HOW TO REGISTER

Everyone 18 & over is welcome to register for Lifelong Learning classes. Many classes fill early—avoid disappointment by registering now!

1. Online
   lifelong.utah.edu

2. By phone
   801-587-LIFE (5433)

3. Email
   lifelong@continue.utah.edu

Send us your full name, mailing address, email address, phone number, UNID (if you have one), and class name and we can start the registration process for you.

To request a reasonable accommodation for a disability, please contact the Center for Disability Services at: 801-581-5020 or online at: disability.utah.edu.
Reasonable notice required.

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Creative Writing p. 14
**ART & CRAFT**

**Alternative Stone Settings**  
W, May 12-Jun 2 | 6:00-9:00 PM  
*Jan Harris-Smith* | $225 + $83 special fee

**DIY Ceramics**  
Th, May 13-Jun 17 | 6:00-8:00 PM  
Th, Jul 1-Aug 5 | 6:00-8:00 PM  
*Anne Goodrich Hunter* | $205

**Beginning Drawing**  
Th, May 13-Jun 17 | 6:00-9:00 PM  
Th, Jul 1-Aug 5 | 6:00-9:00 PM  
*Eric Erekson* | $169

**Beginning Metalsmithing**  
T, May 18-Jun 22 | 6:00-9:00 PM  
Th, Jun 3-Jul 8 | 6:00-9:00 PM  
*Amy Schmidt/Jan Harris-Smith*  
$225 + $130 special fee

**Gothic Hand Calligraphy**  
W, May 19-Jun 23 | 6:30-8:30 PM  
*Janet Faught* | $169

**Jewelry Maker Series: Braided Bracelet**  
S, May 22 | 10:00 AM-1:00 PM  
*Amy Schmidt* | $55 + $25 special fee

**Jewelry Maker Series: Riveted Bangle Bracelet**  
S, May 22 | 2:00-5:00 PM  
*Amy Schmidt* | $55 + $25 special fee

Visit [lifelong.utah.edu](http://lifelong.utah.edu) for more details and to register.
Jewelry Maker Series: Woven Earrings
S, May 29 | 10:00 AM-1:00 PM
Jan Harris-Smith | $55 + $30 special fee

How to Carve a Woodblock Print
S, May 22 | 10:00 AM-2:00 PM
Stefanie Dykes | $95 + $90 special fee

Blacksmithing: An Introduction
W, May 26-Jun 30 | 6:00-9:00 PM
Th, May 27-Jul 1 | 6:00-9:00 PM
Matt Danielson | $319 + $70 special fee

Macramé Classic Plant Hanger
Th, May 27 | 7:00-9:00 PM
Claudia Hanson | $39 + $23 special fee

Yes, You Can Draw Figures!
W, Jun 2-23 | 5:30-8:00 PM
AND S, Jun 5-19 | 1:00-1:30 PM
Kim Roush | $139

Macramé Retro Plant Hanger
Th, Jun 3 | 7:00-9:00 PM
Claudia Hanson | $39 + $23 special fee

Chinese Calligraphy
S, Jun 5-26 | 9:00-11:00 AM
Jingfu Lu | $149

Botanical Sketching and Relief Printing
S, Jun 12 | 1:00-4:00 PM
AND T, Jun 15-22 | 6:00-8:30 PM
Anna Bugbee | $229 + $80 special fee

Digital Illustration in Photoshop
T, Jun 15-Jul 20 | 6:00-8:00 PM
Brianna Blosch | $209

Quick Sketch Watercolors
S, Jun 19-26 | 10:00 AM-3:00 PM
Cindy Briggs | $159

Painting with Acrylics: Perfectly Personal Still-Life
M, Jun 21-28 | 6:00-9:00 PM
Lisa Daly | $99

Wear Your Heart on Your Sleeve: Sewing Textiles to Express Your Values
W, Jun 23-30 | 6:00-7:30 PM
AND W, Jul 28-Aug 4 | 6:00-7:30 PM
Ann Johnson | $109

DIY Acrylic Mediums and Texture
S, Jun 26 | 10:00 AM-4:00 PM
Samantha Da Silva | $89 + $45 special fee

Add People to Your Watercolors
T, Jun 29 | 6:00-9:00 PM
AND W, Jun 30 | 6:00-9:00 PM
Cindy Briggs | $105

Explorations in Sketchbook & Journaling
T, Jun 29-Jul 20 | 6:00-9:00 PM
Lisa Daly | $169

A Brief History of Letter-Locking
Th, Jul 1-Aug 5 | 6:30-8:30 PM
Janet Faught | $169
PHOTOGRAPHY

Digital Photography: An Introduction
T, May 11-Jun 8 | 6:30-8:30 PM
AND S, Jun 5 | 10:00 AM-12:00 PM
Neil Eschenfelder | $159 + $5 special fee

Photoshop for Photographers
S, May 15-Jun 5 | 10:00 AM-1:00 PM
John Craigle | $189

Alterations and Repairs: Make Your Closet Go Further
W, Jul 7-Aug 4 | 6:30-8:30 PM
Tracy Graham | $195

Illustration Workshop
S, Jul 10-17 | 10:00 AM-12:00 PM
Brianna Blosch | $79

Chinese Papercutting
S, Jul 10-17 | 9:00-11:00 AM
Jingfu Lu | $69

Macramé Classic Knots Wall Hanging
M, Jul 19-26 | 5:30-7:30 PM
Claudia Hanson | $69 + $29 special fee

Color Theory & Color Mixing 101
S, Jul 17 | 10:30 AM-2:30 PM
S, Jul 31 | 10:30 AM-2:30 PM
Theresa Otteson | $129

Utah Watercolor Landscape
Under the Milky Way
S, Jul 31 | 10:00 AM-12:00 PM
AND S, Jul 31 | 1:00-4:00 PM
Natalia Wilkins-Tyler | $89

Introduction to Lightroom
T, May 18-Jun 8 | 5:30-8:00 PM
Gary Lee Booth | $169

Digital Photography: Nuts and Bolts for DSLR
S, May 22-29 | 10:00 AM-2:00 PM
Erika Cespedes | $79

Develop Your Photographic Eye
W, Jun 2-23 | 5:30-8:00 PM
David Argyle | $139

Digital Photography II
T, Jun 15-29 | 6:30-8:30 PM
AND S, Jun 19-26 | 10:00 AM-12:00 PM
Neil Eschenfelder | $129 + $5 special fee

Introduction to Studio Lighting: Off-Camera Flash
T, Jun 22-Jul 13 | 6:30-8:30 PM
John Craigle | $149 + $20 special fee

Introductions and Repairs:
Make Your Closet Go Further
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Tracy Graham | $195

Illustration Workshop
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AND S, Jun 19-26 | 10:00 AM-12:00 PM
Neil Eschenfelder | $129 + $5 special fee

Introduction to Studio Lighting: Off-Camera Flash
T, Jun 22-Jul 13 | 6:30-8:30 PM
John Craigle | $149 + $20 special fee

Online Course  In-Person Course  Visit lifelong.utah.edu for more details and to register.
Darkroom Photography:
Handmade Prints with Your Digital Camera
S, Jul 10 | 10:00 AM-1:00 PM
AND S, Jul 17 | 10:00 AM-3:00 PM
Dave Hyams | $149 + $35 special fee

Right Brain Photography
M, Jul 12-26 | 5:30-7:30 PM
Eli Vega | $99

How to Organize Your Digital Photos
T, Jul 13-Aug 3 | 7:00-9:00 PM
Daniel Cureton | $139

Outdoor Photography: Boot and Shoot
W, Jul 14 | 6:30-8:30 PM
AND S, Jul 17 | 4:00-9:00 PM
AND W, Jul 21 | 7:00-9:00 PM
AND W, Jul 28 | 7:00-9:00 PM
AND W, Aug 4 | 6:30-8:30 PM
Neil Eschenfelder | $169 + $5 special fee

BUSINESS & FINANCE

Visioning Your Career
M, May 17-24 | 5:30-7:00 PM
Brenda Voisard | $49

How to Win the Interview
Th, Jul 15 | 5:30-7:30 PM
Eli Vega | $39

Creating Your Personal Brand for Career Enhancement
M, Jun 7-14 | 5:30-7:00 PM
Brenda Voisard | $49
COOKING, TASTINGS, & TOURS

Diving Into Beer: English Ales
Th, May 13 | 7:00-9:00 PM
Cody McKendrick | $39

Cake Decorating: Trends and Essentials
S, May 15-22 | 2:00-4:00 PM
Muyly Miller | $55

Food Truck 101
M, May 17 | 5:30-8:30 PM
Abdul Elsaqa | $49

Camp Cooking
M, May 17 | 5:00-8:00 PM
Jeffrey Steadman | $45 + $5 special fee

Discover Italy! Wine Series:
Discover the Region of Tuscany
W, May 26 | 6:00-8:00 PM
Sheral Schowe | $39 + $10 special fee

Discover Italy! Wine Series:
Discover the Region of Sardegna
Th, Jun 3 | 6:00-8:00 PM
Sheral Schowe | $39 + $10 special fee

But First, Tea!
S, May 22 | 9:00 AM-1:00 PM
Scott Lyttle | $59 + $12 special fee

Coffee: From Crop to Cup
Th, Jun 3 | 5:30-7:30 PM
John Bolton | $39 + $20 special fee

Piping with Tips: Beginning Cake Decorating
S, Jun 5 | 2:00-4:00 PM
Muyly Miller | $39

Cake Decorating: Trends and Essentials
S, May 15-22 | 2:00-4:00 PM
Muyly Miller | $55

Discover Italy! Wine Series:
Discover the Region of Piemonte
W, May 19 | 6:00-8:00 PM
Sheral Schowe | $39 + $10 special fee

Piping with Tips: Beginning Cake Decorating
S, Jun 5 | 2:00-4:00 PM
Muyly Miller | $39

Beginning Cake Decorating p.6

Online Course  In-Person Course  Visit lifelong.utah.edu for more details and to register.
Mediterranean and Egyptian Dishes: A Healthy Cooking Class
M, Jun 7-28 | 5:30-8:30 PM
Abdul Elsaqa | $165

Tasting Wine Like a Pro
T, Jun 29 | 7:00-8:30 PM
James Santangelo | $39 + $25 special fee

Fine Chocolates: An Introduction
W, Jun 30 | 7:00-9:00 PM
AJ Wentworth | $39 + $40 special fee

Making Bitters
Th, Jul 8-22 | 6:30-8:30 PM
Andrea Latimer | $69 + $50 special fee

Gins from Around the World
T, Jul 13 | 7:00-9:00 PM
James Santangelo | $39 + $25 special fee

Whiskies of the World
T, Jul 27 | 7:00-9:00 PM
James Santangelo | $39 + $25 special fee

Fine Chocolates: An Introduction p.7 and Diving into Beer: English Ales p.6
But First, Tea! p.6
HEALTHY LIVING

Individualize Your Yoga Practice  
S, May 15-29 | 11:30 AM-1:30 PM  
Kat Dickinson | $79 + $20 special fee

Horses and Wellness:  
The Healing Power of Horses  
S, May 15 | 10:00 AM-2:00 PM  
Giuliana Marple | $79 + $40 special fee

The Four Noble Truths:  
Buddhist Principles for a Happy Life  
T, May 18 | 6:30-8:30 PM  
Joseph Evans | $39

Intro to the Enneagram  
W, May 19-Jun 16 | 6:00-7:30 PM  
Megan Johnson | $79

Being with Horses
W, Jun 2 | 6:30-8:00 PM  
AND S, Jun 5 | 9:00 AM-12:00 PM  
Nicole Tomlin | $75 + $50 special fee

The Meditation Experience
T, Jun 8-22 | 7:00-8:30 PM  
Mark Esterman | $69

Yoga Experiential Retreat
S, Jun 19 | 1:00-4:00 PM  
Kat Dickinson | $75 + $63 special fee

The Seven Relationship Unities:  
A Buddhist Perspective on Relationships  
T, Jul 6 | 6:30-8:30 PM  
Joseph Evans | $39

Homemade Lotion and Creams
S, Jul 10 | 2:00-5:00 PM  
Carrie Roberts | $49
HOME & GARDEN

Fungal Ecology: From Forest to Farm (or Garden!)  
M, May 10 | 6:30-8:30 PM  
Katie Lawson | $39

Perennials: Spring and Summer Bloomers  
M, May 10-24 | 6:00-8:30 PM  
Kim Eden | $89

Trees and Shrubs for Residential Landscapes  
T, May 11-Jun 1 | 6:00-8:30 PM  
Kim Eden | $119

How to Water Almost Anything  
W, May 12-26 | 6:00-8:00 PM  
Stephanie Duer | $89

Grow Your Own Herbs  
T, May 25 | 6:30-8:00 PM  
Cactus & Tropicals | $49

Reclaim the Curb! Designing for Parkstrips  
S, Jun 5-19 | 9:30 AM-12:00 PM  
Stephanie Duer | $99

Unusual Trees and Shrubs for the Residential Landscape  
M, Jun 7-14 | 6:00-8:30 PM  
Kim Eden | $65

Mycology for Beginners  
M, Jun 7-14 | 6:30-8:30 PM  
Katie Lawson | $59 + $20 special fee

Pollinators and Their Habitat  
M, Jun 7-28 | 7:00-8:30 PM  
Amy Sibul | $89 + $25 special fee
Wonderful World of Rose Gardening
T, Jun 8 | 6:30-8:00 PM
Cactus & Tropicals | $49

Designing with Fresh Flowers - Bring Your Garden Inside
W, Jun 9 | 6:00-7:30 PM
AND W, Jul 7 | 6:00-7:30 PM
AND W, Aug 4 | 6:00-7:30 PM
Pamela Olson | $109 + $140 special fee

Fungi Inside and Out
M, Jun 21-28 | 6:30-8:30 PM
Katie Lawson | $59 + $20 special fee

Houseplants 101
T, Jun 22 | 6:30-8:00 PM
Cactus & Tropicals | $49

Vegetable Gardening - Extending the Harvest
S, Jun 26 | 9:00 AM-12:00 PM
Celia Bell | $45

Succulent Garden Workshop
T, Jun 29 | 6:30-8:00 PM
Cactus & Tropicals | $49 + $35 special fee

Lawn and Lawn Alternatives
M, Jul 12-26 | 6:00-8:00 PM
Stephanie Duer | $89

Bee Keeping
M, Jul 12-Aug 2 | 6:30-8:30 PM
AND S, Jul 17 | 10:00 AM-12:00 PM
Douglas Harper | $129 + $15 special fee

Terrarium Workshop
T, Jul 13 | 6:30-8:00 PM
Cactus & Tropicals | $49 + $40 special fee

Backyard Birding
S, Jul 17 | 10:30 AM-12:30 PM
Kelli Frame | $39 + $15 special fee

Perennials: Late Summer and Fall Bloomers
T, Jul 27-Aug 3 | 6:00-8:30 PM
Kim Eden | $69

French for Travelers
M, May 10-Jun 21 | 7:00-9:00 PM
Catherine Nalder | $149

Japanese for Travelers
T, May 11-Jun 15 | 7:00-9:00 PM
Bryan Nalder | $149

Visit lifelong.utah.edu for more details and to register.
Beginning Arabic-Fast!  
W, May 12-Jun 16 | 6:00-9:00 PM  
Abdul Elsaqa | $219

Conversational Italian I
Th, Jun 10-Jul 15 | 7:00-9:00 PM  
Jason Cox | $149

Mandarin Chinese I
T, Jun 15-Jul 20 | 5:30-8:30 PM  
Dai Cui | $219

Conversational French I
W, Jun 30-Aug 4 | 6:30-8:30 PM  
Catherine Thorpe | $149

Beginning Chromatic Harmonica
M, May 10-Jun 21 | 5:30-7:30 PM  
Bobby Joe Holman | $119

Performance Changes You: A Performing Arts Approach to Personal and Professional Development
W, May 12-Jun 16 | 6:30-8:30 PM  
Derek Strong | $119

Intermediate Guitar: Learn to Play Neil Young
W, May 26 | 7:00-9:00 PM  
Randin Graves | $39

Beginning Guitar I
W, Jun 9-Jul 14 | 7:00-8:00 PM  
Bruce Christenson | $119

Soundwalking: Music Experience and Creation During the Pandemic and Beyond...
W, Jun 23-Jul 28 | 6:00-8:00 PM  
Katie Porter | $119

Learn to Play Cigar Box Guitar
S, Jun 5-Jul 17 | 10:00 AM-12:00 PM  
Bobby Joe Holman | $119

Intermediate Guitar: Learn to Play The Beatles
M, Jun 28 | 7:00-9:00 PM  
Randin Graves | $39

Building a 3-String Cigar Box Guitar
Th, Jul 1-22 | 6:30-8:30 PM  
Bobby Joe Holman | $109
POTPOURRI

Back Roads Utah
T, May 11 | 6:30-8:30 PM
Tom Wharton | $39

Introduction to African Studies
Th, May 13-Jun 17 | 6:30-8:30 PM
Josephine Amoakoh | $179

Introduction to Podcasting
T, May 18-Jun 8 | 7:00-9:00 PM
Christopher Holifield | $109

Your Family History:
What to do With All That Junk
Th, May 20-Jun 10 | 7:00-9:00 PM
Daniel Cureton | $109

Exploring Utah’s Land Art:
Discussions on Spiral Jetty (1970)
and Sun Tunnels (1973-76)
Th, Jun 10-24 | 7:00-8:30 PM
Hikmet Loe | $69

Drone Operation and Techniques
S, Jun 19-Jul 17 | 10:00 AM-1:00 PM
Doug Manifold | $149 + $45 special fee

Introduction to Pet First Aid and CPR
M, Jun 21-28 | 6:00-8:00 PM
Madison Warner | $59 + $10 special fee

Tour the Avenues Cemetery
Th, Jun 24 | 6:00-8:30 PM
Paul Wheeler | $45

Rock Art Hot Spots
S, Jul 17 | 10:30 AM-12:30 PM
Troy Scotter | $39

Pet First Aid and CPR II: Field Day
S, Jul 17 | 8:00-10:00 AM
Madison Warner | $59

Visit lifelong.utah.edu for more details and to register.
RECREATION

Beginning Bicycle Maintenance I  🚴
S, May 15-22 | 2:00-4:00 PM
Jonathan Harman | $65

Beginning Fly Fishing  🐟
W, May 19 | 5:30-7:30 PM
AND S, May 22 | 10:00 AM-2:30 PM
Cody Salrin | $115 + $10 special fee

Backcountry Car Camping  ⛺️
W, May 26 | 6:30-8:30 PM
Jeffrey Steadman | $49

Introduction to Backpacking  🏞️
Th, Jun 17 | 6:30-8:30 PM
Jeffrey Steadman | $39

Beginning Bicycle Maintenance II  🚴
S, Jun 19-26 | 2:00-4:00 PM
Jonathan Harman | $65

Kayaking Made Easy  🏄
Su, Jun 20 | 9:00 AM-4:00 PM
Bruce Christenson | $119 + $10 special fee

AfroTempo I: Intro to AfroDance  🏹
Th, Jun 24-Jul 8 | 7:00-8:30 PM
Liz Oyeneyin-Liadi | $79 + $30 special fee

AfroTempo II: What is Afrobeats Dance?  🌘
Th, Jul 15-29 | 7:00-8:30 PM
Liz Oyeneyin-Liadi | $79 + $30 special fee

Introduction to Packrafting  🏳️‍🌈
S, Jun 26 | 9:00 AM-4:00 PM
Bruce Christenson | $119 + $6 special fee

Night and All-Weather Bike Riding  🚴
S, Jul 10 | 6:00-8:00 PM
AND S, Jul 17 | 8:30-11:00 PM
Jonathan Harman | $79

Kayak II: Rescue, Paddling, and Reading Whitewater  🏄
Su, Jul 11 | 9:00 AM-4:00 PM
Bruce Christenson | $119 + $6 special fee

Intro to Tenkara Fly Fishing  🐟
S, Jul 31 | 9:00 AM-5:00 PM
AND S, Aug 7 | 9:00 AM-12:00 PM
Erik Ostrander | $155 + $35 special fee
Nigerian Short Stories
T, May 11-Jun 22 | 6:00-7:00 PM
Nkenna Onwuzuruoha | $89

Short Story Workshop
S, May 15 | 10:00 AM-2:00 PM
Bryan Young | $69

Writing Trauma
T, May 18-Jun 29 | 7:00-9:00 PM
Anna Marasco | $179

Novel Writing Workshop
S, May 22 | 10:00 AM-2:00 PM
Bryan Young | $59

Creative Writing
T, May 25-Jun 29 | 6:30-9:00 PM
Johnny Worthen | $209

Creative Writing Bootcamp
S, Jun 5-12 | 10:00 AM-2:00 PM
Johnny Worthen | $129

Screenwriting
M, Jun 7-Jul 19 | 6:00-9:00 PM
Bryan Young | $219

I Want to Write, Where Do I Start?
S, Jul 10 | 10:00 AM-2:00 PM
Kimberly Williams Justesen | $69

Read Like a Writer
T, Jul 13-Aug 3 | 6:30-8:30 PM
Kimberly Williams Justesen | $139

Journaling- Nurturing a Daily Writing Practice
M, Jul 19-Aug 2 | 6:30-8:30 PM
Monica Simons | $89

9 Steps to Self-Publishing Your Book
T, Jul 27 | 6:00-8:30 PM
AND Th, Jul 29 | 6:00-8:30 PM
Stacy Dymalski | $75

Visit lifelong.utah.edu for more details and to register.
Thank you to our Community Partners

AfroTempo
Beehive Distilling
Cactus & Tropicals
Centered City Yoga
The Chocolate Conspiracy
The Cliff Spa at Snowbird
Eden’s Garden Design
High Star Ranch
KUER
KRCL
Luminaria
Native Flower Company
Salt Lake Roasting
Saltgrass Printmaking
The Silverschmidt
Tea Zaanti
Wasatch Forge
Wild Birds Unlimited

START YOUR SUMMER AT LIFELONG.UTAH.EDU