how to register

Everyone 18 & over is welcome to register for Lifelong Learning classes. Many classes fill early—avoid disappointment by registering now!

**Online** lifelong.utah.edu

**Phone** 801-587-LIFE (5433)

Is your class full? Join the waiting list online and receive an email when an opening becomes available or the class is offered again.

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

We hate canceling classes, but sometimes there are forces outside of our control. If your class is canceled, we will send an email notice at least 48 hours before it is scheduled to start and issue a full refund. Please keep this in mind as you purchase any supplies and hang onto your receipt. Email our office at lifelong@continue.utah.edu to inquire about the status of a class.
In an ever-evolving world, peace and rest can be hard to come by. How do you find time to enjoy the beauty our world has to offer when there are so many demands on your attention and time? While we cannot – and should not – ignore the things that are happening around us, we CAN build our own resilience by embracing our community and making time for self-care. The offerings in our summer catalog present an opportunity to find balance by acquiring new skills, gaining unique insight, and developing treasured talents.

If you’re looking for tranquility and inner peace, then carve out some time for learning how to intuitively listen to your body’s needs or pick up a mindful skill like crochet. If you crave the ability to see the world through a new perspective, then join us to learn about Iranian literature, write Japanese poetry, or cook traditional Chinese dumplings. Perhaps your life needs adventure; you might try your hand at kayaking down Utah’s own Bear River, explore dance styles from the African continent, or learn how to rock climb. Maybe you’re looking for small moments of happiness; find them by celebrating the unique beauty Utah has to offer while investigating our Great Salt Lake, painting en plein air, or planting drought-resistant ground cover.

However you choose to connect and reset this summer, we hope our course offerings help you hold space for memory and change while balancing an appreciation for the beauty and kindness that is still on display in our world.

With Love,

Your Lifelong Learning Team
Our SERIES program provides a wide array of course options and a structure that allows you to dip your toes into a selected topic and, if inspiration strikes, to dive in deeper.

Each SERIES has three tiers: Beginner, Intermediate, and Advanced.

- Beginner courses teach basic concepts and skills, giving you the opportunity to explore a topic and develop a curiosity.

- Intermediate courses allow you to grow in your abilities and connect with other like-minded knowledge-seekers within the community.

- Advanced courses are for when you’re fully invested in the subject matter, providing you with all you need to master your skill set and carve out your own unique niche.

Your progression through a SERIES is self-paced and self-monitored. Complete three classes in each tier to move on to the next level and receive a Digital Badge that honors your achievement and connects to your social media profiles.

Find these icons to see which classes are part of your series

To get started on your SERIES or for more information, go to lifelong.utah.edu/series
ART & CRAFT


TAROT CARDS AND ILLUSTRATION

Josephine Munro

Explore a variety of art techniques and learn about composition and the elements and principles of design as you create and execute Tarot Cards in your own unique style! You’ll join a local art educator and illustrator as she walks you through the concepts of theme, mood, integrating text and symbolism, line quality, and value/contrast. You’ll also learn to express the true characters often seen in Tarot decks like Death, The Sun, The Moon, The Fool, and more!

LLART 351-001 | T, May 10-May 31 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 152 | $109
Class is limited to 12. Students are responsible for their own supplies; find a list online.

METALSMITHING I

Amy Schmidt (001) & Jan Harris-Smith (002)

Learn the fundamentals of metalsmithing and become familiar with the basic tools used in the craft. You will learn the properties of different metals while exploring annealing and basic sawing skills, soldering, and finishing skills. You will leave this class with a simple ring or pendant from the metal of your choice. All levels are welcome.

LLCFT 229-001 | T, May 10-Jun 7 | 6:00 PM-9:00 PM
LLCFT 229-001 | Th, May 12-Jun 9 | 6:00 PM-9:00 PM
Salt City Smithery, 3450 S Main St, Unit 44W, SLC | $195 + $35 special fee
Class is limited to 10. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor.

METALSMITHING II

Jan Harris-Smith

Build on the skills you learned in Metalsmithing I and create a ring or pendant with a set stone. You will use hand tools, a flex shaft, and a soldering torch to create decorative embellishments, a bezel stone setting, and a bail for your pendant. Finally, you will learn more advanced finishing techniques to take your jewelry to the next level.

LLCFT 353-001 | Th, Jun 16-Jul 7 | 6:00 PM-9:00 PM
Salt City Smithery, 3450 S Main St, Unit 44W, SLC | $179 + $48 special fee
Prerequisite: LLCFT 229 Metalsmithing I. Class is limited to 10. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor.
LETTERPRESS PRINTING: TEXT AND IMAGE
University of Utah Book Arts Studio

Get a handle on what it takes to crank out an edition of gorgeous letterpress prints. This active, eight-week class introduces the fundamentals of letterpress, from paper selection and cutting to mixing ink and printing. Guided by the instructor, participants design and produce four individual projects using a variety of relief techniques and tools including metal and wood type, zinc cuts, linoleum blocks, pressure prints, photopolymer plates, and collagraphs. Each week, students will need to work in the book arts studio outside of class time to complete course projects.

LLART 280-001 | W, May 11-Jun 29 | 5:00 PM-8:00 PM
Book Arts Studio in the J. Willard Marriott Library (295 S 1500 E, SLC) level 4 | $275 + $65 special fee
Co-sponsored by the Book Arts Program at the University of Utah. Class is limited to 15.
Special fee is for all required materials.

BLACKSMITHING: AN INTRODUCTION
Matthew Danielson

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 and ways to strike an 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.

LLCFT 274-001 | W, May 11-Jun 15 | 6:00 PM-9:00 PM
LLCFT 274-002 | Th, May 12-Jun 16 | 6:00 PM-9:00 PM
Wasatch Forge (3390 W 8600 S, SLC) | $319 + $70 special fee

BEGINNING DRAWING FOR WATERCOLOR
Kim Roush

Studying basic drawing techniques will give you the skills needed to develop accurate drawings while maintaining personal expression. Learning to measure, build forms from basic shapes, and a bit of gesture will give you a lifetime of drawing ability for any pursuit in defining a 3-D form on a 2-D surface. A strong drawing foundation will help you create convincing paintings in any media. You will need to practice, of course, to fully understand and incorporate the techniques into your artmaking.

LLART 337-001 | S, May 14-21 & Jun 4 | 10:00 AM-12:30 PM
AND T, May 17-May 24 | 6:00 PM-7:00 PM
Online | $119
No class Sat 5/28. Tuesday meetings are for mid-week critique. Students supply their own materials; find a list online.

POINTED PEN CALLIGRAPHY
Janet Faught

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.
ULLART 267-001 | Th, May 19-Jun 23 | 6:30 PM-8:30PM
540 Arapeen Dr, room 138 | $155 + $35 special fee
Class is limited to 12. Special fee is for all required materials.

UTAH WATERCOLOR LANDSCAPE UNDER THE MILKY WAY
Natalia Wilkins-Tyler

Utah has some of the most uniquely beautiful landscapes in the world and one of the highest concentrations of dark skies to appreciate. Using watercolor as your medium, you will learn to capture that unique beauty under the direction of your instructor, a local professional artist and nature enthusiast. You will walk away with a new set of watercolor skills and a finished painting that you can appreciate for years to come. Students should have some previous experience with watercolor.

ULLART 332-001 | S, May 21 | 10:00 AM-4:00 PM with a 1-hour break for lunch at 12:00 PM
540 Arapeen Dr, room 138 | $89
Class is limited to 12. Students are responsible for their own supplies; find a list online.

BEGINNING FLORAL EMBROIDERY
Lindsey White

Despite being thousands of years old, the craft of embroidery is a fun and relaxing way to create exciting and contemporary designs. Join us for a beginning class and learn the basic stitches and techniques of embroidery. Then, you’ll use your new skills to design and stitch your own floral embroidery hoop.

ULLART 68-001 | Th, May 26-Jun 30 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 138 | $179 + $20 special fee
Class is limited to 12. Special fee is for all required materials. Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies.

STAINED GLASS WITH COPPER FOIL: AN INTRODUCTION
Tara Foster

Construct a glass panel from beginning to end using the copper foil method. You will learn to shape the colored sheets of glass by cutting, grinding, and wrapping each piece with copper foil to prepare for solder. Finally, you will solder the glass together into a finished stained glass panel that you can hang and enjoy for years to come!

LLCFT 186-001 | T, May 24-Jun 28 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 138 | $239 + $149 special fee
Class is limited to 10. Special fee is for shared classroom materials. Students must purchase some of their own supplies and can expect to spend around $155; find a list online. Students should wear closed-toe shoes and will choose between two designs for their project. Attendance is required; please plan to be present for each class session.

BEGINNING DRAWING SKILLS AND TECHNIQUES
Eric Erekson

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.

LLCFT 288-001 | T, May 24-Jun 7 | 5:30 PM-7:30 PM
Online | $109
Students purchase their own materials; find a list online.
**INTRODUCTION TO QUILTING: PATCHWORK PILLOWCASE**  
Tracey Harty

Begin your quilting journey with us as you master straight-line quilting on your sewing machine. You will learn how to sew a traditional 9-patch block while building quilting skills such as precise seam allowances, chain stitching, and pressing methods. Discover the "quilt sandwich" and experience a variety of quilt basting methods. You will walk away from this class with a unique envelope-style pillow cover and all the skills you need to begin quilting on your own!

LLCFT 360-001 | Th, May 26-Jun 9 | 6:00 PM-8:30 PM  
MAKE Salt Lake (663 W 100 S, SLC) | $119 + $43 special fee  
LLCFT 360-002 for MAKE Salt Lake Members | $107 + $43 special fee  
Current MAKE Salt Lake members can enroll in section 002 to receive a 10% tuition discount. Class is limited to 12. Students must adhere to MAKE Salt Lake’s current Covid guidelines. Students provide most of their own supplies; find a list online. Special fee is for shared supplies and studio rental.

**PAINTING WITH GOLD**  
Janiece Murray

Add a distinctive shine to your art by learning how to make and apply shell gold. Traditionally used on illuminated manuscripts, this special paint gets its glimmer from tiny pieces of real gold! After studying its uses throughout history, you will make your own shell gold to use on a small painting based on the art pieces you’ve studied. You’ll walk away with a unique skillset and the knowledge to apply it in your own art practice.

LLART 355-001 | W, Jun 1-Jun 8 | 6:00 PM-8:00 PM

**GET OUTSIDE AND OIL PAINT!**  
Annalee Wood

Join a local artist and your fellow nature enthusiasts for a wonderful day of plein-air painting in the great outdoors. You will learn to sketch and find interesting compositions, discuss the basics of color theory and atmospheric perspective, and combine these techniques to create small oil paintings and studies. Get a taste of everything in this workshop including demonstrations, group critiques, and individual feedback. Some oil painting experience is encouraged.

LLART 358-001 | S, Jun 4 | 9:00 AM-2:00 PM  
Canyon Rim Park (3100 S Grace St, Millcreek) | $89  
Class is limited to 12. Students are responsible for their own materials; find a list online.

**QUICK SKETCH WATERCOLORS**  
Cindy Briggs

Capture your travels and daily life with flowing lines and flowing colors. Using fine-point markers and transparent watercolor, you will see how quickly you can create exciting, spontaneous small paintings with a range of selected subjects—from still-life and architecture to landscapes and beautiful skies. This class is great for all levels of experience. Subjects change each time the class is taught so you can sign up as often as you’d like! Participants are encouraged to bring a selection of reference photos or use those provided by the instructor.
Construct your own unique ceramic mug with the guidance of a local Utah ceramicist! Through demonstration, instruction, and hands-on experience, you will build your mug using the pinch and coil methods. You will then return after two weeks to select and apply a glaze using the paint-on method. You don’t have to have a pottery wheel to make personalized, beautiful ceramics!

SKETCHBOOK JOURNALING
Jessika Jeppson

Developing a personal sketchbook habit is a fun and creative way to bring presence and awareness to your surroundings. You’ll start by creating your own sketchbook and learning the basics of drawing what you see. Then, you’ll explore varied art-making media to bring your sketches to life. Throughout our class you’ll employ reflective practices and journal prompts to increase mindfulness and awareness of your surroundings. This class is suitable for everyone, regardless of past art experience.

BEGINNING CROCHET
Janet Faught

Crochet has been around a long time and is becoming popular as an activity that increases mindfulness and reduces stress through fun projects. Join us to learn the basics of crochet through four sweet projects that will walk you through everything you need to know to start creating on your own.

BLOOMING WATERCOLORS
Cindy Briggs

Inspired by the colors of summer, we’ll zoom in on a dramatic flower and capture the shapes within it using flowing, mingling watercolors. This class is great for all experience levels.

Students are responsible for their own materials; find a list online.
ZENTANGLE METHOD: AN INTRODUCTION
Connie Case

The Zentangle® Method is an easy-to-learn, relaxing, and fun way to create beautiful images and increase focus by drawing structured patterns. You will use a combination of dots, lines, c-curves, s-curves, and orbs to construct your work. And, because it is non-representational, there are no mistakes! Taught by a Certified Zentangle® Teacher, you will learn to create beautiful art with gratitude and appreciation.

LLART 175-001 | T, Jun 7-Jun 28 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 152 | $139 + $15 special fee
Class is limited to 12. Special fee is for all required materials.

FABRIC DESIGN USING PROCREATE
Ann Johnson

Fabrics used in clothing, home goods, and art have long been a way for people to express their creativity and communicate what they care about. Join a local SLC artisan and explore how to create continuous design images for fabric using Procreate for iPad. You will examine the history of fabric arts and how textiles have been a common method for conveying values while also discussing the contemporary landscape of fabric design and textile art in self-expression.

LLCFT 342-001 | T, Jun 7-Jun 21 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 148 | $75
Class is limited to 12. Students provide their own iPad, Apple Pencil, and purchase the Procreate app. The following optional readings are available for order through The King’s English Bookshop and other online retailers: “Threads of Life: A History of the World through the Eye of a Needle” by Clare Hunter and “This Long Thread: Women of Color on Craft, Community, and Connection” by Jen Hewett.

BEGINNING WATERCOLOR PAINTING
Jessika Jeppson

Prized for its iridescence and simplicity, watercolor is easy to learn but may take years to master. Join us to begin your journey into this delicate and powerful medium. Through observation and application, you will learn the basics of color theory and color mixing, explore a myriad of watercolor techniques, and use observation to improve your work.

LLART 71-001 | W, Jun 8-Jul 6 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 152 | $145 + $57 special fee
Class is limited to 16. Special fee is for all required materials.

BEGINNING WOODWORKING
Jonathan Harman

Join us to learn the basic skills of woodworking through two in-class building projects. Perfect for people who are brand new to woodworking, this class will start at the very beginning. We will discuss common hand tools such as a hammer, measuring tape, and level; power tools such as an impact driver, drill press, jointer, router, and four kinds of saw; the best tool to use for your desired outcome; and how to operate it all safely. You’ll walk away from class with a hand-built charcuterie board and self-made step-stool as well as the knowledge you need to continue making projects on your own! Co-sponsored with MAKE Salt Lake.

LLCFT 359-001 | W, Jun 8-Jun 29 | 6:00 PM-9:00 PM

To learn more and register for classes, visit our website at lifelong.utah.edu
MAKE Salt Lake (663 W 100 S, SLC) | $179 + $149 special fee
LLCFT 359-002 for MAKE Salt Lake Members | $161 + $149 special fee
MAKE Salt Lake members can enroll in section 002 to receive a 10% tuition discount.
Class is limited to 8. Special fee is for all needed equipment and shop rental. Please wear comfortable, long-sleeved shirt and long pants combined with a closed toe work boot or shoe. Please do not wear loose articles of clothing or jewelry that can easily become entangled in a power tool. A shop apron, safety glasses, and hearing protection are advisable.

IPAD HAND-LETTERING WITH PROCREATE
Breanne McCallum
Learn the basics of lettering by hand with your iPad and the Procreate app! You’ll start by focusing on the basic structures and processes of creating hand-lettered compositions on the iPad. As you learn to draw specific letter styles, you’ll also learn the technical tips and tricks for using the Procreate app. With these newfound lettering and digital drawing skills, you can apply your knowledge to whatever type of digital art you please!
LLART 318-001 | S, Jun 11 | 10:00 AM-3:00 PM with a 1-hour break for lunch at 12:00 PM
Online | $59
Students will need their own iPad and the Procreate app.

WATERCOLOR: FINDING YOUR VISION
Kim Roush
Watercolor is a medium that allows for a broad range of expressive mark-making and in this class, you will focus on exploring your unique handling of it. You’ll begin by searching your artistic soul for what you wish to express and how you envision your final watercolor paintings. Explore the mark-making that comes naturally to you and study master watercolor works to identify your inspiration. You’ll practice the various techniques associated with your chosen direction as you work toward completing a final piece that incorporates the discoveries you’ve made. Instead of matching the instructor’s work, you will be guided to find your own vision, which we call our “authentic swing.” This class requires work in and outside of class. Developing your desired expression in written form, working on your skills, and painting your final watercolor will occur in class and as homework. This is not a beginner class; students should have some experience with watercolor.
LLART 359-001 | S, Jun 11-Jul 9 | 10:00 AM-12:30 PM
AND T, Jun 14-Jul 12 | 6:00 PM-7:30 PM
Online | $199
No class Sat Jul 2 or Tue Jul 5. Tuesday meetings are for mid-week critique. Students supply their own materials; find a list online.

COLOR THEORY AND COLOR MIXING 101
Theresa Otteson
Discover the basics of color theory including temperature, value, and how color schemes create color harmony in your artwork. You’ll create a color wheel, learn tinting and toning, and how to mix paints to match a specific color. This class is perfect for students working in oil, acrylic, and watercolor, as well as those in any discipline wanting to fine-tune their understanding and use of color.
LLART 133-001 | S, Jun 11 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 152 | $69
Class is limited to 12. Students are responsible for their own materials; find a list online.
MODERN MACRAMÉ: LARGE-SCALE BOHO WALL HANGING

Becca Dye

From its 13th century origins in the Arabian Peninsula, macramé has suffused history and cultures throughout the world. From Victorian lace patterns to sailor’s hammocks, this beautiful art currently enjoys a popular resurgence as decoration, apparel, and functional object. Learn how to create your own modern/boho style macramé art piece by using different types of knots and combining them into one beautifully balanced wall-hanging. You will create stunning details and add finishing touches, then learn how to trim, finalize, and prep your piece for display.

LLCFT 361-001 | S, Jun 11 | 10:00 AM-3:00 PM
AND T, Jun 14-Jun 21 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 138/online | $169

The first session of this class takes place in person; subsequent classes occur online. Class is limited to 12. Students are responsible for their own materials; find a list online.

BEGINNING SEWING

Andrea McCausland

You bought the sewing machine, you watched all of the YouTube videos, but now you just need someone who can answer your questions and give personal guidance. This class is for you! Join us as we take a hands-on approach to learning how to sew. You’ll learn about your sewing machine, construction techniques, how to choose the right fabric, and the basics of reading a pattern. No experience necessary!

LLCFT 267-001 | M, Jun 13-Jun 27 | 6:00 PM-9:00 PM
MAKE Salt Lake (663 W 100 S, SLC) | $135 + $59 special fee

LLCFT 267-002 for MAKE Salt Lake members | $121 + $59 special fee

MAKE Salt Lake members can enroll in section 002 to receive a 10% tuition discount. Class is limited to 12. Students provide their own sewing machine and most of their own supplies; find a list online. Special fee is for shared supplies and studio rental. Students must adhere to MAKE Salt Lake’s current Covid guidelines.

MAKING PAINT: AN INTRODUCTION TO CREATING PIGMENT

Janiece Murray

For centuries, artists around the world created their own paint through the use of whatever materials were available. Learn what materials are available to you and how to combine them to create your own exciting colors! You will learn about different types of pigments and their historical uses; how to make watercolors with pigment, gum Arabic, and honey; and how to prepare glair and egg tempera as binding mediums. Walk away with some traditional paint recipes and the knowledge you need to incorporate this unique skill into your own art practice.

LLART 356-001 | W, Jun 15-Jun 29 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 138 | $129 + $21 special fee

Class is limited to 14. Special fee is for supplies, but students are responsible for a few of their own materials; find a list online.

To learn more and register for classes, visit our website at lifelong.utah.edu
Join us to find mindfulness in creativity without fear. We will use structured, botanical-inspired patterns to create a 3-D design. It may look complicated, but, by using the Zentangle® philosophy, "anything is possible, one stroke at a time." We will break down each step to create a beautiful composition. No art experience is necessary.

LLART 353-001 | S, Jul 9 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 152 | $49
Class is limited to 12. Students provide their own supplies; find a list online.

DIY ACRYLIC MEDIUMS AND TEXTURE
Samantha da Silva
Did you know that the art store is not the only place to find art supplies? Empower yourself by learning how to make acrylic texture mediums using common items and tools found in your kitchen cupboard, backyard, and neighborhood hardware store! Learn the secrets for thinning, thickening, glazing, molding, pouring, and texturing acrylic to create stunning paintings that tell a story and are authentic to you. The world is full of possibility when you are fearless!

LLART 141-001 | S, Jul 30 | 10:00 AM-3:00 PM
540 Arapeen Dr, room 152 | $89 + $53 special fee
Class is limited to 10. Special fee is for all required materials. Please bring a lunch and an apron or smock to protect your clothing.
To learn more and register for classes, visit our website at lifelong.utah.edu

**ALONG THE COAST OF SPAIN**
Sheral Schowe

Spain is surrounded by water on all four sides and each has unique, indigenous grape varieties that thrive in specific climatic conditions influenced by the sea. We will travel, with glass in hand, from Galicia to Txakolina to Cataluna to Jerez where we will learn about the wine history, the terroir, and the indigenous grape varieties. You will experience sparkling, white, red, and dry sherry as well as their methods of production in this fascinating class. Students will order dinner from the Cafe Madrid menu to pair with the wines for a completely authentic Spanish food and wine experience (this is in addition to tuition and fees).

LLFW 580-001 | Th, May 12 | 6:00 PM-8:00 PM
Cafe Madrid (5244 S Highland Dr., Holladay) | $39 + $30 special fee
Class is limited to 20. Special fee is for wine and space rental; students are expected to purchase their own meal. Please bring an ID to verify that you are 21 or older.

**AMERICAN GIN TASTING**
James Santangelo

The United States began its love affair with gin during prohibition and the most iconic gin cocktails were invented during this period. History has moved beyond “bathtub gin,” (crude heavy spirits that had to be mixed with fruits, tonics, and bitters to be palatable) and there is now a wide selection of expertly crafted gins to choose from for your home bar or at your local watering hole. Explore 5 notable gins from across the United States, including those distilled right here in Utah, as you learn about innovative distillation methods, unusual botanicals, and how to get the most from your mixer.

LLFW 293-001 | T, May 17 | 7:00 PM-9:00 PM
Beehive Distilling (2245 S West Temple, South Salt Lake) | $39 + $25 special fee
Class is limited to 20. Must be 21 or over to attend. Please bring an ID. Special fee is for tasting samples. Students must adhere to Beehive’s current Covid guidelines.

**CAMP COOKING**
Jeffrey Steadman

Want a table with a view? Hit the outdoors and cook up something special for yourself. Camp cooking can present unique challenges (dish duty, anyone?), but with the right tools, techniques, and ingredients you can turn any campout into a five-star dining experience.

To learn more and register for classes, visit our website at lifelong.utah.edu
We’ll go over a few popular techniques for car-camping cuisine, including camp stove, zipper bag, campfire, and Dutch Oven cooking. You’ll also get to watch and discuss as we prepare breakfast burritos without dirtying a dish, dish-free lunches, drool-worthy dinners, and desserts like cobbler that will be the envy of the campground. We’ll also discuss and demonstrate lightweight backpacking foods. This class requires 48-hour advanced registration.

LLFW 523-001 | Th, May 19 | 5:30 PM-8:30 PM
Sugarhouse Park (1330 E 2100 S, SLC) | $45 + $5 special fee
The exact location will be emailed to enrolled students before class. Class is limited to 20. Special fee is for demonstration materials.

“\nThe class was really interesting and the instructor [Sheral Schowe] definitely knew a lot about the subject. We enjoy French wine but this really increased our knowledge and we have found some new favorites. Sheryl was able to intersperse personal stories and factual tidbits that gave us insight into the area and some locations we look forward to visiting. Overall, a great experience!\” - Lianna C.

SUMMER WINE AND FOOD PAIRING
Sheral Schowe

Let the parties begin! But first, let’s stock our shelves with the wines we can grab to bring with us at a moment’s notice. Or, be well prepared to host! Utah’s wine store selection seems to change weekly. This class is to inform you of what is available across many stores on an ongoing basis. As we taste each wine together, you will learn about the perfect pairings for BBQ, grilled meats and veggies, vegan and vegetarian foods, and spicy foods. Prepare or order your favorite meal and enjoy it with the list of wines provided by the instructor. Invite your friends to join in the fun and share in the preparation of the food and costs of the wines. One registration per screen!

LLFW 373-001 | Th, May 19 | 6:00 PM-8:00 PM
Online | $39 + $10 special fee
Students will be emailed a list of wines to purchase should they wish to taste along with the instructor. Special fee is for instructor materials. Please have an ID ready to verify you are 21 or over.

JIAOZI: TRADITIONAL CHINESE DUMPLINGS
Qin Li

China has a rich food culture with many different regions that specialize in their own unique cuisine. Jiaozi, however, is a signature dish that is found across the country. These traditional Chinese dumplings are made to celebrate special occasions or to treat visiting friends or family. Compared to other food, Jiaozi may seem time-consuming and laborious to make, but in China people see it as a fun activity to enjoy the company of loved ones. Join us and explore this unique way to express and share love to your family and friends through the activity of cooking Chinese dumplings.

LLFW 603-001 | S, May 21 | 9:00 AM-12:30 PM
Online | $55 + $2 special fee
Students must provide their own materials and supplies; find a list online. Special fee is for demo materials. A vegetarian option is available with one week prior notice.
BEGINNING COOKING: BEAUTIFUL BRUNCH RECIPES
Eric "Ed" Heath

Need some simple and impressive brunch recipes to delight your family or guests? Join us and learn how to make a plethora of foods that will brighten your breakfast repertoire. Though not common around the states, Dutch Babies are fun to make and very impressive to house guests, especially when you incorporate your own sourdough starter. An equal amount of fun, crepes can be topped with savory or sweet ingredients, and a beautiful quiche or frittata is always in fashion! You’ll learn these and more as you cook along with a local chef and learn his take on these fabulous dishes.

LLFW 605-001 | T, May 24 | 6:15 PM-8:15 PM
Online | $39 + $5 special fee

Course readings, including recipe prep instructions, will be provided one week before class. Please complete the readings well before class time. Students must provide their own materials and supplies; find a list online. Special fee is for demonstration supplies.

MEDITERRANEAN SEASIDE WINES
Sheral Schowe

What could be more perfect for the summer than crisp, herbaceous, mouthwatering wines? You will experience wines from the beaches of France and Italy, discovered by your instructor as she traveled from region to region in search of the perfect food and wine pairings reflecting the traditions and culture of each specific area. As you taste each wine, you will learn about the traditional foods, winemaking practices, and the indigenous grape varieties that make each region so famous. Students will purchase dinner from the Fratelli Ristorante menu to pair with the wines for a delicious food and wine experience (this is in addition to tuition and fees).

LLFW 604-001 | T, Jun 21 | 7:00 PM-9:00 PM
Beehive Distilling (2245 S West Temple, South Salt Lake) | $39 + $25 special fee

WINE AND GOURMET POPCORN PAIRING
James Santangelo

You heard that right! Join us as we combine two of your favorite things: wine and popcorn. Your instructor, a local wine expert, will guide you on this fun and flavorful adventure as you learn the ultimate in comfort food pairing. You’ll sample three wines paired with different popcorns by a local SLC gourmet popcorn shop. Come learn all the secrets in this unique pairing class!

LLFW 607-001 | Th, May 26 | 6:00 PM-8:00 PM
Fratelli Ristorante (8612 S 1300 E, Sandy) | $39 + $30 special fee

Class is limited to 20. Special fee is for wine and space rental; students are expected to purchase their own meal. Please bring an ID to verify that you are 21 or older.

THE ART OF CHARCUTERIE PLATTERS
Nicole Simper of Maven Oak Creative

Enjoy an evening of cheese and creativity with a local SLC foodtrepreneur! Join us to learn food styling techniques, ingredient curation, and step-by-step coaching on your instructor’s approach to platter design. Let’s platter together!

LLFW 514-001 | T, Jun 7 | 6:30 PM-8:00 PM
Online | $39 + $8 special fee

Special fee is for demonstration space and materials. Students are responsible for purchasing their own ingredients and can expect to spend about $30; find a list online.

To learn more and register for classes, visit our website at lifelong.utah.edu
Class is limited to 20. Must be 21 or over to attend. Please bring an ID. Special fee is for tasting samples. Students must adhere to Beehive’s current Covid guidelines.

**COFFEE: FROM CROP TO CUP**
*John Bolton of Salt Lake Roasting Company*

Join us for an evening of delicious coffee comparisons with the owner of Salt Lake Roasting Co. We’ll start with an overview of where coffee comes from geographically and the culture behind it—including the people who grow it. Then, we will cup coffees together, comparing both degrees of roast and varietal characteristics of coffee from around the world. We will also discuss different brewing methods.

LLFW 578-001 | T, Jun 21 | 5:30 PM-7:30 PM
Online | $39 + $20 special fee
Special fee is for a kit of coffee and samples. Students will receive information for picking up their kit the week of class. A coffee grinder for preparing the whole-bean samples before class is required.

**BEGINNING COOKING: THE SENSATIONAL WORLD OF SAUCES**
*Eric “Ed” Heath*

Sick of buying canned or powdered sauces from the grocery store? Broaden your perspective in this adventurous course that teaches you how to make your own delicious herb sauces, reductions, thickened sauces, and even your own stock! You’ll leave class with one finished sauce from a homemade stock and an array of knowledge to make a myriad of sauces suitable to pair with any dish.

LLFW 606-001 | T, Jun 28 | 6:00 PM-7:30 PM
AND W, Jun 29 | 6:00 PM-7:30 PM

Online | $49 + $5 special fee
Course readings, including recipe prep instructions, will be provided one week before class. Please complete the readings well before class time. Students must provide their own materials and supplies; find a list online. Special fee is for demonstration supplies.

**THE MANHATTAN COCKTAIL: A TASTE OF HISTORY**
*James Santangelo*

There is no substitute for a perfectly crafted Manhattan cocktail. Walk into any bar worth its salt and you’ll find countless variations on this historical drink. But where did it all start, and what are some of the best variations? Join us for an informative (and tasty!) class on the rich history of The Manhattan and learn how to make three different versions, review the fact and lore, acquire techniques on how to mix, and enjoy small bites to pair with each libation.

LLFW 594-001 | T, Jun 28 | 7:00 PM-8:30 PM
Beehive Distilling (2245 S West Temple, South Salt Lake) | $39 + $28 special fee
Class is limited to 20. Must be 21 or over to attend. Please bring an ID. Special fee is for tasting samples. Students must adhere to Beehive’s current Covid guidelines.
current events & context

THE POWER OF BIAS AND MICROAGGRESSIONS: AWARENESS AND INTERVENTION
Irene Ota

We often hear the words “bias” and “microaggression” but what do they mean and how do we know when they are occurring? How can we question our biases? What can we do when we know a microaggression is occurring or has occurred? Join us and learn how to recognize, confront, and address biases and microaggressions. You will explore the different types—what they look like, how they are used, and what impact they have on receivers. You will learn strategies to respond to biases and microaggressions in ways which bring awareness and attention to them and develop a sense of responsibility for addressing social justice.

LLPOT 960-001 | S, Jun 18 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 138 | $49
Class is limited to 16.

explore utah

MURALS BUILD COMMUNITY: A WALKING TOUR OF MURAL FEST
Lesly Allen

Thanks in large part to South Salt Lake’s Mural Fest, our city has blossomed into an outdoor gallery of exciting murals by local and international artists. What better way to experience this creative explosion than a walking tour to visit the murals of the Creative Industries Zone? You’ll join one of the organizers of Mural Fest to learn about the mural process, including how artists are selected, the techniques they use to paint large-scale works, and fun facts about key muralists. Then chat with the artists themselves and watch as they create their own murals. There’s so much more to it than just painting walls!

LLPOT 959-001 | T, May 10 | 6:00 PM-8:00 PM

To learn more and register for classes, visit our website at lifelong.utah.edu
Meet outside of Beehive Distilling (2245 S West Temple, South Salt Lake) | $39
Class is limited to 20. Please dress in layers appropriate for the weather.

**OUR GREAT GREAT SALT LAKE**
*Tom Wharton*

The largest salt water lake in the Western Hemisphere, Great Salt Lake is an important part of Utah’s economy and wildlife population while also providing recreational opportunities. Join us in an adventure to explore this incredible natural resource and habitat. You will start in the classroom learning about interesting places to explore as well as the lake’s industrial value, natural and human history, and current threats. Later, you will join your instructor in a drive through the Bear River Migratory Bird Refuge scenic loop to view the lake and its wildlife up close.

LLPOT 944-001 | W, May 11 | 6:30 PM-8:30 PM
AND S, May 14 | 9:00 AM-12:00 PM
540 Arapeen Dr, room 124/Outdoors | $69
This class takes place in person at the University Connected Learning and Continuing Education building (540 Arapeen Dr, SLC) on Wednesday and at the Bear River Migratory Bird Refuge (2155 W Forest St, Brigham City) on Saturday. Class is limited to 16. Students drive themselves through the bird refuge.

**WALKING TOUR OF SLC’S UNSEEN HISTORY**
*Rachel Quist*

The history of Salt Lake City can be extremely weird, heartbreaking, and surprising. Join us to learn about the unseen history of our beautiful city by exploring the places and lives of everyday people at the turn of the last century. In this course, we will focus on two neighborhoods that illustrate the economic and racial diversity of our city’s past.

LLPOT 961-001 | S, May 14-May 21 | 10:00 AM-11:30 AM
Richmond Park (444 E 600 S, SLC) | $49
Class is limited to 14. Students should bring their own water, wear comfortable shoes, and dress appropriately for a leisurely walk outdoors.

**ROCK ART HOT SPOTS**
*Troy Scotter*

Utah is home to some of the nation’s most spectacular archaeological sites—from the famed rock art galleries of Nine Mile Canyon to the spectacular ruins of Cedar Mesa. But there are hundreds of other localities—lesser-known places with names like Sego Canyon and Buckhorn Wash—where the public can experience the remnants of thousands of years of human occupation. Participants will receive a handout describing the location of over twenty fantastic public rock art sites in Utah that can be reached by car. You’ll walk away with a better understanding of these sites and the people who created them.

LLPOT 687-001 | S, May 14 | 10:00 AM-12:00 PM
540 Arapeen Dr, room 124 | $39
Class is limited to 16.
BACK ROADS UTAH
Tom Wharton

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

LLPOT 732-001 | W, Jun 8 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 124 | $39
Class is limited to 16. Students must bring a road map or atlas of Utah. Council Hall or Visitor Centers typically offer free copies.

TOUR THE AVENUES CEMETERY
Michelle Nelson

Visit the largest municipal cemetery in the United States: The Salt Lake City Cemetery. The cemetery is 250 acres of beauty with historically and visually interesting headstones. We will wander among the graves of the famous and infamous as we discuss the development of the land, the challenges it has faced over the years, who died when and why, headstone symbols, burial customs, and more. Please come prepared to walk up and down inclines and move over uneven ground.

LLPOT 693-001 | Th, Jun 16 | 6:00 PM-8:00 PM
Salt Lake City Cemetery Sexton’s building (4th Avenue and N Street, SLC) | $45
Class is limited to 20.

home & garden

MYCOLOGY FOR BEGINNERS
Katie Lawson

Fungi are all around us playing critical roles in nearly every terrestrial ecosystem—but how much do you really know about mycology? Explore the world of fungi, including the many ways we can partner with fungi to improve our planet. We’ll learn about fungal biology, ethnomycology, and oyster mushroom cultivation in the hot desert climate.

LLHG 477-001 | M, May 9-May 16 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 132 | $59 + $30 special fee
Class is limited to 12. Special fee is for a mycology kit.

To learn more and register for classes, visit our website at lifelong.utah.edu
PERENNIALS: SPRING AND SUMMER BLOOMERS

Kim Eden

Walk the aisles of any garden center in spring, and you'll find yourself in the midst of a cornucopia of scent and color. The sign says "perennials," and you know which appeal to you, but what else do you know about them? We can help! Whether you are starting a new garden or refreshing an existing one, you'll want to select plants that are suited to your individual landscape while also picking combinations that offer color and blooms from early spring until frost. We will show you the characteristics of a diverse group of perennials suited to Utah gardens. We'll also cover design, soil preparation, planting, and maintenance. This class will focus on perennials that bloom in spring and summer.

LLHG 617-001 | M, May 9-May 23 | 6:00 PM-8:00 PM
Instructor's Garden in Bluffdale, UT | $89 + $5 special fee
Students will receive location information one week before the first class session. Class is limited to 20. Special fee is for print-outs for class.

TREES AND SHRUBS FOR RESIDENTIAL LANDSCAPES [G-1]

Kim Eden

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 and discuss plant characteristics, size, growth patterns, and maintenance requirements so you can make appropriate choices for your garden. We'll also cover where to purchase plants and the best times to plant.

LLHG 520-001 | T, May 10-May 31 | 6:00 PM-8:00 PM
Instructor's Garden in Bluffdale, UT | $119 + $5 special fee
Students will receive location information one week before the first class session. Class is limited to 20. Special fee is for print-outs for class.

GARDENING IN CONTAINERS

Michelle Cook

Gardening in containers can transform your balcony, deck, or patio into more than just barbecue space. Learn how to create a soothing outdoor retreat by adding containers filled with flowering plants. We'll look at container design and selection, how to combine plants for aesthetic arrangements, plant selection, and maintenance.

LLHG 553-001 | Th, May 12-May 19 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 124 | $59 + $7 special fee
Class is limited to 14. Special fee is for demonstration materials.

VEGETABLE CONTAINER GARDENING

Michelle Cook

Do you lack sufficient sun or garden space for a vegetable or herb garden? Don't let that stop you from growing succulent, flavorful, nutritious fresh herbs and veggies. Many herbs and vegetables thrive in containers, which you can position or move to take advantage of sunny spots. You'll learn which vegetables and herbs do well in containers as well as tricks to keep them producing throughout summer and into fall. You will have the opportunity to plant the vegetables of your choice into a 15-inch container for take-home enjoyment.
LLHG 546-001 | S, May 21 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 152 | $49 + $25 special fee
Class is limited to 14. Special fee is for all required materials.

**PRESERVING FRESH HERBS**

*Kim Eden*

There is nothing better than fresh herbs from your garden. Their taste, as well as nutrient content, is not even comparable to store-bought produce. Join us and learn how to grow, harvest, maintain and use a handful of common and a few not-so-common herbs. This hands-on course covers uses for fresh herbs, dried herbs, and more! Join us in a garden location where you can practice the techniques taught.

LLHG 548-001 | Th, May 26 | 6:00 PM-8:00 PM
Instructor’s Garden in Bluffdale, UT | $39 + $5 special fee
Students will receive location information one week before the first class session. Class is limited to 20. Special fee is for print-outs for class.

**LAWN AND LAWN ALTERNATIVES**

*Stephanie Duer*

Lawns aren’t always easy to maintain in our climate. If you’ve ever experienced “green guilt,” then it’s time to think about a lawn alternative. Discover hard-working ground covers that still give your home maximum curb appeal. If you’re not ready to give up your grass, you can explore lower-water, cool, and warm-season turfgrasses that will give you a more efficient, yet traditional, outdoor aesthetic.

LLHG 534-001 | W, Jun 1-Jun 15 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 132 | $89
Class is limited to 16.

**DIY BASIC REPAIRS FOR HOMEOWNERS**

*Thomas Arnold*

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, painting tips and tricks, mold remediation, 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 | W, Jun 1-Jun 22 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 146 | $145
Class is limited to 12. Some portions of class may take place outside; dress appropriately.

**GROWING LAVENDER**

*Kim Eden*

Lavender is a versatile plant that is rich in history and often associated with scent. Bring its rich scent into your landscape by learning its climate preferences, maintenance needs, and many uses in this hands-on course. There are many types, and different varieties have different purposes. So, come learn the type you should plant for your desired outcome! You will join the instructor in a garden location where you can practice the techniques you learn.
ATTRACTING HUMMINGBIRDS TO YOUR YARD
Kelli Frame

Hummingbirds are among our favorite spring visitors, and many of us await their arrival every year. In Utah, we enjoy them from May to September. Join us to discuss hummingbirds in general, particularly Utah’s hummingbirds, and how to identify them by sight and sound. You will learn about how to attract these birds to your yard and what to feed them. Have you ever wondered what makes a good hummingbird feeder? We’ll show you what to look for and what to avoid. Lastly, we’ll talk about some of the problems that arise from feeding hummingbirds and how to solve them.

UNUSUAL TREES AND SHRUBS FOR THE RESIDENTIAL LANDSCAPE
Kim Eden

Looking for a tree or shrub that is a little out of the ordinary and can grow well in Utah’s climate? Join us as we examine unique specimens in a virtual tour and discuss best planting, growing, and maintenance practices for each selection. We’ll cover trees and shrubs that can be planted in a residential setting and perform well in our alkaline soil, hot summers, and cold winters.

RESIDENTIAL LANDSCAPE DESIGN II: A DEEPER LOOK AT PLANTS
Stephanie Duer

Have you ever walked into the garden store only to be overwhelmed by the sheer volume of plants available? How do you know which one is right for you and your landscape? Join us for this deep dive into plants. You’ll learn how form, texture, and seasonality impart design characteristics, and how to use them to your advantage. You’ll discover that a plant can create a focal point, scale, and perspective. We’ll cover plants that are specifically appropriate for Utah and how to maintain your landscape properly to optimize plant health and increase the effectiveness of your labors. This class will focus on building on a design you already have. If you’re looking to start from scratch, try Residential Landscape Design I.

RECOMMENDED CLASSES:
- Residential Landscape Design I
- Residential Landscape Design II
- Attracting Hummingbirds to Your Yard
- Unusual Trees and Shrubs for the Residential Landscape
GARDEN MAINTENANCE

Kim Eden

At its best, the garden is the most inspiring and peaceful location to be. But, at its worst, it is the most overwhelming project to tackle. Some plants can be invasive and look ratty after blooming and some need deadheading or dividing. Learn what you should do for your plants to keep them blooming and looking their best as well as some techniques to keep the maintenance manageable through this hands-on class. You will learn deadheading, pruning, thinning, dividing, and transplanting by practicing on plants in a garden location to keep your flower beds looking beautiful all year long with minimum effort.

LLHG 547-001 | Th, Jun 9-Jun 16 | 6:00 PM-8:00 PM
Instructor’s Garden in Bluffdale, UT | $65 + $5 special fee
Students will receive location information one week before the first class session. Class is limited to 20. Special fee is for print-outs for class.

FUNGAL ECOLOGY: FROM FOREST TO FARM (OR GARDEN!)

Katie Lawson

Ever wonder how a forest can sustain itself without fertilizers, pesticides, or tractors? Better yet, have you considered if this is possible in your farm or garden? Well, it is! First, we need to understand the roles that fungi play in natural and cultivated ecosystems. We’ll take a look at the shortcomings of current agricultural practices and then explore the ways that fungi can help us reduce our environmental impact while improving crop yields and quality.

LLHG 480-001 | M, Jun 13 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 132 | $39 + $5 special fee
Class is limited to 12. Special fee is for class handouts.

SUCCULENT AND CACTUS CONTAINER GARDEN WORKSHOP

Cactus and Tropicals

Succulents and cacti are drought-resistant plants that come in a wide variety of shapes, textures, and color—each one more unique than the last. They are perfect for planting in groups, and the plethora of varieties ensures endless composition possibilities! In this hands-on class, we will teach you the basics of succulent care, as well as design concepts for creating a beautiful succulent garden that’s unique to you. Co-sponsored with Cactus & Tropicals.

LLHG 480-001 | M, Jun 13 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 132 | $39 + $5 special fee
Class is limited to 12. Special fee is for class handouts.

WONDERFUL WORLD OF ROSE GARDENING

Kim Eden

Roses are rich with history, folklore, beauty, and scent. They are one of the only plants that bloom in all seasons and enrich our landscape with depth and interest. Select the right rose for your garden: either hybrid tea, bush, climber, floribunda, and many more. In this hands-on class we will discuss rose selection, planting, maintenance, water, fertilizer, pest control, and the winterizing of roses. We will also briefly discuss some household and edible uses for roses. Join us in the garden where you can practice rose maintenance and learn more about their abundant beauty and uses in your landscape.

LLHG 528-001 | M, Jun 20-Jun 27 | 6:00 PM-8:00 PM
Instructor’s Garden in Bluffdale, UT | $65 + $5 special fee
Students will receive location information one week before the first class session. Class is limited to 20. Special fee is for print-outs for class.

To learn more and register for classes, visit our website at lifelong.utah.edu
VEGETABLE GARDENING: EXTENDING THE HARVEST

Celia Bell

Did you know that you can continue to grow vegetables in your garden well into the fall and even winter seasons? Learn how to extend your vegetable harvest using methods such as continual plantings, garden protection, and even heat and light supplementation. You will create a planting plan and a map to determine winter sun angles and planting times for your veggies. We will cover succession planting and tips for germinating and transplanting in the heat of the summer for cold-weather gardens. You will leave knowing how to maintain your beautiful vegetable garden well into those chilly months.

LLHG 589-001 | S, Jun 25 | 9:00 AM-12:00 PM
Instructor’s Garden | $45
Registered students will receive location information one week before class. Class is limited to 16.

TERRARIUM WORKSHOP

Cactus and Tropicals

Terrariums are a great way to grow plants in small spaces. A miniature garden in a glass container makes for a fun and visually appealing way to satisfy your inner gardener all year long! In this hands-on class, we will teach you how to select plants, build a sustainable landscape, and maintain your very own miniature ecosystem. Co-sponsored with Cactus & Tropicals.

LLHG 922-001 | T, Jul 12 | 6:30 PM-8:00 PM
Cactus & Tropicals (2735 S 2000 E, SLC) | $49 + $40 special fee
Class is limited to 16. Special fee is for a terrarium kit.

Fungi Inside and Out

Katie Lawson

Once we start to understand fungi, we begin to see them hard at work nearly everywhere. In the first part of this course, we will take a detailed look at how fungi interact with plants and animals to shape the world around us. In the second half, we will look at the world within and explore how fungi interact with the human body as food and their potential medical benefits. This is not a medical course and should not take the place of any treatments prescribed by your doctor, but it is a good way to understand the nutritional and health benefits of certain mushrooms. This class includes a mushroom medicinals kit and full instructions for how to prepare it. While all are welcome, this course may be best suited for folks with some background information on mycology.

LLHG 484-001 | T, Jun 21-Jun 28 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 154 | $59 + $30 special fee
Class is limited to 12. Special fee is for a mycology kit.

“"I love this class! Not only is the topic fascinating, but [Katie Lawson]’s enthusiasm and knowledge about the topic makes the class so enjoyable! She provides detailed information that is easy to follow. I can’t wait to take more classes from her.” - Dejah C.
COOPS DE VILLE: HOW TO RAISE BACKYARD CHICKENS
Celia Bell

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

LLHG 558-001 | W, Jul 13-Jul 27 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 132 | $75 + $5 special fee
Class is limited to 16. Special fee is for class handouts.

HOUSEPLANTS 101
Cactus and Tropicals

Houseplants add life to your home and they cannot be equaled by any other home furnishing. But, just like your outdoor plants, your indoor plants need a little TLC. In this class, students will learn how to identify, select, and properly care for houseplants. Light, water, space, and fertilizer requirements will be discussed and design tips will be shared. Co-sponsored with Cactus & Tropicals.

LLHG 523-001 | T, Jul 19 | 6:30 PM-8:00 PM
Cactus & Tropicals (2735 S 2000 E, SLC) | $49
Class is limited to 16.

POLLINATORS AND THEIR HABITAT WORKSHOP
Amy Sibul

Join us as we explore the diversity of pollinators that live in Utah and why they are so important. We’ll learn about their conservation status and what you can do to protect and provide habitat for them in your yards and our open spaces. We’ll discuss plants that provide food and shelter for pollinators and the specific habitat components that help them produce young and survive through winter. We’ll construct nest boxes for Utah’s native bees that you can take home and install in your own yard or nearby open space.

LLHG 928-001 | W, Jul 20 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 138 | $39 + $28 special fee
Class is limited to 12. Special fee is for materials to make a nesting box.

DESIGNING WITH FRESH FLOWERS: BRING YOUR GARDEN INSIDE
Pamela Olson

Learn the fundamentals of floral design and create your own beautiful arrangements in this hands-on workshop. Students will learn the techniques and mechanics of basic flower arranging as well as composition, color, and balance. You will practice with seasonal flowers sourced from local Utah farms during monthly class sessions throughout the summer. Students will get an informative demonstration each class, then design their own arrangement to take home. All flowers and vessels provided.

LLHG 592-001 | W, May 18, Jun 15, & Jul 20 | 6:00 PM-7:30 PM
Native Flower Company (1448 E 2700 S, SLC) | $99 + $140 special fee
Class is limited to 15. Special fee is for flowers. Students must bring their own scissors or shears, pruners and a paring knife.
CONVERSATIONAL ITALIAN I
Jason Cox

Learn the language of warmth and passion. We'll cover the basic conversational skills you'll need to travel to Italy while learning about the people, art, and culture of this fabulous country. This class is designed to be repeated as often as you wish.

LLLAN 362-001 | Th, May 19-Jun 23 | 7:00 PM-9:00 PM
540 Arapeen Dr, room 132 | $149
Class is limited to 16. Students must purchase two texts: Italian: A Self-Teaching Guide (Second Edition) by Edoardo A. Lebano and any Italian to English dictionary (you will use this a lot so purchase one you feel comfortable using).

“This language class was very effective, interactive, and user friendly. [Jason Cox] was knowledgeable and able to handle any concerns. The pace of the class was comfortable. We only moved ahead when all questions were addressed. I highly recommend this class for beginners.” - Robert E.

MANDARIN CHINESE I
Dai Cui

This course is designed to teach students who do not speak Chinese how to function in Chinese culture and communicate with native Chinese speakers. More than knowing the right words, communication involves understanding what to say, how to say it, and with whom it is appropriate to use certain words, gestures, etc. Thus, in this course, we will learn not only vocabulary but also how to speak and behave in a culturally appropriate way in a Chinese context. The primary emphasis in the course is the oral language (speaking and listening skills), while the secondary emphasis is the written language (reading and writing skills).

LLLAN 364-001 | T, May 24-Jun 28 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 124 | $219
Class is limited to 16. Students may choose to purchase the book Integrated Chinese, Textbook Simplified Characters, Level 1, part 1, but it is not required.
Mandarin Chinese II
Dai Cui

One of the world’s most common languages, Mandarin Chinese is spoken by more than a billion people worldwide. Join us to build on what you learned in Mandarin Chinese I (or a different basic Chinese-speaking class). We will review and expand the topics covered in level 1 and introduce conversations related to asking for help, eating, shopping, and transportation. While the primary emphasis is still speaking and listening skills, we will spend more time on reading and writing skills than in Mandarin Chinese I.

LLLAN 365-001 | Th, May 26-Jun 30 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 124 | $219

Class is limited to 16. Students may choose to purchase the book Integrated Chinese, Textbook Simplified Characters, Level 1, part 1, but it is not required.

Conversational Spanish I
Rory Haglund

Speaking Spanish in a relaxed atmosphere helps you overcome the first language-learning hurdle: the fear of making mistakes. Gain confidence in meeting new people and sharing personal anecdotes by practicing with others. Conversations in Spanish with your classmates will strengthen your ability to communicate. This course is intended for those with 2-4 years of high school or college Spanish or equivalent. You should have a working Spanish vocabulary of roughly 200 words and be able to hold a simple conversation in Spanish. The class is designed to be repeated as often as you wish.

LLLAN 354-001 | Th, Jun 2-Jul 7 | 6:00 PM-7:30 PM
One Sandy Center (10011 Centennial Parkway, Sandy) | $125

Spanish language beginners should consider taking LLLAN 452 “Survival Spanish I: Communication Basics” before this class. Class is limited to 18.

Conversational French I
Catherine Thorpe

This condensed beginning course will teach you conversational French used in travel and everyday situations. French games, group readings of French comic strips, and helpful handouts will quickly familiarize you with the language. The best part: learning the correct accent from a native Parisian! This class is designed to be repeated as often as you wish.

LLLAN 350-001 | W, Jun 22-Jul 27 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 124 | $149 + $5 special fee

Class is limited to 16. Special fee is for handouts.
BEGINNING GUITAR I
Bruce Christenson

Learn the basic techniques—chords, rhythm, note reading, fingerpicking, scales, and music fundamentals—that will put a solid foundation under new players and apply to most styles of guitar music. This course is also great for guitar players needing a refresher. We will learn in a relaxed and fun environment. Acoustic or electric guitar with an amp is fine.

LLMT 382-001 | W, May 11-Jun 22 | 7:00 PM-8:00 PM
540 Arapeen Dr, room 120 | $119
No class May 25. Class is limited to 12. Students are responsible for their own guitar.

INTERMEDIATE GUITAR: LEARN TO PLAY THE BEATLES
Randin Graves

Do you know the basics of how to play the guitar but need some new songs to practice? Join us for a night of Beatles tunes! We'll look at something slow, something fast, something strummed, something finger-picked... a good variety of challenges to refine your skills while learning some classic Fab Four songs to sing with your friends and family.

LLMT 468-001 | M, May 23 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 120 | $39
Class is limited to 12. Students must bring their own instrument.

INTERMEDIATE GUITAR: LEARN TO PLAY NEIL YOUNG
Randin Graves

Refine your skills and learn a few new songs to play with a night devoted to Neil Young. A lot of his songs are easy to fake by strumming simple chords, but his guitar parts are full of little details that are the icing on the cake. Whether you're an Old Man or a Cinnamon Girl, there's something for you to learn from Neil's playing.

LLMT 469-001 | M, Jun 6 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 120 | $39
Class is limited to 12. Students must bring their own instrument.
BEGINNING MANDOLIN
Rex Flinner

Expand your music repertoire with the lovely and versatile mandolin. Originally popular as an instrument for light classical music, the mandolin is used in the United States today primarily for country, bluegrass, and folk music. In this class, we will focus on the basics—chords, flatpicking techniques, and reading skills—as you learn a variety of tunes and styles.

LLMT 436-001 | Th, May 12-Jun 16 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 120 | $155 + $5 special fee
Class is limited to 8. Students must bring their own instrument. Special fee is for copies of music received in class.

“[TJ Taylor] was great at providing solid mechanics to employ and practice, with live coaching of our own material. He had a wealth of anecdotes as well as caution about the stand up business. He was fun and kind and made the class feel comfortable.” -Jesse P.

BEGINNING BANJO
Rex Flinner

What do Steve Martin, Rhiannon Giddens, and Taylor Swift have in common? They all play the banjo! Thought to have evolved from similar instruments on the African continent, the banjo has become a mainstay of contemporary American music. In this class, you will focus on the basics as you learn a variety of tunes and styles.

LLMT 429-001 | T, May 24-Jun 28 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 120 | $155 + $5 special fee
Class is limited to 8. Students must bring their own instrument. Special fee is for copies of music received in class.
AFROTEMPO I: INTRODUCTION TO AFRODANCE
Liz Oyeneyin-Liadi
Enjoy moving to the beat and making new friends while experiencing modern dance styles from countries around the African continent. With the guidance of an experienced dance professional, you’ll explore Makossa from Cameroon, Coupe-decale and Ndombolo from Ivory Coast, and Afro House/Kuduro from South Africa and Angola. The dances, which merge traditional movements with modern street-style, will offer a greater understanding of the cultures from which they originate. No dance experience required; all are welcome.

LLMT 477-001 | W, Jun 8-Jun 22 | 7:15 PM-8:45 PM
Studio Zamarad (2607 S State St, SLC) | $79 + $12 special fee
Class is limited to 15. Special fee is for studio rental. Please wear shoes with non-skid soles and bring your own water bottle.

VOICE ACTING: AN INTRODUCTION
Michelle Ortega
As the voice-over industry continues to grow, more and more people are becoming curious about the fascinating world of voice acting. Reading out loud for a living does sound easy and fun, but what qualities distinguish the voice actors who rise to the top? Join this class to learn and practice the basics you’ll need to get started in voice acting, including your own voice quality, interpretation of scripts, and preparing for auditions. You’ll leave class with a wealth of knowledge and your own short demo recording. Who knows? Becoming a successful voice talent might just be within you.

LLMT 459-001 | Th, Jun 9-Jun 23 | 6:30 PM-8:00 PM
AND Thu, Jun 30 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 148 | $109 + $3 special fee
The last session meets at the J. Willard Marriott Library audio studio (295 S 1500 E, SLC). Class is limited to 10. Special fee is for library parking.

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

LLMT 396-001 | W, Jun 22-Jul 13 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 148 | $119
Class is limited to 12.

HAWAIIAN DANCE AND CULTURE
Kahealani Blackmon
Aloha kakou. Come take a “trip” to the Hawaiian Islands where you will learn how to hula dance the traditional way, gain an understanding of the Hawaiian culture, and learn a fun hula dance. You will exercise your mind and your body while working up a sweat with low-impact movement. You will leave this course with new knowledge and a little bit of paradise in your heart.

LLMT 479-001 | S, Jun 25 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 124 | $49
Class is limited to 12.
photography & digital media

PHOTOGRAPHY AS ACTIVISM
Jeri Gravlin

Do you want to use your time and photography to make a difference in your community? Join us to explore the photographs and photographers that have created social change and discover how you can incorporate concepts of activism into your own work. You will learn skills and principles to get your photos noticed in the activism space. This course is perfect if you are interested in photo journalism, storytelling through imagery, or just want to make a difference.

LLART 357-001 | W, May 11-May 18 | 5:30 PM-7:00 PM
540 Arapeen Dr, room 148 | $49
Class is limited to 12. Please come prepared with your own camera.

DARKROOM PHOTOGRAPHY: HANDMADE PRINTS WITH YOUR DIGITAL CAMERA
Dave Hyams

Digital photography is convenient, but the process of moving that digital image to paper can leave you feeling disconnected from your images. Join us to explore the possibilities of hand-printing the photos you capture with your DSLR, point-and-shoot, or even the camera on your phone! You’ll spend one class on an easy/moderate hike learning to compose an interesting photo, shooting color for black and white prints, and techniques for long exposure in both capture and post. Then, you’ll join the instructor for a hands-on darkroom session in which you’ll learn tips for digital processing and experience making prints first-hand. You will leave class with at least two beautiful, silver gelatin black and white prints from your own digital photos.

LLART 165-001 | S, May 14 | 10:00 AM-1:00 PM
AND S, May 21 | 10:00 AM-3:00 PM
Millcreek Canyon (3800 S Mill Creek Canyon Road, SLC) on May 14 & Luminaria (14 E 800 S, SLC) on May 21 | $149 + $35 special fee
Class is limited to 10. Students provide their own camera and canyon use fee ($5). Special fee is for all required materials. Luminaria requires masks when working in their studio as physical distancing is difficult to maintain. When shooting outdoors, masks are not required unless physical distancing cannot be maintained. Please bring a mask with you just in case it is needed.
DIGITAL PHOTOGRAPHY: NUTS AND BOLTS FOR DSLR

Erika Cespedes

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.

LLART 193-001 | S, May 14-May 21 | 10:00 AM-12:00 PM
540 Arapeen Dr, room 132 | $99
Class is limited to 16. Section 001 will meet for a field trip outdoors on Sat 6/11 (location TBD). Section 002 will meet for a field trip outdoors on Sat 6/18 (location TBD). Special fee is for handouts. Students will share photos via Google; please come to the first class prepared with a Gmail address.

DIGITAL PHOTOGRAPHY: AN INTRODUCTION

Neil Eschenfelder

Take an in-depth look at megapixel counts, white balance, shutter speed, lens opening, and other digital camera functions and learn how to use them to your advantage. We’ll also cover traditional photographic imaging skills such as use of shutter speeds and lens openings, composition, and portraiture so you can spend more time making great images and less time fixing them on your computer. You will get the most out of this class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class.

LLART 115-001 | T, May 17-Jun 14 | 6:30 PM-9:00 PM
AND S, Jun 11 | 10:00 AM-12:00 PM
One Sandy Center (10011 Centennial Parkway, Sandy) | $159 + $5 special fee
LLART 115-002 | Th, May 26-Jun 23 | 6:30 PM-9:00 PM
AND S, Jun 18 | 10:00 AM-12:00 PM
540 Arapeen Dr, room 154 | $159 + $5 special fee
Class is limited to 16. Section 001 will meet for a field trip outdoors on Sat 6/11 (location announced in class). Section 002 will meet for a field trip outdoors on Sat 6/18 (location announced in class). Special fee is for handouts. Students will share photos via Google; please come to the first class prepared with a Gmail address.

BEGINNING PHOTO EDITING

David Argyle

Are you ready to get serious about editing your photos but not sure where to start? Join us to learn the basics of editing and which program will work best for you. We’ll talk about things like how images are represented and stored, the pros and cons of RAW and JPEG, how to use histograms, and recommended workflows. We’ll explore the types and levels of image editing software—from the free utilities that come with your device, to intermediate programs like Adobe Lightroom, and heavyweights like Adobe Photoshop and its competitors.
To learn more and register for classes, visit our website at lifelong.utah.edu

LLART 346-001 | W, May 18-Jun 1 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 249 | $109
Class is limited to 12.

**INTRODUCTION TO STUDIO LIGHTING: OFF-CAMERA FLASH**
John Craigle

Sometimes you need a little extra lighting to achieve a properly exposed image, but using electronic flash units mounted on top of your DSLR can produce contrasty, stark, or flat photos. Luckily, it’s easy to vastly improve your results by moving the flash off of the camera. Learn how to use off-camera lighting and light modifiers (umbrellas, softboxes, grids, etc.) that will give your images a professional look. Speedlights can give you the same look as pro studio lighting and have the added advantage of no cables or cords to manage. Through demonstrations of off-camera lighting techniques and hands-on applications of lessons learned, you’ll bring your photography to a whole new level... in a flash! Please be familiar with the workings of your camera before coming to class.

LLART 96-001 | W, May 18-Jun 8 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 154 | $129 + $20 special fee
Prerequisite: A DSLR or Mirrorless System camera equipped with a hot shoe, a memory card, and either LLART 193 Digital Photography: Nuts and Bolts for DSLR, LLART 115 Digital Photography: An Introduction), or take our online quiz to self-assess your skill level.
Class is limited to 12. Special fee is for the use of equipment.

**PHOTOSHOP FOR PHOTOGRAPHERS**
John Craigle

Considered the leader in professional photo editing software, Adobe Photoshop allows users to create, manipulate, crop, resize, and correct digital images. In this class, a Photoshop expert will begin familiarizing you with this extensive program through an introduction to the tools and settings that can have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. This course is intended for students with a working knowledge of photography and its basic terms. Please bring a USB thumb drive to the first class.

LLART 286-001 | S, Jun 4-Jun 25 | 11:00 AM-2:00 PM
J. Willard Marriott Library (295 S 1500 E, SLC) | $189
Not quite ready for Photoshop? LLART 346 Beginning Photo Editing is a great precursor to this class. Class is limited to 12.

**SMART SMARTPHONE PHOTOGRAPHY**
David Argyle

Your smartphone is an advanced photo-taking device, but do you know how to take advantage of everything it has to offer while avoiding its weaknesses? We’ll cover settings and techniques for landscape, portrait, motion, nighttime and macro photography. Come learn how to create breathtaking photos in this fun and informational class.

LLART 277-001 | W, Jun 8-Jun 29 | 6:00 PM-8:00 PM
One Sandy Center (10011 Centennial Parkway, Sandy) | $139
Class is limited to 12. Students must bring their own smartphone.
OUTDOOR PHOTOGRAPHY: BOOT AND SHOOT

Neil Eschenfelder

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

LLART 180-001 | W, Jun 29, Jul 13, & Jul 20 | 6:30 PM-8:30 PM
AND W, Jul 6, 7:00 PM-9:00 PM, S Jul 9 3:30 PM-9:00 PM
540 Arapeen Dr, room 154 | $169 + $5 special fee
Field trip locations announced in class. Special fee is for handouts. Students will share photos via Google, please come to first class prepared with a gmail address. Class is limited to 12.

BEGINNING SQUASH

Michael Bastiani and Craig Bennett

Squash has been rated the number one healthiest sport by Forbes magazine! It's an excellent sport for increased mobility and fitness while having fun and getting aerobically fit. Join instructors with 20+ years of experience in playing and teaching and learn the fundamentals of this classic sport!

LLREC 905-001 | M, May 9-Jun 20 | 7:00 PM-8:30 PM
SquashWorks (225 S 500 E, SLC) | $119 + $25 special fee
No class May 30. Class is limited to 12. Come dressed to play with non-marking court shoes, gym shorts, and a shirt. Bring your own snacks and sports drinks if needed. Special fee is for equipment and space rental. Rackets, balls, and safety glasses are provided. Free parking is available behind SquashWorks. Students must adhere to SquashWorks’ current Covid policies.
AIKIDO: AN INTRODUCTION
Ben Tyler

Aikido—translated as “the way of harmony with universal energy”—is a Japanese martial art that focuses on self-defense while protecting your attacker from injury. Engage in an overview of the history and philosophy of Aikido from its roots in the ancient samurai fighting arts to the modern practice enjoyed today. Then, experience the philosophy in motion as you participate in movement practice, learning introductory techniques as well as how to safely fall out of those techniques.

LLREC 926-001 | W, May 11-Jun 8 | 7:30 PM-8:30 PM
Aikido Mountain West (370 W Ironwood Dr, SLC) | $79 + $35 special fee

Class is limited to 8. Special fee is for space rental. Please wear clothing that allows for movement. Students must adhere to the venue’s current health policies, which require that students are vaccinated against Covid-19.

INDOOR ROCK CLIMBING
Momentum Climbing Gym

Did you know that people from all over the world travel to Utah to climb? You are living in a paradise of world-class gyms, beautiful crags, and unique climbing routes. Learn to appreciate that beauty with an introduction to a sport that anyone can enjoy! In this four-week course, you will utilize physical effort and mental problem-solving to become a safe and successful climber. Your instructor will remove the mystery surrounding gear, skills, and techniques as you master belaying, communication, and efficient body movement. You’ll make new friends, gain a new appreciation for what your body can do, and perhaps develop a life-long love of rock climbing. No prior experience is necessary; equipment and shoes are provided.

LLREC 739-001 | W, May 11-Jun 1 | 6:30 PM-8:30 PM
Momentum Millcreek (3173 E 3300 S, SLC) | $105 + $85 special fee

Class is limited to 8. Special fee is for space and equipment rental. Please wear comfortable clothing that allows for easy movement and a water bottle. Students must follow Momentum’s Covid policies.

BEGINNING FLY FISHING
Erik Ostrander

Immerse yourself in the outdoors and join us for a basic introduction to fly fishing. You’ll start with an evening of in-class discussion about gear, techniques, knots, and fly selection with a local fishing expert and guide. On Saturday, join your guide for a day on the river to be taught by the true experts of fly fishing—the trout. Not sure you’re ready to invest in fly fishing gear? Don’t worry, your instructor will have rental equipment available for an extra fee. For the day on the river, 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. The day on the river is physical and requires wading with slippery rocks and strong currents.

LLREC 671-001 | Th, Jun 2 | 6:00 PM-9:00 PM
AND S, Jun 4 or Jun 11 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 142/Outdoors | $155 + $25 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
This class takes place in person on Thursday and on the river Saturday (location TBD). Class is limited to 10. Special fee is for flies and access to shared equipment. Rods, equipment, and extra flies ($2) will be available to rent/purchase from the instructor at additional cost.

**INTRO TO TENKARA FLY FISHING**  
*Erik Ostrander*

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 fly fishers of all levels, 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 a local fishing expert from the first exclusive Tenkara guide company outside of Japan. Saturday, join us 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. The day on the river is physical and requires wading with slippery rocks and strong currents. Some fly-fishing experience is required.

LLREC 902-001 | Th, Jun 16 | 6:00 PM-9:00 PM  
AND S, Jun 18 or Jun 25 | 9:00 AM-5:00 PM  
540 Arapeen Dr, room 142/Outdoors | $155 + $35 special fee  
**If you do not have experience fly fishing then take LLREC 671 Beginning Fly Fishing.** This class takes place in person on Thursday and on the river Saturday (location TBD). Class is limited to 10. Special fee is for flies, rod rental, and access to shared equipment. Additional equipment and extra flies ($2) will be available to rent/purchase from the instructor at additional cost.

**BEGINNING BICYCLE MAINTENANCE I**  
*Jonathan Harman*

This course is designed with the beginning hobbyist or mechanic in mind and will cover basic maintenance, from repairing a flat tire to tightening your headset. We will discuss the difference between using tubes and going tubeless, the correct tire pressure to run on your bike, and tips and tricks to set up your bike to make riding as safe and comfortable as possible. We will also cover derailleur indexing and tips to keep your bike shifting perfectly. Finally, we will discuss emergency trailside maintenance, the best tools to carry for trailside repairs, and different strategies to get your bike home if something breaks on the trail.

LLREC 915-001 | Th, Jun 9-Jun 16 | 6:00 PM-8:00 PM  
Outdoors | $59  
Students will receive information about the meeting location before class. Class is limited to 12.

**KAYAKING MADE EASY**  
*Bruce Christenson*

Inflatable kayaks are a great way to learn how to paddle. Sturdy and forgiving, this craft allows beginners to feel comfortable on the river and advance quickly with their paddling skills. This introductory class will provide students with training in river safety, paddling strokes, reading whitewater, river rescue, and how to care for inflatable kayaking equipment. Class starts with dry land training and then flatwater practice to prepare students for paddling the Weber River—a class I to II stretch that is a perfect challenge for new paddlers. Small rapids and rock gardens will provide us with plenty of opportunities to practice our paddling skills. Join us for a fun day of paddling on the Weber River, just 45 minutes from SLC.
INTRODUCTION TO PACKRAFTING
Bruce Christenson

Join us for a fun day on the river learning how to packraft! This new and popular form of recreation combines paddling and hiking. With super-light rafts (only 6 pounds or so), it’s easy to access wilderness rivers and lakes, along with portaging river hazards and dangerous rapids! You will learn how to rig, carry, and take care of your packraft and equipment. We will also discuss river safety, paddling strokes, reading whitewater, and river rescue. The field session starts in an outdoor classroom and then progresses to flatwater practice to prepare students for paddling a river (rated as class I - II) with a hiking portage. You will learn in a relaxed and fun environment.

BEAR RIVER KAYAK TOUR
Michael Fagerstrom

The Bear River springs to life in the upper reaches of the Uinta Mountains and takes a circuitous route for 350 miles before emptying into the Great Salt Lake. Join your instructor, a seasoned long-distance paddler, for a kayak adventure along The Bear, the longest river in North America whose waters never reach the ocean. Paddlers will get a chance to witness an incredible riparian landscape consisting of old-growth cottonwood, nutrient-rich farmland, and a litany of birds and animals that call the Bear River Valley home. Paddlers should be comfortable on Class I moving water and have already taken a beginning kayaking course.

BACKCOUNTRY CAR CAMPING
Jeffrey Steadman

Want the solitude of backpacking but with fresh food, luxury items, and a lot less effort? Would you like to stay socially distanced by exploring remote areas far from services, but don’t know where to spend the night? Utah and many areas of the West are full of scenic back roads with areas perfect for car camping. In this class, you’ll learn how to find a campsite, how to protect...
the environment in which you are camping, essential gear for comfortable car camping (think bathrooms), safety considerations, where to find detailed maps, and how to prepare for emergencies. While most of our time will be spent on how to plan and prepare, we’ll also (begrudgingly!) give up a few secrets about areas that are particularly rich in car camping opportunities and provide access to wilderness hiking, easy getaways, and ruins of ancient communities.

LLREC 800-001 | W, Jun 15 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 124 | $39
Class is limited to 16.

**DISC GOLF: AN INTRODUCTION**

*Michael Fagerstrom*

Disc golf is one of the fastest-growing sports in the US, and it’s easy to see why! With its combination of mental and physical challenges, it’s a great way to keep your body and mind in shape. Join us and learn the different styles of discs, popular throws, and rules of the game. You will start by learning the basics and build up to trying your hand at a local course. Many of these classes will take place outdoors; please dress appropriately for weather conditions and bring plenty of water.

LLREC 924-001 | T, May 10, May 24, Jun 7, & Jun 21 | 5:30 PM-7:30 PM
540 Arapeen Dr, room 132/Outdoors | $109
The first session meets at 540 Arapeen Drive, SLC. Locations for subsequent meetings will be discussed in the first session. Class is limited to 12.

**wellness & relationships**

**BOTANCIAL BEAUTY: NATURAL PERFUME**

*Rachael Bush*

Do you want to smell nice without using synthetic fragrances? Learn natural perfumery basics in this fun, hands-on class! You’ll find out what top, middle, and base notes are, the difference between absolutes, CO2 extracts, steam distillation, cold-pressed methods, and why fixatives are so important. In this class, you’ll make a personalized perfume with natural, easy-to-find ingredients (vegan options available upon request).

LLHL 243-001 | S, May 14 | 12:00 PM-4:00 PM
540 Arapeen Dr, room 152 | $59 + $10 special fee
Class is limited to 12. Special fee is for all required materials.
THE FOUR NOBLE TRUTHS: BUDDHIST PRINCIPLES FOR A HAPPY LIFE  
Joseph Evans

Learn practical methods for increasing happiness and well-being through The Four Noble Truths—the foundational principles of Buddhism. Taught by Buddha Shakyamuni nearly 3,000 years ago, these universal, non-sectarian principles are still relevant to the challenges and stresses of our modern world. In this class, we will look at unique approaches to happiness and suffering, thinking and karma, and how to apply these principles for a happier and more beneficial life. No prior experience needed.

LLHL 232-001 | T, May 17 | 6:30 PM-8:30 PM  
540 Arapeen Dr, room 120 | $39  
Class is limited to 12.

INTEGRATING INTUITIVE EATING AND MINDFULNESS  
Lo Jones

Feeling stuck in the cycle of yo-yo dieting and strict workout regimes? Do you find yourself longing for a more sustainable, enjoyable, and less restrictive way of eating and moving your body? This class is for you! Join a local dietitian and yoga teacher to learn the basic principles of Intuitive Eating and practical ways to turn your attention inward to connect with - and listen! - to your intuition through simple yoga practices. You will explore how to incorporate gentle movement (yin/restorative yoga), meditation, breathwork, and journaling/reflection, as well as participate in lecture and discussions. This class is for everyone – no yoga experience required!

LLHL 246-001 | M, Jun 6-Jun 27 | 7:00 PM-8:30 PM  
540 Arapeen Dr, room 124 | $89 + $5 special fee  
Class is limited to 12. Special fee is for the materials needed during demonstration. Please bring a yoga mat and props if needed (pillow, blanket, blocks, etc.), water, and a notebook/journal and pen.

PRINCIPLES OF BUDDHIST MEDITATION  
Joseph Evans

Meditation has been found to have many benefits which are confirmed by current scientific research. Now, more than ever, when faced with the challenges of a global pandemic and many other difficult conditions, a meditation practice can keep us grounded, calm, and more compassionate.

In Buddhism, there are many different types, and, in this class, we will look at a variety of methods. Then, we will practice shamatha (calm abiding), a type of meditation that can reduce stress, trauma, and worry, and increase health, resilience, and stable concentration. We will also look at the fundamental principles that support a successful meditation practice "on the cushion" as well as in our daily activities. You are welcome to bring a cushion if you like, but it is not required.

LLHL 244-001 | W, May 25 | 6:30 PM-8:30 PM  
540 Arapeen Dr, room 160 | $39  
Class is limited to 12.

NATURALLY CURLY HAIR CARE FOR TIGHT CURLS AND COILS  
LaTonya Jackson

Come and learn from an expert on the proper cleansing, conditioning, and management of naturally curly and tight, coily hair. Promoting love, positivity, and appreciation for the culture around natural hair, you will also receive a full demonstration of styling curls to help you, your kids, and your friends or family members confidently wear their hair down and free.

LLHL 241-001 | M, Jun 13 | 6:00 PM-9:00 PM  
LaMia Beauty Lounge (4484 S 1900 W Ste 4, Roy, UT) | $49 + $30 special fee  
Class is limited to 10. Special fee is for a kit of supplies provided by the salon. For demonstration purposes, students may choose to bring one child for whom they are the legal guardian.

To learn more and register for classes, visit our website at lifelong.utah.edu
YOUR FAMILY HISTORY: WHAT TO DO WITH ALL THAT JUNK
Daniel Cureton

We all have it. Should we just call 1-800-Got Junk? No! You have papers, books, diaries, letters, photos, digital files, and more that are precious and can be saved from the junk man. This course will give you the fundamentals to understand what is valuable, what is historical, what archives want, why you would want to archive, and what you can do with the family documents you have been saving.

LLHL 235-001 | Th, Jun 23-Jul 14 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 120 | $109
Class is limited to 12.

BOTANICAL BEAUTY: LIP TINTS
Rachael Bush

Do you need a splash of color on your lips? In this class, you’ll learn how to make your own lip balm with just the right amount of color and shine. Not only are these lip tints vegan, but they’re also crafted from natural, easy-to-find ingredients. Students will leave with six different colors, packaged and ready to use, plus the recipe and resources to continue production at home.

LLHL 130-001 | S, Jun 25 | 10:00 AM-12:30 PM
540 Arapeen Dr, room 152 | $45 + $4 special fee
Class is limited to 12. Special fee is for all required materials.

writing & literature

Creative Non-Fiction: Capturing Moments with Memoir p.45

SCREENWRITING
Bryan Young

Join an award-winning screenwriter as he takes you through the steps of writing your own screenplay. Learn the form and structure of screenplays that sell in addition to best practices to help you avoid the pitfalls that often trap new screenwriters.

LLWRC 826-001 | W, May 11-Jun 22 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 160 | $219
No class on May 25. Class is limited to 16.
UNFOLDING YOUR STORY
Kimberly Justesen

There are as many ways to develop a plot as there are writers trying to develop them. Before a writer can begin spinning a yarn, it helps to understand the purpose and structure of different plot categories. Join us to learn how to build a story road map by layering plots and subplots with tension builders and motivators, increasing your understanding of how a good story is like origami. You will utilize in-class writing activities and worksheets, at-home activities, and peer and instructor critique to build your own compelling storylines.

LLWRC 884-001 | Th, May 12-May 19 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 146 | $59
Class is limited to 12.

IRANIAN LITERATURE: AN INTRODUCTION
Addie Hunsaker

Learn about the customs and culture of Iran by exploring a variety of literature spanning generations of Persian writers. You’ll be introduced to the rich history of Iran and its culture by discussing contemporary and classic poetry. Then get a glimpse of daily life in Iran from non-fiction narrative accounts, both before and after the Iranian revolution. Finally, you’ll capture moments of tradition and celebrations found in Persian folktales and children’s literature. You will also have the opportunity to view a curated selection of rare books highlighting translated Persian texts and their illustrations.

LLWRC 879-001 | S, May 14-May 21 | 12:00 PM-2:00 PM
AND S, Jun 4 | 12:00 PM-2:00 PM
540 Arapeen Dr, room 154 | $89
Class is limited to 12. Students should bring a journal or notebook to take notes. A laptop, phone, or tablet is optional for viewing texts.

CREATIVE WRITING
Johnny Worthen

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. You will read short selections of writing to see what techniques to beg, borrow, and steal. You 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, you will practice seeing the world in new ways and then recreating that experience on the page. This class explores adult themes, language, and content.

LLWRC 780-001 | T, May 24-Jun 28 | 6:30 PM-9:00 PM
540 Arapeen Dr, room 132 | $219 + $5 special fee
Class is limited to 12. Special fee is for class handouts and packets.

CREATING BELIEVABLE PEOPLE
Kimberly Justesen

Characters are how you connect readers to your story. Join us and have a look at unique methods of character development to build characters that are realistic and behave in relatable ways using psychology, behavior mapping, and personality profile tools. We will utilize in-class writing activities, peer and instructor critique, and homework assignments to help you improve this critical part of the storytelling process.

Class is limited to 12. Students should bring a journal or notebook to take notes. A laptop, phone, or tablet is optional for viewing texts.
OUTLINING YOUR ROMANCE NOVEL
Monica Simons

Join us to discuss plotting and planning your own romance novel. We'll cover choosing the main characters, the supporting cast, and how to build a story around them. We'll play with the theme, tropes, conflict, and genre expectations. By the end, you'll have an outline you can use to write a romance novel. So join us and find your Mr./Ms. Write!

LLWRC 881-001 | S, Jun 4 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 132 | $59
Class is limited to 12.

BEYOND DIALOG
Kimberly Justesen

Readers understand a story through the conversations held by the characters. Take a look at the many ways people share information including verbal and nonverbal communication, how culture and society affect human interactions, and the role of metacommunication. You will use in-class writing activities, peer and instructor critique, and homework assignments to create a more realistic dialog for your characters.

LLWRC 883-001 | Th, Jun 9-Jun 16 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 146 | $59
Class is limited to 12.
CREATIVE WRITING BOOTCAMP
Johnny Worthen

Have you always wanted to write creatively but never had the chance to start? Or is your writerself 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. This class explores adult themes, language, and content.

LLWRC 842-001 | S, Jun 11-Jun 18 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 132 | $119 + $5 special fee
Class is limited to 12. Special fee is for class handouts and packets.

“Johnny [Worthen] is very energetic and expressive during class, so you can feel his love for the craft of writing and his eagerness to share his detailed knowledge with us. The structure of the class centers on workshopping our own writing, so he really keeps the class focused on the students. His critiques are thoughtful and encouraging and made me feel excited to edit and then write more. After this class, I am overall feeling more inspired and confident to continue writing. I signed up for Johnny’s Creative Writing II and his boot camp classes as well. This was a really great experience!” - Julie S.

JAPANESE POETRY WORKSHOP
Estée Crenshaw

Witness the influence of the four seasons on Japan’s culture and poetry in this thoughtful and informative workshop. You will learn about classical Japanese poetry, known as waka, and how to write your own based on established seasonal tropes (plants, animals, weather, colors, etc.). The course will be a mixture of informative discussion and hands-on workshop so you can develop a strong understanding of the subject matter and create your own meaningful writing.

LLWRC 874-001 | W, Jun 22-Jun 29 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 132 | $59
Class is limited to 12.
CHOOSEING THE RIGHT POINT OF VIEW

Bryan Young

The single biggest choice for any story is choosing through whose eyes the story will be told. It can change everything, and the wrong point of view is as detrimental to your writing as just about anything else you can do. Your award-winning instructor will take you through a series of exercises to show you how versatile points of view can be and how to wield them, leaving you with a better understanding of the best way to tell a story.

LLWRC 880-001 | S, Jun 25 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 120 | $59
Class is limited to 16.

JAPANESE SHORT STORIES

Scott Black

The short story is one of the most important and popular forms of literature in Japan and offers insight into Japanese culture and aesthetics. Sometimes quirky, sometimes subtle, sometimes shocking, these stories demonstrate the mastery of the form by Japan's best writers and offer a unique perspective on the world, the self, and human relationships. You’ll join one of the U’s leading English professors to discuss these stories in relation to their literary, cultural, and aesthetic contexts.

LLWRC 877-001 | Th, May 19, Jun 2, & Jun 16 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 160 | $59

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Pre-College at the U (ages 14-17) provides opportunities to study, learn, and explore the University of Utah with friends and peers.

Visit youth.utah.edu for registration and camp details.

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