SET YOUR DREAMS IN MOTION

New classes start weekly.
SEPT - DEC 2018

lifelong.utah.edu
801.587.LIFE (5433)
**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.
ART AND CRAFTS

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 4-Oct 9 • 6:00-9:00 PM
LLCFT 234-002 • W, Sep 5-Oct 10 • 6:00-9:00 PM
LLCFT 234-003 • T, Oct 30-Dec 4 • 6:00-9:00 PM
LLCFT 234-004 • W, Oct 31-Dec 5 • 6:00-9:00 PM

LOCATION: 8415 S 700 W, #15 • Sandy
FEE: $269 + $35 special fee
INSTRUCTOR: Richard Cobbley

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 LLART 257 - Pointed Pen Calligraphy. Students are responsible for bringing an apron and roll of Viva paper towels.

LLART 298-001 • T, Oct 30-Dec 4 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $145 + $40 special fee
INSTRUCTOR: Janet Faught

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. No class Oct 11 or Nov 22.

LLART 068-001 • Th, Sep 6-Oct 18 • 6:30-8:30 PM
LLART 068-002 • Th, Oct 25-Dec 6 • 6:30-8:30 PM

LOCATION: 540 Arapeen Dr • SLC
FEE: $139 + $20 special fee
INSTRUCTOR: Eric Erekson

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...
More Art and Craft

(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.

LLCFT 309-001 • Th, Sep 6-Oct 11 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $199 + $30 special fee
INSTRUCTOR: Jodi Rusho

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, hour glass block and foundation paper piecing. Then you’ll make a quilt sandwich, quilt it, and leave ready to show the world what you’ve created! Please register for section 001 if bringing your own sewing machine (recommended) or section 002 to use one from the instructor. Special fee covers cost of all materials, and use of the sewing machine in section 002.

LLCFT 327-001 • S, Sep 8-Oct 6 • 9:30-11:30 AM
FEE: $129 + $30 special fee
LLCFT 327-002 • S, Sep 8-Oct 6 • 9:30-11:30 AM
LOCATION: 540 Arapeen Dr • SLC
FEE: $129 + $50 special fee
INSTRUCTOR: Amy Newbold

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

LLCFT 328-001 • S, Oct 20-Nov 17 • 9:30-11:30 AM
FEE: $129 + $30 special fee
LLCFT 328-002 • S, Oct 20-Nov 17 • 9:30-11:30 AM
LOCATION: 540 Arapeen Dr • SLC
FEE: $129 + $50 special fee
INSTRUCTOR: Amy Newbold

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.

LLART 071-001 • T, Sep 11-Oct 30 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $199
INSTRUCTOR: Richard Vroom

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.

LLART 071-002 • Th, Sep 20-Nov 8 • 6:00-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $199
INSTRUCTOR: Amelia Davis

Coiled Rope Bowl
Get a contemporary spin on the weaving process that has been used since pre-historic times to turn fiber into both functional and decorative art objects. Using rope and colorful yarns, you’ll learn several stitched and wrap weaving techniques, and how to create handles for your bowl or vase forms. Connect to weavers and cultures from around the world as you make unique and useful art objects of your very own. Special fee includes all materials needed for the class.

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More info on page 5
Beginning Sewing Essentials
Explore the core principles of sewing through a series of bag-making projects. Learn how to use and troubleshoot a sewing machine; customize basic pillow and bag patterns; choose, measure and cut the right fabric for a project; and basic leather working skills. You’ll gain applied knowledge of problem solving, planning ahead, patience, and a greater confidence in making your ideas a reality. Special fee covers specialty fabric and trim. Students can expect to purchase additional supplies depending on their own fabric stash. Students are encouraged to bring their own sewing machine; a limited number are available for use. 48-hour advanced registration required.

LLCFT 301-001 • Th, Sep 13-Oct 4 • 6:30-9:00 PM
LOCATION: 741 S 400 W • SLC
FEE: $139 + $33 special fee
INSTRUCTOR: Sarah Burroughs

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 Nov 22 or 24 for sections 003 and 004.

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

Metalsmithing: Next Dimension - Jewelry Fabrication
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, and making movable parts. Bring a stone, object or memento (no bigger than a quarter) to incorporate into your design, plus paper and pencil, to the first night of class. Materials needed to complete your piece will be discussed at this time. Students should expect to spend up to an additional $50. Special fee covers facility and tool rental, various wires and copper sheet. Class is for students that have taken LLCFT 229 Beginning Metalsmithing or the equivalent and are comfortable using a torch, jeweler’s saw and basic finishing tools.
**Rings, Rings, Rings**

The ring as a human adornment is universal. A ring has many associations, can make powerful statements, and can also function solely as an object of beauty. Working with silver, copper or brass you will explore symbolism, design, the four major solder seams of silver smithing, fabrication, and stone setting techniques related to the ring. More advanced students will be encouraged to do overlay techniques. We will explore a ring’s potential to be bold, symbolic, sentimental, and a reflection of beauty and health. Any level of student is welcome to take this workshop. Expect to pay minimum of $60 on supplies; materials will be discussed the first night of class. Cost will vary depending on the type of materials and stones chosen for your design. Special fee is for facility and tool rental. Class is limited to 8.

**Introduction to Drawing Small Animals**

Would you love to create a drawing of a beloved pet, but aren’t sure where to start (and what about all that fur)? Gain confidence in the techniques needed to draw small animals as you learn from a professional pet portraitist. You’ll learn to recognize shapes within your subject and create realistic features using value and texture, as you experiment with a variety of drawing materials in black and white and color. You’ll also acquire skills that will help you to get to know and develop your own personal style. Classes will begin with a short demonstration and then you’ll create work from the exercises provided. Please bring a photo of your pet or any stock photo for reference. This class is intended for students who have taken LLART 68 Beginning Drawing, or have had some introductory drawing experience.

**Botanical Art and Illustration Sampler**

Learn to see the natural world in a new light with this comprehensive introduction to Botanical Art and Illustration. Botanical art is different from other art as it should portray the plant and its parts accurately but still retain the artists’ creativity. The term illustration pertains to the scientific aspect of illustrating plants (usually in pen and ink) for publication in botanical journals or for a historical collection. You will learn 4 different botanical techniques commonly used in the botanical world, graphite drawing, colored pencil, Micron pen and ink 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.
LLART 303-001 • W, Oct 3-Nov 7 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $199 + $30 special fee
INSTRUCTOR: Elaine Hultgren

Tree of Life Pendant
The image of a tree can represent protection, family, and strength. Explore your own connection to this powerful symbol as you create a Tree of Life pendant using wire working techniques to encase a stone cabochon. The special fee covers a kit containing the wire needed for the project, and cabochons will be available to purchase from the instructor (or you can bring your own). Basic wire-working skills are recommended for students taking this class. Jewelry pliers and cutters will be available to use or bring your own.

LLCFT 318-001 • S, Oct 6 • 9:00 AM-12:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $59 + $8 special fee
INSTRUCTOR: Carol Avery

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. No class Oct 29.

LLCFT 229-001 • M, Oct 8-Nov 19 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: $225 + $120 special fee
INSTRUCTOR: Mary Lambert

Intro to MIG Welding
Learn the basics of MIG (metal inert gas) welding as you complete a small project with a contemporary aesthetic using traditional techniques. You’ll learn to properly cut material, prep for welding, weld, and add a finish grind, or sanded surface treatment while working in a fully functioning welding studio. Each student will find their level of expertise while completing a planter box or garden art piece of your choosing. No class Nov 21.

LLCFT 325-001 • W, Oct 17-Nov 28 • 6:00-9:00 PM
LOCATION: Moxie Metal Works, 1676 S 700 W • SLC
FEE: $269 + $40 special fee
INSTRUCTOR: Moxie Metal Works Staff

The Inspired Vessel
Explore how to impart metaphor, narrative, symbols and content into your jewelry designs with the fabrication of tiny vessels that contain a cherished keepsake or found object. Explore hollow form, forming, and how to construct a pin catch, hinge, and claw setting. These techniques may seem difficult but when carried out with proper technique come together easily. Guidance from the instructor will help you discover the story of your work in your own “artist’s voice”. Special fee covers some materials and facility and tool rental. Students are responsible for purchasing additional materials which will be discussed the first night of class. Students should be able to construct a ring and have completed LLCFT 229 Beginning Metalsmithing or the equivalent.

LLCFT 330-001 • Th, Oct 18-Nov 15 • 5:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: $249 + $60 special fee
INSTRUCTOR: Kathleen Carricaburu

Multi-layer Flower Painting on Recycled Glass
Demystify painting on glass and build your artistic skills. Paint on recycled window glass using basic brush strokes and color mixing with a selection of specially formulated glass paints. Build confidence working through a variety of floral-based projects and work up...
to a final multi-layer piece of glass art. Students with little or no painting or glass experience are welcome. Special fee covers a set of glass paints, recycled window glass for all projects, and kiln firing. Students will need to bring their own brushes, a list will be provided. No class Nov 22.

LLCFT 326-001 • Th, Oct 25-Dec 6 • 6:00-9:00 PM LOCATION: 540 Arapeen Dr • SLC FEE: $199 + $40 special fee INSTRUCTOR: Jodi Rusho

**Collograph Printmaking**

Do you think “collage” when you hear “collograph”. Collage is the key element to this style of printmaking. This inventive and inspiring style of printmaking uses inexpensive materials (essentially anything that can be stuck on a mdf panel base) to give you an amazingly versatile print experience, offering space to explore form, texture and composition. You’ll use techniques that include relief, screen and intaglio to build up and tear down the surfaces until you have achieved your desired image. Perfect for beginners to experienced artists - start collecting materials that grab your attention, and together we’ll turn them into a work of art!

Encaustic Painting on Photos

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

Forged Cuff Bracelet

Fire + Metal = Fantastic! Learn how to form a piece of heavy gauge sterling silver wire into a beautiful,
forged (hammered) cuff bracelet. We will use different hammers and heat to shape metal with ease. Special fee includes all materials and equipment use. I have worked in the fashion industry for 20 years and while I love the process of draping a soft fabric to fit the curves of the human body I am even more intrigued by coaxing hard metal into nearly any shape. A few simple bends in a piece of metal can transform it into what looks like a cloth ribbon.

LLCFT 293-001 • S, Oct 27 • 10:00 AM-1:30 PM LOCATION: 3450 S Main St, Unit 28W • SLC FEE: $59 + $40 special fee INSTRUCTOR: Amy Schmidt

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 304-002 S, Sep 8-15 • 10:00AM – 3:00PM LOCATION: 540 Arapeen Dr • SLC FEE: $119 INSTRUCTOR: Cindy Briggs

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.

LLART 286-001 • M, Sep 10-Oct 15 • 6:30-8:30 PM LOCATION: 540 Arapeen Dr • SLC FEE: $179 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 • T, Sep 11-18 • 6:00-9:00 PM LOCATION: 540 Arapeen Dr • SLC FEE: $99 INSTRUCTOR: Erika Cespedes

LLART 193-002 • Th, Oct 18-25 • 6:00-9:00 PM LOCATION: Studio o2o, 584 E 12300 S, Ste 10 • Draper FEE: $99 INSTRUCTOR: Rich Legg
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 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 295-001 • Th, Sep 13-27 • 6:30-8:30 PM
LOCATION: Blackburn Studios, 385 W 700 S · SLC
FEE: $99
INSTRUCTOR: Chris Blackburn

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

LLART 295-001 • W, Sep 19-Oct 17 • 6:30-9:00 PM
AND S, Oct 13 • 10:00 AM-12:00 PM
LOCATION: 9875 S 240 W • Sandy Rm 206
FEE: $169 + $8 special fee
INSTRUCTOR: Neil Eschenfelder

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

LLART 115-001 • W, Sep 19-Oct 17 • 6:30-9:00 PM
AND S, Oct 13 • 10:00 AM-12:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $169 + $8 special fee
INSTRUCTOR: Neil Eschenfelder

Digital Photography II
Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes and black and white? If you have mastered the basics and are ready to go deeper, this is the class for you. We’ll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique controls your digital camera gives you. Prerequisite: Nuts and Bolts (LLART 193), Digital
More course info on page 13

New Courses

48-hour advance registration required

Certificate of Western Horticulture Class

Certificate of Digital Photography Class

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 • T, Oct 30-Nov 13 • 7:00-9:00 PM AND S, Nov 3-10 • 10:00 AM-12:00 PM**

LOCATION: 540 Arapeen Dr • SLC

FEE: $129 + $5 special fee

INSTRUCTOR: Neil Eschenfelder

**Historical Photographic Processes in a Contemporary World**

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

**LLART 302-001 • W, Oct 3-24 • 6:00-9:00 PM**

LOCATION: Luminaria, 14 W 800 S • SLC

FEE: $149 + $99 special fee

INSTRUCTOR: Dave Hyams

**Alternative Processes: Photographic Transfers**

Get experimental with the art of Photographic Transfer! Using your own original imagery, you’ll transfer photographs onto paper, wood, and medium relief. You’ll have the opportunity to sample several alternative processes, and then choose your favorite to create your final piece. Image transfer is both unpredictable, and wildly creative, so come ready to see your images in ways you never imagined before. This class is recommended for students who have taken LLART 115 Digital Photography an Introduction, or equivalent. Students must bring several digital files on a USB drive to the first class - the instructor will email exact file specifications before the first meeting. All prints and copies to be transferred will be made in class, and depending on the transfer’s drying time, work may be picked up the following week.

**LLART 305-001 • W, Oct 3-24 • 6:00-8:30 PM**

LOCATION: 540 Arapeen Dr • SLC

FEE: $115 + $100 special fee

INSTRUCTOR: Erika Cespedes

**Introduction to Studio Lighting**

Learn the basics of studio lighting in this hands-on class. Beginning with a simple and affordable one-light setup that can be used in a home studio, instruction will advance to a complex, multiple-light set. In the process, you will gain an understanding of the differences in lighting modifiers (umbrellas, softboxes, reflectors, grids, etc.) and when to use them. The first two meetings will be demonstrations; week three, you will have the opportunity to photograph a model in the studio using your own camera. Prerequisite: A film or digital SLR and Mirrorless System cameras equipped with a hot shoe, 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 studio space.

**LLART 174-001 • T, Oct 9-30 • 7:00-9:00 PM**

LOCATION: Studio o2o, 584 E 12300 S, Ste 10 • Draper

FEE: $99 + $10 special fee

INSTRUCTOR: Rich Legg

**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, Oct 11-25 • 6:30-9:00 PM AND S, Oct 20 • 10:00 AM-12:00 PM LOCATION: Blackburn Studios, 385 W 700 S • SLC FEE: $149 INSTRUCTOR: Chris Blackburn

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

LLART 297-001 • Th, Oct 18-Nov 8 • 6:30-9:00 PM LOCATION: 540 Arapeen Dr. • SLC FEE: $119 + $10 special fee INSTRUCTOR: Ben Kuhns

COOKING, TASTINGS, 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 15 • 6:00-9:00 PM AND S, Aug 18 • 9:00 AM-5:00 PM LOCATION: 540 Arapeen Dr • SLC FEE: $119 + $5 special fee INSTRUCTORS: Peter Golub & Tatyana Golub

Wines of Northern Italy
Italy is home to some of the oldest wine producing regions in the world. Italian wines are known worldwide and offer a broad variety that are distinctive and delicious. Join us as we explore the wine growing regions of Northern Italy. Enjoy reds, whites, Proseccos and more from this amazing country. Please bring a photo ID that indicates your age to class.

LLFW 557-001 • W, Sep 5 • 7:00-9:00 PM LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC FEE: $39 + $30 special fee INSTRUCTOR: Sheral Schowe

Food for Change - A Slow Food Adventure
Discover what’s behind the Slow Food movement and how we can make a difference in the world by what we eat. Learn about food’s connection to climate change and biodiversity, discover the Ark of Taste, and begin to understand how you can affect change with your everyday purchasing power. We will meet a recipient of a Slow Food micro-grant on Saturday, to see and taste the “Think Global, Eat Local” philosophy in action. Special fee covers samples from local food producers.
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.

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.

All About Coffee
Walk through the process of ‘seed to cup’ - the many steps coffee takes from harvest, through processing, roasting, and brewing. Week one we discuss origins, history, trade and the coffee industry. Week two, we taste, cup and evaluate five different coffees.

How to Brew Beer
Lagers, ales, and everything in between. Learn how to create refreshing beer right in your own home from beer making enthusiasts and professionals. Take microbrewing to a whole new homespun level as you learn what equipment you need to start homebrewing, the recipes to get you started and how to trouble shoot. Please bring a photo ID that indicates your age to class.
**Wines of Northern 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 in Northern Spain 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.

**LLFW 558-001 • W, Oct 10 • 7:00-9:00 PM**  
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC  
FEE: $39 + $30 special fee  
INSTRUCTOR: Sheral Schowe

**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 529-001 • S, Oct 20 • 1:30-3:30 PM**  
LOCATION: The Bohemian Brewery & Grill, 94 Ft Union Blvd • Midvale  
FEE: $39 + $25 special fee  
INSTRUCTOR: Cody McKendrick

**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 home-brew 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 be 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!

**LLFW 562-001 • Th, Nov 1 • 7:00-9:00 PM**  
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC  
FEE: $39 + $25 special fee  
INSTRUCTOR: Alan Scott

**Amaros - The Bittersweet of Botanical Spirits**

Amaro is a herbal liqueur that is traditionally consumed as an after-dinner digestif. Though commonly associated with Italy, locally owned Waterpocket Distillery has introduced their own amaro. Learn the history of amaros, the botanicals used for bittering spirits, and how to make a cocktail using Waterpocket’s Toadstool Notom. You’ll sample up to 6 amaros or related bittersweet spirits from around the world, and take home a formula for a simple amaro to make at home. Please bring a photo ID indicating your age to class.

**LLFW 559-001 • W, Nov 7 • 7:00-9:00 PM**  
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC  
FEE: $39 + $30 special fee  
INSTRUCTOR: Sheral Schowe
**Holiday Cookies with Alternative Flours**

Explore the flavors, techniques and proper use of a variety of alternative flours to give your traditional holiday cookies a gluten-free twist. Explore using almond, chestnut, kinako, sorghum, oat and other flours for baking as you make, sample and take home 5 tasty varieties including: Bourbon-Chocolate Pecan Pie Bars, Fresh Ginger Cookies, Italian Quince and Orange Filled Chestnut Cookies, Almond Joy and Pecan Biscotti with Hibiscus Pears. Please dress comfortably, wear flat shoes, and bring a snack to get you through the lunch hour. Please note that while the flours used in this class are all gluten free, we will not be working in a gluten free kitchen.

**LLFW 544-001 • S, Nov 10 • 9:00 AM-1:00 PM**
**LLFW 544-002 • S, Dec 8 • 9:00 AM-1:00 PM**

**LOCATION:** 354 Aspen Lane (private home) • Park City

**FEE:** $69 + $30 special fee

**INSTRUCTOR:** Linda Elbert

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**Chocolate 101 - From Farm to Bar**

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

**LLFW 506-001 • Th, Nov 15 • 6:30-8:30 PM**
**LOCATION:** Millcreek Cacao Roasters, 50 Century Dr (2950 S) • SLC

**FEE:** $35 + $10 special fee

**INSTRUCTOR:** Millcreek Cacao Roasters Staff

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**Sparkling Wines from Around the World**

The holidays are the perfect time to break out a bottle of champagne or sparkling white wine. But what will you serve, and why? Join us as we explore such burning questions as: How do the bubbles get into your glass? What is the difference between a champagne priced for kings and one priced for the rest of us? What do Sekt, Cava, Prosecco, Champagne, and Cremant have in common? To assist in our exploration, we will taste and compare 6 sparkling wines. Please bring a photo ID that indicates your age to class.

**LLFW 560-001 • W, Dec 5 • 7:00-9:00 PM**
**LOCATION:** SLC

**FEE:** $39 + $40 special fee

**INSTRUCTOR:** Sheral Schowe

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**FINANCE AND BUSINESS**

**Principles of Investing**

Gain insight into the basics of investing, and how to incorporate them into your own personal investment plan. You’ll be introduced to principles like Time Value of Money, the stock and bond markets, and investment vehicles like mutual funds and ETF’s. We’ll discuss what to look for in your personal finances before you start investing, like consumer debt, home ownership, etc. Leave the course with a basic understanding of investing - what it means, how to do it successfully and the common pitfalls to avoid.

**LLBUS 228-001 • W, Sep 12-Oct 3 • 6:30-8:30 PM**
**LOCATION:** 540 Arapeen Dr • SLC

**FEE:** $99

**INSTRUCTOR:** James Sweeney

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**Leadership Principles from Zen and the Martial Arts**

Break through stubborn career obstacles by coordinating your body and mind using principles from the martial arts. Concepts and techniques will be taken from teachings passed to the instructor by martial arts masters (Helio Gracie & Pedro Sauer), Miyamoto Musashi’s Book of Five Rings and similar texts, and will be expressed in a physical form through the arts of Brazilian Jiu Jitsu, Jeet Kune Do and Kali (Filipino More Cooking, Tastings, and Tours 17

**New Courses**

**48-hour advance registration required**

**Certificate of Western Horiculture Class**

**Certificate of Digital Photography Class**
martial art). While you’ll learn specific martial arts techniques in this experiential seminar, the focus will be the underlying life concept, which will give you confidence whether you’re a stalled business leader or a creative experiencing a block. No previous martial arts experience is required – students should expect to get a moderate workout, so please wear the appropriate clothing. Students will not be sparring or participating in aggressive physical contact during this class.

**LLBUS 236-001 • S, Oct 13 • 10:00 AM-2:00 PM**
LOCATION: Fusion Academy of Martial Arts, 615 Simpson Ave (2240 S) • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Eddie Edmunds

**Healthy Living**

**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.

**LLBUS 234-001 • M, Oct 15-Nov 19 • 6:30-8:00 PM**
LOCATION: 540 Arapen Dr • SLC
FEE: $119 + $5 special fee
INSTRUCTOR: Chris Olsen

**Personal Finance for Medical Professionals**
Are you a medical professional feeling overwhelmed by your finances, despite earning a high income? Balancing paying off debt with saving for the future, while navigating an endless sea of financial products is no small task. Address the specific money management needs of your chosen profession, and get clarity about your financial future. You’ll learn how to balance your budget, invest wisely, minimize taxes and properly protect yourself and your family from risk. Non-medical professionals can learn how to become financially healthy in LLBUS 228 Principles of Investing. No class Oct 31.

**LLBUS 235-001 • W, Oct 17-Nov 14 • 6:30-8:30 PM**
LOCATION: 540 Arapen Dr • SLC
FEE: $99
INSTRUCTOR: James Sweeney

**Healthy Living**

**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.

**LLBUS 235-001 • W, Oct 17-Nov 14 • 6:30-8:30 PM**
LOCATION: 540 Arapen Dr • SLC
FEE: $99
INSTRUCTOR: James Sweeney

**Personal Finance for Medical Professionals**
Are you a medical professional feeling overwhelmed by your finances, despite earning a high income? Balancing paying off debt with saving for the future, while navigating an endless sea of financial products is no small task. Address the specific money management needs of your chosen profession, and get clarity about your financial future. You’ll learn how to balance your budget, invest wisely, minimize taxes and properly protect yourself and your family from risk. Non-medical professionals can learn how to become financially healthy in LLBUS 228 Principles of Investing. No class Oct 31.

**LLBUS 235-001 • W, Oct 17-Nov 14 • 6:30-8:30 PM**
LOCATION: 540 Arapen Dr • SLC
FEE: $99
INSTRUCTOR: James Sweeney

**Healthy Living**

**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.

**LLBUS 235-001 • W, Oct 17-Nov 14 • 6:30-8:30 PM**
LOCATION: 540 Arapen Dr • SLC
FEE: $99
INSTRUCTOR: James Sweeney

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

- Botanical Art & Illustration Sampler pg 6
- Men's Grooming: Skin and Beard Care pg 22
- Drawing Small Animals and Pets pg 6
- Quick Sketch Watercolors pg 9
- Hiking With Your Dog pg 36
- Photographic Transfers pg 11
- Qigong for Women's Health pg 22
- Historical Photographic Processes pg 11
- Intro to Utah Spirits pg 14
- UCTC Punch Pass pg 21
- Birding for the Non-Birder pg 26
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 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 4-Dec 13 • TBA
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $379
INSTRUCTOR: 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. Check out the link to see classes in action - https://vimeo.com/180367120.

LLHL 209-001 • MTWThFSSu, Sep 4-Dec 13 • TBA
LOCATION: Rose Wagner Performing Arts Center, 138 W 300 S • SLC
FEE: $99
INSTRUCTOR: RDT 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 215-001 • MTWThFSSu, Sep 4-Dec 13 • TBA
LOCATION: Centered City Yoga, 926 E 900 S • SLC
FEE: $110
INSTRUCTOR: Centered City 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 219-001 • MTWThFSSu, Sep 4-Dec 13 • TBA
LOCATION: Ultimate Combat Training Center, 555 E 2100 S • SLC
FEE: $149
INSTRUCTOR: Ultimate Combat Training Staff

More Healthy Living

New Courses  48-hour advance registration required  Certificate of Western Horticulture Class  Certificate of Digital Photography Class
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 We Are Yoga to offer a complete mind and body experience for you. Registration for this class buys you a 10-class pass good for any We are Yoga class. Visit www.weareyogasl.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, Sep 4-Dec 13 • TBA
LOCATION: We Are Yoga, 2645 E Parley's Way • SLC
FEE: $110
INSTRUCTOR: We Are Yoga Staff

Qigong Practice
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 reduces 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.

LLHL 162-001 • M, Sep 10-Oct 22 • 7:15-8:30 PM
LOCATION: Beverley Taylor Sorenson Arts and Education Complex, 1721 Campus Center Dr, Campus • SLC
FEE: $89
INSTRUCTOR: Melissa Faber

LLHL 221-001 • T, Sep 11-Oct 2 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $79
INSTRUCTOR: Melissa Faber

Men’s Grooming - Skin and Beard Care
Whether you wear a beard or “play it smooth”, it’s time to give your face the attention it deserves. Get schooled in specific skin care needs for men, including: hydration; how to avoid bumps, burns and ingrown hairs; the shaping of a beard and mustache; how to trim between barber visits; and what to look for in a barber. Learn the uses of beard oil, waxes and shaving products as you formulate a custom plan for your own grooming ritual. Students will leave with their own customized scented beard & face oil to use at home. This class may cater to the gents, but ladies are welcome too!

LLHL 218-001 • M, Sep 24 • 6:30-8:30 PM
LOCATION: Olio Skin & Beard Co., 2157 E 2100 S, Suite B • SLC
FEE: $35 + $5 special fee
INSTRUCTOR: Olio Skin & Beard Co. Staff

Acupressure for Anxiety and Depression
Traditional Chinese Acupressure techniques have been shown to relieve depression and anxiety, as well

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

More course info on page 23
as improve your overall health and vitality. Join us as we show you how to use acupressure to improve the flow of Qi throughout your body and bring health and well-being back into your life.

LLHL 161-001 • M, Oct 1-8 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $59
INSTRUCTOR: Karena Luttmer

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 our 2 week 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, Oct 2-Nov 6 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Bonnie Edwards

Zen for Everyday Life
The essence of Zen is a direct personal experience that helps you relax, manage stress, and may also deepen and enrich your life. Zen meditation practices date back 2,500 years to the Buddha himself, but are not confined to any culture or religious tradition. You will learn the traditional postures and breathing techniques as well as the most up-to-date Big Mind Western Zen practice. Class will include both instruction and discussion. Attendance is required to the first class.

LLHL 107-001 • W, Oct 3-17 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $79
INSTRUCTOR: Mark Esterman

A Good Night’s Sleep
Gain an understanding of the science of sleep, its impact on health, and how sleep affects the immune system, productivity, and mental/emotional health. Through this integrative approach, you’ll discover the habits and practices that are conducive to sleeping well on a regular basis. Working with the instructor, identify your own plan for healthy sleep, practice mindfulness exercises, differentiate between guided and self-guided meditation, and discuss when music or white noise may be more useful than counting sheep.
LLHL 222-001 • T, Oct 16-23 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $59
INSTRUCTOR: Melissa Faber

Being with Horses
Horses are generous and insightful teachers and can help connect us to nature and to ourselves. Join us for a unique opportunity at the High Star Ranch in Kamas and learn what it means to build an authentic relationship with another species. A classroom session will prepare you for the field day where you’ll learn how working with a horse on its own terms can offer many insights into human behavior. Class does not involve horseback riding. Students will interact with the horses through touch, feeding, and a hike on the ranch property. Please wear comfortable shoes, seasonally appropriate outdoor clothing, and bring a lunch and refillable water container.

LLHL 220-001 • Th, Oct 18 • 6:30-8:30 PM
AND S, Oct 20 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $89 + $25 special fee
INSTRUCTOR: Nicole Tomlin

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 31-Nov 14 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $79
INSTRUCTOR: Mark Esterman

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, Oct 27 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $50 + $25 special fee
INSTRUCTOR: Carrie Roberts

LLHL 184-002 • S, Oct 27 • 2:00-5:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $50 + $25 special fee
INSTRUCTOR: Carrie Roberts

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. Ahhhh! 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.
New Courses
48-hour advance registration required

Certificate of Western Horticulture Class
Certificate of Digital Photography 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.

LOCATION: Cliff Lodge Spa, Snowbird Resort • Little Cottonwood Canyon
FEE: $65
INSTRUCTOR: Dana Levy

HOME AND GARDEN

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 $180 + special fee (ask for section 002).

LOCATION: 540 Arapeen Dr • SLC
FEE: $75 + $20 special fee
INSTRUCTOR: Rachael Bush

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, ribbon scissors, wire cutters, an apron, and a hand towel to each class. All materials are provided. If you would like to purchase snips or knife the first day of class some will be available. Class is limited to 9.

LOCATION: Native Flower Company, 1448 E 2700 S • SLC
FEE: $119 + $80 special fee
INSTRUCTOR: Pamela Olson

Spring Flowering Bulbs
Plan and plant this fall for an early spring garden filled with color and diversity from a combination of spring blooming bulbs. Daffodils and tulips take center stage as we look at recommended varieties and discuss selecting various cultivars so you have continuous color from early to late spring. We’ll also discuss lesser known spring bloomers like Allium, Glory-of-the-Snow, Winter Aconite, Checkered Lily, and Snowdrops. Design, planting, maintenance, and how to force some of these little gems for winter flowers indoors will be discussed. Going dormant in summer, spring blooming bulbs are great landscape plants in Utah’s dry climate. Get excited for spring this fall and have flowers next year as soon as the snow melts. Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

LOCATION: 540 Arapeen Dr • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Michelle Cook

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 land-
scape 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).

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.

Ornamental Grasses and Fall Blooming Perennials
Extend the color in your garden through fall by incorporating ornamental grasses and late-blooming perennials. 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.

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 center-piece 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).

Birding for the Non-Birder
Getting to know birds is like getting to know a new friend; the more time you spend with them, the better you know and appreciate them. Birds are found everywhere and are relatively easy to watch from just about anywhere. A “non-birder” or beginning birder will learn simple pointers to aid in the process of identifying birds. The 3rd hour will be spent outdoors, so please dress for the weather and wear comfortable walking shoes.

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

LLHG 550-001 • S, Sep 29 • 10:00 AM-12:00 PM
LLHG 550-003 • Th, Oct 4 • 6:30-8:30 PM
LOCATION: Red Butte Garden greenhouses, 2195 Red Butte Canyon Road • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Scott Mower

Fall Garden Maintenance
Get a jump on spring gardening this fall. Simple garden clean-up along with dividing, transplanting, pruning, and mulching will leave you ahead of the game come spring. We’ll discuss which perennials to cut back and which to leave until spring, tips for healthy fall transplanting, dividing irises and bulbs, which trees and shrubs can be pruned in fall, and how to protect your garden through mulching. Join us in the Garden as we get hands-on experience cutting back perennials, dividing, transplanting, and pruning. Co-sponsored with Red Butte Garden; members pay $68 + special fee (ask for section 002).

LLHG 551-001 • Th, Oct 4 • 6:00-9:00 PM
AND S, Oct 6 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $3 special fee
INSTRUCTOR: Angela Decker

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, Oct 4-11 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $49 + $8 special fee
INSTRUCTOR: Michelle Cook

Sprouts and Microgreens - Growing in Winter
Just because it is cold outside doesn’t mean you can’t be growing and eating fresh healthy greens. Go beyond the familiar alfalfa sprout as we cover different sprouting methods and introduce you to other great seed sprouts that are sure to spice up your winter diet. We will also explore the world of MicroGreens - those tiny flavorful items adorning your food at high end restaurants. These greens are immensely flavorful versions of their fully grown counterparts and allow opportunities to harvest things you can’t grow as a sprout - like Cilantro, Lettuce, Basil and many more. Come learn the basic tips and tricks and turn your kitchen into a powerful Micro Farm.

LLHG 601-001 • W, Oct 10 • 6:30-8:30 PM
LOCATION: Mountain Valley Seeds, 175 W 2700 W • SLC
FEE: $35 + $30 special fee
INSTRUCTOR: Robb Baumann

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

LLHG 904-001 • T, Oct 11-Nov 1 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $99 + $10 special fee
INSTRUCTOR: Stephanie Duer

Bulb Forcing Workshop
There is nothing like fresh flowers in the dead of winter. Brighten the winter blues by planting spring bulbs for winter forcing. We will share the secrets to successful bulb forcing and participants will plant combination bulb containers to create small potted spring gardens to take home for forcing. Participants will be provided with all the necessary materials including pots, soil, selected bulbs and instructions for forcing. Please meet at the Garden greenhouse. Co-sponsored with Red Butte Garden; members pay $39 + special fee (ask for section 002).

LLHG 473-001 • W, Oct 17 • 6:00-8:00 PM
LOCATION: Red Butte greenhouses, 2190 Red Butte Canyon Rd • SLC
FEE: $39 + $20 special fee
INSTRUCTOR: Eric Cook

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.

LLLAN 350-001 • W, Sep 12-Oct 17 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Thorpe

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 • Th, Sep 13-Oct 18 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $135 + $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 22.

LLLAN 355-001 • Th, Nov 1-Dec 13 • 6:30-8:30 PM
LOCATION: 540 Arapene Dr • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Shauna Mayer

**All Spanish, All the Time**
Learning Spanish unlocks an entire universe that isn’t available to the current version of you. From fútbol to flamenco to ceviche to tango…it’s all better in Spanish. So how do you learn it? Why does a 4-year old Colombian talk circles around an American who studied Spanish for 4 years in college? Do you “know” a language, or is it a way of life? Do you learn a language or do you get used to it? This course will use phonetics, targeted listening, cultural insights, and specially curated media to answer these questions, help you on your path to fluency, and supercharge your language skills. Co-sponsored with Higher Ground Learning. No class Nov 21 for section 002.

LLLAN 428-001 • MW, Sep 19-Oct 29 • 6:00-7:00 PM
LLLAN 428-002 • MW, Nov 5-Dec 17 • 6:00-7:00 PM
LOCATION: Higher Ground Learning, 380 Pierpont Ave • SLC
FEE: $149 + $50 special fee
INSTRUCTOR: Higher Ground Learning Staff

**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 text “Discover Chinese” which is available on Amazon, price varying from $28 - $50. Co-sponsored with Confucius Institute. No class Oct 10 or 31.

LLLAN 362-001 • W, Oct 17-Dec 5 • 7:00-9:00 PM
LOCATION: Carolyn Tanner Irish Humanities Building, Room 201, 255 S Central Campus Dr. Campus • SLC
FEE: $189
INSTRUCTOR: Xiqiang Wang

**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 Oct 10 or 31.

LLLAN 364-001 • W, Sep 12-Nov 14 • 6:30-8:30 PM
LOCATION: Carolyn Tanner Irish Humanities Building, Room 201, 255 S Central Campus Dr. Campus • SLC
FEE: $189
INSTRUCTOR: Xiqiang Wang

**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 • W, Sep 12-Oct 17 • 5:30-6:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $89 + $10 special fee
INSTRUCTOR: Rio Sabella

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

LLMT 464-001 • M, Sep 17 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $39 + $20 special fee
INSTRUCTOR: Randin Graves

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

LLMT 389-001 • M, Oct 1-Nov 5 • 6:30-8:00 PM
FEE: $109 + $20 special fee

LLMT 389-002 • M, Oct 1-Nov 5 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $109
INSTRUCTOR: Randin Graves

**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, Sep 25-Oct 23 • 6:30-7:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Jim Major
**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 Oct 31.

LLMT 382-001 • W, Oct 3-Nov 14 • 7:00-8:00 PM  
LOCATION: 540 Arapeen Dr • SLC  
FEE: $109  
INSTRUCTOR: Bruce Christenson

**Sundance 101: How to Navigate the Sundance Film Festival**  
Don’t be confused or overwhelmed when it comes to the biggest yearly event that happens in our own backyard. Long-term Sundance volunteer wants to help you navigate the annual Sundance Film Festival. Learn the ins and outs of Film Festival tickets and how to utilize the electronic wait list system. Discover perks reserved for Utah locals. Hear about volunteer opportunities and the benefits of becoming a Film Festival volunteer. You have questions so get the answers on how to best experience SFF 2019.

LLMT 463-001 • T, Nov 6-27 • 6:15-7:45 PM  
LOCATION: 540 Arapeen Dr • SLC  
FEE: $79  
INSTRUCTOR: Clint Erekson

**Effective Animal Communication**  
Would you like to improve your relationship with your pets or understand them better? Develop a deeper connection with your animals using awareness and visualization to change specific behavior patterns, identify physical challenges and solve relationship issues. Practice formulating ideas in ways your animal will clearly understand, asking questions and allowing their answers to come to you. These practical, problem-solving techniques can be used with all types of animals. This is a human-only class but please bring pictures of your animal friends.

LLPOT 644-001 • M, Sep 17-Oct 1 • 6:30-8:30 PM  
LOCATION: 540 Arapeen Dr • SLC  
FEE: $69  
INSTRUCTOR: Patty Rayman

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

**POTPOURRI**

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

LLPOT 732-001 • T, Sep 11 • 6:30-8:30 PM  
LOCATION: 540 Arapeen Dr • SLC  
FEE: $35  
INSTRUCTOR: Tom Wharton

**From their Logan factories? Did you know that Utah’s West Desert is home to a pet cemetery? How about golfing on a five-hole course in Milford known as the Windy Five—for $3 a round? Learn about these and other out-of-the-way Utah sights and adventures in this celebration of the quirky—and bring your own to share!**

LLPOT 644-001 • M, Sep 17-Oct 1 • 6:30-8:30 PM  
LOCATION: 540 Arapeen Dr • SLC  
FEE: $69  
INSTRUCTOR: Patty Rayman
Discover the Great Salt Lake
Discover the unique geology, multifaceted history, and current issues affecting the lake that helps to define our State. A classroom session followed by Saturday field trip to Bear River Bird Refuge - a “wetland oasis in the desert for wildlife” - where you’ll experience the lake and it’s ecosystems up close and in person. Saturday’s meeting place will be discussed in the classroom session, please allow adequate travel time to be at the refuge by the start time listed below.

LLPOT 944-001 • Th, Sep 20 • 6:30-8:30 PM AND S, Sep 22 • 10:00 AM-1:00 PM
LOCATION: 540 Arapen Dr • SLC
FEE: $59
INSTRUCTOR: Tom Wharton

Game Training for Your Dog
Teaching your dog some “new tricks” of good behavior doesn’t have to be a chore! Dogs can learn calm behavior and self-control using training games that yield easy results, and are a lot of fun for both owner and pet. Training games are interactive, improve the human-dog bond, and can counteract such undesirable behaviors as jumping, barking, pulling on the leash, and are applicable to young dogs and old. Class will be held outdoors, and students will be notified where to meet prior to the class date. Please wear seasonally appropriate clothes and comfortable shoes.

Dogs should be people and dog friendly (not reactive) and brought on a 6 ft leash and flat collar or harness. Special fee covers a 20 ft long training line, high value treats, and a treat bag for you to keep.

LLPOT 945-001 • S, Sep 29 • 10:00 AM-2:00 PM
LOCATION: SLC
FEE: $69 + $25 special fee
INSTRUCTOR: Lynne Gilbert-Norton

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.

LLPOT 703-001 • Th, Oct 4-25 • 6:30-9:00 PM
LOCATION: 540 Arapen Dr • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Margaret Ruth

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

LLPOT 943-001 • Th, Oct 4 • 6:30-8:30 PM AND F, Oct 5 • 6:30-9:30 PM
LOCATION: 540 Arapen Dr • SLC
FEE: $59
INSTRUCTOR: Wendy Wilson

Beginning Clicker Training for Dogs
Clicker training is a clear form of communication used in positive reinforced training and is a safe, effective way to teach an animal any behavior. Originally used with marine mammals during shows and veterinarian procedures, it is now commonplace in teaching zoo animals to be handled by keepers and vets. Your own four footed friend can learn not to pull on the leash, come when called, and perform all sorts of cool tricks! This class is
not intended to correct serious behavioral issues with non-socialized or reactive dogs. Your dog must be people and dog friendly. Do not bring your dog to the first class. On the second and third nights only, please have your dog in a flat collar or harness, on a 5-6 foot leash, and please bring plenty of very small soft training treats for your dog. Please no choke chains or prong collars. Special fee covers clicker and treat bag. Class is limited to 8.

LLPOT 937-001 • M, Oct 8-22 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $69 + $20 special fee
INSTRUCTOR: Lynne Gilbert-Norton

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.

LLPOT 942-001 • T, Oct 9-23 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $69 + $5 special fee
INSTRUCTOR: Noah Miterko

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 11-Oct 9 • 7:30-9:00 PM
LLREC 766-002 • T, Oct 16-Nov 13 • 7:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $99
INSTRUCTOR: Becka Roolf

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 4.

LLREC 903-001 • Th, Sep 13-Oct 11 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $99
INSTRUCTOR: Becka Roolf

More Potpourri

Certificate of Western Horticulture Class
Certificate of Digital Photography Class

48-hour advance registration required
and learn how to repair what you have instead of throwing it out; look closely at some of the unique natural beauty found seasonally in Utah and the Wasatch; and learn about stewardship, outdoor ethics and see what some of our local non-profit organizations are doing to keep our mountains and rivers clean, healthy and wild.

LLREC 913-001 • M, Sep 17-24 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $59 + $10 special fee
INSTRUCTOR: Katherine Pioli

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. Day on the river requires river 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.

LLREC 902-001 • WTh, Sep 19-20 • 6:00-8:00 PM AND S, Sep 22 • 9:00 AM-5:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $109 + $30 special fee
INSTRUCTOR: Erik Ostrander

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

LLREC 739-001 • M, Sep 24-Oct 15 • 7:00-9:00 PM
LOCATION: Momentum Millcreek, 3173 E 3300 S • SLC
FEE: $189
INSTRUCTOR: Momentum Millcreek Staff

WRITER’S 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.

LLWRC 760-001 • T, Sep 4-Oct 9 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $199 + $15 special fee
INSTRUCTOR: Meg Kinghorn

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

LLWRC 787-001 • T, Oct 23-Dec 11 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $249 + $10 special fee
INSTRUCTOR: Meg Kinghorn

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. No class Oct 31 for section 002.

LLWRC 780-001 • M, Sep 10-Oct 15 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Johnny Worthen

Copywriting 101
Copywriting is the magical art of writing that inspires your audience to take action. Good copywriting can entice someone to buy your product, read your blog, follow you on social media, attend a non-profit event, donate to a political party, or change personal habits. In this day and age where self-promotion is the key to success in nearly every field, a solid grasp of copywriting is crucial to set you or your brand apart. Learn the importance of finding and writing in a unique and engaging voice, and how to retain that voice while adjusting the tone for various goals. Through readings...
and writing exercises, you’ll discover the importance of catchy titles, value propositions, hooks, nailing your call-to-action, using speech writing techniques to influence emotions and, above all, how to get your audience to trust you.

LLWRC 864-001 • M, Oct 1-22 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $99 + $5 special fee
INSTRUCTOR: Misty Evans

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 860-001 • M, Oct 15-Nov 19 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Ella Olsen

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!

More course info on page 39
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.

Memoir Intensive
Most often associated with biographies, the memoir is simply an historical account 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 how it differs from 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!

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

More Writing

LLWRC 865-001 • M, Oct 29–Nov 12 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $75 + $5 special fee
INSTRUCTOR: Katherine Pioli

LLWRC 842-001 • S, Nov 3-10 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Johnny Worthen

LLWRC 863-001 • S, Nov 3-17 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Meg Kinghorn

LLWRC 861-001 • S, Dec 1 – 8 • 1:00-3:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: $65 + $5 special fee
INSTRUCTOR: Ella Olsen

New Courses 48-hour advance registration required Certificate of Western Horticulture Class Certificate of Digital Photography Class
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!
A wise man said, “You must go out on a limb if you want to reach the fruit.” This saying accurately sums up life and Lifelong Learning, where the most rewarding moments come when you stick out your neck and take a chance.

GET ARTY with Arts & Crafts classes like Intro to Quilting, Metalsmithing, Botanical Art, Collograph Printmaking, or Quick Sketch Watercolors.

EAT AND DRINK HEARTY with Cooking, Tastings, and Tours classes like Food for Change: A Slow Food Adventure, Think and Drink Local, Chocolate 101 – From Farm to Bar, or Sparkling Wines from Around the World.

IMPROVE YOUR HEALTH with Healthy Living classes like Martial Arts Class Pass, Qigong for Women’s Health, A Good Night’s Sleep, or Being with Horses.

BOLSTER YOUR WEALTH with Finance and Business classes like Bringing Your Invention to Market, Leadership Principles from Zen and the Martial Arts, or Personal Finance for Medical Professionals.

Choose from over 150 courses this fall that will help you lead a fuller, more fruitful life. Enroll today!

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

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