

LIFELONG LEARNING

BUSY SUMMER?

46 SINGLE-SESSION WORKSHOPS
TO CHOOSE FROM!

IKEBANA: JAPANESE FLOWER ARRANGING

PRESENT PARENTING: A MINDFUL APPROACH

AN INTRODUCTION TO WHITEWATER KAYAKING





Letter from the Staff



My name is **Ali Akbari**. I'm a lifelong learner like yourself.

If I were to list my biggest passions in life, education and film would sit squarely on top. Luckily for me, both weaved together while pursuing my MFA in Film and Media Arts from the University of Utah. Empowered by this opportunity, I pushed myself creatively and academically to create and teach a new course, the Experimental Media Production, which allowed students to explore avant-garde forms of expression beyond narrative and documentary filmmaking.

You can probably tell that learning did not end for me there and it never will. I first joined the Lifelong Learning team as a part-time class facilitator, helping instructors and students navigate the transition to teaching and learning online at the height of Covid-19 pandemic.

I saw the yearning for learning and community engagement in each and every face on screen, which grew my passion further for our unique program.

Flash-forward to two years, when I am elated and proud to celebrate Lifelong Learning's record-breaking enrollment as one of the program coordinators and instructors.

Thanks to all of our lifelong learners who challenge us to make each semester better than last.

**do more.
be more.
become more.**

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



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ART & CRAFT

new **BEGINNING QUILTING: SEW A MODERN BABY QUILT OR WALL HANGING**

Tracey Harty

Want to try your hand at quilting but not sure where to start? Join us and learn how to follow a simple pattern to create a work of art that can be used as a baby gift or as a modern wall hanging. The Pine Falls Quilt is easy for novice sewists and a fast make for more experienced quilters – a great opportunity to experiment with color and fabric combinations. You'll walk away with a beautiful small quilt, new skills, and a community of new quilting friends! Find materials list online.

LLCFT 376-001 | M, May 8-May 22 | 6:00 PM-9:00 PM

540 Arapeen Dr. Room 120/124 | \$125 + \$15 special fee

LETTERPRESS PRINTING: TEXT AND IMAGE

Book Arts Staff

Get a handle on what it takes to crank out an edition of gorgeous letterpress prints. This active, eight-week class introduces the fundamentals of letterpress, from paper selection and cutting to mixing ink and printing. Guided by the instructors, participants design and produce four individual projects using a variety of relief techniques and tools including metal and wood type, zinc cuts, linoleum blocks, pressure prints, photopolymer plates, and collagraphs. Students should expect to spend about six hours per week in the Book Arts Studio in between class sessions. Find materials list online.

LLART 280-001 | T, May 9-Jun 27 | 4:30 PM-7:30 PM

Marriott Library | \$370 + \$80 special fee

new **GESTURE DRAWING AT THE ZOO**

Kimberly Roush

Gesture drawing is the art of capturing what your subject is doing, not what it looks like. It is a skill used by masters of fine art, including wildlife artists. You'll expand your knowledge by studying the gesture drawings of great masters, then practice gesture from images on screen or objects in your

home. Finally, you'll launch into drawing the moving, magnificent animals and birds at the zoo. You will be pleased to find your drawings do look like your subject, but are also full of life, movement, and a direct connection to the animal. At the end of the day, we'll regroup to share our experiences and drawings! Find materials list online.

LLART 392-001 | T, May 9-May 16 | 6:00 PM-8:00 PM

AND S, May 20 | 9:00 AM-2:00 PM

Online/Outdoors | \$125

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, May 9-Jun 6 | 6:00 PM-9:00 PM

LLCFT 229-002 | Th, May 11-Jun 8 | 6:00 PM-9:00 PM

Salt City Smithery | \$199 + \$55 special fee

METALSMITHING II

Jan Harris-Smith (section 001)

Amy Schmidt (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 | S, Jun 3-Jun 10 | 9:30 AM-5:30 PM

LLCFT 353-002 | Th, Jun 15-Jul 13 | 6:00 PM-9:00 PM

Salt City Smithery | \$199 + \$55 special fee

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, Jun 13-Jul 18 | 6:00 PM-9:00 PM | No class July 4th

Salt City Smithery | \$199 + \$55 special fee

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. Prerequisite: LLCFT 229 Metalsmithing I.

LLCFT 367-001 | S, Jun 17-Jul 15 | 10:00 AM-1:00 PM | No class July 1st

Salt City Smithery | \$249 + \$78 special fee



“

Fantastic instructor,
fun group of people,
creative fun what is
there not to love?!

-Tracy Lewis about
instructor Angie Re

WHEEL-THROWN CERAMICS: MARVELOUS MUGS

Riley Corbridge

Join us for an introduction to pottery class in which you will learn how to make a set of eye-catching mugs! You'll start by learning basic wheel techniques for forming clay such as centering, making a cylinder, and shaping a piece. Then learn how to create and attach handles and finish your creations by exploring a plethora of decorating techniques. You'll leave class with a set of four mugs and the knowledge you need to create more! Please wear comfortable clothes you don't mind getting clay on. Co-sponsored with Workshop SLC.

LLCFT 370-001 | T, May 9-May 30 | 3:30 PM-6:00 PM
Workshop SLC | \$209 + \$49 special fee

WHEEL-THROWN CERAMICS: BEAUTIFUL BOWLS

Riley Corbridge

Join us for an introduction to pottery class in which you will learn how to make a set of nesting bowls. You will learn basic throwing techniques like centering clay, shaping a bowl, and how to throw varying sizes of clay. We will also learn about decorating our pieces and how to create a matching set. By the end of this class you will have a set of four hand-made nesting bowls to take home. Please wear comfortable clothes you don't mind getting clay on. Co-sponsored with Workshop SLC.

LLCFT 371-001 | W, May 10-May 31 | 3:30 PM-6:00 PM
Workshop SLC | \$209 + \$49 special fee

WATERCOLOR PLANTS AND FLOWERS

Natalia Wilkins-Tyler

Learn botanical watercolor techniques such as dry brushing and creating small details as you work from sketches or photos made from live flowers. Students new to watercolor, and those with previous experience looking to add skills to their toolbox, are welcome. Previous drawing experience is required as the focus will be on watercolor techniques. Find materials list online.

LLART 315-001 | W, May 10-Jun 7 | 6:00 PM-8:00 PM
540 Arapeen Dr. Room 152 | \$149 + \$20 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. See further details online.

LLCFT 274-001 | W, May 10-Jun 14 | 6:00 PM-9:00 PM

LLCFT 274-002 | Th, May 11-Jun 15 | 6:00 PM-9:00 PM

Wasatch Forge | \$275 + \$80 special fee

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. See further details online.

LLCFT 296-001 | W, Jun 21-Aug 2 | 6:00 PM-9:00 PM
Wasatch Forge | \$275 + \$90 special fee



MOSAIC ART: ROMAN TECHNIQUES IN MARBLE TILE

Angie Re

Create a mosaic art piece in a Roman mosaic technique using marble tile. Your design will be based on a letter of the alphabet – perhaps your or a loved one’s initial. Your instructor – a SLC local and nationally recognized mosaic artist – will teach you the language and terms unique to this art form, how to use basic hand tools, and useful Ancient Roman mosaic techniques. 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! Please contact us directly if you require special accommodations for latex allergies.

LLCFT 373-001 | Th, May 11-Jun 8 | 6:00 PM-8:00 PM
540 Arapeen Dr. Room 152 | \$155 + \$140 special fee



BOOKBINDING

Janiece Murray

Join a local Salt Lake artist and learn how to create your own unique journal and sketchbook. Enjoy the unique artistic qualities of the “sweet” bookbinding technique. 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. You’ll walk away from this class with two or more new books and the skills you need to make more!

Find materials list online.

LLCFT 374-001 | M, May 15-Jun 12 | 6:00 PM-8:00 PM | No Class May 29th

540 Arapeen Dr. Room 138 | \$125 + \$25 special fee

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, May 16-Jun 20 | 6:00 PM-9:00 PM

LLCFT 234-002 | W, May 17-Jun 21 | 6:00 PM-9:00 PM

Welding Studio | \$275 + \$205 special fee

PAPERMAKING: FIBER AND FORMATION

Book Arts Staff

Venture into the fundamentals of hand papermaking in this fast-paced, five-week course. Topics include fiber selection and processing, western-style sheet formation, and experimental techniques

ranging from pulp painting and stencil printing to sculptural applications using overbeaten fibers. Participants leave with a sample book of handmade sheets and an array of papers to be used for printing, bookmaking, collage, letter-writing or other creative applications.

LLART 279-001 | W, May 17-Jun 14 | 4:30 PM-7:30 PM

Marriott Library | \$225 + \$50 special fee

ZENTANGLE METHOD: AN INTRODUCTION

Connie Case

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

LLART 175-001 | S, May 20 | 10:30 AM-1:30 PM

540 Arapeen Dr. Room 138 | \$49 + \$15 special fee

POINTED PEN CALLIGRAPHY

Janet Faught

Also known 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 | T, May 23-Jun 27 | 6:30 PM-8:30 PM

540 Arapeen Dr. Room 152 | \$149 + \$40 special fee

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! Find materials list online.

LLCFT 186-002 | T, May 23-Jun 27 | 6:00 PM-9:00 PM
540 Arapeen Dr. Room 138 | \$225 + \$115 special fee



WATERCOLOR BIRDS AT THE AVIARY

Kimberly Roush

Shatter your artistic limitations by learning gesture drawing with a brush! We will create simple watercolor interpretations of the vast array of incredible bird species at Tracy Aviary. Our online portion will help you grasp the effects of light and shade while increasing your understanding of how to manipulate your brush. Find materials list online.

LLART 393-001 | T, May 30 | 6:00 PM-8:00 PM
AND S, Jun 3 | 9:00 AM-2:00 PM
Online/Outdoors | \$99

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. You'll learn 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 the class with two easy but impressive projects that you can give as gifts or keep for yourself: a Bitty Bunny and a pair of fingerless mitts. Find materials list online.

LLCFT 362-001 | Th, Jun 1-Jun 22 | 6:00 PM-8:00 PM
540 Arapeen Dr. Room 148 | \$125 + \$20 special fee

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. Find materials list online.

LLART 358-001 | S, Jun 3 | 9:00 AM-2:00 PM
Outdoors | \$99

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, Jun 8-Jun 15 | 6:00 PM-8:30 PM
540 Arapeen Dr. Room 138 | \$75 + \$45 special fee



SUMI-E & SHO: JAPANESE BRUSH PAINTING AND CALLIGRAPHY

Haruko Sadler

Explore the Japanese visual arts of sumi-e and calligraphy. Similar to watercolor, sumi-e painting utilizes black ink to convey density and shading. Sho calligraphy also uses a brush but is a form of writing Japanese characters. The goal with both forms of art is to work loosely to find the essence of an object or idea.

LLART 381-001 | S, Jun 10 | 1:00 PM-4:00 PM

540 Arapeen Dr. Room 152 | \$49 + \$26 special fee

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. Find materials list online.

LLART 337-001 | S, Jun 10-Jun 24 | 10:00 AM-12:30 PM

AND T, Jun 13/20/2023 | 6:00 PM-7:00 PM

Online | \$125

BEGINNING DRAWING SKILLS AND TECHNIQUES

Eric Erekson

Anyone can learn to draw! This class will encourage you to explore drawing through a variety of materials, methods, and philosophies. You will become familiar with charcoal, ink, graphite, oil pastels, and even alternative drawing materials as you complete exercises and activities to help you see what is in front of you and set your vision down on paper. Gain confidence as you become acquainted with your own unique drawing style. See further details online.

LLART 068-001 | W, Jun 21-Aug 2 | 6:00 PM-9:00 PM

540 Arapeen Dr. Room 138 | \$199 + \$25 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. Find materials list online.

LLART 133-001 | S, Jun 24 | 10:00 AM-2:00 PM

540 Arapeen Dr. Room 152 | \$75



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. Find materials list online.

LLART 304-001 | S, Jul 8-Jul 15 | 10:00 AM-2:00 PM

Online | \$125

WATERCOLORS: FRESH FROM FRANCE

Cindy Briggs

Develop your watercolor skills while learning how to paint beautiful travel vistas. Returning from France the week before, your instructor will be eager to share scenes from her travels. Follow along step-by-step and be guided by her skills and images as you complete a full painting. You'll be amazed by what you can paint! Find materials list online.

LLART 391-001 | T, Jul 11 | 5:45 PM-8:45 PM

AND W, Jul 12 | 5:45 PM-8:45 PM

Online | \$99

WATERCOLOR EN PLEIN AIR AT LITTLE DELL

Kimberly Roush

“En plein air” is the French term for outside. Prepare by meeting with your instructor over Zoom to review how to create value studies – understanding values and translating them into an interesting composition. You will also learn how to simplify your landscapes into background, midground, and foreground. Then you'll put these skills to work, venturing outside to paint at Little Dell Reservoir. In the right conditions, its green hillsides reflect onto the water creating gorgeous turquoises, blues, and greens. The red dirt adds contrast to this scintillating mix. There's even a dam if you prefer painting manmade subjects. Add in Utah's beautiful skies and you're in for a treat! Find materials list online.

LLART 394-001 | T, Jul 11 | 6:00 PM-8:00 PM

AND S/Su, Jul 15/16 | 9:00 AM-12:00 PM

Online/Outdoors | \$125

BEGINNING WOODWORKING

Jonathan Harman

Join us to learn the basic skills of woodworking through two in-class building projects. Perfect for people who are brand new to woodworking, this class will start at the very beginning. We will discuss common hand tools such as a hammer, measuring tape, and level; power tools such as an impact driver, drill press, jointer, router, and four kinds of saw; the best tool to use for your desired outcome; and how to operate it all safely. You'll walk away from class with a hand-built charcuterie board and self-made step-stool as well as the knowledge you need to continue making projects on your own! Co-sponsored with MAKE Salt Lake and receive a 10% tuition discount. See further details online.

LLCFT 359-001 | T, Jul 11-Aug 1 | 6:00 PM-9:00 PM

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LLCFT 359-002 | Th, Jul 13-Aug 3 | 6:00 PM-9:00 PM

MAKE Salt Lake | \$199 + \$156 special fee



PYSANKY: UKRAINIAN ART EGGS

Rynna Poulson

Learn the beautiful Slavic folk art of pysanky by decorating eggshells with dyes and wax-resist! You will explore this tradition from start to finish, including emptying the eggs, basic divisions for laying out designs, dyeing in traditional folk designs, and finishing with varnish. You'll walk away from this class with three pysanky and the knowledge and skills you need to continue creating on your own!

LLCFT 375-001 | T, Jul 11-Jul 18 | 6:00 PM-9:00 PM

540 Arapeen Dr. Room 138 | \$99 + \$20 special fee



HAND EMBROIDERY: FROM STITCHES TO DESIGN

Allyson Rocks

Embroidery is a fun and meditative craft that offers you the chance to step away from the stress of life while creating magical works of art. You'll start by learning basic outline and decorative stitches with a stitch sampler. Gain knowledge of hoops, floss, tools, and fabric then see your work blossom as you utilize these tools to make your patterns into a finished work of art. Your creativity will soar as you learn to embrace mistakes, snags, and knots. From beginners to those with more practice, all levels of student are welcome; there will be plenty of opportunities to learn new stitches, refine skills, and play within this relaxing yet productive art form. Find materials list online.

LLCFT 372-001 | W, Jul 12-Jul 26 | 6:30 PM-8:30 PM

540 Arapeen Dr. Room 148 | \$99 + \$21 special fee



THE ART OF SILK: PAINTED AND BOTANICAL PRINT SCARVES

Diane Allen

Is there any canvas more luxurious than silk? Join us to explore two very different techniques for creating art on this unique fabric. You'll start with the Serti technique, which utilizes the mesmerizing flow of dye to generate an outlined composition. You'll design, trace, paint, blend, and embellish to create a one-of-a-kind wearable piece. In our second session, utilize leaves to create a botanical print motif. The best part of your day will be unwrapping your steamed bundle to admire your creations. You'll walk away from this workshop with at least three distinctive silk scarves and a wealth of knowledge about this uniquely soothing art form. See further details online.

LLART 396-001 | S, Jul 29-Aug 5 | 10:00 AM-2:30 PM

540 Arapeen Dr. Room 138 | \$125 + \$65 special fee

“ Being in a class with such a wide range of experience helped me push myself and realize what was possible for me to do myself someday, while the instructor’s feedback helped me be excited about what I accomplished with my present skills. I am very grateful for that! I also love her obvious passion for watercolor painting! It’s very infectious and inspiring!
- Megan Wolfe about instructor Kim Roush



CULINARY ARTS & LIBATIONS

DRY ROSÉS FROM AROUND THE WORLD

Sheral Schowe

When the Phoenicians arrived in Southern France in 600 B.C., they brought with them the techniques to make rosé. The style of rosé winemaking has taken off in popularity as well as technique throughout Europe. We will explore the various methods of crafting a rosé wine as we taste six wines from Western Europe.

LLFW 310-001 | W, May 10 | 6:30 PM-8:30 PM

Fratelli Ristorante | \$39 + \$36 special fee

FOOD TRUCK 101

Abdul Elsaqa

We see food trucks everywhere these days. What does it take to own and operate one of these unique kitchens on wheels? Local truck owner, Chef Abby, will present a behind-the-scenes look at the food truck industry, covering a variety of topics such as finding and outfitting the right vehicle, working with a commissary, local laws and requirements for food truck operation, and more. Then take a tour of (and enjoy food from) Abby's award-winning truck, the Falafel Tree. This introductory class is great for every student, whether you're merely curious or hoping to start your own food truck. Part of the class will take place outdoors; please dress appropriately for the weather.

LLFW 517-001 | M, May 15 | 5:30 PM-8:30 PM

540 Arapeen Dr. Room 146/Outdoors | \$49 + \$15 special fee

CAMP COOKING

Jeffrey Steadman

Want a table with a view? Hit the outdoors and cook up something special for yourself. Camp cooking can present unique challenges (dish duty, anyone?), but with the right tools, techniques, and ingredients you can turn any campout into a five-star dining experience. We'll go over a few popular techniques for car-camping cuisine, including camp stove, zipper bag, campfire, and Dutch Oven cooking. Prepare to make (and sample!) breakfast burritos without dirtying a dish, easily packed lunches, drool-worthy dinners, and desserts like cobbler that will be the envy of the campground. We'll also discuss lightweight backpacking food and go over a few ideas for bringing your own food into backcountry.

LLFW 523-001 | T, May 23 | 5:30 PM-8:30 PM

Outdoors | \$45 + \$12 special fee

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 whiskeys 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, May 24 | 7:00 PM-9:00 PM

8 Settlers | \$39 + \$26 special fee

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, Jun 4 | 1:00 PM-3:00 PM

SL Roasting | \$39 + \$43 special fee

TEQUILAS AND MEZCAL

James Santangelo

Join us for this Agave spirits tasting featuring Tequila and Mezcal. You'll try many different styles, starting with a salty and crisp Blanco to a soft wood and vanilla Reposado Tequila, to the roasted Piña of Mezcal. This tasting is accompanied with small bites of citrus fruit and various seasoned salts. It's a tasting not to be missed!

LLFW 625-001 | W, Jun 7 | 7:00 PM-9:00 PM

8 Settlers | \$39 + \$26 special fee



BASICS OF HOME GRAPEGROWING AND WINEMAKING

Tom Parks

Have you ever wondered what it takes to make your own wine? Join us to study the entire process, from vineyard to finished bottle. You'll gain the knowledge to plan, install, and maintain a small vineyard of wine grapes in our Utah climate. Learn how to train and prune your vines while protecting

them from pests, the right time to harvest, and how to crush, press, and ferment. Finally, you'll learn how to clarify, age and bottle for a finished wine that you can truly call home-grown!

LLFW 627-001 | Th, Jun 8-Jun 22 | 6:00 PM-8:00 PM
AND S, Jun 24 | 10:00 AM-12:00 PM
540 Arapeen Dr. Room 146/Outdoors | \$119

HOW TO BREW BEER

Jonathan "Cody" McKendrick

Lagers, ales, and everything in between. Learn how to create refreshing beer right in your own home from beer-making enthusiasts and professionals. Take microbrewing to a whole new homespun level as you learn what equipment you need to start homebrewing, the recipes to get you started and how to troubleshoot.

LLFW 236-001 | Th, Jun 15 | 6:00PM-8:30PM
540 Arapeen Dr. Room 152 | \$45 + \$5 special fee



ESPRESSO EXPLAINED: FOUNDATIONS OF PULLING AND POURING

Patrick Andrews

Gain the barista skills you've always wanted with the owner of local coffee shop Blue Copper. You'll learn about coffee, from growing to processing to roasting, then learn the intricacies of pulling a shot of espresso – namely dialing in. Then try your hand at steaming and take a crack at pouring your own latte art! Everyone is welcome from beginning home barista to the serious espresso hobbyist. Please be prepared to drink coffee despite the late hour.

LLFW 626-001 | Th, Jun 15 | 6:00 PM-9:00 PM
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LLFW 626-002 | S, Jul 8 | 2:00 PM-5:00 PM
Blue Copper | \$79 + \$19 special fee

CAKE DECORATING: TRENDS AND ESSENTIALS

Muyly Miller

Don't wait for a special occasion to create a beautifully decorated cake that's sure to impress your friends and family! Create an eye-popping 3-layer cake and learn basic techniques such as stacking, applying the buttercream crumb coat, and getting smooth sides on the final buttercream layer. We will learn and practice two designs that use the same tools and decorate baked cakes with live instruction to help along the way. We'll also discuss transporting and freezing your cake (if needed), and how to best slice and serve your sweet confection.

LLFW 241-001 | S, Jun 17 | 9:30 AM-11:30 AM
540 Arapeen Dr. Room 138 | \$49 + \$55 special fee

CAKE DECORATING: PIPING WITH TIPS

Muyly Miller

Did you know that a single piping tip can offer several different styles of design by changing pressure, positioning, and release? Join us to learn these techniques with piping and frosting. We'll cover proper ways to attach piping tips, fill piping bags, and hold your filled bags. We'll get hands-on experience with cupcakes before tackling the big cake. By the end of class, we will each have one dozen uniquely decorated cupcakes using three different popular piping tips. Finally, the instructor will demonstrate how to incorporate our new knowledge on a large cake and how to troubleshoot issues that cake decorators often run into. Find materials list online. Prerequisite: LLFW 241 Cake Decorating: Trends and Essentials.

LLFW 267-001 | S, Jun 17 | 1:00 PM-3:00 PM
540 Arapeen Dr. Room 138 | \$49 + \$30 special fee



REFRESHING SUMMER WINES FROM WESTERN EUROPE

Sheral Schowe

Come and discover which wines pair best with your summer barbecues and parties that will also quench your thirst. Six wines will be presented from Western European countries including white, rose, and light reds.

LLFW 628-001 | W, Jul 26 | 6:30 PM-8:30 PM

Carmine's Restaurant | \$39 + \$36 special fee



NATURAL WINES: WHAT'S ALL THE FUSS ABOUT?

James Santangelo

Not sure what all the hype is around natural wines? Aren't all wines natural? What's the deal? Join us for this entertaining and educational presentation by the owner and educator of the Wine Academy of Utah as we discuss natural wine, including how it's made differently from more modern wine. You'll taste three different wine styles, from a bubbly 'Pet Nat' to a natural white or rosé, finishing with a red wine. This is a fun and delicious wine style that is sweeping the nation so join us and see what all the fuss is about!

LLFW 629-001 | W, Aug 2 | 7:00 PM-9:00 PM

8 Settlers | \$39 + \$26 special fee



CURRENT EVENTS & CONTEXT

NEW **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, May 22-Jun 12 | 6:30 PM-8:30 PM | No class May 29
540 Arapeen Dr. room 146 | \$89

NEW **DISCOVERING WORLD RELIGIONS IN SLC**

Jeremy Innis

Religion is a complex, global phenomenon that is intertwined with almost every other aspect of society. Join us to explore some of the major world religious traditions, and see their representation in your local community. Further develop understanding of their complexity by considering their images, stories, texts, and rituals. Your studies will include Dharmic, Abrahamic, and contemporary world religions. Two of our sessions will be hosted by local religious communities, giving us a chance to engage with religious practitioners in their sacred spaces. See further details online.

LLPOT 970-001 | W, May 24-Jun 28 | 6:30 PM-8:00 PM
540 Arapeen Dr. room 148 | \$119 + \$10 Special Fee

NEW **THE IMPACT OF DISCRIMINATION**

Irene Ota

Despite the hardwork and merit contributed, life can also be a board game of chance and consequence. What situations and circumstances impact individuals? How do these situations, circumstances, and identities impact reaching one's goals and dreams? Join us for a thoughtful discussion about the impact of discrimination.

LLPOT 969-001 | W, Jun 14| 6:30 PM-8:30 PM
540 Arapeen Dr. room 120 | \$39

“
I think everyone in
the room expanded
their knowledge
and skills to better
understand and
communicate in
sensitive situations

- Diane Bradford about
instructor Irene Ota





EXPLORE UTAH

MURALS BUILD COMMUNITY: A WALKING TOUR OF MURAL FEST

Lesly Allen

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

LLPOT 959-001 | T, May 9 | 6:00 PM-8:00 PM

Outdoors | \$49

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 Segoe 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 knowing what and where to look for fascinating sites; a must-know for all Utah road trips.

LLPOT 687-001 | S, May 13 | 10:00 AM-12:00 PM

540 Arapeen Dr. room 154 | \$39

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. See further details online.

LLPOT 693-001 | W, May 17 | 6:00 PM-8:00 PM

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LLPOT 693-002 | Th, Jun 22 | 6:30 PM-8:30 PM

Outdoors | \$49

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! Students must bring a road map or atlas of Utah.

LLPOT 732-001 | Th, May 18 | 6:00 PM-8:00 PM

540 Arapeen Dr. room 120 | \$49

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. See further details online.

LLPOT 961-001 | S, Jun 3-Jun 10 | 10:00 AM-12:00 PM

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LLPOT 961-002 | S, Jun 3-Jun 10 | 1:00 PM-3:00 PM

Outdoors | \$59

HOVENWEEP: VILLAGES OF THE ANCIENTS

Ray Cannefax

Explore one of Utah's great mysteries: the ancient Anasazi villages of Hovenweep. Located in the Four Corners region of southeastern Utah, these villages were built and occupied between 500 AD and 1350 AD, at which time they seem to have been abruptly abandoned. Join a local enthusiast to discuss the culture of the ancient people who called this area home, and to explore via photograph the architectural remains of the incredible stone structures – some with multiple levels! – of the Hovenweep villages.

LLPOT 968-001 | M, Jun 5-Jun 12 | 6:00 PM-7:30 PM

540 Arapeen Dr. room 120 | \$49



HOME & GARDEN

GARDENING IN CONTAINERS

Michelle Cook

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

LLHG 553-001 | T, May 9-May 16 | 6:30 PM-8:00 PM

540 Arapeen Dr. Room 138 | \$59 + \$10 special fee

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 | W, May 10-Jun 14 | 6:00 PM-8:30 PM

540 Arapeen Dr. Room 138 | \$199 + \$15 special fee



COOPS DE VILLE: HOW TO RAISE BACKYARD CHICKENS

Celia Bell

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

LLHG 558-001 | T, May 16-May 30 | 6:30 PM-8:30 PM
540 Arapeen Dr. Room 146 | \$75 + \$5 special fee

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 | Th, May 18-May 25 | 6:30 PM-8:30 PM
540 Arapeen Dr. Room 154 | \$59 + \$25 special fee

IKEBANA: JAPANESE FLOWER ARRANGING

Haruko Sadler

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, May 20 | 1:00 PM-4:00 PM
540 Arapeen Dr. Room 152 | \$59 + \$65 special fee



IKEBANA II: NEXT-LEVEL JAPANESE FLOWER ARRANGING

Haruko Sadler

Deepen your understanding of the art of Ikebana—the simple yet rich Japanese style of plant arranging. Continue your practice of “bringing flowers to life,” where you can quiet the mind, provide clarity and energy, and even reach a spiritual experience. Utilize new techniques to develop the balance, design, and form used by historic and contemporary masters to create stunning floral works of art.

LLHG 935-001 | S, Jun 3 | 1:00 PM-4:00 PM
540 Arapeen Dr. Room 152 | \$59 + \$68 special fee

HOUSEPLANTS 101

John Mueller

Join the owner of Paradise Palm to build your knowledge of how to select and care correctly for your houseplants. In the vibrant, plant-filled world of their downtown shop, you'll gain a plethora of plant-care information including proper watering, soil evaluation, plant selection, transportation, and techniques for repotting, propagating, and grooming. We'll even briefly discuss the art of general bonsai, orchid, and air plant care. You'll gain the confidence you need to become your own houseplant whisperer!

LLHG 523-002 | Th, Jun 6-Jun 13 | 6:00 PM-7:30 PM

Paradise Palm | \$49

FLORAL DESIGN SERIES: CREATING ARRANGEMENTS WITH FRESH-CUT LOCAL FARM FLOWERS

Pamela Olson

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

LLHG 592-001 | W, Jun 14, Jul 12, Aug 2 | 6:00 PM-7:30 PM

Native Flower Company | \$99 + \$180 special fee

FUNGI INSIDE AND OUT

Katie Lawson

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

LLHG 484-001 | Th, Jun 15-Jun 22 | 6:30 PM-8:30 PM

540 Arapeen Dr. Room 154 | \$59 + \$30 special fee

ATTRACTING HUMMINGBIRDS TO YOUR YARD

Marjie Brown

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

LLHG 927-001 | S, Jun 17 | 10:30 AM-12:30 PM

Wild Birds Unlimited | \$39 + \$15 special fee

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 | W, Jun 21 | 6:30 PM-8:30 PM

AND S, Jun 24 | 10:00 AM-12:00 PM

540 Arapeen Dr. Room 120/Outdoors | \$59

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

Katie Lawson

Have you ever wondered how a forest can sustain itself without fertilizers, pesticides, or tractors? Or how soil can purge itself of toxins? Spoiler alert- it's the fungi! In this class, we will use forest ecology as a template for exploring methods of fungal-friendly farming for healthy soils and crops. We will look at common agricultural problems, the shortcomings of current methods for addressing these problems, and then consider the fungal alternatives. We will also look at common contaminants in urban areas and how fungi might help us remediate our soils.

LLHG 480-001 | M, Jul 10-Jul 17 | 6:30 PM-8:30 PM

540 Arapeen Dr. Room 154 | \$59

A TASTY GARDEN: HOW TO GROW, HARVEST, AND USE HERBS

Stephanie Duer

Herbs are a wonderful addition to your garden: they attract pollinators, smell pleasant, and many fit right into a water-wise landscape. Luckily, there are many varieties of herb available at your local garden center – thyme, oregano, basil, and more! But are you ever at a loss as to which to choose and how to use them? Join us and you'll learn not only how to grow herbs, but also tips and techniques for harvesting and using them in the kitchen!

LLHG 937-001 | W, Jul 12 | 6:00 PM-8:30 PM

540 Arapeen Dr. Room 120 | \$69

UNEXPECTED GUESTS: HOW TO LANDSCAPE FOR WILDLIFE

Stephanie Duer

One of the things that makes Utah such a beautiful place to live is our proximity to the nature of the Wasatch Mountains. But that proximity can also pose unique challenges when nature comes to visit your garden. It can seem like a battle to keep deer, rabbits, and other wildlife out, so join us to explore strategies to manage those charming uninvited guests, and maybe even enjoy inviting them in!

LLHG 936-001 | W, Jul 26-Aug 2 | 6:00 PM-8:30 PM

540 Arapeen Dr. Room 120 | \$49



BEGINNING GERMAN

Joachim Dreier

Have fun while learning a language spoken by more than 150 million people worldwide: German! Learn the basic conversational skills you need to work, travel, or even live in Germany. You'll focus on pronunciation, vocabulary, reading, and writing. Taught by a native German-speaking instructor, this class will be filled to the brim with examples of contemporary conversation and culture. Students are required to purchase their own copy of "The Everything Learning German Book" by Edward Swick (ISBN 978-1598699890).

LLLAN 433-001 | Th, May 11-Jun 15 | 6:00 PM-9:00 PM

540 Arapeen Dr. Room 124 | \$219

CONVERSATIONAL FRENCH I

Catherine Thorpe

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

LLLAN 350-001 | W, Jun 14-Jul 26 | 6:00 PM-8:00 PM | No Class July 5th

540 Arapeen Dr. room 146 | \$149 + \$5 special fee



PERFORMING ARTS

BEGINNING GUITAR I

Randin Graves

Whether you're a total beginner or a lifelong dabbler, here's a chance to get a solid foundation with the guitar, particularly for fans of folk, rock, blues or pop music. Learn basic exercises, scales, chords, fingerpicking and music notation. Students must have their own acoustic or electric guitar.

LLMT 382-001 | M, May 8-Jun 5 | 7:00 PM-8:30 PM | No Class May 29
540 Arapeen Dr. room 160 | \$89

BEGINNING GUITAR II

Randin Graves

Continue your guitar-learning journey with more scales, chords, chord progressions and some tougher songs. You'll increase the agility in your fingers and brain and glean the skills to become the guitar player you've always wanted to be! Students must have their own acoustic or electric guitar.

LLMT 383-001 | M, Jun 12-Jul 17 | 7:00 PM-8:30 PM | No Class June 19th or July 3rd
540 Arapeen Dr. room 160 | \$89

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 | T, May 9-May 23 | 6:00 PM-8:00 PM
540 Arapeen Dr. room 148 | \$119

VOICE ACTING: AN INTRODUCTION

Michelle Ortega

As the voice over industry continues to grow, more and more people are becoming curious about it. Reading out loud for a living does sound easy and fun, but how exactly do you break into this ever-growing industry? We'll be starting with the basics: reading and interpreting scripts, setting up a home studio, joining talent agencies, and auditioning for roles. Then you'll go to a professional recording studio on campus where you'll have the opportunity to get behind the mic! You'll leave class with a wealth of knowledge and a clear guide to your path in the fascinating world of voice overs.

LLMT 459-001 | Th, May 11-May 25 | 6:30 PM-8:00 PM
AND Th, Jun 1 | 6:00 PM-8:00 PM
540 Arapeen Dr. room 146/Marriott Library | \$149 + \$3 special fee

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. Students must bring their own instrument.

LLMT 436-002 | Th, May 11-Jun 15 | 6:00 PM-7:30 PM
540 Arapeen Dr. room 160 | \$155 + \$5 special fee



BEGINNING SINGING SKILLS AND TECHNIQUES

Megan Blue

Singing is an expressive act that anyone can enjoy, but what does it take to sing so that people want to listen? Join a local performing artist and teacher to explore the basic anatomy of your throat, breath connection, and how to control your voice with air pressure. We'll work toward singing without tension and discover how singing is different from speaking. Finally, you'll learn what makes a good performer and the difference between various styles of singing. You'll leave this class with basic exercises for improvement and individualized feedback to make your singing voice the best it can be!

LLMT 485-001 | W, May 17-Jun 7 | 6:30 PM-8:00 PM
540 Arapeen Dr. room 160 | \$89 + \$10 special fee

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, Jun 3-Jun 17 | 10:00 AM-12:00 PM
540 Arapeen Dr. room 124 | \$99

AUSTRALIAN DIDGERIDOO: INTRODUCTORY WORKSHOP

Randin Graves

Anyone can play the didgeridoo! Simply stated, the didgeridoo is a tube that amplifies what the player does with their lips, breath, voice, tongue, and entire body. Learn everything you need to know to start playing this incredible instrument in just one night. The origins of the didgeridoo will be briefly discussed, but this evening is all about the music. No prior musical experience is required, and the special fee includes the cost of a simple plastic didgeridoo.

LLMT 464-001 | Th, Jun 22 | 6:30 PM-8:00 PM
540 Arapeen Dr. room 120 | \$39 + \$20 special fee

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, Jun 24-Jul 15 | 11:00 AM-12:30 PM
Studio Zamarad | \$99 + \$23 special fee



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



DIGITAL PHOTOGRAPHY: AN INTRODUCTION

Neil Eschenfelder

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

LLART 115-001 | T, May 9-Jun 6 | 6:30 PM-9:00 PM

AND S, Jun 3 | 10:00 AM-12:00 PM

540 Arapeen Dr. Room 154/Outdoors | \$175 + \$5 special fee

LLART 115-002 | Th, May 18-Jun 15 | 6:30 PM-9:00 PM

AND S, Jun 10 | 10:00 AM-12:00 PM

Sandy/Outdoors | \$175 + \$5 special fee

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. Students provide their own digital camera and canyon use fee (\$5).

LLART 165-001 | S, Jun 3 | 10:00 AM-1:00 PM
AND S, Jun 10 | 10:00 AM-3:00 PM
Outdoors/Luminaria | \$149 + \$35 special fee

BEGINNING PHOTO EDITING

David Argyle

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

LLART 346-001 | W, Jun 7-Jun 21 | 6:00 PM-8:30 PM
540 Arapeen Dr. Room 156 | \$125

OUTDOOR PHOTOGRAPHY: BOOT AND SHOOT

Neil Eschenfelder

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

LLART 180-001 | T Jul 11, 6:30 PM-8:30 PM; Th Jul 13, 7:00 PM-9:00 PM;
S Jul 15, 3:30 PM-9:00 PM; W Jul 19, 7:00 PM-9:00 PM; W Jul 26, 6:30 PM-8:30 PM,
540 Arapeen Dr. Room 154/Outdoors | \$175 + \$5 special fee

PHOTOGRAPHING HELPER: WHERE UTAH'S HISTORY AND ART CONVERGE

Neil Eschenfelder

Did you know that Helper, Utah is considered one of only two art colonies in Utah? Not only is this unique area known for a rich history that goes all the way back to prehistoric times, it is also a magnet for Utah's painters, ceramicists, and sculptors. Accelerate your development as a photographer with the help of your instructor – an expert with more than five decades' experience in photography and twenty years of teaching for Lifelong Learning. From classic western building facades, antique vehicles, and mining equipment to contemporary public art and artist studios, there's something for every photographer in this exciting half-day field trip. Please come to the first class prepared with a Gmail address.

LLART 395-001 | Th Jun 22, 6:45 PM-7:15 PM; S Jun 24 8:30 AM-2:30 PM;
Th Jun 29 6:30 PM-8:00 PM
540 Arapeen Dr. Room 154/Outdoors | \$99 + \$17 special fee

“ Neil is an incredible instructor. I always learn something new and am pushed outside of my comfort zone in the best way possible when I take courses from him. He has made me a better photographer.

-Rebecca Phalen about instructor Neil Eschenfelder



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. See further details online.

LLREC 671-001 | Th, May 11 | 6:00 PM-9:00 PM

AND S, May 13 | 9:00 AM-5:00 PM

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LLREC 671-002 | Th, May 11 | 6:00 PM-9:00 PM

AND S, May 20 | 9:00 AM-5:00 PM

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LLREC 671-3 | Th, May 25 | 6:00 PM-9:00 PM

AND S, May 2Jul 2023 | 9:00 AM-5:00 PM

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LLREC 671-4 | Th, May 25 | 6:00 PM-9:00 PM

AND S, Jun 3 | 9:00 AM-5:00 PM

540 Arapeen Dr. room 132/Outdoors | \$175 + \$25 special fee

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 | T, May 16-May 23 | 6:00 PM-8:00 PM
540 Arapeen Dr. room 120 | \$75

LLREC 915-002 | W, Jun 14-Jun 21 | 6:00 PM-8:00 PM
540 Arapeen Dr. room 154 | \$75

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

LLREC 800-001 | W, May 31 | 6:30 PM-8:30 PM
540 Arapeen Dr. room 120 | \$39

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!

LLREC 928-001 | Th, Jun 1-Jun 8 | 5:30 PM-7:30 PM
Outdoors | \$75 + \$19 special fee



DUNGEONS AND DRAGONS: AN INTRODUCTION

Andrea Uehling

Join the role-playing craze that's sweeping the nation and take your first steps into the world of Dungeons & Dragons. From making your own character to understanding the mechanics of gameplay, you'll develop and hone your tabletop game-playing skills. We will learn the math behind the game and how to effectively understand and use it, as well as improvisation and roleplaying characters. While in class, you'll play mini D&D games with actual dungeon masters and walk away with a bag of tips and tricks to make your characters exceptional. This class will be based on Dungeons & Dragons 5th edition.

LLREC 932-001 | T, Jun 6-Jun 20 | 6:30 PM-8:30 PM
AND S, Jun 24 | 2:00 PM-3:00 PM
540 Arapeen Dr. room 120 | \$89 + \$5 special fee



THE ART OF D&D DUNGEON MASTER: DON'T KILL YOUR PARTY

Nate Pratt

Do you want to run your own D&D game but feel intimidated? Or maybe it's just been awhile since you've managed a campaign? Join us and learn how to lead memorable games that your players will talk about for years to come. Discover how to build engaging adventures and encounters while balancing preparation and adaptation to match your players' needs. Acquire the skills to manage your table during and between sessions. While in class, you'll run mini D&D games with actual players and walk away with a bag of tips and tricks to make your games exceptional. This class will be based on Dungeons & Dragons 5th edition. See further details online.

LLREC 933-001 | T, Jun 6-Jun 20 | 6:30 PM-8:30 PM

AND S, Jun 24 | 2:00 PM-3:00 PM

540 Arapeen Dr. room 124 | \$89 + \$5 special fee

TENKARA FLY FISHING: AN INTRODUCTION

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. See further details online.



TESTING THE WATERS: AN INTRODUCTION TO KAYAKING

Michael Fagerstrom

Despite being the second driest state in the nation, Utah offers a surprisingly enjoyable array of reservoirs, lakes and rivers to explore in the warmer months. Join your instructor, a seasoned kayak guide and long-distance paddler, to learn the fundamentals of kayaking. You'll learn the different parts of a kayak along with safety tips for being out on the water. Then, you'll venture out onto flatwater to learn basic strokes and what to do if your boat accidentally tips (wet exit). You'll leave this class with the confidence you need to enjoy Utah's beautiful water. Students should be comfortable on open water and be able to swim 25 yards. See further details online.

LLREC 934-001 | S, Jun 10 | 10:00 AM-2:00 PM

Outdoors | \$69

DISC GOLF: AN INTRODUCTION

Michael Fagerstrom

Salt Lake has an incredible range of gorgeous disc golf courses! Take advantage of this local asset and learn a new sport with a unique combination of mental and physical challenges. It's a great way to keep your body and mind in shape. Join us and learn the different styles of discs, popular throws, and rules of the game. You will start by learning the basics and build up to trying your hand at a course.

LLREC 902-001 | Th, Jun 8 | 6:00 PM-9:00 PM

AND S, Jun 10 | 9:00 AM-5:00 PM

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LLREC 902-002 | Th, Jun 8 | 6:00 PM-9:00 PM

AND S, Jun 17 9:00 AM-5:00 PM

540 Arapeen Dr. room 132/Outdoors | \$175 + \$35 special fee

Many of these classes will take place outdoors; please dress appropriately for weather conditions and bring plenty of water. See further details online.

LLREC 924-001 | Th, Jun 22-Jun 29 | 5:30 PM-7:30 PM
Outdoors | \$59

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.

LLREC 916-001 | Th, Jun 29 | 6:30 PM-8:30 PM
540 Arapeen Dr. room 120 | \$39



AN INTRODUCTION TO WHITEWATER KAYAKING

Michael Fagerstrom

Despite its arid climate, Utah offers some of the most beautiful, fun, and challenging whitewater in the country. Join your instructor – a seasoned long-distance paddler, kayak guide, and self-proclaimed river rat – for an introduction to whitewater paddling. You'll learn about the common hazards and obstructions found on moving water and how to avoid them. You'll also study basic safety techniques and what to do if your boat flips out on the water. See further details online.

LLREC 935-001 | S, Jul 15 | 10:00 AM-2:00 PM
Outdoors | \$69 + \$3 special fee



“ Mike is a great teacher and a knowledgeable guide. He mapped out a long and beautiful route for our day-long adventure and kept us engaged and comfortable with a pace that was good for everyone.

- Rebecca Menlove about instructor Michael Fagerstorm



WELLNESS & RELATIONSHIPS

QIGONG: AN INTRODUCTION

Emily Yeates

Come enjoy a gentle yet effective form of exercise using qigong. Learn the fundamentals of a qigong practice including movement, gentle stretching, breath-work, and meditation to increase energy in the body, all while calming the mind. The flowy, repetitive movements of qigong are enjoyably easy to learn and will teach you how to let go of your tension and just go with the flow. Please wear comfortable clothes and bring a yoga mat and water bottle.

LLHL 250-001 | W, May 10-May 31 | 6:30 PM-8:00 PM

Studio Zamarad | \$79 + \$20 special fee



NEW BEGINNING DOG TRAINING FOR HAPPY HEALTHY DOGS

Steven Hopkins

Transform your relationship with your dog with the guidance of a local professional dog trainer. You'll learn how to use positive techniques to train through leadership, not dominance. Throughout the course, we'll cover commands like focus, sit, down, wait and stay, loose leash training, and recall. Because training is so often about teaching the owner, you'll attend the first session without your dog to cover the principles of positive training and learn how to lead in a way your dog understands. This course is designed for dogs 16 weeks and older. This course is NOT appropriate for aggressive dogs or dogs with aggressive tendencies. First class session is for humans only; please do not bring your dog.

LLHL 253-001 | S, May 13-Jun 17 | 3:00 PM-4:30 PM

Salt Lake City | \$149 + \$80 special fee

INTEGRATING INTUITIVE EATING AND MINDFULNESS

Lo Segal

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

LLHL 246-001 | M, May 15-Jun 26 | 6:00 PM-8:00 PM

540 Arapeen Dr. Room 152 | \$129 + \$6 special fee



PRESENT PARENTING: A MINDFUL APPROACH

Sara Hutchinson

Cultivate a mindful approach to parenting through teaching, discussion, and reflection. Change your reactive inclinations and be more responsive as you cultivate compassion for yourself and learn to let go of imperfection. Together we'll create space to feel the joy and wonder of raising children while developing the self-awareness to accept that nothing is perfect, permanent, or personal. You'll walk away from this class with more mindfulness, kindness, generosity, gratitude, joy, and forgiveness to share with your family.

LLHL 252-001 | T, May 16-May 23 | 6:00 PM-7:30 PM

540 Arapeen Dr. Room 124 | \$49

THE FOUR NOBLE TRUTHS: BUDDHIST PRINCIPLES FOR A HAPPY LIFE

Joseph Evans

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

LLHL 232-001 | W, May 17 | 6:30 PM-8:30 PM

540 Arapeen Dr. Room 120 | \$39

THE POWER OF SLEEP: A PLAYBOOK FOR QUALITY ZZZ'S

Tara Meade

We live in a fast-paced world that yields very little time to take care of ourselves. There are thousands of, "self-care," practices out there but during times of stress or uncertainty, these practices are the first things to go. So how about one practice we all do that is a pillar of self-care? Sleep!! Quality sleep is essential for physical, mental, and emotional balance. Without sleep, our systems break down and our risk of illness is increased. Join your instructor, a Certified Sleep Science Coach, to learn how to add more sleep to your life and reap the massive benefit of quality Zzz's. Like the ingredients in your favorite recipe, there is no ONE magic element to sleep. Rather than turning to "quick-fix" sleep aids, you'll learn to adopt day, night, and wake-up routines to create your own mouth-watering recipe of sleep hygiene, giving yourself the benefits of a healthier, happier, and more-rested you.

LLHL 251-001 | W, May 24 | 6:00 PM-8:00 PM

540 Arapeen Dr. Room 146 | \$39 + \$6 special fee

BOTANICAL REMEDIES FOR EVERY BODY

Rachael Bush

Damaged skin is something we all have issues with from time to time. Learn how to make natural balms to treat bruises and rashes, and sunblock to help keep you at your best. These healing recipes are formulated for all types of skin and use natural ingredients with vegan options available upon request. You'll be infusing oil with herbs, making a colloidal solution, and learning the skills and techniques to continue production at home.

LLHL 106-001 | S, Jun 3 | 1:00 PM-4:00 PM
540 Arapeen Dr. Room 138 | \$49 + \$15 special fee

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 qigong 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 anywhere. All ages and fitness levels welcome! Please wear comfortable clothes and bring a yoga mat and water bottle.

LLHL 248-001 | W, Jun 7-Jun 28 | 6:30 PM-8:00 PM
Studio Zamarad | \$79 + \$20 special fee

BOTANICAL BEAUTY: LIP TINTS

Rachael Bush

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

LLHL 130-001 | S, Jul 8 | 1:00 PM-3:30 PM
540 Arapeen Dr. Room 152 | \$49 + \$4 special fee

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. Please allow time for travel, drive will be about 45min from SLC.

LLHL 138-001 | S, Jul 15 | 10:00 AM-2:00 PM
Outdoors | \$69 + \$45 special fee



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. Please bring a pair of safety glasses or goggles.

LLHL 184-001 | S, Jul 29 | 10:00 AM-1:00 PM
540 Arapeen Dr. Room 152 | \$49 + \$25 special fee

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. Please bring an apron and your favorite essential oil.

LLHL 223-001 | S, Jul 29 | 2:00 PM-5:00 PM
540 Arapeen Dr. Room 152 | \$49 + \$35 special fee



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. This class will explore adult themes, language, and content.

LLWRC 780-001 | T, May 9-Jun 13 | 6:30 PM-9:00 PM
540 Arapeen Dr. room 132 | \$225 + \$5 special fee

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 discover how to create a narrative that represents a time or theme in your life. There will be an opportunity for discussion, reading, practice writing your own memoir, and sharing your work with your newfound writing community at the end of the course. All writing levels are welcome!

LLWRC 878-001 | W, May 10-May 31 | 6:00 PM-7:30 PM
540 Arapeen Dr. room 124 | \$99

LIKE A LATTICE FOR ROSES: OUTLINING A LOVE STORY

Sky Simons

Planning a romance novel feels a lot like planning a garden: where to start it, what to let grow, what to snip, and what to encourage. Join us to build a trellis that supports your own written roses. We'll choose our main characters, the supporting cast, and a plot. You'll play with themes, tropes, conflict, and genre expectations. By the end, your trellis will support a rose garden to make any beast in an enchanted castle green with envy.

LLWRC 904-001 | S, May 20 | 10:00 AM-2:00 PM
540 Arapeen Dr. room 132 | \$59

BUILDING YOUR ONLINE PLATFORM FOR WRITERS AND ARTISTS

Alex Jay Lore

Whether you are just starting out or have been on the scene for a while, digital marketing is a necessary part of every writer's and artist's professional life — but tackling it on your own can be overwhelming and may leave you feeling lost and confused. Join us to learn tips and tools that will get you started building your online presence including ways to develop your brand, identify your audience, and use your online platform to add to, rather than detract from, your writing, art, or performances.

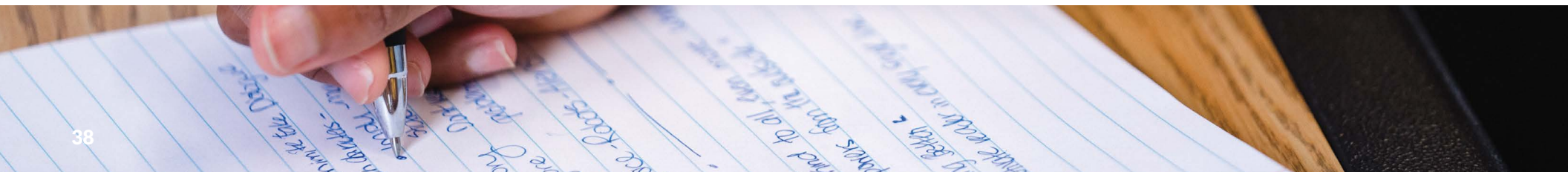
LLWRC 897-001 | M, May 22-Jun 12 | 6:30 PM-8:00 PM
540 Arapeen Dr. room 154 | \$59

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, Jun 3 | 12:00 PM-3:00 PM
540 Arapeen Dr. room 146 | \$49



CREATIVE WRITING BOOTCAMP

Johnny Worthen

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

LLWRC 842-001 | S, Jun 3-Jun 10 | 10:00 AM-2:00 PM
540 Arapeen Dr. room 132 | \$125 + \$5 special fee

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, Jun 5-Jun 12 | 6:00 PM-8:00 PM
540 Arapeen Dr. room 148 | \$59

FOOD WRITING

Alex Springer

Have you ever had a meal so delicious that words failed you? Then join a seasoned local food writer and critic on a journey to explore the sensory experience of dining and turn it into food criticism, long-form writing, or simply some dope captions for all those food pics piling up on your social media. We'll learn the basics of sensory writing, explore the relationship between food and culture, workshop ideas for longer pieces, and perhaps most importantly, enjoy some tasty local food as research. If you're looking to build your food journalism skills or simply share a deep love of all things culinary, this class will offer plenty for you to sink your teeth into.

LLWRC 900-001 | S, Jun 10 | 10:00 AM-1:00 PM
540 Arapeen Dr. room 146 | \$49 + \$10 special fee

CHOOSING THE RIGHT POINT OF VIEW

Bryan Young

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

LLWRC 880-001 | S, Jun 10 | 12:00 PM-3:00 PM
540 Arapeen Dr. room 120 | \$49



DIY STORYTELLING & PUBLISHING: ZINES

Max Barnewitz

Zines are self-published, self-distributed mini-books that give us the power to build community by sharing our experiences and ideas. By making use of comics, collage, and creative writing, zines allow you to explore a wide variety of creative techniques and types of storytelling. Join a local artist to create your own zines, learn comic fundamentals, collaborate on group prompts, and participate in a mini zine-swap. By the end of the class, you'll have copies of a unique completed work that you can keep, trade with your classmates, or use as gifts for your friends and family! Please bring a writing utensil and sketchbook or loose paper for sketching.

LLWRC 902-001 | W, Jun 14-Jun 21 | 6:30 PM-8:30 PM
540 Arapeen Dr. room 152 | \$59 + \$6 special fee



WRITING ACTION WITHOUT GETTING LOST

Alex Jay Lore

Action scenes are a lot of fun to write, but they can also become overly complicated and hard to navigate. This class is for those authors who tend to lose track, struggle to visualize, or otherwise fight to get their action scenes just right. We will analyze the makings of good action scenes, how to outline, block, and balance them, and ultimately write compelling, realistic action scenes without authors or readers getting lost in them.

LLWRC 898-001 | S, Jun 17 | 1:00 PM-3:00 PM
540 Arapeen Dr. room 120 | \$39

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, Jun 24 | 10:00 AM-2:00 PM
540 Arapeen Dr. room 132 | \$75



WRITING GREAT DIALOGUE

Bryan Young

The art of writing dialogue is difficult to master. Join your instructor – a bestselling author – as you experience examples of great dialogue and learn principles to improve how you use it. You'll gain the skills to better reveal characters and exposition through speech.

LLWRC 901-001 | S, Jul 8 | 12:00 PM-1:00 PM
540 Arapeen Dr. room 146 | \$39

NEW HEY LISTEN! WRITING VOICE

Alex Jay Lore

Voice – the way you or your characters uniquely come through on the page – is one of those things some authors feel they either have or don't have. This hands-on workshop will examine the different types of voice, how to watch out for them, and how to create characters that are as unique and engaging as possible. They say it's hard to teach voice. Turns out, all we really need is practice.

LLWRC 899-001 | S, Jul 15 | 11:00 AM-2:00 PM

540 Arapeen Dr. room 120 | \$49

NEW ONE HUNDRED YEARS OF SOLITUDE: A MASTERWORK OF WORLD LITERATURE

Scott Black

Grasp the beauty and magic of Gabriel García Márquez's *One Hundred Years of Solitude*. This book offers one of the most moving, engaging, and entertaining reading experiences you'll ever have. Hugely influential and important, this book was a foundational text of magical realism, and it inaugurated "the Latin American boom" in mid-twentieth-century global literature. We will explore García Márquez's wonderful novel in its literary, cultural, and historical contexts – as a radical new vision of what the novel can do, as a study of the intertwining of family and history, and an exploration of living in the crosscurrents of time, memory, dream, and desire. Most importantly, the class will provide a chance to slowly read, or reread, one of the great masterworks of world literature. Students should bring their own copy of the book.

LLWRC 903-001 | Th, May 18, Jun 1, Jun 15 | 6:00 PM-7:30 PM

540 Arapeen Dr. room 132 | \$65

LIFELONG LEARNING SERIES

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green thumb
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Students can expect a confirmation email 24-72 business hours after enrolling. Lifelong Learning will also reach out 48-72 business hours before your class begins with details about your course. 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. Email our office at lifelong@continue.utah.edu to inquire about the status of a class.

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.

Parking at 540 Arapeen Drive is free and no permit is needed after 5pm.

Special fee designation is no longer listed, please visit our website for a description of what your special fee pays for.

Course enrollment will close at midnight the day before the course begins, so enroll early!

Drop Policy: Students will receive a full refund if a class is dropped 7 days before the class begins. Students requesting to drop less than 7 days before the class start date, but before 50% of the class is over, will receive a 50% tuition refund but no special fee. Please note: there are certain classes with exceptions to this policy due to materials purchasing, please review the class note to see if this is the case.

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