DIRECTIONS

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

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.

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

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

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.

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

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

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 303-001 • M, May 8-22 • 6:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $115 + $30 special fee
INSTRUCTOR: Charlotte England

Correspondence Art
Add an artful personal touch to your next piece of correspondence to a loved one or “pen friend”. Already unique in the electronic age, hand-written correspondence can be made even more special by turning it into a work of art. Create an assortment of unique folded envelopes, learn collage and mono printing techniques, and have fun with doodle art. The special fee covers initial collage and mixed media supplies. Students should expect to spend another $15 for additional supplies. Find a list online, or call 801-587-5433.

LLCFT 305-001 • T, May 9-30 • 6:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $145 + $18 special fee
INSTRUCTOR: Janet Faught

Forged Cuff Bracelet
Fire + Metal = Fantastic! Learn how to form a piece of heavy gauge sterling silver wire into a beautiful, forged (hammered) cuff bracelet. We will use different hammers and heat to shape metal with ease. Special fee includes all materials and equipment use.

LLCFT 293-001 • S, May 13 • 10:00 AM-1:30 PM
LOCATION: SLC
FEE: $59 + $30 special fee
INSTRUCTOR: Amy Schmidt

Papermaking: Fiber and Formation
Venture into the fundamentals of hand papermaking in this fast-paced, five-week course. Topics include fiber selection and processing, western-style sheet formation, and experimental techniques ranging from pulp painting and stencil printing to sculptural applications using overbeaten fibers. Participants leave with a sample book of handmade sheets and an array of papers to be used for printing, bookmaking, collage, letter-writing or other creative applications.

LLART 279-001 • T, May 16-Jun 13 • 5:30-8:30 PM
LOCATION: Book Arts Studio, Marriott Library, Level 4, Campus • SLC
FEE: $199 + $45 special fee
INSTRUCTOR: Allison Milham

Plein-Air Landscape Workshop: Watercolor
Enjoy the warm summer evenings as you create small-scale landscapes in lovely Red Butte Garden. Students will view demonstrations and receive exercises in washes, blending, wet on wet, lifting, brushstrokes, glazing, and drybrush. Instruction in composition, positive and negative space, value studies, and color theory will round out the offering. Painting topics will include landscapes, still life, and water reflections. You are responsible for your materials; you can find a list

More course info on page 3
online, or call 801-587-5433. Co-sponsored with Red Butte Garden; members pay $197 (ask for section 002).

LLART 170-001 • T, May 16-Jun 20 • 5:30-8:30 PM LOCATION: Red Butte Garden, 300 Wakara Way • SLC FEE: $219
INSTRUCTOR: Richard Vroom

Blacksmithing - An Introduction
Blacksmithing in the modern world is rooted in creating art and tools with fire and force. This is a beginner class designed to give you a taste of what being a blacksmith is all about, as you use contemporary and antique equipment to learn the ancient skill of forging steel with hammer and anvil. You will learn hammer control, the different parts of the anvil, the different strikes on the anvil and how to use them to maximize your effort. All class projects are designed to use the skills you develop to enhance your capabilities. Wear closed toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Please bring a large container of water or sports drink - this is hot and thirsty work!

LLCFT 274-001 • Th, May 18-Jun 22 • 6:30-9:30 PM LOCATION: Wasatch Forge, 3345 S 300 W, #5-A • SLC FEE: $269 + $20 special fee
INSTRUCTORS: Matt Danielson

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.

LLART 278-001 • SSu, May 20-21 • 1:00-4:00 PM LOCATION: Annex, Campus • SLC FEE: $79 + $33 special fee
INSTRUCTOR: Anna Hansen

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

LLART 280-001 • Th, Jun 8-Jul 27 • 5:30-8:30 PM LOCATION: Book Arts Studio, Marriott Library, Level 4, Campus • SLC FEE: $275 + $65 special fee
INSTRUCTOR: Crane Giamo

Beginning Watercolor Painting
Watercolor painting is a wonderful way to let go and express yourself. Learn and experiment with various watercolor techniques that you can apply to subject matter of interest to you. This class will encourage explorations of different approaches to watercolor painting to help you discover your own style. Students are responsible for their own materials; find a list online, or call 801-587-5433. This class is limited to 10.

LLART 071-001 • W, Jun 14-Aug 2 • 6:30-9:00 PM LOCATION: Annex, Campus • SLC FEE: $199
INSTRUCTOR: Amelia Davis
**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.

**LLART 068-001 • Th, Jun 15-Jul 20 • 6:30-8:30 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $139 + $20 special fee**
**INSTRUCTOR: Amelia Davis**

**LLART 068-002 • Th, Jul 6-Aug 10 • 6:30-8:30 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $139 + $20 special fee**
**INSTRUCTOR: Eric Erekson**

**Fused Glass Art with Recycled Glass**

Learn how to make beautiful and creative fused glass art using bottle glass, molds and a kiln. Bottle glass - in the form of whole bottles or sheet glass made from bottles - is an inexpensive alternative to art glass, and its use as a raw material is great for the environment. We’ll start with the absolute basics, including an introduction to the tools you’ll need, and work our way through weekly projects that will become increasingly (but enjoyable!) more complex. No experience necessary, please provide your own work gloves and safety glasses (obtainable from your local hardware store) and wear close-toed shoes to all classes. Special fee covers all materials and firings. You will need to bring your own glass tools ($30), for suppliers find a list online or call 801-587-5433.

**LLCFT 309-001 • Th, Jun 15-Jul 20 • 6:00-9:00 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $199 + $40 special fce**
**INSTRUCTOR: Jodi Rusho**

**Sumi-e**

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

**LLART 283-001 • S, Jun 17-24 • 9:00 AM-1:00 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $99 + $55 special fee**
**INSTRUCTOR: Karen Jensen**

**Micro Macramé Necklace**

Combine fiber, metal, and stone as you create a unique necklace design inspired by the geometric jewelry of the Machine Age Art Deco period. Micro macramé is both delicate and bold, and learning to make the knots needed to create your piece will be made simple through guided demonstrations and illustrated instructions. Please see materials list for the supplies needed for the class.

**LLCFT 306-001 • T, Jun 20-27 • 6:30-9:30 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $79**
**INSTRUCTOR: Mïa Vollkommer**

**Broad-Edged Calligraphy**

Legendary calligrapher Robert Palladino once stated “Calligraphy is the artful and visual expression of communication”. Learn how to communicate in the Italic calligraphy style using broad-edged pens and nibs. Basic letterforms will be explored and practiced to create beautiful letters. The overall goal will be to create definitive works of art that express your
calligraphic style. Special fee includes a text book, practice pad, calligraphy pens and inks.

LLCF 260-001 • W, Jun 28-Aug 2 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $145 + $60 special fee
INSTRUCTOR: Ashantai Yungai

Simple Book Repairs for At Home Curators
Explore basic methods of book conservation as well as the reasons for performing, or not performing, conservation treatments. The class works together to determine the best treatment options for specific damaged books while also considering the ethics of performing those treatments. As students perform conservation treatments, they learn about appropriate conservation materials, adhesives used by conservators, and the tools of the trade. Students leave with a minimum of two treatments, a basic kit of conservation tools, and foundational knowledge to complete basic repairs at home. No class July 12.

LLART 281-001 • W, Jun 28-Aug 2 • 5:30-8:30 PM
LOCATION: Book Arts Studio, Marriott Library, Level 4, Campus • SLC
FEE: $199 + $45 special fee
INSTRUCTOR: Christopher McAfee

Drawing with Color
Put your palette to paper as you explore the many facets of color in art making. Using watercolor pencils and oil pastels, you’ll gain insight into the amazing properties of color. We’ll start with basic color theory, then explore color hue, value, saturation, and temperature. From realistic, to expressive, to symbolic, this class will unlock the many mysteries of our colorful world. Special fee covers all materials.

LLART 186-001 • T, Jul 11-Aug 15 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $139 + $25 special fee
INSTRUCTOR: Lindsay Frei

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 • W, Jul 5-Aug 9 • 6:00-9:00 PM
LOCATION: Huntsman Cancer Institute, 2000 Circle of Hope Dr • SLC
FEE: $179
INSTRUCTORS: Lindsay Frei & Tiffani Hafen

Wire Ring Sampler
Learn the tips and tricks needed to create a wire ring with a perfect fit, then create up to 2 rings from a variety of designs ranging from dainty to funky. Techniques will include: using a ring mandrel, hammering, wire wrapping and stone ‘setting’ with wire. No previous wire-working experience necessary. Please see the materials list for the supplies needed for the class.

LLCFT 307-001 • S, Jul 15 • 9:30 AM-1:00 PM
LOCATION: Annex, Campus • SLC
FEE: $59
INSTRUCTOR: Mia Vollkommer

Garden Art Welding
Beautify your garden with metal art. Learn how to cut metal and Mig weld under the guidance of a welding expert as you design and fabricate a small project for your garden. Students will make either planter box, garden trellis, plant support, or decorative flower stalk. Special fee covers all materials and equipment usage.

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

More course info on page 7
Encaustic Painting on Photos

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

Illustrator Level 1
EDTEC 457-001 • T, May 23 • 9:00 AM-5:00 PM • $249

Illustrator Level 2
EDTEC 458-001 • T, Jun 6 • 9:00 AM-5:00 PM • $249

InDesign Level 1
EDTEC 470-001 • TTh, Jun 13-22 • 6:00-9:30 PM • $489

InDesign Level 2
EDTEC 471-001 • TTh, Jul 11-13 • 6:00-9:30 PM • $249

Digital Photography: An Introduction

Take an in-depth look at mega-pixel counts, white balance, shutter speed, lens opening, and other digital camera functions and learn how to use them to your advantage. We’ll also cover traditional photographic imaging skills such as use of shutter speeds and lens openings, composition, and portraiture; so you can spend more time making great images and less time fixing them in your computer. You will get the most out of class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class. Want more guided practice with the basics? Take Nuts and Bolts (LLART 193) either before or after this class. Saturday class is a field trip.
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 important, 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 advantages and current limitations in 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, Jun 13-27 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $75
INSTRUCTOR: Clint Erekson

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.

LLART 193-001 • W, Jun 7-14 • 6:00-9:00 PM
LOCATION: Pictureline, 305 W 700 S • SLC
FEE: $99
INSTRUCTOR: Jens Nielsen

PHOTOGRAPHY: Get Creative

Natural Light Portrait Photography
Using the beauty of natural light, develop your skills at portrait photography. We’ll work indoors and out, playing with shadow and light to add mood and texture to your work. Take your portraiture to a whole new level! Open to point-and-shoot, DSLR, or film photographers. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 094-001 • W, May 31-Jun 14 • 6:00-8:00 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: $75
INSTRUCTOR: Chris Blackburn

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. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 168-001 • W, Jun 7-Jul 12 • 6:30-8:30 PM
AND S, Jun 24 • 10:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $169
INSTRUCTOR: Jonathan Duncan
Shooting Video with Your 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.

LLART 277-001 • T, Jul 11-25 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $75
INSTRUCTOR: Clint Erekson

Product Photography - An Introduction
A picture is worth a thousand words and the product images you use should be unique, high-quality images that best represent you and your product(s). Learn what it takes to produce quality product photos that can be used on e-commerce websites, blogs and social media. We'll explore the practical tools and equipment needed for an efficient home studio, while emphasizing budget-conscious solutions. Demonstrations of product photography techniques will be followed by a hands-on opportunity to produce your own product photo using studio equipment. The Saturday class meeting will be a field trip to see the workings of a large production studio. We recommend that students have some prior photography experience and cameras with settings that can be manually controlled (this is not an ideal class for smart phone users). Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 282-001 • W, Jul 19-Aug 2 • 6:30-9:30 PM
AND S, Jul 29 • 6:30-9:30 PM
LOCATION: Annex, Campus • SLC
FEE: $149 + $10 special fee
INSTRUCTOR: Ben Kuhns

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

LLART 180-001 • W, Jul 26 • 7:00-8:30 PM
AND S, Jul 29 • 6:30-9:00 PM
AND W, Aug 2 • 7:00-9:00 PM
AND S, Aug 5 • 4:30-9:00 PM
AND W, Aug 9 • 7:00-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Neil Eschenfelder

PHOTOGRAPHY: Photoshop

Photoshop Level 1
EDTEC 452-001 • Th, Jun 8 • 9:00 AM-5:00 PM • $249

Photoshop Level 2
EDTEC 453-001 • Th, Jun 15 • 9:00 AM-5:00 PM • $249
COOKING, TASTINGS, & TOURS

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

LLFW 516-001 • S, May 13 • 2:00-5:00 PM
LOCATION: 8805 Blue Jay Lane (3650 E) (private home) • SLC
FEE: $65 + $6 special fee
INSTRUCTORS: Julie Daily & Ken Kiss

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

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

Croissants
Dig in and get your hands dirty with one of our favorite, yet difficult doughs. While working in pairs you will learn to make light and flaky croissant and pain au chocolat from start to finish. You will also receive a piece of finished dough to take home and bake your own croissants and a pound of butter to make your first batch on your own.

LLFW 466-001 • W, May 24 • 6:00-9:00 PM
LLFW 466-002 • W, Aug 16 • 6:00-9:00 PM
LOCATION: Les Madeleines Patisserie, 216 E 500 S • SLC
FEE: $65 + $25 special fee
INSTRUCTOR: Romina Rasmussen

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 palate 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 • Th, Jun 8-15 • 6:30-9:00 PM
LOCATION: Squatters Brew Pub, 147 Broadway • SLC
FEE: $59 + $30 special fee
INSTRUCTOR: Jason Stock

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, Jun 15 • 7:30-9:30 PM LOCATION: Dented Brick Distillery, 3100 S Washington St • SLC FEE: $39 + $15 special fee INSTRUCTOR: Ethan Miller

**Discover Cheese from the UK**

Experience the cheeses of the English countryside created by cheesemakers that span generations. UK cheesemakers produce 100’s of different cheeses, including flavorful clothbound cheddars that may be aged for years; distinctive Stilton; supple, crumbly Wensleydale; and mild-tasting soft or semi-soft cheeses. Enjoy a taste and learn perfect pairings for each of these unique products. You’ll also receive recipes to create traditional English dishes at home.

LLFW 542-001 • Th, Jun 15 • 7:00-9:00 PM LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC FEE: $39 + $30 special fee INSTRUCTOR: Sheri Allen

**Wines and Cheeses of France**

What makes a glass of fine French wine even better? A bite of fine French cheese! Live the good life as we visit the six wine-growing regions of France. We’ll sample wines and cheeses from two regions as we learn about the appellations, history, and terroir of each region. Paired cheeses (Mournier, Petit Basque, Roquefort, and others) will be from the same regions as the wines. Please bring a photo ID that indicates your age to class. Special fee covers all tastings.

LLFW 387-001 • W, Jun 21 • 6:00-8:00 PM LOCATION: Park City FEE: $39 + $40 special fee INSTRUCTOR: Sheral Schowe

**Camp Cooking**

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

LLFW 523-001 • Th, Jun 22 • 6:00-8:30 PM LOCATION: SLC FEE: $39 + $10 special fee INSTRUCTOR: Jeffrey Steadman

**The Cocktail - Back to Basics**

“There can’t be good living where there is not good drinking,” according to Benjamin Franklin. Good living will be enhanced with a hands-on opportunity to learn the basics of cocktail making at Dented Brick Distillery. Rediscover classic cocktail recipes and once you know “the rules”, understand how to break them to create unique balanced recipes of your own. The class includes an in depth handout with cocktail recipes and methods,
and cocktail mixing tools to take home. Please bring a photo ID that indicates your age.

LLFW 540-001 • Th, Jun 22 • 7:30-9:30 PM
LOCATION: Dented Brick Distillery, 3100 S Washington St • SLC
FEE: $39 + $20 special fee
INSTRUCTOR: Ethan Miller

Wines of the Mediterranean

The wines of Italy and France represent the highest percentage of imports to the United States. Combine Spain, which is also in the top ten, and you have the Mediterranean! Taste two wines from each of these countries as you learn the history of winemaking and how cultural traditions influenced grape growing and winemaking styles of Italy, France, and Spain. Please bring a photo ID that indicates your age.

LLFW 541-001 • W, Jun 28 • 7:00-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Sheral Schowe

How to Make Fruit Wine

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

LLFW 498-001 • S, Jul 15 • 12:00-2:00 PM
LOCATION: Salt City Brew Supply, 723 E Ft Union Blvd • Sandy
FEE: $39 + $5 special fee
INSTRUCTOR: Cody McKendrick

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.

LLFW 532-001 • T, Jul 18 • 6:15-9:15 PM
LOCATION: 354 Aspen Lane (private home) • Park City
FEE: $59 + $30 special fee
INSTRUCTOR: Linda Elbert

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.

LLFW 536-001 • T, Aug 8 • 6:15-9:15 PM
LOCATION: 354 Aspen Lane (private home) • Park City
FEE: $59 + $30 special fee
INSTRUCTOR: Linda Elbert

Gathering Wild Mushrooms

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

LLFW 416-001 • W, Aug 23 • 6:00-9:00 PM
AND S, Aug 26 • 9:00 AM-5:00 PM
LOCATION: Annex, Campus • SLC
FEE: $109 + $5 special fee
INSTRUCTORS: Peter Golub & Tatyana Golub

**Wine and Cheeses of Italy**
America's interest in the perfect cheese and wine pairing is relatively new, but for Italy, it is a cultural tradition with well over one thousand years. As we see more wines and cheeses available in Utah's stores, it makes sense to discover which cheeses pair the best with certain wines. You will taste five wines from different regions of Italy along with five Italian cheeses from both cow's and sheep's milk as you learn about the cultural tradition of Italian food and wine from region to region. Please bring a photo ID that indicates your age.

LLFW 499-001 • W, Aug 30 • 7:00-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Sheral Schowe

**FINANCE & BUSINESS**

**Excel Level 1**
EDTEC 412-001 • W, May 24 • 9:00 AM-5:00 PM • $249
EDTEC 412-007 • W, Jun 28 • 9:00 AM-5:00 PM • $249

**Excel Level 2**
EDTEC 413-001 • T, Jun 13 • 9:00 AM-5:00 PM • $249
EDTEC 413-007 • W, Jul 12 • 9:00 AM-5:00 PM • $249

**QuickBooks Level 1**
EDTEC 425-001 • W, Jun 14 • 9:00 AM-5:00 PM • $249

**QuickBooks Level 2**
EDTEC 426-001 • W, Jun 28 • 9:00 AM-5:00 PM • $249

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

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 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. Visit www.avenuesyoga.com to see a complete list of classes and class schedule.

LLHL 123-001 • MTWThFSSu, May 8-Aug 13
LOCATION: Avenues Yoga, 68 K Street • SLC
FEE: $99
INSTRUCTOR: Avenues Yoga Staff

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, May 8-Aug 13 • TBA
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $89
INSTRUCTOR: Bar Method Staff

Qigong Practice
Qi (chee) is defined as life force energy; gong is defined as exercise. Put it together and Qigong is a Chinese practice that exercises your life force energy. The practice is the precursor to Tai Chi and uses movements and postures to integrate Chinese acupressure points, meridians, and internal organs in a mindful and meditative way. The gentle, rhythmic movements of Qigong reduces stress, builds stamina, increases vitality, and enhances the immune system. Students of any age or ability level can take this class and they can do it seated or standing. Co-sponsored with Tanner Dance.

LLHL 199-001 • MTWThFSSu, May 8-Aug 13
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $379
INSTRUCTOR: Bar Method Staff

Bar Method Exercise, 3 Month Pass
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 work out you have come to love with the Bar Method. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance.

LLHL 162-001 • W, May 10-31 • 6:00-7:15 PM
LLHL 162-002 • W, Jul 5-26 • 6:00-7:15 PM
LOCATION: Beverley Taylor Sorenson Arts & Education Complex, 1721 Campus Center Drive, Campus • SLC
FEE: $79
INSTRUCTOR: Melissa Faber
Pilates for Back Care
Does back pain slow you down or keep you from reaching your full potential? Learn how to manage lower back pain with the Pilates method as we focus on which exercises are best and safest to keep your back healthy and moving well. This class will include weekly Pilates practice, please bring a yoga mat and dress comfortably as you would for yoga or Pilates.
No class June 14.

LLHL 170-001 • W, May 24-Jun 28 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129
INSTRUCTOR: Cindy Metcalf

Mindfulness Based Stress Reduction - An Introduction
Research studies show that adults can reap both physical and mental benefits from the practice of mindfulness. The Mindfulness Based Stress Reduction program combines meditation and body awareness techniques to help you become more mindful. Normally taught as an 8 week course, this introductory workshop will give you insight into the origins of MBSR training, key principles of mindfulness meditation, and suggestions for home practice that can help you achieve clear thinking and openheartedness in the face of the daily stressors that surround you.

LLHL 202-001 • W, May 31-Jun 7 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Bonnie Edwards

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, Jun 5-19 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: Karena Luttmer

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

LLHL 179-001 • W, Jun 7-28 • 6:00-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: David Keyes

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 • Th, Jun 8-Jul 6 • 6:00-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $89
INSTRUCTOR: David Keyes
Nature and Wellbeing: Experiential Ecopsychology
Explore the basic tenants of Ecopsychology and discover the role of Nature in finding 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 • Th, Jun 8 • 6:30-8:30 PM
AND Su, Jun 11 • 9:00 AM-1:00 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: Kinde Nebeker

Beginning Tap for Adults
Ready for a bit of cardio that’s different from the ‘old routine’, then tap dance is the thing for you. Come learn basic tap steps using proper technique, and how to produce clear tap sounds in a variety of styles from Broadway to Rhythm Tap. Think you have two left feet? Don’t worry! Class will be geared to students with no prior tap experience (but will also be useful for students that have tapped previously and are interested in brushing up on the basics.)
Students should expect to spend between $30-$50 on tap shoes, and will need to have them for the first class. Find a resource list online, or call 801- 587-5433. Special Fee is for facility rental. No class July 1.

LLHL 203-001 • S, Jun 10-Jul 15 • 11:00 AM-12:00 PM
LOCATION: Sugarspace Arts Warehouse, 132 S 800 W
• SLC
FEE: $69 + $25 special fee
INSTRUCTOR: Jann LaVitre

The Meditation Experience
Meditation is becoming increasingly popular, its physical, emotional and spiritual benefits are widely appreciated. But what is meditation? This class provides an opportunity to experience meditation and to learn some essential skills that will enable you to develop your own practice. Explore meditation with an authorized Zen Buddhist teacher with decades of Zen practice. Classes include instruction and discussion. Beginners and people of all (or no) religious or philosophical backgrounds welcome. Attendance is required to the first class.

LLHL 181-001 • W, Jul 12-26 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: Mark Esterman

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

LLHL 175-001 • S, Jun 17-24 • 10:00 AM-12:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $24 special fee
INSTRUCTOR: Rachael Bush

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.

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

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HOME AND GARDEN

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 certificate. This is not a class.

Grow Your Own Herbs

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

Water Features for the Home Garden

Soothing sound, cooling effect, and providing habitat for wildlife are all reasons to consider adding water to your garden. A water garden can be as simple as a waterproof container with a small pump or as elaborate as a pond with a waterfall or stream. We’ll cover types of water gardens, pumps, location, basic installation, and maintenance as well as give you guidelines for water garden costs. First class meets at Red Butte Garden and is primarily lecture. Saturday is field day and meets at instructor’s garden. Special fee includes cost of pond tour which is Aug 5th and 6th. Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

Wonderful World of Rose Gardening

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

**Garden Maintenance**

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

**Vegetable Container Gardening**

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

**Preserving Fresh Herbs**

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

LLHG 548-001 • S, Jul 15 • 9:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $45 + $5 special fee
INSTRUCTOR: Francine Urda

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

LLHG 553-001 • W, May 10-17 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Michelle Cook

Vertical Gardening - Living Walls
We all want exquisite gardens, but time-crunched lifestyles, shrinking spaces and a commitment to sustainable choices is changing our definition of what a garden can be. Take your garden to the next level by discovering its vertical spaces. Filled with inspiring photos and innovative approaches, this class will highlight a range of vertical gardening ideas from living walls to upright vegetable gardens. Each participant will have the opportunity to plant a small wooly pocket to take home and begin their vertical gardening adventure. All materials provided. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).

LLHG 571-001 • W, Jun 21 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $39 + $28 special fee
INSTRUCTOR: Briana Blamires

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

LLHG 588-001 • S, Jun 17 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden Greenhouses 2190 Red Butte Canyon Rd • SLC
FEE: $39 + $40 special fee
INSTRUCTOR: Briana Blamires

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

New Courses Technology Classes edtech.utah.edu 48-hour advance registration required Certificate of Western Horticulture Class
LLHG 589-001 • Th, Jul 27 • 6:00-8:30 PM  
LOCATION: Annex, Campus • SLC  
FEE: $39 + $5 special fee  
INSTRUCTOR: Marybeth Janerich  

Designing with Fresh Flowers - Bring Your Garden Inside  
Learn the fundamentals of floral design and create traditional-style arrangements in this hands-on workshop. We'll cover the technical tricks of flower arranging, as well as composition, color, design, and discuss incorporating flowers from your own garden into arrangements. Each week, you'll have the opportunity to design and take your creations home to enjoy. Please bring a floral knife or snips, ribbon scissors, wire cutters, an apron, and gloves to each class. All materials are provided. Co-sponsored with Red Butte Garden; members pay $80 + special fee (ask for section 002).

LLHG 592-001 • Th, Jun 15, Jul 27, Aug 17 • 6:30-8:30 PM  
LOCATION: Red Butte Garden 300 Wakara Way • SLC  
FEE: $89 + $75 special fee  
INSTRUCTOR: Scott Mower

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

LLHG 595-001 • S, May 20 • 10:00 AM-12:00 PM  
LOCATION: Red Butte Garden Greenhouses 2190 Red Butte Canyon Rd • SLC  
FEE: $39 + $36 special fee  
INSTRUCTOR: Briana Blamires

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

LLHG 598-001 • S, May 27, Jun 24, Jul 15, Aug 19, Sep 23 • 9:00 AM-12:00 PM  
LOCATION: 1398 Cheyenne St • SLC  
FEE: $179  
INSTRUCTOR: Celia Bell

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 (ask for section 002).

LLHG 608-001 • T, May 16-30 • 6:00-8:00 PM  
LOCATION: Red Butte Garden, 300 Wakara Way • SLC  
FEE: $69  
INSTRUCTOR: Lynsey Nielsen

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
**Perennials - Spring and Summer Bloomers**

Walk the aisles of any garden center in spring, and you’ll find yourself in the midst of a cornucopia of scent and color. The sign says “perennials”, and you know which ones appeal to you, but what else do you know about them? We can help! Whether you are starting a new garden or refreshing an existing one, you’ll want to select plants suited to your individual landscape and to pick combinations that offer color and blooms from early spring until frost. Through slides, discussion, and garden walks, we will show you the characteristics of a diverse group of perennials suited to Utah gardens. This class will focus on perennials that bloom in spring and summer. For perennials that bloom late summer and fall, please take Perennials: Late Summer - Fall Bloomers. We'll also cover design, soil preparation, planting, and maintenance. No class May 29.

LLHG 617-001 • M, May 15-Jun 5 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $79 + $5 special fee
INSTRUCTOR: Cheryl Underwood

**Perennials: Late Summer and Fall Bloomers**

You shopped for perennials in the spring and purchased plants based on the beautiful blooms currently on display but forgot to consider your garden design for late summer and fall. Proper planning can give you color and blooms from early spring until frost. Slides, discussion, and garden walks will help you select perennials best suited to your individual landscape. We'll also cover design, soil preparation, planting, and maintenance. A complement to Perennials: Spring and Summer Bloomers. Register for both for a long beautiful season. Co-sponsored with Red Butte Garden; members pay $53 + special fee (ask for section 002).

LLHG 618-001 • Th, Aug 24-31 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Cheryl Underwood

**Curb Appeal**

The entranceway to your property creates an instant first impression - the “Curb Appeal.” Identify problems and challenges with existing landscapes and structures, look at what works and does not work based on our unique area and climate, and map out a solution with the guidance of a professional in landscape design and project management. The second week of class will include a walking tour of a local neighborhood to look at specific examples of curb appeal ‘in the wild’.

LLHG 904-001 • Th, Jun 8-29 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $99 + $5 special fee
INSTRUCTOR: Brenda Broughton

**Aquaponics Tour**

Aquaponics is a centuries-old process that produces more food (both vegetables and farmed fish) with less land, less water, and no chemicals. A natural and sustainable form of gardening that grows fish and plants in one integrated symbiotic environment. Come see aquaponics in action at Deseret Peak Aquaponics in Grantsville. The tour begins right at 10 am, so please allow for ample travel time from the Salt Lake City area (50-60 min).

LLHG 905-001 • S, Jun 3 • 10:00-11:30 AM
LOCATION: Deseret Peak Aquaponics, 661 West Cherry St, Grantsville, UT.
FEE: $35
INSTRUCTOR: Terry Stapley
Attracting Nature’s Pest Control - Gardening for Beneficial Insects
Most of us are familiar with ladybugs, praying mantis and lacewings, but did you know that there are a whole host of good bugs that can help us naturally control aphids, spider mites, and all kinds of troublesome garden pests. In this class on attracting nature’s pest control, we will discuss many of the common predators and parasitic insects and the diversity of organisms that are beneficial to people by controlling problem pests in our landscapes. We will also discuss the diversity of plants that can be grown to attract and nourish these natural pest controls. Co-sponsored with Red Butte Garden; members pay $35 (ask for section 002).

LLHG 906-001 • W, Jun 14 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $39
INSTRUCTOR: Eric Cook

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

LLAN 350-001 • W, Jun 21-Jul 26 • 6:30-8:30 PM
LOCATION: Annex, 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. No class June 6.

LLAN 353-001 • T, May 16-Jun 27 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Nalder

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 May 29.

LLAN 354-001 • M, May 15-Jun 26 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Amy Johnson

Conversational Spanish I - Condensed
Meeting twice a week, learn basic conversational skills needed for travel and everyday communication, all in a relaxed atmosphere. Please expect about two hours of homework following each class. Textbook and dictionary included. This class is for students that have some basic Spanish knowledge from high school or college. Complete beginners should consider Conversational Spanish I.

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Certificate details including registration, fee, required classes, and electives can be found at continue.utah.edu/lifelong/western-horticulture.
More Language

LLLAN 424-001 • MW, Jul 31-Aug 16 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Amy Johnson

Conversational Italian I
Learn the language of warmth and passion. We'll cover the basic conversational skills you'll need to travel in Italy while learning about the people, art, and culture of this fabulous country. Special fee includes textbook. Students are responsible for bringing an Italian-English dictionary. This class is designed to be repeated as often as you wish.

LLLAN 362-001 • W, May 24-Jun 28 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Jason Cox

MUSIC AND THEATRE

Improv Comedy Workshop
Ready for some fun and games after work? Improv is spontaneous, creative, and lots of laughs. Improvisational comedy is theatrical humor made up on the spot, using your imagination. Discover how to bring your creative ideas to life, in real time, through brain teasers, games, and other forms of play; learn the rules of improvisation; develop your own unique characters; and most important, emotionally invest in your work. In this improv series you'll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills.

LLMT 396-001 • M, May 9-30 • 6:15-7:45 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: Clint Erckson

Beginning Pop/Rock Ukulele
Starting with basic chords and strumming, learn to play the make-you-want-to-dance music that you hear every day on your car radio or music streaming service. We'll play songs by the Rolling Stones, Michael Jackson, T-Pain, Taylor Swift, and other Rock and Pop icons, with no need for complicated 6-string instruments or auto-tune equipment. Class time will be spent learning new chords and strumming patterns, and will end with a short 'jam' session where students learn how to play along with each other. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA). No experience necessary. No class May 29.

LLMT 460-001 • M, May 15-Jun 26 • 6:00-7:00 PM
LOCATION: Annex, Campus • SLC
FEE: $89 + $10 special fee
INSTRUCTOR: Rio Sabella

Beginning Ukulele
Ukulele is one of the simplest instruments to play - learn the basics then quickly dive into playing tunes. You'll learn chords, fretting, and strumming techniques, as well as how to convert tunes from guitar songbooks to ukulele. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA) and a 3-ring binder. The instructor will inspect your instrument for playability and make any recommendations. Transcriptions and a chord chart are included. No class June 6.

LLMT 433-001 • T, May 23-Jun 27 • 6:00-7:00 PM
LOCATION: Annex, Campus • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Jim Major

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
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, May 24-Jun 28 • 6:00-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $109 + $22 special fee
INSTRUCTOR: Jim Major

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. No class July 4.

LLMT 406-001 • W, May 24-Jun 28 • 6:00-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $109 + $22 special fee
INSTRUCTOR: Jim Major

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

LLMT 459-001 • M, Jul 10 • 6:30-8:30 PM
LOCATION: SLC
FEE: $39
INSTRUCTOR: Wendy Shapero

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 • T, Jun 6-27 • 7:00-8:30 PM
LOCATION: Desert Raw Holistic Pet, 1330 Foothill Dr. • SLC
FEE: $69
INSTRUCTOR: Aspen Anderson

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, it is often ignored by locals. Increase your appreciation of this inland sea; its environmental and economic importance; its history; and its many recreational opportunities. 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 Great Salt Lake community. There will be a $3 per car fee to enter the marina on Saturday.

LLPOT 933-001 • Th, Jun 8 • 6:30-8:30 PM
AND S, Jun 10 • 10:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $49
INSTRUCTOR: Cindy Lund

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 is 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. No class July 3.

LLPOT 927-001 • M, Jun 12-Jul 17 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Andrea Bernstein

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

LLPOT 937-001 • T, Jun 13-27 • 6:30-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $69 + $20 special fee
INSTRUCTOR: Lynne Gilbert-Norton

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 • W, Jun 14 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $35
INSTRUCTOR: Tom Wharton

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
More Potpourri

rock art sites in Utah which can be reached by car and most of these sites will be discussed in class. The rock art will be put in context of what we know of the people who created it.

LLPOT 687-001 • S, Jun 17 • 10:30 AM-12:30 PM
LOCATION: Annex, Campus • SLC
FEE: $35
INSTRUCTOR: Troy Scotter

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

LLPOT 693-001 • Th, Jun 22 • 6:00-8:30 PM
LOCATION: Salt Lake City Cemetery Sexton’s building, 4th Avenue at N Street • SLC
FEE: $35
INSTRUCTOR: Paul Wheeler

RECREATION

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

LLREC 663-001 • W, May 10-17 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $69 + $5 special fee
INSTRUCTOR: Mark Kennedy

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

LLREC 746-001 • TTh, May 9-25 • 5:30-7:00 PM
LLREC 746-002 • MW, Jun 5-21 • 5:30-7:00 PM
LOCATION: Nibley Park Golf Course, 2780 S 700 E • SLC
FEE: $155 + $20 special fee
INSTRUCTOR: Nibley Park Golf Course professionals

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

LLREC 766-001 • T, May 23-Jun 20 • 7:30-9:00 PM
LOCATION: Salt Lake Archery, 1130 East Wilmington Ave (2200 S) • SLC
FEE: $99
INSTRUCTOR: Larry Smith

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 July 3.
**Back Country Car Camping**

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

**Mountain Bike Clinic: Rules, Repairs, Rides**

Discover the joy of mountain biking - from sharing the trails, to understanding basics repairs, to taking great rides in your own back yard. We will discuss trail use and good stewardship, visit a bike shop to get a pre-ride tune up, and go on 2 evening group rides which will include a breakdown of what to expect on the trail and a de-brief session post ride. All levels of cyclists are encouraged to attend. A mountain bike in good working order is required, but not needed at the first class session. Tune-up and cycling field trips will be discussed during the first class.

**Off the Couch: New Treasures**

Ready to discover new treasures in our city? Much like its companion class, Off the Couch New Treasures will take you to new locations throughout Salt Lake City where you will find even more of our city’s historical locations, hidden gardens, and architectural gems. Regardless of where we go, you'll get an hour to an hour-and-a-half of moderate to brisk walking and the companionship of others. More good reasons to leave the couch again! Please wear comfortable walking shoes and bring camera and water. You will be notified where to meet before the first class.

**Wilderness Navigation**

Never get lost in the wilderness! Students will learn the necessary skills to navigate by map and compass, GPS, and by natural observations. Finding and following compass bearings, triangulation, declination, topographic map contours and symbols will be investigated as we hike through the mountains. Essential equipment, first aid, and wilderness survival will also be presented. Students will learn in a relaxed, team environment. You will be notified where to meet before class.

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**More Recreation**

LLREC 905-001 • M, Jun 5-Jul 17 • 7:00-8:30 PM
LOCATION: SquashWorks, 225 S 500 E • SLC
FEE: $109 + $25 special fee
INSTRUCTOR: Michael Bastiani

LLREC 800-001 • Th, Jun 8 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $35
INSTRUCTOR: Jeffrey Steadman

LLREC 906-001 • Th, Jun 8-22 • 6:00-9:00 PM
AND S, Jun 24 • 9:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Jeffrey Brown

LLREC 901-001 • Th, Jun 15-Jul 6 • 6:15-8:15 PM
LOCATION: SLC
FEE: $99
INSTRUCTOR: Carolee Stout

LLREC 682-001 • S, Jun 24 • 9:00 AM-12:00 PM
LOCATION: Wasatch Mountains
FEE: $49 + $5 special fee
INSTRUCTOR: Bruce Christenson
Kayaking Made Easy
Inflatable kayaks are a great way to learn how to paddle. Sturdy and forgiving, this craft allows beginners to feel comfortable on the river and advance quickly with their paddling skills. This introductory class will provide students with training in river safety, paddling strokes, reading whitewater, river rescue, and how to care for inflatable kayaking equipment. Class starts with dry land training and then flat water practice to prepare students for paddling the Weber River - a class I to II stretch that is a perfect challenge for new paddlers. Small rapids and rock gardens will provide us with plenty of opportunity to practice our paddling skills. Please join us for a fun day of paddling on the Weber River, just 45 minutes from SLC. Students are responsible for their boat and gear rental, please reserve early. Inflatable kayaks and all related gear can be rented as a package from REI and others. Class is limited to 12. Students will be notified where to meet before class to caravan to the Weber River.

LLREC 777-001 • Su, Jun 25 • 9:00 AM-4:00 PM
LOCATION: Weber River
FEE: $109 + $6 special fee
INSTRUCTOR: Bruce Christenson

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

LLREC 902-001 • WTh, Aug 9-10 • 6:00-8:00 PM
AND S, Aug 12 • 9:00 AM-5:00 PM
LOCATION: Annex, Campus • SLC
FEE: $109 + $20 special fee
INSTRUCTOR: ERiK Ostrander

WRITER’S TOOLBOX: Get Started
Read Like a Writer
An important and often neglected part of writing is reading. We are readers before we are writers, and reading continues to shape, to fill, and to drive our work once we become writers. In this class we will explore the act of writerly reading: how does it differ from other kinds of reading? What do writers notice in the writing of others that the average reader might not, and how do they use what they find in their own work, without becoming imitative? Show up prepared to read, mark, and discuss. This course is designed but not required to be taken in conjunction with Creative Writing LLWRC 780.

LLWRC 779-001 • M, Jun 5-26 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $119
INSTRUCTOR: Kim Williams-Justesen

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

Creative Nonfiction I
Explore this multi-faceted and popular genre, which ranges in scope from literary journalism to personal narrative and memoir, in this interactive 6-week course. Through sample readings, discussion, in-class writing exercises, and writing assignments, we will learn to use the narrative devices—narrator stances, characterization, verb tenses, dialogue, and scene and setting—that make this form of prose especially fascinating and appealing. Open to writers of all levels of experience who are confident with basic sentence structure and composition. No class July 4.

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 stories 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 May 29.

Writing for Young Adults
From Catcher in the Rye to The Hunger Games, ‘YA fiction’ seeks to address the problems and transitions of its target audience -- while also having the potential to captivate adult readers the world over. Discover the secrets of what makes fiction ‘young adult’, and what makes great YA fiction, from an award-winning author of the genre. Learn how to appeal to the ‘gatekeepers’ (the adults who help guide the young adult reader), avoid genre taboos,

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 July 24.

WRITER’S TOOLBOX: Get Creative
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 stories 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 May 29.

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From Catcher in the Rye to The Hunger Games, ‘YA fiction’ seeks to address the problems and transitions of its target audience -- while also having the potential to captivate adult readers the world over. Discover the secrets of what makes fiction ‘young adult’, and what makes great YA fiction, from an award-winning author of the genre. Learn how to appeal to the ‘gatekeepers’ (the adults who help guide the young adult reader), avoid genre taboos,
and how to manage the responsibilities as an author whose work can impact its reader unlike any other genre. No class June 6.

LLWRC 850-001 • T, May 16-Jun 27 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Johnny Worthen

🌟 Writing Groups and Workshops - Constructive or Critical?
Writing is a solitary activity but critique is an important element of the process. How do you find and cultivate a writing group that will provide constructive and productive feedback? This course will help you understand the characteristics of a healthy writing group; figure out how to find a group that works for you; learn the techniques for, and practice of, feedback and revision; and strategies for submitting work to literary publications and contests. Students will be required to submit a work in progress to the group between weeks 1 and 2.

LLWRC 851-001 • W, May 24-Jun 7 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $119 + $5 special fee
INSTRUCTOR: Meg Kinghorn

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, Jun 17 • 11:00 AM-2:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $49 + $5 special fee
INSTRUCTOR: Meg Kinghorn

🌟 Historical Fiction - Remaking the Past
Have you ever wanted to reach into the past, grab an event out of time, and reshape it using your own imagination? The lives of influential people, world conflicts and even family stories are all perfect places to start when writing a piece of historical fiction. Learn about research methods, historical dialogue and anachronisms, writing with and without source documents, and tips for self-editing and the giving and receiving of constructive feedback. The time is now... to write about the past!

LLWRC 852-001 • T, Jul 11-Aug 15 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Ella Joy Olsen

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
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Tour Britain as an English-speaking American, view the highlights of England, see the official residence of the British Monarchy, and enjoy a group trip to the ancient university town of Oxford. Enjoy theater, city tours, and a visit to the iconic Harrods department store.

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Arts Dept
Minhui Cuisine Kitchen
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Salt City Brew Supply
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Squatters Brew Pub
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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.

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

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.

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

Time from exit: 5 minutes
Exit I-15 at 90th South. Head east. Turn south onto 255 W. Continue for 2 miles; turn east on 10000 S. The University of Utah Sandy Center is located on southeast corner of the intersection of Centennial Parkway and 10000 S.

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.

LIFELONG LEARNING was created to offer unique entertainment opportunities to the community. Classes are open to anyone and are not a part of the university's academic course offerings.

Except as noted in the catalog, a 7-day cancellation notice is required. Refunds will be made only if the university cancels a class. Refunds will not be given after the 2nd class meeting. No exceptions.
MAKE THE MOST OUT OF YOUR SUMMER

CLASS PLANNER

Class Name:    Day of the Week                 Date /Time

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