LIFELONG LEARNING

fall 2021
class catalog

lifelong.utah.edu
how to register

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

Online  lifelong.utah.edu
Phone  801-587-LIFE (5433)

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.

We hate canceling classes, but sometimes there are forces outside of our control. If your class is canceled, we will send an email notice at least 48 hours before it is scheduled to start and issue a full refund. Please keep this in mind as you purchase any supplies and hang onto your receipt. Email our office at lifelong@continue.utah.edu to inquire about the status of a class.
a love letter to our community

How lucky we are to live in Utah, this place of endless fascination. Its natural beauty inspires us to paint the light and color that falls across sandstone. We are driven to photograph its aspen-covered canyons and abundant wildlife. We find peace and comfort in hiking and meditating within its juniper-lined ridges.

The people that call Utah home are strong—full of life and the spirit of giving. While the last 18 months have been the hardest and most dismal that we may experience in our lives, we saw acts of generosity and warmth that moved us beyond the darkness. We found strength in togetherness and stayed connected while forced to be physically apart for the safety and care of those around us. These acts of love and strength showed us that the power of connection and investing in community and personal growth is not a luxury but a necessity. Without a strong community, we have no refuge from hardship. Without paths for personal growth, we have no way to become the people we know we can be—to lead our neighbors, to push through challenges, and to change the world.

Utah, we love you and hope to build even stronger communities with you for another 25 years or more.

With love,

Lifelong Learning Team
In the ongoing quest to achieve your greatest potential, there's a beautiful moment when a spark of curiosity ignites and blooms into a full-blown passion. Lifelong Learning understands. That's why we're launching SERIES, a new program providing a wide array of course options and a structure that allows you to dip your toes into a selected topic and, if inspiration strikes, to dive in deeper.

Each SERIES has three tiers: Beginner, Intermediate, and Advanced.

- Beginner courses teach basic concepts and skills, giving you the opportunity to explore a topic and develop a curiosity.

- Intermediate courses allow you to grow in your abilities and connect with other like-minded knowledge-seekers within the community.

- Advanced courses are for when you're fully invested in the subject matter, providing you with all you need to master your skill set and carve out your own unique niche.

Your progression through a SERIES is self-paced and self-monitored, but you must complete three classes in each tier to move on to the next level and to receive a Digital Badge that honors your achievement and connects to your social media profiles. Upon completion of three classes in the Advanced tier, you fulfill the requirements of the SERIES and take a giant leap closer to realizing your potential.

To get started on your SERIES or for more information, go to lifelong.utah.edu/series
thank you to all of our partners!
Blacksmithing in the modern world is rooted in creating art and tools with fire and force. This is a beginner class designed to give you a taste of what being a blacksmith is all about as you use contemporary and antique equipment to learn the ancient skill of forging steel with hammer and anvil. You will learn hammer control, the different parts and ways to strike an anvil, and how to use them to maximize your effort. All class projects are designed to use the skills you develop to enhance your capabilities.

Special fee is for supplies and studio rental. Class is limited to 8. Wear closed-toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Please bring a large container of water or sports drink — this is hot and thirsty work!

**WATERCOLOR PLANTS AND FLOWERS**  
*Natalia Wilkins-Tyler*

Learn botanical watercolor techniques such as dry brushing and creating small details as you work from sketches or photos made from live flowers. Students new to watercolor, and those with previous experience looking to add skills to their toolbox, are welcome. Previous drawing experience is required as the focus will be on watercolor techniques.

Students are responsible for their own materials; find a list online. Special fee is for plants. Class is limited to 12.

You may already know that paper was invented in China, but did you know that examples of Chinese papercutting date back to as early as the 6th Century CE? Join us to learn the basics of this beautiful traditional art. By the end of class, you will have the knowledge and skills you need to design and cut your own unique art pieces that you can show off to family and friends.
To learn more and register for classes, visit our website at lifelong.utah.edu

LLART 330-001 | T, Aug 31-Sep 7 | 6:00-8:00 PM  
540 Arapeen Dr, room 152 | $69 + $9 special fee  
Special fee is for materials. Class is limited to 14.

FOSTER ART PROGRAM  
Co-sponsored by Nox Contemporary

Bringing a piece of fine art into your home can provide inspiration, beauty, and moments of deep thinking. But, buying art can be intimidating and expensive. Enter the Foster Art Program. Join us to meet a curated selection of local contemporary artists face-to-face and learn about how and why they create. Then, select and work with one artist to match a piece of their art to your space — which you get to take home and “foster” for four weeks! During this time, you will be regularly prompted to think deeply about your piece and art in general. Finally, you will meet again with your artist to return (or purchase) your fostered art, then start the process one more time. You will walk away from this experience with a deeper understanding of contemporary fine art, new connections and friendships in the art world, and at least 8 weeks of new and exciting art in your space. Co-sponsored by Nox Contemporary.

LLART 345-001 | Th, Sep 2-Oct 7 | 6:00-7:00 PM  
540 Arapeen Dr, room 124 | $49 + $35 special fee  
Special fee covers artist stipend. Class is limited to 12.

Janet Faught

Immerse yourself in the world of ink as you learn to match a variety of inks (color and black) and papers, while experimenting with both a fountain and dip pen. Create your own ink catalog as you learn testing techniques such as making an ink swab ring, creating ink chromatography samples, and doing small ink paintings. This class is great for everyone, from absolute beginners to advanced “ink geeks” from any artistic background!

LLART 178-002 | Th, Sep 2-Oct 7 | 6:30-8:30 PM  
540 Arapeen Dr, room 152 | $155 + $30 special fee  
Special fee is for student supplies. Class is limited to 12.

INTRODUCTION TO WELDING  
Richard Cobbley

Have you ever wanted to work with metal for a garden or art project but didn’t know where to begin? This class will teach you the basic skills necessary for cutting and welding metals for small projects in a fully functioning welding studio. Under the guidance of a welding expert, you will get hands-on experience working with the equipment, metal, and different designs. Build your basic knowledge of welding while completing a project of your choice!

LLCFT 234-001 | W, Sep 8-Oct 13 | 6:00-9:00 PM  
LLCFT 234-002 | W, Oct 27-Dec 8 | 6:00-9:00 PM  
LLCFT 234-003 | T, Nov 2-Dec 7 | 6:00-9:00 PM  
8415 S 700 W, #15, Sandy | $319 + $55 special fee  
Special fee is for materials and studio rental. Class is limited to 8.
METALSMITHING I
Asia Dutson / Jan Harris-Smith

Learn the fundamentals of metalsmithing and become familiar with the basic tools used in the craft. You will also learn how to create a chain and basic finishing skills. You will leave this class with a simple ring or bracelet from the metal of your choice. All levels are welcome. Special fee covers tool rental and some supplies; students will purchase more supplies in class.

LLCFT 229-002 | Th, Sep 9-30 | 6:00-9:00 PM
LLCFT 229-001 | T, Oct 19-Nov 9 | 6:00-9:00 PM
3450 S Main St, Unit 44W, SLC | $179 + $41 special fee
Special fee covers tool rental and some supplies; students will purchase more supplies in class.

Class is limited to 10.

METALSMITHING II
Amy Schmidt / Jan Harris-Smith

Build on the skills you learned in Metalsmithing I and create a ring or pendant with a set stone. You will use hand tools, a flex shaft, and a soldering torch to create decorative embellishments, bezel stone settings, and a pendant with a bail. Finally, you will learn more advanced finishing techniques to take your jewelry to the next level. Prerequisite: LLCFT 229 Metalsmithing I or take our quiz. Special fee covers tool rental and some supplies; students will purchase more supplies in class.

LLCFT 353-001 | Th, Oct 7-14 | 10:00 AM-4:00 PM
LLCFT 353-002 | T, Nov 16-Dec 7 | 6:00-9:00 PM
3450 S Main St, Unit 44W, SLC | $179 + $41 special fee
Special fee covers tool rental and some supplies; students will purchase more supplies in class.

Class is limited to 10.

DIY ACRYLIC MEDIUMS AND TEXTURE
Samantha daSilva

Did you know the art store is not the only place to find art supplies? Empower yourself by learning how to make acrylic texture mediums using common items and tools found in your kitchen cupboard, backyard, and neighborhood hardware store! Learn the secrets for thinning, thickening, glazing, molding, pouring, and texturing acrylic to create stunning paintings that tell a story and are authentic to you. The world is full of possibility when you are fearless!

LLART 141-001 | S, Sep 11 | 10:00 AM-3:00 PM
540 Arapeen Dr, room 152 | $89 + $45 special fee
Bring a lunch and wear a smock or art clothes. Special fee is for art supplies. Class is limited to 12.

METALSMITHING III
Amy Schmidt

Build on the techniques you learned in Metalsmithing I and II to advance your jewelry-making skills to the next level. Guided by an expert local jeweler, you will design and create a more advanced piece from start to finish as you learn sweat soldering, layering, and how to set square, triangular, and odd-shaped forms. Special fee covers tool rental and some supplies; students will purchase more supplies in class. Prerequisites: LLCFT 229 & 353 Metalsmithing I and II or take our quiz.

LLCFT 282-001 | Su, Nov 13-14 | 10:00 AM-4:00 PM
3450 S Main St, Unit 44W, SLC | $179 + $29 special fee
Special fee covers tool rental and some supplies; students will purchase more supplies in class. Class is limited to 10.
BEGINNING OIL PAINTING
Annalee Wood

Join us to explore the nuances and beauty of oil painting! If you have little to no experience with oil paint, or if you’re looking for a refresher, this class is for you. We’ll break down the entire process of painting with oil and learn concepts such as color theory, composition, value, and art history as it applies to your process. You’ll also learn what materials are needed and how to get set up. You’ll watch demonstrations of the techniques used to apply paint, then put those techniques into practice. Our exercises will become more complex each week, culminating with your choice of painting project to be completed by the end of the course. You’ll receive individual attention and critique during each class and walk away with a finished piece and the skills and techniques you need to paint a variety of subjects.

LLART 76-001 | T, Sep 14-Oct 19 | 6:00-9:00 PM
540 Arapeen Dr, room 152 | $199 + $5 special fee
Students are responsible for their own materials; find a list online. Special fee is for shared supplies. Class is limited to 10.

NERD KNITTING: EUCLIDEAN AND NON-EUCLIDEAN FORMS USING MAGIC LOOP
Amy Hargreaves Judzis

You don’t have to know a lot about math to enjoy knitting these uncomplicated and fascinating projects, but being a bit of a geometry nerd certainly doesn’t hurt! Join us to create Borromean rings, hyperbolic planes, and a Möbius loop — all of which are knit in continuous circles without seams using the magic loop method. Two of the shapes can be worn as accessories, while the hyperbolic plane is just “plain” cool. You will bring your own supplies so you can knit at your own skill level and personal preference; we’ll discuss what you need in the first session of class. Students should have some knitting experience and will be expected to know how to cast on, knit, purl, and bind off.

LLCFT 351-001 | W, Sep 15-Oct 6 | 6:00-7:30 PM
540 Arapeen Dr, room 148 | $129
Students are expected to supply their own needles and yarn starting the second session of class. There will also be work to do at home on your own. Class is limited to 8.

BRONZE CLAY JEWELRY: AN INTRODUCTION
Carol Avery

Bronze evokes images of antiquity — when artisans formed magnificent jewelry thousands of years ago. A modern version, bronze metal clay, can be formed like ceramic clay. It is then fired in a small kiln to create durable jewelry. In the first session of this introductory class, you’ll become familiar with working with bronze metal clay. It can be stamped, pressed into silicon molds, or impressed with natural or household objects to create unique patterns and designs. With the metal clay provided, you can make one or more pendants, earrings, and/or several bracelet charms. Learn finishing techniques in the second session and craft your bronze elements into wearable creations.

LLCFT 241-001 | S, Sep 18-25 | 10:30 AM-1:30 PM
540 Arapeen Dr, room 138 | $109 + $15 special fee
Special fee is for bronze clay and jewelry-making materials. Class is limited to 12.
SILVER CLAY JEWELRY: AN INTRODUCTION
Carol Avery

Building upon your previous experience with metal clay, you’ll work with a highly concentrated form of silver clay. In the first session, create a personalized rubber stamp for an impression. The stamp can be based either on a design idea brought to class (approximately one-inch square) or inspired by samples provided by the instructor. Design jewelry piece(s) based on the fabricated stamp; then form one or more components. Explore attachment options for finishing before firing the silver clay. In the second session, you’ll learn various ways of coloring the surface, beyond oxidation. Optionally, try your hand at wire-wrapped findings. The class fee includes sufficient silver clay to make at least one pendant, earring set, or several bracelet charms. You’ll walk away from this class with your own unique pieces of wearable art. Prerequisite: LLCFT 241 Bronze Clay Jewelry or equivalent experience.

LLCFT 242-001 | S, Oct 16-23 | 10:30 AM-1:30 PM
540 Arapeen Dr, room 138 | $109 + $50 special fee
Special fee is for silver clay and jewelry-making materials. Class is limited to 12.

TRADITIONAL ARTS OF JAPAN: AN INTRODUCTION
Haruko Sadler

The traditional arts of Japan are a fascinating and beautiful way to discover Japanese culture. Students will have the opportunity to try their hand at basic Japanese language, Sumi-e and calligraphy, the art of the Kimono, and finally a Tea Ceremony presented by the highest-ranking tea mistress of the Urasenke school in the state of Utah. This course is a unique opportunity for travelers to Japan or those wanting to gain a deeper appreciation for the art and culture of the Land of the Rising Sun.

LLART 341-001 | S, Sep 18-Oct 9 | 1:00-3:00 PM
540 Arapeen Dr, room 146 | $119 + $45 special fee
Special fee covers all materials needed for the class. Class is limited to 12.

DIY CERAMICS
Anne Goodrich Hunter

New art forms can be expensive, and when you don’t know if you like something or not, investing is a big risk. In this course, you’ll learn how to set up a ceramics studio in the comfort of your own home without having to buy a single ceramics tool. We’ll raid the kitchen, junk drawer, and bathroom to find tools that will get you started with this wonderful, tactile medium. The only thing you’ll have to buy is some paperclay from Ceramics Supply USA (a local SLC ceramics supply store at 181 W 1700 S, SLC). We will start by making very simple sculptures, but ultimately you’ll learn the basics of hand-building ceramics: pinch, slab, and coil construction. Finally, instead of glazing, we’ll explore at-home solutions for bringing color to your fired or unfired creations.

LLCFT 343-001 | W, Sep 22-Oct 27 | 6:00-8:00 PM
Online | $195
Students must visit Ceramic Supply USA at 181 W 1700 S, SLC to purchase their own paperclay before class. See the materials list online for more information.

WEAR YOUR HEART ON YOUR SLEEVE: SEWING TEXTILES TO EXPRESS YOUR VALUES
Ann Johnson

Wearing a piece of clothing with images or words that represent things we value can be an effective way of communicating what we care about. The goal of this class is to construct a garment piece
using fabric that expresses each student’s personal values, allowing participants to share their values with others. Students will leave the class with a completed garment ready to wear, as well as new knowledge about morality, ethics, and how to sew on knits. Students must have prior sewing experience and will not receive any basic sewing instruction. However, the garment is suitable for beginning-level sewists.

LLCFT 342-001 | W, Sep 22-29 | 6:00-7:30 PM AND W Oct 20-27 | 6:00-7:30 PM
540 Arapeen Dr, room 138 | $109 + $25 special fee
Special fee is for the garment sewing pattern. Class is limited to 12.

FEARLESS ABSTRACT PAINTING WORKSHOP
Samantha daSilva

You don’t need to have a great or perfect idea to start making art — you Just. Need. To. Start! Learn to overcome your fear of the blank canvas and discover your own artistic style in an environment that’s safe and supportive. Bring fun back into the creative process through the use of both traditional and unexpected materials such as rollers, plaster, sand and wood shavings, and of course lots of acrylic paint! No previous experience is necessary — just be open to the possibilities of this unique approach to abstract painting.

LLART 111-001 | SSu, Sep 25-26 | 10:00 AM-3:00 PM
540 Arapeen Dr, room 152 | $155 + $45 special fee
Bring a lunch and wear a smock or art clothes. Special fee is for art supplies. Class is limited to 12.

HANDWOVEN EARRINGS: SEED BEADS AND COLOR
Catherine Widner

Learn how to design and weave your own colorful seed bead earrings from a local Utah artist. Using the brick stitch method (a fundamental weaving technique to make earrings using glass seed beads), you will dive in by creating your own simple design on paper, then weaving that design using thread and beads. Patience is key in this art form, but your time and effort will be rewarded with a unique final product that will make you the envy of all your friends.

LLCFT 352-001 | T, Sep 28-Oct 5 | 6:00-8:00 PM
540 Arapeen Dr, room 132 | $69 + $29 special fee
Special fee covers the cost of all materials needed to create a set of earrings. Class is limited to 8.

SILK SCARF DYEING WORKSHOP
Sarinda Jones

Shibori is a centuries-old hand-dyeing technique that produces a different and unique result every time. Create a 15" x 60" silk scarf that is uniquely yours using a variety of Shibori techniques, such as folding, crumpling, stitching, and twisting. Have fun, get (a little) messy, and walk away with a wearable work of art! Please note that we will be using dye specific to silk rather than traditional Indigo dye.

LLCFT 252-001 | T, Sep 28 | 6:30-8:30 PM
540 Arapeen Dr, room 138 | $45 + $75 special fee
Special fee covers the cost of one scarf, dyes, and tools. Additional scarves may be purchased from the instructor in class. Wear "art clothes" or bring an apron or smock. Class is limited to 10.
COLOR THEORY AND COLOR MIXING 101
Theresa Otteson

Discover the basics of color theory including temperature, value, and how color schemes create color harmony in your artwork. You’ll create a color wheel, learn tinting and toning, and how to mix paints to match a specific color. This class is perfect for students working in oil, acrylic, and watercolor, as well as those in any discipline wanting to fine-tune their understanding and use of color.

LLART 133-001 | S, Oct 2 | 10:30 AM-2:30 PM
540 Arapeen Dr, room 152 | $69
Students are responsible for their own materials; find a list online. Class is limited to 12.

ALTERATIONS AND REPAIRS: MAKE YOUR CLOSET GO FURTHER
Tracy Graham

Is your closet full of clothes you love, but they just don’t fit you anymore? Are you tired of throwing out clothes because you don’t know how to do a simple repair? Or maybe you want to get creative and make new clothes from the old? Then this class is for you. Come learn how to alter and repair your clothes with an expert in the field. We’ll start slow by dusting off the sewing machine to get it working efficiently and smoothly. Then you will learn how to hem sleeves and pants, change waist size, repair elastics, add darts for better fit, take inside seams, patch holes, repair seams, change necklines, replace zippers, and more. Class is flexible according to your needs, so bring in your projects. Let’s learn how to make our wardrobes go further!

LLCFT 341-001 | T, Oct 5-26 | 6:00-9:00 PM
10011 Centennial Parkway, Suite 100, Sandy | $185
Students provide their own sewing machine and their own materials; find a list online. Class is limited to 8.

BEGINNING DRAWING SKILLS AND TECHNIQUES
Eric Erekson

Anyone can learn to draw! This class will encourage you to explore drawing through a variety of materials, methods, and philosophies. You will become familiar with charcoal, ink, graphite, oil pastels, and even alternative drawing materials as you complete exercises and activities to help you see what is in front of you and set your vision down on paper. Gain confidence as you become acquainted with your own unique drawing style.

LLART 68-002 | M, Oct 11-Nov 15 | 6:00-9:00 PM
540 Arapeen Dr, room 138 | $169 + $20 special fee
Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies. Special fee covers all materials. Class is limited to 12.
POINTEd PEN CALLIGRAPHY
Janet Faught

Known also as Copperplate, English Round Hand, or Engravers Script, this style of pointed pen calligraphy evolved from the French Ronde hand in the seventeenth century. Neat, legible and swift in execution, this writing style is perfect for special cards and invitations, or for adding a special touch to everyday journal entries or lists.

LLART 267-001 | Th, Oct 14-Nov 18 | 6:30-8:30 PM
540 Arapeen Dr, room 152 | $155 + $30 special fee
Special fee is for materials. Class is limited to 15.

CHALKBOARD ART... WITHOUT THE CHALK!
Sarah Timmons

You walk into your favorite coffee shop, and there it is — the lusciously illustrated chalkboard menu with vibrant colors and new designs that make you swoon every week. Join a local sign artist and discover how to create your own changeable chalkboard art. You’ll learn how to create an attention-grabbing design, how to map out your canvas using specialized pencils, and how to bring your art to life with acrylic paint pens, color, and shading.

LLART 340-001 | S, Oct 16 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 152 | $59 + $11 special fee
Special fee is for art supplies. Class is limited to 10.

ILLUSTRATIVE LETTERING: TYPOGRAPHY AND STORYTELLING
Josephine Munro

Join a local illustrator on a journey to create an entire illustrated letter drawing from start to finish. You will learn how to utilize character design, basic lettering concepts, and border and corner elements using overlapping and integrated lines. Along the way, you will discover artistic brainstorming processes, the rules of composition (and how to break them like an artist), and creative stylization. You will also learn about concept, developing a creative process, and how to use a variety of skills and techniques to arrive at your finished product. You will leave this course with your own beautiful, illustrated letter and all the skills you need to continue creating an entire alphabet!

LLART 339-001 | T, Oct 26-Nov 16 | 5:30-7:30 PM
540 Arapeen Dr, room 152 | $109
Students are responsible for their own supplies; find a list online. Class is limited to 12.

BOTANICAL ILLUSTRATION: PRINTMAKING AND WATERCOLOR
Anna Bugbee and Natalia Wilkins-Tyler

Explore the magic of botanical illustration combined with screen printing techniques! You will join two artists — one a local scientific illustrator and one a local printmaker — to explore layering art and color with watercolor and ink. You will start with historical pen and ink drawing techniques, such as hatching and cross-hatching, to create a traditional botanical plate drawing. Next, you will learn how to transfer your drawing to silkscreen and experiment with printing multiple copies by hand. Finally, you will complete your artwork by coloring in one of your prints using watercolor paints.

To learn more and register for classes, visit our website at lifelong.utah.edu
BEGINNING DRAWING FOR WATERCOLOR
Kimberly Roush

Learn clearly defined basic drawing techniques that will give you the skills to develop accurate drawings while maintaining personal expression. Learning to measure, build forms from basic shapes, and a bit of gesture will give you a lifetime of drawing ability for any pursuit defining a 3-D form on a 2-D surface. These skills help to prepare you for the Light and Shade in Watercolor class (LLART 338). You will need to practice, of course, to incorporate the skills taught. Gaining a strong drawing foundation helps you to create convincing paintings.

LLART 337-001 | S, Oct 30-Nov 6 | 10:00 AM-12:30 PM
Online | $69
Students supply their own materials; find a list online.

LIGHT AND SHADE IN WATERCOLOR
Kimberly Roush

Painting values (lights and darks) defines dimensional form on a flat surface. “Shadows build form” is most applicable in watercolor, since we need to save the whites as untouched paper by building and connecting shadows around the light areas. Learning to see these values and apply them in watercolor is the sole focus of this class. Building this skill will enable you to tackle the things you desire to paint, and give you more interesting and realistic paintings. We recommend you have some basic drawing skills and some experience with watercolor for this class. Try Beginning Drawing for Watercolor (LLART 337) first.

LLART 338-001 | S, Nov 13-Dec 11 | 10:00 AM-12:30 PM
Online | $139
Students supply their own materials; find a list online.
No class Nov 27.

EASY START WATERCOLOR 1-2-3
Cindy Briggs

The creative possibilities of watercolor are limitless — and can also be a bit intimidating for beginning students. Learn the very basics of watercolor with a method that narrows the parameters without sacrificing the creativity and artistry of the medium. We’ll work in a series of threes: drawing in 3 minutes using 3 colors; applying the paint with 3 techniques; working with 3 values of light; and then creating a painting start to finish in 3 steps. Students will complete 1-2-3 simple painting!

LLART 205-001 | W, Nov 3-17 | 6:00-8:45 PM
Online | $109
Students are responsible for their own materials; find a list online.
BEGINNING FLORAL EMBROIDERY  
Lindsey White  

Despite being thousands of years old, the craft of embroidery is a fun and relaxing way to create exciting and contemporary designs. Join us for a beginning class and learn the basic stitches and techniques of embroidery. Then, you'll use your new skills to design and stitch your own floral embroidery hoop.

LLCFT 288-001 | Th, Nov 4-18 | 5:30-7:30 PM  
Online | $109 + $23 special fee  
Special fee is for a kit of materials that the instructor will ship to students. Enter the address you would like your kit mailed to when registering.

QUICK SKETCH WATERCOLORS  
Cindy Briggs  

Discover how to easily draw with free flowing lines, and confidently mix and mingle flowing, translucent watercolors. Using fine-point markers and transparent watercolor, you will see how quickly you can create exciting, spontaneous small paintings, quick studies, and journal entries.

With two sessions you’ll have time to experiment, expand your skills, and explore your own style as you get into the flow of creating. This class is great for all levels of experience. Participants are encouraged to bring a selection of reference photos or use those provided by the instructor.

LLART 304-001 | S, Nov 13-20 | 10:00 AM-3:30 PM  
Online | $159  
Students are responsible for their own materials; find a list online.

CORRESPONDENCE ART FOR THE HOLIDAYS — OR ANY DAY!  
Janet Faught  

Give the gift of a letter this season as you learn to create one-of-a-kind pieces of art to send through the mail. Artful correspondence is perfect for holiday greetings, birthday wishes, or just “ordinary day” pick-me-ups. Create an assortment of unique folded envelopes, learn collage and mono printing techniques, and have fun with doodle art.

LLCFT 305-001 | M, Nov 15-29 | 6:30-8:30 PM  
540 Arapeen Dr, room 152 | $85  
Students are responsible for their own materials; find a list online. Class is limited to 12.

ABSTRACT ART WITH ALCOHOL INKS  
Sarinda Jones  

Alcohol inks are multi-surface inks that can be used on a variety of surfaces including glossy paper, plastic, metal, glass, and more. For those with no or little experience in painting, we will focus on materials, tools, techniques, color, value, and “seeing” your artistic voice. You will complete several note cards and a frameable print as we experiment with alcohol inks on a variety of materials.

LLART 241-001 | T, Nov 16 | 6:30-8:30 PM  
540 Arapeen Dr, room 138 | $45 + $35 special fee  
Special fee is for art supplies. Class is limited to 10.
WATERCOLOR Poinsettia
Cindy Briggs

Draw and paint a colorful holiday poinsettia with flowing luminous watercolors. You will improve your color mixing technique and learn how to add a stylized background with stencils in order to draw more organically. All levels of experience are welcome.

LLART 125-001 | Th, Nov 18 | 6:00-9:00 PM
Online | $49
Students are responsible for their own materials; find a list online.

SIMPLIFIED WATERCOLOR PORTRAIT
Cindy Briggs

Discover how to mix skin tones and mingle, blend, and layer colors to create a simplified watercolor portrait. You will start with a tracing provided by the instructor so we can all get right into putting watercolor to paper. This approach will help you discover how you can paint almost any portrait. We’ll focus on creating dimensional features of the face through values and blending for softness.

LLART 343-001 | T, Nov 30-Dec 7 | 6:00-8:30 PM
Online | $69
Students are responsible for their own materials; find a list online.

HOW TO NOT RUIN YOUR BUSINESS BEFORE IT STARTS
Emily Ashby

Have you ever thought about starting a business? Join us for this three-week course in which you’ll be guided through the first steps of knowing if the world of entrepreneurship is right for you — starting with how to tell if you have a good idea. You’ll learn how to do market research to understand if there is a need for your product or service, conduct a competitive analysis to understand who your competitors are and how they set themselves apart, and be able to decipher and understand basic financial information. We’ll discuss how to choose a strong business name and register your business. Finally, we’ll cover the all-important aspect of marketing using traditional and digital resources such as social media.

LLBUS 240-001 | W, Aug 25-Sep 15 | 6:00-8:00 PM
540 Arapeen Dr, room 132 | $89 + $30 special fee
Special fee is for a book. Class is limited to 12.
INSTAGRAM FOR BUSINESS
Emily Ashby
Small business owners with limited budgets need to be effective in their marketing strategies. Designed for beginning to the intermediate Instagram users with fewer than 500 followers, you’ll learn how to more successfully promote yourself, your business, or your nonprofit organization on a limited budget. Learn how to optimize your Instagram profile, create and curate engaging content, use effective tactics to increase audience engagement, and develop short- and long-term strategies to reach organizational goals. Students must have an active Instagram account and bring their phone or tablet to class.

LLBUS 163-001 | M, Sep 20-Oct 25 | 6:00-8:00 PM
540 Arapeen Dr, room 132 | $155 + $5 special fee
Class is limited to 10.

PUBLIC SPEAKING: CONTENT AND CONFIDENCE
Elizabeth Wolfer
According to Jerry Seinfeld, the number one fear in life is public speaking — more so than death! Overcome your fear as you work with an experienced speaker coach to build confidence; develop content; create effective visuals; learn memorization tactics and stage presence (gestures, voice inflection, etc.); and ultimately deliver a memorable, insightful, powerful talk. If you have a specific talk to work on, please bring it. Students are encouraged to attend every class to get the most out of skill-building exercises. Additionally, since so many interactions are now virtual, we will cover how to effectively adapt your talk from in-person to online, with pointers for presenting via a screen.

LLBUS 159-001 | M, Oct 25-Nov 29 | 6:00-7:30 PM
540 Arapeen Dr, room 154 | $89
Class is limited to 16.

HOW TO WIN THE INTERVIEW
Eli Vega
The person who wins the interview gets the job — it’s that simple. In this essential course, you will learn how to minimize common fears, how to answer tough questions, the WIIFM approach to interviewing, STAR answers, what to ask/not ask, how to handle illegal questions, and other valuable tips to help you stand out from the crowd.

LLBUS 239-001 | Th, Nov 4 | 5:30-7:30 PM
Online | $39

THE HOME STRETCH: SEVEN THINGS YOU NEED TO DO IN THE DECADE BEFORE YOU RETIRE
Andreas Harkort
Start preparing now for your retirement. Join us to learn the seven things you need to do in the decade before you retire, including determining when the time is right, aiming at your retirement target, maximizing your nest egg, getting a portfolio checkup, creating a social security strategy, building a retirement income stream, and looking beyond the money.

LLBUS 211-001 | W, Nov 10 | 6:00-7:30 PM
Online | $39

To learn more and register for classes, visit our website at lifelong.utah.edu
PUT YOUR RETIREMENT PLAN TO WORK
Andreas Harkort

Join us to gain a clearer understanding of what retirement means for your finances. You'll learn about different ways to save for retirement, the role of social security, the impact of inflation, and the power of compounding interest.

LLBUS 210-001 | W, Nov 17 | 6:00-7:30 PM
Online | $39

UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS
Tyler Peterson

The economic landscape is constantly fluctuating, and planning for retirement means navigating those changes. With the help of a financial expert, you'll learn when and how to access your Social Security, and the strengths and weaknesses of the current program. Explore your benefits and options, such as taking benefits early/late, working and reduced benefits, and taxation of benefits. You'll have a chance to ask questions regarding your specific situation and leave with a workbook to help you make the most of your Social Security trust funds.

LLBUS 202-001 | Th, Nov 18 | 6:00-8:00 PM
540 Arapeen Dr, room 124 | $39
Class is limited to 16.

culinary arts & libations

TASTING WINE LIKE A PRO
James Santangelo

How would you describe your favorite wine? Does it have a decadent or opulent body? Are the tannins soft or aggressive? Is the acidity creamy or juicy? Learn the terminology and techniques used by the pros to describe and assess the traits of fine wines. You'll join one of Utah's foremost wine experts and experience four different varieties (two white and two red) to learn the building blocks of tasting.

LLFW 588-001 | T, Aug 24 | 7:00-8:30 PM
Beehive Distilling, 2245 S W Temple, South Salt Lake | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Special fee is for tasting samples. Class is limited to 20.
GATHERING WILD MUSHROOMS
Tatyana Golub & Peter Golub

Delicate yet hearty and palette-pleasing, mushrooms add texture and flavor to a variety of cuisines and dishes. But, which of the thousands of species of mushrooms is edible and which will kill you? In this class, you'll begin to understand this important distinction by discussing the basics of mushroom hunting, which mushrooms in Utah and surrounding states are edible, and of course, cooking with mushrooms. Our field trip will take us to the Uinta mountains, where we will visit some common sites for hunting (and gathering if there's been enough rain!) boletus edulis (porcini) and chanterelle.

LLFW 416-001 | W, Aug 25 | 6:00-9:00 PM AND S, Aug 28 | 9:00 AM-4:00 PM
540 Arapeen Dr, room 124 | $119 + $5 special fee
Students are responsible for their own transportation for the field trip on Aug 28.
The location for the field trip will be discussed in the first meeting. Class is limited to 15.

SONOMA IN YOUR GLASS!
Sheral Schowe

Venturing out to California for the Labor Day Weekend? Even if you are staying home, you can explore the wines from Sonoma and learn about some favorite grape varieties with European origins. The immigrants who brought the grapes from their backyards in the 1800s will be celebrated in this class as we share their stories and enjoy the wines from their original and most recent efforts.

LLFW 520-001 | Th, Sep 2 | 6:00-8:00 PM
Online | $39 + $10 special fee
Students will be emailed a list of wines to purchase should they wish to taste along with the instructor.
Please have an ID ready to verify you are 21 or over.

EUROPEAN ROSÉS TO PLEASE THE PALATE
Sheral Schowe

There is nothing more refreshing than a chilled dry rosé to pair with your favorite foods. Beginning in Provence in 600 BC, the production method of making red grapes into pink wine has spread to many regions throughout Europe. You will taste six examples of crisp, fruity, and complex rosés from different countries as you learn about the production methods that result in barely pink to light red colors. Students will order a dinner of their choice from the restaurant menu (this is in addition to tuition and fees).

LLFW 310-001 | Th, Sep 16 | 6:00-8:00 PM
Fratelli Ristorante, 8612 S 1300 E, Sandy | $39 + $30 special fee
Special fee is for wine and space rental; students are expected to purchase their own food.
Please bring an ID to verify that you are 21 or older. Class is limited to 20.

THE MANHATTAN COCKTAIL: A TASTE OF HISTORY
James Santangelo

There is no substitute for a perfectly crafted Manhattan cocktail. Walk into any bar worth its salt and you'll find countless variations on this historical drink. But where did it all start, and what are some of the best variations? Join us for an informative (and tasty!) class on the rich history of The Manhattan and learn how to make three different versions, review the fact and lore, acquire techniques on how to mix, and enjoy small bites to pair with each libation.

LLFW 594-001 | T, Sep 28 | 7:00-9:00 PM
Beehive Distilling, 2245 S W Temple, South Salt Lake | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Special fee is for tasting samples. Class is limited to 20.
BAKING PRETZELS: AN INTRODUCTION
Matthew Trone

The pretzel. You might know it as the ideal snack, the perfect accompaniment to a beer, or a symbol of German baking. But, have you ever tried your hand at making one of your own? Join a local SLC baker to learn how to make your own version of this traditional, twisted treat from the comfort of your own kitchen.

LLFW 592-001 | Th, Sep 30 | 5:30-7:30 PM
Online | $39
Students are responsible for materials and ingredients; find a list online.

FINE CHOCOLATES: AN INTRODUCTION
AJ Wentworth

Enjoy fine chocolates from Utah and around the world as we learn the ins and outs of a long-established and currently booming industry. Enjoy a tour of The Chocolate Conspiracy as you follow a cacao bean’s journey from farm to bar, learn about growing practices and how to identify different varieties, and the specific details of manufacturing in a chocolate facility. You’ll get to taste a variety of locally, nationally, and internationally made chocolates. We’ll highlight brands from Utah’s own chocolatiers so you can experience this state’s place in the young history of American fine chocolate.

LLFW 506-001 | W, Oct 6 | 6:00-8:00 PM
The Chocolate Conspiracy, 3565 Harvey Milk Blvd, SLC | $39 + $40 special fee
Special fee is for tasting chocolates. Class is limited to 10.

AUTUMN COCKTAILS AND BITTERS
Andrea Latimer

Autumn is a time to wear your warmest socks, wrap up in your favorite blanket, and settle in with a comforting cocktail. Get ready to cozy up and hunker down in this fun and virtual cocktail class. We will focus on warm and comforting drinks to prepare you for the cooler weather.

LLFW 597-001 | Th Oct 7 | 6:00-8:00 pm
Online | $39 + $15 special fee
Special fee is for a 1 oz bottle of Bitters Lab bitters and a small bag of dehydrated citrus for garnishing cocktails. Enrolled students will be emailed a list of additional ingredients and instructions on where and when to pick-up their bitters kits.

WHISKIES OF THE WORLD
James Santangelo

Did you know that whiskey is one of the most popular — and fastest-growing — spirits? Learn about how the broad range of whiskies being made worldwide has made this drink even more popular. You can expect to discuss four distinct styles of whiskey, learn how to describe the aromatic and flavor profile of each, and understand drink development with each style. Join us for this fun and interactive class that will make you a whiskey expert in no time!

LLFW 489-001 | T, Oct 12 | 7:00-9:00 PM
Beehive Distilling, 2245 S W Temple, South Salt Lake | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Special fee is for tasting samples. Class is limited to 20.
SOUTH AFRICAN WINE DISCOVERY
Sheral Schowe

Have you noticed the ever-increasing number of wines from South Africa that are available in Utah? It is so exciting to learn about history and modernization as we taste their incredible quality. We will gather virtually to taste the best that Utah's wine stores have to offer as we learn about the location, the winemakers, and the most interesting wines in South Africa.

LLFW 596-001 | Th, Oct 14 | 6:00-8:00 PM
Online | $39 + $10 special fee
Students will be emailed a list of wines to purchase should they wish to taste along with the instructor. Please have an ID ready to verify you are 21 or over.

VEGAN COOKING FUNDAMENTALS
Rachel Smith

Join the founder of SLC Chow for a beginning course in vegan cooking. You’ll start by receiving a delivery of fresh local ingredients from nearby markets and farms. Then, you’ll cook along in your own kitchen, learning new vegan recipes and common vegan substitutes. By the end of class, you’ll have cooked four different dishes that can be used individually as dinners or served in courses for a full vegan meal.

LLFW 598-001 | T,W, Oct 19-27 | 6:00-7:30pm
Online | $89 + $52 special fee
Special fee is for meal kit and delivery. Enter the address you would like your kit mailed to when registering. Student is responsible for their own tools: a blender or immersion blender, a skillet, a medium or large pot, a knife, two small ramekin dishes, and a cutting board.

DIVING INTO BEER: GERMAN BREWS
Cody McKendrick

Whether you think all beer tastes alike or you wait in line for your favorite brewery’s limited seasonal releases, you’ll enjoy this intoxicating journey into civilization’s oldest libation. With the help of the head brewer of Bewilder Brewing, you will explore the history and taste of German beer. From the ever-popular pilsner to the rich and caramelized doppelbock, you’ll develop your palette, learn to identify different flavor components, and garner a new appreciation for this classic beverage.

LLFW 591-001 | Th, Oct 21 | 6:30-8:30 PM
Bewilder Brewing, 445 S 400 W, SLC | $39 + $25 special fee
Please have an ID ready to verify you are 21 or over. Special fee is for beer and light appetizers. Class is limited to 16.

FOOD TRUCK 101
Abdul Elsaqa

We see food trucks everywhere these days. What does it take to own and operate one of these unique kitchens on wheels? Local truck owner Chef Abby will present a behind-the-scenes look at the food truck industry, covering a variety of topics such as finding and outfitting the right vehicle; working with a commissary; local laws and requirements for food truck operation; and more. Then, take a tour of (and enjoy food from) Abby’s award-winning truck, the Falafel Tree. This is not a comprehensive class but is great for every student from the merely curious to those that might want to try their hand at the food truck game.

LLFW 517-001 | T, Oct 26 | 6:00-8:00 PM
540 Arapeen Dr, room 124 | $49 + $15 special fee
Special fee is for food from The Falafel Tree food truck. Part of the class will take place outdoors; please dress appropriately for the weather. Class is limited to 16.

To learn more and register for classes, visit our website at lifelong.utah.edu
Would you like to learn about some of the most important grape varieties and wine regions in Italy? The best way is from your glass! From the furthest north to the most southern appellations of Italy, we will taste as we learn about the history, climate, viticulture, and winemaking techniques of each of the wines. Students will order a meal of their choice from the restaurant menu (this is in addition to tuition and fees) to enjoy a traditional Italian dinner as the wines are presented and tasted.

LLFW 336-001 | Th, Oct 28 | 6:00-8:00 PM
La Trattoria di Francesco, 1500 S 1500 E, SLC | $39 + $30 special fee
Special fee is for wine and space rental; students are expected to purchase their own food. Please bring an ID to verify that you are 21 or older. Class is limited to 20.

**Mediterranean and Egyptian Dishes: A Healthy Cooking Class**

*Abdul Elsaqa*

If you are looking to spice up your home-cooking repertoire, look no further than this class on cooking the Mediterranean and Egyptian way! We'll explore some of the healthiest traditional Egyptian recipes along with instructions on how to prepare them. Learn about spices that have been used for hundreds of years and discover how to incorporate them into your own recipes. Learn how to make dolmas (grape leaves stuffed with rice and vegetables), musakka (an eggplant dish), and hawawshi (Egyptian meat pie)!

LLFW 320-001 | M, Nov 1-22 | 5:30-8:30 PM
Online | $165
Students are responsible for buying their own ingredients; find a list online.

**Baking Naan: An Introduction**

*Matthew Trone*

Naan is a traditional bread from south and central Asia that often comes baked in the form of a teardrop. But, you don’t need a tandoor oven to create your own delicious naan. Join us from the comfort of your kitchen to perfect your naan-making skills just in time for the winter holidays!

LLFW 593-001 | T, Nov 2 | 5:30-7:30 PM
Online | $39
Students are responsible for materials and ingredients; find a list online.

**Vegan Brunch from Start to Finish!**

*Rachel Smith*

Join the founder of SLC Chow for a brunch experience like none other! After receiving a delivery of fresh local ingredients from nearby markets and farms, you will cook along in your own kitchen to make a full brunch meal including a sweet dish, a savory dish, and some side dishes. You’ll walk away from this class with new recipes to try on your family and friends, and with new knowledge about vegan substitutes for classic brunch favorites.

LLFW 599-001 | S, Nov 6 | 9:00 AM-12:00 PM
Online | $49 + $13 special fee
Special fee is for meal kit and delivery. Enter the address you would like your kit mailed to when registering. Student is responsible for their own tools: a blender or immersion blender, a skillet, a medium or large pot, a knife, two small ramekin dishes, and a cutting board.
COFFEE: FROM CROP TO CUP
John Bolton

Join us for an evening of delicious coffee comparisons with the owner of Salt Lake Roasting Co. We'll start with an overview of where coffee comes from geographically and the culture behind it — including the people who grow it. Then we will cup coffees together, comparing both degrees of roast and varietal characteristics of coffee from around the world. We will also discuss different brewing methods.

LLFW 578-001 | Th, Nov 11 | 5:30-7:30 PM
Online | $39 + $20 special fee
Special fee is for a kit of coffee and samples. Students will receive information for picking up their kit the week of class. A coffee grinder for preparing the whole-bean samples before class is required.

CAKE DECORATING: TRENDS AND ESSENTIALS
Muyly Miller

Don't wait for a special occasion to create a beautifully decorated cake that's sure to impress your friends and family! Create an eye-popping 3-layer cake and learn basic techniques such as: stacking, applying the buttercream crumb coat, and getting smooth sides on the final buttercream layer. You will learn and practice two designs that use the same tools and decorate baked cakes with live instruction to help you along the way. We'll also discuss transporting and freezing your cake (if needed), and how to best slice and serve your sweet confection.

LLFW 241-002 | S, Nov 13 | 11:00 AM-1:00 PM
540 Arapeen Dr, room 138 | $49 + $50 special fee
Special fee is for all needed supplies. Class is limited to 12.

DISCOVER THE CASK OF AMONTILLADO AND THE DRY SHERRIES OF ANDALUCIA
Sheral Schowe

From Fino and Manzanilla to Amontillado and Oloroso, Spanish Sherry is rapidly regaining its popularity at cocktail bars and in the home as the ideal food pairing wine. You will taste as you learn about each of the dry styles of sherry, their history and production methods, and the best food pairings for each style. You will leave with a new understanding and appreciation for one of the world's first fortified wines. Students will order an authentic dinner of Spanish cuisine from the restaurant menu (this is in addition to tuition and fees).

LLFW 595-001 | Th, Nov 11 | 6:00-8:00 PM
Café Madrid, 5244 Highland Dr, Holladay | $39 + $30 special fee
Special fee is for wine and space rental; students are expected to purchase their own food.
Please bring an ID to verify that you are 21 or older. Class is limited to 12.

PREPARING FOR THE HOLIDAYS WITH ALL THAT SPARKLES!
Sheral Schowe

Students will learn how to open a bottle of sparkling wine, the production methods according to the region of origin, the grape varieties used, the history of sparkling wine production, and food pairing suggestions to prepare for a spectacular celebration. A tasting of sparkling wines will be presented including an Italian Prosecco, Crémants of France, Cava from Spain, and Moscato from Italy. Students will order a French-inspired dinner from the restaurant menu (this is in addition to tuition and fees) to enjoy with the tasting.

To learn more and register for classes, visit our website at lifelong.utah.edu
BEER SENSORY EVALUATION AND OFF-FLAVOR TRAINING
Cody McKendrick

Have you ever had a beer that didn’t taste quite right, but you couldn’t put your finger on the flavor? Do you homebrew and want to better diagnose the success of your next batch? Come refine your pallet and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, students will learn about basic off-flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class. Please bring your photo ID!

LET’S TALK ABOUT RACE
Lani Clough Moon

Current events have brought race and race relations to the forefront of our social and political dialogues but the taboos around talking about race leave many of us unprepared to engage with these topics in an informed manner. The aim of this course is to be better prepared to engage in productive and meaningful conversations about race and racism. This will require a willingness to be uncomfortable, even disturbed, as we challenge our deeply held beliefs and systems of thought.
but we will be rewarded by learning to create inviting spaces to engage in conversations about race by emphasizing respect, humility, and forgiveness. The ultimate goal of this course is to enable us to recognize systems of inequalities and foster productive dialogue in order to change them.

HISTORY OF RACISM IN THE UNITED STATES OF AMERICA
Lani Clough Moon

This course offers the opportunity to explore the historical development of racist and anti-racist ideas in the United States so that we may better understand contemporary issues. Our focus will be on historical narratives that oversimplify and obscure the complexities of racial discrimination. We will examine the driving forces behind the production of racist ideas, not born of hate and ignorance, but motivated by the economic, political, and cultural self-interests of those in power. Our ultimate goal is to understand how our history has shaped racist ideas and how we can then produce anti-racist ideas in our future.

MIGRATING BIRDS OF UTAH AUTO TOUR
Natalia Wilkins-Tyler and co-taught by Ben Tyler

Bear River Migratory Bird Refuge is a critical habitat that provides abundant food and shelter for millions of birds making their long journey across North America. This unique auto-tour course will give you a front-row view of the birds of Utah during fall migration as they make their way south for the winter. Instructor Natalia Wilkins-Tyler will provide a checklist of common species you can expect to see, including shorebirds, raptors, ducks, and more. Communicating with each car through
TOUR THE AVENUES CEMETERY
Paul Wheeler

Visit the largest municipal cemetery in the United States: the Salt Lake City Cemetery. The cemetery is 250 acres of beauty with historically and visually interesting headstones. We will wander among the graves of the famous and infamous as we discuss the development of the land, the challenges it has faced over the years, who died when and why, headstone symbols, burial customs, and more. Please meet at the Sexton’s building, 4th Avenue at N Street.

LLPOT 693-001 | Th, Oct 7 | 5:30-7:30pm
Salt Lake Cemetery Sexton’s building, 4th Avenue and N Street, SLC | $45

Class is limited to 20.

ROCK ART HOT SPOTS
Troy Scotter

Utah is home to some of the nation’s most spectacular archaeological sites — from the famed rock art galleries of Nine Mile Canyon to the spectacular ruins of Cedar Mesa. But there are hundreds of other localities — lesser-known places with names like Sego Canyon and Buckhorn Wash — where the public can experience the remnants of thousands of years of human occupation. Participants will receive a handout describing the location of over twenty fantastic public rock art sites in Utah that can be reached by car. Most of these sites and what we know about the people who created them will be discussed in class.

LLPOT 687-001 | S, Oct 30 | 10:30 AM-12:30 PM
Online | $39

Students must purchase a road map or atlas of Utah. Council Hall or Visitor Centers typically offer free copies.
BEE KEEPING

Douglas Harper

Healthy, happy, easy-to-maintain honey bees not only reward their keepers with delicious honey but also provide a wonderful pollination service to neighborhood gardens. Learn how to select, house, and manage these beneficial insects as we look at hive components, costs, assembly, and location. We'll also learn how to use a smoker; what to wear when working with bees; when to purchase bees and from whom; how to install bees into the hive; and how to keep your bees healthy. Along the way, we’ll discuss bee anatomy and social structure, and you’ll receive a month-by-month schedule of bee-keeping activities. There is a field trip to the instructor’s apiary that will include a discussion and demonstrations.

LLHG 557-001 | M, Aug 23-Sep 20 | 6:30-8:30 PM
AND S, Sep 11 | 10:00 AM-12:00 PM
540 Arapeen Dr, room 120 | $129 + $15 special fee
No class on Sept 6. Students will meet outdoors on Saturday, Sept 11 at the instructor’s apiary. Special fee is for a book that will be supplied the first day of class.

TREES AND SHRUBS FOR RESIDENTIAL LANDSCAPES

Kim Eden

Evergreen and deciduous trees and shrubs are the backbones of the landscape, and making the right selections for your garden is key to being successful and creating the look you are hoping to achieve. We will focus on 60 trees and shrubs suited for the Utah landscape and discuss plant characteristics, size, growth patterns, and maintenance requirements so you can make appropriate choices for your garden. Class includes a garden tour that will inspire and educate you about the trees and shrubs best suited to Utah’s environment. We’ll also cover where to purchase plants and the best times to plant.

LLHG 520-001 | T, Aug 24-Sep 14 | 6:00-8:30 PM
AND S, Sep 18 | 10:00 AM-12:00 PM
Online | $119 + $5 special fee
Saturday, Sep 18 is an in-person field trip to Conservation Garden Park, 8275 S 1300 W, West Jordan.

RESIDENTIAL LANDSCAPE DESIGN I: CONCEPT AND PLANNING

Stephanie Duer

Take your landscape from average to fabulous by learning the techniques and tricks of professional designers! We’ll show you how to draw a plan; analyze your site; and use landscape design principles for laying out paths, patios, and garden beds. You’ll have the opportunity to work on your landscape...
plan with the help of a landscape designer who will teach you design concepts, assessment, and project phasing. We will focus on all areas of the landscape (including front, back, and side yards) to create inspired and functional spaces.

LLHG 512-001 | Th, Aug 26-Sep 30 | 6:00-9:00 PM
540 Arapeen Dr, room 138 | $179 + $10 special fee
Special fee is for design materials. Class is limited to 14.

RESIDENTIAL LANDSCAPE DESIGN II: A DEEPER LOOK AT PLANTS
Stephanie Duer

Have you ever walked into the garden store only to be overwhelmed by the sheer volume of plants available? How do you know which one is right for you and your landscape? Join us for this deep dive into plants. You’ll learn how form, texture, and seasonality impart design characteristics, and how to use them to your advantage. You’ll discover that a plant can create a focal point, scale, and perspective. We’ll cover plants that are specifically appropriate for Utah and how to maintain your landscape properly to optimize plant health and increase the effectiveness of your labors. This class will focus on building on a design you already have. If you’re looking to start from scratch, try Residential Landscape Design I.

LLHG 925-001 | Th, Sep 2-9 | 6:30-8:30 PM
Online | $59

PERMACULTURE PLANTS FOR SUSTAINABLE YARDS
Kim Eden

Is pest control one of your least preferred garden tasks? Do you wish to move to a more organic approach to your yard maintenance? In part, permaculture is a sustainable technique that uses plants to maintain your pest control. Join us to learn 30 helpful plants that will keep your yard healthy with minimal effort.

LLHG 920-001 | Th, Oct 14-Nov 4 | 6:00-8:00 PM
540 Arapeen Dr, room 138 | $99 + $10 special fee
Special fee is for design materials. Class is limited to 14.

SOILS: DIG DEEPER INTO GARDENING
Michelle Cook

They get enough water. They get enough light. So why aren’t your plants as healthy or as big as you think they should be? It could be the soil. Did you know approximately 90% of plant problems are soil-related? Soil is where it all begins and this course is where you begin learning about it. We will cover the physical, biological, and chemical properties of soils as well as basic plant nutrition and fertilization that will help you achieve an optimum planting and growing environment. Discussion will include soil, soil structure, how to work with different types of soils, and how to improve it. Understanding what is going on underground is your first step in creating a healthy and beautiful garden.

LLHG 615-001 | Th, Sep 2-9 | 6:30-8:00 PM
540 Arapeen Dr, room 132 | $49 + $5 special fee
Class is limited to 16.
UNUSUAL TREES AND SHRUBS FOR THE RESIDENTIAL LANDSCAPE
Kim Eden
Looking for a tree or shrub that is a little out of the ordinary and can grow well in Utah's climate? Join us as we examine unique specimens and discuss the best planting, growing, and maintenance practices for each selection. You'll learn which trees and shrubs can be planted in a residential setting and perform well in our alkaline soil, hot summers, and cold winters.
LLHG 472-001 | M, Sep 13-20 | 6:00-8:30 PM
AND S, Sep 25 | 10:00 AM-12:00 PM
Online | $79 + $5 special fee
Saturday, Sep 25 is an in-person field trip to Conservation Garden Park, 8275 S 1300 W, West Jordan.

ORNAMENTAL GRASSES
Stephanie Duer
Looking for fabulous low-maintenance plants with year-long interest? Ornamental grasses offer a striking array of textures, forms, sizes, and colors. Their multi-season interest is virtually unsurpassed in the world of plants. Many of these versatile plants are drought tolerant and all are great additions to any landscape. Combine grasses with the golds, yellows, oranges, and blues of fall perennials and you'll forget all about those flashy spring gardens! You’ll also learn tips on design, planting and maintenance.
LLHG 543-001 | W, Sep 15-29 | 6:00-8:00 PM
540 Arapeen Dr, room 154 | $75
Class is limited to 16.
MYCOLOGY FOR BEGINNERS
Katie Lawson

Fungi are all around us playing critical roles in nearly every terrestrial ecosystem — but how much do you really know about mycology? Explore the world of fungi, including the many ways we can partner with fungi to improve our planet. You’ll learn about fungal biology and anthropology, medicinal mushrooms, and oyster mushroom cultivation in the hot desert climate.

LLHG 477-001 | M, Sep 20-27 | 6:30-8:30 PM
540 Arapeen Dr, room 124 | $59 + $20 special fee
Special fee is for a mycology kit. Class is limited to 12.

DESIGNING WITH FRESH FLOWERS: ARRANGEMENTS FOR THE SEASON
Pamela Olson

Learn the fundamentals of floral design and create seasonal centerpieces in this hands-on workshop. Learn tips for selecting and handling flowers, as well as composition, color, and design techniques. Each monthly class will feature an Arrangement of the Month, September to December.

LLHG 500-001 | M, Sep 27, Oct 25, Nov 22, and Dec 6 | 6:00-8:00 PM
540 Arapeen Dr, room 138 and 152 | $99 + $140 special fee
Special fee is for flowers. Students must bring their own bypass pruners and scissors. Class is limited to 14.

PLANNING FOR SPRING FLOWERING BULBS
Michelle Cook

Plan and plant this fall for an early spring garden filled with color and diversity from a combination of spring-blooming bulbs. Daffodils and tulips take center stage as we look at recommended varieties and discuss selecting various cultivars so you have continuous color from early to late spring. We’ll also discuss lesser-known spring bloomers like Allium, Glory-of-the-Snow, Winter Aconite, Checkered Lily, and Snowdrops. Learn about design, planting, maintenance, and how to force some of these little gems for winter flowers indoors. Going dormant in summer, spring-blooming bulbs are great landscape plants in Utah’s dry climate. Get excited about spring this fall and have flowers next year as soon as the snow melts.

LLHG 519-001 | Th, Sep 30-Oct 7 | 6:30-8:00 PM
540 Arapeen Dr, room 132 | $49 + $8 special fee
Special fee is for handouts and plant samples. Class is limited to 16.

PUTTING YOUR GARDEN TO BED: PREPARING FOR WINTER

With the growing season coming to an end, there are still many things to do so your landscape and garden beds can rest and look forward to another beautiful and productive growing season. Learn how to prepare for winter by mulching, pruning, and caring for your perennials and lawn. Join us for this information and more as you give your gardens the best chance for a strong and healthy return in the spring. Co-sponsored with Cactus & Tropicals.

LLHG 924-001 | Th, Oct 7 | 6:30-8:00 PM
Cactus & Tropicals, 2735 S 2000 E, SLC | $49
Class is limited to 16.
BACKYARD BIRDING
Kelli Frame

Utah is a unique environment with a wide variety of beautiful backyard birds to observe and enjoy. Join us for this fun and informative class that will teach you how to make your yard bird-friendly by creating a helpful habitat with ample water, food, native plants, and shelter. We’ll cover how to solve the problems of birds feeding, including window strikes, weeds, attracting unwanted critters, and controlling mess around your feeders. You’ll also learn what sorts of foods attract different kinds of birds and which avian beauties you can expect to see in your own backyard. You will receive a kit of supplies to get you started in your own birding adventures.

LLHG 911-001 | S, Oct 9 | 10:30 AM-12:30 PM
Wild Birds Unlimited, 1967 E Murray Holladay Rd, SLC | $39 + $15 special fee
Special fee is for a kit of birding supplies. Class is limited to 20.

FUNGI INSIDE AND OUT
Katie Lawson

Once we start to understand fungi, we begin to see them hard at work nearly everywhere. In the first part of this course, we will take a detailed look at how fungi interact with plants and animals to shape the world around us. In the second half, we will look at the world within and explore how fungi interact with the human body as food and their potential medical benefits. This is not a medical course and should not take the place of any treatments prescribed by your doctor, but it is a good way to understand the nutritional and health benefits of certain mushrooms. This class includes a mushroom medicinals kit and full instructions for how to prepare it. While all are welcome, this course may be best suited for folks with some background information on mycology.

LLHG 484-001 | M, Oct 11-18 | 6:30-8:30 PM
540 Arapeen Dr, room 124 | $59 + $20 special fee
Special fee is for a mycology kit. Class is limited to 12.

POLLINATORS AND THEIR HABITAT
Amy Sibul

In this class, you will learn about the diversity of pollinators that live in Utah and why they are so important. You’ll learn about the conservation status of these essential animals and what you can do to protect them and provide habitat for them in your own yards and our collective open spaces. You’ll learn about the types of plants that serve as food resources for pollinators and the specific habitat components that help them produce young and survive through winter. On the last day of class, you’ll construct nest boxes for Utah’s native bees that you can take home and install in your own yard or nearby open space.

LLHG 923-001 | Th, Oct 14-28 | 6:30-7:30 PM
Online & 540 Arapeen Dr, room 132 | $49 + $25 special fee
Oct 14 and 21 are online. Oct 28 is in person. Special fee is for materials to make a nesting box. Class is limited to 12.
Succulents are drought-resistant plants that come in a wide variety of shapes, textures, and colors — each one more unique than the last. They are perfect for planting in groups, and the plethora of varieties ensures endless composition possibilities! In this hands-on class, we will teach you the basics of succulent care, as well as design concepts for creating a beautiful succulent garden that’s unique to you. Co-sponsored with Cactus & Tropicals.

LLHG 595-001 | Th, Oct 28 | 6:30-8:00 PM
Cactus & Tropicals, 2735 S 2000 E, SLC | $49 + $35 special fee
Special fee is for a succulent garden kit. Class is limited to 16.

Terrariums are a great way to grow plants in small spaces. A miniature garden in a glass container makes for a fun and visually appealing way to satisfy your inner gardener, all year long! In this hands-on class, we will teach you how to select plants, build a sustainable landscape, and maintain your very own miniature ecosystem. Co-sponsored with Cactus & Tropicals.

LLHG 922-001 | Th, Nov 18 | 6:30-8:00 PM
Cactus & Tropicals, 2735 S 2000 E, SLC | $49 + $40 special fee
Special fee is for a terrarium kit. Class is limited to 16.

This condensed beginning course will teach you conversational French used in travel and everyday situations. French games, group readings of French comic strips, and helpful handouts will quicken the process and help students become more comfortable with the language. The best part: learning the correct accent from a native Parisian! This class is designed to be repeated as often as you wish.

LLLAN 350-001 | W, Sep 8-Oct 13 | 6:30-8:30 PM
540 Arapahoe Dr, room 148 | $149
Class is limited to 12.
CONVERSATIONAL FRENCH II
Catherine Thorpe

This class is a continuation of Conversational French I (LLLAN 350) or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This class is designed to be repeated as often as you wish.

LLLAN 351-001 | W, Oct 20-Dec 1 | 6:30-8:30 PM
540 Arapeen Dr, room 148 | $149
Class is limited to 12. No class on Nov 24.

FRENCH FOR TRAVELERS
Catherine Nalder

Tackle a French vacation without fear with an all-inclusive approach to travel in francophone countries. Learn the phrases and vocabulary necessary for shopping, reading a metro plan, and ordering the ever delicious pain au chocolat. In addition to terminology, this course will provide insight into French culture and customs — how a tourist acts can greatly enhance their vacation. Get tips for traveling abroad with information that can transfer from France to the rest of Europe. This class is perfect for beginners, but all levels are welcome.

LLLAN 353-001 | T, Oct 5-Nov 9 | 7:00-9:00 PM
540 Arapeen Dr, room 120 | $149 + $5 special fee
Class is limited to 13.

CONVERSATIONAL ITALIAN I
Jason Cox

Learn the language of warmth and passion. We’ll cover the basic conversational skills you’ll need to travel in Italy while learning about the people, art, and culture of this fabulous country. This class is designed to be repeated as often as you wish.

LLLAN 362-001 | Th, Oct 14-Nov 11 | 7:00-9:00 PM
Online | $149
Students must purchase two texts: “Italian: A Self-Teaching Guide (Second Edition)” by Edoardo A. Lebano and any Italian to English dictionary (you will use this a lot so purchase one you feel comfortable using).

CONVERSATIONAL ITALIAN III
Jason Cox

Continue building upon the skills you’ve learned in Italian I and II (or equivalent). We’ll further develop our conversational skills by applying phrase structuring techniques for practical scenarios while incorporating lots of practice. This class is designed to be repeated as often as you wish. If you do not own the text from Italian I, you can purchase a copy from Lifelong Learning for $20 before the first class by emailing us at lifelong@continue.utah.edu. Students are responsible for bringing an Italian-English dictionary.

LLLAN 371-001 | Th, Aug 26-Sep 30 | 7:00-9:00 PM
540 Arapeen Dr, room 124 | $149
Students must have their own copy of “Italian: A Self-Teaching Guide (Second Edition)” by Edoardo A. Lebano and any Italian to English dictionary. Class is limited to 16.
JAPANESE FOR TRAVELERS
Bryan Nalder

Learning the basics of the language and customs of any foreign country is a great start to your vacation abroad. Gain an understanding of essential Japanese words and phrases to make your travels to Japan more pleasurable. The class will cover common greetings, vocabulary, and Kanji necessary to navigate your way around Japan, purchase a train ticket, and order sushi. We’ll also spend time learning about the unique culture and customs of Japan.

LLLAN 411-001 | W, Oct 6-Nov 10 | 7:00-9:00 PM
540 Arapeen Dr, room 154 | $149 + $5 special fee
Class is limited to 13.

MANDARIN CHINESE I
Dai Cui

This course is designed to teach students who do not speak Chinese how to function in Chinese culture and communicate with native Chinese speakers. More than knowing the right words, communication involves understanding what to say, how to say it, and with whom it is appropriate to use certain words, gestures, etc. Thus, in this course, we will learn not only vocabulary but also how to speak and behave in a culturally appropriate way in a Chinese context. The primary emphasis in the course is the oral language (speaking and listening skills), while the secondary emphasis is the written language (reading and writing skills).

LLLAN 364-001 | T, Aug 31-Oct 5 | 6:00-9:00 PM
540 Arapeen Dr, room 124 | $219
Class is limited to 16.

SURVIVAL SPANISH I: COMMUNICATION BASICS
Wyatt Merrill

Trying to communicate in a new language can be tough, especially if all you’ve been taught are things like colors and sounds of the alphabet. How about a Spanish class that shows you how to talk about food, travel, family, your own interests, and crucial vocabulary for surviving in a Spanish-speaking country? We’ll focus on key verbs such as “to want,” “to like,” “to go,” and “to do” as you build a firm foundation in the language. You won’t need a textbook; instead your instructor will respond to your needs, creating writings and readings tailored specifically to you and your classmates. Expect two fun homework assignments per week. This class is for students with little to no prior knowledge of Spanish. If you have had 2-4 years of high school or college Spanish (or equivalent), please consider LLLAN 354 Conversational Spanish I.

LLLAN 452-001 | T, Sep 14-Oct 19 | 7:00-9:00 PM
One Sandy Center, 10011 Centennial Parkway, Sandy | $149
Class is limited to 16.

CONVERSATIONAL SPANISH I
Rory Haglund

Speaking Spanish in a relaxed atmosphere helps you overcome the first language-learning hurdle: the fear of making mistakes. Gain confidence in meeting new people and sharing personal anecdotes by practicing with others. You will strengthen your ability to communicate by engaging in Spanish in conversations with your classmates. This course is intended for those with 2-4 years of high school or college Spanish or equivalent. You should have a working Spanish vocabulary of roughly 200 words and be able to hold a simple conversation in Spanish. The class is designed to be
repeated as often as you wish. Complete beginners should consider LLLAN 452 Survival Spanish I: Communication Basics.

LLLAN 354-001 | S, Aug 28-Oct 2 | 10:00-11:30 AM
540 Arapeen Dr, room 154 | $125
Class is limited to 18.

performing arts

CLASSIC ROCK RHYTHM GUITAR

Randin Graves

If you’ve taken beginning guitar and are ready for the next step of playing with other people, here’s your chance! Learn a selection of classic rock songs, from folk-rock to hard rock, while improving basic skills and trying more intricate parts that include fingerpicking and alternate tunings. Prerequisite: Beginning Guitar I (LLMT 382) or knowledge of basic chords, rhythm, tablature reading, and tuning.

LLMT 465-001 | T, Aug 24-Sep 28 | 6:30-8:00 PM
540 Arapeen Dr, room 152 | $155
Students must bring their own instrument. Acoustic is preferred for week one. Class is limited to 12.

AUSTRALIAN DIDGERIDOO: PLAYING AND CULTURE

Randin Graves

A soulful instrument that has been played on every continent (and even in space!), the didgeridoo can be played by anyone with a little practice. It is simply a tube that creates unique sounds through the control of the lips, breath, tongue, voice, and stomach muscles. Learn to play this unusual instrument and go in-depth with the culture of Aboriginal Australia that invented it — from someone who lived in a remote Aboriginal community for years. This course will be taught using a simple plastic didgeridoo. Due to the variety in traditional wooden didgeridoos, their use is discouraged for this class.

LLMT 389-001 | S, Aug 28-Oct 2 | 10:30 AM-12:00 PM
540 Arapeen Dr, room 120 | $135 + $20 special fee
Students will learn in the classroom and practice outdoors. Special fee covers the cost of your instrument. Class is limited to 10.

To learn more and register for classes, visit our website at lifelong.utah.edu
TRADITIONAL INDIAN DANCE
Sonali Loomba

Join us for an evening workshop of traditional Indian dance and music. Kathak — one of the ten major forms of Indian dance — involves detailed footwork, hand gestures, and facial expressions. It is attributed to the traveling bards of ancient northern India known as Kathakars, or storytellers. Classically trained in Kathak, your instructor will guide you through the graceful movement of this art form as you learn beginning choreography set to traditional music.

LLMT 481-001 | W, Sep 1 | 7:00-9:00 PM
Studio Zamarad, 2607 S State St, SLC | $39 + $7 special fee
Special fee is for studio rental. Please wear dance shoes or shoes with non-skid soles and bring your own water bottle. Class is limited to 12.

AFROTEMPO I: INTRODUCTION TO AFRODANCE
Liz Oyeneyin-Liadl

Enjoy moving to the beat and making new friends while you experience modern dance styles from countries around the African continent. With the guidance of an experienced dance professional, you’ll explore Makossa from Cameroon, Coupé-décalé and Ndombolo from Ivory Coast, and Afro House/Kuduro from South Africa and Angola. The dances, which merge traditional movements with modern street-style, will offer a greater understanding of the cultures from which they originate.
No dance experience required; all are welcome. Please wear comfortable clothing that allows you to move freely and shoes with non-skid soles.

LLMT 477-001 | W, Sep 8-22 | 7:15-8:45 PM
Studio Zamarad, 2607 S State St, SLC | $79 + $12 special fee
Special fee is for the studio rental fee. Please wear dance shoes or shoes with non-skid soles, and bring your own water bottle. Class is limited to 15.

HAWAIIAN DANCE AND CULTURE
Kahealani Blackmon

Aloha kakou. Come take a trip to the Hawaiian Islands where you will learn how to hula dance the traditional way, gain an understanding of the Hawaiian culture, and learn a fun hula dance. You will exercise your mind and your body while working up a sweat with low-impact movement. You will leave this course with new knowledge and a little bit of paradise in your heart.

LLMT 479-001 | S, Sep 11 | 9:00 AM-1:00 PM | 540 Arapeen Dr, room 132
LLMT 479-002 | M, Sep 13-20 | 7:00-9:00 PM | Online
$59 | Class is limited to 12.

VOICE ACTING: AN INTRODUCTION
Michelle Ortega

As the voice-over industry continues to grow at a speedy rate, more and more people are becoming curious about the fascinating world of voice acting. Reading out loud for a living does sound easy and fun, but what qualities distinguish the voice actors who rise to the top? Join this class to learn and put into practice the basics you’ll need to get started in voice acting, including your own voice quality, interpretation of scripts, and preparing for auditions. You’ll leave class with a wealth of knowledge and your own short demo recording. Who knows? Becoming a successful voice talent might just be within you.

LLMT 459-001 | Th, Sep 9-16 | 6:30-8:00 PM | Online
AND Th, Sep 23 | 6:30-8:00 PM | 540 Arapeen Dr, room 124
AND Th, Sep 30 | 6:00-8:00 PM | Marriott Library Audio Studio, 295 S 1500 E, Campus
$109 | Class is limited to 10.
SOUNDWALKING: MUSIC EXPERIENCE AND CREATION DURING THE PANDEMIC AND BEYOND...
Katie Porter

Explore experimental, collective, collaborative, community-based, and improvised music happening online, in alternate venues, and outdoor spaces throughout the world during the Covid-19 pandemic. In this class — which is part workshop, part listening exercise, and part collaborative process — we will create our own installations, soundwalks, and listening works to be shared and experienced together. No prior music skill is required, but an open mind and ears are a must. Classes will take place both online and outdoors.

LLMT 474-001 | W, Sep 15-Oct 20 | 6:00-8:00 PM
Online | $119
This class is held online and outdoors. Outside meetings will take place around the University of Utah campus and the Sugarhouse area. Enrolled students will receive location details one week before class starts. Class is limited to 12.

BEGINNING GUITAR I
Bruce Christenson

Learn the basic techniques — chords, rhythm, note reading, fingerpicking, scales, and music fundamentals — that will put a solid foundation under new players and apply to all styles of guitar music. This course is also great for guitar players needing a refresher. Students will learn in a relaxed and fun environment. Acoustic or electric guitar with an amp is fine.

LLMT 382-001 | T, Sep 21-Oct 26 | 7:00 PM-8:00 PM
Online | $119

BEGINNING GUITAR II
Bruce Christenson

Students will build on the basics of playing guitar learned in Beginning Guitar I. Rhythm, scales, fingerpicking, basslines, riffs, and more chords and exercises will be explored through a variety of musical styles. Students will learn in a relaxed and fun group online experience! Prerequisite: Beginning Guitar I or knowledge of basic chords, rhythm, tablature reading, and tuning.
LLMT 383-001 | T, Nov 2-Dec 7 | 7:00-8:00 PM
Online | $119

IMPROV COMEDY WORKSHOP
Clint Erekson

Ready for some fun and games after work? Improv is spontaneous, creative, and lots of laughs. Improvisational comedy is theatrical humor made up on the spot using your imagination. Discover how to bring your creative ideas to life in real-time through brain teasers, games, and other forms of play; learn the rules of improvisation; develop your own unique characters; and most importantly, emotionally invest in your work. In this improv series, you’ll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills.

LLMT 396-001 | W, Sep 22-Oct 13 | 6:15-7:45 PM
540 Arapeen Dr, room 132 | $119
Class is limited to 12.
FLAMENCO DANCE: AN INTRODUCTION
Katie Sheen-Abbott

Flamenco is a graceful dance of expression characterized by intricate hand, foot, and body movements. Join us for a fun and insightful class in which you will gain a broad understanding of this traditional Spanish dance and its music. You will focus on flamenco rhythms; the interaction between the guitarist, singer, and dancer; and a brief history of flamenco dance. You will also learn about flamenco dance technique, which includes rhythmic footwork (zapateado), arm (braceo) and hand placement, and overall body placement. You and your classmates will focus on a Tangos choreography that builds each week.

LLMT 478-001 | S, Sep 25-Oct 30 | 11:00 AM-12:00 PM
Studio Zamarad, 2607 S State St, SLC | $89 + $15 special fee
Special fee is for the studio rental fee. Class is limited to 12.

BEGINNING CHROMATIC HARMONICA I
Bobby Joe Holman

From the soothing melody of "Isn't She Lovely" by Stevie Wonder to the wailings of Spaghetti Western themes from Ennio Morricone, the sound of the chromatic harmonica permeates our musical culture. Unlike diatonic harmonicas (which are limited to the notes of only one scale), a chromatic harmonica can play all twelve tones in the chromatic scale thanks to a button-activated sliding bar. Start your chromatic journey with beginning techniques that will be reinforced through both weekly exercises and simply playing and having fun. Class is open to all levels. A 2 1/2 to 4-octave chromatic harmonica with a slide is required.

LLMT 467-001 | M, Sep 27-Oct 18 | 5:30-7:30 PM
Online | $99
Students are responsible for purchasing their own materials; find a list online.

BEGINNING CHROMATIC HARMONICA II
Bobby Joe Holman

Build on the skills you acquired in Beginning Chromatic Harmonica I and learn to play a selection of songs with musical accompaniment! You will learn how to read and play basic melody lines while unlocking the soulful tones of this unique instrument. You will walk away from the class knowing how to play "The Midnight Cowboy," "Bali Hai" from South Pacific, "Moon River" from Breakfast at Tiffany's, "Nadia's Theme" from The Young and the Restless, and more! A 2 1/2 to 4-octave chromatic harmonica with a slide is required.

LLMT 480-001 | T, Nov 2-Dec 7 | 5:30-7:30 PM
Online | $119
Students are responsible for purchasing their own materials; find a list online.

MUSIC ENRICHMENT FOR HEALTH AND WELLNESS
Raymond Uy with guest speaker Meg Lyding

This course will present music designed to enrich the mind, body, and spirit. Music will range from sound healing and classical music, to popular songs and enduring standards that warm hearts and evoke nostalgia. In this course, sound healing techniques, live performance demonstrations, and recorded examples will be presented. There will also be information about therapeutic songwriting strategies that can be practiced at home. The course promises to be both informational and entertaining.

LLMT 472-001 | Th, Sep 30-Oct 28 | 6:00-7:00 PM
Online | $79
Headphones are recommended but not required.
BEGINNING MANDOLIN

Rex Flinner

Expand your music repertoire with the lovely and versatile mandolin. Originally popular as an instrument for light classical music, the mandolin is used in the United States today primarily for country, bluegrass, and folk music. In this class, we will focus on the basics — chords, flatpicking techniques, and reading skills — as you learn a variety of tunes and styles.

LLMT 436-001 | W, Oct 6-Nov 10 | 6:00-7:30 PM
540 Arapeen Dr, room 120 | $155

Students must bring their own instrument. Class is limited to 6.

LEARN TO PLAY CIGAR BOX GUITAR

Bobby Joe Holman

What do Johnny Depp, Bo Diddly, and Jimi Hendrix have in common? They've all tried their hand at playing a cigar box guitar! This simple instrument dates back to the mid-1800's and is wallet-friendly to acquire. You will learn how to play lead slide guitar and how to make chords for rhythm. You'll walk away knowing how to play at least three songs: one blues, one country, and one pop/rock.

LLMT 475-001 | M, Oct 25-Nov 29 | 5:30-7:30 PM
Online | $119

Students supply their own 3-string cigar box guitar. Don't have one? No problem! We will provide enrolled students with information on where to order one at a discounted price with free shipping. Or, you can request instructions for building one before class.

PERFORMANCE CHANGES YOU: A PERFORMING ARTS APPROACH TO PERSONAL AND PROFESSIONAL DEVELOPMENT

Derek Strong

Need to make a change in your life? Feeling disconnected from the things you once enjoyed? This course can help! This six-week class is designed for students who want to develop their emotional, social, and professional skills in a creative and fun way. Throughout the course, students will be introduced to a variety of leadership techniques that are combined with various performing art disciplines, such as music, acting, dance, comedy (improv and stand-up), and writing. Each lesson is designed to push the student beyond their comfort zone and into a space that allows for personal growth and professional development.

LLMT 473-001 | W, Oct 27-Dec 8 | 6:30-8:30 PM
540 Arapeen Dr, room 124 | $129

No class on Nov 24. Class is limited to 15.

To learn more and register for classes, visit our website at lifelong.utah.edu
photography & digital media

LIGHTROOM: AN INTRODUCTION
Gary Lee Booth

Do you wish that your huge backlog of digital photos was easier to organize and edit? Then join us and learn to manage your photographs with Adobe Lightroom. Discover a process to easily archive, organize, adjust, and edit your images. By the end of this course, you will understand the basics of the software and know how to use the tools that will help you dial in your photographic workflow. Students should be comfortable using a computer and have a working knowledge of photography.

LLART 297-001 | T, Aug 24-Sep 14 | 5:30-8:00 PM
Online | $169
Students will receive access to a licensed version of Adobe Lightroom.

PHOTOGRAPHING YOUTH SPORTS
David Argyle

It’s fun to watch your children or grandchildren participate in sports, but it can be difficult to capture the action in great photographs, especially indoors or at night. Learn camera settings, shooting techniques, and post-processing methods that the pros use, and dramatically improve the action images you get from the equipment you already have. The third class is a field trip to a high school sporting event, giving you an opportunity to practice your new knowledge. Please have a camera with manual as well as automatic controls.

LLART 289-001 | W, Aug 25-Sep 15 | 6:00-8:00 PM
Online | $109
This is an online class with an outdoor field trip on Sept 8. Location TBD. Students provide their own camera. Class limited to 12.

FOLKSY FLORALS: ILLUSTRATION IN PROCREATE
Chelsea Ekberg

Are you interested in creating colorful designs that pop? Do you love the Procreate app on your iPad, but wish you could utilize more of its potential? Learn to digitally create beautiful floral designs and take your drawings to the next level with tips and tricks to streamline your process. Create complementary color palettes, take advantage of the symmetry feature, effectively manipulate brushes to help your drawings sing, and follow in the footsteps of your instructor by designing eye-catching contemporary folk art flower designs. Students provide their own iPad and should have a basic working knowledge of Procreate.

LLART 344-001 | Th, Sep 2-23 | 6:00-8:00 PM
Online | $109 + $25 special fee
Access to a Wacom tablet, iPad, or Android tablet with Procreate is required. Matriculated students from the University of Utah may be able to reserve a tablet from the Marriott Library. Students should have a working knowledge of Procreate. Special fee is for a set of digital templates.

DARKROOM PHOTOGRAPHY: HANDMADE PRINTS WITH YOUR DIGITAL CAMERA
Dave Hyams

Digital photography is convenient, but the process of moving that digital image to paper can leave you feeling disconnected from your images. Join us to explore the possibilities of hand-printing the photos you capture with your DSLR, point-and-shoot, or even the camera on your phone! You’ll spend one class on an easy/moderate hike learning to compose an interesting photo, shooting color for black and white prints, and techniques for long exposure in both capture and post. Then, you’ll join the instructor and one other student for a hands-on darkroom session in which you’ll learn tips for digital processing and experience making prints first-hand. Students will leave class with at least two beautiful, silver gelatin black and white prints from their own digital photos.

LLART 165-001 | S, Sep 11 | 10:00 AM-1:00 PM
AND S, Sep 18 | 10:00 AM-3:00 PM
Millcreek Canyon on Sep 11 and at Luminaria, 14 E 800 S, SLC on Sep 18 | $149 + $35 special fee
Students provide their own camera and canyon use fee ($5). Luminaria requires masks when working in their studio as physical distancing is difficult to maintain. When shooting outdoors, masks are not required unless physical distancing cannot be maintained. Please bring a mask with you just in case it is needed. Class is limited to 10.

DIGITAL PHOTOGRAPHY: NUTS AND BOLTS FOR DSLR
Erika Cespedes

Ready to break out of auto mode on your digital camera? Working indoors and out, we’ll decode the mysteries of digital cameras in a friendly and fun way as we see how to make properly exposed and focused images, identify and select white balance settings appropriate to the subject, and figure out how the focal length of lenses affects final images. You’ll also create a set of reference images that demonstrate the workings of various controls on your camera. Please bring your DSLR or Mirrorless System camera and manual to class. Post-it flags and/or a highlighter to annotate your manual are also recommended. Want more guided practice with the basics? Take Digital Photography: An Introduction (LLART 115) either before or after this class.

LLART 193-001 | S, Sep 11-18 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 124 | $79
Students provide their own camera. Class is limited to 12.

BEGINNING VIDEO EDITING WITH PREMIERE PRO
Ali Akbari

Have you ever wondered how to make your own professional-looking video using just your camera or phone? In this introductory course, learn how to craft raw footage into polished videos using Adobe Premiere Pro. Get comfortable with file management, cutting and trimming, resizing, and much more. Come practice how to tell a story with Premiere Pro!

LLART 310-001 | M, Sep 13-Oct 18 | 6:30-8:30 PM
Online & 540 Arapeen Drive, room 249 | $149
This class takes place online with two in-person lab sessions on Oct 11 and 18. Students will be given access to a licensed version of Premiere Pro. Class is limited to 15.

To learn more and register for classes, visit our website at lifelong.utah.edu
DIGITAL PHOTOGRAPHY: AN INTRODUCTION
Neil Eschenfelder

Take an in-depth look at megapixel counts, white balance, shutter speed, lens opening, and other digital camera functions and learn how to use them to your advantage. We’ll also cover traditional photographic imaging skills such as use of shutter speeds and lens openings, composition, and portraiture so you can spend more time making great images and less time fixing them on your computer. You will get the most out of this class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class.

LLART 115-002 | T, Sep 21-Oct 19 | 6:30-9:00 PM AND S, Oct 16 | 10:00 AM-12:00 PM
10011 Centennial Parkway, Suite 100, Sandy

LLART 115-003 | W, Sep 22-Oct 20 | 6:30-9:00 PM AND S, Oct 16 | 1:00-3:00 PM
540 Arapeen Dr 124 | $159 + $5 special fee

Class will meet for a field trip outdoors on Oct 16 (location TBD). Students will share photos via Google; please come to first class prepared with a Gmail address. Class is limited to 15.

HOW TO ORGANIZE YOUR DIGITAL PHOTOS
Daniel Cureton

“I’ve taken so many photos and I don’t know what to do with them!” If you’re approaching that 100,000 digital photo mark, should you just delete them all? Give them to a company to sort? No! This course will help you understand key processes in organizing, naming, and arranging your digital photos so you can easily find, retrieve, and sort them. Headache and worry be gone!

LLART 158-001 | T, Sep 28-Oct 19 | 6:30-7:30 PM
Online | $69

DIGITAL PHOTOGRAPHY: NUTS AND BOLTS II
Erika Cespedes

Do you feel comfortable with your DSLR camera, but still need more practice before taking the next step with your photography? Build on what you’ve learned in Digital Photography: Nuts and Bolts for DSLR (LLART 193) with a day of shooting in manual mode around Salt Lake City. With the guidance of your instructor, practice working with high-contrast scenes, reflective surfaces, and capturing or eliminating motion. In the second class, share your images in the classroom to discuss what went right, and troubleshoot images that didn’t go as planned. Please bring your DSLR or mirrorless system camera and manual to class; post-it flags and/or a highlighter to annotate your manual are also recommended. A tripod is useful, but not required.

LLART 219-001 | S, Oct 2-9 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 124 | $69

If you are brand new to your camera/photography, please consider Digital Photography: Nuts and Bolts for DSLR (LLART 193). The first class is a field trip. Students will be notified of where to meet. Class is limited to 12.

PHOTOSHOP FOR PHOTOGRAPHERS
John Craigle

Considered the leader in professional photo editing software, Adobe Photoshop allows users to create, manipulate, crop, resize, and correct digital images. In this class, a Photoshop expert will begin familiarizing you with this extensive program with an introduction to the tools and settings that can have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. This course is intended for students with a working
knowledge of photography and its basic terms. Please bring a USB thumb drive to the first class. Not sure if it’s the right class for you? Take our quiz online.

LLART 286-001 | S, Oct 2-23 | 10:00 AM-1:00 PM
Online | $189
Students will receive access to a licensed version of Adobe Photoshop.

DIGITAL STORYTELLING 101
Jonathan Duncan
Explore the tools of digital technology to become a more effective and inspired storyteller in the age of social media. Learn basic photographic technique and composition, video editing and production, blogging formats, social media platforms, and receive advice on building a following. You will have the opportunity to build your own blog and practice the techniques discussed in class. A laptop and DSLR or smartphone will be needed after the first night of class. No experience in digital storytelling is required, but students must be comfortable with their computers and camera of choice. Blog-building will begin on the 3rd week of class.

LLART 159-001 | W, Oct 6-Nov 10 | 6:30-8:00 PM
Online | $159
Students will need a laptop and DSLR or smartphone after the first night of class.

HISTORICAL PHOTOGRAPHIC PROCESSES IN A CONTEMPORARY WORLD
Dave Hyams
Experience the timeline of photography as you make prints using three different historical processes while working with a film negative printed from your own digital file. Students will create cyanotype, van dyke brown, and salted paper prints, learn the history of each, and get to know artists from both the past and present who work(ed) with these processes. The special fee covers the cost of chemistry, paper, and the printing of one digital-to-film negative (additional negatives may be purchased from the instructor). Information regarding how to choose an image, and the file size required to print a negative, will be discussed in the first class.

LLART 302-001 | W, Oct 6-27 | 6:00-9:00 PM
Luminaria, 14 E 800 S, SLC | $149 + $99 special fee
Luminaria requires masks when working in their studio as physical distancing is difficult to maintain.
Class is limited to 12.

NATURAL LIGHT PORTRAIT PHOTOGRAPHY
Jeri Gravlin
Using the beauty of natural light, develop your skills at portrait photography. We’ll work indoors and out, playing with shadow and light to add mood and texture to your work. Take your portraiture to a whole new level! Open to point-and-shoot, DSLR, or film photographers. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz online.

LLART 94-001 | W, Oct 6-20 | 6:30-8:30 PM
540 Arapeen Dr, room 152 | $75
Students provide their own camera. Class is limited to 12.
DEVELOP YOUR PHOTOGRAPHIC EYE
David Argyle

With today’s digital cameras, just about anyone can take a snapshot. But, it usually takes more than the casual click of a button to create a compelling and artistic photographic image. While most photography classes focus on the technical aspects of photography, this class is all about the art of photography. Learn how to best position your camera, master your optics, go beyond the rule of thirds, develop patience and timing, and improve your post-processing skills. Move beyond the technical hassles and learn to think and see like a photographer.

LLART 245-001 | W, Oct 13-Nov 3 | 5:30-8:00 PM
Online | $139
Students provide their own camera.

SMART SMARTPHONE PHOTOGRAPHY
Rachel Jacobsen

Your smartphone is an advanced photo-taking device, but do you know how to take advantage of everything it has to offer? Come learn how to create breathtaking photos in this fun and informational class. Learn tactics used by the pros such as basic settings, shooting techniques, and how to tell a story with an image. We’ll also learn finishing and display techniques so you can impress your family and friends with your smartphone savvy.

LLART 277-001 | S, Oct 16-Nov 20 | 1:00-2:30 PM
Online | $149
Students must bring their own smartphone.

PODCASTING: AN INTRODUCTION
Christopher Hollifield

So you want to start your own podcast? Well, this is the perfect course for you! This class has been created to show the beginning podcaster everything they need to record, edit, publish, and grow their very own podcast. Join us to learn the entire process of creating a podcast, from idea to launch. Learn how to choose the subject matter, what equipment you need to create a quality podcast, and how to record, edit, find sponsors and publish to Apple Podcasts, Spotify, Pandora, Stitcher, and tons of other audio outlets. No more piecing together information from the Internet, throwing away money on outdated podcasting books, or wasting money on the wrong podcast equipment. If you’ve ever wanted to start your own podcast, this is the class for you.

LLART 342-001 | T, Oct 26-Nov 16 | 7:00-9:00 PM
Online | $109

DIGITAL PHOTOGRAPHY II
Neil Eschenfelder

Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes, and black and white? If you have mastered the basics and are ready to go deeper, this is the class for you. We’ll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique controls your digital camera gives you. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz online.
INTRODUCTION TO STUDIO LIGHTING: OFF-CAMERA FLASH
John Craigle

Sometimes you need a little extra lighting to achieve a properly exposed image, but using electronic flash units mounted on top of your DSLR can produce contrasty, stark, or flat photos. Luckily, it’s easy to vastly improve your results by moving the flash off of the camera. Learn how to use off-camera lighting and light modifiers (umbrellas, softboxes, grids, etc.) that will give your images a professional look. Speedlights can give you the same look as pro studio lighting and have the added advantage of no cables or cords to manage. Through demonstrations of off-camera lighting techniques and hands-on applications of lessons learned, you’ll bring your photography to a whole new level... in a flash! Prerequisite: A DSLR or Mirrorless System camera equipped with a hot shoe, a memory card, and either Nuts and Bolts for DSLR (LLART 193), Digital Photography: An Introduction (LLART 115), or take our quiz online. Please be familiar with the workings of your camera.

PORTFOLIO ASSEMBLY AND REVIEW
Jeri Gravlin

Bring together the knowledge and work you’ve accumulated during your Photography SERIES classes in a well-organized collection — your portfolio. Receive instruction personalized to your style and goals, and have ample opportunity for feedback in a supportive environment. A final portfolio presentation will be encouraged to help you gain practice and confidence in presenting your photography to others. Learn how to: collect, edit, and critique personal images; identify the strengths and areas of improvement for your work; explore your personal aesthetic; and decide whether an online or printed portfolio is right for you. Resources for art submissions including publications, grants, and shows will be discussed, as well as defining your photographic goals and the steps required to achieve them. This is a capstone for the Certificate of Digital Photography. Students may also enroll if they have completed at least 5 Photography SERIES courses.

RIGHT BRAIN PHOTOGRAPHY
Eli Vega

In this highly interactive course, you will be introduced to two significant paradigms through which to view photography. You will further learn the important role composition plays in photography; how to see with your imagination, not your eyes; how to see something before you see it; creative in-camera techniques; Impressionism through photography; the application of Eastern philosophy to photography; and much more!
CHILD AND TEEN PORTRAIT PHOTOGRAPHY  
Erika Cespedes  

Children have vibrant and sometimes unpredictable natures. Capturing a professional-looking (and wiggle-free) portrait requires special preparation, coaching, and coaxing with your model. Learn valuable tips and tricks from a professional photographer and mother who has spent years photographing her son for both commercial and fine art venues. In the first class, you’ll learn basic techniques for creating a professional portrait look with children and teens. The class will be divided into four basic scenarios: outdoor, indoor, low light, and partial indoors. Hands-on techniques will be shown with models via Zoom. In the second class, we will discuss our photographs, difficulties, successes, and other challenges you might have encountered while practicing. Your camera should be a DSLR or mirrorless system (no smartphone cameras). Prerequisites: Digital Photography: Nuts and Bolts for DSLR (LLART 193) or Digital Photography: An Introduction (LLART 115). Or, take our quiz online.

INTRO TO TENKARA FLY FISHING  
Erik Ostrander  

Tenkara is a traditional Japanese method of fly fishing utilizing just a rod, a line, and a fly. No reels and no hassle. The simplicity of Tenkara is perfect for fly fishers of all levels, yet holds a subtle complexity that can engage you for years. The lightweight gear and intuitive methods apply well in Utah’s rivers and backcountry. Participants will enjoy an evening of in-class discussion about history, gear, and techniques with Tenkara Guides LLC, the first exclusive Tenkara guide company outside of Japan. Saturday, join Tenkara Guides on the river to be taught by the true experts of fly fishing — the trout. You are responsible for providing your fishing license, sack lunch, polarized sunglasses (essential for eye protection), and either waders and boots or clothes and shoes that can get wet. The day on the river is physical and requires wading with slippery rocks and strong currents. Some fly fishing experience is required.
DISC GOLF: AN INTRODUCTION
Michael Fagerstrom

Disc golf is one of the fastest-growing sports in the US, and it’s easy to see why! With its combination of mental and physical challenges, it’s a great way to keep your body and mind in shape. Join us and learn the different styles of discs, popular throws, and rules of the game. You will start by learning the basics and build up to trying your hand at a local course. Many of these classes will take place outdoors; please dress appropriately for weather conditions and bring plenty of water.

LLREC 924-001 | T, Aug 24, Sep 7, Sep 21, Oct 5 | 5:30-7:30 PM
540 Arapeen Dr, room 120 | $109
Locations for subsequent meetings will be discussed in the first session. Class is limited to 12.

KAYAKING MADE EASY
Bruce Christenson

Inflatable kayaks are a great way to learn how to paddle. Sturdy and forgiving, this craft allows beginners to feel comfortable on the river and advance quickly with their paddling skills. This introductory class will provide students with training in river safety, paddling strokes, reading whitewater, river rescue, and how to care for inflatable kayaking equipment. Class starts with dry land training and then flat water practice to prepare students for paddling the Weber River — a class I to II stretch that is a perfect challenge for new paddlers. Small rapids and rock gardens will provide us with plenty of opportunities to practice our paddling skills. Join us for a fun day of paddling on the Weber River, just 45 minutes from SLC.

LLREC 903-001 | W, Sep 8-Oct 6 | 6:30-8:30 PM
Online & 540 Arapeen Dr, room 138 | $99
This class takes place in person on Sept 8 & Oct 6, and online on Sept 15 & 22. No class on Sept 29. Class is limited to 10.
BACKPACKING: AN INTRODUCTION
Jeffrey Steadman

Get off the beaten path and into the backcountry with nothing but the pack on your back. Some of the best scenery and most serene camping you can have is only accessible by trail, but how do you plan a backpacking adventure? In this course, we'll go over everything you need to get started — or refreshed, if it's been a while — including all the basic gear you'll need, how to pack a backpack, meal preparation, course mapping, rules and permits, and safety concerns. We'll also share some specific trails that offer stunning scenery and are perfect for beginners.

LLREC 916-001 | Th, Sep 9 | 6:30-8:30 PM
540 Arapeen Dr, room 124 | $39
Class is limited to 16.

ENJOYING NATURE RESPONSIBLY: A BEGINNER'S GUIDE TO OUTDOOR ETHICS AND LNT
Michael Fagerstrom

Are you a responsible person who is concerned about preserving the pristine wilderness that Utah has to offer? Then join your fellow outdoor-lovers for a fun and informative class that will introduce you to the seven principles of LNT (Leave No Trace) outdoor ethics. You'll learn to plan, properly dispose of waste, minimize campfire impacts, and respect others you meet in the wild — human and non-human! In the first class, your instructor (an experienced outdoor guide) will introduce you to the seven principles. Then, your classroom moves outside as you conduct exciting and educational activities related to each principle and how it applies to recreating outdoors. Please dress appropriately for current weather conditions during in-person sessions and bring plenty of water.

LLREC 913-002 | T, Sep 14, Sep 28, Oct 12 | 5:30-7:30 PM
Online & SLC | $89 + $10 special fee
Class meets online on Sept 14 and in person on Sept 28 and Oct 12.
Locations for the in-person meetings will be discussed in the first session. Class is limited to 16.

MOONLIGHT HIKE IN THE WASATCH MOUNTAINS
Bruce Christenson

Join us for a moonlight hike in the beautiful Wasatch Mountains! We'll travel under the moonlight on the crest of the Wasatch as we ascend ridgelines and summit small peaks. There will be great views of the mountains and surrounding valleys. Also on our journey, we will investigate wilderness navigation and survival skills. This is a moderate hike with plenty of opportunities to rest. Throughout the hike we will travel up and down, ascending and descending roughly 1,000 feet in elevation. Students will learn in a relaxed, fun environment.

LLREC 914-001 | W, Sep 15 | 7:00-10:00 PM
Park City | $49 + $3 special fee
Students will receive a list of supplies to bring on the hike. Class is limited to 12.

BACKCOUNTRY CAR CAMPING
Jeffrey Steadman

Want the solitude of backpacking but with fresh food, luxury items, and a lot less effort? Would you like to stay socially distanced by exploring remote areas far from services, but don't know where to spend the night? Utah and many areas of the West are full of scenic back roads with areas perfect for car camping. In this class, you'll learn how to find a campsite, how to protect the environment in which you are camping, essential gear for comfortable car camping (think bathrooms), safety
considerations, where to find detailed maps, and how to prepare for emergencies. While most time will be spent on how to plan and prepare, we’ll also (begrudgingly!) give up a few secrets about areas that are particularly rich in car camping opportunities and provide access to wilderness hiking, easy getaways, and Western ruins.

LLREC 800-001 | T, Oct 12 | 6:30-8:30 PM
540 Arapeen Dr, room 124 | $39
Class is limited to 16.

HORSEMANSHIP: AN INTRODUCTION
Giuliana Marple

Horses are amazing animals with a deep sense of intuition and an exacting judgment on trust and partnership. They are connected to the land and their surroundings innately, but because they are such powerful creatures we forget about their sensitivity. Join us for this clinic in which you will not only learn how to read a horse’s body language, but also develop a deeper awareness of your own. You’ll learn about horse behavior, how horses communicate with one another, and how to help them see you as a leader. The focus of this clinic is on groundwork and connection, so we won’t be riding. This course is perfect for those who may have felt nervous around horses and for those who have always wanted to form a deep connection with a horse. Beginners and experienced riders are welcome.

LLREC 923-001 | S, Oct 16 | 9:00 AM-12:00 PM
Hunstville Spring Creek Ranch | $89 + $70 special fee
Students must purchase their own copy of “How to Think Like a Horse” by Cherry Hill and read the first chapter before class. Special fee is for use of the venue and horses (please do not bring your own horse). Class is limited to 8.

wellness & relationships

IMAGINING LIFE: CREATIVITY, COMMUNICATION, AND CONSCIOUSNESS
Jonathan Duncan

This workshop offers an exploration into the nature of human happiness and combines the varied fields of mindfulness, positive psychology, flow, Eastern philosophy, and the classics including Aristotle and Epicurus. The goal for the course is to help students learn to live with a conscious awareness of how they are using and developing their minds, and to become inspired communicators capable of expressing their unique reality through their creativity and imagination.

LLHL 231-001 | W, Aug 25-Sep 29 | 6:30-8:00 PM
Online | $129

To learn more and register for classes, visit our website at lifelong.utah.edu
LET'S TALK: BREAKING DOWN COMMUNICATION BARRIERS
Rebecca McCarthy

Have you ever been unsure of how to respond to an extended family member's comment at a holiday dinner? Or maybe you've struggled with how to defuse a co-worker's combative attitude? It often feels like we are living in a divided world; even though "connecting" with one another is easier than ever, technology has also created barriers to effective communication. Break down and understand these roadblocks by rediscovering what communication is, how it works, and how to practically promote stronger connections in your personal and professional lives. With the knowledge you'll gain in this course, you can lead by example to become an agent of change in your community and help people learn how to communicate better.

LLHL 234-001 | M, Sep 13-Oct 4 | 6:00-8:00 PM
Online | $99

SOAP MAKING
Carrie Roberts

Have you read the ingredients on a bar of soap and found you didn't know what most of them are? Homemade soap is natural, customizable to your skin's specific needs, and good for your wallet. Learn how to safely handle lye, identify the tools and types of oils used in basic cold process soap making, and leave with 8-10 bars of long-lasting soap (approximately 1 liquid pound). You'll also learn how to transform your bars at home into specialty gifts with recommendations on molds, essential oils, and exfoliants for future batches.

LLHL 234-001 | M, Sep 13-Oct 4 | 6:00-8:00 PM
Online | $99

TIBETAN BUDDHIST MEDITATION: AN INTRODUCTION
Joseph Evans

Learn to reduce stress, anxiety, and traumas and increase well-being and happiness through Tibetan Buddhist Meditation. Explore calm abiding meditation (shamatha), The Four Noble Truths, developing compassion (tonglen practice), the 12 Wisdoms, and fundamentals of Buddhist view according to the Dzogchen Lineage of Tibetan Buddhism. No previous meditation experience is required.

LLHL 143-001 | T, Aug 31-Sep 21 | 6:30-8:30 PM
540 Arapeen Dr, room 148 | $139
Class is limited to 12.

HORSES AND WELLNESS: THE HEALING POWER OF HORSES
Giuliana Marple

Slow down and improve your connection with yourself and others through the power of horses. Come experience a day of meditation with these generous and brave animals. Through breathing exercises and mindfulness practice with the horses, you'll learn the importance of self-awareness and living in the present moment. No horse experience necessary, just an open heart! This is not a horseback riding class.

LLHL 138-001 | S, Sep 4 | 10:00 AM-1:00 PM
Huntsville Spring Creek Ranch | $69 + $45 special fee
Special fee is for horses and facility use. Class is limited to 8.
HOW TO SLEEP WHEN THE WORLD IS ON FIRE 4.0
Dr. Howard Leaman

We sometimes wonder, how can ANYONE sleep these days? Perhaps there is some distress from the pandemic, or maybe some habits that developed over the last year that are not helpful for good sleep. Join Dr. Howard Leaman for a tour of some proven behavioral sleep interventions. There will be two, one-hour Zoom sessions; during the first session we identify evident and hidden barriers to good sleep; in the second session, we will learn and practice some mindfulness exercises to reduce stress at bedtime. This program has been presented several times and has been updated and revised. It is intended for those with situational sleep difficulties related to the pandemic and will not take the place of medical or psychological care or treatment. Dr. Leaman is no longer seeing patients and will not be giving medical advice in this course.

RADIANT RELAXATION
Kat Dickinson

Recommit to self-care while connecting with the power of rest in this class that is perfect for any body. Yoga nidra, also known as "yogic sleep," is a form of meditation that draws attention inwards as one learns to surf between states of wakefulness and sleep. Typically practiced lying down, it can have immense value for those working with anxiety, trauma, depression, and insomnia. Come satisfy your curiosity about the deep states of meditation you’ve heard of or stumbled across but have never been able to recreate.

BOTANICAL REMEDIES FOR EVERY BODY
Rachael Bush

Damaged skin is something we all have issues with from time to time. Learn how to make natural balms to treat bruises and rashes, and sunblock to help keep you at your best. These healing recipes are formulated for all types of skin and use natural ingredients with vegan options available upon request. You’ll be infusing oil with herbs, making a colloidal solution, and learning the skills and techniques to continue production at home.
SUGAR AND A HEALTHY DIET: AN INTRODUCTION
Kathy Hoggan

When thinking about sugar and the role it plays in your diet and its impact on your health, it is essential to understand the difference between sugars that are natural (glucose and fructose) and those that are man-made (sucrose and high-fructose corn syrup). Learn how to identify different sugars, how to use nature’s sugars in your diet and cooking, and how to begin to break an attachment to man-made sugars. Students will learn to work with a food diary to track their sugar and overall eating habits.

LLHL 108-001 | T, Oct 5-26 | 6:30-8:30 PM
540 Arapeen Dr, room 154 | $99 + $15 special fee
Special fee covers food samples. Please bring a journal or notebook to the first class. Class is limited to 12.

THE FOUR NOBLE TRUTHS: BUDDHIST PRINCIPLES FOR A HAPPY LIFE
Joseph Evans

Learn practical methods for increasing happiness and well-being through The Four Noble Truths — the foundational principles of Buddhism. Taught by Buddha Shakyamuni 2,946 years ago, these universal, non-sectarian principles are still relevant to the challenges and stresses of our modern world. In this class, we will look at unique approaches to happiness and suffering, thinking and karma, and how to apply these principles for a happier and more beneficial life. No prerequisites are needed.

LLHL 232-001 | T, Oct 5 | 6:30-8:30 PM
540 Arapeen Dr, room 148 | $39
Class is limited to 12.

HOMEMADE LOTION AND CREAMS
Carrie Roberts

Learn tips and tricks for combining natural oils and emulsifying wax to make your own silky-smooth lotion! Explore the benefits of homemade lotion compared to commercial products, and discover which oils help with different skin types. You will also learn how lotions compare to body butters and the differences between preservatives and antioxidants. Bring an apron and your favorite essential oil!

LLHL 223-002 | S, Oct 9 | 2:00-5:00 PM
540 Arapeen Dr, room 152 | $49 + $35 special fee
Special fee is for materials. Please bring an apron and your favorite essential oil. Class is limited to 12.

YOGA EXPERIENTIAL RETREAT
Kat Dickinson

Relax, renew, and treat yourself to an afternoon of yoga and meditation at Snowbird’s Cliff Spa. We will start slowly and quietly, viewing the mountains and setting an intention for the practice. Our asana practice will grow from the ground to standing poses, into twists, and then refreshing inversions for all levels of practitioners, finishing on the ground again with restorative poses, relaxation, and quiet seated meditation. Ahhh! Three hours go by in a flash! Finish with a visit to Cliff Lodge Spa and the rooftop pool; access is included in the retreat fee, so you may come early or stay late to enjoy them. Please bring a yoga mat and plan to be in the studio 15 minutes before class start time.

LLHL 102-001 | S, Oct 9 | 1:00-4:00 PM
The Cliff Spa at Snowbird | $75 + $63 special fee
Special fee is for Cliff Spa. Please bring comfortable yoga clothing, bare feet, a yoga mat, any props you may need (blocks, cushions, strap, bolster), and water to drink. Class is limited to 8.

NATURALLY CURLY HAIR CARE FOR TIGHT CURLS AND COILS
LaTonya Jackson

Come and learn from an expert on the proper cleansing, conditioning, and management of naturally curly and tight, coily hair. Promoting love, positivity, and appreciation for the culture around natural hair, you will also receive a full demonstration of styling curls to help you, your kids, and your friends or family members confidently wear their hair down and free.

LLHL 238-001 | S, Oct 16 | 1:00-5:00 PM
LaMia Beauty Lounge, 4484 South 1900 West Ste 4, Roy | $69
For demonstration purposes, students may choose to bring one child for whom they are the legal guardian.
Class is limited to 10.

MY DEADNAME’S STUFF: SHOULD I ARCHIVE MY GENDER TRANSITION?
Daniel Cureton

You might want that deadname to vanish forever. Or, you may wonder if you should save those relics of the wrong person you were before you transitioned. Find out in this archives class designed to answer those tough questions, sensitive issues, and difficult decisions about your past life.

LLHL 237-001 | M, Oct 18-25 | 6:00-8:00 PM
540 Arapeen Dr, room 120 | $59
Class is limited to 12.

THE SEVEN RELATIONSHIP UNITIES: A BUDDHIST PERSPECTIVE ON RELATIONSHIPS
Joseph Evans

Learn practical tools for creating meaningful and lasting connections between couples, family members, friends, co-workers, and even challenging people. The Seven Relationship Unities is a simple but profound and effective practice that comes from the centuries-old tradition of the Dzogchen Lineage of Tibetan Buddhism. Despite its age, the practice is still perfectly suited for our modern way of life. Come to this workshop by yourself, or register with a friend, sibling, parent, partner, or spouse. It is recommended but not required that students first attend The Four Noble Truths or Tibetan Buddhist Meditation.

LLHL 236-001 | T, Oct 19 | 6:30-8:30 PM
540 Arapeen Dr, room 148 | $39
Class is limited to 12.

INTRO TO THE ENNEAGRAM
Megan Johnson

Do you want to learn about why your spouse, boss, or relative behaves the way they do? The Enneagram can provide insight into others while also teaching us about ourselves along the way. The Enneagram is an easy-to-learn, comprehensive tool for understanding personalities. The nine-pointed shape represents nine personality types, each with its own way of seeing and behaving in the world. This course is geared toward those new to the Enneagram, and ALL are welcome! Come join us to learn about this fascinating personality tool that might just change your life, your relationships, and the way you look at the world.

LLHL 226-001 | W, Oct 20-Nov 10 | 6:00-7:30 PM
540 Arapeen Dr, room 132 | $79
Class is limited to 12.

To learn more and register for classes, visit our website at lifelong.utah.edu 53
SPIRITUAL PRACTICES FOR WELL-BEING
Luana Uluave
Do you find yourself seeking to connect with something bigger than yourself but don’t know where to start? Or, maybe the traditions you grew up with have become stale or inadequate? What do religions, wisdom traditions, positive psychology, and other sciences offer as a practice that can help give you meaning, purpose, and connection? Join us to learn about a wide range of spiritual practices that originate outside of religion (gratitude journals, cultivating generosity, meditative gardening) and some that originate within religions and wisdom traditions (such as Lectio Divina, ecstatic dance, fasting). You will explore and refine your conception of the spiritual, learn about and try out some new (or old!) spiritual practices, and develop new skills and mindsets to promote spiritual well-being.

LLHL 225-001 | S, Nov 1-15 | 6:00-8:00 PM
540 Arapeen Dr, room 132 | $79 + $5 special fee
Special fee is for materials. Class is limited to 12.

GIFTS OF BOTANICAL BEAUTY
Rachael Bush
Hand-crafted botanical beauty products make fantastic gifts for family and friends. In this class, you will use natural, easy-to-find ingredients to create gifts such as lip balms, body scrubs, lotion bars, and eye balms. You’ll walk away with up to 12 items, packaged and ready to give, plus the recipes and resources to continue production at home.

LLHL 235-001 | Th, Oct 28-Nov 18 | 6:30-8:30 PM
540 Arapeen Dr, room 120 | $109
Class is limited to 12.
writing & literature

SCREENWRITING
Bryan Young

Join an award-winning screenwriter as he takes you through the steps of writing your own screenplay. Learn the form and structure of screenplays that sell in addition to best practices to help you avoid the pitfalls that often trap new screenwriters.

LLWRC 826-001 | M, Aug 23–Oct 4 | 6:00–9:00 PM
Online | $219
No class on Sept 6.

CREATIVE WRITING
Johnny Worthen

How do we tell stories? What do we include in writing, and what remains unsaid? Build your voice as we focus on a group of specific techniques for shaping and informing your creative skills, including character, plot, point of view, description, dialogue, and setting. You will read short selections of writing to see what techniques to beg, borrow, and steal. You will experiment with in-class writing exercises and read and discuss each other’s work. Writing can be inventive, illogical, chaotic, unexpected, strange, and wonderful. In this class, you will practice seeing the world in new ways and then recreating that experience on the page.

LLWRC 780-001 | T, Aug 24–Sep 28 | 6:30–9:00 PM
540 Arapeen Dr, room 146 | $219 + $5 special fee
Special fee covers class handouts and packets. Class is limited to 9.

JOURNALING: NURTURING A DAILY WRITING PRACTICE
Monica Simons

Journaling has become productivity’s new darling. We’ll explore beyond the hype and learn how and why journaling can be a fulfilling practice. We’ll explore how different types of journals meet different needs, as well as how journaling can help with goal-setting, becoming unblocked, time management, creativity, and searching for inner peace. Let’s make a record of the incredible adventures of our lives.

LLWRC 858-001 | W, Sep 1–15 | 6:30–8:30 PM
540 Arapeen Dr, room 124 | $89
Students are responsible for their own supplies; find a list online. Class is limited to 12.
CREATIVE WRITING BOOTCAMP
Johnny Worthen

Have you always wanted to write creatively but never had the chance to start? Or is your writer-self blocked and unable to finish anything? In Creative Writing Bootcamp, we’ll launch into a series of generative exercises designed to give you plenty of material for your own stories. In between exercises, we’ll share our work in an open and joyous environment, discuss craft, and explore how to incorporate writing into daily life. You’ll leave class with a series of flash fictions ready to be polished or expanded in your writing practice.

LLWRC 842-001 | S, Sep 4-11 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 146 | $119 + $5 special fee
Special fee covers class handouts and packets. Class is limited to 9.

LOVE AT FIRST WRITE: WRITING ROMANCE
Monica Simons

In this writing class, we’ll explore the history and impact of romance novels on the current day, then look at their trajectory to anticipate where the genre goes next. Then we’ll cover how to plan a romance novel, tips for writing it, and how to manage a revision. From sweet to spicy, a short story to a series, we’ll find our Miss, Mx, or Mister Write!

LLWRC 766-001 | Th, Sep 23-Oct 28 | 6:30-8:30 PM
540 Arapeen Dr, room 154 | $179
Class is limited to 12.

FREELANCE WRITING WORKSHOP
Bryan Young

Writing journalistic, informational pieces can be a lucrative path for writers looking to make a living by plying their art. This class will go over how to pitch stories to editors, how to write them, and how to get them to come back and hire you again. It will go over industry standards, making contacts, finding a niche, and where to pitch your stories — all taught by a professional freelance writer.

LLWRC 823-001 | S, Sep 25 | 12:00-2:00 PM
540 Arapeen Dr, room 124 | $39
Class is limited to 12.

POETRY WORKSHOP
Danielle Susi-Dittmore

Find your unique poetic voice in this collaborative writing workshop. Learn the basic elements of poetry while using the works of contemporary poets as a guide to create your own poems. Through writing, class discussion, and instructor feedback, you will work on creating at least one polished poem. All levels of writing/poetry experience are welcome.

LLWRC 754-001 | S, Oct 9-23 | 10:00 AM-12:00 PM
Online | $109
**SCI-FI AND FANTASY WORKSHOP**
*Bryan Young*

Learn about the different genres and sub-genres of science fiction and fantasy, plus how to approach them as a writer. What makes them tick? How can you blend them? We’ll discuss great examples found in short stories, novels, and films and what we can learn from all three.

LLWRC 782-001 | M, Oct 11-25 | 6:00-9:00 PM
Online | $119

**A STUDY IN MYSTERY**
*Johnny Worthen*

Look behind the curtain of the formulaic but eternally popular genre: the Mystery Story. Learn about the constructions, tropes, types, and methods that make the modern whodunit. Designed for both writers and fans of the mystery genre, class will include assignments and activities on plot, character web, record-keeping, suspense, tension, and conflict. Refine your work as you’re asked the questions: Did you hide the clue well enough? Does the audience care about the victim? Is the suspense tight enough? By the end of the course, if the crime is writing a mystery story, the “Whodunit” will be you!

LLWRC 837-001 | T, Oct 12-Nov 23 | 6:30-9:00 PM
540 Arapeen Dr, room 146 | $219 + $5 special fee
Special fee covers class handouts and packets. Class is limited to 10.

**5-D STORYTELLING**
*Michael Patwin*

Story codes the matrix of our reality. Our ability to create emotionally resonant, dynamic characters represents the grammar of the language of story. This workshop focuses on equipping you with a toolkit to summon dynamic characters in short stories, personal essays, novels, memoirs, blogs, and graphic arts. Tap into divergent sources including psychology, screenwriting, meditation, interviews, and imagery. Learn how to birth, shape, and craft dialogue and action. Melt your writer’s block by falling in love with your character mirrors and learn how to listen to your/their voices as you create worlds.

LLWRC 768-001 | T, Oct 19-Nov 9 | 7:00-9:00 PM
540 Arapeen Dr, room 132 | $109 + $5 special fee
Special fee covers class handouts and packets. Class is limited to 12.

**NOVEL WRITING WORKSHOP**
*Bryan Young*

Join an award-winning author in this intensive, one day workshop. You will learn everything you need to start writing your novel. Expect to leave with a synopsis and outline for a book you’ll be able to embark upon after the class is completed.

LLWRC 868-001 | S, Oct 23 | 12:00-4:00 PM
540 Arapeen Dr, room 124 | $59
Class is limited to 12.
HORROR WRITING BOOTCAMP
Johnny Worthen

Horror is more than a genre — it’s a physical sensation, the place where the unknown lurks, where nothing can be assumed, and anything can happen. Explore the nuances of creating levels of fear and effective techniques that allow your writing to create a desired reaction — fear! dread! disgust! — from your readers. This intensive two-week course of lecture presentation and workshop will give you an opportunity to write and present your work for critique and discussion (which isn’t as scary as it sounds!).

LLWRC 862-001 | S, Oct 30-Nov 13 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 146 | $119 + $5 special fee
Special fee covers class handouts and packets. Class is limited to 9.

9 STEPS TO SELF-PUBLISHING YOUR BOOK
Stacy Dymalski

Unearthing the secrets of self-publishing does not have to be a time-consuming, research-laden mission. If you want to get your book out quickly, this class is for you. It tells you only what you need to know by systematically walking you through the self-publishing process, using practical examples you can apply to your own manuscript. By the end of the workshop, you will know exactly what it takes, and how much it costs, to self-publish your own book.

LLWRC 803-001 | Th, Nov 4-11 | 6:00-8:30 PM
Online | $75

GET PUBLISHED: A QUERYING BOOTCAMP
Ella Olsen

Querying is the art of asking an agent or publishing house to take a look at your work. Get the inside scoop from a three-time traditionally published author in this two-day querying bootcamp. Whether a short story, novel, or memoir, establish a frame of reference for your work and get the chance to write and workshop several query letters during class. Come with your questions about the publishing industry, and leave with your feet pointed in the right direction on the path to publication.

LLWRC 861-001 | S, Nov 6-13 | 12:30-3:30 PM
540 Arapeen Dr, room 124 | $85
Class is limited to 12.

I WANT TO WRITE, WHERE DO I START?
Kimberly Williams Justesen

Have you ever said, “I’d love to write, but I don’t know where to begin”? If so, you’ve found the right place. This workshop introduces you to ways you can get started on your writing adventure. We’ll look at ways to find the space and time for writing, warm-up exercises you can use to jump-start your ideas, and local and national resources to keep you on your path. Whether you are looking for personal fulfillment or to write the next great American classic, you’ll find valuable insights and tools to get you going.

LLWRC 872-001 | S, Nov 6 | 10:00 AM-2:00 PM
Online | $69
READ LIKE A WRITER
Kimberly Williams Justesen

An important and often neglected part of writing is reading. We are readers before we are writers, and reading continues to shape, fill, and drive our work once we become writers. In this class, you will explore the act of writerly reading: how does it differ from other kinds of reading? What do writers notice in others’ work that the average reader might not, and how do they use it in their own work, without becoming imitative? Show up prepared to read, mark, and discuss.

LLWRC 779-001 | T, Nov 16-Dec 7 | 6:30-8:30 PM
Online | $129

SHORT STORY WORKSHOP
Bryan Young

In this intensive writing workshop, an award-winning author will take you through several exercises to generate ideas for your short stories, and, by the end, you’ll have a piece of flash fiction ready to submit to publications.

LLWRC 871-001 | S, Dec 4 | 12:00-4:00 PM
540 Arapeen Dr, room 124 | $59
Class is limited to 12.

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