## OUR NEW HOME!

It’s been a long time coming, but Continuing Education finally has a place to call our own. Our new building has been extensively remodeled with the student experience in mind and has, drumroll please... FREE PARKING.

**COME VISIT US** today at 540 Arapeen Drive in Research Park.

### MAKE THE MOST OUT OF YOUR SPRING

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### SHOW YOUR TRUE COLORS

New classes start weekly.

**MAY - AUG 2018**

**CLASS PLANNER**

NEW classes start weekly.

**NOW enrolling March 14th – May 31**

**Lifelong Learning**

1901 E South Campus Drive, Rm. 1175
Salt Lake City, Utah 84112-9359

A PROGRAM OF PERSONAL ENRICHMENT CLASSES FOR INQUISITIVE ADULTS
**NEW BUILDING!**

**Free Parking**

LIFELONG LEARNING is one of three personal enrichment programs offered by the University of Utah

Here are Lifelong Learning’s Sister Programs to Enrich Your Life

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

continue.utah.edu/osher

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.

continue.utah.edu/golearn

**PER sONAL  ENRICHMENT**

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**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.

**Directions**

Continuing Education Building

540 Arapeen Dr • Research Park

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

**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.

**Reasonable notice required.**

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.

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**Locations/Directions**

**Art and Craft**

**Cooking, Tastings, and Tours**

**Healthy Living**

**Home & Garden**

**Language**

**Music & Theatre**

**Potpourri**

**Recreation**

**Writer’s Toolbox**

**Community Partners**

**PER sONAL  ENRICHMENT**
ART AND CRAFT

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

LLCFT 229-001 • T, May 8-Jun 12 • 6:00-9:00 PM LOCATION: 3450 S Main St, Unit 28W • SLC FEE: $225 + $120 special fee INSTRUCTOR: Amy Schmidt

Beginning Watercolor Painting
Watercolor painting is a wonderful way to let go and express yourself. Learn and experiment with various watercolor techniques that you can apply to subject matter of interest to you. This class will encourage explorations of different approaches to watercolor painting to help you discover your own style. Students are responsible for their own materials; click on link below or call 801- 587-5433. This class is limited to 10. No class June 12 and June 19.

LLART 071-001 • T, May 8-Jul 10 • 6:30-9:00 PM LOCATION: 540 Arapeen Dr • Research Park FEE: $199 INSTRUCTOR: Amelia Davis

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 various papers, composition tools and guide sheets. Expect to spend another $20 for additional supplies, click on materials link below or call 801- 587-5433. This class is intended for students who have had previous pointed pen experience. If you are new to this art form, please consider LLART 257 - Pointed Pen Calligraphy. No class July 24.

LLART 298-001 • T, Jun 26-Aug 7 • 6:30-8:30 PM LOCATION: 540 Arapeen Dr • Research Park FEE: $145 + $18 special fee INSTRUCTOR: Janet Faught

New Courses 48-hour advance registration required Certificate of Western Horticulture Class Certificate of Digital Photography Class
become acquainted with your own unique drawing style. Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies. Special fee covers all materials. No class July 4 for section 002.

LLART 068-001 • W, May 9-Jun 13 • 6:30-8:30 PM
LLART 068-002 • W, Jun 20-Aug 1 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $139 + $20 special fee
INSTRUCTOR: Eric Erekson

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, and 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 May 26.

Simple Treasures - An Earrings Workshop
Vintage buttons from the flea market, sea shells from a faraway beach, beads from a piece of family jewelry – all of them treasures, waiting for their time to shine. With wire working and cold connection techniques, create unique earrings that showcase these small special pieces. No previous jewelry making experience necessary. Class materials will be provided to go with your treasures, or use by themselves. Students may bring their own hand tools (chain nose pliers, round nose pliers, and wire snips) or use shared studio tools.

Laminated Steel Workshop
Laminated steel - also known as Damascus steel - is created by combining strips of steel and iron through hammer-welding, and repeated heating and forging. The process creates distinctive layered patterns that are intrinsic to the steel. Join local blacksmiths to create two 3lb “billets” of laminated steel which will be used to create a handled herb chopper and a wearable item of your choosing (such as a cuff bracelet, pendant, or belt buckle). Prerequisite: Blacksmithing—An Introduction, LLCFT 274 or equivalent. 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 May 27.

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.

More course info on page 5
Plein-Air Landscape Workshop: Watercolor

Enjoy the warm summer evenings as you create small-scale landscapes in lovely Red Butte Garden. Students will view demonstrations and receive exercises in washes, blending, wet on wet, lifting, brushstrokes, glazing, and drybrush. Instruction in composition, positive and negative space, value studies, and color theory will round out the offering. Painting topics will include landscapes, still life, and water reflections. You are responsible for your materials, click on materials link below or call 801-587-5433. Co-sponsored with Red Butte Garden, members pay $198 (ask for section 002). This class is limited to 10.

Book Repair for At Home Curators

Hone foundational skills in book conservation and then move beyond the basics. Discussion topics include conservation treatments, reasons for performing or not performing treatments, determining the best treatment options for specific damages while also considering the ethics of performing treatments. As you apply conservation techniques, participants learn about appropriate conservation materials, adhesives, and tools of the trade. Leave with a minimum of two treatments, a basic kit of conservation tools, and the skills needed to complete repairs at home. No class June 6.

Fused Glass Art with Recycled Glass

Learn how to make beautiful and creative fused glass art using bottle glass, molds and a kiln. Bottle glass - in the form of whole bottles or sheet glass made from bottles - is an inexpensive alternative to art glass, and its use as a raw material is great for the environment. We'll start with the absolute basics, including an introduction to the tools you'll need, and work our way through weekly projects that will become increasingly (but enjoyably!) more complex. No experience necessary, please provide your own work gloves and safety glasses (obtainable from your local hardware store) and wear close-toed shoes to all classes. Special fee covers all materials and firings. Students will be responsible for additional tools ($30) and these will be discussed on the first night of class.

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 8 x10 print. Class materials provided, including frame. Class is limited to 10.

Encaustic Painting on Photos

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

LLART 284-001 • S, Jun 2-16 • 10:00 AM-4:00 PM LOCATION: 540 Arapeen Dr • Research Park FEE: $199 + $100 special fee INSTRUCTOR: Niel Franti

**Sumi-e**

Sumi-e, the Asian word for ink picture, is an art form as well as a philosophy and feeling. As we touch the world around us with all of our senses and in turn, let the world touch us, we can transform that experience into the language of brush and ink to produce outstanding beauty. Using traditional tools and materials - ink, bamboo brush and paper - create a work of art, while exploring the philosophy of Sumi-e through simple exercises and stories. Special fee covers all materials to be used in class, plus brush, ink and paper to take home.

LLART 283-001 • S, Jun 9-23 • 9:00 AM-1:00 PM LOCATION: 540 Arapeen Dr • Research Park FEE: $125 + $55 special fee INSTRUCTOR: Karen Jensen

**Letterpress Printing - Text and Image**

Get a handle on what it takes to crank out an edition of gorgeous letterpress prints. This active, eight-week class introduces the fundamentals of letterpress, from paper selection and cutting to mixing ink and printing. Guided by the instructor, participants design and produce four individual projects using a variety of relief techniques and tools including metal and wood type, zinc cuts, linoleum blocks, pressure prints, photopolymer plates, and collagraphs. Students should expect to spend time out of class each week to complete projects.

LLART 280-001 • Th, Jun 14-Aug 2 • 5:30-8:30 PM LOCATION: Book Arts Studio, Marriott Library, level 4, Campus • SLC FEE: $275 + $65 special fee INSTRUCTOR: Crane Giamo

**Key-Block Linoleum Printmaking**

The relative ease of changing and adding color is an advantage when creating relief prints with the ‘key block’ printing method - the key block carries all of the final graphic information and is usually printed last in a dark color. The technique lends itself to naturalistic expression, or experimental use, of color. Projects and demonstrations are perfect for beginning and intermediate printmakers, designers and craft persons. Students will practice carving techniques with an artist grade carving tool (Namisei Moku Hanga To), explore the use of color, and have an opportunity to print on both a small clamshell letterpress and etching presses.

LLART 299-001 • S, Jun 16-30 • 1:00-4:00 PM LOCATION: Saltgrass Printmakers, 412 S 700 W • SLC FEE: $119 + $30 special fee INSTRUCTOR: Stefanie Dykes

**Bookmaking: Materials and Structure**

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

LLCFT 292-001 • T, Jun 19-Jul 17 • 5:30-8:30 PM
LOCATION: Book Arts Studio, Marriott Library, level 4, Campus • SLC
FEE: $199 + $55 special fee
INSTRUCTOR: Allison Milham

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

LLCFT 317-001 • Th, Jun 28 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $59 + $25 special fee
INSTRUCTOR: Roger Whiting

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

LLCFT 249-001 • Th, Jul 5-26 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $149 + $35 special fee
INSTRUCTOR: Roger Whiting

Soft Pastel Drawing
With no need for water, brushes, or palettes, soft pastels allow you to create colorful art in a painterly style with the ease of a dry medium. Painters and drawers alike can add to their creative toolbox as they explore the basic elements and structure of this lovely art form. Techniques such as sketching, value studies, color layering, composition, and more will be covered. Please bring a smock or wear art clothes. Special fee covers all materials. Class is limited to 10.

LLCFT 242-001 • S, Jul 28 • 10:00 AM-12:30 PM
AND S, Jul 28 • 3:00-5:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $59 + $50 special fee
INSTRUCTOR: Carol Avery

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

LLART 100-001 • Th, Jun 28-Aug 2 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $159 + $45 special fee
INSTRUCTOR: Jeanne LaRae

New Courses
48-hour advance registration required
Certificate of Western Horticulture Class
Certificate of Digital Photography Class
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. No class May 28.

LLART 286-001 • M, May 7-Jun 18 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $179 + $5 special fee
INSTRUCTOR: John Craigle

Photographing Youth Sports
You may be your child/grandchild’s biggest sports fan, but are you getting great images of them in action on the field or court? Gain confidence in creating more compelling sports images, and get the photos that make memories to last a lifetime. We’ll explore what makes a great sports image, emphasize basic techniques, and learn how to get the most out of the equipment you already have, while exploring more advanced equipment and techniques for when you’re ready to take your photography to the next level. Class includes a field trip to a local sporting event giving you an opportunity to practice your new knowledge. Please have a camera with manual as well as automatic controls. Prerequisite: Nuts and Bolts (LLART 193) or Digital Photography, Introduction (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Friday class is a field trip to a high school state tournament soccer game, the time and location will be discussed in class.

LLART 289-001 • W, May 9-23 • 6:00-8:00 PM
AND F, May 18 • Time TBA
LOCATION: 540 Arapeen Dr • Research Park
FEE: $109
INSTRUCTOR: David Argyle

Visual Storytelling through Photographs
Improve your narrative skills as your own personal photographic style comes to light. Discover specific aspects of visual storytelling including: point of view, selecting subjects, and connecting with our surroundings. You’ll learn how to work with clients, friends and family members without posing them, and work with natural light in

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
a faster paced setting. In addition to technical and aesthetic concerns, you'll also come to understand how compelling photographic stories can be used for social good. Class includes a group field trip, but each student’s goal will be to find a subject outside of class they are passionate about and photograph it as a narrative in a unique and compelling way. Prerequisite: Nuts and Bolts (LLART 193) or Digital Photography, Introduction (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 296-001 • Th, May 10-31 • 6:30-8:30 PM AND S, May 19 • 10:00 AM-12:00 PM LOCATION: 540 Arapeen Dr • Research Park FEE: $119 + $5 special fee INSTRUCTOR: Jeri Gravlin

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 • W, May 16-23 • 6:00-9:00 PM LOCATION: 540 Arapeen Dr • Research Park FEE: $99 INSTRUCTOR: Ben Kuhns

LLART 193-002 • T, Jul 31-Aug 7 • 6:00-9:00 PM LOCATION: Studio o2o, 584 E 12300 S, Ste 10 • Draper FEE: $99 INSTRUCTOR: Rich Legg

Digital Photography: An Introduction Take an in-depth look at mega-pixel counts, white balance, shutter speed, lens opening, and other digital camera functions and learn how to use them to your advantage. We'll also cover traditional photographic imaging skills such as use of shutter speeds and lens openings, composition, and portraiture; so you can spend more time making great images and less time fixing them in your computer. You will get the most out of class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class. Want more guided practice with the basics? Take Nuts and Bolts (LLART 193) either before or after this class. Saturday class is a field trip.

LLART 115-001 • Th, May 24-Jun 21 • 6:30-9:00 PM AND S, Jun 16 • 10:00 AM-12:00 PM LOCATION: 9875 S 240 W • Sandy FEE: $169 + $8 special fee INSTRUCTOR: Neil Eschenfelder

LLART 115-002 • T, May 29-Jun 26 • 6:30-9:00 PM AND S, Jun 23 • 10:00 AM-12:00 PM LOCATION: 540 Arapeen Dr • Research Park FEE: $169 + $8 special fee INSTRUCTOR: Neil Eschenfelder

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. Please bring a USB thumb drive to the first class.
LLART 297-001 • W, Jun 6-27 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $119
INSTRUCTOR: Ben Kuhns

Night Sky Photography
Capture the beauty of the summer night sky as you gain insight into the techniques used to create stunning images of the moon and stars. Learn the camera settings, technical assistance (like Google Earth) and the post processing tricks that will help you get the most from your night sky photography. Spend a night in the classroom getting familiar with equipment, a night in the field shooting with guidance from the instructor, and then a night in the computer lab bringing out the best in your images via Photoshop. This class is for students with a working knowledge of their camera and its basic settings. Please have a DSLR with manual controls, a tripod and a remote/bulb shutter release. Other items needed for the field trip will be discussed in the first 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 146-001 • Th, Jun 7 • 6:30-9:00 PM
AND F, Jun 8 • 10:00 PM-12:30 AM
AND M, Jun 11 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $99
INSTRUCTOR: Marc Toso

Develop Your Photographic Eye
Interested in learning to see like an artist and use your new found skills in capturing artistic photographic images? Most photography classes focus on the technical aspects of photography while this class is all about the art of photography and visualization is the key. Lean how to best position your camera, master your optics, go beyond the rule of thirds, develop patience and timing, and improve your post processing skills. Move beyond the technical hassles and think clearly like a photographer.

LLART 245-001 • Th, Jun 14-28 • 6:30-9:00 PM
AND S, Jun 23 • 10:00 AM-12:00 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: $149
INSTRUCTOR: Chris Blackburn

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! Open to point-and-shoot, DSLR, or film photographers. 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 094-001 • Th, Jul 12-26 • 6:00-8:00 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: $75
INSTRUCTOR: Chris Blackburn

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

LLART 180-001 • Th, Jul 26 • 7:00-8:30 PM
AND S, Jul 28 • 10:00 AM-12:00 PM
AND Th, Aug 2 • 6:30-8:30 PM
AND S, Aug 4 • 4:30-8:30 PM
AND Th, Aug 9 • 7:00-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $135
INSTRUCTOR: Neil Eschenfelder

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

Italian White Wines from Top to Bottom of the Boot
The white wines of Italy are high in quality with a great degree of diversity. They show the character and distinction of their origin based on the climate and the soils in which they are grown. As you learn about the major wine producing regions from north to south you will taste six wines from six indigenous grape varieties. Food pairings will be suggested for each of the wines, based on the local cuisine of the regions. Please bring photo id that indicates your age to class.

LLFW 521-001 • W, May 9 • 7:00-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Sheral Schowe

Easy Flatbreads
Discover soft warm pita, rustic crispbreads, and treats out of your own oven! In this class you will learn the secrets to fool-proof quick, easy, and healthy flatbreads. We will start with the basics of whole grain doughs using pre-ferments and sourdough for complex flavors and nutrition. Instead of sophisticated shaping, we will have fun rolling and patting. The variety is endless with nuts, seeds, herbs and of course, cheese. These baked goods make great pairings with soups to salads and are fun for the whole family. Class is limited to 10.

LLFW 555-001 • Th, May 10-31 • 6:30-8:30 PM
LOCATION: 540 Arapene Dr • Research Park
FEE: $99 + $15 special fee
INSTRUCTOR: Alisha Barker

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.

LLFW 319-001 • Th, May 17-24 • 6:30-8:30 PM
LOCATION: Murray City Park, 296 E Murray Park Ave • Murray
FEE: $59 + $25 special fee
INSTRUCTOR: Jenny Hawke

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.

Gourmet Backpack Cooking
Do you love to backpack but get tired of eating the same old freeze-dried meals? Have you thought that waking up to hot, fresh, homemade cinnamon rolls in the middle of the wilderness was impossible? Think again! In this two-part class, you’ll learn to make your own delicious, lightweight, and preservative-free backpacking meals, for less money! We’ll also cover cooking from scratch, backpacking-style. Add variety and deliciousness to your food and your expeditions will never be the same! This class requires 48 hour advanced registration.

LLFW 319-001 • Th, May 17-24 • 6:30-8:30 PM
LOCATION: Murray City Park, 296 E Murray Park Ave • Murray
FEE: $59 + $25 special fee
INSTRUCTOR: Jenny Hawke

More course info on page 13
Scotch for the Sophisticate
Curious about Scotch? Wonder why the different regions of Scotland produce unique flavors and characteristics? Join us as we taste Scotch from the Highlands, Islay, and other regions. Learn the difference between a blended, 12-year Scotch and a single malt Scotch whiskey. Whether you are a food and beverage professional or a casual enthusiast, this class is not to be missed. Please bring photo ID that indicates your age to class.

Naturally Gluten Free Breads from Around the World
Discover breads from parts of the world were wheat is not the de facto baking grain. You’ll make Dosa, Idli, and Appam (Indian flat breads using lentils, rice, and coconut); Ethiopian Injera (teff) and Pao de Queijo (Brazilian cheese bread, with manioc). Recipes will be provided for all breads and for two vegetarian dishes served to accompany the flat breads. Please dress comfortably, and wear flat shoes. Please note that while the flours used in this class are all gluten free, we will not be working in a gluten free kitchen.

Camp Cooking
Want a table with a view? Hit the outdoors and cook up something special for yourself. Camp cooking can present unique challenges (dish duty, anyone?) but with the right tools, techniques, and ingredients you can turn any campout into a five-star dining experience. We’ll go over a few popular techniques for car camping cuisine, including camp stove and Dutch Oven cooking. Prepare to make (and sample!) breakfast burritos without dirtying a dish, easily packed lunches, drool-worthy dinners, and desserts like cobbler that will be the envy of the campground. We’ll also get into lightweight backpacking food, and try a few simple, easy-to-make recipes for the backcountry. The special fee includes lots of tastes, and a take-home backpacking meal to try on your next hike. You will be notified where to meet before class.

Croissants
Dig in and get your hands dirty with one of our favorite, yet difficult doughs. While working in pairs you will learn to make light and flaky croissant and pain au chocolat from start to finish. You will also receive a piece of finished dough to take home and bake your own croissants and a pound of butter to make your first batch on your own. This hands-on class requires 48 hour advanced registration.
Gluten Free Mixes for Making Artisan Breads

Need a great tasting gluten free bread in a jiffy? Be prepared for breakfast, lunch, and dinner with a variety of bread mixes that are easy to have on hand. You’ll stir up mixes for whole grain bread, a pizza crust and an enriched bread, from which you’ll make and bake a whole grain boule, brioche a tete and cinnamon rolls to take home. For lunch enjoy gluten free pizza baked in an outdoor pizza oven. Please dress comfortably, and wear flat shoes. Please note that while the flours used in this class are all gluten free, we will not be working in a gluten free kitchen.

Wines of Spain

Spain has a large and growing wine industry producing robust reds, crisp whites and sparkling cava. Discover new names, flavors, and ideas for food pairing. You will learn about new up and coming wine regions and leave with confidence to select more of these treasures from the growing Spanish section in Utah’s wine stores. Please bring a photo ID that indicates your age to class.

How to Make Fruit Wine

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

HEALTHY LIVING

Bar Method Exercise, 90 Day Pass

For returning students to the Bar Method, this pass gives you unlimited classes for 90 days and is activated on the first day of class. Continue the great work out you have come to love with the Bar Method. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance. A no-show or late cancellation will result in a subtraction of one day from your pass.
Bar Method Exercise
This class is 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. Cost of class buys an unlimited 30 day pass. Activation starts the day of the first class and is for students NEW to the Bar Method. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance by calling 801-485-4227. A no-show or late cancellation will result in subtraction of one day from your pass.

LLHL 201-001 • MTWThFSSu, May 7-Aug 12 • TBA LOCATION: The Bar Method, 1057 E 2100 S • SLC FEE: $89 INSTRUCTOR: The Bar Method Staff

Repertory Dance Theatre Class Pass
Repertory Dance Theatre, the nation’s oldest and most successful repertory dance company, is dedicated to the creation, performance, perpetuation, and appreciation of modern dance. In keeping with this mission, RDT’s Dance Center on Broadway offers a wide range of “drop-in” classes on evenings and weekends, including: Modern I, Hip Hop, Contemporary, Beginning Flamenco, Modern II, Ballet, Bollywood, African and Prime Movement (a class specifically for adults 40+). RDT and Lifelong Learning have partnered to offer you a 10-class pass, good for any RDT class. Instructors work with students at every level, and no previous dance experience is expected. Visit www.rdtutah.org to see a complete schedule. You may purchase or renew card at any time during the term; cards will be honored for six months.

LLHL 209-001 • MTWThFSSu, May 7-Aug 12 • TBA LOCATION: Rose Wagner Performing Arts Center, 138 W 300 S • SLC FEE: $99 INSTRUCTOR: RDT Staff

Yoga Class Pass - We Are 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 214-001 • MTWThFSSu, May 7-Aug 12 • TBA LOCATION: We Are Yoga, 2645 E Parley’s Way • SLC FEE: $110 INSTRUCTOR: We Are Yoga Staff

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

LLHL 215-001 • MTWThFSSu, May 7-Aug 12 • TBA LOCATION: Centered City Yoga, 926 E 900 S • SLC FEE: $110 INSTRUCTOR: Centered City Yoga Staff
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 morning of fun.

LLHL 134-001 • Th, May 10 • 6:00-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $35 + $8 special fee
INSTRUCTOR: Rachael Bush

Visual Journaling
Expressing emotion is vital to our mental health, but putting our feelings into words is often a daunting task. Instead of asking “What did I do today?” get to the root of what you’re experiencing with visual journaling. This less-verbal method of communication can be a powerful way to capture and explore your everyday thoughts and feelings, especially those which might otherwise go unnoticed. You’ll identify themes, experiment with supplies, and learn tricks and techniques for using various media in books. A classroom session after a guided day out in the mountains will help unpack and integrate the experience. Students will be notified where to meet before class.

LLHL 217-001 • W, May 23-Jun 27 • 6:00-8:00 PM
LOCATION: 1515 E 3300 S • SLC
FEE: $145 + $35 special fee
INSTRUCTOR: Malissa Morrell

Nature and Wellbeing: The Contemporary Medicine Walk
Spending unstructured time in Nature evokes an authentic experience of our own unconditioned self, which brings us deep feelings of peace and freedom. Experience a contemporary form of the ancient practice of walking in Nature as a means to unearth wisdom, engage in self-healing, and practice mindfulness. A classroom session after a guided day out in the mountains will help unpack and integrate the experience. Students will be notified where to meet before class.

LLHL 194-001 • S, Jun 2 • 9:00 AM-2:00 PM
AND Th, Jun 7 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $89
INSTRUCTOR: Kinde Nebeker

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.

LLHL 184-001 • S, Jun 2 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $50 + $25 special fee
INSTRUCTOR: Carrie Roberts

Walking Meditation - An Introduction
Expand your meditation beyond the cushion with this exploration of walking and standing meditation forms. You’ll be introduced to four types of walking meditation and the history, practical aspects, breathing methods and mantras associated with each. Class will include time to practice each form and some practice will be conducted outside. Please wear clothing appropriate to the season and wear comfortable shoes suitable for walking or standing.

LLHL 179-001 • T, Jun 5-26 • 6:00-7:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $79
INSTRUCTOR: David Keyes
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, Jun 6-20 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $79
INSTRUCTOR: Mark Esterman

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

LLHL 216-001 • S, Jun 16 • 11:00 AM-3:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $59 + $5 special fee
INSTRUCTOR: Bonnie Edwards

Successful Surgery and Healing
No matter where you are in the surgical process - beginning, middle or end - there are steps you can take to be prepared for both your procedure and your recovery. Through checklists, worksheets and informative discussion you will create a personal plan for a successful surgery, with information that is also applicable for anyone taking on a supportive, caregiving or advocacy role for a spouse, partner, family member, relative or friend. No medical advice will be given in this class. Special fee covers the cost of the book “Successful Surgery and Healing: A Practical Guide for Patients, Caregivers and Advocates”.

LLHL 213-001 • W, Jun 20 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $35 + $20 special fee
INSTRUCTOR: Lori Mertz

Gifts of Botanical Beauty
Hand-crafted botanical beauty products make fantastic gifts for family and friends. Lip balms, body scrubs, lotion bars and eye balms will be ‘on the menu’ of amazing items you’ll create from natural, easy-to-find ingredients. Students will leave with up to 12 items, packaged and ready to give, plus the recipes and resources to continue production at home. Co-sponsored with Red Butte Garden; members pay $68 + special fee (ask for section 002).

LLHL 175-001 • S, Jun 23-30 • 10:00 AM-12:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $20 special fee
INSTRUCTOR: Rachael Bush

Eastern Medicinal Theory & the Spices in Your Cabinet
Traditional Eastern Medicine may conjure images of dusty bottles filled with unknown plants and roots when in fact, the Western spice cabinet contains many herbs and spices that have been used for thousands of years as effective treatments for healing. Explore the Eastern perspective of some common spices such as mint, cayenne pepper and ginger, learn their energetic properties, how they affect your health, and when to use them in your wellness regimen.

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

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

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

Home Defense Planning
Just as with other unthinkable violent emergencies — fire, earthquake, etc. — choosing to use a firearm to defend your home and loved ones requires careful, thoughtful, and responsible planning. Create a plan that makes sense for you and your family with the instruction and guidance of a former US Army Special Forces Soldier and NRA Certified Instructor. You'll follow a step-by-step process to develop a home defense plan customized to your individual circumstances, including: your home layout, family situation, and other special needs. No firearms will be allowed in class.

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

LLHG 611-001 • W, May 16 • 6:00-8:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $39 + $5 special fee
INSTRUCTOR: Marybeth Janerich

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

LLHG 598-001 • S, May 19, Jun 16, Jul 21, Aug 18, Sep 15 • 9:00 AM-12:00 PM
LOCATION: 1398 Cheyenne St • SLC
FEE: $179
INSTRUCTOR: Celia Bell

Succulent Centerpieces
Looking for a centerpiece that is as much at home on the dining room table as it is on the patio or deck. Look no further than the world of succulents! Part lecture, part workshop, this class will first teach general identification, care and propagation techniques of the most popular succulents grown today as well as basic principles of design, followed by a workshop where you will create

LLHG 504-001 • Th, May 16-23 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $5 special fee
INSTRUCTORS: Angela Decker & Lynsey Nielson

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

LLHG 504-001 • Th, May 16-23 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $5 special fee
INSTRUCTORS: Angela Decker & Lynsey Nielson

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

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your very own succulent centerpiece. Tools, container, succulents, and all the encouragement you need will be provided. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).

LLHG 595-001 • S, May 19 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden Greenhouses, 2190 Red Butte Canyon Rd • SLC
FEE: $39 + $36 special fee
INSTRUCTOR: Briana Blamires

Vegetable Container Gardening
Do you lack sufficient sun or garden space for a vegetable or herb garden? Don’t let that stop you from growing succulent, flavorful, nutritious fresh herbs and veggies. Many herbs and vegetables thrive in containers, which you can position or move to take advantage of sunny spots. You’ll learn which vegetables and herbs do well in containers as well as tricks to keep them producing throughout summer and into fall. You will have the opportunity to plant the vegetables of your choice into a 15-inch container for take-home enjoyment. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).

LLHG 546-001 • S, May 26 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden Greenhouses, 2190 Red Butte Canyon Rd • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Michelle Cook

Follow the Wildflowers
Follow the cascade of wildflower blooms across Northern Utah in this four-session class. We’ll begin at Red Butte Garden with a little classroom time, then move into the foothills for a look at spring’s first blooms. We’ll continue to follow the wildflower bloom each class and will culminate our experience in the subalpine zone of Albion Basin in August. We’ll spend the first part of each class learning about plant families and the plant communities located in the area we’ll be visiting. Please bring a notebook to record your findings and a hand lens if you have one. The instructor will provide species lists for the wildflowers we are likely to see. Class requires some hiking. Co-sponsored with Red Butte Garden; members pay $130 + special fee (ask for section 002).

LLHG 489-001 • W, May 30, Jun 20, Jul 11, Aug 15 • 5:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $145 + $5 special fee
INSTRUCTOR: Lynn Bohs

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

LLHG 490-001 • M, Jun 4-25 • 6:30-8:30 PM
LOCATION: 540 Arapen Dr • Research Park
FEE: $99 + $10 special fee
INSTRUCTOR: Stephanie Duer

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

LLHG 528-001 • T, Jun 5 • 6:30-8:30 PM
AND S, Jun 9 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59
INSTRUCTOR: Crystal Kim

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, Jun 9 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden Greenhouses 2190 Red Butte Canyon Rd • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Briana Blamires

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

LLHG 547-001 • T, Jun 12 • 6:00-9:00 PM
AND S, Jun 16 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $5 special fee
INSTRUCTOR: Crystal Kim

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

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

**Hydroponics - An Introduction**

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

**Preserving Fresh Herbs**

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

**Water Features for the Home Garden**

Soothing sound, cooling effect, and providing habitat for wildlife are all reasons to consider adding water to your garden. A water garden can be as simple as a waterproof container with a small pump or as elaborate as a pond with a waterfall or stream. We’ll cover types of water gardens, pumps, location, basic installation, and maintenance as well as give you guidelines for water garden costs. First class meets at Red Butte Garden and is primarily lecture. Saturday is field day and meets

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**LLHG 592-001** • W, Jun 13, Jul 18, Aug 8 • 6:00-8:00 PM
LOCATION: Native Flower Company, 1448 E 2700 S • SLC
FEE: $89 + $75 special fee
INSTRUCTOR: Pam Olsen

**Certificate of Western Horticulture Class**

**Certificate of Digital Photography Class**
at instructor’s garden. Special fee includes cost of pond tour which is Aug 4 & 5.
Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

LLHG 507-001 • W, Jul 25 • 6:30-8:30 PM
AND S, Jul 28 • 9:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $10 special fee
INSTRUCTORS: Richard Cobbley & Rosie Cobbley

Language

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

LLLAN 353-001 • T, May 8-Jun 12 • 7:00-9:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Nalder

Mandarin Chinese I
Learn to speak the language that’s spoken by more people as a native tongue than any other language in the world. Focus is on fundamental tones, the usage of Chinese pinyin, and Chinese syntax as we communicate in basic conversational phrases. Discussions of Chinese culture will be integral to our study. We’ll also talk about Chinese characters and how they are constructed. Students are responsible for buying text “Discover Chinese” which is available on Amazon, price varying from $28 - $50. Co-sponsored with Confucius Institute. No class July 4.

LLLAN 362-001 • W, May 16-Jun 20 • 7:00-9:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $135 + $20 special fee
INSTRUCTOR: Jason Cox

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

More course info on page 27
Spanish for Travelers - Condensed

Get a head start on your travels with this intensive and fun language course. Learn everything you need to navigate around a Spanish-speaking destination including: asking for directions (and understand them!); getting through the airport and customs with a green light; asking about main attractions like concerts, shows, cultural and sporting events; reading a menu and ordering a meal at a restaurant; reading transportation signs/schedules; and how to jump head first into the local culture. Special fee includes textbook.

LLLAN 426-001 • MW, Jul 9-25 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $135 + $20 special fee
INSTRUCTOR: Amy Johnson

Beginning Ukulele

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

LLMT 433-001 • W, May 30-Jun 27 • 6:30-7:30 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $79 + $10 special fee
INSTRUCTOR: Jim Major

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. No class July 12.
To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
More Music and Theatre

Guitar: Beginning
Learn the basic techniques—chords, rhythm, note reading, finger picking, scales, and music fundamentals—that will put a solid foundation under new players and be applicable to all styles of guitar music. This course is also great for guitar players needing a refresher. Students will learn in a relaxed and fun environment. Acoustic or electric guitar with amp is fine. No class July 4.

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.

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.

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

POTPOURRI

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

Google Drive Basics

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. Please create a Google Account before class if you do not already have one. Bring your phone or tablet to class. Let’s have fun and get organized!

Owning Citizen Activism

Learn to engage in the issues that concern you in meaningful and successful ways. Whether you’re an extrovert or an introvert, well versed in local politics or a newbie to the state, you can make a difference. Discover your path to becoming a resource on current issues, learn how to engage elected officials and the media, and activate your own networks to create a better Utah as a Citizen Activist.

Dark Skies - What They Are, and How to Find Them

When was the last time you looked up at the night sky and saw the Milky Way? Or any stars for that matter? Dark skies do exist, but preserving and promoting the conservancy of the night sky is something that requires action as a community and on an individual level. Learn ways to help reduce light pollution, how to get involved with dark skies initiatives, and where to find the best dark sky locations in the state of Utah. We’ll then take a trip to Antelope Island, an International Dark Sky Park. Bring your binoculars, your DSLR camera (with tripod) or just your own two eyes, and be dazzled by all the things a truly dark sky can reveal.

Rock Art Hot Spots

Utah is home to some of the nation’s most spectacular archaeological sites, from the famed rock art galleries of Nine Mile Canyon to the spectacular ruins of Cedar Mesa. But there are hundreds of other locations—lesser known places with names like Sego Canyon and Buckhorn Wash—where the public can experience the remnants of thousands of years of human occupation. Participants will receive a handout describing the location of over 20 fantastic public rock art sites in Utah which can be reached by car and most of these sites will be discussed in class. The rock art will be put in context of what we know of the people who created it.
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.

Stargazing
Find your way around the night sky as we examine the many constellations and learn how to discover where a planet will be on a given night. Following classroom instruction, we'll carpool to a dark sky observing site in Parley's Canyon, where we can examine the night sky with minimal light pollution and through a telescope (class is timed for a view of Jupiter, Mars, and Saturn). We'll also cover what to look for in a telescope and other equipment. Each participant will receive a star chart and planisphere, essential for stargazing. Please bring a flashlight, and binoculars if you have them. In the event of overcast weather, class will be rescheduled for Saturday, July 21 (you will be notified).

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

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 beginning fishers, 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, we'll 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. 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.
Bicycle Repair Workshop I
Learn basic repair skills to keep your bike running smoothly in this hands-on class. We will cover fixing flats, cleaning the chain, adjusting gears, and contents of a basic tool kit and other supplies to keep your bike in excellent shape. All tools and supplies are provided. Please bring your road or mountain bike to each class.

LLREC 663-001 • T, May 22-29 • 6:00-8:30 PM
LLREC 663-002 • Th, Jul 12-19 • 6:00-8:30 PM
LOCATION: Saturday Cycles, 605 N 300 W • SLC
FEE: $69 + $5 special fee
INSTRUCTOR: Stephen Wasmund

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

LLREC 766-001 • T, May 22-Jun 19 • 7:30-9:00 PM
LOCATION: Salt Lake Archery, 1130 East Wilmington Ave (2200 S) • SLC
FEE: $99
INSTRUCTOR: Larry Smith

Esports - League of Legends
Esports are massively popular and one of the industry’s giants is League of Legends, played each month by more than 100 million people worldwide. A class for the beginner wanting to join the fun or the parent of children playing Esports, each night will focus on a different element of the League of Legends game followed by an hour of practice. You’ll also gain insight into the multi-facted Esports Industry from our co-sponsors, the U of U Entertainment Arts and Engineering program.

LLREC 911-001 • Th, May 24-Jun 21 • 6:30-8:30 PM
LOCATION: Entertainment Arts and Engineering, 332 S 1400 E, Bldg 72, Campus • SLC
FEE: $139
INSTRUCTOR: EAE staff

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

LLREC 756-001 • Th, May 31-Jun 21 • 6:15-8:15 PM
LOCATION: SLC
FEE: $99 + $5 special fee
INSTRUCTOR: Carolee Stout

Back Country Car Camping
Want the solitude of backpacking, but with fresh food, luxury items, and no effort? Would you like to explore remote areas far from services but don’t know where to spend the night? Utah and many areas of the West are full of scenic back roads with areas perfect for car camping. In this class you’ll learn how to find a campsite, how to protect the environment in which you are camping, essential gear for comfortable car camping (think: bathrooms), safety considerations, where to find detailed maps, and how to prepare for emergencies. While most time will be spent on how to plan and prepare, we’ll also (begrudgingly!) give up a few secrets about areas that are particularly rich in car camping opportunities and provide access to wilderness hiking, easy getaways, and Western ruins.
**Kayaking Made Easy**

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

**WRITER’S TOOLBOX**

**Journaling - A Guide to Daily Writing Practice**

Daily journaling is a safe space to explore thoughts and emotions, tell stories, record observations, and better understand yourself and your place in the world. It’s also an invaluable tool for honing your craft and voice as a writer. If you agree with Socrates that the unexamined life is not worth living, then you should be journaling. Find inspiration and purpose to cultivate a rewarding daily writing practice. Ideal for writers of all skill levels.

**Historical Fiction - Remaking the Past**

Have you ever wanted to reach into the past, grab an event out of time, and reshape it using your own imagination? The lives of influential people, world conflicts and even family stories are all perfect places to start when writing a piece of historical fiction. Learn about research methods, historical dialogue and anachronisms, writing with and without source documents, and tips for self-editing and the giving and receiving of constructive feedback. The time is now to write about the past!
characterization, verb tenses, dialogue, and scene and setting—that make this form of prose especially fascinating and appealing. Open to writers of all levels of experience who are confident with basic sentence structure and composition.

LLWRC 760-001 • T, May 29-Jul 3 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • Research Park
FEE: $199 + $15 special fee
INSTRUCTOR: Meg Kinghorn

Weird Fiction Intensive
Reconfigure your story compass, add to your writing palette, and reinvigorate your imagination with this intensive class on all things weird and strange. Weird fiction is a category that includes surrealist, absurdist, fantasy, and sci-fi writing but is not limited to those genres. Writers of all levels can benefit from getting a little weird from time to time. Play surrealist games (a form of writing prompts); learn to channel inspiration and the “ecosystem” of a story; read some fabulous short stories by authors including Leonora Carrington, Haruki Murakami, and Karin Tidbeck; and of course write and share your own weird pieces. Cultivate a small collection of your own weird stories which, if placed in direct light and watered from time to time, might just grow into something wonderful.

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. This course is designed but not required to be taken in conjunction with Creative Writing LLWRC 780.

Writing Fantastic Fiction: Fantasy and Sci-Fi
Explore ways to use familiar language and reality to create the new or transformed worlds of fantastic fiction—including fantasy, science fiction, fabulist, surrealist, speculative, or fairy tales. We’ll look at folk and fairy tales to teach us about designing the shape of a story; read different published fictions to ponder why and how we might weave magic into the reality of a world; experiment with exercises that will help us describe imaginary cultures, unlikely geography, and impossible technologies, and, of course, we’ll write. Throughout the class, you’ll draft, discuss, and revise your own fantastic fiction. What new ways of seeing will you discover in order to bypass the limits of space and time to visit foreign worlds of your own creation?

Creative Writing
How do we tell stories? What do we include in writing, and what remains unsaid? Build your voice as we focus on a group of specific techniques for shaping and informing your creative skills, including character, plot, point of view, description, dialogue, and setting. In class, we will read short selections of writing to see what techniques we can beg, borrow, and steal from them. We will experiment with in-class writing exercises and read and discuss each other’s work. Writing can be inventive, illogical, chaotic, unexpected, strange, and wonderful. In this class, we will practice seeing the world in new ways and then recreating that experience on the page.
Spark Your Creativity: A Writer’s Day Out
Refill your creative reservoir while taking inspiration from the beauty of Red Butte Garden in this four-hour retreat designed for writers of all levels. Work through exercises that will help you get out of your own head to approach your work from a new (and possibly surprising) angle, set intentions for the work that is important to you, and delve into why your projects speak to you. There will be plenty of free time to explore and let your muse find you, with optional sharing of what you’ve written in the final hour of class. Meet in lobby of Red Butte Garden, special fee covers entrance fee. Class time will be spent outdoors so please dress for the weather, and bring water, snacks, a notebook, and writing tools.

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.

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 your are looking for. Contact us or fill out a course proposal, let us help you share your passion! continue.utah.edu/lifelong/courseproposal_intro
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Make this summer the season in which you stop being a spectator and start playing the game of life like you want it to be played. Lifelong Learning allows you to step onto your field of interest and explore your passions.

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DIG DEEP into Home and Garden classes like All About Tomatoes, Wonderful World of Rose Gardening, and Growing Lavender.

ELEVATE YOUR SOUL with Healthy Living classes, including Visual Journaling, Walking Meditation, and Mindful Self Compassion.

SHOOT FOR THE STARS with Photography classes, like Visual Storytelling through Photographs, Introduction to Lightroom, and Night Sky Photography.

AND DON’T FORGET TO LAUGH with classes like Improve Comedy Workshop and Comedy Sketch Writing.

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Eligible University of Utah faculty, staff, and spouses receive a 50% discount on tuition.
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.

Directions
Continuing Education Building
540 Arapeen Dr • Research Park

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

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.

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

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### MAKE THE MOST OUT OF YOUR SPRING

**CLASS PLANNER**

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<th>Class Name</th>
<th>Day of the Week</th>
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