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**MAKE THE MOST OUT OF YOUR FALL CLASS PLANNER**

**New classes start weekly, SEPT - DEC 2019**
lifelong.utah.edu 801.587.LIFE (5433)

**Designing with Fresh Flowers - PG 29**
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.

CONTINOUS EDUCATION BUILDINGS
540 Arapeen Dr • Research Park
From Federal Blv, turn south onto Wakara Way. The Continuing Education Building is at the intersection of Arapeen Drive and Wakara Way.

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CON TINU ING DEFINATION BU I LDI NG
(UUCe)
540 Arapeen Dr • Research Park
From Federal Blv, turn south onto Wakara Way. The Continuing Education Building is at the intersection of Arapeen Drive and Wakara Way.

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

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

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

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

For more information, please visit our website at: continue.utah.edu/golearn

Take your knowledge further as you explore the world with hand selected U of U faculty in a program that combines education with a vacation. It’s the most intelligent way to travel.

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

continue.utah.edu/asher
continue.utah.edu/golearn
ART AND CRAFT

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

LLCFT 234-001 • T, Sep 10-Oct 15 • 6:00-9:00 PM
LLCFT 234-002 • W, Sep 11-Oct 16 • 6:00-9:00 PM
LLCFT 234-003 • T, Nov 5-Dec 10 • 6:00-9:00 PM
LLCFT 234-004 • W, Nov 6-Dec 11 • 6:00-9:00 PM
LOCATION: 8415 S 700 W, #15 • Sandy
FEE: $289 + $35 special fee
INSTRUCTOR: Richard Cobbley

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, Sep 10-Oct 15 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $155 + $40 special fee
INSTRUCTOR: Janet Faught

Intermediate Pointed Pen
Having learned the basics of forming round hand letters, take your pointed pen skills to the next level and create finished works of calligraphic art. You’ll progress from conception to creation of a small project, including creating thumbnail sketches, exploring different surfaces for lettering, project layout and design, and how to correct mistakes. Special fee covers cost of gouache, watercolors, various papers, composition tools and guide sheets. This class is intended for students who have had previous pointed pen experience and tools. If you are new to this art form, please register for LLART257 - Pointed Pen Calligraphy. Students are responsible for bringing an apron and roll of Viva paper towels.

LLART 298-001 • T, Oct 29-Dec 3 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $155 + $40 special fee
INSTRUCTOR: Janet Faught

Botanical Art and Illustration Sampler
See the natural world in a new light as you learn to accurately portray plant-life with basic botanical art and illustration techniques. Explore 4 different drawing methods commonly used by botanical artists and illustrators: graphite pencil, Micron pen, colored pencil, and watercolor. This class is appropriate for both beginners wanting to gain confidence in their skills, and experienced artists looking to refine techniques in different media. The special fee covers all supplies and the botanical subject needed for the class. First class meets from 6:00-8:00 pm.

LLART 303-001 • T, Sep 10-Oct 8 • 6:00-9:00 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $169 + $30 special fee
INSTRUCTOR: Elaine Hultgren

Metalsmithing - Deconstructing Design
Do you often wonder: “How did they do that?” when looking at handmade jewelry? Learn how to spot different techniques used to create your favorite designs, then use that knowledge to create a piece of jewelry that’s uniquely your own. After looking at “inspirational images” and time planning, create your own design with instructor guidance. Class is intended for students who have taken Beginning Metalsmithing (LLCFT 229)

More course info on page 4
or the equivalent. You should be comfortable using hand-tools and torches, and familiar with studio safety rules. Students will be responsible for providing their own supplies to be purchased between weeks 1 and 2. Special fee covers tool and facility rental.

LLCFT 213-001 • T, Sep 10-Oct 1 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28 • SLC
FEE: $145 + $40 special fee
INSTRUCTOR: Jan Harris-Smith

**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, Sep 10-24 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $85 + $20 special fee
INSTRUCTOR: Audrey Christensen

**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 Oct 9.

LLART 068-001 • W, Sep 11-Oct 23 • 6:30-8:30 PM
LLART 068-002 • M, Nov 4-Dec 9 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $155 + $20 special fee
INSTRUCTOR: Eric Erekson

**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, solder, and a semi-precious cabochon. Class is limited to 8.

LLCFT 229-001 • W, Sep 11-Oct 16 • 6:00-9:00 PM
LLCFT 229-002 • MW, Oct 28-Nov 13 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: $249 + $120 special fee
INSTRUCTOR: Mary Lambert

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

Please register for section 001 if you are bringing your own sewing machine (recommended) or section 002 to use one from the instructor. Special fee covers cost of all materials, and the use of the sewing machine in section 002.
Intermediate Quilting

Ready to take your machine quilting skills to the next level? Explore English Paper Piecing, Applique and Improv quilting as you create, quilt and bind a mini-quilt worthy of hanging on your wall. Please register for section 001 if you are bringing your own sewing machine (recommended) or section 002 to use one from the instructor. Special fee covers cost of all materials, and the use of the sewing machine in section 002. No class Nov 9.

Fused Recycled Glass for the Holidays

Fall and Winter are full of opportunities to display festive holiday decor. Learn how to use fused recycled glass to create decorations for Halloween, Thanksgiving and the winter holidays. Projects include a jointed skeleton, turkey centerpiece, and fused glass stars and wintry trees. Special fee covers materials used in class. Student must bring their own glass-cutter and running pliers, available at local art store or online. No previous glass experience is necessary.

Gesture Drawing: Animals at the Zoo

Capture the essence of a live subject as you learn to see and record form and movement quickly. You’ll practice gesture drawing techniques with stationary objects in the classroom in preparation for a Saturday excursion to Hogle Zoo. Students with any level of drawing experience will enjoy this opportunity to bring animals to life on paper! Students are responsible for purchasing their own admission to the zoo and for class materials - find a list online, or call 801-587-5433.

Metal Embossed Journal Workshop

Create a personalized metal embossed cover for a journal or sketchbook. Embossing is visually stunning, lots of fun, and easier than it looks! Compose a design that will be reproduced as raised or sunken patterns on the surface of soft metal, and finished to create an “antiqued” look. Please bring a hardcover journal or sketchbook, 6” x 9” or smaller. Special fee covers the rest of the required materials.
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, Sep 24-Oct 22 • 6:00-8:00 PM
LOCATION: 540 Arapeen, room 124, Campus • SLC
FEE: $139 + $20 special fee
INSTRUCTOR: Natalia Wilkins-Tyler

Macramé - An Introduction

Macramé is an ancient craft that originated with Arabic weavers during the 13th century and has also secured a place in the lexicon of contemporary fiber art. Learn a bit of this history, five different commonly used knots and pattern design. Then put your fingers to work as you create two pieces of modern decor, 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, Sep 28-Oct 5 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $95 + $35 special fee
INSTRUCTOR: Marti Woolford

Beginning Watercolor Painting

Enchanted by the aesthetic beauty of watercolor with its subtle washes and expressive detail? Learn the basics for your own pursuit of beauty in this course. Students are responsible for their own materials.

LLART 071-001 • T, Oct 1-Nov 19 • 6:30-9:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $229
INSTRUCTOR: Richard Vroom

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! No class Oct 31.

LLCFT 274-001 • Th, Oct 3-Nov 14 • 6:00-9:00 PM
LLCFT 274-002 • S, Oct 5-Nov 9 • 9:00 AM-12:00 PM
LOCATION: Wasatch Forge, 3345 S 300 W, #5-A • SLC
FEE: $289 + $20 special fee
INSTRUCTOR: Matt Danielson

The Sketchbook Journal — Expression & Experimentation

Developing a personal sketchbook habit is a fun and creative way to bring presence and awareness to your surroundings. Relax in a “judgment-free” zone where you will record memories, explore emotions, and experiment with new ways of expressing yourself including drawing, watercolor, lettering, collage, and abstraction. You’ll develop creative and cognitive skills, explore personal theories, and have the opportunity to share your successes and failures. While the focus is on building visual art skills, no previous art experience is necessary; all are welcome and encouraged to join. Special fee covers all materials.
Abstract Art with Alcohol Inks
Alcohol inks are multi-surface inks that can be used on a variety of surfaces including glossy paper, plastic, metal, glass and other materials. For those with no or little experience in painting, we will focus on materials, tools, techniques, color, value and “seeing” your artistic voice. You will complete several note cards and a frameable print as we experiment with alcohol inks on a variety of surfaces. Class materials provided, including frame. Class is limited to 10.

Metalsmithing - Texture and Dimension
Add a new dimension to your jewelry as you explore different methods of capturing stones and found objects. While building a piece of your own design, you’ll learn new techniques such as riveting, fusing, creating surface textures, oxidation and finishing techniques. Bring a stone, object or memento (no bigger than a quarter) to incorporate into your design, plus paper and pencil, to the first night of class. Materials needed to complete your piece will be discussed at this time. Students are responsible for their own materials, find a list online, or call 801-587-5433. Special fee is for models. No class Oct 31.

Personalized Cloth Dolls
Learn the basics of doll making as you create a one-of-a-kind cloth doll designed by you. You’ll be guided through the creative process, including pattern making, hand-
sewing and stuffing, and adding embroidered and painted details. Special fee covers all materials needed for the class, and all skill levels are welcome. You will leave with your very own 6” doll, as well as the skills and knowledge to create future cloth doll projects on your own.

LLCFT 206-001 • T, Oct 15-29 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $85 + $20 special fee
INSTRUCTOR: Audrey Christensen

**Perspective Drawing**

Understanding perspective will change how you see — and draw — the world. Through on-site sketching you’ll begin to apply the concepts of perspective in practical ways for drawing buildings and spaces. Learn how to reduce what you see to simple, basic shapes, and how to finish your sketch with detail and tone, also in perspective. After just the first class, you’ll see perspective everywhere! Prerequisite: Beginning Drawing (LLART 68) or the equivalent. Students are responsible for materials needed for the class - find a list online, or call 801-587-5433. No class Oct 31.

LLART 144-001 • Th, Oct 17-Nov 14 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $109
INSTRUCTOR: Sofia Chimaras

**Encaustic Painting on Photographs: Open Studio**

Work on encaustic designs of your choice under the guidance of an instructor in this “open studio” style workshop. Students can work on new pieces, or pieces that are in progress. Special fee covers the cost of wax, pigments, stencils, brushes, etc, and use of equipment. Please bring your own collage/photographic materials, and for new work up to (4) 12”x12” (or smaller) plywood or cradled wood panels. Prerequisite: Encaustic Painting on Photographs (LLART 284) or the equivalent. This is not an introductory class. Class is limited to 8. Please bring a lunch.

LLART 155-001 • S, Oct 19-26 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $155 + $100 special fee
INSTRUCTOR: Niel Franti

**Botanical Mandalas**

A mandala (or “circle” from the Sanskrit language) is a symbol that is often linked with the infinite, and our connections with our planet and environment. Create your own connections while learning about the medicinal plants of indigenous tribes, and the plant parts of the wild rose. Provided templates will guide you in the construction of your mandalas. Techniques include rendering line work with fiber tipped pens and color application using colored pencils on toned paper. The special fee covers the following supplies: a set of 12 Prisma verithin pencils, 2 Micron fiber tipped pens, prisma gold and silver metallic pens and toned grey and tan paper.

LLART 268-001 • M, Oct 28-Nov 18 • 6:00-9:00 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $155 + $30 special fee
INSTRUCTOR: Elaine Hultgren

**Metalsmithing - Charms & Chain**

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

LLCFT 215-001 • T, Oct 29-Nov 19 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28 • SLC
FEE: $169 + $80 special fee
INSTRUCTORS: Asia Dutson, Jan Harris-Smith, Mary Lambert, Amy Schmidt

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Watercolor Orchids
Learn botanical watercolor techniques — such as dry brushing and creating small details — as you work from sketches or photos made on a field trip to Red Butte Garden’s annual Orchid Show. Students new to watercolor, and those with previous experience looking to add skills to their toolbox, are welcome. Previous drawing experience is required as the focus will be on watercolor techniques. Please see the materials list for items needed for class.

LLART 132-001 • T, Oct 29-Nov 19 • 6:00-8:00 PM
AND S, Nov 2 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen, room 124, Campus • SLC
FEE: $139 + $6 special fee (entry to the Orchid Show Nov 2)
INSTRUCTOR: Natalia Wilkins-Tyler

Metal Clay - Next Level
Continue exploring the versatility of working with silver clay. Learn to embed gems before firing, add texture after firing, add color enhancement, and how to make bails to allow finished pieces to be hung from necklace chains. Prior attendance in Metal Clay – Silver (LLCFT 242) or an equivalent introductory course is required. Special fee covers the cost of all materials needed for the class.

LLCFT 207-001 • S, Nov 2-9 • 10:00 AM-12:00 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $59 + $50 special fee
INSTRUCTOR: Carol Avery

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, Nov 2-9 • 10:00 AM-3:30 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $139
INSTRUCTOR: Cindy Briggs

Woven Wall Hanging
Explore the basics of weaving on a table-top loom as you create a 10x10 inch wall hanging. Learn to set up the warp, create depth within your piece using both yarn and textured fiber, use color to create visual interest, and how to finish the hanging with a straight or fringed edge. Leave with your own unique piece of fiber art to hang in your home or gift to a friend. Special fee includes the cost for all materials used in the class. Class time includes a break so please bring a snack or sack lunch.

LLCFT 170-001 • S, Nov 2 • 10:00 AM-5:00 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $99 + $50 special fee
INSTRUCTOR: Danielle Susi

Sunlit Watercolor
Capture luminous sunlight and colorful shadows in your watercolor paintings. Create drama and depth with directional light, and learn how to mix and mingle a variety of colors to create a range of values. Paint using a provided image or bring your own with good light and shadows. Beginning Watercolor Painting (LLART 71) or equivalent experience is required. Students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 128-001 • W, Nov 6 • 6:00-9:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $49
INSTRUCTOR: Cindy Briggs
Monoprints and Collage
Ideal for artists who love to draw and paint, monoprints combine draftsmanship and direct painting with printmaking. Create a variety of printed material that will be added to, collaged, and re-imagined into singular works of art on a 12”x 12” wood panel. All levels of experience are welcome. Special fee covers all materials needed for this exciting 2-day workshop, including Golden paint products, stencils and mark making tools to use in class, and an 8”x10” Gelli Plate and wood panel to take home. Students should bring a pencil and notebook, image resources (which may include postcards, greeting cards, parts of drawings, photographic prints), favorite drawing tools and a lunch.

LLART 143-001 • S, Nov 16-23 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $155 + $100 special fee
INSTRUCTOR: Stacy Phillips

Watercolor Poinsettia
Draw and paint a colorful holiday poinsettia with flowing luminous watercolors. Learn to draw more organically, get tips on color mixing, and ideas of how to add a stylized background design using stencils. All levels of experience are welcome. Students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 143-001 • S, Nov 16-23 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen, room 138, Campus • SLC
FEE: $155 + $100 special fee
INSTRUCTOR: Stacy Phillips

Fused Recycled Glass Snowflake & Star Workshop
Perfect for trimming a holiday tree, gift giving, or as seasonal sun catchers, snowflakes and stars are a fun way to learn fused glass techniques. Students will work at their own pace with precut window glass to make an array of sparkling ornaments. Fusing will take place after class and arrangements will be made for students to pick up their work. Special fee covers all materials used in class. No previous glass experience is necessary.

LLART 141-001 • S, Dec 7 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $89 + $35 special fee
INSTRUCTOR: Samantha daSilva

PHOTOGRAPHY
Photoshop for Photographers
Considered the leader in professional photo editing software, Photoshop allows users to create, manipulate, crop, resize and correct digital images. Begin to get a handle on this massive program from a Photoshop expert with an introduction to the tools and settings that can have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. This course is intended for students with a working knowledge of photography and its basic terms. Please bring USB thumb drive to the first class. Not sure if it’s the right class for you? Take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.
Introduction to 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.

Lightroom Level 2

Expand your knowledge of Lightroom as you edit personal work in a classroom setting with the opportunity for group feedback and critique. Explore advanced editing features like HDR (high dynamic range) and Panoramas, working with Presets, tricks to improve color in Lightroom (profiles, calibration, etc.), and advanced catalog strategies. Registered students should have completed Lightroom — An Introduction (LLART297) or the equivalent. Please see the “Materials List” below for the skills needed in order to have a successful experience in this Level 2 class.

Natural Light Portrait Photography

Using the beauty of natural light, develop your skills at portrait photography. We’ll work indoors and out, playing with shadow and light to add mood and texture to your work. Take your portraiture to a whole new level! Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or our quiz or call 801-587-5433.

More Photography

LLART 286-001 • M, Sep 9-Oct 14 • 6:30-8:30 PM LOCATION: 540 Arapeen, room 156, Campus • SLC FEE: $189 INSTRUCTOR: John Craigle

LLART 297-001 • W, Sep 11-Oct 2 • 6:30-9:00 PM LOCATION: 540 Arapeen, room 156, Campus • SLC FEE: $159 + $10 special fee INSTRUCTOR: Ben Kuhns

LLART 147-001 • W, Oct 9-30 • 6:30-9:00 PM LOCATION: 540 Arapeen, room 156, Campus • SLC FEE: $149 + $10 special fee INSTRUCTOR: Ben Kuhns

LLART 094-001 • W, Sep 11-25 • 6:30-8:30 PM LOCATION: 540 Arapeen, room 238, Campus • SLC FEE: $75 INSTRUCTOR: Jeri Gravlin
Photographing People in Motion

Have you ever struggled to get a good photo of someone participating in sports, theater, concerts, recitals, or just running around a playground? Photographing people in motion, often in poor light, is something sports photographers do every day, and the camera settings, shooting techniques and post-processing methods they use can be applied to many other situations. Learn from a sports photographer to go beyond your camera's auto mode and dramatically improve the photos you get of people who aren't posing to say “cheese”. The third meeting will be a field trip to practice the techniques you’ve learned in the classroom.

LLART 130-001 • Th, Sep 12-Oct 3 • 6:00-8:30 PM LOCATION: 540 Arapeen, room 154, Campus • SLC FEE: $139 INSTRUCTOR: David Argyle

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. No class Oct 8

LLART 115-001 • T, Sep 17-Oct 22 • 6:30-9:00 PM AND S, Oct 19 • 10:00 AM-12:00 PM LOCATION: 9875 S 240 W • Sandy FEE: $169 + $8 special fee INSTRUCTOR: Neil Eschenfelder

Digital Photography II

Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes and black and white? If you have mastered the basics and are ready to go deeper, this is the class for you. We’ll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique controls your digital camera gives you. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Saturday classes are field trips.

LLART 131-001 • W, Oct 30-Nov 13 • 6:30-8:30 PM AND S, Nov 2-9 • 10:00 AM-12:00 PM LOCATION: 540 Arapeen, room 154, Campus • SLC FEE: $129 + $5 special fee INSTRUCTOR: Neil Eschenfelder

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.

LLART 096-001 • W, Sep 18-Oct 9 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $129 + $20 special fee
INSTRUCTOR: John Craigle

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, Sep 28-Oct 5 • 10:00 AM-1:00 PM
LLART 193-002 • S, Nov 9-16 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $99
INSTRUCTOR: Erika Cespedes

Organize Your Digital Photos
Learn editing and workflow tips for organizing your digital photos so they are accessible and not “lost in the void” of a hard drive or memory card. You’ll learn to start with the systems/software you have, get an introduction to organizational software options, and receive one-on-one guidance as you start to organize your photos in class. Open to any photographer wanting to organize their images so they are easy to find. Class is highly recommended for students in the Certificate of Digital Photography as preparation for Portfolio Assembly and Review (LLART 300). Please bring a laptop to class, along with the files you’d like to organize.

LLART 158-001 • W, Oct 9-16 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $69
INSTRUCTOR: Jeri Gravlin

Food Photography Bootcamp
Learn how to capture mouth-watering images of your favorite foods for use on social media, marketing materials, or a self-published cookbook. Explore current styles in food photography, discover secrets used to make food look flawless, experiment with natural and studio lighting, and learn food styling basics. Class is intended for students working with a DSLR or Mirrorless System camera. Please see the materials list below for items you’ll need to bring to class. 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.

LLART 208-001 • S, Oct 26 • 9:30 AM-2:30 PM
LOCATION: 540 Arapeen, room 154, Campus • SLC
FEE: $89
INSTRUCTOR: Erika Cespedes

COOKING, TASTING, AND TOURS

Gathering Wild Mushrooms
Delicate, yet hearty and palette pleasing, mushrooms add texture and flavor to a variety of cuisines and dishes. But which of the thousands of species of mushrooms is edible, and which will kill you? We’ll begin to learn this important distinction in class, where we will discuss the basics of mushroom hunting, which mushrooms in Utah and surrounding states are edible, and of course,
cooking with mushrooms. Our field trip will take us to
the Uinta mountains, where we will hunt for boletus
edulis (porcini), chanterelle, and agaricus campestris
(button). Field trip transportation is by carpool.

LLFW 416-001 • W, Aug 21 • 6:00-9:00 PM
AND S, Aug 24 • 9:00 AM-5:00 PM
LOCATION; 540 Arapeen, room 132, Campus • SLC
FEE: $119 + $5 special fee
INSTRUCTORS: Peter Golub & Tatyana Golub

Urban Farms - Foraging and Feasting Locally
Kick off “Eat Local Week” as you embark on a cu-
linary adventure designed to introduce you to local
food, and the people that produce it! We’ll start at Ar-
mour Café to discuss topics related to food and health
and environmental sustainability, then set out to meet
urban farmers to see what crops are coming in dur-
ing the abundant late-summer growing season. You’ll
leave with new connections to your food producing
community, and information on how to find local
products throughout the year. Special fee covers items
that will be tasted during the tour. This class involves
walking, standing and will be mostly outdoors, so
please dress appropriately.

LLFW 302-001 • S, Sep 7 • 9:00 AM-2:00 PM
LOCATION: Amour Café, 1329 S 500 E • SLC
FEE: $75 + $15 special fee
INSTRUCTOR: Jennifer Macali

Wines of France: Cotes-du-Rhone
Did you know that Syrah and Viognier both have their
origins in the Cotes-du-Rhone? The Rhone Valley
begins below Lyon, considered France’s gastronomic
capital, to Avignon, the gate of Provence. This large
expanse of a region is diverse in grape varieties as well
as its history. Home to seven Popes and Julius Caesar,
the Rhone has always been the perfect destination for
living, agriculture and of course vacationing! Class will
showcase different styles of wines including white, rose,
and red with stories that date back to 125 BC. Please
bring a photo ID indicating your age to class.

LLFW 269-001 • M, Sep 16 • 6:00-9:00 PM
LOCATION: 3359 S Maine St • SLC
FEE: $69 + $30
INSTRUCTOR: Kate Stalsberg

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 bev-

age professional or a casual enthusiast, this class is not to be
missed. Please bring photo ID that indicates your age to class.

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
(Re)Discovering Green Tea

Though often over-hyped as a “miracle” beverage, when green tea is brewed properly it is simply delicious, and worth drinking for pure enjoyment. Join a tea specialist as they share the knowledge and flavors discovered on a recent trip to Shizuoka Prefecture, the premier tea growing region of Japan. You’ll sample 6 different varieties of green tea, and participate in a “mock” matcha tea ceremony.

LLFW 388-001 • S, Sep 21 • 9:30-11:30 AM
LOCATION: Tea Zaanti, 1324 S 1100 E • SLC
FEE: $39 + $8 special fee
INSTRUCTOR: Scott Lyttle

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 foundation techniques such as: stacking, applying the buttercream crumb coat; and getting smooth sides on the final buttercream layer. This class will have an extended focus on piping and creating artistic decor using several piping tips to create fun textures, stripes, and adding sprinkles. 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 decor items (sprinkles, etc). 72 hour advanced registration required and NO refunds for drops submitted less than 3 business days before class.

LLFW 241-001 • S, Oct 5 • 2:00-5:00 PM
LOCATION: 540 Arapeen, room 152, Campus • SLC
FEE: $55 + $50 special fee
INSTRUCTOR: Muyly Miller

Wines of Catalan Spain

The Catalonia wine region is located along the Mediterranean Sea, the northeast corner of Spain. It is well known for its dry whites and rosés, heavy reds and is the birthplace for Spain’s first sparkling wine. Hear personal stories behind many of the wineries as you taste all styles of Catalan wines which are available in Utah, beginning with a Cava that was made by the family who first made sparkling wine in Spain. Please bring a photo ID indicating your age to class.

LLFW 296-001 • Th, Oct 10 • 7:00 AM-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Sheral Schowe

Stirred, Not Shaken: Advanced Cocktails

With apologies to James Bond, put down the metal shaker and reach for the stirring glass and long-handled bar spoon instead. Learn about the fascinating background of classic stirred drinks like the Sazerac and Martinez (and more!) with a professional cocktail historian and spirits writer. This hands-on class covers the why and how of cocktail technique to create flawless stirred drinks, sourcing the best ingredients and preparing beautiful garnishes. Please bring a photo ID that indicates your age to class.

LLFW 298-001 • W, Oct 16 • 7:00-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Darby Doyle

Sugar Cookie Decorating

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

LLFW 296-001 • Th, Oct 10 • 7:00 AM-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $35 special fee
INSTRUCTOR: Sheral Schowe

More course info on page 17
Beer Sensory Evaluation and Off Flavor Training
Have you ever had a beer that didn’t taste quite right, but couldn’t put your finger on the flavor? Do you homebrew and want to better diagnose the success of your next batch? Come refine your palate and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, students will learn about basic off flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class. Please bring your photo ID to class!

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.

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.

Making Bitters
Join the founder of Bitters Lab to create your very own gourmet orange bitters from scratch, just in time for holiday parties - from coffee to cocktails, to food and dessert. You’ll learn the captivating history of bitters production, instruction on how to master tasting bitters, finishing techniques, and how to use bitters in a (non-alcoholic) beverage to be sampled in class. Special fee includes all the ingredients needed to make 8 ounces of bitters from start to finish. There is no class on November 13th so bitters can steep for two weeks before consuming.

Red Wines of Northern Italy
No other wine country has the abundance of native grape varieties as Italy. Italian wine producers are able to offer unique and distinctive wines that cannot be replicated in any other country. Focusing on the
Northern section of Italy, you will taste six red wines from Piemonte and surrounding regions to discover the difference in aromas and flavors of indigenous grape varieties. Please bring photo ID that indicates your age.

LLFW 547-001 • Th, Nov 7 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $35 special fee
INSTRUCTOR: Sheral Schowe

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.

LLFW 300-001 • W, Nov 13 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $36 special fee
INSTRUCTOR: Darby Doyle

Booze and Banter: Writing about Spirits
Curious about how professional writers approach the subject of spirits? We’ll cover a brief history of beverage writing, evaluate ingredient selection and tap into the full potential of the senses while sampling a variety of spirituous ingredients. Instructed by an award-winning food and beverage writer and cocktail historian, we’ll put pen to paper (or thumbs to Smartphone) with a social-media worthy drink write-up, plus inspiration for writing longer projects. Please bring a photo ID that indicates your age to class.

LLFW 489-001 • T, Nov 19 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Jim Santangelo

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 506-001 • Th, Nov 21 • 6:30-8:30 PM
LOCATION: Millcreek Cacao, 50 Century Dr (2959 S) SLC
FEE: $35 + $10 special fee
INSTRUCTOR: Mark Del Vecchio

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

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FINANCE AND BUSINESS

**Instagram for Business**
Small business owners with limited budgets need to be effective in their marketing strategies. If you are a beginning to intermediate Instagram user and have fewer than 500 followers, learn how to more successfully promote yourself, your small business, or nonprofit organization on a limited budget. Learn to optimize your Instagram Profile, create and curate engaging content, use effective tactics to increase audience engagement, and develop short- and long-term strategies to reach organizational goals. Students must have an active Instagram account, please bring your phone or tablet to class.

LLBUS 163-001 • W, Oct 9-Nov 13 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 148, Campus • SLC
FEE: $155 + $10 special fee
INSTRUCTOR: Emily Ashby

**Bringing Your Invention to Market**
Whether you’re a weekend tinkerer creating inventions in your garage, or feel that you’ve got the next “big thing” for Shark Tank, bring your invention to market but avoid the pitfalls along the way. Learn the major steps of product development, including: researching and planning your product launch; business setup, taxes and royalty considerations; engineering your idea from concept to packaging; patent and trademark considerations; manufacturing; and the challenges of getting your product from production to retail. The instructor brings real-world expertise and experience to share and help you along the process.

LLBUS 234-001 • T, Oct 22-Nov 26 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 146, Campus • SLC
FEE: $159 + $5 special fee
INSTRUCTOR: Chris Olsen

**Public Speaking: Content & Confidence**
According to Jerry Seinfeld, the number one fear in life is public speaking — more so than death! Overcome your fear as you work with an experienced speaker coach to: build confidence; develop content; create effective visuals; learn memorization tactics and stage presence (gestures, voice inflection, etc.); and ultimately deliver a memorable, insightful, powerful talk. If you have a specific talk to work on please bring it. Students are encouraged to attend every class to get the most out of skill building exercises.

LLBUS 159-001 • M, Nov 4-Dec 9 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Beth Wolfer

HEALTHY LIVING

**Bar Method Exercise, 30 Day Pass**
This class is an unlimited 30-day pass for students NEW to The Bar Method. The Bar Method is an hour-long total body workout that combines isometrics, interval training, dance conditioning, and sports rehabilitation to quickly and safely burn fat and carve muscle. Classes are high intensity, non-impact, and composed of eight to nine exercises that work muscles to total exhaustion, followed by stretches to change the shape of the muscle. With regular practice students can expect to firm muscles, increase flexibility, reduce body fat, improve posture, and increase stamina and energy. Workout pants to the knee and socks are required. Activation starts the day of the first class. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance 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, Sep 3-Dec 31 • TBA
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $79
INSTRUCTOR: Bar Method Staff
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.

LLHL 199-001 • MTWThFSSu, Sep 3-Dec 31 • TBA
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $379
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 http://ultimatecombat.com/Home/Schedule to see a list of classes and times. Passes may take 3 - 5 business days to set up. You may purchase or renew card at any time during the term; cards will be honored for 60 days.

LLHL 219-001 • MTWThFSSu, Sep 3-Dec 31 • TBA
LOCATION: Ultimate Combat Training Center, 555 E 2100 S • SLC
FEE: $149
INSTRUCTOR: Ultimate Combat 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, Sep 3-Dec 31 • TBA
LOCATION: Centered City Yoga, 926 E 900 S • SLC
FEE: $110
INSTRUCTOR: Centered City Yoga Staff

Mindfulness Based Stress Reduction - 6 Week Techniques and Practice
Experience meditation techniques which can be used to gain both the physical and mental health benefits of mindfulness. This expansion of the MBSR workshop will introduce methods that are taught in the full 8-week course, and provide support for continuing practices in one’s everyday life including: body scan meditation, sitting meditation, mindful movement practice, and the science of the stress response as it impacts the body/heart/mind. No prior experience with MBSR is required to take this class.

LLHL 207-001 • T, Sep 10-Oct 5 • 6:30-9:00 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Bonnie Edwards

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.
T’ai Chi
Tai Chi is a moving meditation, and some say - moving medication. We will begin sitting on the floor (with cushions) for stretching and self-massage. The remainder of class will be done standing with a focus on breath and movement to help connect your mind and body. You will learn where you hold tension, how to release it, how/why to train your mind to be present, and practice consciously slowing down both physically and mentally.

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

Qi (chee) is defined as life force energy; gong is defined as exercise. Put it together and Qigong is a Chinese practice that exercises your life force energy. The practice is the precursor to Tai Chi and uses movements and postures to integrate Chinese acupressure points, meridians, and internal organs in a mindful and meditative way. The gentle, rhythmic movements of Qigong reduce stress, builds stamina, increases vitality, and enhances the immune system. Students of any age or ability level can take this class and they can do it seated or standing. Co-sponsored with Tanner Dance. No class Oct 14.

Redefining “Empty Nest”
Process feelings and contemplate “what’s next” regarding your new (or soon-to-be) empty nest. Through journaling and class discussion, learn to recalibrate as you discover new creative outlets and opportunities to fill “parenting time.” Please bring a journal (paper or digital are both welcome!) and leave the very first night with exercises and encouragement to help you start your next phase in life.

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.

LLHL 181-001 • W, Oct 2-16 • 6:30-8:30 PM LOCATION: 540 Arapeen, room 146, Campus • SLC FEE: $79 INSTRUCTOR: Mark Esterman

Qigong for a Healthy Back
Practice focused breathing, postures and movements, as well as mental visualizations to help bring harmony to mind, body and spirit. We will focus on creating and boosting your ability to improve the flexibility and mobility of the spine, release muscular tension in the back, improve postural alignment, and with flowing movements create healing in the spine. Participants will perform twisting, lunging, and spiraling of the upper and lower back. Qigong can be individualized to your personal abilities and needs, and movement modifications will be demonstrated. No class Oct 16.

LLHL 121-001 • W, Oct 2-30 • 6:30-8:00 PM LOCATION: 540 Arapeen, room 132, Campus • SLC FEE: $79 INSTRUCTOR: Melissa Faber

Botanical Beauty: Homemade Facials and Skin Care
Learn to exfoliate, moisturize, and deal with sunspots and other common blemishes using all-natural, easy-to-find ingredients. Class will include a demonstration of herbal facials, as well as hands-on experience doing one. You’ll also receive recipes for a facial scrub, a treatment for puffy eyes, a facial toner/mist, and lotion bar. Bring a washcloth, face towel, and bandana or hair tie, and come prepared for a relaxing and informative, fun time.

LLHL 134-001 • S, Oct 5 • 2:00-4:30 PM LOCATION: 540 Arapeen, room 138, Campus • SLC FEE: $49 + $8 special fee INSTRUCTOR: Rachael Bush

Mantra, Meditation, and Meaning: Sacred Music of Tibetan Buddhism
Spend an evening discovering the joy and happiness of Tibetan Buddhist meditation. Explore a lighthearted sampling of meditation techniques, mantra, and music, with some basic principles from the Dzogchen Lineage of Tibetan Buddhism. Bring a cushion and be ready to sing! Chairs will also be provided.

LLHL 245-001 • T, Oct 15 • 6:30-8:00 PM LOCATION: 540 Arapeen, room 160, Campus • SLC FEE: $35 INSTRUCTOR: Joseph Evans

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

LLHL 124-001 • S, Oct 19-Nov 23 • 7:00-8:30 AM LOCATION: Kirin CrossFit, 1676 S 700 W • SLC FEE: $129 + $15 special fee INSTRUCTOR: Keslie Piccari

Mindfulness Based Stress Reduction Retreat at High Star Ranch
A unique opportunity to deepen your mindfulness practice in the beautiful surroundings of High Star Ranch in Kamas, Utah. Experience guided meditation practices including sitting, walking, body scan, mindful movement and mindful eating. This day long retreat will be held in silence, allowing students to be immersed in the
field of awareness with the support and guidance of the instructor. Students are required to have completed a multi-week Mindfulness Based Stress Reduction course prior to attending this retreat. Please bring a lunch. Special fee is for facility rental. The retreat begins promptly at 9AM so please allow ample time for travel to Kamas.

**Tibetan Buddhist Meditation — An Introduction**

Learn to reduce stress, anxiety, and traumas, and increase well-being and happiness through Tibetan Buddhist Meditation. Explore calm abiding meditation (shamatha), The Four Noble Truths, developing compassion (tong-len practice), the 12 Wisdoms, and fundamentals of Buddhist view according to the Dzogchen Lineage of Tibetan Buddhism. No previous meditation experience is required. Students may sit on the floor (please bring a comfortable cushion), or chairs will be provided.

**Sugar & A Healthy Diet**

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

**Qigong for Women’s Health**

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

**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.
**Intermediate Soap Making: Colors and Infusions**

Step up your cold-process soaping skills with layering, marbling, and infusing! Use natural ingredients to create soap “batters” of different colors while making 2 different types of bars - a layered bar featuring add-ins like oatmeal, local honey, and sea salt, and a marbled bar incorporating a turmeric and paprika infusion that you’ll start in class and finish at home. You’ll make two 1.5 pound batches of soap that will yield 6-8 bars each. All ingredients are organic, non-gmo, and vegan! Students should bring 2 clean 4-8 oz glass jars with lids to the first class. Long sleeves (natural fiber) are recommended for working with high temperatures, hot oil, and lye. Please bring a pair of safety glasses or goggles. Protective gloves are included in the special fee. Prerequisite: Soap Making (LLHL 184) or the equivalent.

**Homemade Lotion and Creams**

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

**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.
Edible Flowers - Year End Harvest and Preservation
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 wrap up your gardening season with ideas to continue using edible flowers throughout the holiday season. 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).

LLHG 476-001 • Th, Sep 5 • 6:00-9:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC FEE: $45 + $10 special fee
INSTRUCTOR: Lynsey Nielson

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

LLHG 450-001 • M, Sep 9-30 • 6:30-9:00 PM
LOCATION: 540 Arapeen, room 148, Campus • SLC FEE: $125
INSTRUCTOR: Tom Arnold

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 • M, Sep 9-30 • 6:00-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC FEE: $119 + $7 special fee
INSTRUCTOR: Kim Eden

Residential Landscape Design
Save time and money by making informed landscaping choices before you plant. We’ll show you how to draw a plan; analyze your site; and use landscape design principles for laying out paths, patios, and garden beds suitable for your site. We’ll use Red Butte Garden to look at plants appropriate for the Utah landscape and learn about plant characteristics to consider when choosing plants for your garden design. You’ll have the opportunity to work on your personal landscape plan throughout class with the help of a landscape designer. Co-sponsored with Red Butte Garden; members pay $194 + special fee (ask for sections 002 or 004).
LLHG 512-001 • W, Sep 11-Oct 9 • 6:00-9:00 PM AND S, Sep 28 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $215 + $10 special fee
INSTRUCTOR: Rosie Cobbley

LLHG 512-003 • Th, Sep 19-Oct 17 • 6:00-9:00 PM AND S, Oct 12 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen, room 124, Campus • SLC
FEE: $215 + $10 special fee
INSTRUCTOR: Stephanie Duer

Designing With Fresh Flowers
Learn the elements of floral design in this hands-on workshop. Each week, we’ll discuss floral design principles and elements and create beautiful arrangements from a variety of flowers, then take your creations home to enjoy. Please bring a floral knife, floral snips, an apron and a hand towel to each class. All materials are provided. Class is limited to 9.

LLHG 500-001 • W, Sep 18-Oct 9 • 6:00-8:00 PM
LOCATION: Native Flower Company, 1448 E 2700 S • SLC
FEE: $129 + $80 special fee
INSTRUCTOR: Pam Olson

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).

LLHG 588-001 • S, Sep 21 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden Greenhouses, 2195 Red Butte Canyon Road • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Nathan Staker

Soils: Dig Deeper into Gardening
They get enough water. They get enough light. So why aren’t your plants as healthy or as big as you think they should be? It could be the soil. Did you know approximately 90% of plant problems are soil related? Soil is where it all begins and this course is where you begin learning about it. We will cover the physical, biological, and chemical properties of soils as well as basic plant nutrition and fertilization that will help you achieve an optimum planting and growing environment. Discussion will include soil, soil structure, how to work with different types of soils, and how to improve it. Understanding what is going on underground is your first step in creating a healthy and beautiful garden. Co-sponsored with Red Butte Garden; members pay $44 + special fee (ask for section 002).

LLHG 615-001 • Th, Sep 26-Oct 3 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 242, Campus • SLC
FEE: $49 + $5 special fee
INSTRUCTOR: Michelle Cook

Containers for Fall Gardens
Spend time at the Garden creating a striking fall container planting. After reviewing plants suitable for fall container gardening, including cool-season annuals, perennials, shrubs, and trees, we will each create a container masterpiece that will hold up through Thanksgiving, and potentially through winter. You’ll receive a 16-inch LINER that will fit in your own decorative container, soil, plants, and design suggestions. Please meet at the Garden greenhouse. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002 or 004).
Ornamental Grasses
Looking for fabulous low maintenance plants with year-long interest? Ornamental Grasses offer a striking array of textures, forms, sizes, and colors. Their multi-season interest is virtually unsurpassed in the world of plants. These versatile plants are drought tolerant and are great additions to any landscape. Combine grasses with the golds, yellows, oranges, and blues of fall perennials and you'll forget all about those flashy spring gardens! You'll also learn tips on planning and maintenance.

Tool Sharpening and Maintenance
Do you have dirty, dull gardening tools sitting in your garage? Garden pruners that no longer give you a clean cut? Not only do poorly-maintained tools not function well, they may be damaging the plant and making gardening harder on your body. And don’t forget those old wood handles! Lose those splinters and bring them back to life. Learn how to care for your garden tools to improve their life and performance. Bring your hand pruners, loopers and shovel and spend a Saturday morning sharpening and cleaning your tools. When you pull them out next spring, they will be ready for the gardening season ahead. Special fee includes sharpening file.

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

Conversational French II
A continuation of French I or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking.
with a correct accent and syntax. This class is designed to be repeated as often as you wish. No class Nov 27.

LLLAN 351-001 • W, Oct 23-Dec 4 • 6:30-8:30 PM LOCATION: 540 Arapeen, room 124, Campus • SLC FEE: $149 + $5 special fee INSTRUCTOR: Catherine Thorpe

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.

LLLAN 362-001 • W, Sep 11-Oct 16 • 7:00-9:00 PM LOCATION: 540 Arapeen, room 142, 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 China Student’s Book” which is available on Amazon, price varying from $28 - $50.

LLLAN 364-001 • Th, Sep 19-Nov 7 • 6:30-8:30 PM LOCATION: 540 Arapeen, room 246, Campus • SLC FEE: $199 INSTRUCTOR: Xingran Lu

Basic Spanish I Condensed
Learn the basics of Spanish vocabulary and grammar skills from the very beginning. Starting with the sounds of the alphabet, you’ll learn numbers, time and the calendar; how to make a sentence and ask a question; and the conjugation of present tense verbs that are useful in everyday life. 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.

LLLAN 426-001 • MTh, Sep 30-Oct 24 • 6:30-8:30 PM LOCATION: 540 Arapeen, room 146, Campus • SLC FEE: $149 + $20 special fee INSTRUCTOR: Amy Johnson

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.

LLLAN 429-001 • MTh, Nov 4-21 • 6:30-8:30 PM LOCATION: 540 Arapeen, room 146, Campus • SLC FEE: $149 + $5 special fee INSTRUCTOR: Amy Johnson

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 LLLAN 452 Basic Spanish I. Special fees includes textbook.

LLLAN 354-001 • M, Sep 9-Oct 14 • 6:00-8:00 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC FEE: $149 + $20 special fee
INSTRUCTOR: Rory Haglund

LLLAN 354-002 • Th, Sep 12-Oct 17 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC FEE: $149 + $20 special fee
INSTRUCTOR: Shauna Mayer

Conversational Spanish II
For students who have completed Conversational Spanish I or equivalent. You’ll learn new vocabulary, practice pronunciation, and become comfortable speaking in cases beyond present tense. Organized around everyday themes such as meeting people, making plans, and talking on the phone, the course allows you to work at your own pace as you are guided through the fundamentals. Expect two hours of homework weekly. If you do not own the textbooks from Conversational Spanish I, purchase workbook ($20) from Lifelong Learning staff prior to start of class. This class is designed to be repeated as often as you wish. No class Nov 28.

LLLAN 355-001 • Th, Oct 31-Dec 12 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC FEE: $149 + $5 special fee
INSTRUCTOR: Shauna Mayer

MUSIC AND THEATRE

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

LLMT 460-001 • Th, Sep 12-Oct 17 • 6:00-7:00 PM
LOCATION: 540 Arapeen, room 160, Campus • SLC FEE: $99 + $10 special fee
INSTRUCTOR: Rio Sabella

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, Sep 17-Oct 8 • 6:15-7:45 PM
LOCATION: 540 Arapeen, room 160, Campus • SLC FEE: $99
INSTRUCTOR: Clint Erekson

Classic Rock Rhythm Guitar
If you’ve taken beginning guitar and are ready for the next step of playing with other people, here’s your chance! Learn a selection of classic rock songs, from folk-rock to hard rock, while improving basic skills and trying more intricate parts that include finger picking and alternate tunings. Prerequisite Beginning Guitar (LLMT382) or equivalent. Must bring your own guitar. Acoustic preferred for week one.

More course info on page 33
LLMT 465-001 • M, Sep 30-Nov 4 • 6:30-8:00 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $155 + $5 special fee
INSTRUCTOR: Randin Graves

**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.

LLMT 382-001 • W, Oct 9-Nov 13 • 7:00-8:00 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $109
INSTRUCTOR: Bruce Christenson

**Voice-Over Work - Getting Started**
The human voice is a powerful tool used in commercials, corporate videos, films, and even public transportation to sell products and convey information. Gain insight into the industry, including job opportunities, how to market yourself, and the technology you already have to launch a new career (your computer) from a highly successful voice-over professional. You’ll also have the chance to try out your own voice and receive helpful instruction on voice-over techniques.

LLMT 459-001 • W, Oct 9 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 238, Campus • SLC
FEE: $39
INSTRUCTOR: Bridget Renshaw

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

LLMT 433-001 • T, Oct 15-Nov 19 • 6:30-7:30 PM
LOCATION: 540 Arapeen, room 219, Campus • SLC
FEE: $99 + $10 special fee
INSTRUCTOR: Jim Major

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

LLMT 411-001 • W, Oct 16-Nov 20 • 6:30-8:00 PM
LOCATION: 540 Arapeen, room 219, Campus • SLC
FEE: $119 + $22 special fee
INSTRUCTOR: Jim Major

**POTPOURRI**
**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. Please meet at the Sexton’s building, 4th Avenue at N Street.
Introduction to Pet First Aid and CPR

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

Archaeology of Fort Douglas

Learn the principles of archaeology and material culture studies, while helping to process and research an assemblage of artifacts recovered during utility upgrades at the Fort Douglas. With the guidance of a state archaeologist and a historical resources specialist, you’ll interact with the Fort Douglas site as you: sort, clean, and prepare recovered artifacts for curation; research individual items; and directly contribute to the preservation and interpretation of Fort Douglas’s past. Saturday’s class will include a walking tour of Fort Douglas and, weather permitting, an opportunity to try your hand at screening and artifact recovery from archaeological deposits. Please dress for being outside and wear comfortable shoes.

Geology of the Wasatch Front

The Wasatch Range forms one of the West’s grand scenic backdrops, but what stories do the rocks have to tell? And what clues do geologists use to unravel the mysteries of the Earth’s distant past? We’ll learn to recognize telltale signs of the origins of different rock layers and explore how the face of the Wasatch has changed dramatically through time. We’ll see how glaciers, Lake Bonneville, and the Wasatch fault have shaped the modern landscape. A half-day field trip along the foot of the mountains will provide an opportunity to get our hands on the rocks.

Back Roads Utah

Ever heard of Utah’s oldest hotel, in Marysville, 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!
A Spooky Tour of Ft Douglas Cemetery
Just in time for Halloween, experience the rich and vivid history of Fort Douglas Cemetery after dark. Spend an evening listening to tales of things that go bump in the night, hear the ghost stories associated with this National Historic Landmark and get to know its famous - and infamous! - residents... If you dare! Bring your imagination, a flashlight, and dress for the weather. We will meet in the parking lot behind the cemetery, access from Chipeta Way.

LLPOT 926-001 • W, Oct 23 • 7:00-9:00 PM
LOCATION: Ft Douglas Cemetery, corner of Tabby Lane and Chipeta Way • SLC
FEE: $39
INSTRUCTOR: Paul Wheeler

Google Tools: Exploring Drives and Sites
Discover how to use Google Drive to store documents, spreadsheets, slides, and forms in the “Cloud”. Access your files on Drive anywhere using your mobile devices or desktop computers. Learn how to create, organize, and store your files about family events, travel, business, social activities, and much more. Work with the new Google Sites to build websites quickly and easily. Google Sites is a free and easy way to create and share webpages. Bring your phone or tablet to class. Let’s have fun and get organized!

LLPOT 625-001 • T, Nov 26-Dec 3 • 6:00-9:00 PM
LOCATION: 540 Arapen, room 249, Campus • SLC
FEE: $69
INSTRUCTOR: Pat Lambrose

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

LLPOT 624-001 • Th, Dec 5-12 • 6:00-8:30 PM
LOCATION: 540 Arapen, room 249, Campus • SLC
FEE: $69
INSTRUCTOR: Pat Lambrose

RECREATION

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, Sep 10-Oct 8 • 7:30-9:00 PM
LLREC 766-002 • T, Oct 15-Nov 12 • 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.
Bikepacking - Adventure Camping by Mountain Bike
Bikepacking is a great way to explore Utah’s diverse landscapes, from deserts to high mountains. Mountain bike camping enables you to cover more ground than backpacking while enjoying the peaceful experience of non-motorized travel. This course, taught by the lead organizer of the SLC Bikepacking Meet-up, will provide you with an overview of essential gear and organization, bike selection, route finding / map making, carrying water (for desert trips), and safety/preparedness getting you ready for your next backcountry adventures. No class Oct 3.

WRITERS TOOLBOX

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.

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

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

LLWRC 780-001 • T, Sep 10-Oct 15 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $169 + $5 special fee
INSTRUCTOR: Johnny Worthen

LLWRC 780-002 • T, Oct 22-Nov 26 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $169 + $5 special fee
INSTRUCTOR: Ella Olsen

**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, Sep 10-Oct 1 • 6:30-8:30 PM
LOCATION: 540 Arapeen, room 148, Campus • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Kim Justesen Williams

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

LLWRC 862-001 • S, Oct 5-12 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $89 + $5 special fee
INSTRUCTOR: Johnny Worthen

**Non-Fiction Writing Workshop: The Trauma Essay**
Writing can be healing but can also re-traumatize, making it difficult to tell the stories that shape us. In this one-day intensive, writers will gain an understanding of how the physiological processes of trauma and shame interact with a writing practice. Together, we’ll sidestep trauma writing stumbling blocks by using activities adapted from clinical practice to safely consider the structure of traumatic events. Drawing on two published essays about sexual and domestic violence, we’ll dive into the ways we might frame, order, and nuance our experiences of trauma, elevating a personal story into a universal inquiry and owning on the page our complicated, contradictory selves. This class is intended for writers of Non-Fiction and Memoir, with previous writing experience, and is not a support group, nor is it intended to take the place of mental healthcare. But for those who have already begun to resolve physiological traumas, it will offer a stable, supportive environment to study the craft of writing these stories that, well told, have so much to offer society. Plan for a 30 min break for lunch.

LLWRC 767-001 • S, Oct 19 • 9:30 AM-6:00 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $139 + $10 special fee
INSTRUCTOR: Katherine Standefer
Poetry Workshop

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

LLWRC 754-001 • M, Oct 28-Nov 11 • 6:00-8:00 PM
LOCATION: 540 Arapeen, room 146, Campus • SLC
FEE: $89 + $5 special fee
INSTRUCTOR: Danielle Susi

A Study in Mystery

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

LLWRC 837-001 • T, Oct 29-Dec 10 • 6:30-9:00 PM
LOCATION: 540 Arapeen, room 146, Campus • SLC
FEE: $199 + $5 special fee
INSTRUCTOR: Johnny Worthen

Memoir Intensive

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

LLWRC 863-001 • S, Nov 2-16 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen, room 120, Campus • SLC
FEE: $139 + $10 special fee
INSTRUCTOR: Meg Kinghorn

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.

LLWRC 842-001 • S, Nov 16-23 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen, room 132, Campus • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Johnny Worthen
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!
BEYOND DESCRIPTION

If there were a listing for you in the dictionary, what would the definition be? Would you be easily described in a few short words or would it take several lines to capture all of the different facets of your personality and life?

Whatever your current definition, Lifelong Learning wants to expand it by giving you the opportunity to learn and grow in an astounding number of ways. Follow your heart and take classes like Improv Comedy Workshop, Photographing People in Motion, or Cake Decorating. Enrich your mind with Tibetan Buddhist Meditation, Conversational French, or Instagram for Business. Or push your body with The Bar Method, Indoor Rock Climbing, or Food for Life: Cancer Prevention and Survival. The possibilities are endless and include 44 new classes in just about every subject under the sun, including Sunlit Watercolor, Tai Chi, Edible Flowers, Gesture Drawing: Animals at the Zoo, and dozens more!

The dictionary entry for your life could use a few more lines. Add to it today by registering for Lifelong Learning!

ENROLL TODAY!

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lifelong learning is one of three personal enrichment programs offered by University of Utah. Here are lifelong learning’s Sister Programs to enrich your life.

**South Towne Mall**
One Sandy Center
10011 Centennial Parkway, Suite 100
Sandy, UT 84070
Time from exit: 5 minutes

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

**One Sandy Center**
540 Arapeen Drive, Research Park
From Foothill Blvd, turn north on Wakara Way. The Continuing Education Building is at the intersection of Arapeen Drive and Wakara Way.

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

1. **Online**
   
www.lifelong.utah.edu

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

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

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

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

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

continue.utah.edu/osher

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