<table>
<thead>
<tr>
<th>Class Name:</th>
<th>Day of the Week</th>
<th>Date/Time</th>
</tr>
</thead>
</table>

MAKE THE MOST OUT OF YOUR SPRING CLASS PLANNER

New classes start weekly. JAN - APRIL 2020

RISE AND SHINE

PERSONAL ENRICHMENT CLASSES FOR INQUISTIVE ADULTS

lifelong.utah.edu 801.587.LIFE (5433)

JAPANESE FOR TRAVELERS - PG. 35
Lifelong Learning is one of three personal enrichment programs offered by University of Utah. Here are Lifelong Learning’s Sister Programs to Enrich Your Life.

CONTINUING EDUCATION BUILDING (UCEB)
540 Arapeen Dr • Research Park

From Foothill Blvd, turn north on Wakara Way. The Continuing Education Building is at the intersection of Arapeen Drive and Wakara Way.

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

1. Online
www.lifelong.utah.edu

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

3. In person
Monday through Friday, 9:00 AM – 5:00 PM.
540 Arapeen Drive, Research Park.

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.

Refunds: Lifelong Learning will refund 100 percent of your fee for classes that are dropped if you call at least two business days before the first class meets. We regret that no refunds can be given after that time. The refund policy does not apply to some special fees.

Refund: Lifelong Learning will refund 100 percent of your fee for classes that are dropped if you call at least two business days before the first class meets. We regret that no refunds can be given after that time. The refund policy does not apply to some special fees.

Table of Contents
What’s Inside
How to Register
Locations/Directions
Art and Craft
Photography
Cooking, Tastings, and Tours
Finance & Business
Healthy Living
Home & Garden
Language
Music & Theatre
Potpourri
Recreation
Writer’s Toolbox
Community Partners

South Towne Mall
One Sandy Center
10011 Centennial Parkway, Suite 100
Sandy, UT 84070

Time from exit: 5 minutes
Exit I-15 at 90th South. Head east. Turn south onto 255 W. Continue for 2 miles; turn east on 10000 S. The University of Utah Sandy Center is located on southeast corner of the intersection of Centennial Parkway and 10000 S.

Join a dynamic community of adults 50 and better in this membership-based program offering enriching array of courses, lectures, and special activities.

continue.utah.edu/osopher

Take your knowledge further as you explore the world with local selected U of U faculty in a program that combines education with a vacation. It’s the most intelligent way to travel.
**Introduction to Welding**
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, students will get hands-on experience working with welding equipment, metal, and designs. Each student will find their level of expertise while completing a project of their choice.

**LLCFT 234-001 • T, Jan 7-Feb 11 • 6:00-9:00 PM**
**LLCFT 234-002 • W, Jan 8-Feb 12 • 6:00-9:00 PM**
**LLCFT 234-003 • T, Mar 10-Apr 14 • 6:00-9:00 PM**
**LLCFT 234-004 • W, Mar 11-Apr 15 • 6:00-9:00 PM**
LOCATION: 8415 S 700 W, #15, Sandy
FEE: $319 + $35 special fee
INSTRUCTOR: Richard Cobbley

**Intermediate Watercolor Painting**
Build on the skills you have achieved in beginning watercolor painting and gain further confidence as you fine tune and master your work in this medium. Students are responsible for their own materials; find a list online, or call 801-587-5433.

**LLART 071-001 • T, Jan 7-Feb 25 • 6:30-9:00 PM**
LOCATION: 540 Arapeen Dr, room 152, Campus • SLC
FEE: $259
INSTRUCTOR: Richard Vroom

**Introduction to Your Sewing Machine**
Do you have a new or inherited sewing machine that you are dying to use but you’re not sure how to get started? Begin your love affair with sewing and learn all the essentials, from bobbin winding to successful seams, in this workshop-style class designed to get your machine out of the box. Students must bring their own sewing machines with the manual and are responsible for their own materials. Find a list online or call 801-587-5433.

**LLCFT 219-001 • Th, Jan 9 • 6:30-8:30 PM**
LOCATION: 540 Arapeen Dr, room 124, Campus • SLC
FEE: $39
INSTRUCTOR: Amy Newbold

**Easy Start Watercolor**
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 paintings. Students are responsible for their own materials; find a list online, or call 801-587-5433.

**LLART 205-001 • TTh, Jan 9-16 • 6:00-8:30 PM**
LOCATION: 540 Arapeen Dr, room 138, Campus • SLC
FEE: $109
INSTRUCTOR: Cindy Briggs

**Quick Sketch Watercolors**
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.

More course info on page 4
More course info on page 5

New Courses

48-hour advance registration required

Certificate of Western Horticulture Class

Certificate of Digital Photography Class

Pointed Pen Calligraphy Pg 6
Please bring a lunch. Students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 304-001 • S, Jan 11-18 • 10:00 AM-3:30 PM LOCATION: 540 Arapeen Dr, room 152, Campus • SLC FEE: $149 INSTRUCTOR: Cindy Briggs

**Intro to Quilting**
Are you yearning to make a quilt for the first time, or want to renew your love of quilting? Learn the foundations of choosing fabrics, quilt designs, and cutting and piecing precisely to achieve great results. You’ll create a mini quilt top incorporating a nine patch block, flying geese block, half square triangles, and an hour glass block. Then you’ll make a quilt sandwich, quilt it, and bind it. You’ll leave ready to show the world what you’ve created! Please register for section 001 if you are bringing your own sewing machine (recommended) or section 002 to use one from the instructor. Special fee covers cost of all materials, and the use of the sewing machine in section 002.

LLCFT 327-001 • S, Feb 22-Mar 21 • 9:30-11:30 AM LOCATION: 540 Arapeen Dr, room 124, Campus • SLC FEE: $139 + $30 special fee INSTRUCTOR: Amy Newbold

**Intermediate Quilting**
Ready to take your machine quilting skills to the next level? Explore English Paper Piecing, Applique and Improv quilting as you create, quilt and bind a mini-quilt worthy of hanging on your wall. Please register for section 001 if you are bringing your own sewing machine (recommended) or section 002 to use one from the instructor. Special fee covers cost of all materials, and the use of the sewing machine in section 002.

LLCFT 328-001 • S, Jan 11-Feb 8 • 9:30-11:30 AM LOCATION: 540 Arapeen Dr, room 124, Campus • SLC FEE: $139 + $50 special fee INSTRUCTOR: Cindy Briggs

**Zentangle® Method: Beginning Drawing for Meditation**
Using unhurried, deliberate pen strokes on paper, you can create uniquely beautiful pieces of artwork. Learn the reasons why the Zentangle Method is more than "just doodling" as you put pen to paper in a ceremonial way with no expectations, demands, or criticism. The focus you achieve while using the Zentangle Method can improve your meditation practice, and enliven other artistic endeavors. With Zentangle you’ll discover a “refuge in your pocket” - available any time you want to enter a space of creativity and mindfulness. Taught by a Certified Zentangle Teacher, special fee covers the cost of all materials needed for the class.

LLCFT 327-002 • S, Jan 11-Feb 8 • 9:30-11:30 AM LOCATION: 540 Arapeen Dr, room 124, Campus • SLC FEE: $139 + $50 special fee INSTRUCTOR: Amy Newbold

**Beginning Metalsmithing**
Learn the fundamentals of silversmithing and become familiar with the tools used in the craft. Students will learn to use hand tools, a flex shaft, and soldering torch. Working with silver and copper, you will explore jewelry design and fabrication as well as stone setting techniques. You will make a bookmark, a pendant, and a ring with a bezel set cabochon. All levels are welcome. Special fee includes all materials and use of equipment. Materials include: sterling silver and copper sheet metal, sterling silver wire of various shapes and sizes, silver solder, and a semi-precious cabochon. Class is limited to 8.

LLCFT 328-002 • S, Feb 22-Mar 21 • 9:30-11:30 AM LOCATION: 540 Arapeen Dr, room 124, Campus • SLC FEE: $139 + $50 special fee INSTRUCTOR: Amy Newbold

---

**New Courses**
**Certificate of Western Horticulture Class**
**Certificate of Digital Photography Class**

---

“More info on page 5"
Beginning Oil Painting
Create your own unique artworks using oil paint, painting knives and variety of brushes on canvas or hardwood panels in this comprehensive introductory course. As you become comfortable with this timeless medium you will explore basic color theory, proportional drawing, how to mix and apply oil paint through exercises in still life, landscapes, abstraction and more. Students are responsible for their own materials (approximate cost: $150); find the list online or call (801) 587-5433. This class is limited to 10.

Blacksmithing - An Introduction
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 of the anvil, the different strokes on the 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. 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!

Blacksmithing - Intermediate
Focus the skills you learned in Blacksmithing and grow your knowledge of the craft with a segment on coal forging. Students will be creating a hammer, more advanced tongs, and a bottom tool for your anvil in this project focused course. 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!

Fused Glass Art with Recycled Glass
Learn how to make beautiful and creative fused glass art using bottle glass, window glass, molds and a kiln. Bottle glass - in the form of whole bottles or sheet glass made from bottles - is an inexpensive alternative to art glass, and its use as a raw material is great for the environment. We'll start with the absolute basics, including an introduction to the tools you'll need, and work our way through a number of techniques as we create a variety of projects. This class is wonderfully repeatable, as new projects are introduced each term. No experience necessary, please provide your own work gloves and safety glasses (obtainable from your local hardware store) and wear close-toed shoes to all classes. Special fee covers all materials and firings. Students will be responsible for additional tools ($30) and these will be discussed on the first night of class.
**Pointed Pen Calligraphy**

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. The special fee covers the pen, nibs, ink, and guide sheets. Students are responsible for bringing an apron.

LLART 267-001 • T, Jan 21-Feb 25 • 6:30-8:30 PM
LLART 267-002 • Th, Mar 12-Apr 16 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, Campus • SLC
FEE: $169 + $40 special fee
INSTRUCTOR: Janet Faught

**The Sketchbook Journal – Expression & Experimentation**

Developing a personal sketchbook habit is a fun and creative way to bring presence and awareness to your surroundings. Relax in a “judgment-free” zone where you will record memories, explore emotions, and experiment with new ways of expressing yourself including drawing, watercolor, lettering, collage, and abstraction. You’ll develop creative and cognitive skills, explore personal theories, and have the opportunity to share your successes and failures. While the focus is on building visual art skills, no previous art experience is necessary; all are welcome and encouraged to join. Special fee covers all materials.

LLART 287-001 • Th, Jan 23-Feb 6 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr, room 138, Campus • SLC
FEE: $89 + $25 special fee
INSTRUCTOR: Desarae Lee

**Beginning Drawing**

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.

Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies. Special fee covers all materials.

LLART 068-001 • Th, Jan 30-Mar 5 • 6:30-8:30 PM
LLART 068-002 • T, Mar 17-Apr 21 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, Campus • SLC
FEE: $169 + $20 special fee
INSTRUCTOR: Eric Erekson

**Watercolor Roses**

A rose by any other name can be a watercolor painting! Learn to draw more organically and paint with flowing, layered color. You’ll complete 1-3 paintings in a quick sketch watercolor style. All levels of experience are welcome. Special fee covers the cost of roses, students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 206-001 • Th, Feb 13 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr, room 138, Campus • SLC
FEE: $49 + $5 special fee
INSTRUCTOR: Cindy Briggs

**Fearless Abstract Painting Workshop**

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. Please bring a lunch and wear a smock or art clothes. Special fee covers all materials for the class.

LLART 111-001 • S, Feb 15 • 10:00 AM-4:00 PM
AND Su, Feb 16 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen Dr, room 138, Campus • SLC
FEE: $155 + $75 special fee
INSTRUCTOR: Samantha DaSilva
Perspective Drawing
Understanding perspective will change how you see - and draw - the world. Through on-site sketching you’ll begin to apply the concepts of perspective in practical ways for drawing buildings and spaces. Learn how to reduce what you see to simple, basic shapes, and how to finish your sketch with detail and tone, also in perspective. After just the first class, you’ll see perspective everywhere! Prerequisite: Beginning Drawing (LLART 68) or the equivalent. Students are responsible for materials needed for the class - find a list online, or call 801-587-5433.

LLART 144-001 • Th, Feb 20-Mar 26 • 6:30-8:30 PM LOCATION: 540 Arapeen Dr, room 138, Campus • SLC FEE: $109 INSTRUCTOR: Sofia Chimaras

Watercolor Workshop - The Colors of Utah
Learn to paint the canyons of Utah, with their colorful rock formations, highlights, and shadows. Through step-by-step demonstrations and hands on experience, you’ll discover techniques that allow you to: recreate dramatic light and shadow, build dimension by layering color, and add texture. Create a painting in one day using a provided image, or bring your own with good light and shadows on the rocks. Please bring a lunch. LLART 71 Beginning Watercolor Painting or equivalent experience is required. Students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 073-001 • S, Feb 22 • 10:00 AM-4:00 PM LOCATION: 540 Arapeen Dr, room 152, Campus • SLC FEE: $79 INSTRUCTOR: Cindy Briggs

Beginning Hand Lettering
Learn the basics of drawing letters from scratch to create a finished hand lettering piece worthy of a frame. Explore the basic structure and technique of drawing several different forms of typography, along with how to combine them in a balanced composition. Use simple tools and tactics to apply a hand-drawn touch to any written piece. Special fee covers all class materials.

LLART 153-001 • M, Feb 24-Mar 16 • 6:30-8:30 PM LOCATION: 540 Arapeen Dr, room 138, Campus • SLC FEE: $109 + $15 special fee INSTRUCTOR: Breanne McCallum

Metalsmithing - Texture and Dimension
Add a new dimension to your jewelry as you explore different methods of capturing stones and found objects. While building a piece of your own design, you’ll learn new techniques such as riveting, fusing, creating surface textures, oxidation and finishing techniques. Bring a stone, object or memento (no bigger than a quarter) to incorporate into your design, plus paper and pencil, to the first night of class. Materials needed to complete your piece will be discussed at this time. Students should expect to spend up to an additional $50. Special fee covers facility and tool rental, various wires and copper sheet. Class is for students that have taken LLCFT 229 Beginning Metalsmithing or the equivalent and are comfortable using a torch, jeweler’s saw and basic finishing tools.

LLCFT 329-001 • M, Feb 24-Mar 30 • 6:00-9:00 PM LOCATION: 3450 S Main St, Unit 28W • SLC FEE: $249 + $75 special fee INSTRUCTOR: Amy Schmidt

Small Object Still Life: Composition and Style
Imaginative, interesting and dynamic composition can transform an intimate still life drawing into a masterpiece. It is through composition that you introduce your own personal style into your work. Come to understand the elements that go towards creating a good composition and the basic principles underlying a successful finished piece. We will work entirely in graphite pencil, but the principles apply to all art media. Special fee covers the cost of materials provided by the instructor. Please find a list online or call 801-587-5433 for additional items needed for the class. This class is intended for students who have taken LLART 68 Beginning Drawing, or have other previous drawing experience.

LLART 135-001 • T, Feb 25-Mar 31 • 6:00-8:00 PM LOCATION: 540 Arapeen Dr, room 146, Campus • SLC FEE: $139 + $20 special fee INSTRUCTOR: Natalia Wilkins-Tyler
Macramé - An Introduction

Macramé is an ancient craft that originated with Arabic weavers during the 13th century and has also secured a place in the lexicon of contemporary fiber art. Learn a bit of this history, five different commonly used knots, and pattern design. Then put your fingers to work as you create a modern wall hanging for home decor. Sit or stand as you make your knots; your work-in-progress will hang from a crossbar rather than being taped down to a table. Special fee covers all materials to be used in class.

LLCFT 197-001 • T, Mar 3 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr, room 152, Campus • SLC
FEE: $49 + $20 special fee
INSTRUCTOR: Marti Woolford

Silk Scarf Dying Workshop

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 including 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. Wear “art clothes” or bring an apron or smock. Special fee covers the cost of one scarf, dyes and tools. Additional scarves may be purchased from the instructor in class. This class is limited to 10.

LLCFT 252-001 • T, Mar 3 • 6:30-8:30 PM
LOCATION: 433 W 900 S, #105 • SLC (artist studio)
FEE: $45 + $75 special fee
INSTRUCTOR: Sarinda Jones

Fearless Abstract Painting

Being an artist is not a team sport - but it can be! Discover the joy of painting with a like-minded community, and see your confidence grow as you realize you are not alone in the challenges of making art. Learn from a professional artist as she shares her unique method of “fearless” painting: rollers rather than brushes, tables instead of easels, lots of paint and water, canvas manipulation and plaster, salt, sand, and wood shavings to create ethereal textured abstracts. You’ll experience weekly demos, one-on-one mentoring, compassionate critiques, and inspiring class discussions to help you let go of fear, silence the inner critic, and turn up your intuition. Discover your unique, artistic style in a safe, supportive environment. No previous painting or art experience necessary.

LLART 161-001 • W, Mar 4-Apr 8 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr, room 152, Campus • SLC
FEE: $169 + $100 special fee
INSTRUCTOR: Samantha DaSilva

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Metalsmithing - Deconstructing Design
Do you often wonder: “How did they do that?” when looking at handmade jewelry? Learn how to spot different techniques used to create your favorite designs, then use that knowledge to create a piece of jewelry that’s uniquely your own. After looking at “inspirational images” and time planning, create your own design with instructor guidance. Class is intended for students who have taken Beginning Metalsmithing (LLCFT 229) or the equivalent. You should be comfortable using hand-tools and torches, and familiar with studio safety rules. Students will be responsible for providing their own supplies to be purchased between weeks 1 and 2. Special fee covers tool and facility rental.

LLCFT 213-001 • Th, Mar 5-26 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28 • SLC
FEE: $145 + $40 special fee
INSTRUCTOR: Jan Harris-Smith

Decorative Spoons Workshop
In addition to personal adornment, metalsmithing can be used to create one-of-a-kind functional items for your home. Learn hammering, forming, riveting, and soldering techniques to create a set of two spoons, such as a coffee scoop and sugar spoon or a ladle and a soup spoon in a raw, organic “farm house” style. This class is intended for students who have taken LLCFT229 Beginning Metalsmithing, or have previous metalsmithing experience. Special Fee covers the cost of all materials, facility and tool rental for the class. Please bring a sack lunch.

LLCFT 323-001 • S, Mar 7-Apr 25 • 10:00 AM-1:00 PM
LOCATION: Watsach Forge, 3345 S 300 W, #5-A • SLC
FEE: $289 + $125 special fee
INSTRUCTOR: Matt Danielson

Small Viscosity Prints
Put down the etching needle! Viscosity printing is the interaction between “sticky” and “oily” ink, resulting in a resist effect. A unique print is the result of inks and an etched 6”x5” copper plate responding to the pressure of the press. Use varnish to create painterly gestures and brush marks that are etched into your plate, then apply bright colors using different inking techniques to achieve unlimited color variations. No previous printmaking experience required. This class is limited to 8.

LLART 164-001 • S, Mar 14-28 • 12:00-4:00 PM
LOCATION: Saltgrass Printmakers, 412 S 700 W • SLC
FEE: $249 + $50 special fee
INSTRUCTOR: Stefanie Dykes

Encaustic Painting on Photos
Encaustic is the application of heated beeswax containing colored pigments to a surface. This wonderfully manipulative technique dates back to Egyptian portraits from 100-300CE and can be used to create eerily beautiful works of contemporary art. Learn about grounds, application and color, scraping and incising, masking, photo application and collage, stenciling and much more. Students with prior experience will be provided with additional information for continued learning in this medium. Special fee includes all supplies except the photographs to be used, these will be discussed during the first workshop. Class is limited to 8.

LLART 164-001 • S, Mar 14-28 • 12:00-4:00 PM
LOCATION: Saltgrass Printmakers, 412 S 700 W • SLC
FEE: $249 + $50 special fee
INSTRUCTOR: Stefanie Dykes

More Art and Craft
Illuminated Pages: Gold Leaf Techniques
Want to add some bling to your bookwork, calligraphy, or other works on paper? Join us a survey of historic and contemporary gold leaf techniques. Through five small projects, students will gain experience with different illumination methods and will be exposed to a variety of approaches, products, and papers. Information includes an introduction to the lettering arts, in-depth demonstrations, and plenty of hands-on practice with gold application. Leave with lots of sparkle and ideas to add to your work in the future!

LLART 176-001 • W, Mar 18-Apr 15 • 5:30-8:30 PM
LOCATION: Book Arts Studio, Marriott Library, Level 4, Campus
FEE: $199 + $61 special fee
INSTRUCTOR: Louona Tanner

Art Glass Pendant Workshop
Like a kaleidoscope for your neck, an art glass pendant is the perfect chance to experiment with color and texture. All experience levels are welcome as students will be introduced to fundamental concepts of kiln-formed glass and jewelry making. Learn the process for properly cutting glass, then assemble glittering glass pieces into wearable sculptures. Class involves sharp glass, super glue, and tools. Special fee covers the cost of materials for several pendants, jewelry findings for hanging pieces from a chain or cord, and firing fee. Work will be available to pick up a few weeks after class. Class is limited to 10.

Abstract Art with Alcohol Inks
Alcohol inks are multi-surface inks that can be used on a variety of surfaces including glossy paper, plastic, metal, glass and other materials. 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 surfaces. Class materials provided, including frame. Class is limited to 10.

Metalsmithing - Charms & Chain
Create a chain with clasp and collection of small charms using a variety of metalsmithing techniques, including: hollow-form, silver overlay, metal folding, and fabrication. Each week will be taught by a different instructor, allowing students a unique opportunity to experience a collaborative creative environment. Class is intended for students who have taken Beginning Metalsmithing (LLCFT 229) or the equivalent. You should be comfortable using hand-tools and torches, and familiar with studio safety rules. Special fee covers the cost of all supplies, tool use, and facility rental.
More Art and Craft

LLCFT 215-001 • T, Apr 7-28 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28 • SLC
FEE: $169 + $80 special fee
INSTRUCTORS: Asia Dutson, Jan Harris-Smith, Mary Lambert, Amy Schmidt

Metal Clay - Silver
Silver is the new gold - and not as pricey. Join in on a new jewelry making craze - with metal clay. Nearly everyone can create beautiful silver wearable art in a couple of two-hour sessions. This remarkable clay can be formed much like ceramic clay; it can be stamped, carved or pressed with diverse objects to create unique patterns and designs. This is an entry-level class. Included in the class fee is sufficient silver clay to make one or more pendants, earrings or several bracelet charms. The class also allows for more advanced silver clay enthusiasts to explore new techniques as well. The class will meet two times the same day to allow for firing of pieces in between meetings. The morning session involves forming and embellishing simple, two-dimensional shapes. The instructor fires these pieces during break. Finish your pieces in the afternoon session, fashioning them into artful creations, ready to wear.

LLCFT 242-001 • S, Apr 25 • 10:00 AM-12:30 PM
AND S, Apr 25 • 3:00-5:00 PM
LOCATION: 540 Arapeen Dr, room 138, Campus • SLC
FEE: $69 + $50 special fee
INSTRUCTOR: Carol Avery

Macramé Mirror
Discover the beauty of macramé while making a hanging mirror for your wall. With just two knotting techniques, you’ll create an intricate pattern on a circular wire frame, then attach a mirror for a finished and unique home décor accessory. Students can choose from three colors of rope, and the special fee covers all materials needed for class. Previous macramé experience is recommended, but beginners are welcome.

LLCFT 228-001 • W, Apr 29 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr, room 152, Campus • SLC
FEE: $49 + $25 special fee
INSTRUCTOR: Marti Woolford

PHOTOGRAPHY

Introduction to Lightroom
Learn the ins and outs of Adobe’s premiere workflow and editing application, Lightroom, made specifically for digital photographers. Learn to catalog, organize, edit, and share your work. Emphasis will be on gaining the technical skills necessary to develop your own workflow and take your imagery to the next level. Leave with the ability to incorporate Lightroom into your photography routine, plus gain insight into workflow and best practices from a working professional photographer. Registered students should have working knowledge of photography including basic terminology, basic computer skills, and comfortable learning new software.

LLART 297-001 • T, Jan 7-28 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr, room 156, Campus • SLC
FEE: $159 + $10 special fee
INSTRUCTOR: Ben Kuhns

Digital Photography: An Introduction
Take an in-depth look at mega-pixel 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 in your computer. You will get the most out of class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class. Want more guided practice with the basics? Take Nuts and Bolts (LLART 193) either before or after this class. Saturday class is a field trip.

LLART 115-001 • W, Jan 8-Feb 5 • 6:30-9:00 PM
AND S, Feb 1 • 1:00-3:00 PM
LOCATION: 540 Arapeen Dr, room 154, Campus • SLC
FEE: $169 + $8 special fee
INSTRUCTOR: Neil Eschenfelder
Digital Photography II
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: go to www.lifelong.utah.edu or call 801-587-5433. Saturday classes are field trips.

Digital Photography: Nuts and Bolts for DSLR
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 I (LLART 115) either before or after this class.

Digital Storytelling 101
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 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 week 3.

Copyright and Intellectual Property Issues for Photographers
As a photographer, your images are the most important intellectual property that you own. Depending on your business or hobby, you may be generating thousands of “original works of authorship” per year and you want to trust that your photographs will be used only after you’ve given permission. What happens when you find one has been misused or passed off as being created by someone else? Learn your rights and how to protect yourself in both digital and analog domains from an attorney who specializes in copyright and intellectual property law. Topics include: ownership and authorship of intellectual property, online enforcement and defense of copyrights, and the Digital Millennium Copyright Act (DMCA). Free parking is available.
Photoshop for Photographers
Considered the leader in professional photo editing software, Photoshop allows users to create, manipulate, crop, resize and correct digital images. Begin to get a handle on this massive program from a Photoshop expert 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 USB thumb drive to the first class. Not sure if it’s the right class for you? Take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

Introduction to Studio Lighting: Off Camera Flash
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-camera. Learn how to use off-camera lighting, and also the 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 Nuts and Bolts (LLART 193), Digital Photography I (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Please be familiar with the workings of your camera. Special fee covers equipment use.

Portfolio Assembly and Review
Bring together the knowledge and work you’ve accumulated during your Certificate of Digital Photography 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 the capstone class for the Certificate of Digital Photography. Students must have completed at least 5 of the 7 required classes for the Certificate prior to taking this class. Please be prepared to bring your images to class on a USB thumb drive, this will be discussed further on the first night. Please call 801-587-5433 to register.

Hobby & Product Photography - An Introduction
A picture is worth a thousand words and the images of your hobbies or products for sale should be unique, high-quality images that best represent you and your hard work. Ideal for students looking to hone their studio lighting skills. We will explore practical tools

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
for staging/styling subjects, building an efficient home studio, and emphasize budget-conscious solutions to lighting problems. Saturday class meeting will be a field trip to see the workings of a large production studio. We recommend that students have some prior photography experience and cameras with settings that can be manually controlled (this is not an ideal class for smartphone users). Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz or call 801-587-5433.

LLART 282-001 • T, Mar 17-31 • 6:00-9:00 PM AND S, Apr 4 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr, room 154, Campus • SLC FEE: $159 + $10 special fee
INSTRUCTOR: Ben Kuhns

**Landscape Photography**
Learn the skills and techniques necessary to create professional quality images of the natural world. We will explore exposure control and light metering, the principles of composition, the qualities of natural light, advanced digital techniques, and the philosophy and tradition of the artist in nature. Class will include sharing of images, group discussion, a field trip, and student feedback and critiques. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz or call 801-587-5433. Class April 23 is a field trip.

LLART 168-001 • Th, Mar 26-Apr 30 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, room 154, Campus • SLC FEE: $159
INSTRUCTOR: Jonathan Duncan

**Develop Your Photographic Eye**
With today’s digital cameras just about anyone can take a snapshot. But it usually takes more than a casual click of a button to create a compelling and artistic photographic image. Most photography classes focus on the technical aspects of photography while 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 • T, Apr 7-21 • 6:30-9:00 PM AND S, Apr 18 • 10:00 AM-12:00 PM
LOCATION: 540 Arapeen Dr, room 154, Campus • SLC FEE: $149
INSTRUCTOR: David Argyle

**DSLR to Darkroom: Making Silver Gelatin Prints from Digital Files**
Reconnect with the joy of making prints in the darkroom, “the old fashioned way”. We’ll begin with a brief introduction to the history of street photography. Next, with expert guidance, spend several hours shooting in the Central 9th neighborhood, making digital images optimized for converting to printable negatives. Subsequent class meetings will be spent in a wet darkroom setting, making several silver gelatin prints worthy of framing. Prerequisite: A DSLR or Mirrorless System (no smartphone cameras), and Nuts and Bolts (LLART 193), Digital Photography I (LLART 115) or take our quiz or call 801-587-5433.

LLART 165-001 • S, Apr 18 • 10:00 AM-1:00 PM AND T, Apr 21-28 • 6:00-9:00 PM
LOCATION: Luminaria, 14 E 800 S • SLC FEE: $129 + $75 special fee
INSTRUCTOR: Dave Hyams

**Child and Teen Portrait Photography**
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 own son for both commercial and fine art venues. The first class will meet outside, and you are invited to bring 1 child (ages 6 to 16, no infants please) to be your model. There will be a child model available to photograph as well. The second meeting will be in the classroom to discuss your images, allowing you to gain insight from “real life” successes and difficulties. Prerequisite: A DSLR or Mirrorless...
System (no smartphone cameras), and Nuts and Bolts (LLART 193), Digital Photography I (LLART 115) or take our quiz or call 801-587-5433. Please be familiar with the workings of your camera.

LLART 203-001 • S, Apr 25-May 2 • 10:00 AM-12:00 PM LOCATION: 540 Arapeen Dr, room 154, Campus • SLC FEE: $59 INSTRUCTOR: Erika Cespedes

COOKING, TASTINGS, AND TOURS

Scotch for the Sophisticate
Curious about Scotch? Wonder why the different regions of Scotland produce unique flavors and characteristics? Join us as we taste Scotch from the Highlands, Islay, and other regions. Learn the difference between a blended, 12-year Scotch and a single malt Scotch whiskey. Whether you are a food and beverage professional or a casual enthusiast, this class is not to be missed. Please bring photo ID that indicates your age to class.

LLFW 384-001 • Th, Jan 23 • 7:00-9:00 PM LOCATION: Marriott University Park, 480 Wakara Way • SLC FEE: $39 + $21 special fee INSTRUCTOR: Jim Santangelo

Chocolate 101 - From Farm to Bar
Explore the history and techniques of transforming cacao into chocolate in a way that supports sustainability and minimal waste production with Millcreek Cacao Roasters Chocolate Factory as your classroom. Gain a comprehensive understanding of the farm to bar process, including how the chocolate maker uses bean choice, roasting profiles, and cacao percentage to create the final (delectable) product. You’ll taste the cacao at the different stages of production, along with a variety of finished bars, and discuss pairings to enhance the chocolate experience.

LLFW 506-001 • W, Feb 12 • 6:30-8:30 PM LOCATION: Millcreek Cacao, 50 Century Dr (2959 S) • SLC FEE: $39 + $10 special fee INSTRUCTOR: Mark DelVecchio

More course info on page 17

801.587.LIFE (5433) • www.lifelong.utah.edu
But First, Tea!
As with wine, coming to understand and appreciate the vast number of tea blends that are available today can be quite overwhelming! Enter your local tea shop, where the second most consumed beverage in the world (after water!) can be demystified and thoroughly enjoyed. You’ll start the morning, as one should, with a cup of tea and scone. Then, get an overview of the six different types of tea through tasting and explanation of service styles (and learn the secret to making an incredible iced tea too!) With that knowledge in hand you’ll finish by creating your own unique blend to take home.

Whiskies of the World
Learn about the fastest growing category in spirits today—whisky! In this class, we review the broad range of whiskies being made throughout the world. You can expect to assess 4 distinct styles of whiskey, learn how to describe the aromatic and flavor profile of each, and discuss and understand drink development with each style. A fun and interactive class making you a whiskey expert in no time! Please bring a photo ID that indicates your age to class.

Exploring the Wines of Tuscany
Tuscany is Italy’s most internationally recognized wine-growing region and the most exported. It is the only region capable of rivaling Piemonte in terms of winemaking awards. There are a surprising number of grape varieties as well as DOC/Gs to learn about as we taste our way through Chianti Classico, San Gimignano and Montepulciano. Please bring photo ID indicating your age to class.

Food Truck 101
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 Abby’s award winning truck, the Falafel Tree, and sample some tasty treats. 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. Special fee covers cost of refreshments provided by the Falafel Tree.

Beer Tastings and Pairings
Ever wonder what the difference is between a German Pilsner and a classic American Pale Ale? Whether you think all beer tastes like bitter water or you’re the one ordering a Belgian-inspired craft brew, join us for an intoxicating journey into civilization’s oldest libation. We’ll begin the first class by exploring how beer is produced both large and small scale, to understand where the flavors come from. We’ll also immerse ourselves in beer styles, as we develop our palette and learn to identify different flavor components. Finally, during the second session, we’ll delve into the world of beer and food pairings, sipping the best ales and lagers as we nibble pairings both savory
and sweet. Please note: there are no food pairings during the first session, and it is recommended that you eat before class. Please bring photo ID that indicates your age.

LLFW 371-001 • T, Mar 31-Apr 7 • 6:30-9:00 PM
LOCATION: Bewilder Brewing Company, 445 S 400 W • SLC
FEE: $59 + $30 special fee
INSTRUCTOR: Cody McKendrick

Rye Whiskey: Tasting and Cocktails
Rye whiskey, one of America’s oldest spirits, is making a serious comeback. Meet the distillers from Sugar House Distillery’s grain-to-glass operation and learn about qualities that differentiate rye from other whiskey categories. We’ll also make two classic cocktails traditionally made with rye whiskey, covering cocktail history, proper technique and sourcing great ingredients. Please bring a photo ID indicating your age to class.

LLFW 556-001 • W, Apr 8 • 7:00-9:00 PM
LOCATION: Marriott University Park, 480 Wakara Way • SLC
FEE: $39 + $32 special fee
INSTRUCTOR: Darby Doyle

Sugar Cookie Decorating
Transform plain sugar cookies into mini-works of art! Learn the basics of icing consistencies, outlining, flooding, wet-on-wet decorating, marbling techniques, and how to avoid common decorating mistakes. You’ll receive step-by-step instructions and the tools you need to decorate a half dozen sugar cookies with colored royal icing and sprinkles. Leave with recipes in hand to continue using your newfound skills at home.

LLFW 309-001 • Th, Apr 23 • 7:00-9:00 PM
LOCATION: Marriott University Park, 480 Wakara Way • SLC
FEE: $39 + $35 special fee
INSTRUCTOR: Sheral Schowe

FINANCE & BUSINESS
Understanding Social Security Retirement Benefits
The economic landscape is constantly changing, and one must navigate those changes when planning for retirement. 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.

LLFW 563-001 • Th, Apr 30 • 7:00-9:00 PM
LOCATION: Marriott University Park, 480 Wakara Way • SLC
FEE: $39 + $30 special fee
INSTRUCTOR: Jim Santangelo

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu

Color Theory and Mixing 101 pg 10
Mycology 101 pg 33
Silk Scarf Dyeing Workshop pg 8
The Illuminated Page pg 10
Macrame Mirror pg 12
Child and Teen Portrait Photography pg 15
Botanical Lip Tints pg 25
Easy Start Watercolors pg 2
Puppy Socialization pg 38
DSLR to Darkroom pg 15
Zentangle® Method pg 4
Public Speaking: Content & Confidence
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. No class Feb 17.

The Small Business Financial Lifecycle
Proficiency in the many facets of business finances enhance the likelihood of both business success and long-term personal financial health. Gain a broader understanding of the financial side of starting, running and closing your business as you learn: the importance of proper entity selection; how to better understand your financial statements and use them as a productivity tool; options for retirement for small business owners and sole proprietors; and much more. For individuals currently involved in a small business or if you are considering a career change.

Communication in the Modern World
Even though “connecting” to one another is easier than ever, our technology-focused world has also created barriers to effective communication. Rediscover what communication is, how it works, and how to communicate better in both personal and professional spheres. Topics will include: recognizing and eliminating noise (disrupters); dealing with bias; communicating effectively across cultures; cultivating listening skills; and how technology impacts the brain in the form of anxiety. Learn best practices in communication and leave with a toolbox full of practical techniques to enhance everyday relationships.

Marketing Plan for Authors and Creatives
After the effort that it takes to produce a polished piece of writing or art, it may feel overwhelming to now have to market that work to the world. Learn the steps needed to set up a marketing plan that is executable within three months and is customized for you and your medium. Understand how to develop content and automate promotional systems, and determine where your best marketing efforts lie. Topics include defining your ideal customer, face-to-face PR and social media, and making sure that your project is really ready for launch.

Navigating Divorce
Divorce can be unpleasant, but being unaware or unprepared for key financial and legal considerations can make the process much worse. Get moving in the right direction with the help of 2 experts in the field of divorce - an attorney and financial advisor - who will provide instruction in the general concerns of the divorce process, and answering questions specific to your situation. Designed for the individual considering, or in the midst of, divorce proceedings - it is not couples therapy, or mediation, but an informational session with professionals.
HEALTHY LIVING

Bar Method Exercise, 30 Day Pass
This class is an unlimited 30-day pass for students NEW to The Bar Method. The Bar Method is an hour-long total body workout that combines isometrics, interval training, dance conditioning, and sports rehabilitation to quickly and safely burn fat and carve muscle. Classes are high intensity, non-impact, and composed of eight to nine exercises that work muscles to total exhaustion, followed by stretches to change the shape of the muscle. With regular practice students can expect to firm muscles, increase flexibility, reduce body fat, improve posture, and increase stamina and energy. Workout pants to the knee and socks are required. Activation starts the day of the first class. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance. A no-show or late cancellation will result in a subtraction of one day from your pass.

Yoga Class Pass - Centered City Yoga
Whether you are seeking a refuge from the daily grind, increased flexibility or renewed strength, yoga is a low impact way to boost not only your flexibility but also your strength and range of motion. Lifelong Learning has partnered with Centered City Yoga to offer a complete mind and body experience for you. Registration for this class buys you a 10-class pass good for any Centered City Yoga class. Visit centeredcityyoga.com to see a complete list of classes. Processing time for punch pass registrations is 3—5 business days. You may purchase or renew card at any time during the term; cards will be honored for 60 days.

Martial Arts Class Pass - Ultimate Combat Training Center
Whether you want a great cardio workout or just release some stress, boxing and martial arts classes are just the thing you’re looking for. The Ultimate Combat Training Center offers a beginner friendly, judgment free atmosphere. Choose from over 130 classes per week including Muay Thai, Brazilian Jiu Jitsu, Boxing, Fitness Kickboxing, Mixed Martial Arts and Women’s Self Defense. Registration for this class buys you a 10-class pass good for any Ultimate Combat Training Center class. Visit http://ultimatecombat.com/Home/Schedule to see a list of classes and times. Passes may take 3—5 business days to set up. You may purchase or renew card at any time during the term; cards will be honored for 60 days.

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Qigong for a Healthy Back
Practice focused breathing, postures and movements, as well as mental visualizations to help bring harmony to mind, body and spirit. We will focus on creating and boosting your ability to improve the flexibility and mobility of the spine, release muscular tension in the back, improve postural alignment, and with flowing movements create healing in the spine. Participants will perform twisting, lunging, and spiraling of the upper and lower back. Qigong can be individualized to your personal abilities and needs, and movement modifications will be demonstrated.

LLHL 121-001 • T, Jan 7-28 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr, room 124, Campus • SLC
FEE: $99
INSTRUCTOR: Melissa Faber

Women’s Self Defense Training
Learn self-defense techniques for women in a supportive environment under the guidance of a former police officer and 3rd degree blackbelt. Drawing from a cross section of martial arts, you’ll learn to exploit the weaknesses of your opponent as you build upon skills learned each week. No experience is necessary, just a desire to gain both physical and mental confidence. This class can be considered a moderate workout, so please wear gym clothes and sneakers.

LLHL 103-001 • T, Jan 14-Feb 18 • 7:00-8:30 PM
LOCATION: Ultimate Combat Training Center, 555 E 2100 S • SLC
FEE: $129
INSTRUCTOR: Matt Williamson

Women’s Strength Camp
You have the right to feel good! If you have low energy, excess body fat, and nagging body aches the solution is the same: challenging training with excellent coaching, a small-and-supportive community, and like-minded women who are all after the same thing - loving how they feel in their bodies. Each session includes a joint mobility warm-up (think yoga), strength training with detailed instruction and the opportunity to push beyond your limits. Please dress for a workout, and bring a refillable water bottle. Special fee covers facility and equipment use.

LLHL 129-001 • T, Jan 14-Feb 18 • 6:30-7:30 PM
LOCATION: Wasatch Fitness Academy, 1295 East Miller Avenue • SLC
FEE: $109 + $25 special fee
INSTRUCTOR: Chelsey Wilson

Unshakable: The Six Science-Based Factors for Resilience
Resilience is the counterweight to stress, fear, and anxiety - immediately impacting every area of our lives from creating meaningful relationships to taking the risks to create a life of deep fulfillment. It’s a skill that requires practice and can be learned by anyone. Learn to establish a personal lifelong resilience practice through the six core factors: Mindful Living, Mindset, Meaning, Mind-Body-Soul Wellness, Wholehearted Allies, and Intentional Discomfort.

LLHL 135-001 • Th, Jan 16-Feb 6 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr, room 132, Campus • SLC
FEE: $119 + $15 special fee
INSTRUCTOR: Em Capito

Tibetan Buddhist Meditation – An Introduction
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. Students may sit on the floor (please bring a comfortable cushion), or chairs will be provided.

LLHL 143-001 • T, Jan 21-Feb 11 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, room 120, Campus • SLC
FEE: $105
INSTRUCTOR: Joseph Evans
Botanical Lip Tints
Want a splash of color on your lips? Learn how to make vegan friendly lip balm with just the right amount of color and shine. Students will leave with 6 different colors, packaged and ready to use, plus the recipe and resources to continue production with natural & easy-to-find ingredients at home.

LLHL 130-001 • S, Feb 8 • 2:00-4:00 PM
LOCATION: 540 Arapeen Dr, room 138, Campus • SLC
FEE: $39 + $5 special fee
INSTRUCTOR: Rachael Bush

Homemade Lotion and Creams
Learn the tips and tricks of combining natural oils and creams and emulsifying wax to make your own silky smooth lotion. Explore the benefits of homemade lotion compared to commercial products, and which oils help with a variety of skin types. Learn the difference between a liquid lotion and body butter, and a preservative versus an antioxidant. Bring an apron and your favorite essential oil or fragrance oil to mix into the lotion you’ll make in class.

LLHL 223-001 • S, Feb 8 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr, room 152, Campus • SLC
FEE: $50 + $20 special fee
INSTRUCTOR: Carrie Roberts

The Seven Relationship Unities: A Buddhist Perspective on Relationships
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, yet is perfectly suited for our modern way of life. Come to this workshop by yourself, or with a friend, brother, sister, parent, partner or spouse.

LLHL 131-001 • TBA • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, room 120, Campus • SLC
FEE: $39
INSTRUCTOR: Joseph Evans

Herbalism for Wellness
Discover the fundamentals and possibilities of herbalism as you learn the history and evolution of plant medicine. Learn to use both local and exotic herbs to support your immune system, soothe mood and emotions, cultivate energy and clarity, and more. Start a home herbal remedy chest with several herbal medicines you’ll create in class. Class includes an extensive materia medica tailored to the Salt Lake Valley, tastings, wild-crafting tips, and lots of herbal medicine making. You’ll create an herbal tea blend, herbal compress, a tincture, and a locally sourced beeswax salve.

LLHL 116-001 • S, Feb 22-29 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen Dr, room 152, Campus • SLC
FEE: $119 + $15 special fee
INSTRUCTOR: Josh Williams

Functional Fitness
Hone the body mechanics (strength, balance, and coordination) you use every day to make your life better. Become more functionally fit as you learn to properly: pick heavy things up from the floor (deadlift); put heavy things up on a shelf (press); get up off the floor (burpee); and sit down in a chair (squat). Each session will consist of a high intensity workout where movements are taught with proper form. Time will be taken to check proper range of motion to ensure student safety. Be prepared to work hard, and have lots of fun as you become functionally fit! Special fee is for facility use. Please dress for a workout, and bring a refillable water bottle.

LLHL 124-001 • S, Feb 22-Mar 28 • 10:00-11:30 AM
LOCATION: Kirin CrossFit, 1676 S 700 W • SLC
FEE: $129 + $15 special fee
INSTRUCTOR: Keslie Piccari

Qigong for Anxiety
Experiencing occasional anxiety is a normal part of life. However frequent worry and anxiety, which can lead to intense fear and panic, can interfere with daily activities. The practice of Qigong, considered mindful or medita-
tive movement, harnesses your individual power to calm
the mind/body experience during stressful and/or wor-
rison life moments and events. Qigong supports your
need for more energy so that even in stressful situations
you can you can thrive and be your best self. A majority
of the practice is standing and you will be required to do
stretches on the floor. Qigong can be individualized to
your personal abilities and needs, and movement modifi-
cations will be demonstrated.

**Qigong**

LLHL 136-001 • M, Feb 24-Mar 16 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr, room 124, Campus • SLC
FEE: $99
INSTRUCTOR: Melissa Faber

**Mindfulness, Self-Compassion, and Wellness - 6 Week Techniques and Practice**

Experience meditation practices which support wellness.
Class will include mindfulness meditation with the body
scan, sitting meditation, simple Qigong, and mindfulness
in daily life. Mindful self-compassion exercises are
introduced to enhance one’s capacity to respond with
gentleness and kindness to the inner critic. Learning
about the science of the stress response and understand-
ing the changes in the brain through training the mind
allows for increased health for the body/heart/mind.
No prior experience is needed.

**The Meditation Experience**

Meditation is becoming increasingly popular, its physical,
emotional and spiritual benefits are widely appreciated.
But what is meditation? This class provides an opportu-
nity to experience meditation and to learn some essential
skills that will enable you to develop your own practice.
Explore meditation with an authorized Zen Buddhist
teacher with decades of Zen practice. Classes include
instruction and discussion. Beginners and people of all
(or no) religious or philosophical backgrounds welcome.
Attendance is required to the first class.

**Botanical Remedies for Every Body**

Damaged skin is something we all have issues with from
time to time. Learn how to make natural balms to treat
bruises, 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.

**Soap Making**

Have you read the ingredients on a bar of soap, and
found you didn’t know what most of them are? Home-
made 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, es-
sential oils and exfoliants for future batches. Please bring
a pair of safety glasses or goggles. Protective gloves are
included in the special fee.
Qigong for Women’s Health

In the literature of Chinese Daoism, a woman’s transition into perimenopause/menopause is her “second spring.” Focused on Women’s Health, this integrative Medical Qigong will create self-healing abilities in hormone balance, and help to ease common complaints such as hot flashes, insomnia, heart problems, osteoporosis, and emotional imbalances. Practice focused breathing, postures and movements, and mental visualizations to create opportunities for harmonizing the mind, body and spirit. A majority of the practice is standing and you will be required to do stretches on the floor. Qigong can be individualized to your personal abilities and needs, and movement modifications will be demonstrated.

LLHL 221-001 • M, Mar 30-May 4 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr, room 124, Campus • SLC
FEE: $149
INSTRUCTOR: Melissa Faber

Yoga Experiential Retreat

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 into refreshing inversions for all levels of practitioners, and finish on the ground again with restorative poses, relaxation, and quiet seated meditation. Ahhh!

Three hours goes by in a flash! Finish with a visit to Cliff Lodge Spa and the rooftop pool; access included in retreat fee, so you may come early or stay late to enjoy them. Please bring yoga mat and plan to be in the studio 15 minutes before class start time.

LLHL 102-001 • Su, Apr 12 • 1:00-4:00 PM
LOCATION: Cliff Lodge Spa, Snowbird Resort, Little Cottonwood Canyon
FEE: $75
INSTRUCTOR: Rachel Cieslewicz

HOME & GARDEN

Fabulous Fruit Trees

Apples, cherries, apricots, pears, plums--how do you get the best from your fruit tree each year? Learn to care for your existing trees and give new ones a healthy start as we cover planting, pruning, thinning, pollination needs, recommended varieties, and common insects and diseases. Saturday’s class will meet outside; please bring loppers and pruners to this class.
Co-sponsored with Red Butte Garden; members pay $76 + special fee (ask for section 002).
LLHG 554-001 • W, Jan 29-Feb 5 • 6:30-8:30 PM
AND S, Feb 1 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden 300 Wakara Way • SLC
FEE: $85 + $5 special fee
INSTRUCTOR: Craig England

Botany for Gardeners
Don’t go dormant this winter! Join us as we learn basic plant morphology and terminology—knowledge that will help you better understand plant growth and take some of the guesswork out of gardening. In this hands-on class, you’ll learn why some shrubs are pruned immediately after flowering while others are pruned in late winter/early spring; how to tell a pine from a spruce and why it matters; the reasons behind the differing watering practices for turf and trees, and other common gardening questions. Co-sponsored with Red Butte Garden; members pay $69 + special fee (ask for section 002).

LLHG 488-001 • Th, Feb 6-20 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $5 special fee
INSTRUCTOR: Michelle Cook

Organizing and Minimalism - Ideas for Your Home
Find the balance between spartan and comfortable with a professional organizer who is ready to help you add a touch of minimalism to your environment. The idea of minimalism in home organizing may inspire confusion, or even resistance, if you want to live a more organized life but don’t want to clear-out possessions to do so. Learn proven tips for organizing each area of your home, decide if a minimalist method like Kon Mari is right for you, and understand how to move past being overwhelmed when it comes to “stuff” in order to live in harmony with the things you truly love.

LLHG 910-001 • Th, Feb 6-20 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, room 146, Campus • SLC
FEE: $79
INSTRUCTOR: Sarah Hansen

Selecting and Caring for Houseplants
Houseplants add life to your home that cannot be equaled by any other home furnishing. But, just like your outdoor plants, your indoor plants need a little TLC as well. In this class, students will learn how to identify, select, and properly care for houseplants. Light, water, space, and fertilizer requirements will be discussed and design tips will be shared. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).

LLHG 523-001 • S, Feb 22 • 10:30 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $39 + $5 special fee
INSTRUCTOR: Kara Hastings

Coops de Ville: How to Raise Backyard Chickens
There is a world of difference between a farm-fresh, right-from-the-hen egg and those that come fresh from the store. Sounds good, but where there are eggs, there are chickens; and where there are chickens, there is responsibility. Find out how to do it right from start to finish in this class. We’ll cover preparation; breed selection; housing, food, and water; chickens and your garden; legalities and your neighborhood; hazards and health management; raising chicks; and collecting and storing eggs. We’ll also review the age-old question: Which came first?

LLHG 558-001 • T, Feb 25-Mar 10 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, room 142, Campus • SLC
FEE: $69 + $5 special fee
INSTRUCTOR: Celia Bell

Proper pruning enhances the beauty of almost any landscape tree and shrub. It is an art and science, and when done well, pruning can turn a landscape plant into a thing of beauty. This is a pruning basics class and intended for those with limited pruning experience and will address basic pruning concepts associated with trees and shrubs as well as the shaping of hedges. Classroom session is lecture and will cover pruning tools, when and why to prune, and the differences between thinning and heading back.
The Saturday class will be in the field getting hands-on experience so please wear appropriate clothing and bring gloves and hand pruners. If you are interested in focused pruning techniques for roses, wisteria, or fruit trees, please see additional classes. Co-sponsored with Red Butte Garden; members pay $69 (ask for section 002).

LLHG 505-001 • T, Mar 3 • 6:00-9:00 PM
AND S, Mar 7 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75
INSTRUCTOR: Crystal Kim

Vegetable Propagation
While it’s possible to have a fine vegetable garden by buying young plants, starting your own veggies from seed is less expensive, offers more varieties, and allows you to harvest your favorite edibles over a longer period of time. Come explore the worlds of seed starting and propagation as we learn which vegetables to start indoors, why some do better outdoors, when to start them, and how to nurture particular types of seedlings for maximum success. Our first session will cover the major factors and techniques that go into growing your own vegetable starts—lighting, heat, day length, soil, hardening off, seed sources, varieties, germination and timing. During the second class, students will practice specialized techniques such as scarifying, transplanting, pinching and take home a tray of vegetable seeds to get a jump on the growing season. Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

LLHG 609-001 • W, Mar 4 • 6:30-8:30 PM
AND S, Mar 7 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $15 special fee
INSTRUCTOR: Katie Mulliken

Irrigation - Switch to Drip
A step by step guide on how to change your sprinklers from spray to drip. We will take you through how to retrofit an existing sprinkler zone to drip or add another zone for drip. Topics covered include how to decide where Drip Irrigation is better than Spray watering, understanding the basic principles of drip applied water, and how to design and layout a drip system. Get a jump on this gardening season by retrofitting your sprinkler system early spring while plants are still dormant. Special fee covers drip tool and some emitters. Co-sponsored with Red Butte Garden; members pay $89 + special fee (ask for section 002).

LLHG 908-001 • T, Mar 10-31 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr, room 242, Campus • SLC
FEE: $99 + $20 special fee
INSTRUCTOR: Cate Casson

Roos Pruning Workshop
Roses are among the most loved and versatile of garden plants, yet many gardeners are intimidated by the enormous range of species and hybrids with their varying requirements for pruning. Join us as we demystify rose pruning in this hands-on workshop designed to help you get the very best out of your roses. Wear appropriate clothing and bring gloves and hand pruners.
Limited to 12. Co-sponsored with Red Butte Garden; members pay $40 (register for section 002 or 004).

LLHG 606-001 • S, Mar 14 • 10:00 AM-12:30 PM
LLHG 606-003 • S, Mar 21 • 10:00 AM-12:30 PM
LOCATION: Red Butte Garden 300 Wakara Way • SLC
FEE: $45
INSTRUCTOR: Cheryl Underwood

Wisteria Pruning Workshop
Wisteria offers breathtaking beauty and fragrance to the spring garden. However, the fact that they benefit from careful pruning and training to be at their best has compelled some to suggest Wisteria is Latin for work. Dispel the myth by joining us for this hands-on workshop as we demonstrate how our gardeners create and maintain our spectacular Wisteria collection. Wear appropriate clothing and bring gloves and hand pruners. Limited to 12 participants. Co-sponsored with Red Butte Garden; members pay $40 (ask for section 002).

LLHG 607-001 • S, Mar 14 • 9:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $45
INSTRUCTOR: Angie Decker

D.I.Y. - Basic Repairs for Homeowners
Don’t pay a pricey professional every time you have a leaky faucet or broken sprinkler head. In this class, you’ll learn how to be a DIY pro and maintain your home or property. We’ll look at common problems with easy fixes you can do yourself: leaky faucets and toilets, basic electrical, repairing sheetrock holes and divots, painting tips and tricks, mold remediation, and more. We’ll also cover maintenance of major appliances and seasonal systems such as heaters/air conditioners, swamp coolers, and irrigation.

LLHG 450-001 • T, Mar 17-Apr 7 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr, room 148, Campus • SLC
FEE: $145
INSTRUCTOR: Tom Arnold

Designing With Fresh Flowers
Learn the basic skills and techniques of selecting, handling and designing flowers in this hands-on workshop. Each week, floral design principles will be demonstrated using gorgeous seasonal flowers and current design trends. Students will make their own creations to take home. Please bring a floral knife, floral scissors, bypass pruners, an apron, and a hand towel to each class. All other materials are provided. Class is limited to 9.

LLHG 500-001 • W, Mar 18-Apr 8 • 6:00-8:00 PM
LLHG 500-002 • W, Apr 15-May 6 • 6:00-8:00 PM
LOCATION: Native Flower Company, 1448 E 2700 S • SLC
FEE: $149 + $80 special fee
INSTRUCTOR: Pamela Olson

Soils: Dig Deeper into Gardening
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. Co-sponsored with Red Butte Garden; members pay $44 + special fee (ask for section 002).

LLHG 615-001 • Th, Mar 19-26 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $49 + $5 special fee
INSTRUCTOR: Michelle Cook

Landscaping with Bulbs
Red Butte Garden has over 500,000 spring blooming bulbs including dwarf irises, crocus, hyacinth, anemone, fritillary, tulips, daffodils, alliums, and more. There’s no better way to learn about the diversity of bulbs and how to incorporate them into your home garden than by spending time at Red Butte Garden. Receive design tips

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
that will help you make bulb selections appropriate for your garden that will add color from early to late spring. You will also leave with knowledge about basic bulb anatomy, when to plant, how to care for a bulb collection, and where to purchase. Co-sponsored with Red Butte Garden; members pay $53 (ask for section 002).

LLHG 918-001 • S, Mar 21 • 10:00 AM-12:00 PM
AND S, Apr 18 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59
INSTRUCTOR: Crystal Kim

Hydroponics - An Introduction
Growing plants hydroponically means utilizing nutrients in water instead of soil. This self-contained system is a great way to grow herbs and edible plants indoors, or get seeds started for outdoor gardens. You’ll learn about nutrient management and grow lights, get recommendation of plants that do well in a hydroponic system, discover tips for maintaining your home system, and receive a brief introduction to aquaponics. Special fee covers the cost of a hydroponic kit that will be assembled in class so you can go home ready to grow.

LLHG 912-001 • W, Mar 25 • 6:00-9:00 PM
LOCATION: Moonlight Garden Supply, 1572 State St • SLC
FEE: $45 + $30 special fee
INSTRUCTOR: Moonlight Garden Staff

Residential Landscape Design
Save time and money by making informed landscaping choices before you plant. 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 suitable for your site. We’ll use Red Butte Garden to look at plants appropriate for the Utah landscape and learn about plant characteristics to consider when choosing plants for your garden design. You’ll have the opportunity to work on your personal landscape plan throughout class with the help of a landscape designer. Co-sponsored with Red Butte Garden; members pay $225 + special fee (ask for section 002 or 004).

LLHG 512-001 • W, Mar 25-Apr 22 • 6:00-9:00 PM
AND S, Apr 18 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden Visitor Center, 300 Wakara Way • SLC
FEE: $249 + $10 special fee
INSTRUCTOR: Rosie Cobbley

Gardening in the Wasatch
Every region has unique growing conditions, such as climate and soils, that impact locally relevant gardening choices, and Utah is no exception. Whether you’re a longtime resident or relatively new to the area, understanding the unique conditions along the Wasatch Front will better prepare you to make the right gardening choices. Topics discussed will include climatic zones, soil amendments, watering strategies, and plant selection. Co-sponsored with Red Butte Garden; members pay $62 (ask for section 002).

LLHG 608-001 • M, Mar 30-Apr 13 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $69
INSTRUCTOR: Lynsey Nielson

Vegetable Gardening Basics
Would you like to grow tender lettuce and spinach; juicy tomatoes; and flavorful carrots, zucchinis, and more? Learn the tricks to a successful vegetable garden in this informative beginner class. Focusing on a variety of easy-to-grow vegetables, we’ll cover soil texture, soil amendments, composting, cool- and warm-season crops, planting dates, and ways to grow vegetables all year long. We’ll also discuss common garden insects and diseases. Saturday’s class is hands-on and will meet at instructors urban farm giving you a chance to practice some of the concepts learned in class.

LLHG 512-003 • Th, Apr 2-30 • 6:00-9:00 PM
AND S, Apr 25 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr, room 124, Campus • SLC
FEE: $249 + $10 special fee
INSTRUCTOR: Stephanie Duer

New Courses 48-hour advance registration required Certificate of Western Horticulture Class Certificate of Digital Photography Class

More Home and Garden
**101 Plants to Know**

Do you wander the aisles of the garden center and become overwhelmed by all of the choices? Before spending hundreds of dollars, would you like to know what that tree will look like in ten years? This class is for you. Join us for this three season course as we look at 101 truly remarkable plants suited for the Wasatch Front garden. We will cover plants starting with spring bulbs and concluding with trees and shrubs with great fall color. Each class will focus on identification, cultural requirements, and how plants are best used in the garden. We will walk the Garden each class to take an up close and personal look at the plants as they are discussed. Perfect for novice gardeners and plant enthusiasts alike, the course is sure to widen your plant palette and introduce you to some truly amazing plants! Class meets 2nd Thursday of the month. Co-sponsored with Red Butte Garden; members pay $162 + special fee (ask for section 002).

**Mycology for Beginners**

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. Leave with a fully assembled oyster mushroom grow kit for cultivating your first batch of mushrooms at home.

**Irrigation Basics**

Whether your landscaping involves waterwise plantings, plants that require regular water, or a combination of the two, using the right irrigation for your landscape can substantially reduce water use while helping your garden flourish. Explore smart irrigation practices that give plants the water they need to thrive (no more, no less) and deliver that water in the most efficient way possible. Class will focus on maintenance of existing irrigation systems and troubleshooting common problems, and other topics to enhance your home irrigation system. Interested in learning how to convert overhead to drip irrigation — How to Switch to Drip. Co-sponsored with Red Butte Garden; members pay $45 + special fee (ask for section 002).

**Bee Keeping**

Healthy, happy, easy-to-maintain honey bees not only reward their keepers with delicious honey, they 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; use of 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 provide you with a month-by-month schedule of bee keeping activities. The last class is a field trip to the instructor’s apiary and will include discussion and demonstrations on how to manage overwintered bees and setting them up for the Spring season. Special fee covers the text.

More Home and Garden
**Waterwise Landscaping**

Looking to reduce your water consumption while keeping your garden attractive? Do you want to improve the ecological quality of your landscape? Interested in low-water plants, but not sure where to start? If so, please join us for a primer on water-wise landscaping. We will cover the basics of water-wise landscaping, including site selection, soil preparation, passive water harvesting techniques, irrigation systems, hydro-zoning, low-water lawn alternatives, design styles and plant selection. Co-sponsored with Red Butte Garden; members pay $53 (ask for section 002).

**LANGUAGE**

**Conversational French I**

This condensed beginning course will teach you conversational French used in travel and everyday situations. French games, group reading of French comic strips, and helpful handouts will quicken the process and provide hands-on experience. The best part: Learning the correct accent from a native Parisian. This class is designed to be repeated as often as you wish.

**Conversational French II**

A continuation of French I 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.

**Conversational Italian I**

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. Special fee includes textbook. Students are responsible for bringing an Italian-English dictionary. This class is designed to be repeated as often as you wish.

**Conversational Italian II**

Build upon the skills you’ve learned in Italian I or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish. If you do not own the text from Italian I, purchase ($20) from Lifelong Learning staff before the first class. Students are responsible for bringing an Italian-English dictionary.

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Conversational Spanish I
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, sharing personal anecdotes and giving/following directions. Expect one hour of homework weekly. This course is intended for those with 2-4 years of high school or college Spanish or equivalent. It is designed to be repeated as often as you wish. Complete beginners should consider LLLAN 452 Basic Spanish I. Special fees includes textbook. No class Feb 17.

LLLAN 354-001 • M, Jan 27-Mar 9 • 6:30-8:30 PM LOCATION: 540 Arapeen Dr, room 132, Campus • SLC FEE: $149 + $20 special fee INSTRUCTOR: Rory Haglund

Conversational Spanish II
For students who have completed Conversational Spanish I or equivalent. You’ll learn new vocabulary and become comfortable speaking in cases beyond present tense. This class will focus on talking about events in the past as well as expressing likes, dislikes, opinions and preferences. Expect one hour of homework weekly. If you do not own the textbooks from Conversational Spanish I, purchase workbook ($20) from Lifelong Learning staff prior to start of class. This class is designed to be repeated as often as you wish.

LLLAN 355-001 • M, Mar 23-Apr 27 • 6:30-8:30 PM LOCATION: 540 Arapeen Dr, room 132, Campus • SLC FEE: $149 + $5 special fee INSTRUCTOR: Rory Haglund

Japanese for Travelers
Learning the basics of the language and customs of any foreign country is a great start to your vacation abroad. Essential Japanese words and phrases will be learned to make your travels to Japan more pleasurable. Class will cover common greetings, vocabulary and Kanji necessary to navigate, purchase a train ticket, and order sushi. We’ll also learn about the culture and customs of Japan.

LLLAN 411-001 • W, Feb 12-Mar 18 • 7:00-9:00 PM LOCATION: 540 Arapeen Dr, room 132, Campus • SLC FEE: $149 + $5 special fee INSTRUCTOR: Bryan Nalder

Mandarin Chinese I
Learn to speak the language that’s spoken by more people as a native tongue than any other language in the world. Focus is on fundamental tones, the usage of Chinese pinyin, and Chinese syntax as we communicate in basic conversational phrases. Discussions of Chinese culture will be integral to our study. We’ll also talk about Chinese characters and how they are constructed. Students are responsible for buying text “Discover China Student’s Book” which is available on Amazon, price varying from $28 - $50.

LLLAN 364-001 • MW, Mar 30-Apr 22 • 6:30-8:30 PM LOCATION: 540 Arapeen Dr, room 146, Campus • SLC FEE: $199 INSTRUCTOR: Xingran Lu

MUSIC & THEATRE
Improv Comedy Workshop
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 important, 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 • T, Jan 7-28 • 6:15-7:45 PM LOCATION: 540 Arapeen Dr, room 160, Campus • SLC FEE: $119 INSTRUCTOR: Clint Erekson

Intermediate Improv Comedy - Longform
Intended for students with previous Improv experience, delve into the technique that helped launch the careers
of Will Ferrell, Tina Fey, and Steve Carrell. Longform Improv Comedy performers use one suggestion to create scenes that are interrelated by story or characters or theme, and may last up to 25 minutes or more. We’ll explore different types of Longform structures, including Harlod’s and Armandos. Prerequisite: LLLMT 396 - Improv Comedy Workshop or equivalent.

LLMT 463-001 • T, Feb 11-Mar 11 • 6:15-7:45 PM LOCATION: 540 Arapeen Dr, room 160, Campus • SLC FEE: $119 INSTRUCTOR: Clint Erekson

Beginning Pop/Rock Ukulele
Starting with basic chords and strumming, learn all the basics of the ukulele by jamming together on songs by the Rolling Stones, Neil Young, Taylor Swift, Janis Joplin and other Rock and Pop icons. Class time will be spent learning new chords and strumming patterns, and most importantly, playing together. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA). No experience necessary.

LLMT 460-001 • Th, Feb 6-Mar 12 • 6:00-7:00 PM LOCATION: 540 Arapeen Dr, room 160, Campus • SLC FEE: $109 + $10 special fee INSTRUCTOR: Rio Sabella

Guitar: Beginning
Learn the basic techniques—chords, rhythm, note reading, finger picking, scales, and music fundamentals—that will put a solid foundation under new players and be applicable 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 amp is fine. No class March 11.

LLMT 382-001 • W, Feb 19-Apr 1 • 7:00-8:00 PM LOCATION: 540 Arapeen Dr, room 120, Campus • SLC FEE: $119 INSTRUCTOR: Bruce Christenson

Classic Rock Rhythm Guitar
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 finger picking and alternate tunings. Prerequisite Beginning Guitar (LLMT382) or equivalent. Must bring your own guitar. Acoustic preferred for week one.

LLMT 465-001 • Th, Feb 27-Apr 2 • 6:30-8:00 PM LOCATION: 540 Arapeen Dr, room 120, Campus • SLC FEE: $155 + $5 special fee INSTRUCTOR: Randin Graves

Beginning Blues Harmonica
Learn to play blues harmonica, one lick at a time. We’ll cover tongue blocking, the straw method, breath control, bending notes, octaves, and articulation as we isolate specific blues riffs. Thrill your friends with tunes by traditional blues greats and songs from the ’60’s British invasion. Please bring a key of C and a key of A, 10-hole diatonic harmonicas to the first class. Special fee includes a text and a play-along blues jam CD. Class is limited to 8.

LLMT 411-001 • T, Mar 10-Apr 14 • 6:30-8:00 PM LOCATION: 540 Arapeen Dr, room 160, Campus • SLC FEE: $119 + $22 special fee INSTRUCTOR: Jim Major

Beginning Ukulele
Ukulele is one of the simplest instruments to play - learn the basics then quickly dive into playing tunes. You’ll learn chords, fretting, and strumming techniques, as well as how to convert tunes from guitar songbooks to ukulele. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA) and a 3-ring binder. The instructor will inspect your instrument for playability and make any recommendations. Transcriptions and a chord chart are included.

LLMT 433-001 • W, Mar 11-Apr 15 • 6:30-7:30 PM LOCATION: 540 Arapeen Dr, room 219, Campus • SLC FEE: $109 + $10 special fee INSTRUCTOR: Jim Major

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Traditional Arts of Japan: An Introduction
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. 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. Special Fee covers all materials needed for the class.

LLPOT 628-001 • S, Jan 18 – Feb 8 • 1:00 PM -3:00 PM
LOCATION: 540 Arapeen Dr, room 138, Campus • SLC
FEE: $ 119 + $45 special fee
INSTRUCTOR: Haruko Sadler

Rock Art Hot Spots
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 20 fantastic public rock art sites in Utah which can be reached by car and most of these sites will be discussed in class. The rock art will be put in context of what we know of the people who created it.

LLPOT 687-001 • S, Jan 25 • 10:30 AM-12:30 PM
LOCATION: 540 Arapeen Dr, room 154, Campus • SLC
FEE: $39
INSTRUCTOR: Troy Scotter

Back Roads Utah
Ever heard of Utah’s oldest hotel, in Marysvale, where Zane Gray once wrote some of his Western classics? Want to buy honey, socks, pajamas, and cheese straight from their Logan factories? Did you know that Utah’s West Desert is home to a pet cemetery? How about golfing on a five-hole course in Milford known as the Windy Five--for $3 a round? Learn about these and other out-of-the-way Utah sights and adventures in this celebration of the quirky—and bring your own to share!

LLPOT 732-001 • W, Feb 5 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr, room 120, Campus • SLC
FEE: $39
INSTRUCTOR: Tom Wharton

Reading the Tarot
Learn how to read the Tarot in this comprehensive beginning class. Drawing upon the best Tarot authors, experts, and resources available, you will develop your individual talents and strengths, enhance your intuition, and expand your own creative possibilities -- the very best way to learn Tarot! Working with an array of spreads, books and decks, class members will learn the meanings of cards in the major and minor arcanas along with techniques and exercises to read for themselves and others. You can expect to be reading by the end of the first class! Please bring either a Waite-based or Crowley-based tarot deck to the first class. Special fee includes handout materials.

LLPOT 703-001 • W, Feb 5-26 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr, room 146, Campus • SLC
FEE: $139 + $10 special fee
INSTRUCTOR: Margaret Ruth

Google Mapping
Discover tips and tricks for using Google Maps as you learn to create custom maps. Explore the variety of features available in Google Maps through demos, hands-on activities, and discussion. Please bring your laptop, phone, or tablet to class to download offline maps to use for navigation on mobile devices.

LLPOT 624-001 • Th, Feb 27-Mar 5 • 6:00-8:30 PM
LOCATION: 540 Arapeen Dr, room 249, Campus • SLC
FEE: $79
INSTRUCTOR: Pat Lambrose

New Courses 48-hour advance registration required Certificate of Western Horticulture Class Certificate of Digital Photography Class
Google Sites is a free and easy way to create and share webpages. Bring your phone or tablet to class. Let’s have fun and get organized!

LLPOT 625-001 • T, Mar 24-31 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr, room 249, Campus • SLC
FEE: $79
INSTRUCTOR: Pat Lambrose

Introduction to Pet First Aid and CPR
Be prepared to help your furry friends in an emergency. Learn basic dog and cat first aid & CPR, and get important information on a wide range of possible pet problems such as: choking, bleeding and trauma, poisoning, vomiting and diarrhea; injuries from wildlife and insects; and more. You'll have the opportunity for hands-on practice of CPR, choking and bandaging techniques. All info is veterinarian verified. No pets in class please. Special fee is for a reference book to take home.

LLPOT 605-001 • Th, Apr 2-9 • 6:00-8:30 PM
LOCATION: 540 Arapeen Dr, room 132, Campus • SLC
FEE: $69 + $10 special fee
INSTRUCTOR: Madison Warner

RECREATION

Indoor Rock Climbing
Tired of the treadmill and looking for a new adventure? Learn to rock climb! During this four-week introductory course, students will learn how to be safe, successful climbers. A qualified instructor will introduce students to indoor climbing and climbing equipment. Students will master belaying, communicating with a partner, and moving their bodies efficiently. Come try this interesting and challenging activity. Have fun, meet new people, and push yourself! No experience necessary. Equipment and shoes provided. Class is limited to 8.

LLREC 739-001 • M, Jan 6-27 • 7:00-9:00 PM
LLREC 739-002 • M, Feb 3-24 • 7:00-9:00 PM
LOCATION: Momentum Millcreek, 3173 E 3300 S • SLC
FEE: $189
INSTRUCTOR: Momentum Millcreek Staff

Avalanche Workshop
Skiers, boarders, snowshoers, and snowmobilers—get the practical information and hands-on practice you need to be ready for a safe winter of backcountry travel. Topics to be covered in class and field include snow pack, weather and terrain evaluation, safe route finding, and avalanche rescue. We will also practice transceiver search. Suitable for beginners or for those wanting a refresher.
**Introduction to Skate Skiing**

Skate skiing, also known as freestyle, is a high-intensity winter sport that uses a unique technique for an aerobic, full-body, low-impact workout. This workshop introduces you to basic skate-ski technique, including weight transfer, edging, and timing, V1, V2, and V2-alternate styles, and poling. We will also review equipment, waxing, training, trails and trail etiquette, first aid, and safety. You are responsible for your own equipment (rent skate skiing packages at the U’s Outdoor Recreation Center or other local sporting goods stores).

**Introduction to Target Archery**

Strength, grace, focus, precision - experience the beauty of archery as you learn the basic techniques and etiquette of this Olympic sport. All equipment is provided. Class is limited to 10.

**Bikepacking - Adventure Camping by Mountain Bike**

Bikepacking is a great way to explore Utah’s diverse landscapes, from deserts to high mountains. Mountain bike camping enables you to cover more ground than backpacking while enjoying the peaceful experience of non-motorized travel. This course, taught by the lead organizer of the SLC Bikepacking Meet-up, will provide you with an overview of essential gear and organization, bike selection, route finding / map making, carrying water (for desert trips), and safety/preparedness getting you ready for your next backcountry adventures. No class April 22.
To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
WRITER’S TOOLBOX

Creative Writing
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. In class, we will read short selections of writing to see what techniques we can beg, borrow, and steal from them. We 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, we will practice seeing the world in new ways and then recreating that experience on the page.

LLWRC 780-001 • T, Jan 7-Feb 11 • 6:30-8:30 PM
LOCATION: 540 Arapen Dr, room 132, Campus • SLC
FEE: $169 + $5 special fee
INSTRUCTOR: Johnny Worthen

LLWRC 780-002 • Th, Feb 13-Mar 19 • 6:30-8:30 PM
LOCATION: 540 Arapen Dr, room 132, Campus • SLC
FEE: $169 + $5 special fee
INSTRUCTOR: Ella Olsen

Creative Writing II
Taught in a workshop format, this course will get your creative juices flowing as we expand on topics covered in Creative Writing: voice, tone, point of view and use of tense along with journeying into literary elements such as metaphor and simile, symbolism, structure, and others. This class is a way to build and develop the skills in an encouraging and supportive environment. Come prepared to read, write, and talk. This course is designed and required to be taken following Creative Writing (LLWRC 780).

LLWRC 825-001 • T, Feb 25-Mar 31 • 6:30-8:30 PM
LOCATION: 540 Arapen Dr, room 132, Campus • SLC
FEE: $169 + $5 special fee
INSTRUCTOR: Johnny Worthen

Easy Peasy Journaling
Do you want to keep a journal but don’t know where to begin, or struggle to find time to journal, or start with enthusiasm but quickly fizzle? Let’s discover which type of journal suits your needs, how to fit journaling into your busy schedule, and where to find inspiration. Explore fun and creative ways in which journaling can help you to increase productivity, understand life, and improve overall health. Writers, artists, and journaling enthusiasts are all welcome. Please bring your current, or as-yet unopened journal to class. A pad of paper is just fine too.

LLWRC 778-001 • Th, Jan 16-Feb 6 • 6:30-8:30 PM
LOCATION: 540 Arapen Dr, room 154, Campus • SLC
FEE: $115
INSTRUCTOR: Terri Baranowski

Creative Nonfiction I
Explore this multi-faceted and popular genre, which ranges in scope from literary journalism to personal narrative and memoir, in this interactive 6-week course. Through sample readings, discussion, in-class writing exercises, and writing assignments, we will learn to use the narrative devices – narrator stances, characterization, verb tenses, dialogue, and scene and setting – that make this form of prose especially fascinating and appealing. Open to writers of all levels of experience who are confident with basic sentence structure and composition.

LLWRC 760-001 • T, Feb 4-Mar 10 • 6:30-9:00 PM
LOCATION: 540 Arapen Dr, room 124, Campus • SLC
FEE: $209 + $15 special fee
INSTRUCTOR: Meg Kinghorn

Creative Nonfiction II
Continue to expand the skills presented in Creative Nonfiction I in this 8-week class. We will be looking, and then looking again, at our own work in order to see, as author Lillian Hellman put it, what was there for [you] once, what is there for [you] now. Writers who have a work in progress will most benefit from the class, a large percentage of which will be devoted to meaningful critique and revision of student work. Prerequisite: Creative Nonfiction I or equivalent experience. This class offers ongoing support in a productive and nurturing environment and is designed to be repeated as often as you desire.
Poetry Workshop
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.

Creative Writing Bootcamp
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.

Literary Querying
So you’ve written a book. Now what? Approaching the publishing world can be a lonely and daunting task. This class will give you a jump start by providing the knowledge and skill required to navigate the world of agents and publishers. It is recommended (but not necessary) that you bring a finished piece of work you are trying to place. This is a workshop heavy class, where we’ll polish your pages and develop a plan to give you the best chance in the great publishing hunt.

Short Story Writing
Sometimes, the hardest thing to do is to sit in the chair and write. In this writing-intensive class, we’ll hone our writing skills and explore themes and ideas for making the most of the short story form. We’ll also discuss how to develop a thick-skin approach to revising and editing, and create a plan for completing your work and sending it out for publication.
Writing Workshop: The Sex Scene
How do we write sex well? In this 8-hour intensive, participants will consider the role of the sex scene in storytelling, examining what the “intent to arouse” means in the context of the work. We’ll open with a conversation about the sex culture we live in, exploring how cultures of family, church, and politics shape what we write and how we write it. We’ll read excerpts from erotica, romance novels, and literary sex writing, noticing how choices of syntax become rhythm, sensation, and story. Participants will gain a greater comfort discussing, writing, and publishing sensual and sexual material. The instructor is a Certified Sexologist who has provided sexuality education to more than 8,000 people, and who has trained extensively in trauma sensitivity. All participants must show up ready to cultivate a fun, safe, nonjudgmental learning space. Includes 30 minute lunch break.

LLWRC 777-001 • S, Apr 4 • 9:00 AM-5:30 PM
LOCATION: 540 Arapeen Dr, room 132, Campus • SLC
FEE: $149 + $10 special fee
INSTRUCTOR: Katherine Standefer

Memoir Intensive
Throughout history personal stories have been written and shared. Though motive, definition and popularity of memoir has shifted throughout time, memoir continues to be a reflection of our humanity, a recounting of our experiences written from one’s own knowledge. If you’re ready to focus the lens of your writing inward, come explore this highly personal genre and discover its relationship with fiction, personal essays, and autobiographies. We’ll discuss and practice strategies of reflection, the difference between “narrator” and “character” in memoir, and address the difficulties with including others in our personal stories. We’ll also look at and closely read examples of memoir structures, and observe how they differ from traditional “plots” in fiction. Be ready to read, write, and share as we tackle the ultimate subject-you!

LLWRC 863-001 • S, Apr 25-May 9 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr, room 120, Campus • SLC
FEE: $139 + $10 special fee
INSTRUCTOR: Meg Kinghorn
COME TEACH WITH US.

Does teaching come naturally to you? Do you constantly get asked to tell other people how you do the things that you do? Teaching for Lifelong Learning may be just what you are looking for. Contact us or fill out a course proposal, let us help you share your passion!

lifelong.utah.edu/course-proposal
LIVING THE DREAM

In the hustle and bustle of life, it’s easy to put off pursuing your passions. There will always be an excuse to push your dreams to the back burner. But without even realizing it, days turn to weeks and weeks to months. In the blink of an eye, years pass and the flicker of those dreams that exist inside you burns dimmer each day.

Lifelong Learning is here to throw your dreams a lifeline with over 160 classes in a wide variety of subjects. This catalog is for those who want more out of life; for people who want to grab their passion by the horns; for everyone who doesn’t want to look back and say “if only.” And your excuses will no longer cut it. Classes are affordable and taught at flexible times that work with even the busiest of schedules. You won’t need a major shift in your routine to enroll, just a small adjustment in your priorities.

There is no better time than now to follow your dreams and live without regrets. Well, maybe one regret—that you didn’t start sooner.

ENROLL TODAY!

COMMUNITY PARTNERS

We gratefully acknowledge these friends of Lifelong Learning and encourage you to support the following organizations:

Bewilder Brewing  Marriott University Park
Centered City Yoga  Millcreek Cacao Roasters
Cliff Lodge Spa, Snowbird Resort  Momentum Indoor Climbing
Happy Dumpling  Moonlight Garden Supply
Kirin CrossFit  Native Floral Company
KRCL  Red Butte Garden
KUER  Reflective Art Studio
Luminaria  Salt Lake Archery
Marriott Book Arts Program  Saltgrass Printmakers
SmARTspace Studio
SquashWorks
Tea Zaanti
The Bar Method SLC
Ultimate Combat Training Center
Wasatch Fitness Academy
Wasatch Forge
Workman Nydegger
Lifelong Learning is one of three personal enrichment programs offered by University of Utah. Here are Lifelong Learning’s Sister Programs to Enrich Your Life.

South Towne Mall
One Sandy Center
10011 Centennial Parkway, Suite 100
Sandy, UT 84070
Time from exit: 5 minutes
Exit I-15 at 90th South. Head east. Turn south onto 255 W. Continue for 2 miles; turn east on 10000 S. The University of Utah Sandy Center is located on southeast corner of the intersection of Centennial Parkway and 10000 S.

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.

Refunds: Lifelong Learning will refund 100 percent of your fee for classes that are dropped if you call at least two business days before the first class session. We regret that no refunds can be given after that time. The refund policy does not apply to some special fees.

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

1. Online
www.lifelong.utah.edu
2. By phone
801-587-LIFE (5433)
3. In person
Monday through Friday, 9:00 AM – 5:00 PM.
540 Arapeen Drive, Research Park.

Join a dynamic community of adults 50 and better in this membership-based program offering a rich and evolving array of courses, lectures, and special activities.

continue.utah.edu/osopher
MAKE THE MOST OUT OF YOUR SPRING
CLASS PLANNER

New classes start weekly.
JAN - APRIL 2020

Lifelong Learning
540 Arapeen Drive
Salt Lake City, UT 84108
lifelong.utah.edu
801.587.LIFE (5433)