New classes start weekly.

Sept - Dec 2017

PERSONAL ENRICHMENT CLASSES FOR INQUISITIVE ADULTS

MAKE THE MOST OUT OF YOUR FALL CLASS PLANNER

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MAKE THE MOST OUT OF YOUR FALL

[Image: Residential Landscape Design Pg 28]
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DIRECTIONS
Annex, Main Campus, Salt Lake City
1901 East South Campus Drive (Annex Bldg.)
From I-15 exit at 900 South and head south on 900 South. Emerge at 1400 East.
Annex Building is at the corner of 1400 East and South Campus Drive. Important:
Parking options 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. For the most current information on parking, please visit continue.utah.edu/parking.

LIFEONELearning is one of three personal enrichment programs offered by the University of Utah
Here are Lifelong Learning's Sister Programs to Enrich Your Life

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.

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

Reasonable accommodations are made for a disability. Please contact the Center for Disability Services at 801-581-5020 or online at disability.utah.edu. Reasonable notice required.

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

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ART AND CRAFT

Screen Printing
Learn the distinctive style and techniques of screen printing, the art form made famous by Andy Warhol. Demonstrations and hands-on experience will guide you through each step, from creating an image to preparing the screen to printing: first a simple image to paper, then a two-color image to paper and finally a one-color image to a wearable t-shirt. Learn to use screen printing equipment and materials safely and effectively. Special fee includes screen printing screen and a tee-shirt to take home at the end of class. Class is limited to eight. No artistic experience necessary.

LLCFT 224-001 • S, Sep 9-30 • 9:30 AM-1:00 PM
LOCATION: Copper Palate Press, 160 E 200 S, #B • SLC
FEE: $179 + $35 special fee
INSTRUCTORS: Clyde Ashby & David Boogert

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 how to finish 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. Students will complete a quilt top. Interested in a hand quilting class? Please see LLCFT 310 - Hand Quilting and Finishing. 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.

LLCFT 287-001 • M, Sep 11-Oct 16 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $145
INSTRUCTOR: Susan Madden

Contemporary Quilts Next Steps: Hand Quilting and Finishing
Acquire the skills you need to finish a completed quilt top or whole-cloth quilt. You’ll learn the hand quilting stitch, how to choose and mark a quilting pattern, preparing the quilt sandwich, squaring up the quilt after quilting, and preparing and applying the binding, hanging sleeve, and quilt label. We will work in a supportive quilting bee environment where you learn and work together as a group. Please note that this is a finishing class and you will not be piecing a quilt top during this time. Bring your completed quilt top (if you have one) to the first class; if you don’t have one, don’t worry; you’ll be given instructions to make a whole-cloth quilt. Supplies will be discussed during the first class meeting and should be purchased prior to 2nd class. For creating a lap-sized quilt top from scratch, please see LLCFT 287 - Hand Piecing Contemporary Quilts.

LLCFT 310-001 • M, Oct 23 – Nov 27 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $145 + $10 special fee
INSTRUCTOR: Susan Madden

Sketchbook Practice - A Tool for Maintaining Creativity
Maintaining a personal sketchbook practice is an excellent way to strengthen creativity, germinate ideas, try new things, and make mistakes in a “judgement free” space. After creating your own simple sketchbook, we’ll discuss and work on the technical, procedural and psychological techniques that are meant...
Certificate details including registration, fee, required classes, and electives can be found at lifelong.utah.edu/cdp
to support and foster your creative practice. Exercises to carry you through the week between classes will be included as well as a chance to share what worked (and what didn’t!) This class is open to students in all walks of life, and while visual art techniques will be emphasized, no previous art experience is necessary. Special fee is for sketchbook materials, and students will need to purchase additional supplies before the class. Find a list online or call 801-587-5433.

LLART 287-001 • T, Sep 12-26 • 6:00-8:00 PM LOCATION: Annex, Campus • SLC FEE: $79 + $20 special fee INSTRUCTOR: Claire Taylor

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. Section 002 – No class Nov 23.

LLART 068-001 • Th, Sep 14-Oct 19 • 6:30-8:30 PM LLART 068-002 • Th, Nov 2-Dec 14 • 6:30-8:30 PM LOCATION: Annex, Campus • SLC FEE: $139 + $20 special fee INSTRUCTOR: Eric Erekson

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.

LLART 283-001 • S, Sep 16-23 • 9:00 AM-1:00 PM LOCATION: Annex, Campus • SLC FEE: $99 + $55 special fee INSTRUCTOR: Karen Jensen

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.

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

LLCFT 309-001 • M, Sep 18-Oct 23 • 6:00-9:00 PM
LOCATION: Annex 2223, Campus • SLC
FEE: $199 + $40 special fee
INSTRUCTOR: Jodi Rusho

Gelli Mono Printing
Monoprinting is a “beginner friendly” form of printmaking made up of lines and/or images that can only be printed once, making for a unique creative experience. Learn the basics of monoprinting using a durable Gel Printing Plate, acrylic paints, stencils and many other materials, and experience the immediate gratification of this medium. You’ll leave with a bunch of cool prints, and ideas for incorporating them into works of art such as collage, and how they may be used to create journals. Special fee covers cost of Gel Printing Plate to take home and use of instructor’s stencils. Students can expect to spend up to $60 on additional supplies. Please see materials list online or call 801-587-5433.

LLCFT 312-001 • M, Sep 18-Oct 2 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $89 + $32 special fee
INSTRUCTOR: Sarinda Jones

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.

LLART 267-001 • M, Sep 18-Oct 23 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $145 + $18 special fee
INSTRUCTOR: Janet Faught

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. No class Oct 31.

LLART 076-001 • T, Sep 19-Nov 14 • 6:30-9:00 PM
LOCATION: Annex 2223, Campus • SLC
FEE: $199
INSTRUCTOR: Gretchen Reynolds

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. Section 001 - No class Oct 31 and special fee is for facility rental. Section 002 - no class Nov 22.
LLART 071-001 • T, Sep 19-Nov 14 • 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 • W, Oct 11-Dec 6 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $199
INSTRUCTOR: Amelia Davis

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.

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

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, their families, doctors, nurses and staff.

LOCATION: Huntsman Cancer Institute, 2000
Circle of Hope Dr • SLC
FEE: $149
INSTRUCTORS: Lindsay Frei & Tiffani Hafen

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:
stereo 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.

Intermediate Silversmithing - Design Challenge
In this intermediate silversmithing class students will
receive a materials kit (containing sterling silver and other
raw materials) on the first night and will be challenged
to create one significant piece of jewelry or small object
using all of the items in the kit. Students are welcome
to bring one item of their own to add, and will use
skills learned in the Beginner Metalsmithing class (or
previous experience) to create their pieces. Guidance will
be given in establishing a design and executing it but
students must be comfortable with soldering and basic
metalsmithing skills. Class is limited to 8.
**Portrait Drawing**
Work with a live model and demystify the process of depicting a realistic likeness. Through careful observation, we'll focus on the fundamental mechanics of blocking in the head and face, using essential techniques and concepts of the picture plane, measuring, proportion, line, positive and negative space, value, volume, basic anatomy, and composition. We'll work primarily in charcoal, as well as in pastel and pan pastel, launching on an adventure that for many is a lifetime pursuit. Students are responsible for their own materials, find a list online, or call 801-587-5433. The class is limited to 12. Special fee is for models.

**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!

**Modern Embroidery Sampler**
Get a foundation in the fundamentals of traditional embroidery while completing a sampler with a contemporary flair. You’ll learn some of the vast history of embroidery as a craft, which textiles and fibers are best for stitching, and complete a variety of stitches allowing you to create a new heirloom you’ll be proud to hang on the wall. Special Fee includes textile & sampler pattern, fiber and needles. Students are asked to bring their own scissors and any additional task lighting they prefer.
Rings as Sculpture, the Hollow Form
Learn the forming techniques needed to shape metal into rings that are wearable pieces of art. The secret of this sculptural form is the lightness over size, due to the hollow inside. We will use metalsmithing skills such as filing, forming, piercing, fitting and soldering. We will complete the project by extending the form or setting a stone. Any level of student is welcome to take this workshop. Materials will be discussed the first night of class, and project cost will vary depending on the type of materials and stones chosen for your design. Class is limited to 8. Special fee is for first night supplies, facility, and tool rental.

Linoleum Block Printmaking with Unlimited Colors
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.

Public Art - What Makes a Winning Proposal
Are you an artist with dreams of having your work seen by a larger audience? Have you seen calls for Public Art but felt too overwhelmed by the process to even apply? If so, then seize the opportunity to learn how to successfully apply to public art calls directly from Salt Lake City Public Art Program Manager Dana Hernandez. You’ll be taken through the steps of the public art process, including a step by step dissection of the application process. You’ll also have the opportunity to fill out a trial proposal, and have it analyzed to find areas of potential improvement. Current working artists and those with artistic aspirations are encouraged to attend as there will be an opportunity to ask questions about public art to demystify the discipline.

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 yours or purchase them the first night of class ($30). All other tools, materials and finishing supplies are included.

New Courses
48-hour advance registration required
Certificate of Western Horticulture Class
Certificate of Digital Photography 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, Oct 28 • 9:00 AM-1:00 PM
LOCATION: Annex, Campus • SLC
FEE: $59 + $20 special fee
INSTRUCTOR: Allison Milham

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.

LLART 284-001 • S, Oct 28-Nov 4 • 10:00 AM-5:00 PM
LOCATION: Annex, Campus • SLC
FEE: $169 + $100 special fee
INSTRUCTOR: Niel Franti

Strip Cut Art Glass Jewelry
Create small colorful wearable sculptures using a kiln formed fused glass technique. You will make a number of jewelry items as you learn to cut glass, use a tile saw and grinder, and finish the piece with polishing and jewelry findings. Materials, firing schedules and other important techniques for the glass artist will be discussed. Students must bring their own safety glasses and metal or plastic 12” T-square. Latex gloves are optional. Special fee is for glass, findings and firing. All levels are welcome.

LLCFT 311-001 • M, Oct 30-Nov 20 • 6:30-8:30 PM
LOCATION: Annex 2223, Campus • SLC
FEE: $119 + $45 special fee
INSTRUCTOR: Sarinda Jones

Intermediate Metalsmithing - From Land Art to Personal Adornment
In 1976, artist Nancy Holt photographed her work of land art entitled “The Sun Tunnels” 20 times over the course of the day. Using this resulting series of images, “Sunlight in Sun Tunnels”, as inspiration, students will transform their experience with this work of visual art into a piece of wearable jewelry. Class will begin with a docent led visit at UMFA to learn about land art, look at Holt’s photography, and get inspired to create. Then in the studio, each student will choose one of the series’ 20 images and translate it into a pendant or brooch, using a cabochon, sterling silver, copper, and a variety of finishing techniques. Go literal, go abstract, make it yours. Students must have taken Beginning Metalsmithing or similar class. All materials included.

LLCFT 315-001 • S, Nov 4 • 11:00 AM-12:30 PM AND T, Nov 7-14 • 6:00-9:00 PM
LOCATION: UMFA, 410 Campus Center Dr • SLC AND 3450 S Main St, Unit 28W • SLC
FEE: $109 + $55 special fee
INSTRUCTOR: Mary Lambert

Correspondence Art for the Holidays - or Any Day!
Give the gift of a letter this season as you learn to create one-of-a-kind pieces of art to send through the mail. Artful correspondence is perfect for holiday greetings, birthday wishes, or just “ordinary day” pick me ups. Create an assortment of unique folded enve-
LOPES, 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, Nov 7-28 • 6:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $125 + $18 special fee
INSTRUCTOR: Janet Faught

Spinning Rings
Create your own sterling silver spinning ring, and personalize it with texture using stamps and hammers and silver, copper or brass “spinners” - like the uber-popular fidget spinner, but for adults! Students will learn how to properly size a ring, solder, texture, file and polish their rings. This is a great project for beginner or intermediate metalsmiths.

LLCFT 314-001 • S, Dec 2 • 10:00 AM-4:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: $89 + $35 special fee
INSTRUCTOR: Amy Schmidt

PHOTOGRAPHY

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, Sep 12-26 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $75
INSTRUCTOR: Clint Erickson

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

LLART 115-001 • W, Sep 13-Oct 11 • 6:30-9:00 PM
AND S, Oct 7 • 10:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $169 + $8 special fee
INSTRUCTOR: Neil Eschenfelder

LLART 115-002 • T, Sep 19-Oct 17 • 6:30-9:00 PM
AND S, Oct 14 • 10:00 AM-12:00 PM
LOCATION: 9875 S 240 W • Sandy
FEE: $169 + $8 special fee
INSTRUCTOR: Neil Eschenfelder
**Landscape Astrophotography**

Make the night your own as you learn how to capture the Milky Way and the earthly landscapes below with your digital camera and basic gear. You’ll be introduced to the basic camera functions necessary for long exposures and high ISO shooting; how to compose and focus the shot using available light; and how to illuminate the foreground. We will briefly cover how to post-process the image for maximum quality. Students will need: their own camera and tripod, a remote/bulb shutter/interval meter, and a red/white flashlight, bug spray, jacket, and water. You will be notified where to meet for Saturday field session in advance of class. Please plan on 45min - 1 hour travel time to a dark location prime for night-sky photography - class will begin on location promptly at 7:30 pm.

LLART 252-001 • S, Sep 16 • 7:30-10:30 PM
AND M, Sep 18 • 6:30-7:30 PM
LOCATION: Annex 2214, Campus • SLC
FEE: $65
INSTRUCTOR: Paul Ricketts

**Indoor/Outdoor Lighting for Photography**

As countless famous photographers have shown us, it is light that makes a photo. In this class, we’ll discuss and use the many different kinds of light: available light with reflectors, hot-shoe flashes off-camera, hot-lights, and studio-quality strobes with modifiers. We will talk about and understand the color of light, why light matters, and how to control it. We’ll look at lots of photographs (yours, mine, and published professionals’) to see how the lighting was made and how we might change the light to improve the photograph. We will do hands-on photography with lighting in class and in the field. You will get the chance to push your camera and flash in new ways. 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 166-001 • W, Sep 20-Oct 11 • 6:30-9:00 PM
AND S, Oct 7 • 10:00 AM-12:30 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: $169 + $15 special fee
INSTRUCTOR: Chris Blackburn

**Digital Photography: Nuts and Bolts for DSLR**

Ready to break out of auto mode on your digital camera? Working indoors and out, we’ll decode the mysteries of digital cameras in a friendly and fun way as we see how to make properly exposed and focused images, identify and select white balance settings appropriate to the subject, and figure out how the focal length of lenses affects final images. You’ll also create a set of reference images that demonstrate the workings of various controls on your camera. Please bring your DSLR or Mirrorless System camera and manual to class; post-it flags and/or a highlighter to annotate your manual are also recommended.

Want more guided practice with the basics? Take Digital I (LLART 115) either before or after this class.

LLART 193-001 • W, Sep 20-27 • 6:00-9:00 PM
LOCATION: Pictureline, 305 W 700 S • SLC
FEE: $99
INSTRUCTOR: Jens Nielsen

LLART 193-002 • Th, Oct 19-26 • 6:00-9:00 PM
LOCATION: Studio o2o, 584 E 12300 S, Ste 10 • Draper
FEE: $99
INSTRUCTOR: Rich Legg

**Photographing Flowers Outdoors**

Flowers have captivated photographers throughout history with color, texture and elegance. Learn to get the perfect shot with tips and tricks in composition, lighting, and camera set up and placement. Classroom discussion is followed by hands-on practice in the garden. Please
bring your camera and owner’s manual to class and tripod if you have one. Any camera is acceptable. 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. Co-sponsored with Red Butte Garden; members pay $62 (ask for section 002).

LLART 250-001 • S, Sep 30 • 12:00-5:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $69
INSTRUCTOR: Troy Boman

Introduction to Studio Lighting
Learn the basics of studio lighting in this hands-on class. Beginning with a simple and affordable one-light setup that can be used in a home studio, instruction will advance to a complex, multiple-light set. In the process, you will gain an understanding of the differences in lighting modifiers (umbrellas, softboxes, reflectors, grids, etc.) and when to use them. The first two meetings will be demonstrations; week three, you will have the opportunity to photograph a model in the studio using your own camera. Prerequisite: A film or digital SLR and Mirrorless System cameras equipped with a hot shoe, and Nuts and Bolts (LLART 193), Digital Photography I (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Please be familiar with the workings of your camera. Special fee covers studio space.

LLART 174-001 • T, Oct 3-24 • 7:00-9:00 PM
LOCATION: Studio o2o, 584 E 12300 S, Ste 10 • Draper
FEE: $99 + $10 special fee
INSTRUCTOR: Rich Legg

Photoshop for Photographers
Considered the leader in professional photo editing software, Photoshop allows users to create, manipulate, crop, resize and correct digital images. Begin to get a handle on this massive program from a Photoshop expert with an introduction to the tools and settings that can have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. This course is intended for students with a working knowledge of photography and its basic terms. Not sure if it’s the right class for you? Take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. No class Oct 31.

LLART 286-001 • T, Oct 3-Nov 14 • 6:30-8:30 PM
LOCATION: Annex 2180, Campus • SLC
FEE: $179
INSTRUCTOR: John Craigle

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 rules of thirds, develop patience and timing, and improve your post processing skills. Move beyond the technical hassles and think clearly like a photographer.

LLART 245-001 • Th, Oct 26-Nov 9 • 6:30-9:00 PM
AND S, Nov 4 • 10:00 AM-12:00 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: $149
INSTRUCTOR: Chris Blackburn

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, Nov 1-15 • 6:30-9:30 PM AND S, Nov 11 • 1:00-4:00 PM LOCATION: Annex, Campus • SLC FEE: $139 + $10 special fee INSTRUCTOR: Ben Kuhns

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

LLART 131-001 • M, Nov 6-20 • 7:00-9:00 PM AND S, Nov 11-18 • 10:00 AM-12:00 PM LOCATION: Annex, Campus • SLC FEE: $129 + $5 special fee INSTRUCTOR: Neil Eschenfelder

COOKING, TASTINGS, AND TOURS

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

LLFW 466-001 • W, Sep 20 • 6:00-9:00 PM LOCATION: Les Madeleines Patisserie, 216 E 500 S • SLC FEE: $65 + $25 special fee INSTRUCTOR: Romina Rasmussen

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

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 micro-brewing 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 troubleshoot. Please bring a photo ID that indicates your age to class.

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.
Come refine your pallet and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, students will be learn about basic off flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class. Please bring your photo ID to class.

LLFW 529-001 • S, Oct 21 • 1:30-3:30 PM
LOCATION: The Bohemian Brewery & Grill, 94 Ft Union Blvd • Midvale
FEE: $39 + $25 special fee
INSTRUCTOR: Cody McKendrick

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

LLFW 546-001 • W, Oct 25 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Sheral Schowe

Wines of France
France has the reputation of producing the world’s finest wines. Find out why as we explore wines from Alsace/Loire, Burgundy, Bordeaux/Côtes du Rhone, and Provence/Languedoc Roussillon. We’ll also discuss words to look for on the bottle’s label to help you find some hidden gems. We will also discuss what the French are born knowing--how to pair dinner entrees and more with these wines. Please bring a photo ID that indicates your age to class.

LLFW 252-001 • W, Nov 1 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Sheral Schowe

Whiskies of the World
Learn about the fastest growing category in spirits today. Whiskey! In this class, we review the broad range of whiskies being made throughout the world. You can expect to assess 4 distinct styles of whiskey, learn how to describe the aromatic and flavor profile of each, and discuss and understand drink development with each style. A fun and interactive class making you a whiskey expert in no time! Please bring a photo ID that indicates your age to class.

LLFW 489-001 • Th, Nov 2 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: $39 + $25 special fee
INSTRUCTOR: Ethan Miller

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, Nov 4 • 2:00-5:00 PM
LOCATION: 8805 Blue Jay Lane (3650 E) • SLC (private home)
FEE: $65 + $6 special fee
INSTRUCTORS: Julie Daily & Ken Kiss

Naturally Gluten Free Holiday Desserts
Did you know that these delicious classic holiday desserts - creme brûlée, caramelized roasted pears, bete...
noir and white chocolate mousse - are all naturally gluten free? In this hands on class you’ll learn the techniques needed to make these unique and beautiful desserts at home. We’ll also explore plating/serving, and do ahead options that will save you time during the busy holiday season. Please dress comfortably, wear flat shoes, and bring a snack to get you through the lunch hour. Please note that while the desserts made in this class are all gluten free, we will not be working in a gluten free kitchen.

LLFW 543-001 • S, Nov 4 • 9:00 AM-1:00 PM
LOCATION: 354 Aspen Lane • Park City (private home)
FEE: $69 + $30 special fee
INSTRUCTOR: Linda Elbert

Culinary Allies: British Cheese and Local Brews
Celebrate the artfully made cheeses from across the pond while sipping on beers crafted right around the corner. You’ll learn about the art of making cheeses and the aging (affinage) techniques for flavorful Wensleydales, Stiltons and clothbound Cheddars. An example of each will be paired with 3 offerings from local brewers, all to reinforce that beer is a perfect pairing with cheese - it is “liquid bread” after all! Please bring a photo ID that indicates your age to class.

LLFW 542-001 • Th, Nov 9 • 7:00-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
INSTRUCTOR: Sherri Allen
FEE: $39 + $35 special fee

Sourdough Artisan Bread
Discover the magic of whole grain sourdough and your baking will never be the same! Naturally leavened bread is not only a remarkable medley of flavor and texture, but is more nutritious than bread baked with commercial yeast. We will start with a wild yeast starter crafted from two simple ingredients: flour and water. The care and feeding will be demystified to ensure your starter is packed with flavor, leavening power and beneficial enzymes. Next, we will dive into whole grains with techniques to properly ferment wheat gluten. Then, we will craft an amazing dark country sourdough boule. You will handle the dough throughout the process for an unforgettable crisp crust and moist and chewy crumb. Learn about the fascinating world of natural leavens and long fermentation, and bake your own wild yeast creations - starting with baking the dough in your own home that you developed and shaped in class! Previous experience baking yeasted breads recommended. Fee includes a bread scoring tool. Class is limited to 10.

LLFW 414-001 • S, Dec 2 • 12:00-5:00 PM
LOCATION: 8805 Blue Jay Lane (3650 E) • SLC (private home)
FEE: $99 + $20 special fee
INSTRUCTORS: Julie Daily & Ken Kiss

Holiday Cookies with Alternative Flours
Explore the flavors, techniques and proper use of a variety of alternative flours to give your traditional holiday cookies a gluten-free twist. You will make, sample and take home 5 tasty varieties including: Cut-Out Cookies with oat flour dough, buckwheat flour Linzer Cookies, Chocolate Sables with teff flour, Madeleines with almond flour, and sorghum flour Sandwich Cookies. Please dress comfortably, wear flat shoes, and bring a snack to get you through the lunch hour. Please note that while the flours used in this class are all gluten free, we will not be working in a gluten free kitchen.
Express your inner self with these offerings from Lifelong Learning:

- Sumi-e pg 4
- Cigar Box Ukulele pg 33
- Modern Embroidery Sampler pg 8
- Handspinning Yarn pg 10
- Photographing Flowers Outdoors pg 12
- Intermediate Metalsmithing Land Art pg 10
- Gelli Mono Printing pg 5
- Linoleum Block Printing pg 9
- Sketchbook Practice pg 2
- Public Art Proposals pg 9
- Mural Painting pg 6
FINANCE AND BUSINESS

Investing in Your First Home
Get advice from a mortgage expert on all the important aspects of buying a home for the first time. Understand the cost of purchasing vs. renting, how to read and understand financial documents, and get the inside scoop on how to qualify for one of life’s most important loans. Class is designed for first time home buyers and is based on current market information. If you are looking to sell your current home, please see LLBUS227 Selling Your Home - Know the Numbers.

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.

Networking Fundamentals - Online and Old School
Whether you’re looking for a new job, or trying to promote your small business, cultivating a network of peers and potential “leads” is essential. Explore online networking opportunities, such as LinkedIn and Facebook, while remembering that face-to-face interactions are still important in the digital age. You’ll also learn to identify local networking resources, and how to make sure your desired audience can find you.

Selling Your Home - Know the Numbers
Are you looking to “buy up” or down size? Join us to learn pertinent information that will help you make smart decisions before putting your house on the market.

LLBUS 216-002 • W, Nov 15 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $39
INSTRUCTOR: Brian Kahn

LLBUS 228-001 • T, Oct 3-24 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: James Sweeney

LLBUS 229-001 • W, Sep 27-Oct 4 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79
INSTRUCTOR: Iva Williams

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

LLFW 544-001 • S, Dec 9 • 9:00 AM-1:00 PM
LOCATION: 354 Aspen Lane • Park City (private home)
FEE: $69 + $30 special fee
INSTRUCTOR: Linda Elbert

New Courses 48-hour advance registration required Certificate of Western Horticulture Class Certificate of Digital Photography Class
market. Understand when it makes sense to “spend money to make money” (as in remodeling for a sale), the financial implications of turning your home into a rental, gain insight into special loan programs for seniors, and get tips on how to prep for a successful home sale. Class is designed for home owners and is based on current market information. If you are looking to buy your first home please see LLBUS 226 Investing in Your First Home.

LLBUS 227-001 • T, Oct 24 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $39
INSTRUCTOR: Staff

HEALTHY LIVING

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 199-001 • MTWThFSSu, Sep 5-Dec 31 • TBA
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $379
INSTRUCTOR: Bar Method 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, Sep 5-Dec 31 • TBA
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: $89
INSTRUCTOR: Bar Method Staff

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 you10-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 three months.

LLHL 123-001 • MTWThFSSu, Sep 5-Dec 31 • TBA
LOCATION: Avenues Yoga, 68 K St • SLC
FEE: $99
INSTRUCTOR: Avenues Yoga Staff

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

LLHL 162-001 • T, Sep 12-Oct 10 • 6:45-8:00 PM
LLHL 162-002 • T, Nov 7-Dec 5 • 6:45-8:00 PM
LOCATION: Beverley Taylor Sorenson Arts and Education Complex, 1721 Campus Center Dr • Campus
FEE: $79
INSTRUCTOR: Melissa Faber

Kickstart Your Health
Whole-food plant-based nutrition— it’s a mouthful! Increase your health through weight management, regulation of blood pressure and the promotion of good digestion. Each class will include a cooking demonstration and a tasting of delicious, satisfying, easy to make at home dishes. All of the information included in this course is backed by scientific research that has been published in peer reviewed journals.

LLHL 204-001 • Th, Sep 21-Nov 2 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $139 + $20 special fee
INSTRUCTOR: Alisha Barker

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 in to 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 • M, Sep 25-Oct 2 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $59 + $5 special fee
INSTRUCTOR: Bonnie Edwards

Creating Heaven When You’ve Gone Through Hell
Many of us find ourselves living lives that we never imagined for ourselves. Whether divorce, death, illness or loss of a job, it’s time to move on. Learn techniques to help you believe you can be happy and enthusiastic about life’s opportunities, as you begin the journey towards living powerfully once again. Gain new perspectives through setting intentions, being open to possibility through affirmations, and learning to seek out the new and accept the unknown. Add nature to this process with an easy Saturday morning hike.

LLHL 205-001 • Th, Sep 28-Oct 5 • 6:00-8:00 PM
AND S, Oct 7 • 9:00 AM-2:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129
INSTRUCTOR: Carlie Hardy

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

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.

Aromatherapy for Seasonal Wellness
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 for the fall and winter seasons. Create a basic aromatherapy blend you can use to help with seasonal ailments and explore other ideas to stay healthy and happy this season!

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).

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). You’ll also learn how to transform your bars at home into specialty gifts with eco-friendly wrappers and recommendations on shaped molds.
for future batches. Please bring a pair of safety glasses or goggles. Protective gloves are included in the special fee.

**LLHL 184-001 • S, Nov 4 • 10:00 AM-1:00 PM**
LOCATION: Annex 1210, Campus • SLC
FEE: $50 + $25 special fee
INSTRUCTOR: Carrie Roberts

**Transforming Conflict into a Constructive Process**
Conflict is part of any human relationship. Although it is often framed as a negative process, it can be an opportunity to create dialogue and connection with the people in our lives. The goal of this class is to teach skills and knowledge necessary to reframe conflict as an opportunity for growth and connection. This class will use a combination of discussion, role play, activities, and case studies to develop skills and tools to engage in positive productive conflict. At the end of the class you will have become aware of and practiced communication skills such as empathy, reframing, and mindfulness to be able to foster productive conflict instead of destructive conflict. This class is not intended to be therapy or counseling.

**LLHL 180-001 • S, Nov 4 • 9:00 AM-1:00 PM**
LOCATION: Annex, Campus • SLC
FEE: $49
INSTRUCTOR: Maria Blevins

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

**LLHL 102-001 • Su, Nov 12 • 1:00-4:00 PM**
LOCATION: Cliff Lodge Spa, Snowbird Resort • Little Cottonwood Canyon
FEE: $65
INSTRUCTOR: Dana Levy

**HOME AND GARDEN**

**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, shrubs best suited to Utah’s environment. We’ll also cover where to purchase and best times to plant. Co-sponsored with Red Butte Garden; members pay $89 + special fee (ask for section 002).

**LLHG 520-001 • Th, Sep 7-28 • 6:30-8:30 PM**
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $99 + $5 special fee
INSTRUCTOR: Kimberly Eden

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

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).

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.

Residential Landscape Design
Save time and money by making informed landscaping choices before you plant. We’ll show you how to draw a plan; analyze your site; and use landscape design principles for laying out paths, patios, and garden beds suitable for your site. We’ll use Red Butte Garden to look at plants appropriate for the Utah landscape and learn about plant characteristics to consider when choosing plants for your garden design. You’ll have the opportunity to work on your personal landscape plan throughout class with the help of a landscape designer. Co-sponsored with Red Butte Garden; members pay $180 + special fee (ask for sections 002 or 004).
Certificate details including registration, fee, required classes, and electives can be found at lifelong.utah.edu/wh
More Home and Garden

LLHG 902-001 • Th, Sep 21-Oct 12 • 7:00-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $69
INSTRUCTORS: Sarah Hansen & Mary Wood

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

Contents for Fall Gardens
Spend time at the Garden creating a striking fall container planting. After reviewing plants suitable for fall container gardening, including cool-season annuals, perennials, shrubs, and trees, we will each create a container masterpiece that will hold up through Thanksgiving, and potentially through winter. You’ll receive a 16-inch LINER that will fit in your own decorative container, soil, plants, and design suggestions. Please meet at the Garden greenhouse. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002 or 004).

Containers for Fall Gardens
Spend time at the Garden creating a striking fall container planting. After reviewing plants suitable for fall container gardening, including cool-season annuals, perennials, shrubs, and trees, we will each create a container masterpiece that will hold up through Thanksgiving, and potentially through winter. You’ll receive a 16-inch LINER that will fit in your own decorative container, soil, plants, and design suggestions. Please meet at the Garden greenhouse. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002 or 004).

LLHG 519-001 • Th, Sep 21-28 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $59
INSTRUCTOR: Michelle Cook

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

LLHG 450-001 • T, Oct 3-24 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: Tom Arnold

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

LLHG 551-001 • Th, Oct 5 • 6:00-9:00 PM
AND S, Oct 7 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: $75 + $3 special fee
INSTRUCTOR: Heidi Anderson

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

There is nothing like fresh flowers in the dead of winter. Brighten the winter blues by planting spring bulbs for winter forcing. We will share the secrets to successful bulb forcing and participants will plant combination bulb containers to create small potted spring gardens to take home for forcing. Participants will be provided with all the necessary materials including pots, soil, selected bulbs and instructions for forcing. Please meet at the Garden greenhouse. Co-sponsored with Red Butte Garden; members pay $35 + special fee (ask for section 002).

**LLHG 473-001 • W, Oct 18 • 6:30-8:30 PM**
LOCATION: Red Butte greenhouses, 2190 Red Butte Canyon Rd • SLC
FEE: $39 + $20 special fee
INSTRUCTOR: Eric Cook

**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, Sep 13-Oct 18 • 6:30-8:30 PM**
LOCATION: Annex, Campus • SLC
FEE: $135 + $5 special fee
INSTRUCTOR: Catherine Thorpe

**Conversational French II**

A continuation of French I or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This class is designed to be repeated as often as you wish. No class November 22.

**LLAN 351-001 • W, Nov 1-Dec 13 • 6:30-8:30 PM**
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Shauna Mayer

**Conversational Spanish I**

Learn conversational Spanish in a relaxed atmosphere. Become familiar with basic grammar structures and verb tenses, pronounce Spanish words correctly, build vocabulary, and begin communicating with confidence. Class covers the language skills needed for travel, everyday situations, a business trip, and to communicate with Spanish-speaking staff and employees. Expect two hours of homework weekly. This class is designed to be repeated as often as you wish. The course is intended for those with 2-4 years of high school or college Spanish or equivalent. Complete beginners should consider LLLAN 452 Basic Spanish I. Special fees includes textbook.

**LLAN 354-001 • M, Sep 18-Oct 23 • 6:30-8:30 PM**
LOCATION: Annex, Campus • SLC
FEE: $135 + $20 special fee
INSTRUCTOR: Shauna Mayer

**Conversational Spanish II**

For students who have completed Conversational Spanish I or equivalent. You’ll learn new vocabulary, practice pronunciation, and become comfortable speaking in cases beyond present tense. Organized around everyday themes such as meeting people, making plans, and talking on the phone, the course allows you to work at your own pace as you are guided through the fundamentals. Expect two hours of homework weekly. If you do not own the text-
books from Conversational Spanish I, purchase workbook ($20) from Lifelong Learning staff prior to start of class. This class is designed to be repeated as often as you wish.

**LLAN 355-001 • M, Nov 6-Dec 11 • 6:30-8:30 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $135 + $5 special fee**
**INSTRUCTOR: Shauna Mayer**

### Basic Spanish I
Learn the basics of Spanish vocabulary and grammar skills from the very beginning. Starting with the sounds of the alphabet, you'll learn numbers, time and the calendar; how to make a sentence and ask a question; and the conjugation of present tense verbs that are useful in everyday life. Create a solid linguistic foundation that can be built upon in other Conversational Spanish classes. Expect two hours of homework weekly. This class is for students with little to no prior knowledge of Spanish. If you have had 2-4 years of high school or college Spanish or equivalent, please consider LLAN 354 Conversational Spanish I. Special fees includes textbook.

**LLAN 452-001 • M, Sep 18-Oct 23 • 6:30-8:30 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.

**LLAN 356-001 • W, Sep 13-Oct 18 • 7:00-9:00 PM**
**LOCATION: Annex, 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. No class Nov 22.

**LLAN 363-001 • W, Nov 1-Dec 13 • 7:00-9:00 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $135**
**INSTRUCTOR: Jason Cox**

### Mandarin Chinese I
Learn to speak the language that’s spoken by more people as a native tongue than any other language in the world. Focus is on fundamental tones, the usage of Chinese pinyin, and Chinese syntax as we communicate in basic conversational phrases. Discussions of Chinese culture will be integral to our study. We’ll also talk about Chinese characters and how they are constructed. Students are responsible for buying text “Discover Chinese” which is available on Amazon, price varying from $28 - $50. Co-sponsored with Confucius Institute. No class Oct 31.

**LLAN 364-001 • T, Sep 19-Nov 14 • 6:30-8:30 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $159**
**INSTRUCTOR: Yun Deng**
More Language

**Mandarin Chinese II**
Continue working on pronunciation, syntax, and simple characters as we learn numbers; asking for and telling the time; making appointments; asking for items, prices and bargaining when shopping; describing locations; talking about types of transport; talking about likes and dislikes; and accepting or declining an invitation. Chinese manners and culture will continue to be an integral part of our study. Students are responsible for buying text “Discover Chinese” which is available on Amazon, price varying from $28 - $50. Co-sponsored with Confucius Institute.

LLAN 365-001 • Th, Sep 21-Nov 9 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $159
INSTRUCTOR: Lisha Guo

**Music and Theatre**

**Juggling and Circus Arts**
Never hold three apples the same way again! You’ll become the center of attention by learning how to juggle, spin diabolo, throw knots, and other fun circus tricks and arts! Juggling has been proven to not only improve your hand-eye coordination, but also your mind. You can strengthen your left brain-right brain connection while quickening your reflexes and amazing your friends - all in one fell swoop! We’ll go from 0 ball to 3 ball juggling over the course of just 2 hours. No experience or athletic ability necessary. Special fee is for a juggling ball set that is yours to keep.

LLMT 461-001 • S, Sep 23 • 10:00 AM-12:00 PM
LOCATION: Annex, Campus • SLC
FEE: $39 + $10 special fee
INSTRUCTOR: Rio Sabella

**Australian Didgeridoo - Playing and Culture**
A soulful instrument that has been played on every continent (and even in space!), the didgeridoo can be played by anyone with a little practice. It is simply a tube that creates unique sounds through the control of the lips, breath, tongue, voice, and stomach muscles. Learn the basics of playing this unusual instrument and a lot about the culture of Aboriginal Australia that invented it - from someone who lived in a remote Aboriginal community for years. Special fee includes the cost of a simple didgeridoo.

LLMT 433-001 • T, Sep 26-Oct 24 • 6:30-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $79 + $10 special fee
INSTRUCTOR: Jim Major

**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 389-001 • M, Sep 25-Oct 30 • 6:30-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $109 + $20 special fee
INSTRUCTOR: Randin Graves

**Beginning Blues Harmonica**
Learn to play blues harmonica, one lick at a time. We’ll cover tongue blocking, the straw method, breath control, bending notes, octaves, and articulation as we isolate specific blues riffs. Thrill your friends with tunes by tradition-
More Music and Theatre

al blues greats and songs from the 60’s British invasion. Please bring a key of C and a key of A, 10-hole diatonic harmonicas to the first class. Special fee includes a text and a play-along blues jam CD. Class is limited to 8.

LLMT 411-001 • W, Sep 27-Nov 1 • 6:30-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $109 + $22 special fee
INSTRUCTOR: Jim Major

Cigar Box Ukulele - Make and Play
From cigar box to strumming, build your own functioning musical piece of art. Enjoy the history of cigar box ukuleles and guitars, demo of a variety of “found object” instruments, and follow step-by-step instructions (light woodworking techniques and how to string and tune your instrument), to create a unique “uke” to call your own. No musical knowledge or previous woodworking experience necessary. Come open to possibility, and leave with a working instrument hand-crafted by you. Special fee is for supplies, students can expect to spend another $5-$10 on a cigar box which will be discussed and sourced on the first night of class.

LLMT 462-001 • Th, Oct 5-Nov 9 • 6:00-8:00 PM
LOCATION: Annex 2223, Campus • SLC
FEE: $145 + $35 special fee
INSTRUCTOR: Bret Hanson

Sundance 101: How to Navigate the Sundance Film Festival
Don’t be confused or overwhelmed when it comes to the biggest yearly event that happens in our own backyard. Let a long-term Sundance volunteer help you navigate the annual Sundance Film Festival. Learn the ins and outs of Film Festival tickets and how to utilize the electronic wait list system. Discover perks reserved for Utah locals. Hear about volunteer opportunities and the benefits of becoming a Film Festival volunteer. You have questions so get the answers on how to best experience SFF2018.

LLMT 456-001 • M, Oct 9 • 6:00-7:30 PM
LOCATION: Annex, Campus • SLC
FEE: $29
INSTRUCTOR: Cindy Lund

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

LLMT 382-001 • W, Oct 11-Nov 15 • 7:00-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $109
INSTRUCTOR: Bruce Christenson

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

LLMT 460-001 • Th, Oct 12-Nov 16 • 6:00-7:00 PM
LOCATION: Annex, Campus • SLC
FEE: $89 + $10 special fee
INSTRUCTOR: Rio Sabella

New Courses 48-hour advance registration required Certificate of Western Horticulture Class Certificate of Digital Photography Class
**Intermediate Improv Comedy - Longform**

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

**LLMT 463-001 • T, Nov 7-28 • 6:15-7:45 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $79**
**INSTRUCTOR: Clint Erekson**

**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 • T, Nov 7 • 6:30-8:30 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $39**
**INSTRUCTOR: Wendy Shapero**

**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 • W, Sep 20-Oct 4 • 6:30-8:00 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $69 + $20 special fee**
**INSTRUCTOR: Lynne Gilbert-Norton**

**POTPOURRI**

**Back Roads Utah**

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

**LLPOT 732-001 • T, Sep 19 • 6:30-8:30 PM**
**LOCATION: Annex, Campus • SLC**
**FEE: $35**
**INSTRUCTOR: Tom Wharton**

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Animal Communication
Learn to use physical, mental and emotional skills that you already have to effectively change your companion animal's behavior. These are not traditional training methods but a unique way to move from conflict to cooperation and deepen the experience of sharing your life with dogs, cats and horses. We will also explore intuitive techniques to ask specific questions and receive answers from animals. Please bring photos of your animals to class. The Saturday field will give students an opportunity to practice their skills with several types of animals. Please no personal pets to class or field trip.

LLPOT 935-001 • Th, Sep 21-Oct 12 • 6:30-8:30 PM
AND S, Oct 14 • 10:00 AM-12:00 PM
LOCATION: SLC
FEE: $129
INSTRUCTOR: Patty Rayman

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

LLPOT 703-001 • T, Oct 3-24 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129 + $10 special fee
INSTRUCTOR: Margaret Ruth

Introduction to Podcasting
Podcasting is a unique style of broadcasting, an interesting form of citizen journalism or entertainment accessible to all. But what about a podcast on things that are most important to you? Learn what it takes to get started, from content and hosting, recording and editing, legal considerations and marketing, and more! With guidance and advice from someone who has hosted his own popular podcasts, you’ll leave this class ready (and able!) for your voice to be heard.

LLPOT 928-001 • M, Oct 16-Nov 6 • 6:00-8:00 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: Lynne Gilbert-Norton

A Spooky Tour of Ft Douglas Cemetery
Just in time for Halloween, experience the rich and vivid history of Fort Douglas Cemetery after dark.
Spend an evening listening to tales of things that go bump in the night, hear the ghost stories associated with this National Historic Landmark and get to know its famous—and infamous!—residents. If you dare! Bring your imagination, a flashlight, and dress for the weather. We will meet at the entrance to the cemetery.

LLPOT 926-001 • Th, Oct 26 • 7:00-9:00 PM
LOCATION: Ft Douglas Cemetery, corner of Tabby Lane and Chipeta Way • SLC
FEE: $35
INSTRUCTOR: Paul Wheeler

Creative Mind Mapping

Mind maps are incredibly useful visual tools for project planning, unlocking creativity, and even for taking notes at 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 • M, Nov 6-13 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $59 + $15 special fee
INSTRUCTOR: Mia Vollkommer

RECREATION

Bikepacking - Adventure Camping by Mountain Bike

Bikepacking is a great way to explore Utah’s diverse landscapes, from deserts to high mountains. Mountain bike camping enables you to cover more ground than backpacking while enjoying the peaceful experience of non-motorized travel. This course, taught by the lead organizer of the SLC Bikepacking Meet-up, will provide you with an overview of essential gear and organization, bike selection, route finding/map making, carrying water (for desert trips), and safety/preparedness getting you ready for your next backcountry adventures. No class Oct 3.

LLREC 903-001 • T, Sep 12-Oct 10 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $99
INSTRUCTOR: Becka Roolf

Introduction to Target Archery

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

LLREC 766-001 • T, Sep 12-Oct 10 • 7:30-9:00 PM
LLREC 766-002 • T, Oct 17-Nov 14 • 7:30-9:00 PM
LOCATION: Salt Lake Archery, 1130 East Wilmington Ave (2200 S) • SLC
FEE: $99
INSTRUCTOR: Larry Smith

Intro to Tenkara Fly Fishing

Tenkara is a traditional Japanese method of fly fishing utilizing just a rod, a line, and a fly. No reels and no hassle. The simplicity of Tenkara is perfect for 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.

To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
Urban Cycling
Getting to and from city destinations safely and comfortably requires bike handling skills for urban riding, a strong foundation of cyclist rights and responsibilities, and an understanding of how to use the road in the safest way. Enjoy a mix of classroom instruction and on-bike practice in quiet neighborhood streets, busy intersections, and bike-specific lanes. On Saturday, please bring a bike that is in good working order, helmet, gloves, eye protection, and a water bottle. We will ride rain or shine, practicing drills, bike fit, helmet fit, and bike handling skills. Students should be familiar with their bike.

Beginning Aerial Hoop
Ready to fly through the air while getting in shape? Try Aerial hoop and improve your strength and endurance as you connect with your body on a whole new level. Push yourself to new heights and new comfort levels while learning correct technique in a safe, professional environment, where the height of each hoop is adjustable to your skill and strength level. Absolute beginners are welcome to this perfect introduction to the aerial world. Please dress in moveable but semi-formfitting clothing, with leggings or yoga pants that cover the knees. Hair must be pulled back and no jewelry may be worn on the hoops. Special fee is for facility rental.

Beginning/Intermediate 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.

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

More Recreation
WRITER’S TOOLDBOX

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 Tuesday, Oct 3.

LLWRC 760-001 • T, Sep 5-Oct 17 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $199 + $15 special fee
INSTRUCTOR: Meg Kinghorn

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

LLWRC 780-001 • M, Sep 18-Oct 23 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Kim Williams Justesen

Writing Young Adult Literature
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.

LLWRC 850-001 • T, Sep 19-Oct 24 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Johnny Worthen

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 • W, Sep 20-Oct 25 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $179 + $5 special fee
INSTRUCTOR: Ella Olsen

Food Writing - An Introduction
Take your inner food writer off the back burner! Whether you want to write for memoir, restaurant reviews, or blogging/social media, explore the vast territory of food writing and find your voice.
within it. Through discussion and writing exercises, gain insight into resources for culinary writers and gain confidence in your ability to express the sublime details of one of life’s greatest pleasures - food!

LLWRC 813-001 • S, Sep 23-30 • 9:00 AM-1:00 PM
LOCATION: Annex, Campus • SLC
FEE: $119 + $5 special fee
INSTRUCTOR: Levi Rogers

**Grammar & Punctuation**

This workshop succinctly explains the logic of rules, identifies the exceptions, and emphasizes the skills needed to write and edit with accuracy. Topics include spotting and correcting run-on sentences, sentence fragments, dangling modifiers, reference and agreement errors, and inappropriate use of punctuation.

LLWRC 812-001 • M, Sep 25-Nov 6 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $189
INSTRUCTOR: Barbara Bannon

**Songwriting 101**

Have you ever wanted to write a song? Even if you don’t play an instrument, there are many tools available that will allow you to write, compose and record a song that will be ready to play for the world. Elements of poetry, personal narrative, genre and rhyme will be studied in the context of popular songs from 1960-present. You’ll learn basic song structure, chord progressions, lyric methods and the use of simple mobile app recording tools for songwriters.

LLWRC 853-001 • W, Oct 4-25 • 6:00-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $129
INSTRUCTOR: Darby Bailey

**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. No class Oct 31, class will meet Oct 30.

LLWRC 787-001 • T, Oct 24-Dec 12 • 6:30-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $249 + $10 special fee
INSTRUCTOR: Meg Kinghorn

**Secrets of Screenwriting**

Zombies, explosions, thrilling villains, death monologues and femme fatales... they all mean nothing without mastering Story. In this course, we study the latest screenplays of movies currently in theaters to biopsy the bones of visual storytelling. You’ll learn the hush-hush, Hollywood tools and tricks to build multi-dimensional characters, up the stakes, employ obstacles, bend reversals and ask The 9 Mythic Questions to give birth to the blockbuster tapping on your brain.

LLWRC 826-001 • W, Oct 25-Nov 15 • 7:00-9:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Michael Patwin
**Creative Writing Bootcamp**

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

LLWRC 842-001 • S, Nov 4-11 • 10:00 AM-2:00 PM
LOCATION: Annex, Campus • SLC
FEE: $129 + $5 special fee
INSTRUCTOR: Johnny Worthen

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**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 825-001 • M, Nov 6-Dec 11 • 6:30-8:30 PM
LOCATION: Annex, Campus • SLC
FEE: $149 + $5 special fee
INSTRUCTOR: Kim Williams Justesen

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**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 • T, Nov 7-28 • 6:30-8:30 PM
LOCATION: 9875 S 240 W • Sandy
FEE: $99
INSTRUCTOR: Kim Williams Justesen

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**COME TEACH WITH US.**

Does teaching come naturally to you? Do you constantly get asked to tell other people how you do the things that you do? Teaching for Lifelong Learning may be just what your are looking for. Contact us or fill out a course proposal, let us help you share your passion!

continue.utah.edu/lifelong/courseproposal_intro

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To see a list of instructors and instructor bios, visit our website at www.lifelong.utah.edu
What are you waiting for?

It’s easy to settle into a routine. To plug away, concentrating on life’s daily tasks while slowly letting your own dreams and passions slip away. But lounging in your comfort zone is not really living. As the famous high wire artist and noted daredevil Karl Wallenda said, “Life is being on the wire. Everything else is just waiting.”

Quit waiting and start living! Do something that gets your mind whirling, your soul singing, and your blood pumping. And here at Lifelong Learning, you’ll find just what you need to ignite your passion.

Construct the garden of your dreams with our Home & Garden classes. Grow your vocabulary in a new Language. Create beautiful and functional art in our Art & Craft classes. Or conjure up an exciting new dish with your newfound Cooking skills. The opportunities to explore your interests are endless.

There’s no time like the present to shake up your routine. Enroll in a Lifelong Learning course today!

COMMUNITY PARTNERS

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

Avenues Yoga  Hogle Zoo  Red Butte Garden
The Bar Method SLC  Huntsman Cancer Institute  Salt City Brew Supply
Blackburn Studios  KRCL  Saltgrass Printmakers
Bohemian Brewery and Grill  KUER  Salt Lake Archery
Café Trio Cottonwood  La Barba Coffee  SmARTspace
Cliff Lodge Spa, Snowbird Resort  Les Madeleines Patisserie  Squatters Brew Pub
Confucius Institute  Mindful Cuisine Kitchen  Studio o2o
Copper Palate Press  Momentum Indoor  Tanner Dance
Dented Brick Distillery  Climbing Millcreek  Wasatch Forge
Esprit Raw Flowers  Onyx Pole and Aerial Fitness  Woodcraft SLC
Finch Lane Gallery  Pictureline  Pioneer Craft House

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

DIRECTIONS

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.

Invalid notice required.

Per Student Tuition

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

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

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

continue.utah.edu/osher

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

continue.utah.edu/golearn

PER sONAL  ENRICHMENT
MAKE THE MOST OUT OF YOUR FALL
CLASS PLANNER

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