingen, Germany, marvel at the opulence of Baroque palaces and meticulously manicured gardens. Learn about the historic significance of Koblenz, where the Rhine and Moselle rivers converge, before being captivated by the soaring spires of Cologne's iconic cathedral. Conclude your voyage in Amsterdam, Netherlands, where charming canals wind through historic streets, offering a glimpse into the city's vibrant culture. Each destination promises a rich tapestry of history, architecture, and local charm, ensuring an unforgettable journey.

**Instructor:** Cathy Greteman, president, Star Destinations

**Facilitator:** Carol Myers

**Day/Date:** Tue, Sep 3

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

**Cost:** No Charge

**OPEN TO THE PUBLIC**

**Register for only one format:**

**LIF156Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**LIF156L**

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

**Enrollment Limit:** 28

## Inspiring Young Explorers Through Naturalist Narratives



**L&L048L**

Do you wonder what early nature experiences inspired Michael Forsberg and other notable Nebraska naturalists? Well, this course instructor needed to know—and set out on a data-collecting mission. Stories from

these interviews helped to build a course outline that will encourage you to appreciate your own nature connections and inspire your efforts to generate nature noticing in your families and communities. Discover how to learn and think about the features of Nebraska naturalists' nature experiences in early childhood; then explore nature-connection strategies to prompt wonder and develop appreciation for the beauty and complexity of the natural world. Brief outdoor experiences will help us remember our own childhood nature experiences and learn simple teaching strategies we can use with our families and communities. Dress for your own comfort and safety (i.e. closed-toe shoes, hiking stick).

**Instructor:** Julie Thomas, Professor Emeritus, Nebraska Master Naturalist

**Facilitator:** Kathie Putensen

**Day/Dates:** Aug 27, Sep 3, 10, 17


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

**Location:** Spring Creek Prairie Audubon Center

**Enrollment Limit:** 20

**Cost:** \$25

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## Nebraska Repertory Theatre Presents: “The Importance of Being Earnest”



### Backstage at the Rep: Course ART122L

Join director Ian Borden for a discussion about Oscar Wilde’s “The Importance of Being Earnest.” This story of courtships, betrothals and confused identities is a satire of Victorian morality that has delighted audiences throughout the ages. The director will be joined by the production design team who will discuss their concepts and show examples of their drawings, illustrations, models and more. 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, Oct 1

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

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

**Enrollment Limit:** 35

**Cost:** \$10

### Performance

#### ART123L

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, Oct 6

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

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

**Enrollment Limit:** 25

**Cost:** \$15

**Registration Deadline:** Sunday, September 29. *Cancellations after this date are non-refundable, unless canceled by UNL.*



## Home Winemaking: From Grape to Glass



### LIF152L

Uncork the secrets of winemaking and learn how to make wine at home. From selecting the finest ingredients to mastering fermentation and aging techniques, explore the art and science behind creating your own delicious wines. Gain insight on the basics of the process, equipment, terminology, and sanitation. Obtain practical tips, troubleshooting advice and insider insights to ensure your success; no tasting or sampling is included.

**Instructor:** Randy Amundson, wine enthusiast

**Facilitator:** Roger Lempke

**Day/Date:** Tue, Sep 24

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

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

**Enrollment Limit:** 28

**Cost:** \$10

## A Night Under the Stars at the Branched Oak Observatory



### SCI052L

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

**Instructors:** Brian Sivill, BOO board member, former president of the Prairie Astronomy Club, board member and supervisor of Hyde Observatory; Michael Sibbersen, co-founder and director of Education, Branched Oak

**Facilitator:** Clay Farris Naff

**Day/Date:** Tue, Oct 8

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

**Location:** Branched Oak Observatory. The site is handicapped accessible with paved sidewalks, indoor seating and accessible restrooms.

**Enrollment Limit:** 30

**Cost:** \$10

## WEDNESDAYS

### Modern Retirement Planning



#### LIF031L

Whether retired already or planning ahead, it is important to keep up to date on the financial aspects of your life. Review and understand the principles for successful retirement, while having the opportunity to discover potentially new concepts in current financial markets. Learn about setting goals, the costs of retirement, retirement sources, estate planning, traditional and non-traditional investments, and strategies for protecting your assets. The content is not biased toward any strategy, company or product, but rather focuses on the concepts needed to make informed decisions in this ever-changing environment.

**Instructor:** Joel T. Barjenbruch, CFP®, CLU®, RICP®, ChFC®, LACP, financial planner

**Facilitator:** Carla Fetch

**Day/Dates:** Wed, Aug 28, Sep 4, 11, 18

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

**Location:** SCC-CEC, Rm 404

**Enrollment Limit:** 24

**Cost:** \$25

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### Behind the Scenes at the Lincoln Children's Zoo



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

**Instructors:** From the Lincoln Children's Zoo—Julie Chestnut, director of education; Amy Heusinkvelt, education coordinator

**Facilitator:** De Tonack

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

**Cost:** \$50

**Register for only one session.**

#### SCI0081

**Day/Date:** Wed, Aug 28

**Enrollment Limit:** 20

#### SCI0082

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

**Enrollment Limit:** 20

### Labyrinths in Lincoln: Mindfulness



#### REL024L

Learn about the history, symbolism, and mindfulness practice of walking this singular meandering path leading to a center. Labyrinths are tools for personal, psychological, and spiritual transformation, also thought to enhance right-brain activity. Explore mindfulness and the benefits of the walking meditation that labyrinths invite. We intend to visit one local labyrinth as the weather allows.

**Instructor:** LauraLee (Clinchard) Woodruff, psychotherapist

**Facilitator:** Judy Hart

**Day/Dates:** Wed, Sep 11, 18, 25, Oct 2

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

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

**Enrollment Limit:** 28

**Cost:** \$25

## Flourishing into the Future



Whether you are seeking strategies for your own self-care or are looking for a positive approach to caring for an older loved one, learn practical tips for embracing life's changes as we age. Focused on five key emotions—gratitude, empathy, forgiveness, love, and awe—known to enhance overall wellbeing, reduce stress, and create meaning, we will explore several easy-to-implement activities designed to harness these powerful emotions. These practices have been designed to help you savor each day, strengthen your relationships, and build personal resilience at every stage. This course is well-suited for caregivers and anyone seeking an easy-to-follow path for ongoing personal growth and wellbeing.

**Instructor:** Sarah Teten, founder and CEO, Positive Caregiving

**Facilitator:** Kristi Shoemaker

**Day/Date:** Wed, Sep 11

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

**Cost:** \$10

**Register for only one format:**

### H&W063Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### H&W063L

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

**Enrollment Limit:** 24

## Introduction to Sacred Ground



Sacred Ground is a film and readings-based dialogue series on race, grounded in Faith. Small groups are invited to walk through chapters of America's history of race and racism, while weaving in threads of family story, economic class and political and regional identity. In the first session of this introductory course, view the film "American Creed" in preparation for discussion. In the second session, we will discuss the film and learn about the full curriculum of the entire Sacred Ground series, which will begin later in Term 1 and run 11 consecutive weeks through Term 2, from September 25 through December 11. The entire course has a

commitment to racial healing, reconciliation, and justice in our personal lives and society.

**Instructors:** Ruth Tomlinson, retired Episcopal priest; Pamela Wright, retired family and consumer sciences educator

**Facilitator:** David Wright

**Day/Dates:** Wed, Aug 28, Sep 4

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

**Cost:** No Charge

**Register for only one format:**

### DIV012Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### DIV012L

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

**Enrollment Limit:** 28

## Sacred Ground



### DIV013Z

Sacred Ground is a film and readings based 11-week dialogue series on race, grounded in faith. The class is invited to walk through chapters of America's history of race and racism, while weaving in threads of family story, economic class, and political and regional identity.

This course has a delayed registration beginning at 1 p.m. September 4 and closing on September 18. The course begins September 25 and runs straight through for 11 consecutive weeks, ending December 11. Participants will be asked to prepare for each session by reading online materials and viewing films. Most course materials are provided online; however, participants will need to acquire two books: "Waking Up White and Finding Myself in the Story of Race" by Debby Irving, available on Amazon for \$16; and "Jesus and the Disinherited" by Howard Thurman, available on Amazon for \$13.

The entire course has a commitment to racial healing, reconciliation, and justice in our personal lives and society.

**Instructors:** Ruth Tomlinson, retired Episcopal priest; Pamela Wright, retired family and consumer sciences educator

**Facilitator:** David Wright

**Day/Dates:** Wed, Sep 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, (skip Nov 28), Dec 4, 11.



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

**Location:** Zoom Live Stream

**Enrollment Limit:** 12

**Cost:** \$40. Books mentioned in the course description should be purchased by the participant and received before September 25.

## Rome: From SPQR to Republic in Name Only



### L&L052L

After founding by Romulus, rebellion against Etruscan kings, and sacking by Gauls, Romans gradually worked out of a republican form of government, expanded their control of the Mediterranean world, altering their officials, assemblies, legal policies and rights of citizenship. How did their form of government change over the centuries, until it ended up as an autocratic empire, which then declined and fell? Review and consider the actions of Scipio, Marius, Pompey, Cicero, Julius Caesar, and Augustus, based on the writing of historians and whatever we can figure out actually must have happened, to aim for power, peace, and principle.

**Instructor/Facilitator:** Wilbur Hass, Professor Emeritus, Argosy University and OLLI member

**Day/Dates:** Wed, Aug 28, Sep 4, 11, 18, 25, Oct 2

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

**Location:** SCC-CEC, Rm 404

**Enrollment Limit:** 24

**Cost:** \$35

## The Early Days of Nebraska Volleyball 1970-1996



Volleyball has been a part of the UNL athletic landscape for more than a century, but the sport didn't gain much notoriety until the early 1970s, when the Huskers began to put together a program that is now known worldwide. Learn how its reputation grew from its humble beginnings, reaching a pinnacle last August when Volleyball Day put 92,003 in Memorial Stadium stands. Meet some of the players who made it possible from those early Title IX days at Mabel Lee Hall and the Coliseum. They had big dreams, and so many of them have come true.

**Instructors:** Vicki Highstreet, Nebraska Volleyball Alum and OLLI member; John Mabry, author of "Nebraska Volleyball, the Origin Story"

**Day/Dates:** Wed, Sep 4, 11, 18, 25

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

**Cost:** \$25

**Register for only one format:**

### HIS100Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### HIS100L

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

**Enrollment Limit:** 28

## The Electoral College: Distortion of Democracy



The Founders who wrote our U.S. Constitution faced two uncompromising attitudes: small states demanding equality with large states and slave states seeking a stronger voice in congressional districting and in presidential elections. Creating a U.S. Senate with all states delegated two senators and also granting slave states the right to count three-fifths of slaves in each U.S. Census for congressional districts helped to mollify both groups to protect their interests. Turning to the election of the President, the delegates held 30 separate votes unsuccessfully and finally used a model based upon the election of emperors under the Holy Roman Empire. The Constitution was then ratified. Despite critical Constitutional amendments that enhanced both democracy and citizen rights, neither the U.S. Senate nor the Electoral College, other than 12th Amendment, have been reformed to avoid "minority rule." Explore how both institutions contribute to our "creeping counter-majoritarianism" in the 20th and 21st centuries.

**Instructor:** John Gale, former Nebraska Secretary of State

**Facilitator:** Charlyne Berens

**Day/Date:** Wed, Aug 28

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

**Cost:** \$10

**Register for only one format:**

**CON077Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**CON077L**

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

**Enrollment Limit:** 28



## Introduction to Bridge I

**LIF004L**

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

**Instructor/Facilitator:** Henry Schuman

**Day/Dates:** Wed, Aug 28, Sep 4, 11, (skip 18), 25, Oct 2, 9

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

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

**Enrollment Limit:** 36

**Cost:** \$35

## Only Hope: My Mother and the Holocaust Brought to Light



**HIS001Z**

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have recently been published by her son, Irv Lubliner, an emeritus Southern Oregon University professor and OLLI instructor. He will share excerpts from "Only Hope: A Survivor's Stories of the Holocaust," shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition.

**Instructor:** Irv Lubliner, Professor Emeritus, Southern Oregon University

**Facilitator:** Bob Michl

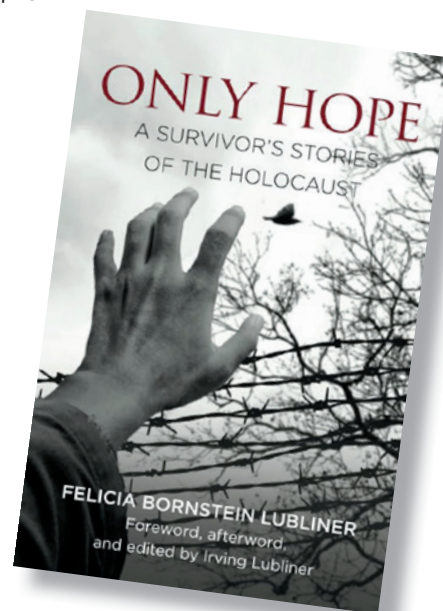
**Day/Date:** Wed, Sep 25

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

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** \$10



## History and Genres of Opera



**ART036L**

Opera is a form of theater in which music has the leading role and the parts are taken by singers. It incorporates singing, acting, scenery, costumes, and dance. Learn about opera and what makes it so. Explore the genres of opera, including opera "seria," and opera buffa, Wagner's musical drama, and modern opera. Understand several important elements of the genre like arias, recitatives and ensembles, without which opera does not exist.

**Instructor:** Marina Fabrikant, professor, Piano and Music theory, Union College

**Facilitator:** Dori Bush

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

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

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

**Enrollment Limit:** 50

**Cost:** \$10

## 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 Well and Good Signature Restaurant, Barred Owl Rooftop Bar and Good Life Coffee Shop. Tour 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 Management degree program. By combining classroom instruction with experiential learning, the program is designed to meet current industry needs. Learn about the current learning laboratory at the hotel and receive an update on plans for the HRTM 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 of sales, The Scarlet Hotel; Ajai Ammachathram, program director and associate professor, Restaurant and Tourism Management, College of Education and Human Sciences, UNL

**Facilitator:** Charlotte Frank

**Day/Date:** Wed, Oct 2

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

**Location:** The Scarlet, Lincoln, a Tribute Portfolio Hotel. Park at meters around Innovation Campus and pay for parking through the Passport app on your phone.

**Enrollment Limit:** 25

**Cost:** \$10

## The Magic of the Metropolitan Opera: “Tales of Hoffmann”



### ART121L

The “Tales of Hoffmann” is an opera fantastique by German-born French composer Jacques Offenbach, his final opera. In Luther’s tavern in Munich, where the operate begins and ends, the poet Hoffmann, with his confidant Nicklausse, begins to tell the

story of his three unfortunate love affairs, in which Councillor Lindorf has played a crucial role, dressed in three different costumes, each more diabolical than the others. We will listen to and discuss the history of this opera; its structure, information about the composer’s sources, and different musical elements which are characteristic of this opera. Other information will be shared to define additional contributions to the opera genre.

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

**Facilitator:** Dori Bush

**Day/Date:** Wed, Oct 2

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

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

**Enrollment Limit:** 50

**Cost:** \$10

## Tours of Artists’ Studios



### ART016L

Get a behind-the-scenes look at six different Lincoln artists in their studios. See the creative environments and study the artists finished pieces or works in progress. Hear them describe their creative process and perhaps see a demonstration of their techniques. We will visit all new/different studios from past offerings of this course.

**Instructors:** Various

**Facilitator:** Mary Ann Sullivan

**Day/Dates:** Wed, Aug 28, Sep 4, 11, 18, 25, Oct 2

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

**Location:** Each week we will meet at a different studio. The locations and addresses will be noted in the syllabus, which will be emailed the week before the course begins. You may have to stand for parts of some of the presentations and/or there may be stairs to navigate.

**Enrollment Limit:** 15

**Cost:** \$35

## Celebrate 250 Years of America with OLLI



Explore the details of the June, 2025 OLLI travel opportunity to Philadelphia, when you will experience rich history and culture and be some of the first to celebrate the 250th anniversary of America! Begin your journey at Independence Hall, where the Declaration of Independence and the U.S. Constitution were debated and adopted. Delve into the art of coin-making at the U.S. Mint and marvel at the grandeur of Philadelphia City Hall's stunning architecture. Stroll down Elfreth's Alley, America's oldest continuously inhabited residential street, before immersing yourself in the Nemours Estate, a breathtaking example of French-inspired architecture and gardens. Explore the natural splendor of Longwood Gardens, where lush landscapes and vibrant blooms captivate the senses. Get a glimpse into the region's scenic beauty on a railway journey through the stunning vistas of Lehigh Gorge. From historic landmarks to natural wonders, Philadelphia promises an unforgettable blend of exploration and discovery.

**Instructor:** Cathy Greteman, president, Star Destinations

**Facilitator:** Carol Myers

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

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

**Cost:** No Charge

**OPEN TO THE PUBLIC**

**Register for only one format:**

**LIF157Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**LIF157L**

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

**Enrollment Limit:** 28

## THURSDAYS

### Gentle Yoga



**H&W001Z**

From the comfort of your own home, join in meditation, breath-work, balance, and mindful movements to reconnect your mind, body, and spirit. Class is for all levels but poses will include a variety of positions requiring students to get on/off the floor. The instructor will provide modifications as needed. 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, Aug 29, Sep 5, 12, 19, 26, Oct 3

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

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** \$35

### The Monarch Butterfly



Learn about the incredible life of the monarch butterfly. The monarch's identification, lifecycle, migration, overwintering grounds, and promoting the butterflies in our landscapes will be covered.

**Instructor:** Wayne Ohnesorg, educator and entomologist, Nebraska Extension

**Facilitator:** Marie Trayer

**Day/Date:** Thu, Aug 29

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

**Cost:** \$10

**Register for only one format:**

**L&L051Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**L&L051L**

**Location:** SCC-CEC, Rm 213. *Attendees will view the instructor on Zoom.*

**Enrollment Limit:** 24

## Maximizing Function and Look of Small Spaces



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

**Instructor:** Lorele Lesoing, founder, president, and lead designer, Lee Douglas Interiors and THE LOFT by Lee Douglas Interiors.

**Facilitator:** Charlotte Frank

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

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

**Cost:** \$10

**Register for only one format:**

### LIF151Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF151L

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

**Enrollment Limit:** 24

## Heimat: Chronicle of a Turning Point in History (Part III of III)



### HIS101L

The third part of the Heimat trilogy again takes us to the Hunsrück and to Schabbach in the years 1989 to 2000. The beginning is the Fall of the Berlin Wall on November 9, 1989, the unification of East and West Germany in 1990 and all the momentous changes that came about in the 1990's. Many of the familiar characters from HEIMAT I appear again, and the last episode is called "Abschied von Schabbach" (Good-bye to Schabbach). Find out what has become of the younger generation, and it really closes the circle of the story of the Simon family through the decades. Each week we will watch one episode, then discuss the film.

**Instructor:** Peter Reinkordt, Professor Emeritus, German, Doane University

**Facilitator:** Georgianne Mastera

**Day/Dates:** Thu, Aug 29, Sep 5, 12, 19, 26, Oct 3

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

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

**Enrollment Limit:** 28

**Cost:** \$35



## All About Chocolate

### LIF111L

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

**Instructor:** Pat King, OLLI member

**Facilitator:** Jeanette Wellsandt

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

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

**Location:** SCC-CEC, Rm 404

**Enrollment Limit:** 22

**Cost:** \$15 includes cost of chocolate samples



## Pottery Pals

### ART115L

Get acquainted with the medium of clay. Explore hand build ceramics from a functional and sculptural point of view while building and carving mugs and plant pots. Discover ceramic hand-building basics and observe demonstrations and examples. Some standing is required while working with projects.

**Instructor:** Kate Askey, ceramicist, potter and florist

**Facilitator:** Bob Michl

**Day/Dates:** Thu, Aug 29, Sep 5, 12, 19, 26, Oct 3

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

**Location:** Gartens Studio

**Enrollment Limit:** 8

**Cost:** \$70 includes all supplies, glaze and firing of projects

## Sheet Pan Dinners

### LIF054L

Are you tired of using lots of pots and pans to make dinner? How about finding ways to reduce large recipes down to smaller amounts to feed one or two individuals? These hands-on classes will show you how easy and efficient it is to make dinner using a sheet pan. Please bring one rimmed sheet pan/jelly roll pan, 10x15, to use during class, and two, 5-cup size containers which can hold hot food to take home your delicious meals. This course has been held in previous terms; new recipes will be used.

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

**Facilitators:** Carla Fetch and Jeanette Wellsandt

**Day/Dates:** Thu, Sep 12, 19

**Registration Deadline:** Thu, Sep 5.

**Cancellation after this date will be non-refundable.**

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

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

**Enrollment Limit:** 14

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

## They Called Us “Roosians”

### HIS026L

German speaking immigrants from Russia settled in Lincoln in the last part of the 19th and early years of the 20th century. They lived primarily in the Lincoln neighborhoods known as the North and South Bottoms. If you walked around these areas in the 1900-1930's you were apt to hear more German than English being spoken. At one time, one quarter of Lancaster County residents were of German Russian descent. The German Russians had a profound influence on the city of Lincoln due to their excellent work ethic, frugality, and love for their new country. The German Russians brought with them a rich cultural heritage. We will focus on some of the main important aspects of these immigrants' lives.

**Instructor:** Emily Gengenbach, museum services and volunteer coordinator, American Historical Society of Germans from Russia

**Facilitator:** Janet Rife

**Day/Dates:** Thu, Sep 26, Oct 3

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

**Location:** American Historical Society of Germans from Russia

**Enrollment Limit:** 35

**Cost:** \$20

## Personal Expressions: A Guide to Celebrating a Life Well-Lived

### LIF153L

“Life itself is a privilege, but to live life to the fullest- well, that is a choice.”— Andy Andrews. By making the choice and engaging in this course you will gain an introspective look at your life...past, present and future. We will use three different workbooks, that you will be able to keep, as guides that will assist in gathering your thoughts, memories and wishes and give you and your loved one's direction and guidance when they need it most, at the end of our lives. They will know without a doubt what your personal wishes are and be able to see them through; thus, helping to relieve the emotional burdens of funeral planning and allowing them to support each other, celebrate you and focus on the memories of a life well-lived.

**Instructors:** From Butherus, Maser & Love Funeral Home—Kevin Orth, director, Pre-Need Planning and Community Outreach; John Love, owner and funeral director

**Facilitator:** Jeanette Wellsandt

**Day/Dates:** Thu, Sep 12, 19, 26, Oct 3

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

**Location:** Eastmont Senior Living Center

**Enrollment Limit:** 30

**Cost:** \$25

## TNR, Cats and Your Community

Trap, Neuter and Return (TNR) works! TNR improves the co-existence between outdoor cats and humans. Learn the facts about what TNR can do for your community and the feral, stray or community cats that live there. Explore this valuable program, its impact and how you can become involved.

**Instructor:** Karen Kurbis, TNR advocate for Joining Forces, Saving Lives

**Facilitator:** Deb Pearson

**Day/Dates:** Thu, Aug 29, Sep 5

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

**Cost:** \$15

**Register for only one format:**

### L&L050Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### L&L050L

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

**Enrollment Limit:** 28

## Welcome to Medicare: Avoiding Confusion & Empowering You



Are you confused about Medicare? Nebraska's State Health Insurance Assistance Program (SHIP) educates people about Medicare, empowering older adults and people with disabilities to make informed decisions about health care. Become more educated with Medicare so you can identify and report possible Medicare scams, error, or waste. Learn more regarding your health insurance options, benefits, and choices.

**Instructor:** Jonathan Burlison, administrator, Nebraska SHIP, Department of Insurance.

**Facilitator:** Bob Michl

**Day/Date:** Thu, Aug 29

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

**Cost:** \$10

**Register for only one format:**

### LIF155Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF155L

**Location:** SCC-CEC, Auditorium

**Enrollment Limit:** 70

## Aging Partners Tour and Overview at Victory Park



### LIF109L

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

**Instructor:** Randall Jones, director, Aging Partners

**Facilitator:** Bob Michl

**Day/Date:** Thu, Aug 29

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

**Location:** Victory Park Center

**Enrollment Limit:** 50

**Cost:** No Charge

**OPEN TO THE PUBLIC**

## Sheldon Sculpture Garden Walk



### ART076L

Are you eager to learn more about those monumental sculptures on the UNL campus near the Sheldon Museum of Art? Our nationally acclaimed art museum installed its sculpture garden in 1970 when it was one of only three public sculpture gardens in the nation. These weekly tours will focus on sculptures by such world-renowned artists as Claes Oldenburg, Mark di Suvero, and Richard Serra and will include highly respected sculptures with local connections such as Jun Kaneko and Catherine Ferguson. Dress for the weather and for walking comfortably throughout the garden. You may want to bring a bottle of water to keep hydrated on hot days.

**Instructors:** Amy Cederdahl, former K-12 art educator and current docent at the Sheldon Museum of Art

**Facilitator:** Mary Ann Sullivan

**Day/Dates:** Thu, Sep 5, 12, 19, 26

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

**Location:** Sheldon Museum of Art, Sculpture Garden. Meet on the front/east steps of the museum for the first class. Parking is available at meters on the street or Que Place Parking Garage, 1111 Q Street.

**Enrollment Limit:** 20

**Cost:** \$25

## The Science of What We Drink



### SCI021L

Experience the science behind what we drink. Sessions will include an explanation of coffee's journey from beginning to roasting; a tea tasting experience and explanation of what defines tea; an opportunity to see and experience some of Nebraska's milk story at the Food Innovation Campus; an experience with the science behind the beer brewed at

Bottle Rocket Brewery; a look at the science of wine and an opportunity to taste the science.

**Instructors:** Rodney and Anna Verhoeff, tea connoisseurs; Emily Hawk, manager, The Mill Coffee & Bistro; Bob Hutkins, professor, Food Microbiology and Food Science, UNL; Pratik Ghimire, sommelier, The Oven; Ryan Koch, Brewmaster, Bottle Rocket Brewery

**Facilitator:** Jim McLoughlin

**Day/Dates:** Thu, Aug 29, Sep 5, 12, 19 (skip 26), Oct 3.

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

**Locations:** First location is The Mill Coffee & Bistro/Innovation Campus. Further locations will be provided at the first class.

**Enrollment Limit:** 30

**Cost:** \$30, plus \$20 fee for wine and \$5 fee for beer, both to be paid directly to instructors at class

### Pilgrimages: Journeys to Seek Clarity and Improve Lives



A pilgrimage is a journey in major religious traditions, such as Christianity, Buddhism, Hinduism, Islam, Judaism and Sikhism as well as pagan traditions. Listen to stories of people who have undertaken a journey or are knowledgeable about specifics of pilgrimages and identify sacred locations to which the faithful are drawn. Further discussion will include how pilgrimages are viewed within the specific tradition and personal accounts or observations while making journeys to places associated with the spiritual presence of holy figures or historic events within their traditions.

**Instructors:** Simon Wood, associate professor, Classics and Religious Studies, UNL; Courtney Bruntz, Buddhist Studies, Graduate Theological Union, Berkeley, CA. and associate dean, Arts & Sciences, Southeast Community College; Brian Carwana, executive director, Encounter World Religions Centre; Rabbi Alex Felch, Rabbi, Jewish Community of Lincoln; Charlie Francis, OLLI member

**Facilitator:** Jeri Brandt

**Day/Dates:** Thu, Aug 29, Sep 5, 12, 19, 26, Oct 3

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

**Cost:** \$35

**Register for only one format:**

**REL022Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**REL022L**

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

**Enrollment Limit:** 28

## 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.

**Instructors:** Madie Ewing, graduate assistant and personal trainer

**Facilitator:** Brad Dwiggin

**Day/Dates:** Fri, Aug 30, Sep 6, 13, 20, 27, Oct 4

**Time:** 8:30-10 a.m. (Note time change from previous offerings.)

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

**Enrollment Limit:** 24

**Cost:** \$35

### Lincoln’s Sunken Gardens



“Golden Hours” is the 2024 theme for Lincoln’s sunken gardens. Explore the design process and the challenges of growing plants in Lincoln with the ever-changing weather. Please plan accordingly for the weather and



your comfort. A good deal of walking and standing will be required.

**Instructors:** Zac Halley, public gardens supervisor; Michael Fallon, public gardens horticulturalist

**Facilitator:** Judy Hart

**Location:** Sunken Gardens Rotary Pavilion. Limited parking is available at the parking lot located off 26th & D Street. Overflow parking is available in neighborhoods and across 27th Street at the Hamann Rose Gardens.

**Enrollment Limit:** 30

**Cost:** \$10

**Please register for only one session:**

### ART0261

**Day/Date:** Fri, Sep 13

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

### ART0262

**Day/Date:** Fri, Sep 20

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

## Build Your Bridge to Retirement



Learn how to navigate the many options surrounding retirement. Explore information on choosing a retirement community, non-medical home care and home health care, stress-free organization and downsizing for a move, guardian/conservatorship, durable power of attorney, spousal impoverishment/Medicaid, Veteran options, hospice and palliative care truths and myths, planning end of life, senior fraud, planning for retirement, making informed Medicare insurance decisions, senior legislation, and tips for seniors when traveling.

**Instructors:** From Bridge to Better Living—Mary Ann Stallings, president/CEO; Kaye Jesske, director, marketing

**Facilitator:** Carla Fetch

**Day/Dates:** Fri, Aug 30, Sep 6, 13, 20, 27, Oct 4

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

**Cost:** \$35

**Register for only one format:**

### LIF138Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF138L

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

**Enrollment Limit:** 28

## Magic Fundamentals: Unleashing Your Inner Sorcerer



### LIF116L

Learn fundamental magic tricks and techniques to amaze friends and family. Beginning with simple card tricks, we will progress to learning techniques such as the double lift, the card force and controlling cards, among others. This is a hands-on course where you will learn to perform tricks and illusions. Additional instruction will be provided in mastering sleight of hand techniques along with misdirection using coins, rings and playing cards. More advanced techniques and the use of gimmicks will be introduced using money magic. Also learn interesting facts about the history of magic and about some of the world's greatest magicians. Attendees will need to provide their own props; we will discuss how to select the right props during the first class.

**Instructor:** Evan Card, magician

**Facilitator:** Jim Pinkerton

**Day/Dates:** Aug 30, Sep 6, 13, 20

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

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

**Enrollment Limit:** 28

**Cost:** \$25

## Dementia Caregiving at Home



Understand the stages of dementia, potential treatment options, how to care for a loved one, and preparing for what comes next in your journey.

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

**Day/Date:** Fri, Oct 4

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

**Cost:** \$10

**Register for only one format:**

### LIF061Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF061L

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

**Enrollment Limit:** 24

## HomeFit: How to Age in Place at Home



Research consistently finds that most people aged 50 and older want to stay in their homes and communities as long as possible. The AARP Home Fit session was created to help people stay in the homes they love by turning where they live into a “lifelong home,” suitable and safe for themselves and anyone in their household.

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

**Day/Date:** Fri, Sep 13

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

**Cost:** \$10

**Register for only one format:**

### LIF002Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF002L

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

**Enrollment Limit:** 24

## Living Well with Parkinson’s Disease



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

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

**Day/Date:** Fri, Sep 20

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

**Cost:** \$10

**Register for only one format:**

### H&W015Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### H&W015L

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

**Enrollment Limit:** 24

## Prepare to Care: Navigating Future Healthcare Options and Cost



When it comes to caring for loved ones, most families don’t have a plan until a crisis happens. Find out what YOU need to know to provide the best care for your loved one

and/or to provide vital information for your children to assist you should that need arise. You will receive the tools to plan for future housing needs, caregiving considerations and financial planning for the cost of healthcare. You can create a comprehensive plan that includes your home, health, finances, and wishes.

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

**Day/Date:** Fri, Sep 27

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

**Cost:** \$10

**Register for only one format:**

### LIF055Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

### LIF055L

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

**Enrollment Limit:** 24

## Election 2024



2024 is a presidential election year and we have a re-match of the 2020 election. Former Political Science Department Chair John Comer will define the critical issues at stake this year. We will then look at Nebraska issues where the most critical races will be votes on a number of petition initiatives. It is also the first general election under Nebraska’s new voted ID law. Once again, this year we will have an election prediction contest where members of the class can compete for a prestigious trophy. There will be plenty of time for class members to discuss the results of the election and the implications for future events. The final session will involve representatives from Nebraska’s media who will provide insight into the results and insight on how the results may shape future politics.

**Instructors:** John Comer, Professor Emeritus, Political Science, UNL; Wayne Bena, Nebraska Deputing Secretary of State for Elections; members of the press; OLLI Politics Interest Group members.

**Facilitator:** Marvin Almy

**Day/Dates:** Fri, Oct 11, 18, 25, Nov 1, 8, 15

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

**Cost:** \$35

**Register for only one format:**

**CON076Z**

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**CON076L**

**Location:** South Gate United Methodist Church

**Enrollment Limit:** 100



## Walking in the Footsteps of Our Ancestors



The Otoe-Missouria people once called south and eastern Nebraska home before they were forcibly removed to Indian Territory, present-day Oklahoma. They now reside in Red Rock, Oklahoma, which is the headquarters of the tribe. This course is offered in partnership with the Center for Great Plains Studies. Learn the origins and history of the tribe, along with their migration from Minnesota and Iowa, the split from the Ho-Chunk, as well as their removal within Nebraska and further removal into Indian Territory. There will be four class sessions and two optional event opportunities, including the September 20 Otoe-Missouria Day at Spring Creek Prairie, and the October 13 celebration of Indigenous People's Day at the Lincoln Indian Center. More information will be provided on these opportunities during the course.

**Instructor:** Christina Goodson, co-director, Walking in the Footsteps of Our Ancestors Project

**Facilitator:** Lynn Roper

**Day/Dates:** Fri, Aug 30, Sep 6, 13, (skip 20 and 27), Oct 4

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

**Cost:** \$25

**Register for only one format:**

**HIS096Z**

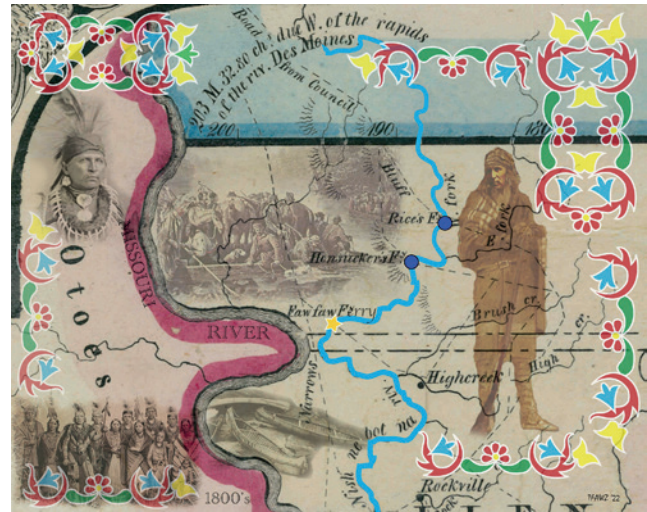
**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**HIS096L**

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

**Enrollment Limit:** 28



## Mah Jongg



**LIF046L**

Mah Jongg is an ancient Chinese game. Learning the game can be challenging. This class will introduce you to the card, the tiles, the Charleston, and the game itself.

**Instructor/Facilitator:** Donita Elrod, OLLI member

**Day/Dates:** Fri, Aug 30, Sep 6, 13, 20, 27, Oct 4

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

**Location:** Gere Branch Library, Meeting Room 2

**Enrollment Limit:** 16 (min of 12)

**Cost:** \$50, includes \$15 for the cost of a Mah Jongg card. If you already have a current year Mah Jongg card, contact the office to register and pay \$35 for the course.



# Rural America: Wasteland or Reasons for Hope?

The United States seems to be divided into two different countries – an urbanized “Blue” region of social and cultural liberalism and the “Red” rural regions rebelling against social and demographic change and resenting coastal elitism. It seems everyone has an opinion about rural America. Is it gripped in a tragic decline? Or is it on the cusp of a glorious revival? Is it the key to understanding America today? Perhaps, we’re missing the real question...is rural America even a thing?

The presenters will examine this supposed divide from a social, economic, and political perspective. Does it really exist and what, if anything, should be done? What can we do to better understand each other? How can we address the economic issues that have victimized rural America?

## Saturday, October 12, 2024

**Registration Deadline:** Thursday, Sep 26

**Location:** UNL East Campus Union, Great Plains Ballroom, 1705 Arbor Drive, Lincoln

**Registration is required. Cancellation after the deadline will be non-refundable, unless cancelled by UNL**

**8:30 am** Doors Open

**9:00 am** Welcome

**9:10 am** **Steven Conn – Keynote**  
W.E. Smith Professor of History  
Miami (OH) University

**10:05 am** Questions and Answers

**10:20 am** Break

**10:25 am** **Jena Ochsner**  
Double “O” Farms, Sutton, NE

**10:55 am** Questions and Answers

**11:05 am** Break

**11:15 am** **Nebraska Rural Polls Panel**  
**Brad Lubben**, Nebraska Extension, UNL  
**Cheryl Burkhart-Kriesel**, Nebraska Extension, UNL  
**L.J. McElravy**, Ag Leadership, UNL

**12:05 pm** Questions and Answers

**12:20 pm** Lunch

**1:00 pm** **Ronnie Green**  
UNL Chancellor Emeritus

**1:30 pm** Questions and Answers

**1:45 pm** Break

**1:55 pm** **Center for Rural Affairs**  
**Erin Schoenberg**, development manager, CFRA  
**Jillian Linster**, policy director, CFRA

**2:25 pm** Questions and Answers

**2:35 pm** Closing Remarks – Conclusion

## OPEN TO THE PUBLIC

**Register for only one format:**

### CON079Z

**Location:** Zoom Live Stream

**Enrollment Limit:** 100

**Cost:** \$15

### CON079L

**Location:** UNL East Campus Union, Great Plains Ballroom. No parking permit is required.

**Enrollment Limit:** 250

**Cost:** \$20 includes cost of lunch and symposium. Please contact the OLLI office if you have specific dietary restrictions.

## Sponsored by:





### **Steven Conn, Ph.D.**

Steven Conn is the W.E. Smith Professor of History at Miami (Ohio) University and the author of numerous books, including the one that inspired this symposium entitled, “The Lies of the Land.” In 2016, he admitted to becoming an “accidental expert.” Eighteen months earlier, he published a book examining the “anti-urban tradition” in American life and traced its impact on policy and places across the 20th century. His goal was to explore a central American paradox: “we are a highly urbanized nation filled with people who dislike their cities.”



### **Jena Ochsner**

Jena Ochsner is a farmer, a farm wife, mother of two farm kids, and an advocate for all things agriculture, though she was not raised on a farm. Her husband, Levi, and her family live and work on his family’s fifth generation farm where they raise corn, soybeans, cattle, and country kids. The two also ship their homegrown beef (Double O beef) from their farm to families across the country.



### **Brad Lubben, Ph.D.**

Brad Lubben is an extension associate professor at the University of Nebraska-Lincoln. He is active in conducting the Nebraska Rural Poll annual survey, gathering the aggregated voice of rural Nebraskans on such issues as community, government policy, well-being, and work. He relays the findings to state lawmakers, ensuring the rural voice is heard.



### **Cheryl Burkhart-Kriesel, Ph.D.**

Cheryl Burkhart-Kriesel is a professor and extension specialist at the University of Nebraska Panhandle Research, Extension, and Education Center in Scottsbluff. Her community development experience focuses on new resident recruitment, retention, tourism development, and community planning.



### **L. J. McElravy, Ph.D.**

L.J. McElravy is an associate professor of Leadership in the Department of Ag Leadership, Education, and Communication. His research and extension efforts focus on leadership assessment, leadership training, and development based on positive psychology, and developing shared leadership systems prepared to engage in effective creative and innovative problem-solving.



### **Ronnie Green, Ph.D.**

Ronnie Green is Chancellor Emeritus at the University of Nebraska-Lincoln. He was appointed the 20th chancellor of UNL in 2016 and retired from that position in 2023. Before that appointment, he was the Harlan Vice Chancellor of the UNL Institute of Agriculture and Natural Resources and Vice-President for Agriculture and Natural Resources of the University of Nebraska system. Green was raised on a mixed beef, dairy, and cropping farm in southwest Virginia.



### **Erin Schoenberg**

Erin Schoenberg is development manager at the Center for Rural Affairs. Raised on a farm/ranch in North Central Nebraska, Erin’s work is focused on strengthening community networks and partnerships and organizing workshops and courses for farmers.



### **Jillian Linster**

Jillian Linster is policy director at the Center for Rural Affairs. She draws on her diverse experiences to advance the organization goals of values, worth, and action. She supports a group of exceptional people in their tireless dedication to strong rural communities.

# EVENTS

## Flatwater Shakespeare Company presents "Hamlet"



### ART124L

"Hamlet" is one of the most quoted, studied, and produced plays in the English language. Over more than 400 years Hamlet has captivated audiences for one reason or another. A star for a leading actor. A Freudian analysis of the mother-son relationship. Even the 18th century criticism of the play as being "barbaric" piques modern audiences' interest. The text is active and intriguing - it plays directly to the listener's mind, heart, and gut while asking universal questions about life, death, and the meaning of it all. Flatwater Shakespeare's cast of talented players embody the text with passion, eye-catching movement, and overt theatricality. The show concludes with a post-performance question and answer period with OLLI attendees.

**Day/Date:** Sat, Aug 31

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

**Registration Deadline:** Sun, Aug 25.

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

**Facilitator:** Dori Bush

**Location:** Wyuka Stables

**Enrollment Limit:** 20

**Cost:** \$20

## 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.

**Day/Date:** Thu, Sep 12

**Time:** 4:30-7 p.m.

**Registration Deadline:** Thu, Sep 5.

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

**Facilitator:** Bob Michl

**Location:** Eastmont Senior Living Center

**Enrollment Limit:** 40

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

**OPEN TO THE PUBLIC**

## "Home Again" with the Lincoln Symphony Orchestra



### ART125L

The Lincoln Symphony Orchestra chamber orchestra concert takes place this year in the magnificent space of St. Paul United Methodist Church. Composer David von Kampen's award-winning song cycle "Under the Silver" and "Home Again," orchestrated, composed and performed by baritone Nathaniel Sullivan, will be paired with Ravel's song cycle "Don Quixote" to "Dulcinea." The program also includes Mozart's "Prague Symphony" and Mendelssohn's "The Hebrides Overture."

**Day/Date:** Fri, Sep 27

**Time:** 7:30-10 p.m.

**Registration Deadline:** Thu, Sep 19

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

**Facilitator:** Dori Bush

**Location:** St. Paul United Methodist Church

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

**Cost:** \$40



## Freezing Thai: Hand-Rolled Ice Cream Social



### LIF154L

Thai hand-rolled ice cream is a unique frozen dessert that originated in Southeast Asia and has gained popularity worldwide. Instead of being pulled from frozen buckets by the scoop, its liquid base is poured onto a frozen pan and then chopped, mixed, spread and rolled. Join us for an ice cream social that offers beautiful hand-rolled ice cream creations like Mango Tango, Strawberry Lady, Avocado, and Matcha Tea. We will swap ice

cream stories and explore some brief ice-cream trivia in this simple but sweet social event.

**Day/Date:** Mon, Oct 7

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

**Registration Deadline:** Sun, Sep 29

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

**Facilitator:** Leslie Ryan

**Location:** Freezing Thai Rolled Ice Cream

**Enrollment Limit:** 16

**Cost:** \$10. Attendees will purchase their own cups of hand-rolled ice cream for \$8-9 per person.



### Visit Offutt Air Force Base

Call the OLLI office to provide your driver's license number and date of birth. Your driver's license must be carried the day of the visit.

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

**Day/Date:** Wed, Oct 9

**Registration Deadline:** Wed, Sep 18.

**Cancellation after this date is nonrefundable unless cancelled by OLLI.** Please call the OLLI office and provide your driver's license number and date of birth by this date. Your driver's license must be carried the day of the visit.

**Facilitator:** Roger Lempke, retired Lt. General and former Nebraska Adjutant General

### HIS090L

#### Departing Bus from Lincoln

**Time:** 7:30 a.m.-4:30 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 8 a.m. Personal vehicles can be parked in this area for the day.

**Enrollment Limit:** 40

**Cost:** \$70, includes course fee, transportation and lunch

### HIS0900

**For Those in the Omaha Metro area or other locations**

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

**Location:** Park at the Offutt Air Force Base SAC gate (the south gate), 478 Butler Boulevard, Offutt AFB, NE, to board the tour bus at 9 a.m.

**Enrollment Limit:** 15

**Cost:** \$35, includes course fee and lunch

### Delicious Combinations: Wine, Cheese and Chocolate



### LIF158L

Enjoy a day filled with fun, friends, and home-grown treats! We will begin with a tour at Jisa Farmstead Cheese near Brainard. It sells a wide variety of flavors throughout the nation. Making cheese the traditional way is an art. The Jisa family takes pride in using only milk straight from their dairy. We will enjoy lunch on the way to our next stop at Baker's Candies in Greenwood, known for its chocolate meltaways. It produces world class chocolates synonymous with the state of Nebraska. The entire automated process is a first in the industry. The day will be capped off with a visit to Glacial Till Cider House and Tasting Room in Ashland.

**Day/Date:** Fri, Oct 11

**Time:** 9 a.m.-4:30 p.m.

**Registration Deadline:** Thu, Sep 19

**Cancellation after this deadline is non-refundable, unless cancelled by UNL.**

**Facilitator:** Cherie Bayley

**Location:** Meet at the Lincoln Gateway Mall parking lot just north of the Dillard's parking deck to meet the bus. Depart Gateway Mall at 9 a.m. Personal vehicles can be parked in this area for the day.

**Enrollment Limit:** 50

**Cost:** \$90 The course fee includes transportation, lunch, and two drinks at Glacial Till. Please contact the OLLI office if you have specific dietary restrictions.

# 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, timothyshaw@gmail.com

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

## Biking the Trails (Omaha)

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

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

**Meets:** Thursday mornings

**Time:** 9 a.m.

## Bridge Players

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

**Coordinator:** Sue Guild, sguild@inebraska.com

## Coffee and Conversation

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

**Coordinator:** Dori Bush, dbush2508@gmail.com

**Day:** Every Tuesday

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



## Conversational Spanish-Over Zoom

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

**Coordinator:** Jack McGann, jackmcgann1@mac.com

**Day:** Tuesdays

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

Contact the coordinator for the Zoom link.

## German Language and Culture

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

**Coordinators:** Ken Gobber, kengobber@hotmail.com; David Dyke, drdrdmd@me.com, 402-470-7211

**Day:** 1st and 3rd Wednesday of each month

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

## International Affairs

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

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

**Day:** First Wednesday of each month, September through May

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

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

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

## Meditation

The group is open to any OLLI member who has an interest in meditation. The focus is to talk about the practice of meditation

and some of the challenges that arise with meditative time. Each meeting includes a 15-to-20-minute guided meditation. You do not need experience in meditation to participate. Participants sit in chairs.

**Coordinator:** Margaret Rickers, mrickers14@gmail.com

**Day:** Second Thursday of each month

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

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

## My Backyard

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

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

**Day:** Last Tuesday of each month

## Matinee at the Ross

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

**Coordinator:** Dori Bush, dbush2508@gmail.com

**Day:** Friday

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

## Out to Lunch

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

**Location:** Various eating establishments in and around Lincoln, American and ethnic  
**Coordinators:** Nancy Whitman, newhit34@gmail.com, 402-488-8416; Maxine Moul, mmoul1@allophone.com

Contact Nancy Whitman for more information.

## Politics

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

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

**Day:** Third Thursday of each month

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

Contact Marvin Almy at hmalmy@aol.com if you have questions.

## Reading Groups

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OLLI book clubs generally limit their membership to 15 or less. New groups are periodically added.

**Coordinator:** Kay Rockwell, krockwell1@unl.edu

## Science & Technology

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

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

**Day:** Third Friday of the month

**Time:** 2-3:30 p.m.

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

## Story Analysis

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

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

**Time:** 4 p.m.

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

## Table Tennis

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

**Coordinator:** Larry McClure, lmerkmclure@yahoo.com

**Days:** Tuesdays and Thursdays

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

## Ukulele

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

**Coordinator:** Julia Larson, jlarson9342@gmail.com

**Day:** Third Thursday of the month

**Time:** 1 p.m.

**Location:** Varies-Lincoln Libraries

## Walking

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

**Coordinator:** Mike Carlson, 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.

## Writers Group

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

**Coordinator:** Gail Hollarbush, ghollarbush@gmail.com

**Day:** Second Wednesday of the month

**Time:** 2 p.m.

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



OLLI Biking the Trails Interest Group, May 2024 (Photo Credit: John Keller)

## OLLI Member Discounts

### **Angels Theatre Company**

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

### **Arts for the Soul**

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

### **Friends of the Mary Riepma Ross**

#### **Media Arts Center**

Offers a discount for a new, first-time membership. Contact the Ross Theatre at 402-472-9100. [theross.org](http://theross.org)

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

Offers OLLI members season tickets and individual tickets at the student rate. Ticket fee still applies. [nebraskarep.org](http://nebraskarep.org)

### **Lincoln Community Playhouse**

Offers a \$5 discount on adult tickets. Discount available for shows where the adult ticket is \$25. Ticket fee still applies.  
[lincolnplayhouse.com](http://lincolnplayhouse.com)

### **OmniArts Nebraska**

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

### **University Bookstore**

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

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

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

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

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

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

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**RELEASOR (Signed)**

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**RELEASOR (Printed)**

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**DATE**

# REGISTRATION Complete one form for EACH person.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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

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

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

**I would like to be assigned an OLLI ambassador.**

**FOR OFFICE USE ONLY**

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

| 2024-2025 Membership Registration -- Check One               |  | Cost |
|--|--|------|
| <input type="checkbox"/>                                     | I am a current 2024-2025 OLLI member.  | \$0  |
| <input type="checkbox"/>                                     | I am purchasing a 2024-2025 annual membership (Valid through July 31, 2025). | \$75 |
| Course or Event Registration:                                |  |      |
| Number   | Name   | Cost |
|  |  |      |
|  |  |      |
|  |  |      |
|  |  |      |
|  |  |      |
|  |  |      |
|  |  |      |
| <b>Total Payment (Membership + Course Cost + Event Cost)</b> |  |      |

**Payment Method:**

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

**Credit Card** [ ] Visa [ ] MasterCard [ ] Discover [ ] American Express

**Credit Card Number** \_\_\_\_\_ **Expiration Date** \_\_\_\_\_

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

# REGISTRATION Complete one form for EACH person.



First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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

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

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

**I would like to be assigned an OLLI ambassador.**

**FOR OFFICE USE ONLY**

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

| 2024-2025 Membership Registration -- Check One               |  | Cost |
|--|--|------|
| <input type="checkbox"/>                                     | I am a current 2024-2025 OLLI member.  | \$0  |
| <input type="checkbox"/>                                     | I am purchasing a 2024-2025 annual membership (Valid through July 31, 2025). | \$75 |
| Course or Event Registration:                                |  |      |
| Number   | Name   | Cost |
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|  |  |      |
|  |  |      |
| <b>Total Payment (Membership + Course Cost + Event Cost)</b> |  |      |

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**Credit Card Number** \_\_\_\_\_ **Expiration Date** \_\_\_\_\_

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

# General Information and Policies

## Animal/Pet Policy

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

## Course Recording Policy

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

## Drop a Course or Event

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

## Email Notifications

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

## Guest Policy

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

## Membership

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Memberships are non-transferable and non-refundable.

## Postponed, Cancelled or Full Courses

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

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

## Weather-Related Cancellations

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

## UNL East Campus Parking Permits

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

Parking permits are:

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

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

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