Gain local knowledge from local experts so you can grow your local community.
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.

Progression through a SERIES is self-paced and self-monitored. Complete three classes in a 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

Get started on your SERIES at lifelong.utah.edu/series
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)

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.

Please note, that course enrollment will close at midnight the day before the course begins, so please enroll early!
art & craft

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. This class is suitable for everyone, regardless of past art experience.

LLART 287-001 | W, Aug 24-Sep 7 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 138 | $89 + $25 special fee

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, Aug 24-Sep 28 | 6:00 PM-9:00 PM
LLCFT 274-002 | Th, Aug 25-Sep 29 | 6:00 PM-9:00 PM
Wasatch Forge (3390 W 8600 S, West Jordan) | $270 + $80 special fee
Class is limited to 8. Wear closed-toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Bring a large container of water or sports drink—this is hot and thirsty work!

BLACKSMITHING: INTERMEDIATE
Matthew Danielson

Focus on the skills you learned in your first level blacksmithing class and grow your knowledge of the craft with a segment on coal forging. You will create a hammer, advanced tongs, and a bottom tool for an anvil in this project-focused course.

LLCFT 296-001 | W, Oct 26-Dec 7 | 6:00 PM-9:00 PM
Wasatch Forge (3390 W 8600 S, West Jordan) | $270 + $90 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
Prerequisite: LLCFT274 Blacksmithing: An Introduction, or equivalent experience. No class Nov 23. Class is limited to 8. Wear closed-toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Bring a large container of water or sports drink—this is hot and thirsty work!

BLACKSMITHING: LAMINATED STEEL WORKSHOP
Matthew Danielson

Laminated steel—also known as Damascus steel—is created by combining strips of steel and iron through hammer-welding, repeated heating, and forging. The process creates distinctive layered patterns that are intrinsic to the steel. Join local blacksmiths to create two 3lb "billets" of laminated steel that you will then use to create a handled herb chopper and a wearable item of your choice (such as a cuff bracelet, pendant, or belt buckle).

LLCFT 323-001 | Th, Oct 27-Dec 8 | 6:00 PM-9:00 PM
Wasatch Forge (3390 W 8600 S, West Jordan) | $270 + $135 special fee
Prerequisite: LLCFT274 Blacksmithing: An Introduction, or equivalent experience. No class Nov 24. Class is limited to 8. Wear closed-toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Bring a large container of water or sports drink—this is hot and thirsty work!

INSPIRED BY NATURE: BOTANICAL CYANOTYPES
Haylee Canonico

Are you a nature-lover? How do you feel about art prints made from and about the botanical world? Join a local artist and printmaker to learn how to make classic blue as well as other toned cyanotypes. Cyanotype prints are made through an alternative photographic process that creates a blue (cyan!) image using a chemical solution and ultraviolet sun rays. Using toning, you can produce a large range of colors such as variations of blues, deep purples, warm browns, reds, yellows, and more. You’ll be encouraged to select botanically focused imagery while participating in discussions on how the world around us influences our art practices. Your instructor will demonstrate the process for both creating your image and toning it. Next, you will learn how to process and develop the image into a final work of art using a variety of materials including tea leaves, rose petals, and plant roots to tone your image. You will leave with a few unique prints and the tools to start experimenting and foraging for new materials on your own. All experience levels are welcome!

LLART 369-001 | Th, Aug 25 | 6:00 PM-9:00 PM
AND S, Aug 27 | 9:30 AM-2:30 PM
Saltgrass Printmakers (412 S 700 W, SLC) | $129 + $40 special fee
Class is limited to 8. Students must adhere to Saltgrass’ current Covid guidelines.

CLASS UP YOUR CORRESPONDENCE WITH LETTER-LOCKING
Janet Faught

Elevate your pen-pal, love-letter, and time-capsule game with this historic novelty! Discover how paper folding techniques such as seals, slits, tabs, holes, and string were used to secure letters in a time before envelopes were mass-produced. Get some hands-on experience by creating replicas of this beautiful correspondence art used by musicians, poets, merchants, aristocrats, and spies.

LLART 329-001 | Th, Aug 25-Sep 29 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 152 | $155 + $35 special fee
INDIGO DYEING AND SHIBORI BASICS
Anna Bugbee

Join a local SLC artist to make your own shibori-dyed textiles and learn about the fascinating history behind indigo, one of the oldest dyes in the world. For millennia it was the only source of blue for fabric. Shibori (meaning “to wring, squeeze or press”) is an ancient Japanese indigo dyeing technique that produces unique and interesting patterns. Your first classroom session will discuss the history, botany, and chemistry of indigo, as well as shibori techniques for wrapping and tying fabric. Then, join your instructor outside to make your own indigo-dyed creations. In two sessions, you’ll gain the context to appreciate the historic value of this craft as well as the skills to continue practicing.

LLART 366-001 | T, Aug 30-Sep 6 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 120/Outdoors | $79 + $15 special fee

Students will meet at the University Connected Learning and Continuing Education building (540 Arapeen Drive, SLC) for the first class session and in the instructor’s backyard in Sugarhouse for the second session. The special fee covers all dyeing materials and 2-3 tea towels. Students may bring additional white textiles (shirts, bandanas, table cloths, scarves, etc.) made from 100% natural fibers (cotton, linen, silk, hemp, or wool). Students are limited to a total of 2 lbs of fabric each. Class is limited to 8.

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 unique drawing style.

LLART 68-001 | T, Aug 30-Oct 4 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 138 | $179 + $20 special fee

Please bring a smock or wear “art clothes,” and bring a large (6x10x4 inch) container for take-home supplies.

METALSMITHING I
Amy Schmidt (section 001), Jan Harris-Smith (section 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, 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, and no prior experience is required. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor.

LLCFT 229-001 | T, Aug 30-Sep 27 | 6:00 PM-9:00 PM
LLCFT 229-002 | Th, Sep 1-Sep 29 | 6:00 PM-9:00 PM
Salt City Smithery (3450 S Main St, Unit 44W, SLC) | $195 + $35 special fee

Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Class is limited to 10.

METALSMITHING II
Amy Schmidt (section 001), Jan Harris-Smith (section 002)

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. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Prior experience required.

LLCFT 353-001 | T, Oct 4-Nov 1 | 6:00 PM-9:00 PM
LLCFT 353-002 | Th, Oct 6-Nov 3 | 6:00 PM-9:00 PM
Salt City Smithery (3450 S Main St, Unit 44W, SLC) | $195 + $55 special fee
Prerequisite: LLCFT 229 Metalsmithing I or take our quiz to self-assess your skill level. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Class is limited to 10.

METALSMITHING III
Amy Schmidt
Build on the techniques you learned in Metalsmithing I and II to advance your jewelry-making skills to the next level. Guided by a local expert artisan jeweler, you will design and create a more advanced piece from start to finish as you learn sweat soldering, layering, and how to set square, triangular, and odd-shaped forms. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Prior experience required.

LLCFT 282-001 | T, Nov 8-Dec 6 | 6:00 PM-9:00 PM
Salt City Smithery (3450 S Main St, Unit 44W, SLC) | $195 + $45 special fee
Prerequisites: LLCFT 229 & 353 Metalsmithing I and II or take our quiz to self-assess your skill level. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Class is limited to 10.

MAKING CERAMIC JEWELRY
Christina Riccio
Combine the art of jewelry-making and ceramics to make your own pair of earrings! You will begin with a discussion of color and shape to inform the abstract shapes you sketch 2-dimensionally. Then from your sketch, bring your vision to life in 3-D utilizing various ceramic techniques. You will form clay into a final design, add color with underglaze, and attach jewelry findings so you can walk away wearing your personalized art!

LLCFT 364-001 | W, Aug 31-Sep 7 | 6:00 PM-9:00 PM
AND W, Sep 14 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 152 | $119 + $33 special fee covers all class materials

WELDING: AN INTRODUCTION
Richard Cobbley
Have you ever wanted to work with metal for a garden or art project but didn’t know where to begin? This class will teach you the basic skills necessary for cutting and welding metals for small projects in a fully functioning welding studio. Under the guidance of a welding expert, you will get hands-on experience working with the equipment, metal, and different designs. Build your basic knowledge of welding while completing a project of your choice!

LLCFT 234-001 | T, Sep 6-Oct 11 | 6:00 PM-9:00 PM
LLCFT 234-002 | W, Sep 7-Oct 12 | 6:00 PM-9:00 PM
LLCFT 234-003 | W, Oct 26-Dec 7 | 6:00 PM-9:00 PM
LLCFT 234-004 | T, Nov 1-Dec 6 | 6:00 PM-9:00 PM
Instructor’s Studio (8415 S 700 W, #15, Sandy) | $274 + $120 special fee
Class is limited to 8.
ALTERATIONS AND REPAIRS: MAKE YOUR CLOSET GO FURTHER
Tracy Graham

Is your closet full of clothes you love, but they just don’t fit you anymore? Are you tired of throwing out clothes because you don’t know how to do a simple repair? Or maybe you want to get creative and make new clothes from the old? Then this class is for you. Come learn how to alter and repair your clothes with an expert in the field. We’ll start slow by dusting off the sewing machine to get it working efficiently and smoothly. Then you will learn how to hem sleeves and pants, change waist size, repair elastics, add darts for better fit, take inside seams, patch holes, repair seams, change necklines, replace zippers, and more. Class is flexible according to your needs, so bring in your projects. Let’s learn how to make our wardrobes go further!

LLCFT 341-001 | W, Sep 7-Sep 28 | 6:00 PM-9:00 PM
One Sandy Center (10011 Centennial Parkway, Sandy), room 105 | $179
Class is limited to 8. Students provide their own sewing machine and their own materials; find the materials list for this class at lifelong.utah.edu/student-information. A catalog the instructor recommends for obtaining materials can be found online at wawak.com/catalogrequest/.

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 studies and oil paintings. 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, Sep 10 | 11:00 AM-4:00 PM
Canyon Rim Park (3100 S Grace St, Millcreek) | $89
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

BEGINNING DRAWING FOR WATERCOLOR
Kimberly 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. You will need to practice, of course, to fully understand and incorporate the techniques into your artmaking.

LLART 337-001 | S, Sep 10-Sep 24 | 10:00 AM-12:30 PM
AND T, Sep 13-Sep 20 | 6:00 PM-7:00 PM
Online | $109
This class is a recommended precursor to LLART 338 Light and Shade in Watercolor and LLART 359 Watercolor: Finding Your Vision. The drawing skills you build will help to prepare you for them. Tuesday meetings are for mid-week critique. Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.
CHILDREN’S BOOK ILLUSTRATION  
Joshua Petersen

A picture is worth a thousand words, and nowhere is that truer than in children’s literature. Join a local illustrator to learn the entire creative process behind illustrating a children’s book, from character design to storyboard to finished illustration. You’ll enjoy short lectures, demos, and an exploration of digital tools to enhance your art. Finally, you will learn how to develop your creative style and market your illustrations.

LLART 371-001 | M, Sep 12-Oct 17 | 6:15 PM-8:15 PM  
Online | $189

This course takes place on Zoom. Students provide their own drawing materials: either pencils, pens, and sketchbook OR digital drawing software and tools.

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! Class takes place at MAKE Salt Lake (663 W 100 S, SLC)

LLCFT 267-001 | M, Sep 12-Sep 26 | 6:00 PM-9:00 PM  
MAKE Salt Lake (663 W 100 S, SLC) | $135 + $5 special fee

MAKE members receive a 10% tuition discount. If you are a MAKE Salt Lake member, please call us at (801) 587-5433 to enroll. Students provide their own sewing machine and most of their own supplies; find the materials list for this class at lifelong.utah.edu/student-information. Special fee is for shared supplies and studio rental. Students must adhere to MAKE Salt Lake’s current Covid guidelines.

BEGINNING OIL PAINTING  
Annalee Wood

Join us to explore the nuances and beauty of oil painting! If you have little to no experience with oil paint, or if you’re looking for a refresher, this class is for you. We’ll break down the entire process of painting with oil and learn concepts such as color theory, composition, value, and art history as it applies to your process. You’ll also learn what materials are needed and how to get set up. You’ll watch demonstrations of the techniques used to apply paint, then put those techniques into practice. Our exercises will become more complex each week, culminating with your choice of a painting project to be completed by the end of the course. You will receive individual attention and critique during each class and walk away with a finished piece and the skills and techniques you need to paint a variety of subjects.

LLART 76-001 | T, Sep 13-Oct 25 | 6:00 PM-9:00 PM  
540 Arapeen Dr, room 152 | $199 + $5 special fee for shared supplies

Class is limited to 10. Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information. No class on Oct 18.
ILLUMINATED PAGES: GOLD LEAF TECHNIQUES
Louona Tanner

Want to add some bling to your bookwork or works on paper? Join us for a six-session survey of historical and contemporary gold leaf techniques. Through five small projects, you will gain experience with different illumination methods and explore a variety of approaches, products, and papers. The course includes an introduction to the lettering arts, in-depth demonstrations, and plenty of hands-on practice with gold application. Leave the class with lots of sparkle and ideas to add more to future work!

LLART 176-001 | T, Sep 13-Sep 27 | 5:00 PM-7:00 PM  
AND Th, Sep 15-Sep 29 | 5:00 PM-7:00 PM  
Book Arts Studio in the J. Willard Marriott Library (295 S 1500 E, SLC) level 4 | $199 + $61 special fee
Co-sponsored by the Book Arts Program at the University of Utah.

RISOGRAPH PRINTING: AN INTRODUCTION
Brighton & Derek Ballard

Risograph printing is a printing method that has found new life in the hands of artists and designers in the past decade. Originally invented for a more eco-friendly alternative to photocopying, riso printing creates vibrant prints with a texture unique to the machine, and can reproduce work rapidly for a generally low cost. Riso Geist, Utah’s only open risograph studio, will teach students the basics of preparing artwork for riso, the ins and outs of the machine, and open the studio doors to see the printing process in action. You’ll leave this class with your own piece of risograph art.

LLART 374-001 | T, Sep 13-Sep 20 | 7:00 PM-8:30 PM  
AND S, Sep 17-Sep 24 | 2:00 PM-4:00 PM  
T: 540 Arapeen Dr, room 120/ S: Riso Geist (314 W Broadway # 200) | $99 + $65 special fee

COPTIC BOOKBINDING: AN INTRODUCTION
Janiece Murray

Join a local Salt Lake artist and learn how to create your own unique journal or sketchbook. Coptic is one of the oldest bookbinding techniques in existence and is prized for its practicality and beauty. You will learn how to make a text block, create your own book covers, and sew a flat-lying spine as you build your one-of-a-kind book.

LLCFT 356-001 | W, Sep 14-Sep 28 | 6:30 PM-8:30 PM  
540 Arapeen Dr, room 138 | $89 + $5 special fee

Class is limited to 10. Students are responsible for some of their own materials; find the materials list for this class at lifelong.utah.edu/student-information. Special fee is for shared classroom materials.

BEGINNING ITALIC CALLIGRAPHY
Janet Faught

Find joy in writing as you join a local calligraphy expert to learn basic Italic letterforms. You will use a broad-edged dip pen with bottled ink as you explore this semi-formal hand that can become every day cursive handwriting. The art of script can live on with you!

LLART 363-001 | M, Sep 19-Oct 24 | 6:30 PM-8:30 PM  
540 Arapeen Dr, room 152 | $155 + $20 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
BEGINNING KNITTING
Amy Hargreaves Judzis

Love the idea of knitting but don't know where to start? Join us for an introductory class that will teach you what you need to get going, including concepts and vocabulary, yarn basics, how to cast on and bind off, knit and purl stitches, basic pattern reading, and how to sew simple seams. You’ll leave class with two easy but impressive projects that you can use as gifts or keep for yourself: a Bitty Bunny and a pair of fingerless mitts.

LLCFT 362-001 | M, Sep 19-Oct 10 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 146 | $89 + $7 special fee
Class is limited to 8. Students should expect to do 1-3 hours of knitting per week at home to keep up with coursework. Students provide their own yarn after the first class session. Please wait until after the first class to purchase yarn. Special fee is for all other needed supplies including knitting needles.

ACRYLIC PET PORTRAIT
Jodie Milad

Unleash your inner artist and create a one-of-a-kind masterpiece portrait of a beloved pet! You will learn how to transfer a photo to canvas, how to mix and combine colors, paint with acrylic, and add texture and shading. By the end of the class you will have a finished pet portrait worthy of a frame and all the tools and skills you need to create more. This class is ideal for students who are new to art and painting, but everyone is welcome!

LLART 373-001 | W, Sep 14-Sep 21 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 152 | $69 + $50 special fee

Students should bring two copies of an 11x14-inch pet photo. The photo should contain just one pet and be clear, well-lit, with the pet filling the page (less background, more pet).

SHADOW BOX PAINTING: AN INTRODUCTION
Cyane Kramer

Join us for a fun and creative class where you will plan and execute your own wooden layered shadow box art! You will start by choosing your subject from a selection of laser cuts provided by the instructor. Then you will learn about color theory, planning your design, and basic painting and texture techniques so you can paint, finish, and assemble your unique piece. No art or painting experience is required; all are welcome!

LLCFT 358-001 | Th, Sep 22-Sep 29 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 138 | $79 + $45 special fee

JAPANESE ARTS: POETRY, INK WASH PAINTING, AND CALLIGRAPHY
Estée Crenshaw And Haruko Sadler

Learn to capture the essence of nature using tonal nuances of brush and word. You will start by witnessing the influence of the four seasons on Japan’s culture and poetry, exploring classical Japanese poetry known as waka, and writing your own work based on seasons and nature. Then, explore the Japanese visual arts of sumi-e and calligraphy. Similar to watercolor, sumi-e utilizes ink density and shading to convey the essence of an object, providing the perfect complement to your poetry. Finally, you will combine these skills to create a finished work of art worthy of a frame.

LLART 375-001 | S, Sep 24-Oct 15 | 1:00 PM-3:00 PM
540 Arapeen Dr, room 138 & 152 | $119 + $33 special fee
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 and learn tinting, 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, Sep 24 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 152 | $69
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

LIGHT AND SHADE IN WATERCOLOR
Kimberly Roush

The values in your painting (lights and darks) define dimensional form on a flat surface. Watercolor painters say “shadows build form” since we need to save the whites as untouched paper by building and connecting shadows around the light areas. Learning to see these values and apply them in watercolor is the sole focus of this class. Building this skill will enable you to tackle the things you desire to paint and give you more interesting and realistic paintings. We recommend you have some basic drawing skills and experience with watercolor for this class. Try Beginning Drawing for Watercolor (LLART 337) first.

LLART 338-001 | S, Oct 1-Oct 22 | 10:00 AM-12:30 PM
AND T, Oct 4-Oct 25 | 6:00 PM-7:00 PM
Online | $149

Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information. Tuesday meetings are for mid-week critique.

FIND YOUR STYLE: CHARACTER DESIGN AND DRAWING
Josephine Munro

There are as many ways to draw a person as there are artists who draw them. Come learn how to evolve, develop, and hone your character style with the help of a local Utah artist. You will learn about basic anatomy and gesture with an emphasis on faces and eyes, how to manipulate the appearance of your characters, and basic linear perspective. You’ll examine the work of character designers in the field to gain inspiration and leave class with a drawing of your brand-new character and a small “room” with all their favorite things in it! This class is for everyone, no previous experience is required.

LLART 367-001 | M, Oct 3-Oct 24 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 138 | $109
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

UTAH LANDSCAPE WATERCOLOR: PUMPKIN FARM
Cindy Briggs

Capture Utah’s fall landscape in a guided watercolor experience! Working from the instructor’s photos, you will recreate a scenic landscape photo highlighting the pumpkins and farm buildings from the Dibble Farm in Layton, Utah. Learn to work with a fall color palette and expert process. This class is great for all levels of experience.

LLART 336-001 | M, Oct 3-Oct 24 | 6:00 PM-8:00 PM
AND T, Oct 4-Oct 25 | 6:00 PM-7:00 PM
Online | $149
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

**HANDWOVEN EARRINGS: SEED BEADS AND COLOR**
Catherine Widner

Learn how to design and weave your own colorful seed bead earrings from a local Utah artist. Using the brick stitch method (a fundamental weaving technique to make earrings using glass seed beads), you will dive in by creating your own simple design on paper, then weaving that design using thread and beads. Patience is key in this art form, but your time and effort will be rewarded with a unique final product that will make you the envy of all your friends.

**LLART 352-001 | T, Oct 4-Oct 11 | 6:00 PM-8:00 PM**
540 Arapeen Dr, room 124 | $69 + $29 special fee for all earring materials
Class is limited to 8.

**INTUITIVE PAINTING: EXPLORATION AND EXPERIMENTATION**
Caroline Nilsson

Enjoy a guided journey through the practice of intuitive painting, a method of art creation that centers on connection with self, memory, sensation, and feeling. You will explore how feeling can be prioritized over how something looks, and how experimentation can be chosen over control. Over time, you will watch your pieces unfold and reveal themselves—a conversation between painter and painting. You will create three or four different pieces while learning tools and processes for creation as well as the relationship between color, form, and perception. Within these processes, endless variation and experimentation will happen.

**LLART 372-001 | W, Oct 5-Nov 9 | 6:30 PM-8:30 PM**
540 Arapeen Dr, room 152 | $169 + $30 special fee

**MAKING PAINT: AN INTRODUCTION TO MIXING PIGMENT**
Janiece Murray

For centuries, artists around the world created their 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 art practice.

**LLART 356-001 | W, Oct 5-Oct 19 | 6:00 PM-8:30 PM**
540 Arapeen Dr, room 138 | $129 + $21 special fee
Special fee is for supplies, but students are responsible for some of their own materials; find the materials list for this class at lifelong.utah.edu/student-information.
HAND-BUILT CERAMIC MUG  
Braidee Kolendrianos

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 beautiful and personalized ceramics!

LLCFT 357-001 | Th, Oct 6 | 6:00 PM-8:00 PM  
AND Th, Oct 20 | 6:00 PM-8:00 PM  
540 Arapeen Dr, room 152 | $89 + $25 special fee for all class materials and kiln rental  
No class on Oct 13.

BRONZE CLAY JEWELRY: AN INTRODUCTION  
Carol Avery

Bronze evokes images of antiquity—when artisans formed magnificent jewelry thousands of years ago. A modern version, bronze metal clay, can be formed like ceramic clay. It is then fired in a small kiln to create durable jewelry. In the first session of this introductory class, you’ll become familiar with working with bronze metal clay. It can be stamped, pressed into silicon molds, or impressed with natural or household objects to create unique patterns and designs. With the metal clay provided, you can make one or more pendants, earrings, and/or several bracelet charms. Learn finishing techniques in the second session and craft your bronze elements into wearable creations.

LLCFT 241-001 | S, Oct 22- Oct 29 | 10:30 AM-1:30 PM  
540 Arapeen Dr, room 138 | $99 + $15 special fee

QUILT-MAKING FROM BEGINNING TO END  
Tracey Harty

Practiced worldwide, quilting has a unique place in American history and contemporary culture. Learn everything you need to know to make your own quilt as you’re introduced to a wide variety of traditional piecing techniques. You’ll learn terminology, cutting techniques, a variety of block patterns, basting, binding, machine and hand-quilting basics, and more. Leave class with a finished throw sampler quilt (size 50’ x 50”) and all the knowledge you need to make your own treasured heirlooms for years to come.

LLCFT 365-001 | M, Oct 17-Dec 5 | 6:00 PM-9:00 PM  
540 Arapeen Dr, room 120/124 | $293 + $5 special fee  
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information. Special fee is for demo material and a few shared 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, Oct 18-Nov 22 | 6:00 PM-9:00 PM  
540 Arapeen Dr, room 138 | $239 + $95 special fee  
Class is limited to 10. Special fee is for shared classroom materials. Students are responsible for some of their own materials; find the materials list for this class at lifelong.utah.edu/student-information.
Students will meet at 540 Arapeen Drive for the first class session and Saltgrass Printmakers (412 S 700 W, SLC) for the second and third class sessions. The special fee is for printmaking materials and print studio rental. Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information. Class is limited to 6.

**INTRODUCTION TO BAG-MAKING: CRESCENT TOTE**

Tracey Harty

Make a stylish, petite tote with this beginner-friendly bag pattern. You will learn how to make a lining for your bag, make zippered pockets, sew a circular flat bottom, and use interfacings and stabilizers. You’ll leave class with a handy tote you can use every day and all the skills you need to make more!

LLCFT 366-001 | S, Oct 22-29 | 10:00 AM-12:30 PM
540 Arapeen Dr, room 124 | $99 + $5 special fee is for sewing pattern
Class is limited to 10. Students are responsible for some of their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

**BOTANICAL SKETCHING AND RELIEF PRINTING**

Anna Bugbee

Combine your love of plants and printmaking! Start by learning techniques for observational drawing using plants and flowers as your subjects. With those skills under your belt, you’ll spend the remaining class sessions at Saltgrass Printmakers exploring the basics of relief printing, also known as linocut. You’ll transfer your drawing to linoleum, carve it using special gouging tools, and roll out ink with a rubber brayer to print your image on paper. The special fee includes all the printmaking tools you’ll need for class, some of which will be yours to keep for your future printmaking adventures! With this skill set, you will be prepared to print designs for stationery, fine art, clothing patterns, and more.

LLART 333-001 | T, Oct 25-Nov 8 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 120/Saltgrass Printmakers (412 S 700 W, SLC) | $229 + $53 special fee

**FIGURE DRAWING**

Eric Erekson

Join us to discover the intricacies of representing the human figure. You will learn simple gesture drawing, the basics of anatomy, anatomical landmarks, and the etiquette of working with live artist models. Then, you will put your study into practice as you draw live, undraped figures. The human body is one of the most complex forms you can draw and you will deepen your understanding of the art itself through the practice of figure drawing.

LLART 86-001 | T, Oct 25-Dec 6 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 152 | $179 + $30 special fee
Students will draw from a live, nude model. Special fee is for model fees. Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

**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,
ALCOHOL INKS: AN INTRODUCTION
Rachael Bush

Learn techniques, tools, and tricks to make beautiful, abstract compositions. Alcohol inks are acid-free, fast-drying, transparent, permanent inks that are available in many exciting, vivid colors. Plus, you are able to ink on plastic surfaces that often repel paint. Join us to experiment with this unique medium, create bookmarks, and decorate the face of an IKEA clock. This class is for everyone, no experience is required!

LLART 364-001 | S, Oct 29 | 1:00 PM-4:30 PM
540 Arapeen Dr, room 152 | $65 + $6 special fee covers all class materials

Please wear clothes you won’t mind getting ink on as it does not come out.

VENETIAN DOORWAY IN WATERCOLOR
Cindy Briggs

Working from a photo of an old-world doorway with ironwork and reflections, we’ll capture Venetian architecture with its unique character and style. Discover how to create light and shadow, lift color, utilize masking fluid to suggest ironwork and ripples in the water, use salt for texture, and build layers of color. By focusing on a complex subject matter, you will be able to transfer a myriad of expert skills into your future paintings.

LLART 364-001 | S, Oct 29 | 1:00 PM-4:30 PM
540 Arapeen Dr, room 152 | $65 + $6 special fee covers all class materials
Online | $69

Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

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.

CCFT 359-001 | W, Oct 26-Nov 16 | 6:00 PM-9:00 PM
MAKE Salt Lake (663 W 100 S, SLC) | $179 + $149 special fee
MAKE members receive a 10% tuition discount. If you are a MAKE Salt Lake member, please call us at (801) 587-5433 to enroll. Class is limited to 8. Please wear comfortable, long-sleeved shirts 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.

POINTEPEN 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.

LLART 267-001 | Th, Oct 27-Dec 8 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 152 | $155 + $35 special fee covers all class materials
No class Nov 24.
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, Nov 2-Dec 7 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 138 | $179 + $57 special fee covers all class materials
No class Nov 23.

HOW TO MIX PAINT FOR PERFECT SKIN TONES

Theresa Otteson

A person’s flesh is not one uniform color, it is multi-hued. Join a local artist and painter to learn how to observe and mix colors and chunk values (lights and darks) to create successful skin tones. You will start by watching a demonstration and then have time to practice mixing and applying paint to a portrait. Please note that even though we will be working with a portrait, this is not a portrait-painting class.

LLART 365-001 | S, Nov 5 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 152 | $69
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

SILVER CLAY JEWELRY

Carol Avery

Building upon your previous experience with metal clay, you’ll work with a highly concentrated form of silver clay. In the first session, create a personalized rubber stamp for an impression. The stamp can be based either on a design idea brought to class (approximately one-inch square) or inspired by samples provided by the instructor. Design jewelry piece(s) based on the fabricated stamp: then form one or more components. Explore attachment options for finishing before firing the silver clay. In the second session, you’ll learn various ways of coloring the surface, beyond oxidation. Optionally, try your hand at wire-wrapped findings. The class fee includes sufficient silver clay to make at least one pendant, earring set, or several bracelet charms. You’ll walk away from this class with your own unique pieces of wearable art. Prerequisite: LLCFT 241 Bronze Clay Jewelry or equivalent experience.

LLCFT 242-001 | S, Nov 5-Nov 12 | 10:30 AM-1:30 PM
540 Arapeen Dr, room 138 | $99 + $55 special fee
Students must have taken LLCFT 241 Bronze Clay Jewelry or have equivalent experience with metal clay.

TAROT CARDS AND ILLUSTRATION

Josephine Munro

Explore a variety of art techniques and learn about the elements and principles of design as you create and execute Tarot Cards in your unique style! You’ll join a local art educator and illustrator as she walks you through the concepts of theme, mood, composition, integrating text and symbolism, line quality, and value/contrast. While the class focuses on illustration, you’ll also learn to express the true characters often seen in Tarot decks like Death, The Sun, The Moon, The Fool, and more! All levels of experience are welcome.
DRAWING ANIMALS AND SMALL CRITTERS

Patty Schafbuch

You know your pet’s face better than anyone else does; why not learn how to draw those adorable features with the guidance of a professional pet portraitist? You’ll gain confidence in techniques like drawing fur, recognizing shapes within your subject, and creating realistic features using value and texture. Using materials in both black and white and color, you’ll explore and develop your own personal style. Each class will begin with a short demonstration, after which you’ll create work from the provided exercises or from your own photos for reference. Please bring two 5x7” photos to use as references (of your pet or a stock photo), one in black and one in color. This class is intended for students with some introductory drawing experience.

LLART 306-001 | M, Nov 7-Nov 28 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 138 | $119
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

MOSAIC ART: AN INTRODUCTION TO KEYSTONING

Angie Re

Create a geometric piece of mosaic art using glass tile. Your instructor — a locally nationally recognized mosaic artist — will teach you the language and terms unique to this art form, how to use basic hand tools, and a useful mosaic technique called keystoning. Follow along from concept to completion as you’re led step-by-step to a completed artwork that you can take home and enjoy for years to come!

LLCFT 368-001 | Th, Nov 10-Dec 8 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 138 | $129 + $90 special fee covers all class materials
Class is limited to 10. Please contact us directly if you require special accommodations for latex allergies.

LOST WAX CASTING FOR JEWELRY

Jan Harris-Smith

Create beautiful metal jewelry using the lost wax casting process. This method allows you to sculpt and carve your project using wax. The wax is then used to make a mold from which you will cast a unique piece of jewelry that you can wear for years to come. Prior jewelry-making experience is required.

LLCFT 367-002 | Th, Nov 10-Dec 8 | 6:00 PM-9:00 PM
Salt City Smithery (3450 S Main St, Unit 44W, SLC) | $229 + $78 special fee
Prerequisite: LLCFT 229 Metalsmithing I or take our quiz to self-assess your skill level. No class Nov 24. Special fee is for tool rental and some supplies; students will purchase more supplies during class and can expect to spend around $40. Class is limited to 6.
**CORRESPONDENCE ART FOR THE HOLIDAYS— OR ANY DAY!**

*Janet Faught*

Give the gift of snail mail this season as you learn to create one-of-a-kind pieces of art to send through the post. Creative correspondence is perfect for holiday greetings, birthday wishes, or just “ordinary day” pick-me-ups. Create an assortment of unique folded envelopes, learn collage and mono printing techniques, and have fun with doodle art.

LLCFT 305-001 | M, Nov 21-Dec 5 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 152 | $85 + $35 special fee covers all class materials

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**PAINTING SANTA CLAUS: STENCILS AND WATERCOLOR**

*Cindy Briggs*

Learn how to use watercolor to mix skin tones, capture light and shadow, and use masking fluid and stenciling to create designs. You’ll capture the sparkle in Santa’s eyes as you discover how to add more character to your watercolor paintings.

LLART 362-001 | S, Dec 3 | 10:00 AM-1:30 PM
Online | $55

*Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.*

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**FOLKSY FLORAL EARRINGS WORKSHOP**

*Chelsea Ekberg*

Join us for a single-session workshop and learn to create beautiful floral earrings! Use your own floral designs or the instructor’s patterns as you draw, cut, shrink, and assemble your earrings. All materials will be provided and you will leave the class with 4-6 unique pairs of earrings that you can use as gifts or keep all for yourself!

LLCFT 363-001 | S, Dec 3 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 138 | $59 + $15 special fee

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**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 and 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 every semester and always have a new experience! Participants are encouraged to bring a selection of reference photos and also may use those provided by the instructor.

LLART 304-001 | T, Dec 6 | 6:00 PM-8:30 PM
AND W, Dec 7 | 6:00 PM-8:30 PM
Online | $69

*Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.*
**AMERICAN SINGLE MALT WHISKY TASTING**
James Santangelo

Join us for a tasting of this new category in the world of whiskey, American Single Malt Whisky. Yes, we dropped the ‘e’ in whisky because these whiskies are made in the tradition of Scotch using Barley as the primary grain. The difference is in the new oak aging. We feature a number of American Single Malts and discuss the distillation practices, aging, and flavor profiles of each.

LLFW 609-001 | W, Aug 24 | 7:00 PM-9:00 PM
Beehive Distilling (2245 S W Temple, South Salt Lake) | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Students must adhere to Beehive Distilling’s current Covid policies.

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**FOUR VEGAN DISHES IN FOUR WEEKS: A MONTH OF DUMPLINGS**
Rachel Smith

Join us to learn about four different dumpling styles from around the world. Ingredients will be dropped off to you (front door service!), then you will learn techniques to make the recipes vegan-friendly as well as general and localized cooking techniques.

LLFW 610-001 | T, Sep 13-Oct 4 | 6:00 PM-7:30 PM
Online | $89 + $95 special fee is for meal kit and delivery
Enter the address you would like your kit delivered to when registering. Students are responsible for their own tools: a skillet, a medium or large pot, a knife, two small ramekin dishes, and a cutting board.

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**GATHERING WILD MUSHROOMS**
Tatyana Golub and Peter Golub

Delicate yet hearty and palate-pleasing, mushrooms add texture and flavor to a variety of cuisines and dishes. But, which of the thousands of species of mushrooms is edible and which will kill you? In this class, you’ll begin to understand this important distinction by discussing the basics of mushroom hunting, which mushrooms in Utah and surrounding states are edible, and of course, cooking with mushrooms. Our field trip will take us to the Uinta mountains, where we will visit some common sites for hunting (and gathering if there's been enough rain!) boletus edulis (porcini) and chanterelle.

LLFW 416-001 | W, Aug 24 | 6:00 PM-9:00 PM
AND S, Aug 27 | 9:00 AM-4:00 PM
540 Arapeen Dr, room 154/Outdoors | $109 + $5 special fee
Saturday’s foraging trip is subject to climate conditions, students will receive a partial tuition refund if field trip is canceled. Students are responsible for their own transportation for the field trip on Aug 27, location will be discussed in the first class meeting.

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**TO LEARN MORE AND REGISTER FOR CLASSES, VISIT OUR WEBSITE AT lifelong.utah.edu**
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 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 604-001 | W, Sep 14 | 7:00 PM-9:00 PM
Beehive Distilling (2245 S Temple, South Salt Lake) | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Students must adhere to Beehive Distilling’s current Covid policies.

VEGAN BRUNCH FROM START TO FINISH!
Rachel Smith

Join the founder of SLC Chow for a brunch experience like none other! After receiving a delivery of fresh local ingredients from nearby markets and farms, you will cook along in your own kitchen to make a full brunch meal including a sweet dish, a savory dish, and some side dishes. You’ll walk away from this class with new recipes to try on your family and friends, and with new knowledge about vegan substitutes for classic brunch favorites.

LLFW 599-001 | S, Sep 17 | 9:00 AM-12:00 PM
Online | $49 + $26 special fee
Special fee is for meal kit and delivery. Enter the address you would like your kit delivered to when registering. Students are responsible for their own tools: a blender or immersion blender, a skillet, a medium or large pot, a knife, two small ramekin dishes, and a cutting board.

WINE 101: THE BEST OF SOUTHERN ITALY
Sheral Schowe

Discover the most widely known and traveled wine regions in southern Italy while you taste six different grape varieties and styles of wine. We will begin in Tuscany and make our way down to the tip of the “boot” and Italy’s largest wine region of all, Sicilia. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 612-001 | Th, Sep 22 | 6:30 PM-8:30 PM
Carmine’s Italian Restaurant (2477 Fort Union Blvd, SLC) | $39 + $30 special fee
Special fee is for wine and space rental. Please bring an ID to verify that you are 21 or older. Students must adhere to Carmine’s Italian Restaurant current Covid policies.

THE ART OF CHARCUTERIE PLATTERS
Nicole Simper

Enjoy an evening of cheese and creativity with a local SLC foodentrepreneur! 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, Sep 27 | 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 the list.
COFFEE: FROM CROP TO CUP
John Bolton

Join us for an afternoon 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 discuss different brewing methods and enjoy coffee-related light sweet and savory food snacks to accompany our brews.

LLFW 578-001 | Su, Oct 2 | 1:00 PM-3:00 PM
Salt Lake Roasting Co. (820 E 400 S, SLC) | $39 + $31 special fee
Special fee is for a kit of coffee samples, sweet and savory food snacks, a certificate for 1lb of coffee, and event staffing. Students must adhere to SL Roasting Co.’s current Covid policies.

BAKING PRETZELS: AN INTRODUCTION
Matthew Trone

The pretzel. You might know it as the ideal snack, the perfect accompaniment to a beer, or a symbol of German baking. But, have you ever tried your hand at making one of your own? Join a local SLC baker to learn how to make your own version of this traditional, twisted treat from the comfort of your kitchen.

LLFW 592-001 | T, Oct 4 | 6:15 PM-8:15 PM
Online | $39
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

LOOSE LEAF TEA: AN INTRODUCTION
Brad Heller

Singular in species and near infinite in varietals, tea is one of the world’s most cherished beverages. Join us for a hands-on workshop while you discover the taste and subtleties of some of China’s finest teas. You will start with the purest white tea, exploring a full spectrum of oxidation to end with entirely oxidized blacks and fermented tea (pu-erh). You will leave class with a greater understanding of tea so you can continue to explore and enjoy this healthy and refreshing beverage.

LLFW 611-001 | T, Oct 4 | 5:30 PM-7:30 PM
Tea Grotto (401 E 900 S Unit B, SLC) | $39 + $4 special fee
Students must adhere to Tea Grotto’s current Covid policies.

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, Oct 8 | 9:00 AM-12:30 PM
Online | $55 + $2 special fee
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information. Special fee is for demo materials. A vegetarian option is available with one week prior notice.
VEGAN COOKING FUNDAMENTALS
Rachel Smith

Join the founder of SLC Chow for a beginning course in vegan cooking. You'll start by receiving a delivery of fresh local ingredients from nearby markets and farms. Then, you'll cook along in your own kitchen, learning new vegan recipes and common vegan substitutes. By the end of class, you'll have cooked four different dishes that can be used individually as dinners or served in courses for a full vegan meal.

LLFW 598-001 | T, Oct 11-Oct 18 | 6:00 PM-7:30 PM
AND Th, Oct 13-Oct 20 | 6:00 PM-7:30 PM
Online | $89 + $95 special fee
Special fee is for meal kit and delivery. Enter the address you would like your kit delivered to when registering. Students are responsible for their own tools: a blender or immersion blender, a skillet, a medium or large pot, a knife, two small ramekin dishes, and a cutting board.

WHISKIES OF THE WORLD
James Santangelo

Did you know that whiskey is one of the most popular—and fastest-growing—spirits? Learn about how the broad range of whiskies being made worldwide has made this drink even more popular. We will discuss four distinct styles of whiskey, learn how to describe the aromatic and flavor profile of each, and understand drink development with each style. Join us for this fun and interactive class that will make you a whiskey expert in no time!

LLFW 489-001 | W, Oct 12 | 7:00 PM-9:00 PM
Beehive Distilling (2245 S W Temple, South Salt Lake) | $39 + $25 special fee

WOMEN IN HISTORY: A VIRTUAL COCKTAIL SERIES
Andrea Latimer

Women have often been left out of our written histories and the world of mixology is no different. Join us for a virtual cocktail class in which we'll discuss women from the past and present who have made major contributions to the world of beverages. We'll make several classic cocktails every week, each one invented by women – including some invented by your instructor in honor of the women we'll be discussing!

LLFW 608-001 | Th, Oct 20-Nov 3 | 7:00 PM-8:30 PM
Online | $64 + $35 special fee
Special fee is for a kit that includes a bottle of bitters, a bottle of syrup & garnishes. Enrolled students will be emailed a list of additional ingredients and instructions on where and when to pick up their bitters kits.

DISCOVER THE CRUS OF THE SOUTHERN RHONE VALLEY OF FRANCE
Sheral Schowe

Out of the Rhone Valley’s 300 villages, only 17 have the prestigious designation of “Cru”. Nine of the Crus are in the southern portion of the valley with different climates, soils and grape varieties than in the north. We will take a tasting tour from Cru to Cru as you hear the stories of the wineries that represent this region’s incredible diversity. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 252-001 | Th, Oct 20 | 6:30 PM-8:30 PM
Fratelli Ristorante, 8612 S 1300 E, Sandy | $39 + $30 special fee
To learn more and register for classes, visit our website at lifelong.utah.edu

BEGINNING COOKING: SALT-BAKED WHOLE SNAPPER WITH “RISOTTO-ED” POTATOES
Eric “Ed” Heath

Join a local chef to learn how to bake an entire fish in a salt casing with a side of creamy potato risotto. You’ll follow step-by-step and learn how to preserve the moisture in your snapper for a perfect bake, how to use risotto technique with any starch (not always rice!), and how to perfectly season and plate your creation. Whether you are new to cooking or just hoping to learn a new technique, you can create this beautiful dish that is sure to impress family and friends!

LLFW 614-001 | T, Oct 25 | 5:30 PM-7:30 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 are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

BEGINNING COOKING: SALT-BAKED WHOLE SNAPPER WITH “RISOTTO-ED” POTATOES
Eric “Ed” Heath

Have you ever had a beer that didn’t taste quite right but you couldn’t put your finger on the flavor? Do you homebrew and want to better diagnose the success of your next batch? Come refine your palate and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, we will learn about basic off-flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class.

LLFW 529-001 | W, Oct 26 | 6:30 PM-8:30 PM
Bewilder Brewing (445 S 400 W, SLC) | $39 + $25 special fee
Please have an ID ready to verify you are 21 or over. Special fee is for beer and light appetizers. Students must adhere to Bewilder Brewing’s current Covid policies.

MEDITERRANEAN AND EGYPTIAN DISHES: A HEALTHY COOKING CLASS
Abdul Elsaqa

If you are looking to spice up your home-cooking repertoire, look no further than this class on cooking the Mediterranean and Egyptian way! We’ll explore some of the healthiest traditional Egyptian recipes along with instructions on how to prepare them. Learn about spices that have been used for hundreds of years and discover how to incorporate them into your own recipes. Learn how to make dolmas (grape leaves stuffed with rice and vegetables), musakka (an eggplant dish), and hawawshi (Egyptian meat pie)!

LLFW 320-001 | S, Nov 5-Nov 19 | 2:00 PM-5:00 PM
Online | $129
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

BEER SENSORY EVALUATION AND OFF-FLAVOR TRAINING
Jonathan “Cody” McKendrick

Have you ever had a beer that didn’t taste quite right but you couldn’t put your finger on the flavor? Do you homebrew and want to better diagnose the success of your next batch? Come refine your palate and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, we will learn about basic off-flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class.

LLFW 529-001 | W, Oct 26 | 6:30 PM-8:30 PM
Bewilder Brewing (445 S 400 W, SLC) | $39 + $25 special fee
Please have an ID ready to verify you are 21 or over. Special fee is for beer and light appetizers. Students must adhere to Bewilder Brewing’s current Covid policies.

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LLFW 320-001 | S, Nov 5-Nov 19 | 2:00 PM-5:00 PM
Online | $129
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

BEGINNING COOKING: KNIFE SKILLS WITH WINTER BEEF STEW
Eric “Ed” Heath

Winter is the perfect time to cozy up with a classic French beef stew, and with this step-by-step class, you’ll be cooking and chopping like a pro in no time. You’ll acquire cooking skills like braising, the Maillard Effect, appropriate seasoning (acid and salt), blanching, and reduction. You’ll also have
the chance to "sharpen" your knife skills (sorry, couldn’t resist), learning styles of cuts like brunoise; small, medium, and large dice; baton; and oblique cut.

LLFW 600-001 | T, Nov 8 | 5:30 PM-7:30 PM
Online | $39 + $5 special fee
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information. Course readings, including recipe prep instructions, will be provided one week before class; please complete the readings well before class time. Special fee is for demo supplies.

TASTING WINE LIKE A PRO
James Santangelo

How would you describe your favorite wine? Does it have a decadent or opulent body? Are the tannins soft or aggressive? Is the acidity creamy or juicy? Learn the terminology and techniques used by the pros to describe and assess the traits of fine wines. You’ll join one of Utah’s foremost wine experts and experience four different varieties (two white and two red) to learn the building blocks of tasting.

LLFW 588-001 | W, Nov 9 | 7:00 PM-9:00 PM
Beehive Distilling (2245 S W Temple, South Salt Lake) | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Students must adhere to Beehive Distilling’s current Covid policies.

THE CASK OF AMONTILLADO AND THE DRY SHERRIES OF SPAIN
Sheral Schowe

Learn about the interesting history of one of Spain’s first wine regions and how the fortified wine, Sherry, was created. We will explore the winemaking styles of Fino, Manzanilla, Amontillado, Oloroso and Pedro Ximenez. We will also discuss ideas for the best food pairings for each of these amazing wines. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 595-001 | Th, Nov 10 | 6:30 PM-8:30 PM
Cafe Madrid (5244 S Highland Dr., Holladay) | $39 + $30 special fee
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. Students must adhere to Cafe Madrid’s current Covid policies.

THE HIDDEN GEM OF VALLE D’AOSTE, ITALY
Sheral Schowe

At the northwestern corner of Italy, you find the smallest wine region of all, Valle d’Aoste. With a past heavily influenced by France and the House of Savoy, it is truly bilingual and multicultural. The grape varieties are indigenous to the area with unfamiliar names to most. The vineyards are described as nothing short of “heroic.” After many trips to this rather obscure and captivating area, your instructor is excited to share her experiences with you. Students will be expected to purchase their own dinner from the menu which will pair with the wines presented and tip their server accordingly.

LLFW 613-001 | Th, Dec 1 | 6:30 PM-8:30 PM
Carmine’s Italian Restaurant (2477 Fort Union Blvd, SLC) | $39 + $30 special fee
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. Students must adhere to the current Covid policies of Carmine's Italian Restaurant.

SCOTCH FOR THE SOPHISTICATE
James Santangelo

Curious about scotch? Wonder why the different regions of Scotland produce unique flavors and characteristics? Join us as we discuss scotch from the Highlands, Islay, and other regions. Learn the difference between a blended, 12-year scotch and a single malt Scotch whiskey. Whether you are a food and beverage professional or a casual enthusiast, this class is not to be missed.

LLFW 384-001 | W, Dec 7 | 7:00 PM-9:00 PM
Beehive Distilling (2245 S W Temple, South Salt Lake) | $39 + $25 special fee
Must be 21 or over to attend; please bring an ID. Students must adhere to Beehive Distilling’s current Covid policies.

“Amazing teacher [James Santangelo]! He is passionate, funny, and had so much knowledge. Definitely will recommend this class to everyone”
- Tere S., Tasting Wine Like a Pro

Indian Culture: An Introduction Through Music, P27

INDIAN CULTURE: AN INTRODUCTION THROUGH MUSIC
Soma Preciado

Develop an appreciation for the culture of India through interactive listening—and maybe even singing—of traditional Indian classical music. Indulge in this calming music at the end of your workday while learning from a trained and experienced instructor. This class is insightful for musicians of all genres and those with no music experience alike, as well as anyone who is just curious about Indian culture—everyone is welcome!

LLPOT 964-001 | W, Sep 14 | 6:00 PM-8:00 PM
AND W, Oct 5 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 148 | $59 + $5 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu

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IRAN THROUGH THE LENS OF CINEMA
Ali Akbari

Films have long been considered a window through which we view different cultures. Their ability to entertain and teach without being esoteric gives us a more engaging study of language, society, and values. This approach is particularly helpful for a country like Iran, which is often presented through false and sensationalist imagery. Join us for this entertaining and enlightening class where we'll examine the culture and imagery of Iran through the lens of its cinema. Students will watch short clips, analyze them in class, and have access to full-length films outside of class to discuss the following week.

LLPOT 962-001 | M, Nov 7-Nov 21 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 154 | $89

THE PICTUREBOOK: EXPLORING RACE AND REPRESENTATION
Julianne Harmon

Through their simple words and engaging illustrations, picturebooks can provide "mirrors and windows" that reflect readers’ identities and open their eyes beyond their own experiences. Let’s take a look at the diversity gap in children’s books and how disparities in representation impact a child’s sense of self. Together, we’ll examine key criteria for selecting diverse picture books for your own children, grandchildren, or personal library. Finally, we’ll explore recent titles to consider what kinds of stories make sense for engaging children in conversations about race.

LLPOT 965-001 | W, Nov 2 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 148 | $39

WHAT IS GENDER: BEYOND THE BINARY
Irene Ota

Society creates a limited and narrow understanding of gender. Join us to explore the complexities within four areas of identity and the variety within each one: anatomical and biological identity, gender identity, gender expression, and affection and sexuality (what society calls sexual orientation). The goal of this workshop is to inspire you to question your definition and the social construction of gender; move you to become an ally, advocate, and/or accomplice; and create an empathic understanding, nurturing, support, and love with all identities.

LLPOT 963-001 | S, Nov 5 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 124 | $49

JAPANESE TEA CEREMONY: AN INTRODUCTION
Haruko Sadler

Step into another culture, another time as you participate in the ancient ritual of the Japanese Tea Ceremony. The Tea Ceremony ritual began in seventh-century China and still plays a significant role in Japanese culture today. Your tea master will explain the history and philosophy of the ceremony, its relationship to Zen Buddhism, demonstrate the rules and use of utensils, and have you practice some of the steps of the ceremony. Then she will conduct the ceremony, serving you a steaming bowl of tea and Japanese sweets to savor. You will leave class with a new perspective and your own Japanese tea kit to practice what you’ve learned.

LLPOT 966-001 | S, Nov 12 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 124 | $49 + $39 special fee covers all class materials
explore utah

MIGRATING BIRDS OF UTAH AUTO TOUR
Natalia Wilkins-Tyler & Ben Tyler

Bear River Migratory Bird Refuge is a critical habitat that provides abundant food and shelter for millions of birds making their long journey across North America. This unique auto-tour course will give you a front-row view of the birds of Utah during fall migration as they make their way south for the winter. You will receive a checklist of common species you can expect to see, including shorebirds, raptors, ducks, and more. Communicating with each car through the power of technology, your instructors will point out unique birds, share interesting facts and identification markers, and answer your birding questions. Tuition is per car, so join up with your family or friends and come see your local birds in their native habitat.

LLPOT 948-001 | S, Aug 27 | 8:00 AM-1:00 PM

Bear River Migratory Bird Refuge | $156 + $5 special fee
Tuition price is per car. Special fee is for class booklets. Class is limited to 5 cars.

WALKING TOUR OF SLC’S UNSEEN HISTORY
Rachel Quist

The history of Salt Lake City can be 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, Aug 27 and Sep 10 | 9:00 AM-11:00 AM
Richmond Park (444 E 600 S, SLC) | $59
Students should bring their own water, wear comfortable shoes, and dress appropriately for a leisurely walk outdoors. The location for the second session will be provided at the first meeting.

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 | T, Aug 30 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 154 | $39
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 | W, Sep 7 | 5:30 PM-7:30 PM
LLPOT 693-002 | Th, Sep 15 | 5:30 PM-7:30 PM
Salt Lake City Cemetery Sexton’s building (4th Avenue and N Street, SLC) | $45

DRONE OPERATION AND TECHNIQUES
Doug Manifold

Do you own a drone but need guidance on how and where to fly it? Join a licensed drone pilot who will teach you the ins and outs of piloting your flying machine. This class includes classroom discussions of the FAA Part 107 program, explanations of important hardware and software systems, and, most importantly, time to fly drones under controlled conditions.

LLPOT 629-001 | S, Sep 10-Oct 1 | 11:00 AM-2:00 PM
Stillwell Field | $149 + $45 special fee for field rental
Specific meeting information will be sent to registered students before the first session. Class is limited to 6.

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 | W, Sep 28 | 6:30 PM-8:30 PM
540 Arapen Dr, room 124 | $39

MURALS BUILD COMMUNITY WALKING TOUR
Lesly Allen

Over the past few years, 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 South Salt Lake’s Creative Industries Zone? You’ll join one of the brains behind SSL’s annual 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. You’ll also gain a unique insight into how the property owner plays a role in mural-making and the power of public art to build community. There’s so much more to it than just painting walls!

LLPOT 958-001 | S, Oct 1 | 3:00 PM-5:00 PM
Outdoors | $39
This class meets outside of Beehive Distilling (2245 S Temple, South Salt Lake). Please dress in layers appropriate for the weather conditions.

**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, Oct 5 | 6:30 PM-8:30 PM  
AND S, Oct 8 | 9:00 AM-12:00 PM  
W: 540 Arapeen Dr, room 124/S: Bear River Migratory Bird Refuge (2155 W Forest St, Brigham City)  
$69  
Students drive themselves through the bird refuge.

**UTAH’S ONAQI WILD HORSE HERD**
Samantha Couper and Theresa Orison

View Utah’s wild horses in their natural habitat with the Onaqui Catalogue Foundation. You’ll learn about Utah’s most iconic wild horse herd and how community-based citizen science is being used to document and share information about individual horses, behavior, social structures, foal births, and herd management. We’ll start with a two-hour classroom session, then on Saturday, we’ll meet at the entrance of the Onaqui Herd Management Area (HMA) located near Dugway, UT on a quest to observe and catalogue the horses in the wild.

LLPOT 957-001 | Th, Oct 6 | 6:00 PM-8:00 PM  
AND S, Oct 8 | 10:00 AM-2:00 PM  
Th: 540 Arapeen Dr, room 146/S: Outdoors | $89

Specific directions will be given to registered participants in the first meeting. This trip may require some light hiking. Binoculars, a spotting scope, or cameras with zoom lenses are encouraged (the instructor will provide a scope and binoculars for participants to share). Class is limited to 10.

finance & business

To learn more and register for classes, visit our website at lifelong.utah.edu
PUBLIC SPEAKING: CONTENT & CONFIDENCE
Elizabeth Wolfer

Whether you dread public speaking or just need to brush up on your skills, this class is for you. In six sessions, you will learn how to structure a powerful talk; how to build confidence, and overcome nerves and bad habits; how to (and whether) to create effective visuals; how, what, and when to memorize; and what to do with your face, voice, hands, feet, and eyes when delivering a talk or presentation. Additionally, we will cover how to effectively adapt your talk from in-person to online, with pointers for presenting via a screen. If you have a specific talk to work on please bring it. Students are encouraged to attend every class to get the most out of skill-building exercises. The instructor has years of experience coaching and teaching public speaking, including for TEDx Salt Lake City.

LLBUS 159-001 | M, Aug 29-Oct 10 | 6:30 PM-7:30 PM
540 Arapeen Dr, room 124 | $149 + $5 special fee
No class Sep 5.

HOW TO WIN THE INTERVIEW
Eli Vega

The person who wins the interview gets the job - it’s that simple. In this essential course, you will learn how to minimize common fears, how to give STAR answers, the WIIFM approach to interviewing, what to ask/not ask, how to handle illegal questions, and other valuable tips to help you stand out from the crowd.

LLBUS 239-001 | T, Aug 30 | 5:30 PM-7:30 PM
Online | $39

UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS
Tyler Petersen

The economic landscape is constantly fluctuating, and planning for retirement means navigating those changes. With the help of a financial expert, you’ll learn when and how to access your Social Security, and the strengths and weaknesses of the current program. Explore your benefits and options, such as taking benefits early/late, working and reduced benefits, and taxation of benefits. You’ll have a chance to ask questions regarding your specific situation and leave with a workbook to help you make the most of your Social Security trust funds.

LLBUS 202-001 | Th, Oct 6 | 6:00 PM-8:00PM
540 Arapeen Dr, room 124 | $39

NAVIGATING DIVORCE
Ryan Krantz

Divorce can be unpleasant, but being unaware or unprepared for key financial and legal considerations can make the process much worse. Get moving in the right direction with the help of experts in the field of divorce - an attorney and financial advisor - who will provide instruction in the general concerns of the divorce process and answer questions specific to your situation. This class is designed for the individual considering or in the midst of divorce proceedings - it is not couples therapy or mediation, but an informational session with professionals.

LLBUS 161-001 | T, Nov 8 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 120 | $49
SMALL BUSINESS SERIES: SALES SKILLS FOR BEGINNERS
Jessica Brooks

Making direct sales to customers can be one of the most difficult aspects of running a small business. You might have the best art, skill, product, or service, but none of that matters without the skills to sell it. Join us to learn how to strategize your sales pitch and how to ask the right questions to overcome objections. You’ll learn how to ask for what you want, close the deal, and navigate conversations with decision-makers. This class is perfect for anyone doing direct sales.

LLBUS 246-001 | W, Nov 9-Dec 7 | 6:00 PM-7:00 PM
540 Arapeen Dr, room 132 | $59
No class Nov 23.

SUCCULENT AND CACTUS CONTAINER GARDEN WORKSHOP
Cactus & 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 929-001 | W, Aug 24 | 6:30 PM-8:00 PM
Cactus & Tropicals (2735 S 2000 E, SLC) | $49 + $40 special fee for pre-made succulent garden kit

ORNAMENTAL GRASSES
Stephanie Duer

Looking for fabulous low-maintenance plants with year-long interest? Ornamental grasses offer a striking array of textures, forms, sizes, and colors. Their multi-season interest is virtually unsurpassed in the world of plants. Many of these versatile plants are drought tolerant and all are great additions to any landscape. Combine grasses with the golds, yellows, oranges, and blues of fall perennials and you’ll forget all about those flashy spring gardens! You’ll also learn tips on design, planting and maintenance.

LLHG 543-001 | W, Aug 24-Sep 7 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 124 | $75

To learn more and register for classes, visit our website at lifelong.utah.edu
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, Aug 24-Sep 14 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 148 | $145
Some portions of class may take place outside; dress appropriately.

RESIDENTIAL LANDSCAPE DESIGN I: CONCEPT AND PLANNING
Stephanie Duer

Take your landscape from average to fabulous by learning the techniques and tricks of professional designers! We’ll show you how to draw a plan; analyze your site; and use landscape design principles for laying out paths, patios, and garden beds. You’ll have the opportunity to work on your landscape plan with the help of a landscape designer who will teach you design concepts, assessment, and project phasing. We will focus on all areas of the landscape (including front, back, and side yards) to create inspired and functional spaces.

LLHG 512-001 | Th, Aug 25-Sep 29 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 124 | $169 + $20 special fee

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. This class will focus on building on a design you already have. If you’re looking to start from scratch, try level I.

LLHG 925-001 | W, Nov 9-Dec 7 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 120 | $99 + $20 special fee
No class Nov 23.

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, Aug 27 | 9:00 AM-12:00 PM
Instructor’s Garden | $45
Registered students will receive the address one week before class.
BEE KEEPING
Douglas Harper

Healthy, happy, easy-to-maintain honey bees not only reward their keepers with delicious honey but also provide a wonderful pollination service to neighborhood gardens. Learn how to select, house, and manage these beneficial insects as we look at hive components, costs, assembly, and location. We’ll also learn how to use a smoker; what to wear when working with bees; when to purchase bees and from whom; how to install bees into the hive; and how to keep your bees healthy. Along the way, we’ll discuss bee anatomy and social structure, and you’ll receive a month-by-month schedule of bee-keeping activities. There is a field trip to the instructor’s apiary that will include a discussion and demonstrations.

LLHG 557-001 | M, Aug 29-Sep 19 | 6:30 PM-8:30 PM
AND S, Sep 17 | 10:00 AM-12:00 PM
M: 540 Arapeen Dr, room 154/ S: Instructor’s Apiary | $129 + $15 special fee for book on first day
No class on Sep 5.

SOILS: DIG DEEPER INTO GARDENING
Michelle Cook

They get enough water. They get enough light. So why aren’t your plants as healthy or as big as you think they should be? It could be the soil. Did you know approximately 90% of plant problems are soil-related? Soil is where it all begins, and this course is where you begin learning about it. We will cover the physical, biological, and chemical properties of soils as well as basic plant nutrition and fertilization that will help you achieve an optimum planting and growing environment. We will discuss soil, soil structure, how to work with different types of soils, and how to improve it. Understanding what is going on underground is the first step in creating a healthy and beautiful garden.

LLHG 615-001 | T, Aug 30-Sep 6 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 152 | $49 + $5 special fee

ALL ABOUT TOMATOES
Kim Eden

Bite into a fresh, juicy tomato from your own backyard and relish the flavor not found anywhere else. Tomatoes have a long and varied history but have become a favorite food item for many people. Join us to learn about soil preparation, soil amendments, fertilizer options, plant-specific maintenance, pruning, and harvesting for a number of tomato varieties. Indulge in your joy of tomatoes in this hands-on course, taught in the instructor’s own teaching garden.

LLHG 611-001 | S, Sep 10 | 9:00 AM-11:00 AM
Instructor’s Garden, Bluffdale, UT | $39 + $5 special fee
Students will receive the address one week before class.

PERENNIALS: LATE SUMMER AND FALL BLOOMERS
Kim Eden

You shopped for perennials in the spring and purchased plants based on the beautiful blooms on display, but forgot to consider your garden design for late summer and fall. Proper planning can give you color and blooms from early spring until frost. Slides, discussion, and a tour of the instructor’s garden will help you select perennials best suited to your individual landscape. We’ll also cover design, soil preparation, planting, and maintenance. This class is an excellent complement to Perennials: Spring and Summer Bloomers. Register for both for a long beautiful season.

LLHG 618-001 | S, Sep 17 | 9:00 AM-12:00 PM
Instructor’s Garden, Bluffdale, UT | $49 + $5 special fee
Students will receive the address one week before class.
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, Sep 19-Sep 26 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 132 | $59 + $25 special fee for mycology kit

ECO HOME AND LANDSCAPE 101
Cactus & Tropicals

In an increasingly dry environment, our home landscapes become more difficult to maintain. Join us for an evening of exploration into making your house and garden more eco-friendly. You will learn how to start and maintain a compost bin, the basics of making your yard more sustainable in a desert environment (USDA Hardiness Zones 4-6), preparing your yard for xeriscaping, and native plants that will thrive with little to no water. Co-sponsored with Cactus & Tropicals.

LLHG 930-001 | S, Sep 24 | 6:30 PM-8:30 PM
Instructor’s Garden, Bluffdale, UT | $49 + $5 special fee
Students will receive the address one week before class.

SUSTAINABLE GARDENING
Kim Eden

We are all familiar with the traditional garden vegetables, but did you know there are a larger number of edibles you can plant (or possibly already have planted) in your yard? Start your journey to create not only a self-sustaining landscape, but also a more perennial edible one. Join us in your instructor’s working garden to learn 30 plants that will brighten and individualize your landscape and kitchen repertoire!

LLHG 921-001 | S, Sep 24 | 9:00 AM-12:00 PM
Instructor’s Garden, Bluffdale, UT | $49 + $5 special fee

PLANNING FOR SPRING FLOWERING BULBS
Michelle Cook

Plan and plant this fall for an early spring garden filled with color and diversity from a combination of spring-blooming bulbs. Daffodils and tulips take center stage as we look at recommended varieties and discuss selecting various cultivars so you have continuous color from early to late spring. We’ll also discuss lesser-known spring bloomers like Allium, Glory-of-the-Snow, Winter Aconite, Checkered Lily, and Snowdrops. Learn about design, planting, maintenance, and how to force some of these little gems for winter flowers indoors. Going dormant in summer, spring-blooming bulbs are great landscape plants in Utah’s dry climate. Get excited about spring this fall and have flowers next year as soon as the snow melts.

LLHG 519-001 | T, Sep 27-Oct 4 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 154 | $49 + $8 special fee
PERMACULTURE PLANTS FOR SUSTAINABLE YARDS
Kim Eden

Is pest control one of your least preferred garden tasks? Do you wish to move to a more organic approach to your yard maintenance? In part, permaculture is a sustainable technique that uses plants to maintain pest control. Join us in your instructor’s working garden to learn 30 helpful plants that will keep your yard healthy with minimal effort.

LLHG 920-001 | S, Oct 1 | 9:00 AM-12:00 PM
Instructor’s Garden, Bluffdale, UT | $49 + $5 special fee
Students will receive the address one week before 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, Oct 3 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 132 | $39

TREES AND SHRUBS FOR RESIDENTIAL LANDSCAPES
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 | S, Oct 8-Oct 15 | 9:00 AM-12:00 PM
Instructor’s Garden, Bluffdale, UT | $85 + $5 special fee
Students will receive the address one week before class.

PUTTING YOUR GARDEN TO BED: PREPARING FOR WINTER
Cactus & Tropicals

With the growing season coming to an end, there are still many things to do so your landscape and garden beds can rest and look forward to another beautiful and productive growing season. Learn how to prepare for winter by mulching, pruning, and caring for your perennials and lawn. Join us for this information and more as you give your gardens the best chance for a strong and healthy return in the spring. Co-sponsored with Cactus & Tropicals.

LLHG 924-001 | T, Oct 11 | 6:30 PM-8:00 PM
Cactus & Tropicals (2735 S 2000 E, SLC) | $49
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 | M, Oct 17-Oct 24 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 132 | $59 + $25 special fee for mycology kit

Learn the art of floral design as you create two holiday arrangements in this fun, hands-on workshop. You’ll start with a fall display, using seasonal flowers and textures to evoke the season of harvest. The second half of the day will focus on winter floral design and table-scaping. You will benefit from the expert instruction of an award-winning local florist with 20+ years of experience, creating unique arrangements using premium regional and imported blooms and lush seasonal vegetation. All flowers and vessels are provided, students bring their own shears and pruners.

LLHG 931-001 | S, Nov 12 | 10:00 AM-1:00 PM

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, Nov 15 | 6:30 PM-8:00 PM
Cactus & Tropicals (2735 S 2000 E, SLC) | $49

Practice the art of Ikebana—the simple yet rich Japanese style of plant arranging. Translated as “bringing flowers to life,” creating Ikebana can quiet the mind, provide clarity and energy, and become its own spiritual experience. Working with fresh materials in special containers, you’ll learn the balance, design, and form used by historic and contemporary masters to create floral works of art.

LLHG 518-001 | S, Nov 19 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 138 | $48 + $60 special fee
Students may find it helpful to bring a bucket, apron, and water-proof wrap for transporting flowers.
TERRARIUM WORKSHOP

Cactus & 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, Dec 6 | 6:30 PM-8:00 PM
Cactus & Tropicals (2735 S 2000 E, SLC) | $49 + $40 special fee for a pre-made terrarium kit

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, Aug 25-Sep 29 | 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.

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, Sep 7-Oct 12 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 160 | $149 + $5 special fee
CONVERSATIONAL FRENCH II
Catherine Thorpe

This class is a continuation of Conversational French I (LLLAN 350) or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This class is designed to be repeated as often as you wish.

LLLAN 351-001 | W, Oct 19-Nov 30 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 160 | $149 + $5 special fee
No class Nov 23.

FRENCH FOR TRAVELERS
Catherine Nalder

Tackle a French vacation fearlessly with an all-inclusive approach to travel to francophone countries. Learn the phrases and vocabulary necessary for shopping, reading a metro plan, and ordering the ever delicious pain au chocolat. In addition to terminology, this course will provide insight into French culture and customs—how a tourist acts can greatly enhance their vacation. Get tips for traveling abroad with information that can transfer from France to the rest of Europe. This class is perfect for beginners, but all levels are welcome.

LLLAN 353-001 | T, Oct 11-Nov 15 | 7:00 PM-9:00 PM
540 Arapeen Dr, room 154 | $149 + $5 special fee

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, Sep 8-Oct 13 | 7:00 PM-9:00 PM
540 Arapeen Dr, room 120 | $149
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).

CONVERSATIONAL ITALIAN II
Jason Cox

Build upon the skills you’ve learned in Conversational Italian I or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish.

LLLAN 363-001 | Th, Oct 27-Dec 8 | 7:00 PM-9:00 PM
540 Arapeen Dr, room 120 | $149
No class Nov 24. 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). These are the same texts used in Conversational Italian I.
JAPANESE FOR TRAVELERS
Bryan Nalder

Learning the basics of the language and customs of any foreign country is a great start to your vacation abroad. Gain an understanding of essential Japanese words and phrases to make your travels to Japan more pleasurable. We will cover the common greetings, vocabulary, and Kanji necessary for navigating Japan, purchasing a train ticket, and ordering sushi. We will also spend time learning about the unique culture and customs of Japan.

LLLAN 411-001 | W, Oct 12-Nov 16 | 7:00 PM-9:00 PM
540 Arapeen Dr, room 124 | $149 + $5 special fee

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, Oct 18-Nov 22 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 124 | $219
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, Oct 13-Nov 17 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 124 | $219
Students may choose to purchase the book Integrated Chinese, Textbook Simplified Characters, Level 1, part 1 but it is not required.

performing arts

Flamenco Dance: An Introduction, P42

To learn more and register for classes, visit our website at lifelong.utah.edu
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 | Th, Sep 1-Oct 6 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 160 | $155 + $5 special fee
Class is limited to 8. Students must bring their own instrument as well as a banjo strap, finger picks and tuner.

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, Sep 7-Sep 28 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 120 | $119

INTERMEDIATE IMPROV COMEDY: LONGFORM
Clint Erekson

Delve into the technique that helped launch the careers of Will Ferrell, Tina Fey and Steve Carrell. Longform Improv Comedy performers use one suggestion to create scenes that are interrelated by story or characters or theme, and may last up to 25 minutes or more. We'll explore different types of Longform structures, including Harlod's and Armandos. This class is intended for students with previous improv experience.

LLMT 463-001 | W, Oct 5-Oct 26 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 120 | $119
Prerequisite: LLMT 396 Improv Comedy Workshop or similar experience.

FLAMENCO DANCE: AN INTRODUCTION
Katie Sheen-Abbott

Flamenco is a graceful dance of expression characterized by intricate hand, foot, and body movements. Join us for a fun and insightful class in which we will gain a broad understanding of this traditional Spanish dance and its music. We will focus on flamenco rhythms; the interaction between the guitarist, singer, and dancer; and a brief history of flamenco dance. We will also learn about flamenco dance technique, which includes rhythmic footwork (zapateado), arm (braceo) and hand placement, and overall body placement.

LLMT 478-001 | S, Sep 10-Oct 8 | 11:00 AM-12:00 PM
Studio Zamarad (2607 S State St, SLC) | $75 + $25 special fee for studio rental
COMEDY IS A JOKE: AN INTRODUCTION TO STAND-UP
TJ Taylor

Join a local SLC comedian as you learn the skills it takes to become successful at stand-up. You will explore joke writing and structure, gain the confidence needed to build your stage presence, and learn how social media is affecting comedy.

LLMT 482-001 | S, Sep 10-Sep 24 | 10:00 AM-12:00 PM
LLMT 482-002 | S, Oct 1-Oct 15 | 10:00 AM-12:00 PM
540 Arapeen Dr, section 1 in room 124, section 2 in room 132 | $89
Class is limited to 8.

AUSTRALIAN DIDGERIDOO: PLAYING AND CULTURE
Randin Graves

A soulful instrument that has been played on every continent (and even in space!), the didgeridoo can be played by anyone with a little practice. It is simply a tube that creates unique sounds through the control of the lips, breath, tongue, voice, and stomach muscles. Learn to play this unusual instrument and go in-depth with the culture of Aboriginal Australia that invented it—from someone who lived in a remote Aboriginal community for years. This course will be taught using a simple plastic didgeridoo. Due to the variety in traditional wooden didgeridoos, their use is discouraged for this class.

LLMT 389-001 | M, Sep 12-Oct 17 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 160 | $119 + $20 special fee
Students will learn in the classroom and practice outdoors. Special fee covers the cost of your instrument.
Class is limited to 10.

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, and gain an understanding of the Hawaiian culture. 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, Oct 1 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 124 | $49

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 | T, Oct 11-Oct 25 | 6:30 PM-7:30 PM
AND T, Nov 8-Nov 22 | 6:30 PM-7:30 PM
540 Arapeen Dr, room 160 | $119
No class Nov 1. Students are responsible for their own guitar.
BEGINNING GUITAR II
Bruce Christenson

We will build on the basics of playing guitar learned in Beginning Guitar I. Rhythm, scales, fingerpicking, basslines, riffs, and more chords and exercises will be explored through a variety of musical styles. We will learn in a relaxed and fun environment. Prerequisite: Beginning Guitar I or knowledge of basic chords, rhythm, tablature reading, and tuning.

LLMT 383-001 | T, Oct 11-Oct 25 | 7:45 PM-8:45 PM
AND T, Nov 8-Nov 22 | 7:45 PM-8:45 PM
540 Arapeen Dr, room 160 | $119
No class Nov 1. Students are responsible for their own guitar.

CLASSIC ROCK RHYTHM GUITAR
Randin Graves

If you've taken Beginning Guitar I and are ready for the next step of playing with other people, here's your chance! By learning a selection of classic rock songs—from folk-rock to hard rock—you will improve basic skills and try more advanced techniques such as fingerpicking and alternate tuning. Prerequisite: Beginning Guitar I or knowledge of basic chords, rhythm, tablature reading, and tuning.

LLMT 465-001 | M, Oct 24-Nov 28 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 160 | $119
Students must bring their own instrument. Acoustic is preferred for week one.

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, Oct 27-Dec 8 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 160 | $155 + $5 special fee
Class is limited to 8. No class Nov 24. Students must bring their own instrument.

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, Nov 3-Nov 17 | 6:30 PM-8:00 PM
AND Th, Dec 1 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 146/ J. Willard Marriott Library audio studio (295 S 1500 E, SLC)
$109 + $3 special fee
The last session meets at the Marriott Library audio studio. Class is limited to 10. Special fee is for library parking.
photography & digital media

DEVELOP YOUR PHOTOGRAPHIC EYE

With today’s digital cameras, just about anyone can take a snapshot. But, it usually takes more than the casual click of a button to create a compelling and artistic photographic image. While most photography classes focus on the technical aspects of photography, this class is all about the art of photography. Learn how to best position your camera, master your optics, go beyond the rule of thirds, develop patience and timing, and improve your post-processing skills. Move beyond the technical hassles and learn to think and see like a photographer.

LLART 245-001 | W, Aug 24-Sep 14 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 132 | $139
Please come prepared with your own camera.

PHOTOGRAPHING PEOPLE IN MOTION

If you’ve ever tried to capture a daughter’s soccer game, a nephew’s theater performance, a grandchild running around the yard, or a pet chasing a toy, you know that photographing people in motion can be a struggle. Learn from a local sports photographer to go beyond your camera’s auto mode and dramatically improve the photos you get of people who aren’t posing to say “cheese.” In the first classes, you will learn how to adjust your camera settings, shooting techniques, and post-processing methods. Your third class will be a field trip to a sporting event to practice the skills you’ve learned and receive one-on-one feedback from your expert instructor.

LLART 130-001 | Th, Aug 25-Sep 15 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 132 | $139
Field trip on Sep 8 (location announced in class). Please come prepared with your own camera.

LANDSCAPE AND ADVENTURE PHOTOGRAPHY: AN INTRODUCTION

Learn how to capture breathtaking images of your adventures in the natural world during this workshop that introduces you to the skills and techniques used by professionals. Topics include exposure control and light metering, the principles of visual communication, the qualities of natural light, advanced digital techniques, and the philosophy and tradition of the artist in nature. You will learn through slide-illustrated lectures and group discussions/critiques. This class is intended for photographers of all levels; no experience is required.

LLART 168-001 | T, Aug 30-Oct 4 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 148 | $119
Please come prepared with your own camera.

To learn more and register for classes, visit our website at lifelong.utah.edu
DARKROOM PHOTOGRAPHY: HIKE, SHOOT, AND PRINT

Dave Hyams

Learn how to use the darkroom to take your photos from digital image to physical print— all you need to bring is a digital camera or your smartphone! The first class is outdoors on an easy/moderate hike where you’ll learn to compose an interesting photo, how to shoot color for black and white prints, and techniques for long exposure in both capture and post. Then, you’ll enter the studio to experience digital processing and hands-on darkroom printing. You will leave class with two or more black-and-white silver gelatin prints, along with the knowledge of how to take advantage of the best of both worlds of photographic processes.

LLART 165-001 | S, Sep 10 | 10:00 AM-1:00 PM
AND S, Sep 17 | 10:00 AM-3:00 PM
Sep 10: Millcreek Canyon (3800 S Mill Creek Canyon Road, SLC) / Sep 17: Luminaria (14 E 800 S, SLC) | $149 + $35 special fee
Class is limited to 10. Students provide their own digital camera and canyon use fee ($5). Students must adhere to Luminaria’s Covid-19 policies.

LIGHTROOM: AN INTRODUCTION

Gary Lee Booth

Do you wish that your huge backlog of digital photos was easier to organize and edit? Then join us and learn to manage your photographs with Adobe Lightroom Classic. Discover a process to easily archive, organize, adjust, and edit your images. By the end of this course, you will understand the basics of the software and the know-how to use the tools that will help you dial in your photographic workflow. Students should be comfortable using a computer and have a working knowledge of photography.

LLART 297-001 | S, Sep 10-Oct 1 | 10:00 AM-1:00 PM
J. Willard Marriott Library (295 S 1500 E, SLC) Mac Lab | $169

BEGINNING VIDEO EDITING WITH PREMIERE PRO

Ali Akbari

Have you ever thought about doing something with the hundreds of videos you’ve taken? In this introductory course, learn how to craft raw footage into polished videos using Adobe Premiere Pro. Get comfortable with file management, cutting and trimming, resizing, and much more. Come practice telling a visual story with sophisticated tools!

LLART 310-001 | M, Sep 19-Oct 24 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 249 | $149
Students are eligible to download, install, activate, and use Adobe Premiere Pro while attending the class.

ADOBE ILLUSTRATOR FOR BEGINNERS: FLAT DESIGN PORTRAIT

Katie Bevan

Learn the basics of Illustrator by creating a unique, digital portrait. Using basic shapes and bright colors— characteristics of “flat” illustration— you will get step-by-step instruction on simplifying the human figure and background elements. You will learn Adobe Illustrator basics by exploring shapes, color, the pen tool, and more. With your new skills, you can illustrate and design for any project, from social media portraits to custom illustrations for your website to fun gifts for family and friends!

LLART 376-001 | M, Sep 19-Oct 10 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 156 | $109
Students should bring paper and pencil for sketching ideas.
DIGITAL ART: CONCEPT ART IN THE ENTERTAINMENT INDUSTRY
Nathan Allen

Develop digital illustration skills with an eye toward designing concept art for the entertainment industry. Your instructor, an industry professional from Lucasfilm Animation, will teach you how to use Procreate on the iPad with an Apple Pencil. You will focus on character, prop, and environment creation with instruction and feedback emulating a studio environment for film and game development. Students should have some prior experience with drawing and be familiar with using an iPad.

LLART 370-001 | M, Sep 19-Oct 24 | 7:00 PM-8:30 PM
Online | $119
Students provide their own iPad and Apple Pencil, and must purchase the Procreate app before class.

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 the 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, Sep 27-Oct 25 | 6:30 PM-9:00 PM
AND S, Oct 29 | 10:00 AM-12:00 PM
One Sandy Center (10011 Centennial Parkway, Sandy) | $159 + $5 special fee
LLART 115-002 | W, Sep 28-Oct 26 | 6:30 PM-9:00 PM
AND S, Oct 29 | 1:00 PM-3:00 PM
540 Arapeen Dr, room 154 | $159 + $5 special fee
Class will meet for a field trip outdoors on Sat, Oct 29 (location announced in class). Students will share photos via Google; please come to the first class prepared with a Gmail address. Please come prepared with your own camera.

FLORAL GREETING CARDS IN PROCREATE
Chelsea Ekberg

Learn to digitally create floral designs and take those drawings to the next level with instruction on how to create your own greeting cards. Create complementary color palettes, take advantage of the symmetry feature, effectively manipulate brushes to help your drawings sing, and follow in the footsteps of your instructor by designing eye-catching contemporary folk-art flower designs that will sell or delight your friends and family. By the end of class, you will have two card designs that you can print anywhere and distribute!

LLART 368-001 | T, Sep 20-Oct 11 | 6:30 PM-8:30 PM
Online | $109 + $10 special fee is for a set of Procreate brushes distributed digitally
Students need their own tablet and access to the Procreate app.

DIGITAL PHOTOGRAPHY II
Neil Eschenfelder

Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes, and black and white? If you have mastered the basics and are ready to go deeper, this is
the class for you. We’ll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique controls your digital camera gives you. Prerequisite: Digital Photography: Nuts and Bolts for DSLR (LLART 193), Digital Photography: An Introduction (LLART 115), or take our quiz.

LLART 131-001 | W, Nov 2-Nov 16 | 6:30 PM-8:30 PM
AND S, Nov 5-Nov 12 | 10:00 AM-12:00 PM
540 Arapeen Dr, room 154 | $129 + $5 special fee
Class will meet for outdoor field trips on Nov 5 and 12 (location announced in class). Please come prepared with your own camera.

PODCASTING: AN INTRODUCTION
Christopher Holifield

Do you want to start a podcast? Then this is the perfect course for you! Join us to learn the entire process of creating a podcast, from idea to launch. Learn how to choose the subject matter, what equipment you need to create a quality podcast, and how to record, edit, and find sponsors. Your instructor will also cover publishing to Apple Podcasts, Spotify, Pandora, Stitcher, and tons of other audio outlets. No more piecing together information from the Internet, throwing away money on outdated podcasting books, or buying the wrong equipment. With this class under your belt, you will be prepared to record, edit, publish, and grow your podcast.

LLART 342-001 | T, Oct 4-Oct 25 | 7:00 PM-9:00 PM
540 Arapeen Dr, room 146 | $109

NATURAL LIGHT PORTRAIT PHOTOGRAPHY
Jeri Gravlin

Using the beauty of natural light, develop your skills in portrait photography. We’ll work indoors and out, playing with shadow and light to add mood and texture to your work. Take your portraiture to a whole new level! Open to point-and-shoot, DSLR, or film photographers. Prerequisite: Digital Photography: An Introduction (LLART 115), or take our quiz.

LLART 94-001 | W, Oct 5-Oct 26 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 148 | $75
Please come prepared with your own camera.

ADVENTURE MEDIA AND PHOTOGRAPHY
Jonathan Duncan

The rapid change in technology over the last decade has enabled us to share our experiences as travelers and adventurers like never before. Join a local photographer and examine the latest tools of the storyteller including digital cameras, video, filters, editing software, and how to use these tools to develop compelling and creative stories. You will learn technical skills in digital photography and videography, practice building project outlines and storyboards, and have the opportunity to create your own unique blog, website, or other digital storytelling platform.

LLART 348-001 | T, Oct 18-Nov 22 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 148 | $119
Please come prepared with your own camera.
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, Oct 22-Nov 12 | 11:00 AM-2:00 PM
J. Willard Marriott Library (295 S 1500 E, SLC) Mac lab | $189
LLART 346 Beginning Photo Editing is a great precursor to this class.

SMART SMARTPHONE PHOTOGRAPHY
Dave 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 | T, Nov 1-Nov 22 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 146 | $119
Students must bring their own smartphone.

BEGINNING PHOTO EDITING
Dave 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.

LLART 346-001 | W, Nov 2-Nov 16 | 6:00 PM-8:30 PM
540 Arapeen Dr, room 249 | $109

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 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 photojournalism, storytelling through imagery, or just want to make a difference.

LLART 357-001 | W, Nov 9-Nov 16 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 148 | $49
Please come prepared with your own camera.
“Jeri was a great teacher! I felt like I learned how to develop my photographic eye a little better. I appreciated her practical knowledge of how to best photograph people we love!”

- Jenni B., Natural Light Portrait Photography

**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.

**LLREC 777-001 | Su, Aug 28 | 9:00 AM-4:00 PM**

Outdoors | $109 + $6 special fee

This is an in-person class that meets outside. Specific meeting information will be emailed to registered participants.
To learn more and register for classes, visit our website at lifelong.utah.edu

BACKPACKING: AN INTRODUCTION
Jeffrey Steadman
Get off the beaten path and into the backcountry with nothing but the pack on your back. Some of the best scenery and most serene camping you can have is only accessible by trail, but how do you plan a backpacking adventure? In this course, we’ll go over everything you need to get started—or refreshed, if it’s been a while— including all the basic gear you’ll need, how to pack a backpack, meal preparation, course mapping, rules and permits, and safety concerns. We’ll also share some specific trails that offer stunning scenery and are perfect for beginners.

OUTDOOR SURVIVAL SKILLS: AN INTRODUCTION
Michael Fagerstrom
We all love to watch outdoor survival shows, but would you know what to do if you were left alone in the wilderness? Join us to learn what it takes to survive in the outdoors, including how to build various shelters using just a tarp and twine, starting a fire without matches, and various methods of water filtration (including a solar still). Your instructor, a certified wilderness first responder who has logged 10,000+ miles of through-hiking and 400+ field days as a wilderness guide, will answer all your questions and share the ten essential items you should always keep handy. With your newfound skills, you can venture outdoors with the confidence of knowing you are fully prepared!

To learn more and register for classes, visit our website at lifelong.utah.edu
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 using tubes versus going tubeless, the correct tire pressure to run on your bike, and how 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 | W, Sep 14-Sep 21 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 154 | $59

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.

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, Sep 22 | 6:00 PM-9:00 PM
AND S, Sep 24-Oct 1 | 9:00 AM-5:00 PM
Th: 540 Arapeen Dr, room 132/ S: Outdoors | $155 + $25 special fee
Saturday river location announced in class. Class takes place rain or shine; please dress accordingly. Special fee is for flies and access to shared equipment. Please bring rod, reel, and line to first class if you have them. Rods, equipment, and extra flies ($2) will be available to rent/purchase from the instructor at additional cost.

“[Annalee Wood] was knowledgeable and had a great sense of humor. I learned a lot!!” - Michelle, Get Outside and Oil Paint!
BEGINNING ROLLER SKATING: AGILITY, STABILITY, AND SKILLS
Jenne Parsons

Have you always wanted to learn to skate, but didn’t know where to start? Or maybe you skated when you were a kid, then bought skates during the pandemic and found it’s not as easy as it used to be to stay upright? Join skaters from Salt Lake Roller Derby and learn how to skate safely and have fun on eight wheels. You’ll learn about S.A.S.S.—Skating: Agility, Stability, and Skills—as well as roller skates and their components, safety equipment and how to fit it properly, and how to gain speed and stop. Along the way, you’ll learn a little about the history of roller derby, get to know the rules of play, pick your own derby name, and have the chance to visit a live roller derby bout!

LLREC 927-001 | S, Oct 1-Oct 22 | 2:00 PM-4:00 PM
The Derby Depot (1415 S 700 W #17, SLC) | $109 + $19 special fee
This class is geared towards skating on quad skates (not roller blades) and is intended for beginning skaters, though all are welcome. Specific safety gear is required to participate—students may rent from instructor or bring their own; please view the materials list online. Special fee is for building rental and tickets to the roller derby bout.

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, Oct 3-Nov 7 | 7:00 PM-8:30 PM
SquashWorks (225 S 500 E, SLC) | $119 + $25 special fee
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.

MOONLIGHT HIKE IN THE WASATCH MOUNTAINS
Bruce Christenson

Join us for a moonlight hike in the beautiful Wasatch Mountains! We’ll travel under the moonlight on the crest of the Wasatch as we ascend ridgelines and summit small peaks. There will be great views of the mountains and surrounding valleys. Also on our journey, we will investigate wilderness navigation and survival skills. This is a moderate hike with plenty of opportunities to rest. Throughout the hike we will travel up and down, ascending and descending roughly 1,000 feet in elevation. Students will learn in a relaxed, fun environment.

LLREC 914-001 | T, Oct 4 | 7:00 PM-9:00 PM
Outdoors | $49 + $3 special fee
Location information will be emailed to registered students a week before class. Students are responsible for their own snowshoes and headlights; ski/hiking poles are recommended but not required.

AIKIDO: AN INTRODUCTION
Benjamin 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.

To learn more and register for classes, visit our website at lifelong.utah.edu
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.

INTRO TO TENKARA FLY FISHING
Erik Ostrander

Tenkara is a traditional Japanese method of fly fishing utilizing just a rod, line, and 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 to 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 own 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, Oct 6 | 6:00 PM-9:00 PM
AND S, Oct 8-Oct 15 | 9:00 AM-5:00 PM
Th: 540 Arapeen Dr, room 148/ S: Outdoors | $155 + $35 special fee
Saturday location announced in class. Class takes place snow, rain, or shine; please dress accordingly. Special fee is for flies and access to shared equipment. Please bring rod, reel, and line to first class if you have them. Rods, equipment, and extra flies ($2) will be available to rent/purchase from the instructor at additional cost.

INDOOR ROCK CLIMBING
Momentum

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 lifelong love of rock climbing. No prior experience is necessary; equipment and shoes are provided.

LLREC 739-001 | W, Oct 26-Nov 16 | 6:30 PM-8:30 PM
Momentum Millcreek (3173 E 3300 S, SLC) | $105 + $85 special fee 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.

wellness & relationships
**BOTANICAL REMEDIES FOR DOGS**  
*Rachael Bush*

Does your dog have cracked pads or a crusty nose? In this class, we’ll make a balm to heal damaged toes, a butter to soothe the dry noses, and sunblock cream. You’ll make one of each and learn what you need to continue production at home. Keep your pup covered from head to toe with these all-natural recipes made with easy-to-find ingredients.

LLHL 225-001 | S, Aug 27 | 12:00 PM-2:00 PM  
540 Arapeen Dr, room 152 | $39 + $8 special fee covers all class materials

**HOMEMADE LOTIONS AND CREAMS**  
*Carrie Roberts*

Learn tips and tricks for combining natural oils and emulsifying wax to make your own silky-smooth lotion! Explore the benefits of homemade lotion compared to commercial products, and discover which oils help with different skin types. We will also learn how lotions compare to body butters and the differences between preservatives and antioxidants.

LLHL 223-001 | S, Sep 17 | 1:00 PM-4:00 PM  
540 Arapeen Dr, room 152 | $49 + $35 special fee covers all class materials  
*Please bring an apron and your favorite essential oil.*

**HORSES AND WELLNESS: THE HEALING POWER OF HORSES**  
*Giuliana Marple*

Slow down and improve how you connect with yourself and others through the power of horses. Come experience a day of meditation with these generous and brave animals. Through breathing exercises and mindfulness practice with the horses, you’ll learn the importance of self-awareness and living in the present moment. No horse experience is necessary, just an open heart! This is not a horseback riding class.

LLHL 138-001 | S, Sep 17 | 10:00 AM-1:00 PM  
Spring Creek Ranch, Huntsville | $69 + $45 special fee  
*Students will be notified of exact location one week before class. Please allow time for travel. Students must adhere to venue’s Covid-19 policies.*

**ZEN MIND: CREATIVITY, COMMUNICATION, AND CONSCIOUSNESS**  
*Jonathan Duncan*

Join us for an exploration of Zen philosophy and what it has to teach us about the nature of human happiness. This course combines the varied fields of mindfulness, positive psychology, flow, and Eastern philosophy. Learning about these philosophies opens the door to living with a conscious awareness of how you are using and developing your mind. We will direct this awareness to become inspired communicators, capable of expressing our unique reality through our imagination and creativity.

LLHL 231-001 | M, Sep 19-Oct 24 | 6:30 PM-8:00 PM  
540 Arapeen Dr, room 148 | $119

**TIBETAN BUDDHIST MEDITATION: AN INTRODUCTION**  
*Joseph Evans*

Learn to reduce stress, anxiety, and traumas and increase well-being and happiness through Tibetan Buddhist Meditation. Explore calm abiding meditation (shamatha), The Four Noble Truths, developing compassion (tonglen practice), the 12 Wisdoms, and fundamentals of Buddhist view according to the
Dzogchen Lineage of Tibetan Buddhism. No previous meditation experience is required.

LLHL 143-001 | T, Sep 27-Oct 25 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 120 | $139
No class on Oct 4.

**MERMAID SWIMMING AND DIVING**
Ani Ostendorff

Join one of Utah’s foremost mermaiding experts for a mind-body experience that gives technical skills, an imaginative playground and physical exercise that is unparalleled! You will start in the classroom and learn the basics of mermaid swimming with a monofin and freediving. You’ll then split into small groups for a pool session where you will practice stretches, self-rescue skills, the basics of safe breath-hold techniques, weighting, surface diving, how to enter and exit the water, and how to float. Mermaiding is for everyone no matter your gender, shape, background, or age – it’s never too late to transform into a mermaid!

LLHL 242-001 | W, Oct 19-Oct 26 | 6:30 PM-7:30 PM
AND S, Oct 22-Oct 29 | 4:30 PM-7:30 PM
W: 540 Arapeen Dr, room 146 / S: Dive Utah (4679 S 2225 E Holladay) | $189 + $85 special fee covers all required equipment and pool rental.
Please bring your own towel, a secure swimsuit, water and water bottle, and a change of clothing to the pool sessions. Class is limited to 8, pool sessions are limited to 4.

**ENERGY CULTIVATION USING TAI CHI: AN INTRODUCTION**
Emily Yeates

Discover how to relax, strengthen, and cultivate energy in the body using tai chi. This class will introduce qi gong and tai chi principals using movement, visualization, self-massage, breath work, and meditation to enhance energy, awareness, healing, and strength. Each week you will learn a few new postures and how to integrate them together, moving seamlessly from one movement to the next in a beautiful form of moving meditation. Once the form is memorized you can practice tai chi anytime and anyplace. All ages and fitness levels welcome!

LLHL 248-001 | W, Oct 19-Nov 9 | 6:30 PM-8:00 PM
Studio Zamarad (2607 S State St, SLC) | $99 + $20 special fee for studio rental
Please wear comfortable clothes and bring a yoga mat and water bottle.

**SOAP MAKING**
Carrie Roberts

Have you read the ingredients on a bar of soap and found you didn’t know what most of them are? Homemade soap is natural, customizable to your skin’s specific needs, and good for your wallet. Learn how to safely handle lye, identify the tools and types of oils used in basic cold process soap making, and leave with 8-10 bars of long-lasting soap (approximately 1 liquid pound). We’ll also learn how to elevate future soap bars into specialty gifts with recommendations on molds, essential oils, and exfoliants for future batches.

LLHL 184-001 | S, Oct 22 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 152 | $49 + $25 special fee
Special fee is for materials, including protective gloves. Please bring a pair of safety glasses or goggles.
HEALTHY HEART AND YOU
Le Ann Stamos

Are you interested in learning about heart health and cardiac disease? Then join us for this course that is designed for nonprofessionals. You’ll be introduced to basic cardiac anatomy and how the heart works, then review some cardiac diseases and available treatments. Finally, you will participate in a discussion about how to maintain heart-healthy living including diet, exercise, stress reduction, and living with chronic conditions.

LLHL 247-001 | S, Oct 22-Oct 29 | 10:00 AM-11:30 AM
540 Arapeen Dr, room 146 | $49 + $4 special fee
This is not an individualized medical course and should not take the place of any treatments prescribed by your doctor. If you have a blood pressure cuff made for use on your upper arm (not wrist), please bring it to the first class. Students will be instructed on purchasing a blood-pressure cuff in the first session and can expect to spend around $25 should they choose to buy one. Special fee is for class materials and handouts.

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 is needed.

LLHL 232-001 | T, Nov 1 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 160 | $39

LET’S TALK: BREAKING DOWN COMMUNICATION BARRIERS
Rebecca Mccarthy

It is said that, “good communication is the bridge between confusion and clarity.” This is true and yet connecting and communicating is nuanced and layered. In our complex world, one must take into consideration one’s context be it work-oriented, relationship-based, or otherwise. Join us to understand, identify, and navigate the varying dynamics of online, text, and social media communication and analyze your own habits in order to use what works and lose what doesn’t. We will practice and experiment in our seminars so that you can lead by example to become an agent of change in your community.

LLHL 234-001 | M, Nov 7-Nov 28 | 6:00 PM-8:00 PM
540 Arapeen Dr, room 148 | $99

GIFTS OF BOTANICAL BEAUTY
Rachael Bush

Hand-crafted botanical beauty products make fantastic gifts for family and friends. In this class, you will use natural, easy-to-find ingredients to create gifts such as lip balms, body scrubs, lotion bars, and eye balms. You’ll walk away with up to 12 items, packaged and ready to give, plus the recipes and resources to continue production at home.

LLHL 175-001 | S, Dec 3-Dec 10 | 1:00 PM-3:30 PM
540 Arapeen Dr, room 152 | $65 + $20 special fee covers all class materials
THE SEVEN RELATIONSHIP UNITIES: A BUDDHIST PERSPECTIVE ON RELATIONSHIPS
Joseph Evans

Learn practical tools for creating meaningful and lasting connections between couples, family members, friends, co-workers, and even challenging people. The Seven Relationship Unities is a simple but profound and effective practice that comes from the centuries-old tradition of the Dzogchen Lineage of Tibetan Buddhism. Despite its age, the practice is still perfectly suited for our modern way of life. Come to this workshop by yourself, or register with a friend, sibling, parent, partner, or spouse.

LLHL 131-001 | T, Dec 13 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 160 | $39
It is recommended but not required that students first attend The Four Noble Truths (LLHL 232) or Tibetan Buddhist Meditation (LLHL 143).

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 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, Aug 30-Oct 4 | 6:30 PM-9:00 PM
540 Arapeen Dr, room 132 | $219 + $5 special fee

WRITING INCLUSIVELY: AVOIDING CLICHÉS AND HARMFUL STEREOTYPES
Alex Jay Lore

Our world is much bigger and more diverse than white, straight, cisgender farm boys destined to save the planet. Join us and learn why representation is important, what including diversity in your writing looks like, and how to avoid tokenism and harmful stereotypes. Join us for discussion and writing exercises to make your characters and worlds more complex and diverse to reflect our community and world.

LLWRC 888-001 | T, Sep 13-Sep 27 | 7:00 PM-8:30 PM
540 Arapeen Dr, room 124 | $65
JOURNALING: NURTURING A DAILY WRITING PRACTICE
Sky Simons

Journaling has become productivity’s new darling. We’ll explore beyond the hype and learn how and why journaling can be a fulfilling practice. Take a look at how different types of journals meet different needs, as well as how journaling can help with goal-setting, becoming unblocked, time management, creativity, and searching for inner peace. Let’s make a record of the incredible adventures of our lives.

LLWRC 858-001 | Th, Sep 15-Sep 29 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 146 | $89
Students are responsible for their own materials; find the materials list for this class at lifelong.utah.edu/student-information.

AUTHOR WEBSITE STARTER KIT
Alex Jay Lore

So, you need an author’s website. But how do you build one? Where do you start and what do you include if you haven’t even published anything yet? From domains to templates, branding, visual inspiration, and consistency, this workshop will provide a step-by-step guide to building and optimizing your author’s website.

LLWRC 889-001 | S, Sep 17 | 1:00 PM-3:00 PM
540 Arapeen Dr, room 132 | $39

CREATIVE NON-FICTION: CAPTURING MOMENTS WITH MEMOIR
Caitlin Erickson

All experiences in life, no matter how small or seemingly inconsequential, are stories waiting to be told. One way a person can tell these stories is through the genre of memoir—taking life experiences and turning them into narratives. Join us to learn about the memoir genre, read and write to explore it, and ultimately create a narrative that represents a time or theme in your life. There will be an opportunity for discussion, workshop, and sharing your final work with your newfound writing community at the end of the course. All writing levels are welcome!

LLWRC 878-001 | M, Sep 19-Oct 10 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 120 | $89

SHORT STORY WRITING
Bryan Young

Sometimes, the hardest thing to do is to sit in a chair and write. In this writing-intensive class, we’ll hone our writing skills and explore themes and ideas for making the most of the short story form. We’ll discuss how to develop a thick-skin approach to revising and editing. Together, we will create a plan for completing your work and sending it out for publication.

LLWRC 773-001 | W, Sep 21-Oct 26 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 132 | $219
9 STEPS TO SELF-PUBLISHING YOUR BOOK
Stacy Dymalski

Unearthing the secrets of self-publishing does not have to be a time-consuming, research-laden mission. If you want to get your book out quickly, this class is for you. It tells you only what you need to know by systematically walking you through the self-publishing process, using practical examples you can apply to your manuscript. By the end of the workshop, you will know exactly what it takes, and how much it costs, to self-publish your book.

LLWRC 803-001 | S, Sep 24 | 10:00 AM-1:00 PM
Online | $49
Students must purchase their own copy of The Memoir Midwife: Nine Steps to Self-Publishing Your Book by Stacy Dymalski.

BUILDING A MYSTERY: WRITE YOUR OWN MURDER MYSTERY PARTY
Estée Crenshaw

Murder mystery parties and puzzle boxes are exploding in popularity and are especially fun for Halloween. Join us to learn how to build and write your own mystery that you can play with family and friends! You will start by choosing a theme and learning how to build characters and a mini-narrative based around that theme. Then, you’ll explore how to immerse your players in the world of your story by incorporating puzzles, hidden clues, red herrings, letters, and props. You’ll walk away from this class with a framework for your own mystery box and the skills you’ll need to create new ones year after year!

LLWRC 891-001 | Th, Oct 6-Oct 13 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 138 | $59

THE VISIONARY WORLDS OF URSULA K. LE GUIN
Scott Black

Take a deep dive into the work of one of the most inventive, daring, and visionary writers of twentieth-century American literature, Ursula K. Le Guin. Though considered “merely” a writer of speculative fiction, science fiction, and fantasy for much of her career, Le Guin is now recognized as a major American author. Join one of the U’s leading English professors to explore Le Guin’s profound and thought-provoking stories, her gorgeous prose, and her superb storytelling.

LLWRC 887-001 | Th, Oct 6, Oct 20, Nov 3, Nov 17 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 132 | $79
Students must purchase Tehanu by Ursula K. Le Guin and will receive a list of additional readings before class.

BUILDING TENSION: SURPRISE VS. SUSPENSE
Bryan Young

Building tension in stories can be a difficult balance between competing drives in your story. How do you know when a surprise will be more effective for the audience than the slow burn of suspense? This class will walk you through the process of what to use when and show you how to accomplish either feat.

LLWRC 885-001 | S, Oct 8 | 11:00 AM-1:00 PM
540 Arapeen Dr, room 124 | $39
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.

LLWRC 882-001 | M, Oct 17-Oct 24 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 146 | $59

A STUDY IN MYSTERY
Johnny Worthen

Look behind the curtain of the formulaic but eternally popular genre: the Mystery Story. Learn about the constructions, tropes, types, and methods that make the modern whodunit. Designed for both writers and fans of the mystery genre, class will include assignments and activities on plot, character web, record-keeping, suspense, tension, and conflict. Refine your work as you’re asked the questions: Did you hide the clue well enough? Does the audience care about the victim? Is the suspense tight enough? By the end of the course, if the crime is writing a mystery story, the “Whodunit” will be you! This class explores adult themes, language, and content.

LLWRC 837-001 | T, Oct 18-Nov 29 | 6:30 PM-9:00 PM
540 Arapeen Dr, room 132 | $219 + $5 special fee

ELEMENTS OF GOTHIC FICTION
Estée Crenshaw

Enter a world of haunting settings and uncanny encounters. Through lecture, discussion, and writing prompts, you will develop the various elements needed to construct your own gothic story. Formed around readings from classic gothic novels and stories, you’ll learn to create effective tone and atmosphere in your work, build character profiles (including the gothic trope of place/setting as character), and develop a conflict/narrative arc that touches on gothic motifs such as fear, mystery, and strangeness.

LLWRC 890-001 | Th, Oct 20-Oct 27 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 138 | $59

SCI-FI AND FANTASY WORKSHOP
Bryan Young

Learn about the different genres and sub-genres of science fiction and fantasy, plus how to approach them as a writer. What makes them tick? How can you blend them? We’ll discuss great examples found in short stories, novels, and films and what we can learn from all three.

LLWRC 782-001 | S, Oct 22 | 11:00 AM-3:00 PM
540 Arapeen Dr, room 132 | $59

HORROR WRITING BOOTCAMP
Johnny Worthen

Horror is more than a genre—it’s a physical sensation, the place where the unknown lurks, where nothing can be assumed, and anything can happen. Explore the nuances of creating levels of fear and

To learn more and register for classes, visit our website at lifelong.utah.edu
effective techniques that allow your writing to create a desired reaction—fear! dread! disgust!—from your readers. This intensive three-week course of lecture presentation and workshop will give you an opportunity to write and present your work for critique and discussion (which isn’t as scary as it sounds!). This class explores adult themes, language, and content.

LLWRC 862-001 | S, Oct 29-Nov 12 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 132 | $119 + $5 special fee for class handouts and packets

I WANT TO WRITE, WHERE DO I START?
Kimberly Justesen

Have you ever said, “I’d love to write, but I don’t know where to begin”? If so, you’ve found the right place. This workshop introduces you to ways you can get started on your writing adventure. We’ll look at ways to find the space and time for writing, warm-up exercises you can use to jump-start your ideas, and local and national resources to keep you on your path. Whether you are looking for personal fulfillment or to write the next great American classic, you’ll find valuable insights and tools to get you going.

LLWRC 872-001 | S, Nov 5 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 146 | $59

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 | M, Nov 7-Nov 14 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 146 | $59

OUTLINING YOUR ROMANCE NOVEL
Sky 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, Nov 19 | 10:00 AM-2:00 PM
540 Arapeen Dr, room 146 | $59

PITCHING AND QUERYING
Bryan Young

Pitching and querying are two of the most important skills a working writer can have if they hope to land an agent or a publishing deal. In this interactive presentation, you will view examples of real-life pitches and queries, examine best practices, and work on your own with the guidance of a local professional writer.

LLWRC 886-001 | S, Dec 3 | 11:00 AM-1:00 PM
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