LIFELONG LEARNING

PERSONAL ENRICHMENT CLASSES FOR INQUISITIVE ADULTS

SPRING TO LIFE

New classes start weekly. Jan - May 2017

lifelong.utah.edu
801.587.LIFE (5433)
SPRING INTO ACTION

In the face of work and family commitments—not to mention the myriad of distractions of the modern world—it can be dangerously easy to let your life drift by. Sometimes it’s easier just to sit back and watch the world roll past without taking an active role in the direction of your own life. Then, next thing you know, days, weeks, and even years have slipped away.

Well, the New Year is the perfect time to spring into action and consider ways in which you can begin pursuing your interests, goals, and dreams. Lifelong Learning is just the kick-start you need, offering hundreds of ways to enrich your life, expand your horizons, and help you create something amazing. And with the flexible class times, it doesn’t take a massive effort to get rolling—just an incremental shift in your priorities can work wonders.

Take a moment to browse through the catalog. You are sure to find tons of classes that will put a little spring in your step.

BLOG FOR US!

Do you find yourself wishing you could explore every new idea that comes your way? Wanting to learn something new at every turn? Are you excited by things like welding, organic gardening, ukulele, and wine tasting? The Lifelong Learning 5-Class Challenge is for you!

Go to bit.ly/5-class and tell us why you should win the opportunity to take 5 Lifelong Learning classes in exchange for writing a blog post and taking some photos for each class! It’s that simple AND that exciting!

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

**Beginning Drawing**

Anyone can learn to draw! This class will encourage you to explore drawing through a variety of materials, methods, and philosophies. You will become familiar with charcoal, ink, graphite, oil pastels, and even alternative drawing materials as you complete exercises and activities to help you see what is in front of you and set your vision down on paper. Gain confidence as you become acquainted with your own unique drawing style. Please bring a smock or wear "art clothes," and bring a large (6x10x4 inch) container for take-home supplies. Special fee covers all materials. No class Feb 14 for section 001.

LLART 068-001 • T, Jan 24-Mar 7 • 6:30-8:30 PM
LLART 068-002 • Th, Mar 16-Apr 20 • 6:30-8:30 PM
LOCATION: Annex 1145, Campus • SLC
FEE: $139 + $20 special fee
INSTRUCTOR: Eric Erekson

**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. No class Feb 7 for section 001 and no class Feb 8 for section 002.

LLCFT 234-001 • T, Jan 10-Feb 21 • 6:00-9:00 PM
LLCFT 234-002 • W, Jan 11-Feb 22 • 6:00-9:00 PM
LLCFT 234-003 • T, Mar 14-Apr 18 • 6:00-9:00 PM
LLCFT 234-004 • W, Mar 15-Apr 19 • 6:00-9:00 PM
LOCATION: 8415 S 700 W, #15, Sandy.
FEE: $269 + $35 special fee
INSTRUCTOR: Richard Cobbey

**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 a hammer and anvil. You will learn hammer control, the different parts of the anvil, the different strikes on the anvil and how to use them to maximize your effort. All class projects are designed to use the skills you develop to enhance your capabilities. Wear closed toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Please bring a large container of water or sports drink - this is hot and thirsty work!

LLCFT 274-001 • Th, Jan 12-Feb 16 • 6:30-9:30 PM
LOCATION: Wasatch Forge, 3345 S 300 W, #5A • SLC
FEE: $269 + $20 special fee
INSTRUCTORS: Matt Danielson & Michael Imperiale

**Blacksmithing - Intermediate**

Focus the skills you learned in Blacksmithing and grow your knowledge of the craft with a segment on coal forging. Students will be creating a hammer, more advanced tongs, and a bottom tool for your anvil in this project focused course. Wear closed toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Please bring a large container of water or sports drink - this is hot and thirsty work!

LLCFT 296-001 • Th, Apr 6-May 11 • 6:30-9:30 PM
LOCATION: Wasatch Forge, 3345 S 300 W, #5A • SLC
FEE: $269 + $40 special fee
INSTRUCTORS: Matt Danielson & Michael Imperiale

**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. Stu-

More course info on page 3
dent's are responsible for their own materials; find a list online, or call 801-587-5433. This class is limited to 10. No class April 3.

**LLART 071-001** • T, Jan 17-Mar 7 • 6:30-9:00 PM
**LOCATION:** Finch Lane Gallery, 54 Finch Lane (1325 E 100 S) • SLC
**FEE:** $199 + $20 special fee
**INSTRUCTOR:** Richard Vroom

**LLART 071-002** • M, Feb 27-Apr 24 • 6:30-9:00 PM
**LOCATION:** Annex (see bldg doors for room #), Campus • SLC
**FEE:** $199
**INSTRUCTOR:** Amelia Davis

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

**LLART 227-001** • T, Mar 21-May 9 • 6:30-9:00 PM
**LOCATION:** Finch Lane Gallery, 54 Finch Lane (1325 E 100 S).
**FEE:** $199 + $20 special fee
**INSTRUCTOR:** Richard Vroom

**Hand Piecing Contemporary Quilts**
Learn traditional hand piecing while making contemporary quilts. This class is a marriage of traditional quilt making techniques with up-to-date patterns and fabrics. You’ll learn marking, two different cutting techniques, easy-to-learn stitches, piece joining, block construction, unusual settings unique to modern quilts, and finishing your quilt top. We’ll also explore color, composition and design. Then we’ll mark your quilt top and prepare it for quilting. There will be a discussion on modern quilting patterns using stencils, and a demonstration on marking and preparing the quilt sandwich. Hand quilting will be demonstrated in class. Perfect for novices and experienced quilters. No experience necessary. Supplies will be discussed during the first class meeting and should be purchased prior to 2nd class. No class Feb 20.

**LLCFT 287-001** • M, Jan 30-Mar 13 • 6:30-8:30 PM
**LOCATION:** Annex (see bldg doors for room #), Campus • SLC
**FEE:** $145
**INSTRUCTOR:** Susan Madden

**Travel Journaling**
Whether it’s a trip of a lifetime or the day-to-day journey of “normal” life, journaling is a special way to record your experiences, hang on to precious souvenirs, and even create an heirloom document for generations to come. Above all, journaling should be fun - a chance to become child-like again, and to not be afraid of doing something the “right way”. Create your own one-of-a-kind travel journal using watercolors, pen and ink, and items saved from a past (or collected for a future) journey. Special fee covers journal and supplies, and additional materials will be discussed the first night of class.

**LLCFT 300-001** • Th, Feb 23-Mar 2 • 6:00-9:00 PM
**LOCATION:** Woodcraft, 8932 S State St, Sandy, UT.
**FEE:** $79 + $12 special fee
**INSTRUCTOR:** Marilyn Ure

**Spoon Carving**
Hand-carved spoons have been given as a token of love throughout history and, combined with different motifs, symbolize affection or faith. After a quick sharpening and safety lesson, we will carve our own usable wooden spoon out of Butternut or White Walnut. Learn how to read a pattern and safely use carving tools. A carving glove and leather thumb guard are needed for safety. You can bring your own or purchase them the first night of class ($30). All other tools, materials and finishing supplies are included.

**LLCFT 300-001** • M, Jan 30-Feb 13 • 6:00-9:00 PM
**LOCATION:** Annex (see bldg doors for room #), Campus • SLC
**FEE:** $115 + $30 special fee
**INSTRUCTOR:** Charlotte England

**Certificate of Western Horticulture Class**
Basics of Hand-spinning Yarn
Learn the basics of hand-spinning wool. You will make your own Navajo-style spindle to keep, and gain the knowledge and experience needed to make your own single and two-ply yarns—perfect for knitting or crochet! Discussion will include fiber selection and processing and an overview of tools. All materials included, all levels welcome!

LLCFT 302-001 • S, Feb 25 • 9:00 AM-1:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $59 + $20 special fee
INSTRUCTOR: Allison Milham

Mural Painting
Draw and paint a mural under the guidance of a former Artist-in-Residence at the Huntsman Cancer Institute. Gain hands-on experience while you discuss the mural process from design to execution, and leave with the skills to conduct similar projects in your homes and communities. The mural project is a part of the Huntsman Wellness Program, benefiting patients and their families, doctors, nurses and staff.

LLART 177-001 • S, Feb 25-Apr 1 • 10:00 AM-1:00 PM
LOCATION: Huntsman Cancer Institute, 2000 Circle of Hope Dr • SLC
FEE: $179
INSTRUCTOR: Lindsay Frei and Tiffani Hafen

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

LLCFT 249-001 • S, Feb 25-Mar 18 • 9:30 AM-12:00 PM
LOCATION: Finch Lane Gallery, 54 Finch Lane (1325 E 100 S) • SLC
FEE: $115 + $45 special fee
INSTRUCTOR: Roger Whiting

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. Students will make a bookmark, a pendant, and a ring with a bezel set cabochon. All levels are welcome. Special fee includes all materials and use of equipment. Materials include: sterling silver and copper sheet metal, sterling silver wire of various shapes and sizes, silver solder, and a semi-precious cabochon. Class is limited to 8.

LLCFT 229-001 • M, Feb 27-Apr 3 • 6:00-9:00 PM
LOCATION: The SilverSchmidt • SLC
FEE: $209 + $105 special fee
INSTRUCTOR: Mary Lambert

LLCFT 229-002 • T, Feb 21-Mar 28 • 6:30-9:30 PM
LOCATION: The SilverSchmidt • SLC
FEE: $209 + $105 special fee
INSTRUCTOR: Amy Schmidt

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 pay an additional $80 for supplies depending on their own fabric stash. Students are encouraged to bring their own sewing machine; a limited number are available for use.

LLCFT 227-001 • M, Feb 27-Apr 3 • 6:00-9:00 PM
LOCATION: The SilverSchmidt • SLC
FEE: $195 + $80 materials fee
INSTRUCTOR: Mary Lambert

LLCFT 227-002 • T, Feb 21-Mar 28 • 6:30-9:30 PM
LOCATION: The SilverSchmidt • SLC
FEE: $195 + $80 materials fee
INSTRUCTOR: Amy Schmidt
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 silversmithing, 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. Class is limited to 8. Special fee is for facility and tool rental.

Printmaking - Tibetan Prayer Flag Workshop
Following the 2,000 year Tibetan Buddhist tradition, bless your space with hand-printed prayer flags by creating your own collection of prints on cloth as you learn the basics of relief printmaking, carving techniques, and the printing of multiples. Represent your own blessing, mantra, spirit animal or family crest, and discuss display and hanging options for your new collection of flags. Supply fee covers all materials, no previous printmaking experience needed.

Pointed Pen Calligraphy
Known also as Copperplate, English Round Hand, or Engravers Script, this style of pointed pen calligraphy evolved from the French Ronde hand in the seventeenth century. Neat, legible and swift in execution, this writing style is perfect for special cards and invitations, or for adding a special touch to everyday journal entries or lists. The special fee covers the pen, nibs, ink, and guide sheets. Expect to spend another $20 for additional supplies. Find a list online, or call 801-587-5433.

Beginning Oil Painting
Learn to create your own unique artworks using oil paint, painting knives, brushes, and a variety of canvases and surfaces in this comprehensive introductory course. As you become comfortable with this timeless medium you will explore basic color theory, proportion drawing, how to mix and apply oil paint through exercises in still life, landscape painting, self-portraiture, and more. Students are responsible for their own materials (approximate cost: $150); find a list online, or call 801-587-5433. This class is limited to 10. Special fee is for facility rental.

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

LLCFT 242-001 • S, Mar 11 • 10:00 AM-12:30 PM AND S, Mar 11 • 3:00-5:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $59 + $45 special fee
INSTRUCTOR: Carol Avery

Color Unlimited Lino-Block Printmaking
Linoleum block printing is a versatile process which can be used to create unlimited color combinations and multiple impressions. We’ll begin with the basic how-to’s of the reductive relief printmaking process. This expressive medium, for beginning and intermediate printmakers, will be explored through demonstrations that include carving techniques, using a simple registration system, and printing with the press or by hand. We will investigate color saturation and experiment with ‘rainbow’ rolls. A short break will be taken for lunch.

LLCFT 262-001 • S, Mar 25-Apr 8 • 11:00 AM-3:00 PM
LOCATION: Saltgrass Printmakers, 412 S 700 W • SLC
FEE: $159 + $30 special fee
INSTRUCTOR: Stefanie Dykes

Collage Art
Collage offers a fresh and lively approach to art-making for both beginners and experienced artists. Delight your senses as you design various works on paper with emphasis on composition and creativity. We will explore possibilities ranging from standard collage to mixed media. All materials provided.

LLART 262-001 • W, Apr 5-26 • 6:00-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $139 + $40 special fee
INSTRUCTOR: Namon Bills

Silver and Gemstone Earrings
Create one or two pairs of earrings using basic silversmithing techniques. Students will use hammers and stamps to create unique textures on their pieces, and make their own sterling silver ear wires. Materials kit includes sterling silver sheet and wire, select gemstone beads, and use of tools. Open to all levels.

LLCFT 254-001 • T, Apr 18-25 • 6:30-9:30 PM
LOCATION: The SilverSchmidt • SLC
FEE: $79 + $39 special fee
INSTRUCTOR: Amy Schmidt

No Solder Chain Sampler
Whether you’re looking to complement a special pendant, or desire a unique piece of stand-alone jewelry, nothing beats a handmade chain when it comes to a perfect finishing detail. Students will learn 3 different non-soldered chain styles ranging from the simple to the ornate, crafted in red brass and sterling silver. Special fee covers all wire needed and wire cutters to take home. Please see materials list for additional supplies (additional cost as low as $20), find a list online, or call 801- 587-5433.

LLCFT 304-001 • Th, Apr 20-May 4 • 6:30-9:30 PM
LOCATION: The SilverSchmidt • SLC
FEE: $115 + $45 special fee
INSTRUCTOR: Mia Vollkommer

Riveted Bangle Bracelets
Learn how to cut, form and close a set of three bangle bracelets using sterling silver wire and copper...
or silver rivets in this fun workshop. Beads will be available to embellish the bracelets for an individualized look - feel free to bring your own as well (large holed beads work best). No experience necessary.

LLCFT 298-001 • S, Apr 22 • 9:30 AM-1:00 PM
LOCATION: The SilverSchmidt • SLC
FEE: $59 + $37 special fee
INSTRUCTOR: Amy Schmidt

PHOTOGRAPHY: Get Started
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 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. Class is limited to 10.

LLART 193-001 • W, Feb 1-8 • 6:00-9:00 PM
LOCATION: Pictureline, 305 W 700 S • SLC
FEE: $99
INSTRUCTOR: Jens Nielsen

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 on your computer. You will get the most out of class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class. Want more guided practice with the basics? Take Nuts and Bolts (LLART 193) either before or after this class. Saturday class is a field trip.

LLART 115-001 • W, Jan 11-Feb 8 • 6:30-9:00 PM AND S, Feb 4 • 10:00 AM-12:00 PM
LLART 115-002 • Th, Mar 9-Apr 6 • 6:30-9:00 PM AND S, Apr 1 • 10:00 AM-12:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $169 + $8 special fee
INSTRUCTOR: Neil Eschenfelder

The Art of iPhoneography
‘The best camera is the one you have with you’ is becoming a common phrase in this era of ever-improving smartphone cameras. The high-quality camera in the iPhone has become increasingly popular and, more importantly, the
photographs they produce can be amazing. No longer do you have to carry around a heavy SLR and a bag full of lenses to enjoy photography. We will explore both the advantages and current limitations of these tiny cameras and go over a variety of techniques to improve your photos. We will also explore a number of popular apps that allow you to customize both your shooting experience and the resulting photos. Last but not least, we will look at several options for sharing your photos online. Please expect to spend about $10 on apps. Open to all levels.

LLART 228-001 • T, Feb 21-Mar 7 • 6:30-8:30 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $75 INSTRUCTOR: Clint Erekson

PHOTOGRAPHY: Get Creative

Cyanotype Printing
The Cyanotype was invented in 1852 and to this day is a very popular alternative printing technique. Students will learn a brief history of the cyanotype, as well as best practices for creating unique prints and troubleshooting techniques to help make their images look even better. Topics will include: choosing the right medium (paper, fabric, glass, etc); how to mix the chemistry; how to apply the chemistry (emulsion); sunning & developing the print; and bleaching & toning. Connect with the history of photography while creating contemporary works of art! Special fee covers all chemistry, brushes, paper and miscellaneous supplies.

LLART 256-001 • S, Mar 25-Apr 8 • 10:00 AM-1:00 PM LOCATION: Blackburn Studios, 385 W 700 S • SLC FEE: $109 + $50 special fee INSTRUCTOR: Chris Blackburn

Digital Printing
You’ve spent time, energy, and money to take a great photo – don’t let it languish in the dark of your hard drive or media card! Learn the process of printing digital images in a professional photography studio. Start with preparing your file settings then move on to understanding various printers and print processes, how to trouble-shoot, color proof, print, and display your work. You will prepare and print two files which will be showcased the last night of class in a gallery exhibition of student prints. Supply fee will cover the cost of paper and ink.

LLART 245-001 • Th, Mar 9-23 • 6:30-9:00 PM AND S, Mar 18 • 10:00 AM-12:00 PM LOCATION: Blackburn Studios, 385 W 700 S • SLC FEE: $169 INSTRUCTOR: Chris Blackburn

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. Learn how to best position your camera, master your optics, go beyond the rule of thirds, develop patience and timing, and improve your post processing skills. Move beyond the technical hassles and think clearly like a photographer.

Landscape Photography
Learn the skills and techniques necessary to create professional quality images of the natural world. We will explore exposure control and light metering, the principles of composition, the qualities of natural light, advanced digital techniques, and the philosophy and tradition of the artist in nature. Class will include slide-illustrated lectures, group discussion, a field trip, and student feedback and critiques. No experience necessary.
To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu

**Shooting Video with DSLR**
Learn the fundamentals of shooting a professional looking video with your DSLR camera in this four week class. We will discuss topics such as choosing the best hardware, frame rates, camera limitations, composition, sound techniques, lighting, editing, and telling a story. This class will be great for anyone wanting to break into the world of video. A DSLR with video capability is required for this class.

**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, soft-boxes, 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 camera 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.

**Video for the iPhone**
With the explosion of video-based social media platforms, upgrades and apps, it’s easy to see that moving pictures are the way people now choose to share their stories online. Get a grip on the video revolution with an iPhone expert: starting with the video function of the camera app, and then exploring popular apps such as Periscope, Snapchat and Instagram stories. Please expect to spend about $10 on apps. Open to all levels.
PHOTOGRAPHY: Photoshop

Photoshop Level 1
EDTEC 452-001 • M, Feb 6 • 9:00 AM-5:00 PM
• ANNEX 2182 • $249.00

Photoshop Level 2
EDTEC 453-001 • M, Feb 13 • 9:00 AM-5:00 PM
• ANNEX 2182 • $249.00

Photoshop Level 3
EDTEC 454-004 • MW, Mar 27-29 • 6:00-9:30 PM
• ANNEX 2182 • $249.00

FINANCE AND BUSINESS

Presentation Skills: The Art of Public Speaking
The ability to speak before a group and articulate your ideas is one of the most valuable skills a professional can develop. Become a more effective public speaker as we examine techniques to control the fear of speaking in public, how to organize and outline a speech, different types of public address, the nuances of body language, and the use of technology and visual communication in organizing an effective presentation. The class will incorporate multimedia lectures, video clips, open discussion, as well as student presentation workshops with coaching and critique.

Investments 101, Discovering Your Investment Choices
From defense to offense, this class will take you through important investment vehicles. Starting with a myriad of insurance products to protect, and moving on to opportunities in various investments, learn how these financial products inter-relate to create a diversified portfolio. Regardless of where you fit in the ‘investor personality profile’, gain a better understanding of various investment choices and their attributes.

Introduction to Trading and Investing
Designed to provide insight into financial markets and the opportunities they present, this course will help you identify your “market personality”, the first step in becoming a successful investor and trader. We will look at the world of market psychology — the most important factor in successfully navigating the markets effectively. We will then move into fundamental and technical analysis — helping you to efficiently monitor the real news and data that affect the markets (HINT: NOT CRAMER!!) At the end of class, you will know how to create a trading plan for each and every entry into the market you undertake. We will also touch on ‘next steps’, such as options and foreign currencies.

Facebook Ads - An Introduction for Small Businesses and Non-Profits
Harness the marketing power of Facebook ads for your small business or non-profit. Get familiar with the Facebook business manager, learn how to track the results of your ads, and see how your Facebook content translates to other Social Media platforms like Instagram. Students should be comfortable in the Facebook platform, and would benefit from having their business/non-profit page set up prior to the class. Please bring a laptop if you would like to follow along in your own account during class.
To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu

LLBUS 225-001 • Th, Feb 16-23 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $79
INSTRUCTOR: Andrew Stone

Coding for Rookies
Coding is cool, but what does it mean and is it something you can actually do? YES you can! Get an introduction to the front end Web technologies, HTML, CSS, and JavaScript. Learn beginner level programming fundamentals, design and user experience basics, and how to build interactive websites efficiently and with modern best practices. Discover ways that these technologies can be used in other applications apart from the Web. No prior coding experience required. Students must bring their own Mac or Linux based laptop and be comfortable with using it in day-to-day situations.

LLBUS 221-001 • T, Feb 28-Apr 4 • 7:00-9:00 PM
LOCATION: Overstock Peace Coliseum, 7302 Bingham Jct Blvd • Midvale
FEE: $179
INSTRUCTOR: Michael Elliott

Option Markets: What, Why and How
An important vehicle for growth, income, or protection, option trading is actually less expensive and less risky than stock trading. Discover which strategy is right for your investment style as we learn key concepts such as what an option premium is, what “In the Money”, “At the Money”, and “Out of the Money” mean for an option trader, buying versus selling options, and more. See how simple option trading is, and how it can become a valuable part of your investment portfolio. Prerequisite: Investments 101 (LLBUS 216) or equivalent.

LLBUS 184-001 • W, Mar 22-Apr 5 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $99
INSTRUCTOR: Brian Kahn

Mindfulness at Work
Mindfulness is a noticing practice with roots in Buddhism. The word mindfulness has gained worldwide popularity as a distinctive method to handle stress and feelings of overwhelm. We will introduce you to a few mindfulness techniques that can be applied immediately to your daily life in both personal and professional ways. You will find yourself becoming a more confident leader with focus and resiliency you have never felt before.

LLBUS 209-001 • M, Mar 6-20 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for Rm #), Campus • SLC
FEE: $79
INSTRUCTOR: Mary Cosgrove

Excel Level 1
EDTEC 412-001 • F, Jan 13 • 9:00 AM-5:00 PM
• ANNEX 2180 • $249.00
EDTEC 412-002 • F, Mar 24 • 9:00 AM-5:00 PM
• ANNEX 2180 • $249.00
EDTEC 412-007 • F, Feb 10 • 9:00 AM-4:00 PM
• SANDY SITE • $249.00

Excel Level 2
EDTEC 413-001 • F, Jan 20 • 9:00 AM-5:00 PM
• ANNEX 2182 • $249.00
EDTEC 413-002 • F, Mar 31 • 9:00 AM-5:00 PM
• ANNEX 2180 • $249.00
EDTEC 413-007 • F, Feb 17 • 9:00 AM-4:00 PM
• SANDY SITE • $249.00

Excel Level 3
EDTEC 414-001 • Th, Mar 9 • 9:00 AM-5:00 PM
• ANNEX 2180 • $249.00

Word Level 1
EDTEC 415-001 • F, Jan 27 • 9:00 AM-5:00 PM
• ANNEX 2180 • $249.00
International Red Wine Grape Varieties
Join us for a tasting journey well beyond the familiar sounding wines you find on a typical wine list. From Europe to the new world, there are wines you might pass by on the shelves of the wine store because you are unfamiliar with the grape name. Now is your chance to experience the aromas and flavors of six interesting red wines from around the world. You are in for a treat to the senses! Please bring a photo ID that indicates your age to class.

LLFW 518-001 • W, Jan 25 • 7:00-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Sheral Schowe

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.

LLFW 236-001 • S, Jan 21 • 2:00-4:30 PM
LOCATION: Salt City Brew Supply, 723 E Ft Union Blvd • Sandy
FEE: $45 + $5 special fee
INSTRUCTOR: Cody Mckendrick

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, cupping and evaluating five different coffees.
More course info on page 15
More Cooking, Tastings, and Tours

LLFW 535-001 • Th, Mar 16 • 7:00-9:00 PM
LOCATION: Cafe’ Trio Cottonwood, 6405 S 3000 E
• SLC
FEE: $39 + $30 special fee
INSTRUCTOR: Sheri Allen

**Artisanal Wine and Cheese of California**
Taste some of California’s finest artisanal wines and cheeses. All made in small batches, the time consuming and meticulous work of grape growers, farmers, winemakers and cheesemakers in the State of California are not to be missed. You will taste wines and cheeses made by small producers with generations of family experience and heart felt dedication. Like limited editions of art, each of these products are unique and hand crafted. Discover your favorite pairings between each of the wines and cheeses, which are all available in Utah. Please bring a photo ID that indicates your age to class.

LLFW 537-001 • W, Mar 22 • 7:00-9:00 PM
LOCATION: Cafe’ Trio Cottonwood, 6405 S 3000 E
• SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Sheral Schowe

**Craft Spirits with Dented Brick Distillery**
Ever wonder why there are so many options for the same variety of alcohol at a bar or liquor store? What separates craft distilleries from the major producers around the globe? Let’s look at the process of distilling small batch, premium spirits with Dented Brick Distillery, and learn what makes craft distilling an actual craft. Test your taste buds with a sampling of Dented Brick Distillery’s craft rum, vodka and gin against a nationally available, possibly familiar counterpart. Whether you are a food and beverage professional or a casual enthusiast, this class is not to be missed. Please bring a valid photo ID that indicates your age to the class.

LLFW 524-001 • Th, Mar 23 • 7:00-9:00 PM
LOCATION: Dented Brick Distillery, 3100 S Washington St • SLC
FEE: $39 + $15 special fee
INSTRUCTOR: Ethan Miller

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

LLFW 371-001 • T, Mar 28-Apr 4 • 6:30-9:00 PM
LOCATION: Squatter’s Brew Pub, 147 Broadway • SLC
FEE: $59 + $30 special fee
INSTRUCTOR: Jason Stock

**Global Foods Market Tour**
Do you want to travel the world without leaving the city? Be a part of an intrepid group of eaters and home cooks setting out to explore several of Salt Lake City’s amazing global food markets. Discover produce, spices, dry goods, and other foods used in various Asian, Indian, Middle Eastern, and Latino cuisines, how to store foodie finds, and simple ways to use these amazing ingredients. Affordable gluten-free baking and dry goods will be highlighted, as well. Whether you are a vegetarian or meat-lover, whole-food fan or short-cut cook, and are looking for ways to add flavor to your meals and save money on great food, there will be plenty to tempt you and your taste buds. Come equipped with a tote bag, a pen and paper, and possibly a camera. Participants will carpool to various local markets.
HOW TO RAISE BACKYARD CHICKENS PG. 21
Food Truck 101

We see food trucks all over town at our sporting events, farmer’s markets and art festivals, but what does it take to own and operate one of these unique kitchens on wheels? Get a behind the scenes look at the Food Truck industry with local truck owner Carl Rubadue, CEC. Carl will discuss a variety of topics pertaining to operating a truck, such as: finding and outfitting the right vehicle, working with a commissary, local laws and requirements for food truck operation, and more. Then, we’ll take a ‘tour’ of Carl’s truck, the Saucey Skillet, and sample the tasty treats that he contributes to the local food truck scene. This is not a comprehensive class, but is great for every student from the merely curious to those that might want to try their hand at the Food Truck game. Special fee covers cost of refreshments provided by the Saucey Skillet.

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.

Spring Cheese Celebrations

As the weather warms and bulbs begin to bloom, light, fresh cheeses are perfect for spring celebrations and Sunday brunch. We will compare French and American goat cheese, learn the difference between Burrata and Mozzarella, pair local artisan chocolate with a variety of cheeses, and share recipes that will be sure to please at your next spring gathering.

Heirloom Foods - Taste, Cook, and Savor

Prepare and enjoy a seasonal tapas-style meal using heirloom foods! Heirlooms are culturally significant foods in danger of extinction. By including heirlooms in your home meals, you support the small farmers and food artisans who are trying to keep these foods available to consumers. As you cook, learn about projects working to protect our culinary biodiversity such as The International “Ark of Taste”, the Rancho Gordo XOXOC project, and Anson Mills.

The Pantry of a Chef

Chefs create delicious dishes out of very simple components. They work magic with fresh seasonal ingredients and a pantry of carefully selected and handmade items. Create a chef’s pantry in your home as you learn what ingredients to always have on hand for creating a meal. Prepare and take home your own flavorful small batch stocks, seasoning blends, infusions and condiments. Learn different ways to use these ingredients to add flavor, creativity and a personal touch to your cooking.

More Cooking, Tastings, and Tours
HOME AND GARDEN

**Home Organizing - Current Trends**
Have you KonMari’d your home to see what sparks joy? Do you really have to get rid of most of your possessions to be a minimalist? How do you even begin when you feel overwhelmed with stuff? Discover proven and effective methods for organizing your home, papers, and life with two professional organizers. Discuss popular organizing and decluttering methods including the KonMari Method, Becoming Minimalist, and Organizing from the Inside Out to find which one fits your lifestyle.

LLFW 536-001 • S, May 6 • 10:00 AM-1:00 PM
LOCATION: 354 Aspen Lane (private home) • Park City
FEE: $59 + $30 special fee
INSTRUCTOR: Linda Elbert

**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.

LLFW 536-001 • S, May 6 • 10:00 AM-1:00 PM
LOCATION: 354 Aspen Lane (private home) • Park City
FEE: $59 + $30 special fee
INSTRUCTOR: Linda Elbert

**Certificate of Western Horticulture**
The Certificate of Western Horticulture allows motivated home gardeners and those seeking entry level positions in the horticulture industry to expand their skills and understand the specific needs of Utah landscapes and gardens during all 4 seasons. Certificate enrollees will better understand design, how to successfully choose plants, and how to grow and maintain their home landscape. Required classes include Botany for Gardeners, Landscape Design, Woody and Perennial Plants, Soils, Irrigation, Garden Maintenance, and Pruning. Students will enjoy learning from local experts, and sharing their experiences with other like-minded gardeners. There is a three year time limit to complete the certificate.

LLHG 900-001
FEE: $25

**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 • M, Jan 30 • 6:30-8:30 PM
LOCATION: Mountain Valley Seeds, 175 W 2700 S • SLC
FEE: $35 + $30 special fee
INSTRUCTOR: Robb Baumann

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

All About Tomatoes pg 24
Creative Mind Mapping pg 36
Hand-spinning Yarn pg 5
Collage Art pg 7
Create Your Cookbook pg 43
Landscape Photography pg 9
Silver & Gemstone Earrings pg 7
Bar Method pg 26
Mosaic Art pg 5
Printmaking - Tibetan Flags pg 6
Travel Journaling pg 3
Fabulous Fruit Trees

Apples, cherries, apricots, pears, plums—how do you get the best from your fruit tree each year? Learn to care for your existing trees and give new ones a healthy start as we cover planting, pruning, thinning, pollination needs, recommended varieties, and common insects and diseases. Saturday’s class will meet outside; please bring loppers and pruners to this class. Co-sponsored with Red Butte Garden. Members pay $76 + $5 special fee; register for Section 002.

LLHG 554-001 • Th, Feb 2-9 • 6:30-8:30 PM AND S, Feb 4 • 10:00 AM-1:00 PM LOCATION: Red Butte Garden Visitor Center, 300 Wakara Way • SLC FEE: $85 + $5 special fee INSTRUCTOR: Heidi Anderson

Bee Keeping

Healthy, happy, easy-to-maintain honey bees not only reward their keepers with delicious honey, they provide a wonderful pollination service to neighborhood gardens. Learn how to select, house, and manage these beneficial insects as we look at hive components, costs, assembly, and location; use of a smoker; what to wear when working with bees; when to purchase bees and from whom; how to install bees into the hive; and how to keep your bees healthy. Along the way we’ll discuss bee anatomy and social structure, and provide you with a month-by-month schedule of beekeeping activities. During the final class, we’ll pick up bees from a local supplier and install them in the instructor’s hive. Special fee covers the text.

LLHG 557-001 • W, Feb 8-Mar 1 • 6:30-8:30 PM AND S, Apr 8 • 11:00 AM-1:00 PM LLHG 557-002 • M, Mar 6-27 • 6:30-8:30 PM AND S, Apr 8 • 1:30-3:30 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $110 + $10 special fee INSTRUCTOR: Natalee Thompson

Advanced Bee Keeping

Designed for students with a basic understanding of bee anatomy and at least one year experience in beekeeping, this class will provide a deeper understanding of bees, the flower/bee connection, and honey production, with an eye towards making your beekeeping efforts successful ones. Bee anatomy, pollen sources, bee and flower relationships, honey production and harvesting, bee swarms, and common insects and diseases will be covered. Special fee is for mite kit and miticides. The recommended text, Honeybee Democracy, can be found on Amazon.com ($25). Prerequisite: LLHG 557 – Bee Keeping.

LLHG 903-001 • Th, Mar 9-Apr 6 • 6:30-8:30 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $110 + $20 special fee INSTRUCTOR: Stephen Stanko

Coops de Ville: How to Raise Backyard Chickens

There is a world of difference between a farm-fresh, right-from-the-hen egg and those that come fresh from the store. Sounds good, but where there are eggs there are chickens; and where there are chickens there is responsibility. Find out how to do it right from start to finish in this class. We’ll cover preparation; breed selection; housing, food, and water; chickens and your garden; legalities and your neighborhood; hazards and health management; raising chicks; and collecting and storing eggs. We’ll also review the age-old question: Which came first? Special fee includes ticket to Wasatch Community Gardens’ Urban Garden and Farm Tour, date TBA.

LLHG 558-001 • W, Feb 22-Mar 8 • 6:30-8:30 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $69 + $15 special fee INSTRUCTOR: Celia Bell

New Courses Technology Classes edtech.utah.edu 48-hour advance registration required WellU Eligible Certificate of Western Horticulture Class
Botany for Gardeners
Don’t go dormant this winter! Join us as we learn basic plant morphology and terminology—knowledge that will help you better understand plant growth and take some of the guesswork out of gardening. In this hands-on class, you’ll learn why some shrubs are pruned immediately after flowering while others are pruned in late winter/early spring; how to tell a pine from a spruce and why it matters; the reasons behind the differing watering practices for turf and trees, and other common gardening questions. Co-sponsored with Red Butte Garden. Members pay $69 + $5 special fee; register for Section 002.

LLHG 488-001 • Th, Feb 23-Mar 9 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $5 special fee
INSTRUCTOR: Michelle Cook

Vegetable Gardening Basics
Would you like to grow tender lettuce and spinach, juicy tomatoes, and flavorful carrots, cucumbers, and more? Learn the tricks to a successful vegetable garden in this informative beginner class. Focusing on a variety of easy-to-grow vegetables, we’ll cover soil texture, soil amendments, composting, cool- and warm-season crops, planting dates, and ways to grow vegetables all year long. We’ll also discuss common garden insects and diseases. Saturday’s class is hands-on and will meet at Grateful Tomato Garden (800 S 600 E) giving you a chance to practice some of the concepts learned in class.

LLHG 529-001 • W, Mar 1-22 • 6:30-8:30 PM
AND S, Mar 18 • 10:00 AM-12:00 PM • SLC
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $125 + $5 special fee
INSTRUCTOR: Marybeth Janerich

Pruning 101 Workshop
Proper pruning enhances the beauty of almost any landscape tree and shrub. It is an art and science, and when done well, pruning can turn a landscape plant into a thing of beauty. This is a pruning basics class and intended for those with limited pruning experience and will address basic pruning concepts associated with flowering trees and shrubs, vines, and groundcovers, as well as the shaping of hedges. Classroom session is lecture and will cover pruning tools, when and why to prune, and the differences between thinning and heading back. The Saturday class will be in the field getting hands-on experience so please wear appropriate clothing and bring gloves and hand pruners. If you are interested in focused pruning techniques for roses, wisteria, or fruit trees, please see additional classes. Co-sponsored with Red Butte Garden. Members pay $69; register for Section 002.

LLHG 505-001 • T, Mar 7 • 6:00-9:00 PM
AND S, Mar 11 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75
INSTRUCTOR: Crystal Kim

Vegetable Propagation
While it’s possible to have a fine vegetable garden by buying young plants, starting your own veggies from seed is less expensive, offers more varieties, and allows you to harvest your favorite edibles over a longer period of time. Come explore the world of seed propagation as we learn which vegetables to start indoors, why some do better outdoors, when to start them, and how to nurture particular types of seedlings for maximum success. Factors such as lighting, heat, day length, soil, hardening off, seed sources, varieties, germination and timing will be addressed in the first class. During the second class, students will practice specialized techniques such as scarifying, transplanting, pinching and take home a tray of vegetable seeds to get a jump on the growing season. Co-sponsored with Red Butte Garden. Members pay $53 + $15 special fee; register for Section 002.
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 $45 + $8 special fee; register for section 002.

Rose Pruning Workshop

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

Wisteria and Vine Pruning Workshop

Wisteria offers breathtaking beauty and fragrance to the spring garden. However, the fact that they benefit from careful pruning and training to be at their best has compelled some to suggest Wisteria is Latin for work. Dispel the myth by joining us for this hands-on workshop as we demonstrate how our gardeners create and maintain our spectacular Wisteria collection. We will also briefly cover pruning of other common vines, but not roses. For climbing roses, please take Rose Pruning Workshop. Wear appropriate clothing and bring gloves and hand pruners. Limited to 12 participants. Co-sponsored with Red Butte Garden. Members pay $40; register for section 002.

Gardening in the Wasatch

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

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 + $10 special fee; register for section 002.

**LLHG 512-001 • W, Mar 22-Apr 19 • 6:00-9:00 PM**
**AND S, Apr 15 • 10:00 AM-1:00 PM**
**LOCATION: Red Butte Garden Visitor Center, 300 Wakara Way • SLC**
**FEE: $199 + $10 special fee**
**INSTRUCTOR: Rosie Cobbley**

### Waterwise Landscaping

Want to save water in your landscape but not sure how to begin? Join us as we look at plant varieties and landscaping techniques that help conserve water and make your yard the envy of the neighborhood. Learn which water-wise perennials to combine for continual bloom; how to group plants according to water needs, color, and texture; and the unique design and maintenance requirements of water-wise gardening. Co-sponsored with Red Butte Garden. Members pay $53; register for section 002.

**LLHG 521-001 • T, Apr 11-18 • 6:00-8:00 PM**
**LOCATION: Red Butte Garden, 300 Wakara Way • SLC**
**FEE: $59**
**INSTRUCTOR: Neal Dombrowski**

### 101 Plants to Know

Do you wander the aisles of the garden center and become overwhelmed by all of the choices? Before spending hundreds of dollars, would you like to know what that tree will look like in ten years? This class is for you. Join us for this three season course as we look at 101 truly remarkable plants suited for the Wasatch Front garden. We will cover plants starting with spring bulbs and concluding with trees and shrubs with great fall color. Each class will focus on identification, cultural requirements, and how plants are best used in the garden. We will walk the Garden each class to take an up close and personal look at the plants as they are discussed. Perfect for novice gardeners and plant enthusiasts alike, the course is sure to widen your plant palette and introduce you to some truly amazing plants! All but the first class meets on 2nd Thursday of the month. Co-sponsored with Red Butte Garden. Members pay $162 + $5 special fee; register for section 002.

**LLHG 586-001 • Th, Apr 6-Oct 12 • 6:00-8:00 PM**
**LOCATION: Red Butte Garden, 300 Wakara Way • SLC**
**FEE: $179 + $5 special fee**
**INSTRUCTOR: Jason Baker**

### Trees and Shrubs for Residential Landscapes

Evergreen and deciduous trees and shrubs are the backbone of the landscape and making the right selections for your garden is key to being successful and creating the look you are hoping to achieve. We will focus on 60 trees and shrubs suited for the Utah landscape discussing plant characteristics, size, growth pattern, and maintenance requirements so you can make appropriate choices for your garden. Class includes Garden walks that will inspire and educate you about the trees and shrubs best suited to Utah’s environment. We will also cover where to purchase and best times to plant. Co-sponsored with Red Butte Garden. Members pay $89 + $5 special fee; register for section 002.

**LLHG 520-001 • M, Apr 10-May 1 • 6:00-8:00 PM**
**LOCATION: Red Butte Garden, 300 Wakara Way • SLC**
**FEE: $99 + $5 special fee**
**INSTRUCTOR: Rachel Broadbent-Alder**

### All About Tomatoes

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

Bats help maintain a healthy ecosystem in your home garden, and with the guidance of a bat expert from the Hogle Zoo, learn how to invite them into your own residential landscape. Class will be held at the zoo, and students will have the opportunity to visit the bat enclosure, listen to bat echolocation, and build a bat house to take home. Special fee covers the cost of the bat house kit.

**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 10.

**Ikebana: Japanese Flower Arranging**

Practice the art of Ikebana—the simple yet rich Japanese style of plant arranging. Working with fresh materials in special containers, you’ll learn the balance, design, and form used by historic and contemporary masters to create works of art. Special fee covers a kenzan (flower ‘frog’), vases, and all plant materials. You will leave with a fresh arrangement each week.
Spring Floral Design Workshop
Celebrate spring by creating a seasonal floral arrangement for your home in this hands-on workshop. Review design principles, learn basic care, handling, and cutting techniques for fresh flowers as well as how to use floral foam when creating your own masterpiece. Please bring a floral knife or snips, ribbon scissors, wire cutters, an apron, towel, and gloves to class. All materials are provided; class is limited to 10.

LLHG 605-001 • S, Apr 22 • 12:00-3:00 PM
LOCATION: Esprit Raw Flowers, 4260 S 500 W • Murray
FEE: $45 + $35 special fee
INSTRUCTOR: Katie Robison

HEALTHY LIVING

Well 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.

LLHL 201-001 • MTWThFSSu, Jan 2-May 7
LOCATION: Bar Method, 1057 E 2100 S • SLC
FEE: $89
INSTRUCTOR: Bar Method Staff

Well 3 Month Bar Method Exercise
For returning students to the Bar Method, this pass gives you unlimited classes for 3 months and is activated on the first day of class. Continue the great workout that 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.

LLHL 199-001 • MTWThFSSu, Jan 2-May 7
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $379
INSTRUCTOR: Bar Method Staff

Well Yoga Class Pass with Avenues 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 Avenues Yoga to offer a complete mind and body experience for you. Registration for this class buys you a 10-class pass good for any Avenues Yoga class. Visit www.avenuesyoga.com to see a complete list of classes. You may purchase or renew card at any time during the term; cards will be honored for six months.

LLHL 123-001 • MTWThFSSu, Jan 2-May 7
LOCATION: Avenues Yoga, 68 K St • SLC
FEE: $99
INSTRUCTOR: Avenues Yoga Staff

Well 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, build stamina, increase vitality, and enhance 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.
Certificate details including registration, fee, required classes, and electives can be found at continue.utah.edu/lifelong/western-horticulture
More Healthy Living

LLHL 162-001 • T, Jan 17-Feb 28 • 7:00-8:30 PM
LLHL 162-002 • T, Mar 7-Apr 25 • 7:00-8:30 PM
LOCATION: Beverley Taylor Sorenson Arts & Education Complex, 1721 Campus Center Drive, Campus • SLC
FEE: $129
INSTRUCTOR: Melissa Faber

Introduction to Irish Dance
Develop a new appreciation of Irish culture while getting a heart healthy workout as you explore the steps, music, history, and language of Irish dance. The importance of warm up, cool down, stretching, and fundamentals of maintaining a healthy body for dance will be emphasized. Please dress as you would for an exercise class, with fitted bottoms (like yoga pants), and long hair pulled back, and bring water.

LLHL 198-001 • M, Jan 30-Mar 13 • 6:30-8:30 PM
LOCATION: 9875 S 240 W • Sandy
FEE: $129 + $5 special fee
INSTRUCTOR: Dolores Sawka

The Meditation Experience
Meditation is becoming increasingly popular and 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.

Eating for a Healthier You
Confused by the often conflicting information regarding what you need to eat to live a healthy and enjoyable life? Come learn the answers to the many health questions pertaining to diet and food intake. With the guidance of a registered dietitian/nutritionist, calculate your individual nutritional needs, complete a self-assessment of current health condition and discuss how to get the most out of grocery store shopping. Students will engage in simple physical exercises and learn why moving is the key to longevity. No class Feb 20.

LLHL 192-001 • W, Jan 25-Mar 1 • 7:00-8:30 PM
LOCATION: Acadamh Rince, 738 W Tripp Lane, Murray.
FEE: $99
INSTRUCTOR: Ariana Jensen

Flamenco Dance for Beginners
Designed for beginning dancers, this course will introduce students to the footwork, arm and body placement of flamenco dance. Students will learn short combinations of choreography while building their skills in this passionate art form from Southern Spain (Andalusia). No prior dance experience is necessary, and the class may be repeated. Please dress comfortably as you would for an exercise class. Flamenco is a lifelong pursuit-come participate in this living art form! Special fee is for facility rental.

LLHL 191-001 • Th, Feb 2-Mar 9 • 7:00-8:30 PM
LOCATION: Sugar Space Arts Warehouse, 132 S 800 W • SLC
FEE: $99 + $25 special fee
INSTRUCTOR: Rebecca Sheen-Abbott

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 soap making, and leave with 8-10 bars of long-lasting soap (approximately 1 liquid pound). Please bring a pair of safety glasses or goggles. Protective gloves are included in the special fee.

LLHL 181-001 • W, Feb 1-15 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $79
INSTRUCTOR: Mark Esterman

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
LLHL 184-001 • S, Feb 4 • 10:00 AM-1:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $45 + $25 special fee
INSTRUCTOR: Carrie Roberts

🧬 Balanced Bodies - Healthy Living Through Yoga and Breathing
Improved strength, balance, and deep breathing to help calm the mind are key to healthy living. Learn a series of balance yoga poses and breathing techniques that can improve physical activities, your meditation practice, and help you get through a stressful life event. Once learned, the exercises can easily be practiced at home. A yoga mat is recommended, and no prior yoga experience is necessary. Please wear loose/comfortable clothing that is easy to move in.

LLHL 193-001 • T, Feb 7-Mar 7 • 6:00-7:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $89
INSTRUCTOR: David Keyes

(Material text)

Acupressure for Anxiety and Depression
Traditional Chinese Acupressure techniques have been shown to relieve depression and anxiety, as well 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 • W, Feb 8-15 • 6:00-8:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $59
INSTRUCTOR: Karena Luttmer

🧬 Touch for Health
Acquire the tools for holistic wellness and energy balancing through Touch for Health - an alternative, natural and complimentary method of balancing the body’s muscles and energy systems. A non-diagnostic approach to balancing posture, energy and attitude using muscle testing and touch reflexes, TFH is the first simple and truly holistic system of health care available to all.

LLHL 196-001 • Th, Feb 16-23 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $59 + $10 special fee
INSTRUCTOR: Blayne Wiley

Healthcare Planning for Retirement
Those who are currently retired or approaching retirement can expect health care expenses to be among their greatest expenses in retirement. Managing the cost of health care is one of the most complex issues facing society and consistently ranks among the top concerns of retirees. This course will cover topics relevant to those approaching this critical time, including Medicare/Medicaid and long term care.

LLHL 197-001 • Th, Feb 16 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $39
INSTRUCTOR: Tyler Petersen

More Healthy Living
Aromatherapy
Aromatherapy is the practice of using natural oils to enhance psychological and physical well-being. Explore a variety of essential oils, their multitude of uses, important safety precautions, and how to incorporate them into your daily life without breaking the bank. Create and analyze basic blends while making at home spa treatments such as salts and scrubs to use in the bath. Perfect for you, or as a special gift!

LLHL 118-001 • W, Mar 1-8 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $65 + $35 special fee
INSTRUCTOR: Susan Sharp

Secrets to Vibrant Health, Mind & Body
Focus on a whole body approach to health in this holistic nutrition bootcamp. Develop an understanding of how food, stress, and toxic relationships effect your day-to-day wellbeing. Discuss how to handle stress, how our thoughts effect our physical health, and debunk popular food myths. Each session will include an easy and healthy blender-based recipe prepared in class for students to taste. Special fee covers cost of recipe ingredients, and recipes will be provided to students to take and make at home.

LLHL 200-001 • S, Mar 11-Apr 1 • 9:30-11:30 AM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $99
INSTRUCTOR: Anne Asman

Reflexology
Reflexology is the application of firm but gentle pressure to specific areas on the feet, hands, or ears. These areas contain reflex points which correspond to different body organs and systems, and working with them can promote relaxation, reduce pain and improve overall health and well-being. Plus, it feels good! Come learn the points and receive hands-on instruction from a Holistic Health Practitioner. Please come with clean feet, ready to relax and help others.

LLHL 110-001 • Th, Mar 16-23 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $59
INSTRUCTOR: Blayne Wiley

Understanding the Aging Brain
Demystify aging and look at how we can enjoy a healthier, happier and more prepared quality of life as we age. We will discuss biology of the aging brain and how that biology affects the risk for cognitive impairment (dementia); ways to identify and manage illness (mental and physical) as we age; the role of family and caregivers; how to address and plan for the end of life (what’s important and what’s not); and identifying aging resources.

LLHL 200-001 • S, Mar 11-Apr 1 • 9:30-11:30 AM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $99
INSTRUCTOR: Anne Asman

Acupressure for Healthy Living
Improve the flow of Qi throughout your system with acupressure techniques that will bring well-being back into your life. Each night we will focus on a different part of the body in hopes of alleviating the common problems of migraines, allergies, and digestive distress. Take control of your health issues with this time honored, holistic technique.

LLHL 195-001 • M, Mar 20-Apr 3 • 6:00-8:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $79
INSTRUCTOR: Karena Luttmer

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
More Healthy Living

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.

LLHL 107-001 • W, Mar 22-Apr 5 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $79
INSTRUCTOR: Mark Esterman

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

LLHL 102-001 • Su, Apr 2 • 1:00-4:00 PM
LOCATION: Cliff Lodge Spa, Snowbird Resort • Little Cottonwood Canyon.
FEE: $65
INSTRUCTOR: Dana Levy

Yoga Experiential Retreat
Relax, renew, and treat yourself to an afternoon of yoga and meditation at Snowbird’s Cliff Spa. We will start slowly and quietly, viewing the mountains and setting an intention for the practice. Our asana practice will grow from the ground to standing poses, into twists, and into refreshing inversions for all levels of practitioners, and finish on the ground again with restorative poses, relaxation, and quiet seated meditation. Ahhh! Three hours go by in a flash! Finish with a visit to Cliff Lodge Spa and the rooftop pool; access included in retreat fee, so you may come early or stay late to enjoy them. Please bring yoga mat and plan to be in the studio 15 minutes before class start time.

LLHL 179-001 • Th, Apr 6-27 • 6:00-7:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $79
INSTRUCTOR: David Keyes

Nature and Wellbeing: Experiential Ecopsychology
Explore the basic tenants of Ecopsychology and discover the role of Nature in achieving solace, wisdom, connection and personal insight. A guided field trip will allow us to experience what we sense but have not been taught in modern society — that we ARE Nature, that we become more wholly who we really are when we have an ongoing relationship with Nature, and that the health of the natural world is inextricably tied to our own wellbeing. Sunday’s class is a field trip in Cottonwood Canyon.

LLHL 194-001 • W, Apr 26 • 6:30-8:30 PM
AND Su, Apr 30 • 9:00 AM-1:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $79
INSTRUCTOR: Kinde Nebecker

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, Jan 11-Feb 15 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Thorpe

More course info on page 33
More Language

Conversational French II
A continuation of French I or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This class is designed to be repeated as often as you wish.

LLLAN 351-001 • W, Mar 8-Apr 12 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Thorpe

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

LLLAN 354-001 • M, Jan 23-Mar 6 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Shauna Mayer

Conversational Spanish I
Learn conversational Spanish in a relaxed atmosphere. Class covers the language skills needed for travel, everyday situations, and communication with Spanish-speaking employees. Please expect about two hours of homework each week. This class is designed to be repeated as often as you wish. Special fees includes textbook and dictionary. No class Feb 20.

LLLAN 355-001 • Th, Mar 23-Apr 27 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Shauna Mayer

Conversational Spanish II
For students who have had beginning Spanish or equivalent. You'll learn new vocabulary, practice pronunciation, and explore actions and speaking in the future tense. Please expect approximately two hours of homework each week. If you do not own the textbooks from Spanish I, purchase workbook ($15) and dictionary ($5) from Lifelong Learning staff prior to first night of class. This class is designed to be repeated as often as you wish.

LLLAN 356-001 • T, Mar 21-Apr 25 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $15 special fee
INSTRUCTOR: Amy Johnson

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

LLLAN 361-001 • T, Mar 21-Apr 25 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $15 special fee
INSTRUCTOR: Amy Johnson
Conversational Italian I
Learn the language of warmth and passion. We’ll cover the basic conversational skills you’ll need to travel in Italy while learning about the people, art, and culture of this fabulous country. Special fee includes textbook. Students are responsible for bringing an Italian-English dictionary. This class is designed to be repeated as often as you wish. No class Feb 15.

LLLAN 362-001 • W, Feb 1-Mar 15 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Jason Cox

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

LLLAN 363-001 • W, Mar 22-Apr 26 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135
INSTRUCTOR: Jason Cox

Italian for Travelers
Get a head start on your Italian adventure with this intensive and fun language course. Learn the basics of this beautiful language—how to ask for directions (and understand them!), how to order at a restaurant, how to read transportation signs/schedules, and how to jump head first into Italian culture.

LLLAN 408-001 • T, Mar 21-Apr 11 • 6:00-8:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $99 + $12 special fee
INSTRUCTOR: Giuliana Marple

Mandarin Chinese I
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.

LLLAN 364-001 • Th, Mar 9-Apr 27 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $159
INSTRUCTOR: Confucius Institute Staff

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

LLLAN 411-001 • Th, Mar 23-Apr 27 • 7:00-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Bryan Nalder

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

**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 a unique sounds through the control of the lips, breath, tongue, voice, and stomach muscles. Learn the basics of playing this unusual instrument, its important role in the culture of Australia (from someone who lived with Aboriginal People for years), and how its music spread throughout the world. Special fee includes the cost of a simple didgeridoo.

LLMT 389-001 • M, Feb 27-Apr 3 • 6:30-8:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $109 + $20 special fee
INSTRUCTOR: Randin Graves

**Mystery Party 101 - Planning a Perfect Murder**
Become your own Agatha Christie or Sir Arthur Conan Doyle as you learn the process of putting together and carrying out your own murder mystery event. Forget the mystery-in-a-box; you’ll bring the experience to life! You’ll learn how to pick a theme, build a crime story, add clues and puzzles and write character descriptions. After learning how to successfully direct and host a murder mystery event, you’ll have the chance to participate in a live-action murder mystery party to put your sleuth skills to the test! The last class (Mar 21) meets from 6:30 - 9:30 pm.

LLMT 457-001 • T, Feb 28-Mar 21 • 6:00-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $129
INSTRUCTOR: Tia Merrill

**Guitar: Beginning**
Learn the basic techniques—chords, rhythm, note reading, finger picking, scales, and music fundamentals—that will put a solid foundation under new players and be applicable to all styles of guitar music. This course is also great for guitar players needing a refresher. Students will learn in a relaxed and fun environment. Acoustic or electric guitar with amp is fine.

LLMT 382-001 • W, Mar 1-Apr 5 • 7:00-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $109
INSTRUCTOR: Bruce Christenson

**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 446-001 • T, Mar 14-Apr 4 • 7:15-8:15 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $69 + $10 special fee
INSTRUCTOR: Jim Major

**Ukulele Too!**
This class is for those who have already taken Beginning Ukulele and want to go a step further. We’ll work on new tunes, chords, fretting, and strumming techniques, as well as converting tunes from internet chord charts to playable fingerings on the ukulele. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA). Transcriptions and a chord chart are included; please bring a 3-ring binder. Class is limited to 8.

LLMT 433-001 • T, Mar 14-Apr 11 • 6:00-7:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Jim Major
Beginning Blues Harmonica
Learn to play harmonica, one lick at a time. We’ll cover tongue blocking, the straw method, breath control, bending notes, octaves, and articulation as we isolate specific blues riffs. Thrill your friends with tunes by traditional blues greats and songs from the 60’s British invasion. Please bring a key of C and a key of A, 10-hole diatonic harmonicas to the first class. Special fee includes a text and a play-along blues jam CD. Class is limited to 8.

LLMT 406-001 • W, Mar 15-Apr 19 • 6:30-8:00 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $109 + $22 special fee INSTRUCTOR: Jim Major

Improv Comedy Workshop
Ready for some fun and games after work? Improv is spontaneous, creative, and lots of laughs. Improvisational comedy is theatrical humor made up on the spot, using your imagination. Discover how to bring your creative ideas to life, in real time, through brain teasers, games, and other forms of play; learn the rules of improvisation; develop your own unique characters; and how to emotionally invest in your work. In this improv series you’ll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills. Section 1 includes a ticket to Utah Presents performance “Upright Citizens Brigade Touring Company” – a national recognized improv touring company. Section 2 is for class only.

LLMT 396-001 • T, Mar 21-Apr 11 • 6:15-7:45 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $79 + $17 special fee

LLMT 396-002 • T, Mar 21-Apr 11 • 6:15-7:45 PM FEE: $79 LOCATION: Annex (see bldg doors for room #), Campus • SLC INSTRUCTOR: Clint Erickson

POTPOURRI

Wordpress Basics - Websites for Business and Blogging
Whether you are writing for family, sharing recipes, creating a portfolio, or marketing a business, the internet is your friend. Wordpress is a free online publishing platform that can catapult you into a world where sharing content is simple and rewarding. In this class you will create your own fully functioning Wordpress website and learn professional tips for managing it. (Prerequisite: Students should be comfortable with using computers and desktop web browsers.) Special Fee covers 6 months of site hosting fees.

LLPOT 924-001 • T, Jan 31-Feb 21 • 6:00-8:00 PM LOCATION: Annex 2214, Campus • SLC FEE: $149 + $20 special fee INSTRUCTOR: Jenn Blum

Holistic Pet Health
More and more people are extending the principles of natural health to their pet family. Explore the commercialization of the pet industry from food to vaccinations, the health issues this trend has caused, and how to resolve these issues through nutrition, herbs, supplements, essential oils, etc. We will also cover common veterinary procedures and medicines (vaccinations, spay/neuter, corticosteroids, etc.) and discuss less invasive or natural alternatives. This class is for people only, please do not bring your pet.

LLPOT 934-001 • Th, Feb 2-23 • 7:00-8:30 PM LOCATION: Desert Raw Holistic Pet, 1330 Foothill Dr • SLC FEE: $69 INSTRUCTOR: Aspen Anderson

Creative Mind Mapping
Mind maps are incredibly useful visual tools for project planning, unlocking creativity, and even for taking notes in meetings. Learn three different mind mapping templates (with examples worked through as a group in class) and some simple mixed media techniques that
can be used to add the power of your right brain to the process. Engage your whole brain and let a mind map be your guide. Supply fee covers all materials needed.

LLPOT 936-001 • Th, Feb 16-23 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $49 + $20 special fee
INSTRUCTOR: Mia Vollkommer

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

LLPOT 687-001 • S, Feb 25 • 10:30 AM-12:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $35
INSTRUCTOR: Troy Scotter

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

LLPOT 732-001 • M, Mar 20 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $35
INSTRUCTOR: Tom Wharton

Psychic Experiential: Ancient and Modern Techniques
Enhance creative thinking, expand intuitive ability, and explore paths to increased psychic awareness as you gain exposure to a buffet of techniques and exercises. You will tap into and develop your personal strengths through this sampling of ancient and modern tools such as dream symbolism, I Ching, color symbolism, palmistry, numerology, runes, scrying, autowriting, auras, tarot, and more. This fun, experiential class is excellent for those who want to develop their own abilities or simply desire a good right-brain workout! Bring paper and pen to the first class.

LLPOT 745-001 • W, Mar 22-Apr 12 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Margaret Ruth

A Change of Perspective - Shamanic Ceremony and Ritual
For thousands of years, Medicine men and women of indigenous cultures have utilized ceremony and ritual to co-create their lives in harmony with the universal energies. Modern science and medicine are just beginning to understand the power of these practices to bypass the mental and emotional mind and affect the field of consciousness. In this powerful series you will participate in and learn to create ceremony in both traditional and modern form.

LLPOT 927-001 • M, Apr 3-May 1 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Andrea Bernstein

16 Ways to Visit the Great Salt Lake
The Great Salt Lake is a body of water like no other, known for its beautiful landscapes and its occasional peculiar smell. Increase your appreciation of this inland sea, its environmental importance, and some...
of the species of birds that call it home. Evening classroom session is followed by Saturday field trip to the Great Salt Lake Marina and will include a short hike and a chance to speak with members of the marina community relating to recreating on the Great Salt Lake. There will be a $3 per car fee to enter the marina on Saturday.

LLPOT 933-001 • Th, Apr 6 • 6:30-8:30 PM
AND S, Apr 8 • 10:00 AM-12:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $49
INSTRUCTOR: Cindy Lund

Animal Communication Experiential
Animals and people think differently, but that difference can be used to communicate effectively with them. Learn how to solve behavior problems, how to get your animals to work in partnership with you, and intuitive aspects of communication involving asking your animals questions and receiving answers. A Saturday field trip will give people an opportunity to practice their skills with several different species of animals. Please no personal pets to class or field trip.

LLPOT 935-001 • Th, Apr 20-27 • 6:30-8:30 PM
AND S, Apr 29 • 10:00 AM-12:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $69
INSTRUCTOR: Patty Rayman

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

LLPOT 622-001 • MW, Apr 24-26 • 6:30-9:00 PM
AND S, Apr 29 • 9:00 AM-1:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $95 + $5 special fee
INSTRUCTOR: Michael Hylland

RECREATION

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

LLREC 650-001 • Th, Jan 19 • 7:00-9:00 PM
AND S, Jan 21 • 8:00 AM-3:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $99 + $10 special fee
INSTRUCTOR: Bruce Christenson

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

More course info on page 39
**Beginning Squash**

Squash has been rated the number one healthiest sport by Forbes magazine! Excellent for increased mobility and fitness while having fun and getting aerobically fit. Instructors with 20+ years experience in playing and teaching will guide you through the fundamentals of the sport. Special fee includes equipment rental. Please wear workout attire and non-marking sports shoes/sneakers. No class Feb 20.

**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.

**Full Moon Snowshoe Hike**

Experience the mystical feeling of the full moon on snowshoes as we travel within the scenic Wasatch mountains. You will receive tips on snowshoe technique, instruction in winter emergencies, and hot cocoa and snacks. Please bring snowshoes (rent at the U’s Outdoor Recreation Center or from your local sporting goods location), and wear boots suitable for snowshoeing. Students will be notified where to meet.

**Bicycle Repair Workshop I**

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

LLREC 903-001 • Th, Apr 6-27 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $99
INSTRUCTOR: Becka Roolf

Creative Writing Bootcamp

Have you always wanted to write creatively but never had the chance to start? Or is your writer-self blocked and unable to finish anything? In Creative Writing Bootcamp, we’ll launch into a series of generative exercises designed to give you plenty of material for your own stories. In between exercises, we’ll share our work in an open and joyous environment, discuss craft, and explore how to incorporate writing into daily life. You’ll leave class with a series of flash fictions ready to be polished or expanded in your writing practice.

LLWRC 760-001 • T, Feb 21-Mar 28 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $179 + $15 special fee
INSTRUCTOR: Meg Kinghorn

WRITER’S TOOLBOX: Get Started

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 Feb 20.

LLWRC 780-001 • M, Jan 23-Mar 6 • 6:30-8:30 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Kim Williams-Justesen

Creative Nonfiction I

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

LLWRC 760-001 • T, Feb 21-Mar 28 • 6:30-9:00 PM
LOCATION: Annex (see bldg doors for room #), Campus • SLC
FEE: $179 + $15 special fee
INSTRUCTOR: Meg Kinghorn
WRITER’S TOOLBOX: Get Creative

Writing for Social Media and Websites
Writing for social media and websites requires the ability to craft detailed prose in a condensed space; often in as little as 150 - 1000 characters. Expressing your thoughts in such a short format can be difficult and daunting and yet it is more important than ever for today’s personal and business communication. In each class we will cover a different web medium from short formats like Twitter to writing for personal and business blogs, or on sites like Yelp or Amazon Reviews.

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.

Tell Me Your Story - Guided Autobiography
Storytelling is one of the most powerful tools we have for making sense of the world. Using theme based writing and step-by-step guidance, you’ll get your sto-
ries on paper just two pages at a time. Time for writing in class will be provided, and the sharing of your stories is encouraged, but not required. No previous writing experience is necessary. No class Feb 20.

LLWRC 847-001 • M, Jan 30-Mar 13 • 6:30-9:00 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $179 + $10 special fee INSTRUCTOR: Michele Brown

Self-Publish Your Book
Have you tried to find an agent or a publisher for your book, but to no avail? Self-publishing is an option. In this class we’ll cover the steps necessary to take your book from manuscript to final book product, as well as how to distribute it to the world. We’ll discuss the difference between self- and traditional publishing, benefits of self-publishing, costs, and how to self-publish on a budget. Along the way you’ll learn about ISBN assignment, copyrighting, formatting and cover design, printing, distribution, and marketing.

LLWRC 803-001 • W, Apr 12-19 • 6:30-9:00 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $99 INSTRUCTOR: Stacy Dymalski

Literary Querying - The Art of Rejection
So you’ve written a book. Now what? Approaching the publishing world can be a lonely and daunting task. This class will give you a jump start by providing the knowledge and skill required to navigate the world of agents and publishers. It is recommended (but not necessary) that you bring a finished piece of work you are trying to place. This is a workshop heavy class, where we’ll polish your pages and develop a plan to give you the best chance in the great publishing hunt. Class is limited to 10.

LLWRC 844-001 • T, Mar 21-Apr 25 • 6:30-9:00 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $189 + $5 special fee INSTRUCTOR: Johnny Worthen

The Craft of Translation
Our contemporary world involves the exchange of information in many languages as well as across generations, cultures, and disciplines. Translation has become a new form of literacy, which we can improve with practice. Learn the tools for reading a text in the source language and how to reproduce it in a target language. We will focus on analyzing a text in the context of its original author and culture, and will discuss several methods for transferring the text into a new culture for a new readership. Prior experience with translation or knowledge of a foreign language is not required.

LLWRC 846-001 • Th, Mar 9-30 • 6:30-8:30 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $99 INSTRUCTOR: Peter Golub

Create Your Own Cookbook
You love food and have always wanted to create a cookbook, but how do you write a proper recipe? Take stunning food photos? Get your book designed, printed and sold? Get the answers from a nine-time cookbook author and food photographer who’ll teach you everything you need to know in easy-to-understand steps. Get the recipe for cookbook success in this high-energy, hands-on workshop. Special fee covers workbook and materials for photo shoot.

LLWRC 849-001 • S, Mar 25-Apr 8 • 10:00 AM-1:00 PM LOCATION: Annex (see bldg doors for room #), Campus • SLC FEE: $119 + $30 special fee INSTRUCTOR: Brooke Lark

Spark Your Creativity: A Writer’s Day Out
Refill your creative reservoir while taking inspiration from the beauty of Red Butte Garden in this three-hour retreat designed for writers of all levels. Work through exercises that will help you get out of your own head to approach your work from a new (and
possibly surprising) angle, set intentions for the work that is important to you, and delve into why your projects speak to you. Meet in lobby of Red Butte Garden, special fee covers entrance fee. Class time will be spent outdoors so please dress for the weather, and bring water, snacks, a notebook, and writing tools.

LLWRC 848-001 • S, Apr 29 • 11:00 AM-2:00 PM 
LOCATION: Class meets at Red Butte Garden, 500 Wakara Way • SLC 
FEE: $45 + $5 special fee 
INSTRUCTOR: Meg Kinghorn

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 “Who-dunit” will be you! No class Feb 14.

LLWRC 837-001 • T, Jan 24-Mar 7 • 6:30-9:00 PM 
LOCATION: Annex (see bldg doors for room #), Campus • SLC 
FEE: $179 + $5 special fee 
INSTRUCTOR: Johnny Worthen

Creative Writing II

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

LLWRC 843-001 • M, Mar 20-Apr 24 • 6:30 - 8:30 PM 
LOCATION: Annex (see bldg doors for room #), Campus • SLC 
FEE: $149 + $5 special fee 
INSTRUCTOR: Noam Dorr

Experiments in Writing

What happens when we let go of our traditional literary conventions and embrace a spirit of wild creative experimentation? We might end up with a novel without the letter “c,” a book made out of a deck of cards, or even a story written in sand. In this class we will explore historical experimental forms (such as those of the French experimental group the Oulipo) as well as come up with some of our own. Emphasis will be placed on exercises that nurture our sense of play and creativity, pushing us to discover what lies beyond what we imagine is possible.

LLWRC 825-001 • M, Mar 20-Apr 24 • 6:30-8:30 PM 
LOCATION: Annex (see bldg doors for room #), Campus • SLC 
FEE: $149 + $5 special fee 
INSTRUCTOR: Kim Williams-Justesen

# Experiments in Writing

What happens when we let go of our traditional literary conventions and embrace a spirit of wild creative experimentation? We might end up with a novel without the letter “c,” a book made out of a deck of cards, or even a story written in sand. In this class we will explore historical experimental forms (such as those of the French experimental group the Oulipo) as well as come up with some of our own. Emphasis will be placed on exercises that nurture our sense of play and creativity, pushing us to discover what lies beyond what we imagine is possible.

LLWRC 843-001 • M, Mar 20-Apr 24 • 6:30 - 8:30 PM 
LOCATION: Annex (see bldg doors for room #), Campus • SLC 
FEE: $149 + $5 special fee 
INSTRUCTOR: Noam Dorr

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
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                             Snowbird Resort                       The SilverSchmidt
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Eligible University of Utah faculty, staff, and spouses receive a 50% discount on tuition.
DIRECTIONS

Annex, Main Campus, Salt Lake City
1901 East South Campus Drive (Annex Building)

From Foothill Blvd, turn north on Mario Capecchi Drive (1750 E, formerly Wasatch Dr). The Annex Building is at the intersection of Mario Capecchi Drive and South Campus Drive. Important Parking Updates for the Annex Building can be found on the Lifelong home page, www.lifelong.utah.edu.

The Fort Douglas TRAX stop is at the north end of the Annex's parking lot. Parking at the Annex is free after 6 PM. Course room locations are posted on building entrances.

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

BLOG FOR US!

Do you find yourself wishing you could explore every new idea that comes your way? Wanting to learn something new at every turn? Are you excited by things like welding, organic gardening, ukulele, and wine tasting? The Lifelong Learning 5-Class Challenge is for you!

Go to: bit.ly/5-class and tell us why you should win the opportunity to take 5 Lifelong Learning classes in exchange for writing a blog post and taking some photos for each class! It’s that simple AND that exciting!

HOW TO REGISTER

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. Annex Building, Room 1175 (wing A), main campus, Salt Lake City.

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