New classes start weekly.
MAY - AUG 2019
lifelong.utah.edu
801.587.LIFE (5433)
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.

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. 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 special fees.

Personal Enrichment
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- Writing & Literature
- Community Partners

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

540 Arapeen Dr • Research Park
- From Burt Road, continue on Wakara Way. The Continuing Education Building is at the intersection of Arapeen Drive and Wakara Way.

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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/osher
continue.utah.edu/golearn

Take your knowledge further as you explore the world with hand-selected U. U. faculty on a program that combines education with a vacation. It’s the most intelligent way to travel.
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 229-001 • MW, May 6-22 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: $249 + $120 special fee
INSTRUCTOR: Mary Lambert

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. No class July 4 (section 002).

LLART 068-001 • T, May 7-Jun 11 • 6:30-8:30 PM
LLART 068-002 • Th, Jun 20-Aug 1 • 6:30-8:30 PM
LOCATION: 540 Arapeen, Campus • SLC
FEE: $155 + $20 special fee
INSTRUCTOR: Eric Erekson

Metalsmithing: Home Sweet Home Pendant or Ring
Home is where the Art is. Using art glass, create a one-of-a-kind pendant or ring with fused glass and metalsmithing techniques to build a replica of a house-front, then set your fused piece into sterling silver with the inscription “Home Sweet Home”. Learn to cut and compose glass and basic metalsmithing techniques including soldering, using a jeweler’s saw, stamping, metal forming, making wire prongs, and more. No prior experience in metalsmithing or glass required. Special fee covers all materials, kiln firing, facility and tool use. Class is limited to 8.

LLCFT 194-001 • T, May 7-28 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: $195 + $70 special fee
INSTRUCTOR: Jan Harris Smith

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, May 7-Jun 11 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $155 + $40 special fee
INSTRUCTOR: Janet Faught

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.

LLART 076-001 • W, May 8-Jun 26 • 6:30-9:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $249
INSTRUCTOR: Chase McCleary

Coiled Pine Needle Baskets
Create a small coiled basket with pine needles, colorful thread, a slice of black walnut, and the traditional techniques used by cultures around the globe. Learn about the craft and history of pine needle basketry, the tools of basket making, plus the plain stitch and wrap that are the keys to the construction of your piece. All skill levels are welcome, but no advanced stitches will be covered in this class. Special fee covers the cost of materials needed to make a 6”x6”x1.5” basket. No class May 29.

LLCF 200-001 • W, May 8-Jun 19 • 5:30-7:30 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $145 + $30 special fee
INSTRUCTOR: Jean Kerr

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 strikes 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!

LLCFT 274-001 • Th, May 9-Jun 13 • 6:00-9:00 PM
LOCATION: Wasatch Forge, 3345 S 300 W, #5-A • SLC
FEE: $289 + $20 special fee
INSTRUCTOR: Matt Danielson

Expressive Mark Making with Open Acrylics
Explore the basics of this expressive mixed media technique that combines Golden OPEN Paints with Golden Mediums. OPEN Acrylics have an increased working time, which expands their range to include more traditional techniques once only possible with oils. In combination with the mediums, you’ll create layers incorporating textures, lines and colored fields — all without the use of solvents. Create multiple works on paper, and discover your own personal language of mark making as intentional layers become unintentional abstractions. While some painting experience is preferred, the workshop is open to all levels. Special fee covers acrylic paints and mediums, mark making tools. Please see the list online for additional items needed for the class. Be sure to bring your curiosity and an OPEN mind!

LLART 077-001 • S, May 11 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $75 + $50 special fee
INSTRUCTOR: Stacy Phillips

Papermaking: Fiber and Formation
Venture into the fundamentals of hand papermaking in this fast-paced, five-week course. Topics include fiber selection and processing, western-style sheet formation, and experimental techniques ranging from pulp painting and stencil printing to sculptural applications using overbeaten fibers. Participants leave with a sample book of handmade sheets and an array of papers to be used for printing, bookmaking, collage, letter-writing or other creative applications. No class May 27.

More course info on page 5
Soft Pastel Drawing

With no need for water, brushes, or palettes, soft pastels allow you to create expressive colorful art with the ease of a dry medium. Painters and drawers alike can add to their creative toolbox as they explore the basic elements and structure of this lovely art form. Techniques such as sketching, value studies, color layering, composition, and combining pastel with water-based media will be covered in the first half of the course, with the second half dedicated to working on a project with subject matter of your choice. Please bring a smock or wear art clothes. Special fee covers all materials. No class May 27.

Beginning Sewing Essentials

Explore the core principles of sewing through a series of bag-making projects. Learn how to use and troubleshoot a sewing machine; customize basic pillow and bag patterns; choose, measure and cut the right fabric for a project; and basic leather working skills. You’ll gain applied knowledge of problem solving, planning ahead, patience, and a greater confidence in making your ideas a reality. Special fee covers specialty fabric and trim. Students can expect to purchase additional supplies depending on their own fabric stash. 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 sewing machine in section 002. 48-hour advance registration required.

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.

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.
LLART 287-001 • T, May 14-21 • 6:00-9:00 PM  
LOCATION: 540 Arapeen, room 146, Campus • SLC  
FEE: $99 + $25 special fee  
INSTRUCTOR: Desarae Lee

**Watercolor Embroidery**  
Create a beautiful piece of contemporary fiber art by combining graphic lines of embroidery thread with abstract fields of watercolor on fabric. Learn how to work with an aqueous medium on cloth, how to plan and execute a stitched design, and leave with a hoop-framed art piece ready for display. No previous experience with embroidery or watercolor is required. Special fee covers all materials needed for the class.

LLCFT 205-001 • T, May 14-28 • 6:30-8:30 PM  
LOCATION: 540 Arapeen, room 138, Campus • SLC  
FEE: $85 + $15 special fee  
INSTRUCTOR: Audrey Christensen

**Recycled Glass Garden Art**  
Add colorful art to your garden spaces with a variety of pieces made with recycled bottle glass. Create a new piece each week including a sun-catcher, wind chimes, a fused glass hummingbird garden stake, and bottle lanterns and bells. Learn to cut and polish glass bottles and a bit about basic glass fusing. Special fee covers all materials except glass-cutter and running pliers which each student will need to bring. These items are available at a local art store or online. No previous glass experience is necessary.

LLCFT 202-001 • Th, May 16-Jun 6 • 6:00-9:00 PM  
LOCATION: 540 Arapeen, room 152, Campus • SLC  
FEE: $145 + $30 special fee  
INSTRUCTOR: Jodi Rusho

**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 • Th, May 16-Jun 20 • 6:00-8:00 PM  
LOCATION: 540 Arapeen, room 152, Campus • SLC  
FEE: $139 + $20 special fee  
INSTRUCTOR: Natalia Wilkins-Tyler

**Intro to Fold Form Metalwork**  
Create a sculptural and textured cuff bracelet with a process of folding, manipulating, and unfolding copper sheet metal. Learn to use hammers and steel blocks in new ways, and practice annealing to keep your metal work-able. All levels are welcome. Special fee covers cost of materials, tool and facility use.

LLCFT 204-001 • S, May 18 • 10:00 AM-2:00 PM  
LOCATION: 3450 S Main St • SLC  
FEE: $69 + $35 special fee  
INSTRUCTOR: Asia Dutson

**Mosaic Stepping Stones**  
Now is the perfect time to create some one-of-a-kind works of art for your garden. Create a pair of weather-proof stepping stones, while learning two distinct mosaic processes - designing with flat items, like porcelain, which are laid in wet concrete, and creating a pebble mosaic with bumpy materials, like marbles, which are laid in dry concrete to be activated at the end of class. You’ll leave class with 2 molds to keep for future use, along with your stepping stones which will be fully cured and ready to display in just a couple weeks.

More course info on page 7
More Art and Craft

LLCFT 317-001 • S, May 18 • 12:00-3:30 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $59 + $25 special fee
INSTRUCTOR: Roger Whiting

Bookmaking: Materials and Structure
This fast-paced, five-week bookmaking venture is an introduction to binding fundamentals. Class participants will learn how to craft several book structures, including folded forms, non-adhesive bindings, case bindings, and enclosures. Students have the option of binding blank books or incorporating content of their own design. Topics of discussion include studio practices, the selection and utility of various materials, the role of the handmade book, and ways to generate content, but the primary emphasis is on craft.

LLCFT 292-001 • T, May 28-Jun 25 • 4:45-7:45 PM
LOCATION: Book Arts Studio, Marriott Library, level 4, Campus • SLC
FEE: $199 + $55 special fee
INSTRUCTOR: Allison Milham

Plein-Air Landscape Workshop: Watercolor
Enjoy the warm summer evenings as you create small-scale landscapes in lovely Red Butte Garden. Students will view demonstrations and receive exercises in washes, blending, wet on wet, lifting, brushstrokes, glazing, and drybrush. Instruction in composition, positive and negative space, value studies, and color theory will round out the offering. Painting topics will include landscapes, still life, and water reflections. You are responsible for your materials, click on materials link below or call 801-587-5433. Co-sponsored with Red Butte Garden; members pay $200 (ask for section 002). This class is limited to 10.

LLART 170-001 • T, May 28-Jul 2 • 5:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $229
INSTRUCTOR: Richard Vroom

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 284-001 • S, Jun 1-15 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $229 + $100 special fee
INSTRUCTOR: Niel Franti

Photo-Plate Lithography
Achieve the tonal qualities and subtlety of a lithograph through the use of light sensitive photo plates. Create detailed marks with drawings on vellum, photocopied images, photographs, digital images, and/or text. Working with 1-2 images, depending on complexity, you’ll make multiple runs (layers) in black and white, or color, inks. No previous printmaking experience is necessary. Students will be contacted prior to the first class with information on the types of images to bring to class.

LLART 102-001 • S, Jun 1-15 • 12:00-5:00 PM
LOCATION: Saltgrass Printmakers, 412 S 700 W • SLC
FEE: $169 + $45 special fee
INSTRUCTOR: Trishelle Jeffery

Metalsmithing: Casting without Wax
Create one-of-a-kind shapes with molten silver that can be incorporated into your own jewelry designs with a no-wax casting technique. Learn to melt and pour silver into and over a variety of materials like water and gravel.
When cooled, the silver yields gorgeous (and unpredictable!) organic elements which can be incorporated into wearable items of jewelry such as pendants and rings. Previous metalsmithing experience is suggested (such as LLCFT229 Beginning Metalsmithing) but no prior experience with casting is necessary. Special fee covers cost of materials, tool and facility use.

LLCFT 201-001 • T, Jun 4-18 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28 W • SLC
FEE: $135 + $70 special fee
INSTRUCTOR: Jan Harris Smith

**Letterpress Printing - Text and Image**
Get a handle on what it takes to crank out an edition of gorgeous letterpress prints. This active, eight-week class introduces the fundamentals of letterpress, from paper selection and cutting to mixing ink and printing. Guided by the instructor, participants design and produce four individual projects using a variety of relief techniques and tools including metal and wood type, zinc cuts, linoleum blocks, pressure prints, photopolymer plates, and collagraphs. Students should expect to spend time out of class each week to complete projects. No class July 24.

LLART 280-001 • W, Jun 5-Jul 31 • 4:45-7:45 PM
LOCATION: Book Arts Studio, Marriott Library, level 4, Campus • SLC
FEE: $275 + $65 special fee
INSTRUCTOR: Thomas Giamo

**Watercolor Postcards**
Discover how to paint quick mini-masterpieces while travelling. Capture your experiences on postcards that you can keep, send, or make into prints. The small size makes it easier, helps you simplify, and gives you the freedom to just go for it. You can even add calligraphy if you’d like. Demonstrations will be based on a variety of instructor provided images, and you can bring pictures from your travels near and far. All levels are welcome. Students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 118-001 • TTh, Jun 11-13 • 6:00-9:00 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $99
INSTRUCTOR: Cindy Briggs-Battles

**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 arts.
**More Art and Craft**

art. Learn a bit of this history, five different commonly used knots and pattern design. Then put your fingers to work as you create two pieces of modern décor, a wall hanging and plant hanger. 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. Bring a snack or lunch and beverage. Special fee covers all materials to be used in class.

**LLCFT 197-001 • S, Jun 15-22 • 10:00 AM-2:00 PM**
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $95 + $35 special fee
INSTRUCTOR: Marti Woolford

**Fearless Abstract Painting**

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, Jun 22-29 • 10:00 AM-4:00 PM**
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $155 + $65 special fee
INSTRUCTOR: Samantha daSilva

**Gothic Hand Calligraphy**

Popular throughout the medieval period, the gothic alphabet evolved as a method of saving space on a written page, thus making books and manuscripts more affordable. In this uniform script, the design of the word takes precedence over the individuality of the separate letters. Through step-by-step instruction and practice, gain confidence in this ornamental, and methodical, calligraphic style, which is perfectly suited to short texts, gorgeously addressed envelopes, and special inscriptions. Special fee covers the cost of materials for the class. Bring an apron to protect your clothes.

**LLART 269-001 • MW, Jul 8-31 • 6:30-9:00 PM**
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $249
INSTRUCTOR: Amelia Davis

**Kiln Formed Glass: Powder & Strip Cut Plate**

Create a one of a kind 4”x4” accessory plate with a look reminiscent of marbleized paper. Using powder and sheet glass, create colorful compositions that will be formed in the kiln. After firing, the sheet will be cut, flipped, and reformed to achieve a totally new design. Perfect for students who are new to glass, or those with previous experience wanting to add this technique to their creative arsenal. Finished plates will be available for pick up a few weeks after the class — date and location will be discussed.

**LLCFT 199-001 • T, Jul 9 • 6:30-9:00 PM**
AND T, Jul 16 • 6:30-8:30 PM
LOCATION: 422 W 900 S, #105 • SLC
FEE: $89 + $45 special fee
INSTRUCTOR: Sarinda Jones
Life Drawing: Birds of Prey

Drawing a live bird of prey is a fantastic new creative challenge. We will start with a lesson in bird anatomy and learn why raptors, in particular, are such engaging subjects. Then, in cooperation with the non-profit HawkWatch International, you’ll have the opportunity to draw a live model each week - a hawk, a falcon, and an owl. This class is intended for artists with previous drawing experience. Please bring a sketchbook, and your favorite drawing tools — graphite or color pencil, pen and ink etc. Special fee is for the raptors provided by HawkWatch International.

LLART 109-001 • T, Jul 9-30 • 6:00-8:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $109 + $20 special fee
INSTRUCTOR: Natalia Wilkins-Tyler

Mosaic Art: An Introduction

Mosaics are a timeless form of decorative art made from the assemblage of small pieces of colored glass, stone or other materials,. Design and create your own original piece as you learn the principles of design that lead to an effective, beautiful work of mosaic art, as well as the tools and techniques required to create mosaics using stained glass, ceramic tile and natural stone. A brief overview of the history and possibilities of this versatile medium will also be discussed. All materials are included.

LLCFT 249-001 • S, Jul 20-Aug 10 • 12:00-3:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $149 + $35 special fee
INSTRUCTOR: Roger Whiting

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

LLART 304-001 • S, Aug 3-10 • 10:00 AM-3:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $139
INSTRUCTOR: Cindy Briggs-Battles

PHOTOGRAPHY

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.

LLART 193-001 • S, May 11-18 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $99
INSTRUCTOR: Erika Cespedes

LLART 193-002 • M, Jul 29-Aug 5 • 6:00-9:00 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $99
INSTRUCTOR: Ben Kuhns

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

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.

Location Photography
You don’t have to travel to a place with “stunning” scenery or famous architecture to make a beautiful or impactful photograph. Learn the basics of location photography as you explore the everyday surroundings of your own city. Activities include: discussions of techniques and sharing of images in the classroom, and 2 in-town field trips guided by the instructor. Fieldtrips will require moderate walking, so be sure to dress appropriately and have an adequate means of transporting your gear. Bring your DSLR or Mirrorless System camera to class. A tripod is useful, but not required. 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.
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.

Photographing Portraits with Personality

Whether it be editorial, commercial, bridal, for stock, or for fun, capturing personality is both an exciting challenge and the key to creating a successful portrait. This “advanced beginner” portrait photography class will address lighting, managing backgrounds, attire/costume and how to connect with your model, friend or family member in order see, and photograph the essence of their unique personality. Please have a camera with manual as well as automatic controls. Prerequisite: Nuts and Bolts (LLART 193) or Digital Photography, Introduction (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

Cyanotype: Photogram to iPhone

Cyanotype has been a popular alternative printing technique since 1842. Unlike other printing methods, cyanotype can be done at home without a big investment in equipment or chemistry. You’ll create photograms (images made by placing objects directly on a light sensitive paper) and use current technology to turn your digital images into one-of-a-kind fine art cyanotype prints using negatives produced from cell phone photos or other digital files. Fundamental skills for creating targeted digital negative workflows for the cyanotype process will also be covered. Special fee covers materials needed for class, production of negatives, and facility use.

Outdoor Photography: Boot and Shoot

Nothing improves your photography faster than practice, and shooting in the company of an instructor will put you ahead by leaps and bounds. Join us as we enjoy moderate hikes to a variety of scenic locations. We will focus on landscape photography, wildlife, plants, and other subject matter. The first and last classes will be inside; come prepared to share your work on the final class. Meetings 2, 3, and 4 are field trips; times are shooting times and do not include...
travel. Please be prepared for strenuous vertical hikes during the field trip meetings. Locations will be discussed at the first meeting; you are responsible for any entrance fees. Please be familiar with the workings of your camera. Class is limited to 10.

**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. No class July 24.

**Cooking, Tastings, & Tours**

**Food for Life: Cancer Prevention and Survival**

Research from the National Cancer Institute shows that as much as 50 percent of cancer risk may be related to diet. Discover the right food choices that can help reduce the risk of developing cancer, as well as overcome the disease after it has been diagnosed. Learn how to prepare several meals loaded with antioxidants and phytochemicals; the importance of high-fiber and low-fat foods; how to choose healthy dairy alternatives; and gain information on planning meals and maintaining a healthy weight.

**Wines of New Zealand**

New Zealand, known as Aotearoa “Land of the Long White Cloud” is perfectly suited for cool climate grape varieties such as Sauvignon Blanc, Pinot Noir and Chardonnay. You will taste the wines from New Zealand’s largest wine regions, Marlborough and Hawke’s Bay as you learn about the history and the geographical features which impact this important and rapidly growing winemaking country. Please bring a photo ID indicating your age to class.

**Cold Brewing 101**

No matter what the temperature is outside, cold brew coffee is a refreshing and altogether different coffee experience than its traditionally hot cousin. Learn what makes cold brew coffee unique as you taste examples from different coffee-growing regions, and get hands-on while experimenting with common cold brew processing techniques, and variables such as steeping time, filtration and granule-size control. You’ll leave with the knowledge needed to confidently cold brew, in batches small or large, in your own home kitchen.

**Course Information**

LLART 180-001 • T, Jul 9 • 7:00-8:30 PM  
AND S, Jul 13 • 10:00 AM-12:00 PM  
AND W, Jul 17 • 7:00-9:00 PM  
AND S, Jul 20 • 3:30-9:00 PM  
AND T, Jul 30 • 7:00-8:30 PM  
LOCATION: 540 Arapeen, room 154, Campus • SLC  
FEE: $149  
INSTRUCTOR: Neil Eschenfelder

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

LLFW 555-001 • T, May 7-28 • 6:30-8:30 PM  
LOCATION: 1640 E 1700 S (private home) • SLC  
FEE: $99 + $35 special fee  
INSTRUCTOR: Alisha Barker

LLFW 282-001 • W, May 8 • 7:00-9:00 PM  
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC  
FEE: $39 + $35 special fee  
INSTRUCTOR: Sheral Schowe

**More course info on page 15**
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.

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.

Cake Decorating - Trends and Essentials
Don’t wait for a special occasion to create a beautifully decorated cake that’s sure to impress your friends and family! Create an eye-popping 3-layer cake as you learn techniques such as: applying the buttercream crumb coat; getting smooth sides on the final buttercream layer; and creating artistic décor using piping, sprinkles and painting. You’ll receive expert instruction on transporting and (if needed) freezing your cake, and how to best slice and serve your sweet confection. You’ll receive expert instruction on transporting and (if needed) freezing your cake, and how to best slice and serve your sweet confection. Take home your creation and a list of essential tools needed to continue your cake decorating adventures at home. Decorating tools and an apron will be provided for use in class. Special fee covers the cost of cake, frosting and décor items (sprinkles, etc). 72 hour advanced registration is required.
any campout into a five-star dining experience. We’ll go over a few popular techniques for car camping cuisine, including camp stove and Dutch Oven cooking. Prepare to make (and sample!) breakfast burritos without dirtying a dish, easily packed lunches, drool-worthy dinners, and desserts like cobbler that will be the envy of the campground. We’ll also get into lightweight backpacking food, and try a few simple, easy-to-make recipes for the backcountry. The special fee includes lots of tastes, and a take-home backpacking meal to try on your next hike. This class requires 48 hour advanced registration.

LLFW 523-001 • T, Jun 11 • 6:00-8:30 PM
LOCATION: Sugarhouse Park • SLC
FEE: $45 + $12 special fee
INSTRUCTOR: Jeffrey Steadman

American Gin
The United States began its love affair with gin during prohibition and the most iconic gin cocktails were invented during this period. History has moved beyond ‘bathtub gin’, (crude heavy spirits that had to be mixed with fruits, tonics, and bitters to be palatable!) and there is now a wide selection of expertly crafted gins to choose from for your home bar or at your local watering hole. Explore 5 notable gins from across the United States, including those distilled right here in Utah, as you learn about innovative distillation methods, unusual botanicals, and how to get the most from your mixer. Please bring an ID that indicates your age to class.

LLFW 292-001 • T, Jun 25 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Alan Scott

Distilling with Botanicals
Botanical spirits are prized for their delicious and often unusual natural flavors. Learn the history, styles, and processes of botanical distillations as you taste and discuss examples from local and global distilleries. Learn how to incorporate botanical spirits into cocktails to create flavorful creations from the everyday to the exotic. Please bring a photo ID indicating your age to class.

LLFW 292-001 • T, Jun 25 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Alan Scott

Whiskies of the World
Learn about the fastest growing category in spirits today. Whiskey! 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.

LLFW 489-001 • Th, Jul 11 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Jim Santangelo

Bitters, Coffee, and You
Don’t let the name fool you, bitters are delicious natural flavorings used to create unique flavor profiles or bring out the essence already present in a beverage. They can be paired with spirits, soda water, and yes COFFEE! Spend time with entrepreneurs in the fields of both bitters and coffee to learn how bitters are made, the difference between drip and immersion coffee brewing methods, and how to mix coffee and bitters to create your own non-alcoholic, caffeinated “cocktails”. You’ll taste a variety of combinations and leave inspired to experiment at home. Special fee covers the cost of materials consumed in class.

LLFW 292-001 • T, Jun 25 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Jim Santangelo

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
How to Brew Beer
Lagers, ales, and everything in between. Learn how to create refreshing beer right in your own home from beer making enthusiasts and professionals. Take micro-brewing to a whole new homespun level as you learn what equipment you need to start homebrewing, the recipes to get you started and how to troubleshoot. Please bring a photo ID that indicates your age to class.

How to Make Fruit Wine
In the heart of summer, we often find ourselves with a surplus of fruit falling from our trees and fermenting on the ground. Turn this annual abundance into delicious fruit wine. Add to your homebrewing repertoire, learn what equipment you need to start making fruit wine, the recipes to get you started and how to troubleshoot. Please bring a photo ID that indicates your age to class.

White Wines of Northern Italy
From Arneis and Cortese in the Piemonte to Glera and Garganega in the Veneto region, there is much to learn and taste from the top of the boot, the northernmost section of Italy. Cooling winds from the Alps create excellent conditions for unique and indigenous grapes to thrive. Taste your way from the west to the east of Northern Italy as you discover some new favorite Italian grape varieties. Please bring a photo ID indicating your age to class.

HEALTHY LIVING
Bar Method Exercise, 90 Day Pass
For returning students to the Bar Method, this pass gives you unlimited classes for 90 days and is activated on the first day of class. Continue the great work out you have come to love with the Bar Method. 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.

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 by calling 801-485-4227. A no-show or late cancellation will result in subtraction of one day from your pass.

LLHL 201-001 • MTWThFSSu, May 6-Aug 11 • TBA
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $79
INSTRUCTOR: Bar Method staff

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 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.

LLHL 219-001 • MTWThFSSu, May 6-Aug 11 • TBA
LOCATION: Ultimate Combat Training Center, 555 E 2100 S • SLC
FEE: $149
INSTRUCTOR: Ultimate Combat Training Center staff

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 six months.

LLHL 215-001 • MTWThFSSu, May 6-Aug 11 • TBA
LOCATION: Centered City Yoga, 926 E 900 S • SLC
FEE: $110
INSTRUCTOR: Centered City Yoga staff

Relationship Skills for Couples: Gottman Seven Principles Program
Whether you’re looking to support or repair a troubled relationship, or strengthen a happy one, the Gottman Seven Principles Program can provide you and your partner practical skills to enhance and improve your relationship. Based on four decades of research, and taught by a Program certified instructor, this course is appropriate for all couples in a committed relationship - from those contemplating living together or marriage, to those who have been in a relationship for decades. Working with your partner, learn to articulate goals, adjust expectations, and understand the time frame needed to work on your relationship in a positive way. The class is designed for couples; tuition and special fee is per couple so only one person should register.

LLHL 119-001 • T, May 7-28 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 128, Campus • SLC
FEE: $299 + $50 special fee
INSTRUCTOR: Julie Peaslee

Homemade Lotion and Body Butter
Learn the tips and tricks of combining natural oils 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.

**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.

**Mindful Self Compassion**
Interested in developing new tools to connect with a more joyful life? Learn to move through shortcomings, motivate with kindness, forgive when needed, relate wholeheartedly to others, and experience less anxiety, depression and stress. No previous mindfulness or meditation experience is necessary. Please wear comfortable clothing. Plan on coming to class well nourished, but you may also bring a light snack and water. Please bring what you need (towel, cushion) to be comfortable sitting on the floor for some exercises, accommodations can be made for those who prefer to use chairs.

**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 opportunity 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.

**Being with Horses**
Horses are generous and insightful teachers that can help connect us to nature and to ourselves. Join this unique opportunity at the High Star Ranch in Kamas and discover what it means to build an authentic relationship with another species. Learn about horse behavior and connection while interacting with the herd and one-on-one with an individual horse. This class does not involve horseback riding. Students will interact with the horses through touch and body language. A classroom session to prepare you for the field day will help you understand how working with a horse can offer many insights into human behavior.
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, Jun 8-15 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $119 + $15 special fee
INSTRUCTOR: Josh Williams

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, essential oils and exfoliants for future batches. Please bring a pair of safety glasses or goggles. Protective gloves are included in the special fee.

LLHL 184-001 • S, Jun 22 • 10:00 AM-1:00 PM
LLHL 184-002 • S, Jun 22 • 2:00-5:00 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $50 + $25 special fee
INSTRUCTOR: Carrie Roberts

Gifts of Botanical Beauty

Hand-crafted botanical beauty products make fantastic gifts for family and friends. Lip balms, body scrubs, lotion bars and eye balms will be ‘on the menu’ of amazing items you’ll create from natural, easy-to-find ingredients. Students will leave with up to 12 items, packaged and ready to give, plus the recipes and resources to continue production at home. Co-sponsored with Red Butte Garden; members pay $44 + special fee (ask for section 002).

LLHL 106-001 • S, Aug 3 • 1:00-4:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way, SLC
FEE: $49 + $10 special fee
INSTRUCTOR: Rachael Bush

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. Co-sponsored with Red Butte Garden; members pay $44 + special fee (ask for section 002).

LLHL 175-001 • S, Jul 6-13 • 10:00 AM-12:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $20 special fee
INSTRUCTOR: Rachael Bush

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, Aug 4 • 1:00-4:00 PM
LOCATION: Cliff Lodge Spa, Snowbird Resort • Little Cottonwood Canyon
FEE: $65
INSTRUCTOR: Rachel Cieslewicz

HOME AND GARDEN

▲ Curb Appeal
Your front yard/garden creates an instant first impression - the Curb Appeal. Identify problems and challenges with existing landscapes and garden structures, look at what works and does not work based on our unique area and climate, and map out a solution with the guidance of a professional in landscape design and project management. The second or third week of class will include a walking tour of a local neighborhood to look at specific examples of garden curb appeal. Special fee includes drawing supplies.

LLHG 904-001 • T, May 7-28 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 124, Campus • SLC
FEE: $99 + $10 special fee
INSTRUCTOR: Stephanie Duer

▲ Trees and Shrubs for Residential Landscapes
Evergreen and deciduous trees and shrubs are the backbone of the landscape and making the right selections for your garden is key to being successful and creating the look you are hoping to achieve. We will focus on 60 trees and shrubs suited for the Utah landscape discussing plant characteristics, size, growth pattern, and maintenance requirements so you can make appropriate choices for your garden. Class includes garden walks that will inspire and educate you about the trees and shrubs best suited to Utah’s environment. We’ll also cover where to purchase plants and the best times to plant. Most of class time is spent walking to view the trees and shrubs in the garden so dress appropriately for weather and for walking. Co-sponsored with Red Butte Garden; members pay $107 + special fee (ask for section 002).

LLHG 520-001 • W, May 8-29 • 6:00-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $119 + $7 special fee
INSTRUCTOR: Kim Eden

▲ Gardening in Containers
Gardening in containers can transform your balcony, deck, or patio into more than just barbeque space. Learn how to create a soothing outdoor retreat by adding containers filled with flowering plants. We’ll look at container design and selection, how to combine plants for aesthetic arrangements, plant selection, and maintenance. Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

LLHG 553-001 • Th, May 9-16 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Michelle Cook

▲ Perennials - Spring and Summer Bloomers
Walk the aisles of any garden center in spring, and you’ll find yourself in the midst of a cornucopia of scent and color. The sign says “perennials”, and you know which ones appeal to you, but what else do you know about them? We can help! Whether you are starting a new garden or refreshing an existing one, you’ll want to select plants suited to your individual landscape and to pick combinations that offer color and blooms from early spring until frost. Through slides, discussion, and garden walks, we will show you the characteristics of a diverse group of perennials suited to Utah gardens. This class will focus on perennials that bloom in spring and summer. For perennials that bloom late summer and fall, please take Perennials: Late Summer - Fall Bloomers. We’ll also cover design, soil preparation, planting, and maintenance.
Co-sponsored with Red Butte Garden; members pay $81 + special fee (ask for section 002).

LLHG 617-001 • T, May 14-28 • 6:00-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $89 + $10 special fee
INSTRUCTOR: Kim Eden

All About Tomatoes
Calling all tomato growers, newbies and seasoned gardeners alike. This fun-filled class is designed to help you increase the productivity, health, flavor and variety of your tomatoes. We will discuss proper soil preparation, soil amendments, organic and synthetic fertilizers, various staking/caging/trellising/weaving methods, watering and pruning techniques as well as how to extend and preserve your bountiful tomato harvest. Learn to identify and treat common tomato pests and diseases. Tips on sourcing tomato seeds and starts will also be discussed. Students will take home a super rare/special tomato plant variety from Wasatch Community Garden’s Plant Sale.

LLHG 611-001 • W, May 15 • 6:00-9:00 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $49 + $10 special fee
INSTRUCTOR: Marybeth Hart Janerich

Follow the Wildflowers
Follow the cascade of wildflower blooms across Northern Utah in this four-session class. We’ll begin at Red Butte Garden with a little classroom time, then move into the foothills for a look at spring’s first blooms. We’ll continue to follow the wildflower bloom each class and will culminate our experience in the subalpine zone of Albion Basin in late July. We’ll spend the first part of each class learning about plant families and the plant communities located in the area we’ll be visiting. Please bring a notebook to record your findings. The instructor will provide species lists for the wildflowers we are likely to see and a hands lens. Class requires hiking 1-2 miles each class and runs rain or shine. Co-sponsored with Red Butte Garden; members pay $135 + special fee (ask for section 002).

LLHG 489-001 • W, May 15, Jun 19, Jul 10, Jul 31 • 6:00-9:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $150 + $15 special fee
INSTRUCTOR: Matthew Utley

Organic Gardening Apprenticeship
A one-of-a-kind opportunity to learn organic gardening under the guidance of an experienced local urban farmer. Monthly visits to her small scale organic urban farm will provide a hands-on lesson in garden planning, soil preparation, composting, tools, season extension, preservation, and troubleshooting. Grow enough vegetables to last much of the year and have renewed confidence in your home gardening abilities. Come to each class prepared to get dirty and work - dress appropriately, wear sunscreen, hats and bring water. For more information and inspiration, check out the instructor’s blog at https://simplephat.wordpress.com.

LLHG 598-001 • S, May 18, Jun 15, Jul 13, Aug 17, Sep 21 9:00 AM-12:00 PM
LOCATION: 1398 Cheyenne St • SLC
FEE: $189
INSTRUCTOR: Celia Bell

Vegetable Container Gardening
Do you lack sufficient sun or garden space for a vegetable or herb garden? Don’t let that stop you from growing succulent, flavorful, nutritious fresh herbs and veggies. Many herbs and vegetables thrive in containers, which you can position or move to take advantage of sunny spots. You’ll learn which vegetables and herbs do well in containers as well as tricks to keep them producing throughout summer and into fall. You will have the opportunity to plant the vegetables of your choice into a 15-inch container for take-home enjoyment.

More Home and Garden

New Courses 48-hour advance registration required Certificate of Western Horticulture Class Certificate of Digital Photography Class
sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).

LLHG 546-001 • S, May 18 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden Greenhouses 2190 Red Butte Canyon Rd • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Michelle Cook

Unusual Trees and Shrubs for the Residential Landscape
Looking for a tree or shrub a little out of the ordinary that can grow well in Utah’s climate? Join us to examine unique specimens in a garden setting and discuss best planting, growing and maintenance practices for each selection. We’ll cover trees and shrubs that can be planted in a residential setting and perform well in our alkaline soil, hot summers, and cold winters. Majority of class is spent outdoors so dress appropriately and wear comfortable shoes for walking. Co-sponsored with Red Butte Garden; members pay $59 + special fee (ask for section 002).

LLHG 472-001 • S, Jun 1-8 • 10:00 AM-12:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $65 + $10 special fee
INSTRUCTOR: Kim Eden

Grow Your Own Herbs
Tired of paying top dollar for fresh herbs, but don’t want to miss out on the flavor burst only fresh herbs can give you? Time to grow your own! Whether you are planning a new culinary herb garden or improving an existing one, this class will help you get the most from your plot. We’ll cover site and soil preparation, garden design, which herbs to plant, planting from seed versus cuttings, planting schedule, common pests and how to discourage them by inter-planting flowers, water and sun needs, and harvesting and storage. Each student will measure and plot their garden as we talk about space requirements for dozens of common edible herbs. We will also discuss cooking with fresh herbs. Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

LLHG 504-001 • W, Jun 5-12 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Angela Decker

Wonderful World of Rose Gardening
Roses are an amazingly versatile and valuable landscape plant great perfect for the Utah garden. Known for their beautiful flowers, fragrance, and long season of bloom, roses are great additions to perennial gardens, shrub borders, and more. Learn the difference between shrub roses, hybrid Tea’s, climbers, floribundas, and grandiflora so you can select the roses right for your garden. Class is combination of classroom instruction and garden walks and will cover rose selection, planting, deadheading, water, fertilizer, and pest control. Spring pruning is covered in a separate class so will only briefly be covered. Dress appropriately for being outdoors. Co-sponsored with Red Butte Garden; members pay $53 (ask for section 002).

LLHG 528-001 • T, Jun 11 • 6:30-8:30 PM
AND S, Jun 15 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59
INSTRUCTOR: Crystal Kim

Designing with Fresh Flowers - Bring Your Garden Inside
Learn the fundamentals of floral design and create traditional-style arrangements in this hands-on workshop. We’ll cover the technical tricks of flower arranging, as well as composition, color, and design. Arrangements will focus on using seasonal flowers sourced from a local farmer with class meeting monthly through the summer. You’ll design and take your creations home to enjoy each class. Please bring a floral knife or snips, wire cutters, an apron, and gloves to each class. All materials are provided.

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

More course info on page 27
Garden Treasures: Salt Lake Tour
You’ve seen pictures of spectacular gardens in your favorite magazines, but now you can see them first hand. Treat your senses to an array of sights, smells, and sounds while visiting garden treasures in the Salt Lake area. We’ll leisurely wander through two gardens each evening discussing garden design, plant selection, water features, outdoor living spaces, container plants, and more. Take home some great ideas for your own garden and learn what makes a yard a garden. Co-sponsored with Red Butte Garden; members pay $53 (ask for section 002). You will be notified where to meet before the first class.

Living Wreath
Spend a morning at Red Butte Garden creating a beautiful, living, succulent wreath. These versatile wreaths can grace your garden, become the dramatic centerpiece that sets the mood for a special dinner, or a holiday accent for a door or a mantel. We’ll provide a 13-inch wreath frame, moss and succulent plants, as well as cover care and maintenance of your living wreath. You’re sure to become the envy of the neighborhood with this statement of true living beauty. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).

Succulent Centerpieces
Looking for a centerpiece that is as much at home on the dining room table as it is on the patio or deck. Look no further than the world of succulents! Part lecture, part workshop, this class will first teach general identification, care and propagation techniques of the most popular succulents grown today as well as basic principles of design, followed by a workshop where you will create your very own succulent centerpiece. Tools, container, succulents, and all the encouragement you need will be provided. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).
**Garden Maintenance**

Gardens grow, and that can be both a blessing and a curse. The fresh young blooms of spring fade, stalks bend and droop, groundcover runs amok, and spent flowers turn brown on their stems. What’s a gardener to do? With a little maintenance know-how, you can extend the bloom of some favorite perennials, get a second bloom from others, control invasive plantings, prop or strengthen weak stems, and overall neaten your summer and fall garden. Join us as we get hands-on experience deadheading, pruning, thinning, dividing, and transplanting—and keep your garden looking grand all season long. Co-sponsored with Red Butte Garden; members pay $68+ special fee (ask for section 002).

**Edible Flowers**

Since the time of Julius Caesar and the reign of Queen Victoria, flowers have been used to enhance culinary creations and cocktails. Learn about edible flowers and which ones have the most culinary interest, how to harvest, when and how to use them, and what they taste like. Discover some unusual or lesser known fleurs and go home with an arsenal of recipes and knowledge to adorn your summer party dishes with beauty and flavor. Class includes both indoor and outdoor components including edible flower tasting and walking amongst the flowers of Red Butte Garden where we will identify plants and get tips for growing our own edible flowers. Co-sponsored with Red Butte Garden; members pay $40 + special fee (ask for section 002).

**Reclaim the Curb! Designing for Parkstrips**

They’re hot, narrow, and hard to water. Park strips are challenging areas, often neglected, but with thoughtful planning can become an integral part of the front yard garden. Learn how to accomplish both functionality and beauty with a good design and plant selection. We’ll discuss park strip challenges, designs that work in this narrow area, learn about plants that require little maintenance and stand up to environmental challenges, and how to make sure existing trees get the care and water they need to thrive. Special fee includes drawing supplies.

**Growing Lavender**

Lavender is a tough, dependable woody perennial that will last for many years under the right conditions. Because of its Mediterranean origin, lavender loves blazing hot sun and dry soil — perfect for Utah garden. Not all lavenders are the same and the ones you choose to grow will vary depending on how you plan to use them. Learn the differences of some of the more popular lavenders, how to plant, maintain, and how and when to harvest this wonderfully fragrant plant tough perennial. Co-sponsored with Red Butte Garden; members pay $40 + special fee (ask for section 002).
How to Water Almost Anything
Plant watering can be a mystery especially for new gardeners. Learn what to water, when to water, and how much to water by learning some basic gardening principles and environmental factors that affect plant water needs. We will also cover pros and cons of overhead versus drip and when each is appropriate. Manual versus automatic settings and when old fashion hand watering may be best.

LLHG 475-001 • Th, Jul 11-18 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Stephanie Duer

Preserving Fresh Herbs
You know how much flavor the fresh herbs you grow add to your summer meals. But did you know that through proper harvesting and preservation techniques, you can enjoy the essence of that flavor and fragrance all winter long? In this class you’ll learn the optimal time to harvest your herbs, techniques for preserving them for later use, and the basics of cooking with both fresh and dried herbs. A tour of Red Butte Garden’s herb garden and tasty snacks made with herbs will round out our experience. Co-sponsored with Red Butte Garden; members pay $40 + special fee (ask for section 002).

Vegetable Gardening - Extending the Harvest
Fresh lettuce and spinach in your backyard in November? Rainbow carrots and crisp baby turnips at Thanksgiving? One of the best-kept gardening secrets is that you can harvest luscious and healthy crops in October, November and beyond with just a little planning and know-how. Learn the basics of fall planting, including which crops do best during the shortening days of autumn, how to get your cool season vegetable seeds to germinate in the heat of early August, how to boost plant productivity throughout the fall, and how to extend your harvest season into the dead of winter with low-tunnels, hoop houses, and cold frames. This is a great opportunity to ask all your fall crop and season extender questions.

LLHG 589-001 • S, Jul 20 • 9:00 AM-12:00 PM
LOCATION: 1398 Cheyenne St • SLC
FEE: $45
INSTRUCTOR: Celia Bell

Water Features for the Home Garden
Soothing sound, cooling effect, and providing habitat for wildlife are all reasons to consider adding water to your garden. A water garden can be as simple as a waterproof container with a small pump or as elaborate as a pond with a waterfall or stream. We’ll cover types of water gardens, pumps, location, basic installation, and maintenance as well as give you guidelines for water
garden costs. First class meets at Red Butte Garden and is primarily lecture. Saturday is field day and meets at instructor’s garden. Special fee includes cost of pond tour which is Aug 10th and 11th. Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

LLHG 507-001 • W, Jul 31 • 6:30-8:30 PM
AND S, Aug 3 • 9:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $10 special fee
INSTRUCTOR: Richard Cobbley Rosie Cobbley

LANGUAGE

Conversational Spanish I
Learn conversational Spanish in a relaxed atmosphere. Become familiar with basic grammar structures and verb tenses, pronounce Spanish words correctly, build vocabulary, and begin communicating with confidence. Class covers the language skills needed for travel, everyday situations, a business trip, and to communicate with Spanish-speaking staff and employees. Expect two hours of homework weekly. This class is designed to be repeated as often as you wish. This course is intended for those with 2-4 years of high school or college Spanish or equivalent. Complete beginners should consider LLAN 452 Basic Spanish I. Special fees includes textbook. No class July 4.

LLAN 354-001 • Th, Jun 13-Jul 25 • 6:00-8:00 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $149 + $20 special fee
INSTRUCTOR: Rory Haglund

Basic Spanish II Condensed
For students who have completed Basic Spanish I or equivalent. Continue learning the basics of Spanish vocabulary and grammar skills from the very beginning. Create a solid linguistic foundation that can be built upon in other Conversational Spanish classes. Expect two hours of homework weekly. If you do not own the textbook from Basic Spanish I, purchase workbook ($20) from Lifelong Learning staff prior to start of class. Please note this class meets twice a week for 3 weeks.

LLAN 429-001 • MW, May 6-22 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 142, Campus • SLC
FEE: $149 + $20 special fee
INSTRUCTOR: Amy Johnson

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.

LLAN 362-001 • W, May 8-Jun 12 • 7:00-9:00 PM
LOCATION: 540 Arapeen, room 124, Campus • SLC
FEE: $149 + $20 special fee
INSTRUCTOR: Jason Cox

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 Chinese” which is available on Amazon, price varying from $28 - $50. Co-sponsored with Confucius Institute.
French for Travelers
Tackle a French vacation without fear with an all-inclusive approach to travel in francophone countries. Learn the phrases and vocabulary necessary to be successful while shopping, reading a metro plan, and ordering the ever delicious pain au chocolat. In addition to terminology, this course will provide insight on French culture and customs - how a tourist acts can greatly enhance their vacation. Get tips to traveling abroad with information that can transfer from France to the rest of Europe. Open to all levels.

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.

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. No class July 4.

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. No class May 28.

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, May 7-28 • 6:15-7:45 PM**
**LOCATION: 540 Arapeen, room 160, Campus • SLC**
**FEE: $99**
**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: LLMT 396 - Improv Comedy Workshop or equivalent.

**LLMT 433-001 • W, May 8-Jun 19 • 6:30-7:30 PM**
**LOCATION: 540 Arapeen, room 219, Campus • SLC**
**FEE: $99 + $10 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. No class May 29.

**LLMT 463-001 • T, Jun 11-Jul 2 • 6:15-7:45 PM**
**LOCATION: 540 Arapeen, room 160, Campus • SLC**
**FEE: $99 + $10 special fee**
**INSTRUCTOR: Clint Erekson**

**Australian Didgeridoo - Introductory Workshop**
Anyone can play the didgeridoo! Simply stated, the didgeridoo is a tube that amplifies what the player does with their lips, breath, voice, tongue, and entire body. Learn everything you need to know to start playing this incredible instrument in just one night. The origins of the didgeridoo will be briefly discussed, but this evening is all about the music. No prior musical experience is required, and the special fee includes the cost of a simple plastic didgeridoo.

**LLMT 464-001 • W, May 8 • 6:30-8:00 PM**
**LOCATION: 540 Arapeen, room 160, Campus • SLC**
**FEE: $39 + $20 special fee**
**INSTRUCTOR: Randin Graves**

**Australian Didgeridoo - Playing and Culture**
A soulful instrument that has been played on every continent (and even in space!), the didgeridoo can be played by anyone with a little practice. It is simply a tube that creates unique sounds through the control of the lips, breath, tongue, voice, and stomach muscles. Learn this unusual instrument and go in depth with the culture of Aboriginal Australia that invented it - from someone who lived in a remote Aboriginal community for years. This course will be taught using a simple plastic didgeridoo. If you are brand new to Didgeridoo, please register for section 001, the $20 special fee will cover the cost of your instrument. If you have taken LLMT 464 Australian Didgeridoo - Introductory Workshop, please register for section 002 and bring the instrument you purchased in that class. Due to the variety in traditional wooden didgeridoos, their use is discouraged for this class.

**LLMT 389-001 • W, May 15-Jun 19 • 6:30-8:00 PM**
**LOCATION: 540 Arapeen, room 160, Campus • SLC**
**FEE: $109 + $20 special fee**
**INSTRUCTOR: Randin Graves**
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.

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 July 2nd.

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 learning and hands on practice.

Potpourri
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!
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, May 30 • 6:00-9:00 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $45 + $10 special fee
INSTRUCTOR: Madison Warner

**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, Jun 1 • 10:30 AM-12:30 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $39
INSTRUCTOR: Troy Scotter

### Clicker Training II: Dog Agility Training
Train your dog to go under, through and over obstacles found on a dog agility course. It’s incredibly fun and very rewarding for both you and your pet! Your dog should be fit, people friendly, not reactive (bark or lunge) toward other dogs, and have completed LLPOT 937 - Beginning Clicker Training for Dogs. The first meeting will be in the classroom, so no dogs please. For the second and third weeks, bring your dog in a flat collar or harness, on a 5-6 foot leash, and please bring plenty of very small soft training treats in a treat bag for your dog and your clicker. Please no choke chains or prong collars. Class is limited to 8.

LLPOT 606-001 • W, Jun 5-19 • 6:30-8:00 PM
LOCATION: 540 Arapeen, room 142, Campus • SLC
FEE: $69
INSTRUCTOR: Lynne Gilbert-Norton

### Tour the Avenues Cemetery
Visit the largest municipal cemetery in the United States, the Salt Lake City Cemetery. The cemetery is 250 acres of beauty with historically and visually interesting headstones. We will wander among the graves of the famous and infamous as we discuss the development of the land and the challenges it has faced over the years, who died when and why, headstone symbols, burial customs, and more.

LLPOT 693-001 • Th, Jun 6 • 6:00-8:30 PM
LOCATION: Salt Lake City Cemetery Sexton’s building, 4th Avenue at N Street • SLC
FEE: $39
INSTRUCTOR: Paul Wheeler

### Astrology Intensive
You can go to an astrology website and download your chart by typing in your date of birth. But what’s the use if you don’t know how to read it? This comprehensive and user friendly workshop will begin with a brief introduction to Astrology, its history and lore, then progress to exercises in which you’ll learn about the 12 zodiac signs, four elements, and twelve houses. By the end of the course, you’ll be ready to read the Sun, the Moon, and the Rising Sign in any given horoscope. Please bring a lunch to class.

LLPOT 610-001 • S, Aug 3-10 • 10:00 AM-3:30 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $139 + $10 special fee
INSTRUCTOR: Christopher Renstrom

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**New Courses**  
**48-hour advance registration required**

- Certificate of Western Horticulture Class
- Certificate of Digital Photography Class
RECREATION

Beginning Golf for Women
Women are golf’s fastest-growing demographic—find out why in this six-session course. You’ll learn all the basics—grip, stance and posture, aim, and swing—with attention to the club-fitting characteristics that are unique to women players and a focus on finesse over power. All equipment is provided. Student to teacher ratio 6:1.

LLREC 746-001 • TTh, May 7-23 • 5:30-7:00 PM
LOCATION: Nibley Park Golf Course, 2780 South 700 East • SLC
FEE: $165 + $20 special fee
INSTRUCTOR: Nibley Park Golf Course professionals

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.

LLREC 766-001 • T, May 14-Jun 11 • 7:30-9:00 PM
LOCATION: Salt Lake Archery, 1130 East Wilmington Ave (2200 S) • SLC
FEE: $109
INSTRUCTOR: Larry Smith

Intro to Tenkara Fly Fishing
Tenkara is a traditional Japanese method of fly fishing utilizing just a rod, a line, and a fly. No reels and no hassle. The simplicity of Tenkara is perfect for fly fishers of all levels, yet holds a subtle complexity that can engage you for years. The lightweight gear and intuitive methods apply well in Utah’s rivers and backcountry. Participants will enjoy an evening of in-class discussion about history, gear, and techniques with Tenkara Guides LLC, the first exclusive Tenkara guide company outside of Japan. Saturday, join Tenkara Guides on the river to be taught by the true experts of fly fishing - the trout. You are responsible for providing your fishing license, sack lunch, polarized sunglasses (essential for eye protection), and either waders and boots or clothes and shoes that can get wet. The day on the river is physical and requires wading with slippery rocks and strong currents. Equipment rental (tippet spool, 5 flies, rod and line) is included in your special fee. Students may bring additional flies, or purchase them from the instructor onsite for $2. Class is limited to 10 and some fly fishing experience is required.

LLREC 756-001 • Th, May 23-Jun 13 • 6:15-8:15 PM
LOCATION: SLC
FEE: $99 + $5 special fee
INSTRUCTOR: Carolee Stout

Off the Couch: A Walking Tour of Salt Lake Treasures
Need some inspiration to get you walking? Our off-the-couch crew will provide just that. Each session we’ll meet at a different spot in Salt Lake City and head toward a surprise destination. It might be a viewpoint; it might be a hidden garden; it might be a piece of sculpture, a unique piece of architecture, or even an outdoor patio for a cup of decaf and dessert! Regardless of where we go, you’ll get an hour to an hour-and-a-half of moderate to brisk walking, the companionship of others, and a surprise. Three good reasons to leave the couch! Please wear comfortable walking shoes and bring camera and water. You will be notified where to meet before the first class.

LLREC 902-001 • WTh, May 15-16 • 6:00-8:00 PM
AND S, May 18 • 9:00 AM-5:00 PM
LLREC 902-003 • WTh, Jul 17-18 • 6:00-8:00 PM
AND S, Jul 20 • 9:00 AM-5:00 PM
LOCATION: 540 Arapeen, room 148, Campus • SLC
FEE: $119 + $35 special fee
INSTRUCTOR: ERIK Ostrander
Back Country Car Camping
Want the solitude of backpacking, but with fresh food, luxury items, and no effort? Would you like to explore remote areas far from services but don’t know where to spend the night? Utah and many areas of the West are full of scenic back roads with areas perfect for car camping. In this class you’ll learn how to find a campsite, how to protect the environment in which you are camping, essential gear for comfortable car camping (think: bathrooms), safety considerations, where to find detailed maps, and how to prepare for emergencies. While most time will be spent on how to plan and prepare, we’ll also (begrudgingly!) give up a few secrets about areas that are particularly rich in car camping opportunities and provide access to wilderness hiking, easy getaways, and Western ruins.

LLREC 800-001 • T, Jun 4 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 124, Campus • SLC
FEE: $35
INSTRUCTOR: Jeffrey Steadman

Kayaking Made Easy
Inflatable kayaks are a great way to learn how to paddle. Sturdy and forgiving, this craft allows beginners to feel comfortable on the river and advance quickly with their paddling skills. This introductory class will provide students with training in river safety, paddling strokes, reading whitewater, river rescue, and how to care for inflatable kayaking equipment. Class starts with dry land training and then flat water practice to prepare students for paddling the Weber River - a class I to II stretch that is a perfect challenge for new paddlers. Small rapids and rock gardens will provide us with plenty of opportunity to practice our paddling skills. Please join us for a fun day of paddling on the Weber River, just 45 minutes from SLC. Students are responsible for their boat and gear rental, please reserve early. Inflatable kayaks and all related gear can be rented as a package from REI and others. Class is limited to 12.

LLREC 777-001 • Su, Jun 23 • 9:00 AM-4:00 PM
LOCATION: TBA
FEE: $109 + $6 special fee
INSTRUCTOR: Bruce Christenson

WRITER’S TOOLBOX

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

LLWRC 779-001 • T, May 7-28 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Kim Justesen

Writing Dynamic Characters
Our ability to create resonant characters on the page measures us in both fiction and nonfiction. This workshop focuses on equipping you with a toolkit to summon dynamic characters in short stories, personal essays, novels, memoirs, blogs, and graphic arts. Tap into divergent sources including psychology, screenwriting, meditation, interviews, and imagery. Learn how to
birth, shape, and craft dialogue and action. Melt your writer’s block by falling in love with your characters and learn how to listen to their voices as you write.

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.

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.

Storytelling Workshop
Stories have been told throughout the ages to communicate culture, provide instruction, and simply to entertain. Discover the art and craft of telling your story in front of an audience of just one or many! Learn to choose the story you want to tell, memorize without sounding rehearsed or robotic, and techniques to connect with your listeners. Share and polish your stories in class, and finish the course with a live storytelling session.
Spark Your Creativity; A Writer’s Day Out
Refill your creative reservoir while taking inspiration from the beauty of Red Butte Garden in this four-hour retreat designed for writers of all levels. Work through exercises that will help you get out of your own head to approach your work from a new (and possibly surprising) angle, set intentions for the work that is important to you, and delve into why your projects speak to you. There will be plenty of free time to explore and let your muse find you, with optional sharing of what you’ve written in the final hour of class. Meet in lobby of Red Butte Garden, special fee covers entrance fee. Class time will be spent outdoors so please dress for the weather, and bring water, snacks, a notebook, and writing tools.

LLWRC 848-001 • S, Jun 15 • 11:00 AM-3:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way, SLC
FEE: $65 + $5 special fee
INSTRUCTOR: Meg Kinghorn

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

LLWRC 861-001 • S, Aug 3-10 • 12:30-3:30 PM
LOCATION: 540 Arapen, room 132, Campus • SLC
FEE: $65 + $5 special fee
INSTRUCTOR: Ella Olsen
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!
WHAT ARE YOU AFRAID OF?

Whether you realize it or not, you spend the majority of your day doing things you’ve already done hundreds of times before. Your alarm goes off the same time each morning, you grab your usual breakfast, wear the same rotation of clothing, arrive at work at the same time, and wind down in front of your preferred device at night. You are stuck in a routine that leaves no room for spontaneity, no room for unique life experiences that will get your heart pumping in anticipation. It might be that you fear an unknown outcome even more than a known bad one. But it is only by trying something new that you grow. Bravery isn’t about being unafraid. It’s about pushing through your fears.

This summer, Lifelong Learning encourage you to mix up your routine—to take a leap and try something new. With over 130 classes available—including 28 brand new classes, like Coiled Pine Needle Baskets, Macramé, Cake Decorating, Relationship Skills for Couples, Edible Flowers, and Storytelling Workshop—you will find the perfect opportunity to unleash your creativity, expand your palate, spruce up your garden, unlock the mysteries of language, and improve your life in numerous ways you can’t even imagine.

Don’t let another summer pass by without taking some action to improve yourself—to stare down your fears, step out of your routine, and engage with life.

ENROLL TODAY!