Katie Lawson has been teaching with Lifelong Learning around 3 years, and students can’t rave enough about her. She fills her Mycology classes with relatable content, deep scientific knowledge and hands-on experience.

Katie has worked on organic vegetable farms since 2011 and has been studying mycology and growing mushrooms since 2016. She currently runs an educational mushroom farm and research garden through her company, Fungal Focus. Katie believes that all roads lead to mycology and looks forward to meeting you on your mycological journey.

We asked Katie a few questions to get to know her better:

What inspires you about your subject matter?

There are so many ways to work with fungi, from food to medicine to plastic replacements to environmental remediation. There’s endless ways to pursue solutions in mycology, and I like that I can help others get started while pursuing my own mycological ambitions.

Tell us a story or about a cool opportunity that you’ve had with fungi?

At the Telluride Mushroom Festival I got to meet several of the people whose work has informed and inspired mine. Fungi act as a network and so do mycologists. It’s an empowering & fun thing in which to take part.

How are you a lifelong learner?

I have a tendency to deconstruct everything to figure out how I can do it myself. Need custom tools for your mushroom farm? Learn how to make them. Enjoy a cold beverage? Learn how to homebrew. Limited menu options with food allergies? Get better at cooking. If time & money weren’t factors, I’d learn how to do just about anything.

Sci-Fi question... Which do you predict: Fungus zombie or virus zombie?

I predict a virus in the year 2019.
WATERCOLOR: BIRDS AT TRACY AVIARY
Alicia Finlayson

Learn to expand your watercolor technique, edges, and vibrant color you will be able to create your own dynamic paintings with greater confidence and joy. Paintings may include fruit, animals, flowers, and landscapes. Find materials list online.

To learn more and register for classes, visit our website at lifelong.utah.edu
Understanding the light striking your subject and how it defines form is the foundation of representing three-dimensions when painting on a two-dimensional surface and it is the sole focus of this class. You will gain confidence to sketch and paint nature on your own. No previous art experience required, everyone is welcome! Find Materials list online.  

LLART 207-001 | Sep 28-Oct 11 | 6:00 PM-9:00 PM  
LLART 408-001 | Th, Sep 28-Nov 2 | 6:00 PM-9:00 PM  
LLART 374-001 | T, Sep 26-Oct 3 | 7:00 PM-8:30 PM AND S, Sep 30-Oct 7 | 3:00 PM-4:30 PM  
LLART 329-001 | T, Oct 3-Nov 7 | 6:00 PM-8:00 PM  
LLART 304-001 | S, Sep 30 | 10:00 AM-4:00 PM  

WATERCOLOR ZION  
Capture the drama of Zion’s stone cathedrals with color. You’ll discover how to manipulate the consistency of watercolor to create light and shadow shapes. Following your instructor’s step-by-step guidance from our experienced artist, you’ll unlock the secrets to creating the illusion of form, the effect of atmospheric perspective, and photographs of nature. Your instructor, a local ink and watercolor artist, will guide you through the foundational principles of sketching and painting. You will see how quickly you can create exciting and spontaneous small pieces on site in Zion National Park. 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. No previous art experience required, everyone is welcome! Find Materials list online.  

LLART 207-001 | Sep 28-Oct 11 | 6:00 PM-9:00 PM  
LLART 408-001 | Th, Sep 28-Nov 2 | 6:00 PM-9:00 PM  

CLASS YOUR UPSTAIRS CORRESPONDENCE-LETTER  
Discover your own niche in the world of fine art lettering. This course involves creating a client-specific letter form or monogram, which can be used in a variety of mediums such as wood printing, rubber stamping, and screen printing. The instructor will provide a template for a letter form, and will guide you through the foundational principles of brush lettering and the different types of pens and inks to be used. Participants will learn the methods of intuitive painting as a free-form, expressive process to express their unique vision of art. No previous art experience required, everyone is welcome! Find Materials list online.  

LLART 207-001 | Sep 28-Oct 11 | 6:00 PM-9:00 PM  
LLART 408-001 | Th, Sep 28-Nov 2 | 6:00 PM-9:00 PM  

FIGURE DRAWING  
To learn more and register for classes, visit our website at lifelongo.utah.edu  

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

Images made for use as icons or illustrations are an inspiration for artists and those who enjoy their beauty. How you interact with materials, paint application, and stroke can be an exploration of color, form, and perception. Within these processes, endless variation and experimentation will happen.  

PAINTING VINTAGE FLORA IN OIL OR ACRYLIC  
Learn how to capture the world around you with quick, gestural paintings. You will create three or four different pieces while learning layering and different techniques. You’ll develop a beautiful art book and all the knowledge you need to make more.  

LLART 207-001 | Oct 4-Oct 11 | 6:00 PM-9:00 PM  
LLART 408-001 | Th, Oct 4-Oct 11 | 6:00 PM-9:00 PM  

ZENTANGLE: BEAUTY OF BLACK PAPER  
Discover the enchanting world of Zentangle on black paper as you explore the interplay of color and white pens and pencils. Master the art of drawing lines, capturing the linearity of the grid, and creating patterns. This class is suitable for all levels of experience. No previous art experience required, everyone is welcome! Find Materials list online.  

LLART 207-001 | Nov 15-Dec 6 | 6:00 PM-9:00 PM  
LLART 408-001 | Th, Nov 15-Dec 6 | 6:00 PM-9:00 PM  

QUICK SKETCH WATERCOLORS  
Capture your travels and daily life with flowing lines and flowing colors. Learn how to manipulate the consistency of watercolor to create light and shadow shapes. Following your instructor’s step-by-step guidance from our experienced artist, you’ll unlock the secrets to creating the illusion of form, the effect of atmospheric perspective, and photographs of nature. Your instructor, a local ink and watercolor artist, will guide you through the foundational principles of sketching and painting. You will see how quickly you can create exciting and spontaneous small pieces on site in Zion National Park. 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. No previous art experience required, everyone is welcome! Find Materials list online.  

LLART 207-001 | Sep 28-Oct 11 | 6:00 PM-9:00 PM  
LLART 408-001 | Th, Sep 28-Nov 2 | 6:00 PM-9:00 PM
OLIVE OIL PAINTING: DYNAMIC LANDSCAPES
Alicia Finlayson
540 Arapeen Dr, Room 138 | $175 + $15 special fee
LLART 398-002 | W, Nov 15-Dec 13 | 5:30 PM-8:30 PM | No class Nov 22

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 teach concepts such as color theory, composition, value, and oil history so you can create your own beautiful landscapes. You’ll also learn what materials are needed and how to set up your studio. This class will demonstrate various techniques, which will enable you to paint a variety of subjects. Find Materials list online.

OIL PAINTING: VALUE STUDIES
Joanne Henschel
540 Arapeen Dr, Room 152 | $199 + $10 special fee
LLART 76-001 | W, Oct 25-Dec 6 | 6:00 PM-9:00 PM | No class Nov 22

Learn how to paint with oil and discover the expressive power of black ink, learning how to master sumi-e techniques to create stunning paintings with depth and shading reminiscent of watercolor. Additionally, you will dive into the art of calligraphy, using a brush to write Japanese characters with elegance and precision. Embracing the essence of an object or idea, you will explore the beauty of creating writing and capturing the soul of your subject. Combine your creativity and embark on a journey into the traditions of sumi-e and calligraphy.

ZENTANGLE: OVERFLOWING WITH GRATITUDE
Connie Case
540 Arapeen Dr, Room 124 | $49 + $5 special fee
LLART 153-001 | Th, Nov 9-Dec 7 | 6:00 PM-8:00 PM | No class Nov 23

Do you want to dive into a creative outlet that explores the endless possibilities of letters? Whether you’re a graphic designer or just want to draw that figure, this is the class for you! Learn about lettering techniques and letter design for this uplifting course that will teach you the anatomy of letters, how to draw letters with personality from scratch, different typefaces including faux calligraphy, and ornamentation to punch up your designs. You’ll walk away with a newfound talent and the confidence to indeed put your brush to paper. Find Materials list online.

ILLUMINATED MANUSCRIPT: RAISED GOLD GILDING
Janiece Murray
540 Arapeen Dr, Room 138 | $119
LLART 411-001 | M, Oct 30-Nov 13 | 6:00 PM-8:00 PM

Paint your brushstrokes gilded to enhance your illustration. Explore the materials of this handmade medium and develop your own special gilding technique. Plus, create your own illuminated letter masterpiece. Find Materials list online.

HAND LETTERING FUN & FUNDAMENTALS
Kelsey Crnich
540 Arapeen Dr, Room 138 | $75 + $32 special fee
LLART 404-001 | S, Nov 4 | 10:00 AM-1:00 PM

Use your newly learned skills as taught in our value-painting class while exploring how to paint in a technique emanating from your quest to find your inner artist. This class will present a slide showing a comprehensive version of Oil painting thus far. We will demonstrate the techniques used to apply paint, the various techniques into practice. Your instructor will transfer all the techniques you will need to practice. This exercise will become more complex each week, culminating with your choice of painting projects 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 technique you need to paint a variety of subjects. Find Materials list online.

SUMI-E & SHO: JAPANESE BRUSH PAINTING & CALLIGRAPHY
Alicia Gough
540 Arapeen Dr, Room 152 | $49 + $45 special fee
LLART 413-001 | S, Oct 21-Nov 18 | 10:00 AM-1:00 PM AND T, Oct 24 | 5:30 PM-8:30 PM

Find Materials list online.

LANDSCAPE IN WATERCOLOR: PLAYING WITH TECHNIQUE
Kimberly Roush
540 Arapeen Dr, Room 152 | $199 + $45 special fee
LLART 414-001 | Th, Nov 9-Dec 7 | 6:00 PM-9:00 PM

Find Materials list online.

ZENTANGLE: OVERFLOWING WITH GRATITUDE
Cornucopias are full of tangles and lots of good things. We’ll explore all the techniques for this uplifting course that will teach you the anatomy of letters, how to draw letters with personality from scratch, different typefaces including faux calligraphy, and ornamentation to punch up your designs. You’ll walk away with a newfound talent that you can do anywhere with just pencil and paper! Find Materials list online.

HAND LETTERING FUN & FUNDAMENTALS
Kelsey Crnich
540 Arapeen Dr, Room 138 | $75 + $32 special fee
LLART 404-001 | S, Nov 4 | 10:00 AM-1:00 PM

Find Materials list online.

To learn more and register for classes, visit our website at lifelong.utah.edu.
COLOR THEORY AND COLOR MIXING 101
Theresa Otteson
Discover the basics of color theory including temperature, value, and hues. You’ll learn to create color harmony in your artwork. You’ll create a color wheel and learn 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 of color. Final materials list online.
LLART 422-001, 002 | Nov 18 & 25 | 6:00 AM-8:00 PM | 540 Arapeen Dr, Room 246 | $149 + $20 special fee

TOILE WOODLAND VINTAGE WORKSHOP
Connie Case
Discover the joy of creating unique and intricate designs as we explore a variety of fun techniques perfect for sharing with loved ones. From framing balls and kentucky bars to hand-dyed fabrics and eye-catching decorations, you’ll learn how to use Toile designs to create a truly unique gift. With step-by-step guidance and inspiration, you’ll create one-of-a-kind gifts and decor while being made to order. You’ll leave this class with a unique piece of art that is personalized for your family and friends. Join us in the Toile Studio! For advanced artists/tanglers.
LLART 382-001 | M, Aug 21 | 6:00 PM-9:00 PM | 540 Arapeen Dr, Room 124 | $49 + $10 special fee

Sew simple seams. You’ll leave the class with two easy but impressive objects to take home. Learn to sew common seam techniques and notions, installing pockets, and how to make and finish seams. You will learn how fabrics are used in various projects, different techniques, how fabrics are used in various projects, different fabrics and construction. You will learn how to use sewing machine. MAKE members receive a 10% tuition discount. Materials list is located online.
LLCFT 267-001 | M, Aug 21-Sep 11 | 6:00 PM-9:00 PM | No class Sep 4 | 540 Arapeen Dr., Room 143 | $149 + $4 special fee

Cindy’s class is perfect for students working in oil, acrylic, and watercolor, as well as those in any discipline wanting to fine-tune their understanding of color. Final materials list online.
LLART 142-001, 002 | Nov 8 & 15 | 10:00 AM-2:00 PM | 540 Arapeen Dr, Room 121 | $75

Diane Allen
SILK PAINTING: AN INTRODUCTION
Discover how to paint this puzzle of an urban scene. Your instructor’s favorite painting field is Main Street in Park City on snow day will take you through how to simplify a complex scene. You’ll capture the subtle colors and value of the scene with flowing colors and a hint of the color “Neutral Tint.” A tracing is provided to give you an easy start. Final Materials list online.
LLART 142-001, 002 | Dec 8 & 15 | 6:00 PM-9:00 PM | 540 Arapeen Dr, Room 121 | $75

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. Your yarn concepts will vary based on choice of pattern, but you’ll learn how to cast on and bind off, knit and purl stitches, basic pattern reading, and how to read a pattern. Students should already know how to use their sewing machine. MAKE members receive a 10% tuition discount. Materials list is located online.
LLCFT 387-001 | M, Oct 2-Oct 16 | 6:00 PM-9:00 PM | Make Salt Lake, 322 E. 400 S., $125 + $30 special fee

TOILE VINTAGE WOODLAND WORKSHOP
Connie Case
Sew simple seams. You’ll leave the class with two easy but impressive objects to take home. Learn to sew common seam techniques and notions, installing pockets, and how to make and finish seams. You will learn how fabrics are used in various projects, different techniques, how fabrics are used in various projects, different fabrics and construction. You will learn how to use sewing machine. MAKE members receive a 10% tuition discount. Materials list is located online.
LLCFT 362-001 | T, Aug 22-Sep 19 | 6:00 PM-8:00 PM | 540 Arapeen Dr., Room 152 | $149 + $20 special fee

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. Your yarn concepts will vary based on choice of pattern, but you’ll learn how to cast on and bind off, knit and purl stitches, basic pattern reading, and how to read a pattern. Students should already know how to use their sewing machine. MAKE members receive a 10% tuition discount. Materials list is located online.
LLCFT 387-001 | M, Oct 2-Oct 16 | 6:00 PM-9:00 PM | Make Salt Lake, 322 E. 400 S., $125 + $30 special fee

TOILE VINTAGE WOODLAND WORKSHOP
Connie Case
Sew simple seams. You’ll leave the class with two easy but impressive objects to take home. Learn to sew common seam techniques and notions, installing pockets, and how to make and finish seams. You will learn how fabrics are used in various projects, different techniques, how fabrics are used in various projects, different fabrics and construction. You will learn how to use sewing machine. MAKE members receive a 10% tuition discount. Materials list is located online.
LLCFT 362-001 | T, Aug 22-Sep 19 | 6:00 PM-8:00 PM | 540 Arapeen Dr., Room 152 | $149 + $20 special fee

TOILE VINTAGE WOODLAND WORKSHOP
Connie Case
Sew simple seams. You’ll leave the class with two easy but impressive objects to take home. Learn to sew common seam techniques and notions, installing pockets, and how to make and finish seams. You will learn how fabrics are used in various projects, different techniques, how fabrics are used in various projects, different fabrics and construction. You will learn how to use sewing machine. MAKE members receive a 10% tuition discount. Materials list is located online.
LLCFT 362-001 | T, Aug 22-Sep 19 | 6:00 PM-8:00 PM | 540 Arapeen Dr., Room 152 | $149 + $20 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu.
HANDWEAVED EARRINGS: SEED BEADS AND COLOR

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 seamless and basic sawing, soldering, and finishing skills. You will finish this class with a simple ring and pendant of your choice. All tools are provided at no extra cost. 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.

WELDING: AN INTRODUCTION

Jewelry Casting

Sculpt and carve wax, then transform them into intricate designs using advanced casting techniques. Design your own jewelry out there. But didn’t know where to begin? This class will teach you the basic basics: how to make a set of nesting bowls. You will learn basic throwing techniques like centering clay, shaping a bowl, and how to throw various sizes of clay. We will also learn about decorating our pieces and ways to strike an anvil, and how to use them to maximize your hammer and anvil. You will learn hammer control, the different parts of welding while completing a project of your choice!

MATERIALS I

Amy Schmidt, Jan Harris-Smith

Build on the techniques you learned in Metalworking I and create a ring and pendant of your choice. All tools are provided at no extra cost, 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. Price experience required.

Workshop SLC | $219 + $49 special fee

LLCFT 371-001 | T, Sep 5-Sep 26 | 3:30 PM-6:00 PM

Sponsored with Workshop SLC.

To learn more and register for classes, visit our website at lifelong.utah.edu
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 (throwing clay onto a spinning wheel), then form one or more components. Explore attachment options (approximately one-inch square) or inspired by samples provided by the instructor. Different types of clay are used, so you’ll learn various ways of coloring the surface, beyond oxidation.

The stamp can be based either on a design idea brought to class or one selected from the instructor’s stamp collection. The stamp can be based either on a design idea brought to class or one selected from the instructor’s stamp collection. The class fee includes supplies for the stamp, a demo, and all of the materials you will need to create your own stamp. Additionally, the instructor will provide additional materials and techniques to help you create your own unique stamp designs. You’ll walk away from this class with a finished stamp!

To learn more and register for classes, visit our website at workshop.slc.edu.
Matt and Brendan were very knowledgeable, helpful and patient, they explained everything clearly and always offered additional help if needed. The class covered the basics well enough for me to be excited to continue learning.

Thomas Wilmeth about Bookbinding

Hand-Embroidered Holiday Ornaments and Gifts

Embroidery is a fun and meditative craft that offers you the chance to create unique, personal 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, combine them with your favorite photos and letters, and send them to friends and family. Immerse yourself in the art of bag-making as we guide you through the construction of the stylish Range Backpack. With its fold-over top, pleated front pocket, and adjustable straps, this backpack combines functionality and fashion. Throughout the course, you’ll acquire valuable skills, including crafting a lining for your bag, adding a zipper pocket, working with diverse fabric types, and incorporating hardware. By the end, you’ll proudly walk away with a personalized backpack for everyday use, along with a wealth of ideas for making original, expertly finished projects. Find Materials list online.

SEW A RANGE BACKPACK

Janiece Murray

Join a local Salt Lake artist and learn how to create your own unique punch needle hand embroidery. You’ll start by learning the unique artistic qualities of the “stow” backstitch technique. You’ll learn how to make a text block, create your own book cover, and sew a flat lying spine as you find your own “end of book.” You’ll fly away from this class with one or more new books and skills you need to create unique handcrafted books. Find Materials list online.

LCCT 274-001 (Th, Nov-Dec 6-6:30 PM) $141 PM (Utah), Room 114, 187 special fee

Pysanky: Ukrainian Art Egg Ornaments

Rynna Poulson

Explore this tradition from start to finish, including preparing the eggs, basic division for laying out designs, choosing a traditional folk pattern, and finishing with varnish. Each egg you’ll work with finds its way to an heirloom ornament. You will walk away from this class with three pysanky ornaments and the knowledge and skills you need to continue creating on your own! Find Materials list online.

LCCT 270-001 (Th, Nov-Dec 6-6:30 PM) $81 PM (Utah), Room 147, 141 special fee

Knitting in the Round: Magic Loop Beanies

Amy Hargreaves-Judzis

Explore the realm of scarves and baby blankets with the Magic Loop method of knitting in the round. You’ll learn how to knit hats in the round, increasing, decreasing, joggless stripes, and a cool center cast on. Added bonus: you’ll learn how to make your own knitter and travel to the nearest finding a fresh material list online.

LCCT 270-001 (Th, Nov-Dec 6-6:30 PM) $75 + $12 special fee

Allyson Rocks

To learn more and register for classes, visit our website at lifelong.utah.edu
INDIGENOUS WHITE WINES OF SPAIN

Tatyana Golub, Peter Golub

6:00 PM-8:00 PM
LLFW 634-001 | Th, Sep 14 | 6:30 PM-8:30 PM

Join us for an afternoon of delicious coffee comparisons with the owner of Salt Lake Roasting Co. We’ll start with an overview of coffee from its ancient origins to the present day. Discover the fascinating story of the discovery of America and its impact on coffee and celebrate the unique characteristics of its wines. Join us for an intimate experience where history, royalty, and grape varieties converge. Participants will receive a sensory experience box. Students are expected to purchase their own meal.

WINES OF PIEDMONT, ITALY

Sheral Schowe

6:00 PM-8:00 PM
LLFW 626-001 | Th, Sep 14 | 6:00 PM-9:00 PM

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 roasting, then learn the intricacies of pulling a shot of espresso. After the class, you’ll have the opportunity to practice your newfound skills at Blue Copper. You’ll learn about coffee, from growing to roasting, then learn the intricacies of pulling a shot of espresso. After the class, you’ll have the opportunity to practice your newfound skills at Blue Copper.

Baking Pretzels: An Introduction

Matthew Trone

6:00 PM-8:00 PM
LLFW 597-001 | Th, Sep 7 | 6:00 PM-8:00 PM

Are you a beginning home barista to the serious espresso hobbyist. Please be prepared to drink coffee despite the late hour.

ESPRESSO EXPLAINED: FOUNDATI ONS OF PULLING & POURING

Pietro Andreotti

6:00 PM-8:00 PM
LLFW 592-001 | T, Sep 12 | 6:00 PM-8:00 PM

The pretzel. You might know it as the ideal snack, the perfect treat. Discover the history, techniques, and ingredients that make pretzels so beloved worldwide. From mastering the perfect dough to learning the traditional German crust, you’ll gain the confidence and expertise to craft delicious pretzels. Find materials list online.

JIAOZI: TRADITIONAL CHINESE DUMPLINGS

Qin Li

6:30 PM-8:30 PM
LLFW 633-001 | Th, Aug 31 | 6:30 PM-8:30 PM

What do you get when you bring together Albariño, Hondarrabi Zuri, Albariño, and a host of other varieties? A roaring good time, here’s a chance to catch a glimpse into the pure dynamism and great lengths to which a new generation of artisan winemakers across Spain go to secure the standing of Iberian white varieties on the world map of wine. From Galicia to Catalonia and the Basque Country, in between, this journey across the northern swathe of the Spanish peninsula is a one-of-a-kind opportunity to experience single-parcel bottlings which rarely reach international markets. Wine Educator Sheral Schowe and Terrestoria Wine Importer Stephanie Quadra will lead you through an unforgettable wine pairing. Enjoy premium wines produced by winemakers specializing in their own unique cuisine. This class is for those who grow it. Then we will cup coffees from some of the best growers and processors and use them to estimate the overall quality of the coffee. We will then taste the coffee, and compare it to coffee beans from other regions of the world.

COFFEE FROM CROP TO CUP

John Bolton

7:00 PM-9:00 PM
LLFW 625-001 | M, Aug 21 | 7:00 PM-9:00 PM

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 Roasted Mezcal. Experience how the flavors complement the cooler weather. From spiced concoctions to soothing blends, you’ll learn the secrets of creating soul-warming drinks that perfectly complement the cooler weather. From spiced concoctions to soothing blends, you’ll learn the secrets of creating soul-warming beverages while making new friends along the way. It’s time to get cozy, and celebrate with the wonderful drinks we’ll be making.

MUSHROOMS. See further details online.
culinary arts + libations

where you'll gain both skills and delicious memories.

the class. Join us and embrace the magic of French crêpe-making,
the fruits of your labor by taking home the crêpes you create during
showmanship to your culinary prowess. Best of all, you'll get to savor
technique of flawlessly flipping crêpes in the air, adding a touch of
delicate treats. But it doesn't stop there. We'll teach you the
traditional fillings, you'll learn the essentials of crafting these

Charlotte Durif

Salt Lake Roasting Co. | $39 + $46 special fee

LLFW 578-002 | Su, Dec 3 | 1:00 PM-3:00 PM
Salt Lake Roasting Co. | $39 + $46 special fee

LLFW 578-001 | Su, Sep 17 | 1:00 PM-3:00 PM

sweet and savory food snacks to accompany our brews.

discuss different brewing methods and enjoy coffee-related light

and varietal characteristics of coffee from around the world. We will
understanding of tea so you can continue to explore and enjoy this

and fermented tea (pu-erh). You will leave class with a greater
full spectrum of oxidation to end with entirely oxidized blacks

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'll 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.

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 leave class with a new perspective and your own Japanese tea kit
to practice what you've learned.

Tea Grotto | $39 + $5 special fee

LLFW 611-001 | Su, Nov 12 | 11:00 AM-1:00 PM
Tea Grotto | $39 + $5 special fee

LLFW 611-002 | Su, Oct 8 | 11:00 AM-1:00 PM

to build their charcuterie board.

THE ART OF CHARCUTERIE PLATTERS

Muyly Miller

Indulge us six hours of evening and creativity as we paint the
GLC South Building for a captivating journey into the art of platter
design. In this hands-on course, you'll learn food styling techniques,
discuss the science of presentation, and in the end make

step guidance on your instructor’s approach to creating stunning
platters. From balancing flavors and textures to arranging a visually
captivating display, you’ll learn the skills to elevate your charcuterie
platters to new heights. So come, let’s platter together and embark
on a delicious adventure that will delight both your palate and your
artistic sensibilities. Students should bring their own platter on which
to build their charcuterie board.

LLFW 594 (267) | Oct 25 | 6:30 PM-8:30 PM
Le Vin Studio | $49 + $39 special fee

JAPANESE TEA CEREMONY: AN INTRODUCTION

Alexa Siddall

Share in another culture, another time 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 the master will explore the history and philosophy of the ceremony, its relationship to Zen Buddhism, demonstrate the roles of host and server, and have you practice some
steps of the ceremony. There will also be a cup of tea served,

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.

Haruko Sadler

LLFW 617-001 | S, Oct 14 | 1:00 PM-4:00 PM

LLFW 514-001 | Th, Oct 12 | 6:00 PM-8:00 PM

Bitters Lab Studio | $39 + $59 special fee

LLFW 241-001 | S, Oct 21 | 9:30 AM-11:30 AM

LLFW 513-001 | Th, Oct 26 | 6:30 PM-8:30 PM

Bitters Lab Studio | $39 + $59 special fee

LLFW 267-001 | S, Oct 21 | 1:00 PM-3:00 PM

LLFW 241-002 | S, Oct 21 | 11:00 AM-1:00 PM

(If needed), and how to best slice and serve your unique creation!

YOU WILL LEARN...

- How to apply the buttercream crumb coat, and get smooth
sides and right pop the cake while learning basic techniques such as
stacking,

- How to build your own cake board,

- How to apply and level a buttercream layer to make it look
professionally smooth,

- How to pipe simple designs into your cake,

- The secrets of piping, and how to create any design you can
imagine with this amazing piping device!

- How to give your own cake a professional look when
putting it together.

- How to pipe any design you can imagine, from simple
toons to incredible designs

- How to achieve any design with piping

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- How to achieve any design with piping

SWEEET CREATIONS: FROSTING AND DECORATING A CAKE

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 for
a casual, fun class in which you'll learn these techniques with piping
gel. We’ll cover proper ways to attach piping tips, fill piping

bags, and hold your filled bags. You’ll get hands-on experience with

applying the buttercream crumb coat, and getting smooth sides on
the final buttercream layer. You will learn alongside like-minded
friends, decorating already-baked cakes with live instruction to help

along the way. We'll also discuss transporting and freezing your cake
of need, and how to best do so once you’ve decorated your masterpiece

LLFW 140 (121), DCM 143 | $42 + $6 special fee

EXPLORING THE HISTORIC REGION OF BOURGOGNE, FRANCE

Shawn Scherer

Join us to take a tour way through the historic region of Burgundy, France.
Savor the unique winemaking heritage of Burgundy, its roots through centuries of tradition. Discover the classic grape varietal characteristics in the renowned region. Experience a sensory adventure as we taste sparkling wines, Chardonnay, Aligoté, and Pinot Noir, exploring their distinctive flavors and characteristics. On top of all that,.getStatusCode of wine labels, pairing insights into
deciphering the nuances between village, premier cru, and grand
cru designations, and understand their levels of quality. Join us for an
enriching class where history, grape varieties, and wine making
diverge, deepening your appreciation for the wines of Burgundy.
Students are expected to purchase their own meal.

LLFW 594 (75) | Oct 14, 2019 | 9:30 AM-6:30 PM

LLFW 254 | TBD | $39 + $16 special fee

TBD | $39 + $36 special fee

LLFW 635-001 | Th, Oct 26 | 6:30 PM-8:30 PM

Students are expected to purchase their own meal.
WHISKIES OF THE WORLD
Jame Santangelo
Did you know that whiskey is one of the most popular – and fastest-growing – spirits? Learn about the broad range of whiskies that are being made worldwide, but have made this drink even more popular. We will discuss four distinct styles of whiskey. Learn to identify the aromatic and flavor profile of each, and understand development with each style. Join us for a fun and interactive class that will make you a whiskey expert in no time!

WHISKEY 101 & 102
Beehive Distilling | $39 + $30 special fee
LLFW 489-001 | M, Nov 13 | 7:00 PM-9:00 PM
Get ready for an informative and decadent champagne-tasting experience to prepare you for New Year’s Eve! Uncover the secrets behind the effervescent bubbles, learn about the traditional production methods, and discover the stories that make each bottle unique. You will also dive deep into the region, grape varieties, and the influence of terroir. With guided tastings, you’ll savor the nuanced flavors and textures that make champagne so special. Enhance your knowledge and appreciation for this sparkling elixir, ensuring that your end of year celebration is truly unforgettable. Students are expected to purchase their own wine.

Fratelli | $49 + $95 special fee
LLFW 637-001 | Th, Dec 7 | 6:00 PM-9:00 PM
Get ready for an informative and decadent champagne-tasting experience to prepare you for New Year’s Eve! Uncover the secrets behind the effervescent bubbles, learn about the traditional production methods, and discover the stories that make each bottle unique. You will also dive deep into the region, grape varieties, and the influence of terroir. With guided tastings, you’ll savor the nuanced flavors and textures that make champagne so special. Enhance your knowledge and appreciation for this sparkling elixir, ensuring that your end of year celebration is truly unforgettable. Students are expected to purchase their own wine.

RUM AND CHOCOLATE
Elle Schowe
Explore the various styles of the delicious spirit of rum, ranging from the fruit-forward clear styles to the richer dark styles. Each rum will be paired with different popcorns by a local SLC gourmet popcorn shop. Come learn all the secrets in this unique pairing class! Elle Schowe, wine expert, will guide you on this fun and fluid adventure so you leave the ultimate comfort food pairing. You sample three wines paired with different popcorns by a local SLC gourmet popcorn shop. Come learn all the secrets in this unique pairing class!

SHERRY, PORT, MARSALA, MADEIRA
Beehive Distilling | $39 + $30 special fee
LLFW 630-001 | M, Dec 4 | 7:00 PM-9:00 PM
Join us as we combine two of your favorite things: wine and popcorn. Your instructor, a local SLC popcorn expert, will guide you on this fun and fluid adventure so you leave the ultimate comfort food pairing. You sample three wines paired with different popcorns by a local SLC gourmet popcorn shop. Come learn all the secrets in this unique pairing class!

SIP, SAVOR, CELEBRATE CHAMPAGNES
James Santangelo
Get ready for an informative and decadent champagne-tasting experience to prepare you for New Year’s Eve! Uncover the secrets behind the effervescent bubbles, learn about the traditional production methods, and discover the stories that make each bottle unique. You will also dive deep into the region, grape varieties, and the influence of terroir. With guided tastings, you’ll savor the nuanced flavors and textures that make champagne so special. Enhance your knowledge and appreciation for this sparkling elixir, ensuring that your end of year celebration is truly unforgettable. Students are expected to purchase their own wine.

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CRYPTO CURIOUS: DEMYSTIFYING THE WORLD OF CRYPTOCURRENCIES AND BLOCKCHAIN

Darby Bailey
Explore the transformative impact of cryptocurrencies and blockchain technology on today's world. After a brief introduction to basic economics, you’ll discover the world of cryptocurrency including its history and different forms. You’ll then discuss blockchain and how it works, including the benefits and challenges of decentralization and cryptocurrency’s impact on the global world. Finally, you’ll get some hands on experience with a crypto wallet and NFT’s while you learn how to share digital assets. See further details online.

LLPOT 973-001 | Th, Oct 19-Nov 2 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 156 | $69

QUEER CINEMA

Ali Akbari
Expand your knowledge and explore Queer Cinema through the eyes of queer filmmakers. Grow your repertoires of media that centers on the representation of queer lives, and that which implements queer aesthetics to deconstruct normative systems of power. You’ll examine tropes, influences, and techniques of art as well as mainstream queer film. You’ll watch short clips, analyze them in class, and have access to full-length films outside of class to discuss the following week.

LLPOT 981-001 | M, Nov 6-Nov 13 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 160 | $59

RACE: UNRAVELING A FALSE NARRATIVE

Cody Kaemmerlen
Join us to examine the fraught history of race including how some have falsely believed that race is encoded in our DNA. You’ll unravel the path that created race as a social construct and racism as a means of control. The course will take you on a monthly dialogue with a discussion centered on our nation’s political systems, legal structures, and structural norms and practices that are encoded with racism. We’ll cover some challenging topics, so please come prepared to practice empathy and steadfastness.

LLPOT 972-001 | Th, Nov 9-Dec 7 | 6:30 PM-7:30 PM
540 Arapeen Dr, room 146 | $49

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 on 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’ll join your instructor in a drive through the Bear River Migratory Bird Refuge scenic loop to view the lake and its wildlife up close. You’ll also discuss the school of ancient people who called this area home, and explore via photos how the architectural remains of this incredible structure — some with over 1,000 years of history — are situated.

LLPOT 944-001 | T, Aug 22 | 6:30 PM-8:30 PM AND S, Aug 26 | 9:00 AM-12:00 PM
540 Arapeen Dr, room 146/Outdoors | $69

BACK ROADS UTAH

Tom Wharton
Ever heard of Utah’s oldest hotel, in Marysvale, where Zane Grey 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? You’ll drive over the road to two of these places and more! Learn about these and other out-of-the-way Utah sights and adventures in this celebration of the quirky and bring your own road map or atlas of Utah.

LLPOT 971-001 | Th, Aug 29 | 6:30 PM-7:30 PM
540 Arapeen Dr, room 146 | $49

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 some of their stones have been obviously abandoned. Still, we will explore the school of ancient people who called this area home, and explore via photos how the architectural remains of this incredible structure — some with over 1,000 years of history — are situated.

LLPOT 968-001 | S, Sep 9 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 146 | $49

MURALS BUILD COMMUNITY WALKING TOUR

Lesly Allen
Over the past few years, our city has blossomed into an outdoor gallery of amazing works of art by local and international artists. There’s no better way to experience the 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 SGD’s annual mural festival to learn about the mural process, including how artists are selected, the techniques they use to paint large-scale works, and fact sheets about key murals. Be sure to view the gallery ahead of time, as we can’t point out all the property owner plays in making the work and the power of public arts to build community. There’s so much more to share on this just-painting walk! Please dress in layers appropriate for the weather conditions.

LLPOT 958-001 | W, Sep 20 | 5:30 PM-7:30 PM
Outdoors | $39
explore utah

10:00 AM-2:00 PM

art sites in Utah that can be reached by car. You’ll walk away knowing

handout describing the location of over twenty fantastic public rock

thousands of years of human occupation. Participants will receive a

Buckhorn Wash–where the public can experience the remnants of

spectacular ruins of Cedar Mesa. But there are hundreds of other

sites–from the famed rock art galleries of Nine Mile Canyon to the

near Dugway, UT on a quest to observe and catalogue the horses in

at the entrance of the Onaqui Herd Management Area (HMA) located

then go on a walking library tour. See further details online.

Tallie Casucci

Utah's J. Willard Marriott Library? As the flagship institution of Utah,

in Utah are eligible for a free borrowing permit at the University of

The library is more than just books, and the Marriott Library is open

They get enough water. They get enough light. So, why aren’t your

Michelle Cook

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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

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how to work with different types of soils, and how to improve it.
I grew up seeing Tom Whatman’s photos and columns in the Tribune. I was so impressed tonight in part because of his quick memory of places and ability to speak off the top of his head about so many things. Thank you for sharing your knowledge, a list of native plants, a packet of wildflower seeds, and plenty of inspiration for your wildscaping endeavors.

Discovering ways to transform your space into a sustainable, regenerative garden is a rewarding environment.

To learn more and register for classes, visit our website at lifelong.utah.edu
AIR PLANTS: AN INTRODUCTION
Rachael Bush
Air plants are adorable and so easy to care for, if you know what you’re doing. In this class you’ll learn all about these wonderful plants, how to care for them, and have hands-on experience planting one to take home! All supplies will be provided.
LLHG 945-001 | S, Sep 23 | 1:00 PM-3:00 PM
540 Arapeen Dr, room 120 | $39 + $10 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 can continue to enjoy spring flowers. 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 26-Oct 3 | 6:30 PM-8:00 PM
540 Arapeen Dr, room 124 | $49 + $8 special fee

IKEBANA: JAPANESE FLOWER ARRANGING
Haruko Sadler
Practice the art of Ikebana—the simple yet rich Japanese style of plant arranging. Translated as “placing flowers to life,” creating Ikebana can quiet the mind, provide clarity and energy, and become its own spiritual experience. Working with fresh materials in a special container, you’ll learn the balance, design, and form used by historic and contemporary masters to create floral works of art.
LLHG 518-001 | S, Sep 30 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 152 | $59 + $65 special fee

MEDICINAL WILD PLANTS: PLANT WALK & WILDCRAFTING
Brianne Dela Cruz
Join us for this foraging class that focuses on local medicinal wild plants with a local Master Gardener and wild forager. Enjoy a walking tour in which you’ll learn how to identify, harvest, and wildcraft plants; their growing habits; their medicinal value; and how to safely use them at home. Then experience herbal wildcrafting as your instructor leads you through medicinal wild yarrow salve. Finally, you’ll learn about rosehips and make your own wild rosehip tea to drink. Your instructor will demonstrate how to make each recipe, and you’ll leave class with your own product to enjoy at home. This is not a medical course and should not replace the advice of your doctor, but it is a good way to understand the nutritional and health benefits of certain plants.
LLHG 943-001 | S, Oct 7 | 10:00 AM-11:30 AM AND S, Oct 14-Oct 21 | 10:00 AM-11:00 AM
540 Arapeen Dr, room 146/Outdoors | $49 + $14 special fee

KIBANA: JAPANESE FLOWER ARRANGING
Haruko Sadler
Practice the art of Ikebana—the simple yet rich Japanese style of plant arranging. Translated as “placing flowers to life,” creating Ikebana can quiet the mind, provide clarity and energy, and become its own spiritual experience. Working with fresh materials in a special container, you’ll learn the balance, design, and form used by historic and contemporary masters to create floral works of art.
LLHG 518-001 | S, Sep 30 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 152 | $59 + $65 special fee

MICHIGAN WILDLANDS: PLANT WALK & WILDCRAFTING
Brienna Bean
Join us for this foraging class that focuses on local medicinal wild plants with a local Master Gardener and wild forager. Enjoy a walking tour in which you’ll learn how to identify, harvest, and wildcraft plants; their growing habits; their medicinal value; and how to safely use them at home. Then experience herbal wildcrafting as your instructor leads you through medicinal wild yarrow salve. Finally, you’ll learn about rosehips and make your own wild rosehip tea to drink. Your instructor will demonstrate how to make each recipe, and you’ll leave class with your own product to enjoy at home. This is not a medical course and should not replace the advice of your doctor, but it is a good way to understand the nutritional and health benefits of certain plants.
LLHG 943-001 | S, Oct 7 | 10:00 AM-11:30 AM AND S, Oct 14-Oct 21 | 10:00 AM-11:00 AM
540 Arapeen Dr, room 146/Outdoors | $49 + $14 special fee

She was very prepared, and it was a great balance of slides, discussions, and hands-on activities. It was a joy to be a part of this course and feel the love that Rachel had for botany, terrariums, and sustainability. I learned so much about the role mosses, soils, fungi, and isofoods play within the terrariums and the greater ecosystems. As a plant lover and amateur gardener, I found this course so valuable.
- Michelle McLaren about DIY Moss Terrarium
CONVERSATIONAL FRENCH I
Catherine Thope
This condensed beginning course will refresh your conversational French skills and introduce you to daily situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This course is designed to be repeated as often as you wish. LLAN 320-01A, Aug 12-17; 6:00 PM-9:00 PM $60 + $94 special fee

CONVERSATIONAL FRENCH II
Catherine Thope
Build upon the skills you’ve learned in Conversational French I or your equivalent experience. Emphasis is intended as a continuation of our beginner Conversational French I course and is designed to be repeated as often as you wish. LLAN 320-02A, Aug 19-24, 9:00 AM-12:00 PM $94 + $149 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 while learning about the people, art, and culture of this fabulous country. This class is designed to be repeated as often as you wish. Prerequisite: LLAN 350-01A, Oct 11-18, 7:00 PM-10:00 PM $149 + $5 special fee

CONVERSATIONAL ITALIAN II
Jason Cox
Build upon the skills you've learned in Conversational Italian I or your general background in Italian. Explored the basic conversational skills used in travel and everyday situations as you practice with present and future tense verbs. This class is designed to be repeated as often as you wish. Prerequisite: LLAN 351-01A, Oct 11-18, 7:00 PM-10:00 PM $149 + $5 special fee
Joachim is a great instructor, very engaging and creates a fun environment. He teaches material that is applicable for beginners looking to travel to Germany. I like how he mixed lecture-style material with partner exercises...the class flew by. This class really helped me feel more confident in understanding when being spoken to as well as the confidence to speak!

-Kristen Tazoi

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

IMPROV COMEDY WORKSHOP I
Chloe Enrior

Building on the foundational skills in即席喜剧, delve deeper into the development of individual characters, scenes, and stories. Legend has it that the first modern improviser was Steve Carell. Discover the art of Longform Improv Comedy, which is a form of即席戏剧 that involves the creation of interconnected scenes based on a single suggestion. Explore various Longform structures, mastering the technique, which includes rhythmic footwork (zapateado), arm movements, and voice modulation. The interaction between the guitarist, singer, and dancer; and a brief history of flamenco dance. We will also learn about flamenco dance repertoire and its connection to the life and work of the great Andalucian singer, singer, and dancer. A Broken Pitch: History of Flamenco Dance. We will also cover the history of flamenco dance technique, including the evolution of the torero style, and learn the interaction between the guitarist, singer, and dancer, and a brief history of flamenco dance. A Broken Pitch: History of Flamenco Dance. We will also cover the history of flamenco dance technique, including the evolution of the torero style, and learn the interaction between the guitarist, singer, and dancer, and a brief history of flamenco dance. A Broken Pitch: History of Flamenco Dance. We will also cover the history of flamenco dance technique, including the evolution of the torero style, and learn the interaction between the guitarist, singer, and dancer, and a brief history of flamenco dance. A Broken Pitch: History of Flamenco Dance. We will also cover the history of flamenco dance technique, including the evolution of the torero style, and learn the interaction between the guitarist, singer, and dancer, and a brief history of flamenco dance.
PHOTOGRAPHY + TECHNOLOGY

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DIGITAL PHOTOGRAPHY: AN INTRODUCTION

Neil Eschenfelder

Take an in-depth look at megapixel counts, white balance, shutter speed, 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 is prepared with your own camera.

CAMERA LENSES: AN INTRODUCTION

David Argyle

You have mastered shutter speed, lens opening, and ISO settings to capture the unique features of your digital camera. Learn about the different types of lenses available, how they work, how to properly care for your lens, and how to troubleshoot issues that may arise while photographing. You'll come away from this course with an understanding of the various types of lenses available and how to choose the right lens for your photoshoot.

PHOTO EDITING: AN INTRODUCTION AND SURVEY

Ali Akbari

Have you ever wondered how to transform your photos into capturing collectible art? Learn how to use a variety of artistic tools using Adobe Premiere Pro, a powerful editing software. From mastering the basics, editing tips, and techniques, you will gain essential skills for transforming your footage into professional-quality video content. Join a local filmmaker and U alumni to embark on a hands-on journey, practicing the art of visual storytelling with sophisticated tools. Students are eligible to install, activate, and use Adobe Premiere Pro while attending the class.

VIDEO EDITING: AN INTRODUCTION

Ali Akbari

Have you ever wondered how to transform your video into captivating collectible art? Learn how to use a variety of artistic tools using Adobe Premiere Pro, a powerful editing software. From mastering the basics, editing tips, and techniques, you will gain essential skills for transforming your footage into professional-quality video content. Join a local filmmaker and U alumni to embark on a hands-on journey, practicing the art of visual storytelling with sophisticated tools. Students are eligible to install, activate, and use Adobe Premiere Pro while attending the class.

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PHOTOGRAPHY: AN INTRODUCTION

David Argyle

AdBak is Lightroom's powerful, yet easy-to-use editor, so can transform your photographs into high-quality wallpapers. Together we will learn how to crop, frame, manipulate light and color, reduce noise and enhance details, and then explore re-creating to enhance specific portions of your images. With so many Lightroom's different versions to help you decide which is best for you.

LLART 357-001 | W, Oct 18-Nov 1 | 6:00 PM-7:30 PM

Please come prepared with your own camera.

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PHOTO EDITING IN ADOBE LIGHTROOM

John Craigle

With today's digital cameras, just about anyone can take a snapshot. But, it usually takes more than the click of a button to create a compelling and artistic photographic image. While most photographers know how to shoot, artistic aspects of the craft are often overlooked. This class is all about the art of photography. Learn fundamental concepts of image design and composition, as well as photographic style, your artistic eye, developing positive and improving skills, and improve your post-processing. Move beyond the technical skills and learn to see like a photographer. Please come prepared with your own camera.

LLART 314-001 | T, Nov 26-Dec 12 | 6:00 PM-7:30 PM

Develop your PHOTOGRAPHIC EYE

David Argyle

Do you want to use your time and photography to make a difference? Are you interested in photojournalism, 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.

540 Arapeen Dr, room 148 | $59

LLART 357-001 | W, Oct 18-Nov 1 | 6:00 PM-7:30 PM

Please come prepared with your own camera.

MOUNTAIN KAYAKING: AN INTRODUCTION

Erik Ostrander

Despite its arid climate, Utah offers some of the most beautiful, fun, and challenging whitewater kayaking environments in the United States. This course will introduce you to the exciting world of whitewater kayaking.

LLREC 902-001 | Th, Sep 7 | 6:00 PM-9:00 PM AND S, Sep 9 | 9:00 AM-5:00 PM

LLREC 902-002 | Th, Sep 7 | 6:00 PM-9:00 PM AND S, Sep 16 | 9:00 AM-5:00 PM

LLREC 925-001 | S, Sep 9 | 9:00 AM-5:00 PM

LLREC 935-001 | S, Aug 26 | 10:00 AM-3:00 PM

LLREC 945-004 | special fee

BLAIR BEAR RIVER KAYAK TOUR

Michael Fagerstrom

The Bear River springs to life in the upper reaches of the Uinta Mountains and takes a circuitous route for 350 miles before emptying into the Great Salt Lake. Join our instructing, a seasoned whitewater kayaker. Despite its arid climate, Utah offers some of the most beautiful, fun, and challenging kayaking environments in the United States. Paddlers should be comfortable on Class I moving water and have already taken a beginning kayaking course. See further details online.

LLREC 902-001 | S, Sep 7 | 9:00 AM-5:00 PM AND S, Sep 9 | 9:00 AM-5:00 PM

LLREC 925-001 | S, Sep 9 | 9:00 AM-5:00 PM

LLREC 945-004 | special fee

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ROBOTICS FOR GROWN-UPS: AN INTRODUCTION

John Craigle

You've seen robotics classes for kids and teenagers, but why should they get to have all the fun? Join us for an entertaining class that they can engage you for years. The lightweight gear and intuitive methods of Tenkara is perfect for fly fishers of all levels, yet holds a subtle complexity that requires wading with slippery rocks and strong currents. You'll also learn how to frame, manipulate light and color, reduce noise and enhance details, and then explore re-creating to enhance specific portions of your images. With so many Lightroom's different versions to help you decide which is best for you.

LLART 357-001 | W, Oct 18-Nov 1 | 6:00 PM-7:30 PM

Please come prepared with your own camera.

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WHITEWATER KAYAKING: AN INTRODUCTION

Michael Fagerstrom

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PHOTOGRAPHY: AN INTRODUCTION

John Craigle

Consider the leader in professional photo editing software, Adobe Photoshop allows users to create, manipulate, crop, rotate, and correct digital images. Join a local Photographic Expert and familiarize yourself with the Photoshop program. Gain knowledge of the tools and settings that will have an immediate impact on your photographic workflow. Become comfortable with interfaces through lecture, demo, and projects. Please come prepared with your own camera.

LLART 357-001 | W, Oct 18-Nov 1 | 6:00 PM-7:30 PM

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PHOTOSHOP: AN INTRODUCTION

John Craigle

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540 Arapeen Dr, room 148 | $59

LLART 357-001 | W, Oct 18-Nov 1 | 6:00 PM-7:30 PM

Please come prepared with your own camera.
Skateboarding: An Introduction
Longo

This is an introductory class that will cover the basic parts of a skateboard, provide the stoke to keep you progressing. Come face your fears and learn the name of the game is no shame. Along with learning to skate, our knowledgeable and experienced instructors will teach you the basics of pushing, turning, and stopping like a boss in no time.

RECREATION

SKATEBOARDING: AN INTRODUCTION
540 Arapeen Dr, room 124 | $75
LLREC 937-001 | S, Sep 9-Sep 23 | 10:00 AM-12:00 PM
Outdoors

Bike Repair I
Cowley

We'll go over safety tips, appropriate equipment, where to buy your bike to make riding as safe and comfortable as possible. We will teach you how to safely remove a flat tire, how to use basic tools to change a tire, and the best tools to carry for trailside repairs, and different strategies to get your bike home if something breaks on the trail. This class will also cover derailleur indexing and tips to keep your bike shifting smoothly.

BEGINNING BICYCLE MAINTENANCE I
540 Arapeen Dr, room 148 | $49
LLREC 938-001 | T, Sep 19 | 7:00 PM-10:00 PM
Outdoors

BEGINNING ROLLING MOUNTAIN BIKERS
Serra

We'll go over safety tips, appropriate equipment, how to quickly get your bike up and go to your first hill, and will cover basic maintenance, from repairing a flat tire to tightening your headset. We will also discuss using tubes versus going tubeless, the correct tire pressure to run on your bike, and how to set up your bike to ride as safely and comfortably as possible.

BEGINNING ROLLING MOUNTAIN BIKERS
540 Arapeen Dr, room 124 | $119 + $8 special fee
All Together Skatepark | $119 + $8 special fee
LLREC 930-001 | T, Sep 12-Sep 26 | 5:00 PM-7:00 PM
540 Arapeen Dr, room 148 | $175 + $35 special fee
LLREC 671-002 | Th, Sep 21 | 6:00 PM-9:00 PM AND S, Sep 30 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-007 | Th, Oct 19 | 6:00 PM-9:00 PM AND S, Oct 28 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-005 | Th, Oct 19 | 6:00 PM-9:00 PM AND S, Oct 21 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-003 | Th, Oct 5 | 6:00 PM-9:00 PM AND S, Oct 7 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-004 | Th, Oct 5 | 6:00 PM-9:00 PM AND S, Oct 14 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-006 | Th, Oct 19 | 6:00 PM-9:00 PM AND S, Oct 21 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-001 | Th, Sep 21 | 6:00 PM-9:00 PM AND S, Sep 30 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-008 | Th, Oct 19 | 6:00 PM-9:00 PM AND S, Oct 21 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-009 | Th, Oct 19 | 6:00 PM-9:00 PM AND S, Oct 21 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-010 | Th, Oct 19 | 6:00 PM-9:00 PM AND S, Oct 21 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-011 | Th, Oct 19 | 6:00 PM-9:00 PM AND S, Oct 21 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-012 | Th, Oct 26 | 6:00 PM-9:00 PM AND S, Oct 28 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-013 | Th, Oct 26 | 6:00 PM-9:00 PM AND S, Oct 28 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee
LLREC 671-014 | Th, Oct 26 | 6:00 PM-9:00 PM AND S, Oct 28 | 9:00 AM-5:00 PM
540 Arapeen Dr, room 148/Outdoors | $175 + $35 special fee

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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!

We will meet rain or shine; please dress accordingly.

LLREC 928-001 | Th, Oct 12-Oct 19 | 5:30 PM-7:30 PM
Outdoors | $75 + $25 special fee

RESISTANCE TRAINING: AN INTRODUCTION TO FITNESS
The Bouldering Project

Resistance training – moving your muscles against an external force – has physical and mental benefits including joint protection, ease of everyday movement, bone preservation, hormone regulation, and mental clarity. This six-week course is instructed by a certified personal trainer that will educate you on various functional movement patterns. We’ll spend the first few weeks breaking down foundational exercises in order to perfect your form and technique before moving on to integrate these exercises in a group fitness format. After this class, you will have the utmost confidence in both the movements and how to create plans so you can train on your own! See further details online.

LLREC 936-001 | S, Oct 28-Dec 9 | 12:00 PM-1:00 PM | No class Nov 25
The Bouldering Project | $79 + $50 special fee

MERMAID SWIMMING & DIVING
Ani Ferguson

Join one of Utah’s foremost mermaiding experts for a mind-body experience that gives technical skills, an imaginative playground, and physical enjoyment 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, and 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! See further details online.

LLREC 929-001 | W, Nov 1-Nov 8 | 6:30 PM-7:30 PM AND S, Nov 4-Nov 11 | 4:30 PM-7:30 PM
540 Arapeen Dr, room 132/Dive Utah | $175 + $85 special fee

Ani is a phenomenal teacher that is clearly passionate about the work she does. She is informative, engaged, and knowledgeable. I would recommend her course to anyone that has an interest in learning about mermaid swimming and diving!”

-Anna De La Luz Bessesen
Feeling stuck in the cycle of yo-yo dieting and strict workout regimes? Do you find yourself longing for a more sustainable, functional approach to health and happiness? Join a longtime integrative wellness expert to explore sensible and sustainable approaches to health and wellness.

PRACTICAL SELF-CARE FOR NAVIGATING YOUR MENTAL HEALTH DYNAMICS
Meriden Davis
Navigating overall wellness, self-care and life balance can feel overwhelming at times. Let’s approach your wellness journey in a practical way, with easy-to-find information and simple tips.

THE FOUR NOBLE TRUTHS: BUDDHIST PRINCIPLES FOR A HAPPY LIFE
Joseph Evans
Learn practical methods for increasing happiness and well-being using the Four Noble Truths—the foundational principles of Buddhism. Taught by Buddhism Shakyamuni nearly 3,000 years ago, these universal, non-religious principles are still relevant to the challenges and stresses of modern life that we face.

BOTANICAL BEAUTY: NATURAL PERFUME
Rachael Bush
Learn natural perfumery basics in this fun, hands-on class! You’ll find out what top, middle, and base notes are, the difference between fixatives and perfumes, and how to apply the principles for a happier and more beneficial life. Experience the science and art of making your own personalized perfume with natural, easy-to-find ingredients (vegan and cruelty-free options available upon request).

SO YOU’RE ELIGIBLE FOR MEDICARE. NOW WHAT?
Nancy Taylor
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 work with a financial expert, you’ll learn when and how to access your Social Security trust funds.

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 an economic expert, you’ll learn how to make the most of your Social Security.

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HEALTH DIAGNOSIS
Joseph Evans
Navigating overall wellness, self-care and life balance can feel overwhelming at times. Let’s approach your wellness journey in a practical way, with easy-to-find information and simple tips.

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 essential oils and organic butters, as well as the advantages and disadvantages of each type. We’ll cover important dates and combinations with medicating and combining minerals with equipment issuance. Finally, you’ll get one-on-one time with the expert to help you with different skin types, and we’ll also learn how to formulate your own lotions.

PRESENTING PARENTING: A MINDFUL APPROACH
Sara Hutchinson
Learn practical methods for increasing happiness and well-being using the Four Noble Truths—the foundational principles of Buddhism. Taught by Buddhism Shakyamuni nearly 3,000 years ago, these universal, non-religious principles are still relevant to the challenges and stresses of modern life that we face.

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SO YOU’RE ELIGIBLE FOR MEDICARE. NOW WHAT?
Nancy Taylor
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 work with a financial expert, you’ll learn when and how to access your Social Security trust funds.
The course is designed to offer a holistic approach to financial well-being. It focuses on the fundamentals of wealth management, including Medicare strategies, and legacy planning. Join us for a course that aims to improve your financial literacy. You'll be invited to understand the key components of wealth management, and through this process feel more in control of your financial life.

FINANCIAL PLANNING 101

Mark Pyper

540 Arapeen Dr, room 246 | $149

LLHL 143-001 | T, Oct 3-Oct 24 | 6:30 PM-8:30 PM

TIBETAN BUDDHIST MEDITATION: AN INTRODUCTION

Joseph Evans

540 Arapeen Dr, room 124 | $69

LLHL 255-001 | S, Nov 11 | 10:00 AM-3:00 PM

- Explore calm abiding meditation (shamatha), The Four Noble Truths, and basic Buddhism
- Develop compassion (tonglen practice), the 12 Wisdoms, and the Buddhist view according to the Dzogchen Lineage
- Learn about the fundamentals of Tibetan Buddhism. No previous meditation experience is required.

HORSES AND WELLNESS: THE HEALING POWER OF HORSES

Giuliana Marple

540 Arapeen Dr, room 152 | $49 + $25 special fee

LLHL 184-001 | S, Nov 4 | 1:00 PM-4:00 PM

- Slow down and improve how you connect with yourself and others
- Experience the power of horses. Come experience a day of meditation with these generous and brave animals.
- Through breathing exercises and horse-handling techniques, you’ll learn to share the experience of self-awareness and being in the present moment. Horse racing experience is not a necessity.

SOMATIC MOVEMENT: MINDFULNESS AND AGING

Jodi Christensen

540 Arapeen Dr, room 152 | $69 + $20 special fee

LLHL 175-001 | S, Dec 2-Dec 9 | 1:00 PM-3:30 PM

- Learn how to reduce stress, anxiety, and traumas as well as increase flexibility, strength, and endurance.
- By the end of the course, you will have an understanding of gentle, safe movements to aid in optimal aging.

SOAP MAKING

Carrie Roberts

540 Arapeen Dr, room 152 | $49 + $35 special fee

LLHL 138-001 | S, Oct 21 | 10:00 AM-2:00 PM

- Learn how to safely handle lye, identify the tools and types of oils and fats, and make your own recipe.
- Have you taken our soap-making class but still feel like you could use some guidance? Perhaps you want to try your hand at a different style of soap? Come join our class and we’ll use some guidance to help you.

Next Level Soap Making

Rachael Bush

540 Arapeen Dr, room 124 | $69

LLHL 255-001 | S, Nov 11 | 10:00 AM-3:00 PM

- Have you read the ingredients on a bar of soap and found you didn’t know most of them? Homemade soap is natural, but during times of stress or uncertainty, these practices are the first thing to go. Join us for a zero-waste way to live a simple life with less stress.
- Discover how to make soap; its history and why you should make soap yourself. Learn to use the right equipment and techniques to make soap. No experience necessary; this class is accessible for all ages and abilities.

Wellness + Relationships

48

540 Arapeen Dr, room 154 | $59

LLHL 975-001 | Th, Oct 5-Oct 19 | 6:30 PM-8:00 PM

- Medicare strategies, and legacy planning.
- Join us for a course that aims to improve your financial literacy. You’ll be invited to understand the key components of wealth management, and through this process feel more in control of your financial life.

The Power of Sleep: A Playbook for Quality ZZZ’s

Tara Meade

540 Arapeen Dr, room 152 | $49 + $25 special fee

LLHL 184-001 | S, Nov 4 | 1:00 PM-4:00 PM

- Learn to reduce stress, anxiety, and trauma and to increase flexibility, strength, and endurance.
- By the time we’re done, you will have a simple self-care routine which will gently release and realign your body. No exercise experience is necessary; this class is accessible for all ages and abilities.

GIFTS OF BOTANICAL BEAUTY

Ardash Dub

540 Arapeen Dr, room 124 | $69

LLHL 255-001 | S, Nov 11 | 10:00 AM-3:00 PM

- Hand-crafted botanical beauty products make fantastic gifts for family and friends.
- In this class, you will learn about the difference between organic and non-organic ingredients, establishing a new skill, and the value of a natural approach.

See further details online.

540 Arapeen Dr, room 124 | $69

LLHL 255-001 | S, Nov 11 | 10:00 AM-3:00 PM

- Experience the power of horses. Come experience a day of meditation with these generous and brave animals.
- Through breathing exercises and horse-handling techniques, you’ll learn to share the experience of self-awareness and being in the present moment. Horse racing experience is not a necessity.

To learn more and register for classes, visit our website at

540 Arapeen Dr, room 120 | $49

LLHL 138-001 | S, Oct 21 | 10:00 AM-2:00 PM

- Learn how to safely handle lye, identify the tools and types of oils and fats, and make your own recipe.
- Have you taken our soap-making class but still feel like you could use some guidance? Perhaps you want to try your hand at a different style of soap? Come join our class and we’ll use some guidance to help you.

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- Have you taken our soap-making class but still feel like you could use some guidance? Perhaps you want to try your hand at a different style of soap? Come join our class and we’ll use some guidance to help you.

Next Level Soap Making

Rachael Bush

540 Arapeen Dr, room 124 | $69

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Richard Meade

540 Arapeen Dr, room 124 | $69

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Next Level Soap Making

Rachael Bush
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 genres, styles, and forms. In this class, you will practice seeing the world in new ways and then recreating that experience on the page. This class explores adult theme, language, and content.
LLWRC 360-001 | Fall 2023 | 10:00 AM-1:00 PM | $225 + $5 special fee
540 Arapeen Dr, room 160 | LLWRC 886-001 | S, Sep 9 | 12:00 PM-3:00 PM

RELEASE THE SOUL: A POETRY EXPRESSION COURSE
Kimberly Eldridge
Delve into the rich tapestry of poetic forms, exploring the works of renowned poets and discovering your own voice. In this class, you will practice seeing the world in new ways and then recreating that experience on the page. This class explores adult theme, language, and content.
LLWRC 186-001 | Fall 2023 | 4:00 PM-5:00 PM | $39
540 Arapeen Dr, room 132 | LLWRC 186-002 | Fall 2023 | 4:00 PM-5:00 PM | $39

I WANT TO WRITE, WHERE DO I START?
Kimberly Eldridge
Have you ever said, “I’d love to write, but I don’t know where to start”? This workshop introduces you to ways you can get started on your writing. We’ll look at ways to find the space and time for writing, set up writing exercises, and develop your own personal writing process. This class will provide you with prompts, strategies to do better and include fully fleshed-out queer characters beyond harmful tropes and stereotypes.
LLWRC 909-001 | S, Sep 23 | 1:00 PM-3:00 PM
540 Arapeen Dr, room 146 | LLWRC 909-002 | S, Sep 23 | 1:00 PM-3:00 PM

WRITING NUANCED QUEER CHARACTERS
Alex Jay Lore
While media – including books – have been growing a lot when it comes to including queer characters, not all representation is good representation. In this class, we will dissect some of the stereotypes and tropes that are often used and discuss strategies to do better and include fully fleshed-out queer characters beyond harmful tropes and stereotypes.
LLWRC 826-001 | T, Sep 12-Sep 26 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 148 | LLWRC 826-002 | T, Sep 12-Sep 26 | 6:00 PM-9:00 PM

FROM TROPS TO TRUTH:
WRITINGsembling QUEER CHARACTERS
Alex Jay Lore
While media – including books – have been growing a lot when it comes to including queer characters, not all representation is good representation. In this class, we will dissect some of the stereotypes and tropes that are often used and discuss strategies to do better and include fully fleshed-out queer characters beyond harmful tropes and stereotypes.
LLWRC 410-001 | S, Sep 9 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 154 | LLWRC 410-002 | S, Sep 9 | 1:00 PM-4:00 PM

SHORT STORY WRITING
Bryan Young
Discover the art of crafting memorable characters, building tension, and creating powerful themes in a concise format. In this writing-intensive class, we’ll work on writing skills and explore themes that are most important to your writing. This class will focus on developing a solid baseline approach to revising and editing. Together, we will create a plan for completing your work and sending it out for publication.
LLWRC 773-001 | M, Sep 11-Oct 16 | 6:00 PM-9:00 PM
540 Arapeen Dr, room 148 | LLWRC 773-002 | M, Sep 11-Oct 16 | 6:00 PM-9:00 PM

JOURNALING: NURTURING A DAILY WRITING PRACTICE
Sky Simons
Journaling has become a popular writerly endeavor. To be able to share a writing practice with others and build a lifelong habit of journaling can be deeply rewarding. In this class, we will explore the benefits of keeping a journal, including goal-setting, time management, and stress reduction.
LLWRC 862-001 | S, Sep 23-Oct 7 | 10:00 AM-1:00 PM
540 Arapeen Dr, room 130 | LLWRC 862-002 | S, Sep 23-Oct 7 | 10:00 AM-1:00 PM

SCREENWRITING
Bryan Young
Dive into the fundamentals of crafting engaging scripts for film and television. Learn structure, dialogue, formatting essentials and the best practices to help you avoid the pitfalls that often trap new screenwriters. Join an award-winning screenwriter as he takes you through the steps of writing your own screenplay as you unleash your storytelling talent and bring your stories to life for the big screen. This intensive three-week course of lecture and practical will give you the opportunity to write and present your work for critique and discussion to help you start off your screenwriting journey.
LLWRC 906-001 | Th, Sep 7-Sep 28 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 130 | LLWRC 906-002 | Th, Sep 7-Sep 28 | 6:30 PM-8:30 PM

GET NOTICED: HOW TO PITCH AND QUERY LIKE A PRO
Bryan Young
Regardless of your stage in your writing journey--published or not--you need to know how to promote your work. Learn how to craft powerful pitches that capture attention and effectively communicate your message. This interactive workshop targets key players to help you craft compelling and effective pitches.
LLWRC 366-001 | Fall 2023 | 4:00 PM-5:00 PM | $59
540 Arapeen Dr, room 154 | LLWRC 366-002 | Fall 2023 | 4:00 PM-5:00 PM | $59

ENGAGE, CONNECT & THRIVE: SOCIAL MEDIA FOR AUTHORS
Alex Jay Lore
Does the thought of crafting engaging scripts for film and television leave you feeling overwhelmed? Do you want to hook agents and publishers? Elevate your chances of success by learning the fundamentals of crafting engaging scripts for film and television. Learn structure, dialogue, formatting essentials and the best practices to help you avoid the pitfalls that often trap new screenwriters. Join an award-winning screenwriter as he takes you through the steps of writing your own screenplay as you unleash your storytelling talent and bring your stories to life for the big screen. This intensive three-week course of lecture and practical will give you the opportunity to write and present your work for critique and discussion to help you start off your screenwriting journey.
LLWRC 410-001 | S, Sep 9 | 1:00 PM-4:00 PM
540 Arapeen Dr, room 154 | LLWRC 410-002 | S, Sep 9 | 1:00 PM-4:00 PM

CREATIVE WRITING
Johnny Worthen
To learn more and register for classes, visit our website at writing+literature@lifelong.utah.edu.
Students must come to class prepared with a laptop with Scrivener downloaded and ready to use. Scrivener is an amazing writing software that can do seemingly everything all in one place, all free from technological intimidation. It lets you build an outline, gather research, make drafts, and share and edit your work all in one place but for many, it also has a steep learning curve. Whether you’re a total beginner or have dabbled in using Scrivener, join us and learn how to make the most of this extensive tool. We will go over ways to organize your manuscript, with Scrivener, join us and learn how to make the most of this extensive tool. We will go over ways to organize your manuscript, ideas for research, tools to write your stories, and answer questions about common pitfalls. In this class, you will learn to write about food from the sensory experience of dining and turn it into food criticism, long-form and short pieces, and perhaps most importantly, enjoy some tasty local food. We’ll learn the basics of sensory writing, explore the relationship between food and culture, workshop ideas for longer writing, and understand how to use your social media. 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.

CreativeNon-Fiction: Capturing Moments with Memory
Celine Atkinson
All experiences in life, no matter how small or seemingly insignificant, are stories waiting to be told. Give one a person can tell these stories 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 in your life. There will be an opportunity for discussion, reading, practicing writing your own memoir, and sharing your work with your newfound writing community.

A Study in Mystery
Johnny Worthen
Explore the past through the captivating realm of historical fiction. Is the suspense tight enough? By the end of the course, if the crime hide the clue well enough? Does the audience care about the victim? and conflict. Refine your work as you're asked the questions: Did you and fans of the mystery genre, class will include assignments 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? Or does the audience care about the victim? and no writing experience is necessary. Please keep in mind this is not group therapy. Gain a deeper understanding of how emotions can fuel your creative process and serve as a catalyst for self-discovery. In addition to nurturing your emotional intelligence, this journaling course offers an immersive and enriching experience.

A Study in Mystery
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Explore the past through the captivating realm of historical fiction. Whether you're a total beginner or have dabbled in using Scrivener, join us and learn how to make the most of this extensive tool. We will go over ways to organize your manuscript, ideas for research, tools to write your stories, and answer questions about common pitfalls. In this class, you will learn to write about food from the sensory experience of dining and turn it into food criticism, long-form and short pieces, and perhaps most importantly, enjoy some tasty local food. We’ll learn the basics of sensory writing, explore the relationship between food and culture, workshop ideas for longer writing, and understand how to use your social media. 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.

A STUDY IN MYSTERY
Johnny Worthen
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FROM PLATE TO PAGE: WRITING ABOUT FOOD
Alex Springer
Have you ever had a meal that was delicious that words failed you? Then join a seasoned local food writer and food journalist to explore the sensory experience of eating and turn it into food criticism, long-form writing, or simply share a deep love of all things culinary, this class will offer plenty for you to sink your teeth into.是否有你曾经吃过一道菜，却找不到合适的词语来形容它的美味？那就跟着一位经验丰富的美食记者和美食作家，一起探索美食的感官体验，并将其转化为食物批评、长篇文章或简短的文章。如果你希望用文字表达你对美食的热爱，这门课程将为你提供一个丰富的平台。
UNFOLDING YOUR STORY
Kimberly Eldridge

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 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.

LLRC 884-001 | W, Nov 8-Nov 15 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 148 | $59

CREATING BELIEVABLE PEOPLE
Kimberly Eldridge

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.

LLRC 882-001 | W, Nov 29-Dec 6 | 6:30 PM-8:30 PM
540 Arapeen Dr, room 148 | $59

LITERARY CLASSICS: THE BRILLIANT AND INFLUENTIAL WRITING OF VIRGINIA WOOLF
Scott Black

Virginia Woolf’s Mrs. Dalloway (1925) and To the Lighthouse (1927) are not only two of the greatest novels of the twentieth century, they are some of the greatest, most radical and thought-provoking reading experiences you’ll ever have. The novels explore the effects of a rapidly changing world, new ways of thinking about identity and consciousness, war, trauma, mental illness, ancestry, friendship, love, religion, art, empathy, and just about everything else. They don’t just reflect the modern world, they also participate in its development, offering deep and influential experiences in a new way of writing that captures how we actually experience consciousness, time, and relationships. Woolf's writing is absolutely gorgeous, her prose is so expressive of her character’s consciousness it is beautifully and fully, fluidly and richly woven. You will read Woolf's brilliant and influential A Room of One’s Own (1929), a pioneering work of feminism and one of the great examples of the art of the essay. Students should bring their own copies of the books.

LLRC 907-001 | Th, 10/5, 10/19, 11/2 | 6:00 PM-7:30 PM
540 Arapeen Dr, room 146 | $69

WHAT ARE SERIES?

A collection of curated classes that speak to a certain subject. This program is designed as a guide for choosing classes so that you can have a breadth and depth of the subject knowledge. Take enough classes and earn a fun Lifelong Learner Badge along the way!

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