Gain local knowledge from local experts to grow your local community!

Lifelong Learning classes help you explore current passions, find new ones, and possibly spark an adventure. Explore our website for personal enrichment opportunities spanning in length from one-day workshops up to eight-week courses. Registration is open to anyone 18 and older, no degrees or U matriculation required. Classes start weekly throughout the Salt Lake Valley or online.
It’s time for another presidential election and with that comes lots of news, feelings, civic engagement, etc. So our team decided to come up with a list of our classes that we thought would help! Unfortunately, the list got way too long (because cooking comfort food counts as preparing for the election). In light of that, we narrowed our list to recommend a few classes for each of these types of people you see every election year:

The intellectuals leaning into it:
- A Change in Dialogue: Effective Communication (pg. 55)
- An Introduction to Antidiscrimination Response (pg. 31)
- The Voice of Reason: Writing Letters to the Editor (pg. 62)

The highly invested who need some self-care:
- Applied Somatics: Practices for Turbulent Times (pg. 31)
- The Science of Sleep: Building Your Playbook for Quality Zzz’s (pg. 58)
- Writing as a Tool to Cope with Anxiety (pg. 62)

The over-saturated ones who need an escape:
- Cosplay 101: From Fantasy to Reality (pg. 13)
- Ciders of the World: US and Canadian Ciders (pg. 23)
- Sketchbook Journaling (pg. 5)

We’ve marked the classes that didn’t make the above list with a ★ so you can see all the classes our team thought would help you through this election year. The symbol indicates classes that help you engage with your community, local history, and generally be civic-ally engaged.

Don’t care about the election? No worries, our entire catalog is filled with classes for you!
BEGINNING DRAWING FOR WATERCOLOR
Kimberly Roush
Join us for this intense and powerful drawing class. Drawing is the act of defining 3-D forms onto a 2-D surface. Your instructor teaches you all the skills you need to know to draw accurately. Accurate measuring, building forms from basic geometric shapes, depicting perspective and understanding gesture, impart you with a lifetime of understanding how to draw. These skills are applicable for any medium and will particularly prepare you for our tonal value watercolor class. This is a short crash course so you’ll need to practice outside of class to fully learn and incorporate the techniques into your art-making. Find materials list online.

LLART 337-001 | S, Sep 14-Sep 28
10:00 AM-1:00 PM
Online | $99

BEGINNING OIL PAINTING II
Shelby Shields
Join a local artist and art educator to continue your exploration of the fundamental methods and techniques of oil painting. You’ll deepen and expand your knowledge about conceptualizing and creating compositions, limited versus expanded palette, further color theory concepts, broken color, and painting from life versus painting from a photograph. You’ll learn via instructor demonstration, individual attention with feedback and instruction, and a positive atmosphere that promotes self-growth.

Find materials list online.

LLART 150-001 | W, Sep 11-Oct 12 | 6:30 PM-9:00 PM
540 Arapeen Dr | $149 + $15 special fee

BOTANICAL DYES, PIGMENTS, AND PAINTS
Caleb Warnock
Join us for a hands-on class to make 100% natural colors from scratch, just like it has been done for thousands of years. You’ll use petals, roots, bark, stems, fruit, leaves, mushrooms, lichen, and more; starting with hot and cold dye techniques for fabric, then convert dyes into pigments and paints. Every color is possible from easy yellows, tans, and browns to greens, reds, pinks, purples, oranges, and black, to the rarest colors—blues and whites. You can use the colors to dye wool, silk, cotton, and linen, to make powder or glaze pigments for storage, and to make watercolor, gouache, tempura, oils, stains and inks for use on paper, fiber, canvas, wood, and more. You’ll have the opportunity to make one or more take-home projects of your choice. Please wear aprons and/or “art” clothes, as the dyes are permanent.

LLART 425-001 | W, Aug 21-Sep 11 | 6:30 PM-8:30 PM
540 Arapeen Dr | $109
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, Oct 5 | 10:00 AM-2:00 PM
540 Arapeen Dr | $75

COUNTRYSIDE COTTAGE CHARM IN WATERCOLOR
Cindy Briggs
Capture the timeless beauty of a quaint cottage from your instructor’s recent trips to France and England. You’ll learn how to define architectural details, capture the glow of sunlight on weathered walls, and infuse your painting with the ambiance of a flourishing garden. Enjoy a step-by-step lesson taking you from start to finish as you discover the magic of watercolors. For experienced beginners to advanced watercolorists. Find materials list online.
LLART 437-001 | Th, Nov 7-Nov 23 | 9:00 AM-11:30 AM
540 Arapeen Dr | $149

DEVELOPING YOUR SKETCHBOOK PRACTICE
Marian Pham
Unlock your artistic potential and change the way you see the world with sketchbook journaling. You’ll craft your own sketchbook, explore drawing fundamentals, experiment with diverse media, and deepen mindfulness through reflection. Join us as we guide you to develop your sketching toolbox, overcome perfectionism, find your creative voice, and build a sustainable sketchbook practice. No prior art experience is required; everyone is welcome! Find materials list online.
LLART 287-001 | S, Nov 2-Nov 23 | 9:00 AM-11:30 AM
540 Arapeen Dr | $149

ELEVATING YOUR ART PRACTICE WITH CYANOTYPES
Haylee Canonico
Whether you’re an experienced artist, a hobbyist, or just starting your artistic journey, cyanotypes are a versatile way to enhance and deepen your practice. This alternative photographic process uses sunlight to create prints, making it an accessible medium to create elevated art at home. In our first class session, you’ll learn how to use drawing, composition, botanical materials, and digital processes to express your unique artistic voice. Next, you’ll delve into the practical aspects of cyanotype creation, exploring techniques for managing large sizes, working with fabrics, and creating installations. Guided by your instructor, you’ll conceptualize a final piece, gathering materials that are meaningful to you: whether botanicals, photographic negatives, objects, or digital printouts. By the end of the course, you’ll not only understand how to create a cyanotype but also expand your mind to the possibilities of using this straightforward process to enhance your artistic expression and produce visually impactful fine art. See further details online.
LLART 369-001 | Th, Sep 5 | 5:30 PM-8:00 PM AND S, Sep 7-Sep 14 | 9:30 AM-2:00 PM
540 Arapeen Dr & Saltgrass Printmaking
$149 + $75 special fee
EXPRESSIVE CHARCOAL DRAWING
Marian Pham
Learn how to use charcoal and other dry media to make art. You’ll explore mark-making, gestural lines, abstraction, and a variety of textures. You’ll learn the fundamental elements of drawing, particularly composition, perspective, and successful value patterns. Enjoy lecture, demonstration, and in-class practice. You’ll walk away with the skills and materials you need to continue creating art outside of class. Find materials list online.
LLART 430-001 | S, Sep 7-Sep 28 | 10:00 AM-12:30 PM
540 Arapeen Dr | $149 + $25 special fee

GEOMETRIC DRAWING
Janiece Murray
Geometric drawing has been around in various forms for centuries and in various cultures all over the world. Join a local artist to learn both the history and practice as you explore this form of drawing that ranges from perfectly simple to uniquely intricate! You’ll start by using various tools to create perfect circles, triangles, squares, pentagons, hexagons, and more. You’ll then use these shapes as a basis to create regular and semi-regular grids to build intricate tessellating patterns. Finally, you’ll learn about color combinations and how to use color to bring your designs to vivid life. Find materials list online.
LLART 400-001 | W, Oct 16-Nov 13 | 6:30 PM-8:30 PM
540 Arapeen Dr | $149 + $20 special fee

INTUITIVE BOOK-BUILDING AND FREE-FORM PAINTING
Caro Nilsson
Prepare yourself for a creative and freeing class in which you’ll learn the methods of intuitive painting as a free-form and processed-based means of expression, a way of making art that is tied more to the experience of creating than an end-goal. You’ll learn about palimpsest, and creating depth of field using layering and different techniques. You’ll then turn those intuitive painting studies into an artists’ book that now has a beautiful starting point, a book full of beginnings instead of blank pages. You’ll leave class with a beautiful art book and all the knowledge you need to make more.
LLART 382-001 | T, Dec 3-Dec 10 | 6:00 PM-9:00 PM
540 Arapeen Dr | $99 + $9 special fee

INTUITIVE PAINTING: EXPLORATION AND EXPERIMENTATION
Caro Nilsson
Enjoy a guided journey through the practice of intuitive painting, a method of art creation that centers on connection with self, memory, sensation, and feeling. You’ll explore how feeling can be prioritized over how something looks, and how experimentation can be chosen over control. Over time, you’ll watch your
Landscapes in Watercolor: Clouds, Clouds, Clouds  
**Kimberly Roush**

Welcome to our online watercolor painting class, dedicated entirely to capturing the beauty and majesty of clouds! Join us as we explore techniques and nuances specific to painting clouds, from wispy cirrus to dramatic cumulonimbus. Learn to evoke depth, movement, and mood through watercolor, guided by expert instruction. Each week dive deep into painting a different and dramatic sky resulting in three stunning cloud paintings. Find materials list online.

**LLART 440-001 | S, Nov 9-Nov 23 | 10:00 AM-1:00 PM**  
**Online | $99**

Light, Shade, and Saturation in Watercolor: Sculpting Form, Aerial Perspective, and Composing  
**Kimberly Roush**

Understanding the light striking your motif and how it defines form is the foundation of representing three-dimensions when painting on a two-dimensional surface. This is the sole focus of this class. You’ll learn how to determine values—how light or dark any plane or section of your subject is. Then you’ll practice painting them in black and white, progressing to painting them in color. The ability to see your values is the key to creating the illusion of form, the effect of atmospheric perspective, and the quality of light on your subject. You’ll also learn to use your values to compose your painting. It is recommended that students have previous drawing skills for this class. Find materials list online.

**LLART 412-001 | S, Oct 12-Nov 2 | 10:00 AM-1:00 PM**  
**Online | $175**

Oil Painting: An Introduction  
**Annalee Wood**

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

**LLART 412-001 | S, Nov 12-Nov 26 | 6:30 PM-8:30 PM**  
**No class Oct 30**  
**540 Arapeen Dr | $175 + $35 special fee**

Landscape Painting with Depth and Mood  
**Alicia Finlayson**

Create captivating landscapes in oil, acrylic or watercolor. By carefully crafting mood and atmosphere, you can connect with your viewer on a deeper level, communicating emotions and narratives. You’ll gain practical insights to create immersive landscapes that convey depth and mood through manipulation of value, color schemes, composition and brushwork. This course is for those who have had previous experience in their chosen medium and would like to further develop their landscape skills. You’ll learn via informal lecture, demonstration, and one-on-one feedback.

**LLART 440-001 | M, Nov 11-Dec 16 | 6:00 PM-9:00 PM**  
**540 Arapeen Dr | $199 + $20 special fee**

Oil Painting: An Introduction  
**Annalee Wood**

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

**LLART 76-001 | M, Sep 23-Nov 4 | 6:00 PM-9:00 PM**  
**No class Oct 7**  
**540 Arapeen Dr | $225 + $10 special fee**

To learn more and register for classes, visit our website at lifelong.utah.edu
PASTEL DRAWING: AN INTRODUCTION
Patty Schafbuch

Soft pastels are a dry, pure pigment that allows you to create colorful, expressive marks with beautiful soft effects. They can be used alone or with other media such as water. You’ll start by learning value, color layering, and combining pastels with water. You’ll also learn how to protect and frame these pieces. Then, in the last 3 classes, you will bring an 8x10 reference photo as your instructor guides you through creating your own unique pastel masterpiece. Find materials list online.
LLART 415-001 | M, Oct 14-Nov 11 | 6:30 PM-8:30 PM
540 Arapeen Dr | $149

PORTUGAL SEASCAPE IN WATERCOLOR
Cindy Briggs

Take a virtual trip to the southern coast of Portugal as we paint the rugged coastline with sun-kissed rocky cliffs and sparkling azure water. We’ll focus on the interplay of color and light as we work together on mingling colors and brushwork techniques. You’ll expand your artistic horizons in this supportive, enriching environment while your instructor shares about her recent trip to the Algarve region of Portugal.
Find materials list online.
LLART 415-001 | T, Oct 15 | 6:00 PM-8:30 PM
AND W, Oct 16 | 6:00 PM-8:30 PM
Online | $75

QUICK SKETCH FOR THE HOLIDAYS
Cindy Briggs

Infuse your watercolors with some holiday cheer as we capture the dazzling colors of the season. You’ll explore a variety of themes and subjects to ignite your imagination as you discover how to draw with flowing lines and paint with vibrant watercolors. Discover how you can spread some creative joy as you create unique holiday artwork that can be used for cards and gifts. Find materials list online.
LLART 438-001 | S, Dec 7 | 10:00 AM-3:30 PM
Online | $99

QUICK SKETCH WATERCOLORS
Cindy Briggs

Join your instructor in the classroom and learn how to capture your travels and daily life with flowing lines and flowing colors. As we simplify shapes you’ll be surprised at what you can draw and paint on your own watercolor journey. This class is great for all levels of experience. Subjects change each time the class is taught, so you can sign up each semester and have a new experience! Participants are encouraged to bring a selection of reference photos or may use those provided by the instructor. Find materials list online.
LLART 304-001 | S, Oct 12 | 10:00 AM-3:30 PM
540 Arapeen Dr | $99
LLART 304-002 | S, Nov 9 | 10:00 AM-3:30 PM
Online | $99

RISOGRAF PRINTING: AN INTRODUCTION
Brighton and Derek Ballard

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

LLART 374-001 | T, Nov 5-Nov 12 | 7:00 PM-8:30 PM
AND Sat, Nov 9-Nov 16 | 11:00 AM-2:00 PM
540 Arapeen Dr/SLC | $149 + $80 special fee

SUMI-E AND SHO: JAPANESE BRUSH PAINTING AND CALLIGRAPHY
Haruko Sadler
Explore the captivating world of Japanese culture and visual arts through sumi-e painting and calligraphy. In this immersive course, you’ll delve into 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’ll delve into the art of sho calligraphy, using a brush to write Japanese characters with elegance and precision. Embracing the essence of an object or idea, you’ll explore the beauty of working loosely and capturing the soul of your subject. Embark on a journey into the rich traditions of sumi-e and calligraphy.

LLART 381-001 | S, Nov 9 | 1:00 PM-4:00 PM
540 Arapeen Dr | $49 + $45 special fee

WILD CLAY TO WOOD-FIRED POTTERY
Caleb Warnock
Dive into the enchanting world of pottery in this full-day adventure. From the raw beauty of clay harvesting to the transformative process of crafting and firing, every step takes you out of the store and into the wild. Explore the art of botanical pottery painting using pigments derived from wild sunflowers. Take a break amidst this action-packed day with a leisurely picnic lunch by the campfire, savoring the camaraderie of fellow enthusiasts. As the day unfolds, witness the magic of raku firing, a mesmerizing finale to a day filled with discovery and creativity. Leave with new ceramics skills, memories, and truly unique knowledge. Student work will be available for pick up a week after class.

LLART 435-001 | S, Oct 12 | 8:45 AM-4:00 PM
Outdoors | $209 + $5 special fee
BEGINNING FUSED GLASS I
Sarinda Jones
Create stunning glass art as you take the first steps on a journey of luminous color. Ideal for beginners, this class will walk you through various glass-fusing techniques to create four projects to add light and beauty to your home: a small striped plate, a night light, a mosaic plate, and a votive tea light. Each session will introduce you to new techniques and increase your knowledge of color theory, glass chemistry, and a plethora of art concepts.
LLCFT 422-001 | Th, Oct 17-Nov 7 | 6:00 PM-9:00 PM
Reflective Light Studio | $225 + $165 special fee

BEGINNING KNITTING
Amy Hargreaves Judzis
Love the idea of knitting but don’t know where to start? Join us for an introductory class that will teach you what you need to get going, including concepts and vocabulary, yarn basics, how to cast on and bind off, knit and purl stitches, basic pattern reading, and how to sew simple seams. You’ll leave class with two easy but impressive projects that you can use as gifts or keep for yourself: a Bitty Bunny and a pair of fingerless mitts. Please wait until after the first class to purchase yarn.
LLCFT 362-001 | T, Oct 15-Nov 12 | 6:00 PM-8:00 PM
540 Arapeen Dr | $175 + $20 special fee

BEGINNING SEWING I
Andrea McCausland
You bought the sewing machine, you watched all of the YouTube videos, but now you just need someone who can answer your questions and give personal guidance. This class is for you! Join us and gain confidence in sewing while you become acquainted with your machine. You’ll learn about a variety of fabrics and construction techniques, how fabrics are used in various projects, different seam techniques, the use of notions, and how to read a pattern. This class is intended for people who are brand new to their sewing machines. Find materials list online.
LLCFT 267-001 | M, Aug 19-Sep 16 | 6:00 PM-9:00 PM
No class Sep 2
MAKE | $175 + $85 special fee
BEGINNING SEWING II: BASIC GARMENT CONSTRUCTION
Andrea McCausland

If you know the basics of your sewing machine and want to explore clothing construction, this class is for you! Learn how to use fabrics in various projects, master common seam techniques, install pockets, and read patterns. Build on your sewing knowledge with practical garment construction skills. Students should already know how to operate their sewing machine. Join us to create beautiful, custom-made clothing and enhance your sewing expertise. Find materials list online. LLCFT 267 Beginning Sewing I is an excellent precursor to this class.

LLCFT 387-001 | M, Sep 23-Oct 21 | 6:00 PM-9:00 PM
No class Oct 7
MAKE | $175 + $80 special fee

BEGINNING SEWING III: QUILT-TO-JACKET THRIFT FLIP
Andrea McCausland

Ready to move beyond the basics in your sewing journey? Join us and learn how to take a garment from drab to fab! You’ll learn how to set sleeves and sew in a separating zipper as you create a stylish jacket from affordable materials. Find materials list online. LLCFT 267 Beginning Sewing I and LLCFT 387 Beginning Sewing II: Basic Garment Construction are recommended precursors to this class.

LLCFT 411-001 | M, Oct 28-Nov 11 | 6:00 PM-9:00 PM
MAKE | $149 + $80 special fee

"Andrea is a great instructor who really cares about her students and helping them learn to sew!"
-Carli M.
BEGINNING WOODWORKING
Kasey Mitchell or Jonathan Harman
Join us to learn the basic skills of woodworking through two in-class building projects. This class starts at the very beginning, making it perfect for people who are brand new to woodworking. You’ll learn about 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! See further details online.
LLCFT 359-001 | W, Sep 4-Sep 25 | 6:00 PM-9:00 PM
MAKE | $249 + $180 special fee
LLCFT 359-002 | W, Oct 2-Oct 30 | 6:00 PM-9:00 PM
No class Oct 9
MAKE | $249 + $180 special fee
LLCFT 359-003 | T, Nov 5-Nov 25 | 6:00 PM-9:00 PM
MAKE | $249 + $180 special fee

BEGINNING WOODWORKING II
Jonathan Harman
Elevate your woodworking expertise in our next-level class! Building on the fundamentals you learned in Woodworking I, we’ll focus on the art of joinery—mastering techniques to securely connect wood. With a strong emphasis on safety and the introduction of a wider array of hand tools, you’ll refine your skills by working on two exciting projects: a mallet and a stylish shoe storage shelf. Don’t miss this opportunity to take your woodworking craftsmanship to the next level! See further details online.
LLCFT 395-001 | Th, Sep 12-Oct 3 | 6:00 PM-9:00 PM
Community Woodshop | $199 + $180 special fee
LLCFT 395-002 | T, Oct 1-Oct 29 | 6:00 PM-9:00 PM
Community Woodshop | $199 + $180 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 both contemporary and antique equipment to learn the ancient skill of forging steel with hammer and anvil. You’ll 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, Aug 21-Sep 25 | 6:00 PM-9:00 PM
Wasatch Forge | $299 + $80 special fee
LLCFT 274-002 | W, Oct 16-Nov 20 | 6:00 PM-9:00 PM
Wasatch Forge | $299 + $80 special fee

BLACKSMITHING: INTERMEDIATE
Matthew Danielson
Focus on the skills you learned in your first level blacksmithing class and grow your knowledge of higher carbon steel and heat treatment. You’ll create a hammer head, forge-welded bit
tomahawk, a simple draw knife, and a steel for traditional fire starting in this bushcraft project-focused course. See further details online.

LLCFT 296-001 | Th, Aug 22-Sep 26 | 6:00 PM-9:00 PM
Wasatch Forge | $275 + $90 special fee

BLACKSMITHING: LAMINATED STEEL WORKSHOP
Matthew Danielson
Laminated steel--also known as Damascus steel--is created by combining strips of steel and iron through hammer-welding, repeated heating, and forging. The process creates distinctive layered patterns that are intrinsic to the steel. Join local blacksmiths to create two three-pound "billets" of laminated steel that you’ll use to create a handled herb chopper and a wearable item of your choice (such as a cuff bracelet, pendant, or belt buckle). See further details online.

LLCFT 323-001 | Th, Oct 17-Nov 21 | 6:00 PM-9:00 PM
Wasatch Forge | $275 + $135 special fee

BOOKBINDING: REBIND AND REVIVE
Janiece Murray
Have a book you love with a boring cover? Want to turn a paperback into a hardcover? Have a book with a little damage to the cover? Let’s learn how to rebind! Just bring your book to class and you’ll learn how to rebind it with a new cover so it looks great. Find materials list online.

LLCFT 416-001 | T, Aug 20-Sep 3 | 6:00 PM-8:00 PM
540 Arapeen Dr | $119 + $5 special fee

BRONZE CLAY JEWELRY: AN INTRODUCTION
Carol Avery
Are you looking to make stunning custom jewelry? Discover the versatility of bronze metal clay, which can be molded like ceramic clay and fired to create durable jewelry. In the first session, you’ll explore various techniques such as stamping, molding, and impressing with natural objects to craft unique patterns and designs. Using the provided bronze clay, create pendants, earrings, and bracelet charms. In the second session, learn finishing techniques to transform your bronze elements into wearable works of art. Join us and bring your artistic visions to life with stunning bronze clay jewelry.

LLCFT 241-001 | S, Dec 7-Dec 14 | 10:30 AM-1:30 PM
540 Arapeen Dr | $109 + $15 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
**COSPLAY 101: FROM FANTASY TO REALITY**

*Madison Warner*

Cosplay is the art of playing with clothing and props to represent characters from books, film, games, and more. If you love Halloween, science fiction or fantasy media, video games, or playing pretend, you’ll find cosplay to be a fun and expressive activity. Cosplaying is open to everyone—all ages, abilities, body types, genders, and interest groups are welcome in the cosplay community! You don’t need expensive tools or knowledge of sewing/crafting to be able to cosplay. Join us to learn the basics of cosplay design and creation and leave with your own, handmade cosplay prop and the knowledge you need to try out your own costume designs.

**LLCFT 417-001 | W, Sep 9-Oct 14 | 6:30 PM-8:00 PM**

No class Oct 7
540 Arapeen Dr | $109 + $35 special fee

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**ENAMELING: AN INTRODUCTION**

*Marianne Goodell*

Looking to add color to your metalwork? Enameling is the ancient art of melting glass onto metal to stunning colors and intricate designs. Join us to learn about the tool you’ll need to start, the metals used, and how to use sifters to create base layers and designs. You’ll grow to feel comfortable sifting and firing enamel, adding layers and design, and firing enamel using an acetylene torch, then walk away with your own unique enameled works of art; no experience needed!

**LLCFT 417-001 | W, Sep 9-Oct 14 | 6:30 PM-8:00 PM**

Salt City Smithery | $149 + $100 special fee

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**FUSED GLASS ORGANIC BOWL**

*Sarinda Jones*

Create your own piece of art glass, perfect for display or use. You’ll use ‘frit” (bits of sheet glass) to add transparent and opal colors to a bowl form. Explore the chemistry of glass, how to place frit to create depth and texture, and how glass behaves under heat. By the end of this single-day class, your piece will be ready to spend 50 hours in the kiln, emerging as a 5” art glass bowl. Best of all, there’s no glass-cutting required! This is a beginner class, no experience necessary. See further details online.

**LLCFT 401-001 | Th, Aug 22 | 6:00 PM-9:00 PM**

Reflective Light Studio | $59 + $40 special fee

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**FUSED GLASS STRINGER PLATE**

*Sarinda Jones*

Create a stunning work of glass art using linear patterns and beautiful colors. You will start by exploring the chemistry of glass, how to cut glass into stringers and rods, and how glass behaves under heat. By the end of this single-day class, your design will be ready to spend 50 hours in the kiln becoming a finished plate that you can show off to friends and family. This is a beginner class, no experience necessary. See further details online.

**LLCFT 400-001 | Th, Sep 5 | 6:00 PM-9:00 PM**

Reflective Light Studio | $59 + $40 special fee

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**HAND-EMBROIDERED HOLIDAY ORNAMENTS AND GIFTS**

*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 holiday ornaments and gifts for loved ones.
and yourself. 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.

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

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

LLCFT 386-001 | T, Nov 19-Dec 3 | 6:30 PM-8:30 PM
540 Arapeen Dr | $75 + $15 special fee

**JEWELRY MAKE AND TAKE: BOLO TIE**
*Amy Schmidt*

Create a traditional western-style bolo tie in sterling silver with a natural gemstone cabochon and leather tie. You’ll learn all of the traditional metalsmithing skills you need to create a beautiful, one-of-a-kind bolo. All skill levels are welcome; no experience necessary!

LLCFT 409-001 | S, Oct 26 | 10:00 AM-3:00 PM
Salt City Smithery | $69 + $95 special fee

**JEWELRY MAKE AND TAKE: KEUM-BOO EARRINGS**
*Amy Schmidt*

Keum-boo is an ancient Korean technique for adding a layer of gold to silver jewelry. Join us to learn this affordable way to add gold to your jewelry-making repertoire. You’ll learn how to add a permanent and substantial layer of gold to two pairs of silver earrings and we’ll provide all the materials. All skill levels are welcome; no experience necessary!

LLCFT 410-001 | S, Nov 16 | 10:00 AM-3:00 PM
Salt City Smithery | $69 + $110 special fee
“This class was the highlight of my week every week for all 6 weeks! Jan was an incredibly kind and supportive instructor. I cannot say enough good things about this class.”

-Tricia C. about Jan Harris-Smith
**JEWELRY MAKE AND TAKE: RIBBON RING**
Amy Schmidt

Learn metalsmithing skills while creating uniquely beautiful jewelry. You’ll use soldering, forging, and creativity to make a pair of ribbon rings. You can make one for you and a friend or make two to stack. All skill levels are welcome; no experience necessary!

LLCFT 408-001 | S, Oct 5 | 10:00 AM-3:00 PM
Salt City Smithery | $69 + $45 special fee

**JEWELRY MAKE AND TAKE: WRAP RING**
Amy Schmidt

There’s nothing more fun than wearing jewelry you made yourself! Learn all the skills you need to create a chunky silver wrap ring using heavy gauge sterling silver. Utilizing traditional metalsmithing tools and techniques, you’ll leave class with a unique textured ring—you can even add a colorful cabochon. All skill levels are welcome; no experience necessary!

LLCFT 379-001 | S, Oct 12-Oct 19 | 10:00 AM-12:00 PM
540 Arapeen Dr | $75 + $45 special fee

**JEWELRY MAKE AND TAKE: STAMPED SILVER BARRETTES**
Jan Harris-Smith

Learn to stamp silver with decorative metal stamps and create one-of-a-kind barrettes for your hair. While learning how to stamp a repeating pattern on silver metal, you will acquire the skills to solder metal decorations to silver and to solder posts for mounting a mechanical barrette piece to complete the look. All skill levels are welcome; no experience necessary!

LLCFT 415-001 | S, Nov 9 | 10:00 AM-3:00 PM
Salt City Smithery | $69 + $50 special fee

**KINTSGUI: THE JAPANESE ART OF REPAIRING WITH GOLD**
Haruko Sadler

Immerse yourself in the ancient art of Kintsugi, the Japanese technique of repairing broken ceramics. In this transformative course, you’ll learn to embrace the philosophy that flaws and imperfections are integral to beauty. Discover the delicate art of mending broken pottery with gold, silver, or other precious metals, transforming them into stunning works of art. Join us on this journey of restoration, where you’ll not only repair ceramics but also uncover a deeper appreciation for the beauty found within imperfections.

LLCFT 379-002 | S, Oct 12-Oct 19 | 1:30 PM-3:30 PM
540 Arapeen Dr | $75 + $45 special fee

**LAPIDARY: CUTTING & POLISHING STONES FOR JEWELRY**
Jan Harris-Smith

Come learn how to turn a slab of rock into a beautiful, polished cabochon using a trim saw and lapidary machine. You’ll explore how to mount your rough-trimmed piece on wood dowels or nails to make them easier to polish and how to use progressive diamond wheels and polishing powder to finish the stones. You’ll discover basic rock types and knowledge, how to tumble rocks, and we’ll even share some of the best areas to rockhound in Utah! Students are welcome but not required to bring their own slabs to cut. Please bring eye protection and be aware that you will get wet. Please bring eye protection and be aware that you will get wet.

LLCFT 385-001 | T, Oct 15-Oct 22 | 6:00 PM-9:00 PM
Salt City Smithery | $149 + $50 special fee

LLCFT 385-002 | T, Oct 29-Nov 5 | 6:00 PM-9:00 PM
Salt City Smithery | $149 + $50 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
LOST WAX CASTING FOR JEWELRY
Jan Harris-Smith
Sculpt and carve intricate designs using wax, then transform them into stunning metal jewelry. Learn the art of casting, resulting in unique and wearable pieces. Build your skills so you can set stones in wax and cast them. Let your imagination run wild as you craft jewelry that will captivate for years to come. This unique process creates some of the most magnificent jewelry out there.

LLCFT 367-001 | Th, Oct 3-Oct 24 | 6:00 PM-9:00 PM
Salt City Smithery | $249 + $80 special fee

METALSMITHING II
Jan Harris-Smith
Build on the skills you learned in Metalsmithing I and create a ring or pendant with a set stone. You’ll 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’ll 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. Please be prepared to purchase more materials in class. Further details online.

LLCFT 229-002 | Th, Aug 29-Sep 26 | 6:00 PM-9:00 PM
Salt City Smithery | $249 + $75 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’ll 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 create these stunning eggs independently! Please wear an apron or art clothes.

LLCFT 375-001 | Th, Nov 7-Nov 21 | 6:00 PM-9:00 PM
540 Arapeen Dr | $149 + $30 special fee

PYSANKY II: UKRAINIAN ART EGG TECHNIQUES
Rynna Poulson
Expand your skills in the art of Ukrainian egg decoration while learning new techniques. You’ll experiment with more advanced methods like divisions, etching, spot dyeing, dye blending, and stained-glass method. We’ll have brown eggs for etching in addition to standard white eggs, and specialty eggs will be available for purchase in class. Please wear an apron or art clothes.

LLCFT 419-001 | Th, Sep 19-Oct 3 | 6:00 PM-8:00 PM
540 Arapeen Dr | $125 + $35 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’ll learn to shape the colored sheets of glass by cutting, grinding, and wrapping each piece with copper foil to prepare for solder. Finally, you’ll solder the glass together into a finished stained glass panel that you can hang and enjoy for years to come! See further details online.

LLCFT 186-001 | T, Oct 22-Nov 26 | 5:30 PM-9:00 PM
540 Arapeen Dr | $225 + $160 special fee

LLCFT 186-002 | W, Nov 6-Dec 18 | 5:30 PM-9:00 PM
No class Nov 27
540 Arapeen Dr | $225 + $160 special fee

**TEXTURED GLASS IN A BOX FRAME**

Sarinda Jones

Delight in the beauty of fused glass as you create textured glass artwork filled with overlapping colors. You’ll use transparent colors in your choice of color gradient to create designs reminiscent of beach or sunset. Starting with a glass plate, you’ll learn how to score and cut glass into strips then marvel at the science of glass, firing, and how glass reacts to heat. Your finished piece can be picked up at a later date after being fired in the kiln for a total of 50 hours! This course is designed with beginners in mind, no glass experience necessary. Student work will be available for pick up a week after class.

LLCFT 420-001 | Th, Sep 16 | 6:00 PM-9:00 PM
Reflective Light Studio | $59 + $55 special fee

**WELCOME TO WEAVING: ALPACA SCARF ON A RIGID HEDDLE LOOM**

Deanna Baugh

Weave a stunning scarf using luxurious alpaca yarn. Alpacas are animals originally from South America that grow fiber softer than wool. You’ll weave on a rigid heddle loom, prized for its functionality and simplicity. Learn how to warp (put the yarn on the loom), weave, and finish your scarf. You’ll walk away from this class with a beautiful handmade gift for yourself or a special friend. No experience necessary; all are welcome!

LLCFT 413-001 | Th, Sep 19 | 6:00 PM-8:00 PM
AND S, Sep 21 | 10:00 AM-2:00 PM
Salt Lake Weaving Studio | $119 + $85 special fee

**WELCOME TO WEAVING: RAG RUG**

Catherine Marchant

Start a new hobby you’ll love and try your hand at weaving! We’ll jump right in to weaving on a pre-warped floor loom. You’ll start with the hem, using cut fabric strips from fabric that you’ll bring to class. Then enjoy the peaceful rhythm of the loom as you weave the body of the rug, then learn to finish with a second hem, cut the weaving off of the loom, and sew the hems. You’ll leave this class with a functional rag rug to use in your home. This class is geared toward students who are brand new to weaving, but all are welcome!

LLCFT 414-001 | S, Oct 19 | 10:00 AM-2:00 PM
AND T, Oct 22-Nov 5 | 6:00 PM-8:00 PM
Salt Lake Weaving Studio | $139 + $100 special fee

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WELDING: AN INTRODUCTION

Richard Cobbley

Have you ever wanted to work with metal for an 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’ll get hands-on experience working with the equipment, metal, and different designs. Build your basic knowledge of welding while completing a project of your choice!

LLCFT 234-001 | T, Sep 3-Oct 15 | 6:00 PM-9:00 PM
No Class Oct 8
Cobbley’s Studio | $299 + $225 special fee

LLCFT 234-002 | W, Sep 4-Oct 16 | 6:00 PM-9:00 PM
No Class Oct 9
Cobbley’s Studio | $299 + $225 special fee

LLCFT 234-003 | T, Oct 29-Dec 10 | 6:00 PM-9:00 PM
No class Nov 26
Cobbley’s Studio | $299 + $225 special fee

LLCFT 234-005 | W, Oct 30-Dec 4 AND Th, Dec 12
6:00 PM-9:00 PM | No class Nov 27
Cobbley’s Studio | $299 + $225 special fee

WHEEL-THROWN CERAMICS: AN EXTENDED INTRODUCTION

Workshop SLC

Discover the art of ceramics as we guide you through each step of working with a throwing wheel. You’ll master essential techniques from wedging clay to centering a piece, pulling walls, trimming, shaping, adding feet, and making handles. Dive into surface decorations as you practice waxing, glazing, and firing processes. By the end, you’ll proudly take home small treasures like bowls and mugs, a larger bowl, and the skills to continue crafting more masterpieces. Unleash your inner potter today! Co-sponsored with Workshop SLC.

LLCFT 423-001 | S, Sep 7-Oct 26 | 9:00 AM-11:00 AM
Workshop SLC | $299 + $75 special fee

WHEEL-THROWN CERAMICS: BEAUTIFUL BOWLS

Workshop SLC

Join us for an introduction to pottery class where you’ll learn how to make a set of nesting bowls. You’ll learn basic throwing techniques like centering clay, shaping a bowl, and how to throw varying sizes of clay. As well as decorating your pieces and learning how to create a matching set. By the end of this class you’ll 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 | Th, Nov 14-Dec 12 | 4:00 PM-6:00 PM
No class Nov 28
Workshop SLC | $189 + $50 special fee
BAKING PRETZELS: AN INTRODUCTION
Matthew Trone
The pretzel. You might know it as the ideal snack, the perfect accompaniment to a beer, or a symbol of German baking. But, have you ever tried making your own? In this hands-on course guided by a skilled local SLC baker, you will unlock the secrets to creating your very own version of this iconic, twisted treat. Discover the history, techniques, and ingredients that make pretzels so beloved worldwide. From mastering the perfect dough to achieving that signature golden-brown crust, you’ll gain the confidence and expertise to craft delicious pretzels.
LLFW 592-001 | T, Oct 1 | 6:30 PM-8:30 PM
Online | $39 + $5 special fee

BEAUJOLAIS EST ARRIVÉ!
Sheral Schowe
On the third Thursday of November every year since the 1950’s, the Beaujolais wine region of France releases their wine, called Nouveau Beaujolais, to celebrate the harvest and showcase their wine as soon as possible for the public to enjoy and celebrate. The tradition became popular in Paris and soon spread around the world. In addition to the fresh and fruity Nouveau version of Beaujolais, there are ten appellations, called “Crus” which are uniquely different in terms of climate and soils. These are the wines with structure, complexity, and age ability. In this class, you’ll learn the names of the ten Crus, be able to find them in order on a map, understand the unique wine making process, and taste all levels of Beaujolais, from Nouveau to Village to several of the Crus.
LLFW 650-001 | Th, Nov 21 | 6:30 PM-8:30 PM
Fratelli | $39 + $40 special fee

BEEF BOURGUIGNON
Charlotte Durif
Beef Bourguignon was one of Julia Child’s most popular dishes. Learn about the history of this fascinating dish from an instructor who hails from the same region of France–Burgundy! You’ll learn how to prepare and combine the ingredients. Because this dish takes a long time to cook, you’ll taste a sample from the instructor, then take your prepared ingredients home to finish and share! Bring a large stockpot or 96oz or larger container to take your food home.
LLFW 662-001 | Th, Dec 12 | 6:00 PM-8:30 PM
University Main Campus | $49 + $75 special fee

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BEGINNING BAKING: COOKIES
Charlotte Durif
Have you always wanted to learn how to bake but never been brave enough to try? You’re in the right place! Our Beginning Baking Series is designed with the absolute beginner in mind and every class teaches a different baking skill. Explore the chemistry behind a basic bake while learning about different types of cookies. You’ll learn the importance of correct measurements, what each ingredient adds to the final bake, and leave class with your own delicious batch of chocolate chip cookies! Bring a container to take home leftovers.
LLFW 660-001 | Th, Oct 10 | 5:30 PM-7:00 PM
University Main Campus | $39 + $30 special fee

BEGINNING BAKING: FRUIT TART FROM SCRATCH
Charlotte Durif
Have you always wanted to learn how to bake but never been brave enough to try? You’re in the right place! Our Beginning Baking Series is designed with the absolute beginner in mind and every class teaches a different baking skill. Join us to learn three fundamentals: making a pie crust from scratch and blind-baking it, whisking up a perfect custard, and building a raspberry-pistachio pie that’s so beautiful, you’ll be torn between admiring it and immediately devouring it. Please bring a pie pan (9in or bigger).
LLFW 654-001 | Th, Oct 17 | 6:00 PM-8:30 PM
University Main Campus | $59 + $45 special fee

BEGINNING BAKING: SPONGE CAKE
Charlotte Durif
Have you always wanted to learn how to bake but never been brave enough to try? You’re in the right place! Our Beginning Baking Series is designed with the absolute beginner in mind and every class teaches a different baking skill. You’ve seen it on TV, now you can explore the chemistry behind sponge cake. Learn about different types of cakes and why you’d specifically choose a sponge. You’ll then make your own cake that you can take home and share! Bring a container to take home leftovers.
LLFW 661-001 | Th, Oct 10 | 7:30 PM-9:00 PM
University Main Campus | $39 + $25 special fee

CHARCUTERIE: THE CRAFT AND POETRY OF BEAUTIFUL BOARDS
Liz Struthwolf
Join us for an evening of food, fun, and friends! You’ll learn the history and origins of charcuterie, the art of creating a board, the theory of perfectly balancing the components of a board, charcuterie pairings, seasonal offerings, and the incredibly versatile possibilities for a variety of occasions. Best of all, you’ll leave class with several mini-boards to take home and enjoy.
LLFW 667-001 | Th, Sep 12 | 7:00 PM-8:30 PM
540 Arapeen Dr | $39 + $20 special fee
CHOCOLATE FACTORY TOUR: SOLSTICE CHOCOLATE
Liz Struthwolf
Join us for a tour of Solstice Chocolate in Salt Lake City with award-winning chocolate maker DeAnn Wallin. Sourcing her beans from ethically-sound and transparent cooperatives, DeAnn has won several International Chocolate Awards and is recognized around the world as a leader in bean to bar craft chocolate production. This factory tour allows our guests to see how craft chocolate is produced from start to finish, and offers a chance to get answers to all your chocolate-making questions. Don’t worry, you won’t leave without the chance to sample!
LLFW 669-001 | S, Nov 9 | 9:00 AM-10:30 AM
Solstice Chocolate | $39 + $25 special fee

CHOCOLATE TASTING TOURNAMENT
Liz Struthwolf
Join us for a fun evening of learning about and tasting world-class chocolate in a classic tournament format. Enjoy several rounds of chocolate tasting as you vote for the overall favorite chocolate of the evening! You’ll learn how to identify craft chocolate, sample award-winning chocolate from around the world, and determine your personal taste profile.
LLFW 665-001 | Th, Aug 22 | 7:00 PM-8:30 PM
540 Arapeen Dr | $39 + $10 special fee

CIDERS OF THE WORLD: ENGLISH CIDERS
Matthew Ostrander
A pint of cider in a pub is often what one thinks of when visiting the UK. With the rural farms of the English countryside, the cider beverage is deeply connected to the culture. With the unique climate and terroir, cider apples from this region have distinct qualities which translate to rich tannins and dry and complex profiles found in farmhouse flavors. Students will be guided through classic English cider varieties and learn about the characteristics that evoke notes of leather, whisky, and tobacco with lingering, earthy finishes. Students may purchase additional charcuterie boards and snacks for pairing. Must be 21 or over to attend; please bring an ID.
LLFW 646-001 | T, Aug 27 | 6:30 PM-8:30 PM
Scion Cider | $39 + $45 special fee

CIDERS OF THE WORLD: SPANISH SIDRA
Matthew Ostrander
Northern Spain’s Asturias and Basque Country are known for their unique style of cider and wine, with both deeply ingrained in the culture of food and local traditions. Sharp notes, from slightly to boldly sour acetic qualities are indicative of the region’s cider traditions. You’ll learn about the tradition of TXOTX—the region’s season of celebration for the year’s new sidras aged in large wooden casks—and how the ‘long pour’ affects the immediate consumption of the non-carbonated cider, all while tasting through representative samples of the style. Students may purchase additional charcuterie boards and snacks for pairing. Must be 21 or over to attend; please bring an ID.
LLFW 647-001 | T, Oct 1 | 6:30 PM-8:30 PM
Scion Cider | $39 + $45 special fee

CIDERS OF THE WORLD: US AND CANADIAN CIDERS
Matthew Ostrander
Explore the captivating history of American cider dating back to its revolutionary roots from European settlers, growth across the continent, and the major apple growing regions in North America. You’ll learn about the shift away from cider during the lead-up to Prohibition to its recent resurgence within the modern beverage market, and explore its place among wine and beer through a series of guided tastings. Students may purchase additional charcuterie boards and snacks for pairing. Must be 21 or over to attend; please bring an ID.
LLFW 644-001 | T, Nov 12 | 6:30 PM-8:30 PM
Scion Cider | $39 + $45 special fee

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COCKTAIL BASICS
Andrea Latimer

Join the founder of Bitters Lab for this fun and informative class where you’ll learn the basics needed to make delicious, well-balanced, and visually appealing drinks at home. You’ll make two different cocktails and learn a few different garnishing techniques. You’ll learn about must-haves needed for your home bar. You’ll leave with a new-found confidence for creating your own cocktails at home PLUS your own take-home cocktail kit with a jigger, barspoon, cocktail shaker, strainers, a paring knife, cocktail picks, a bottle of Bitters Lab bitters, and some dried citrus for garnishing. Class includes all the ingredients needed to make two cocktails and an individual charcuterie board for snacking.

LLFW 641-001 | W, Dec 4 | 6:00 PM-8:00 PM
Bitters Lab | $49 + $135 special fee

CURRY FUSION COOKING
Jay Jayaseelan

Join us for a group cooking class and learn how to make two types of chicken curry: one Thai and one Indian. Your instructor, originally from Singapore, will teach you a healthy method of cooking while you participate in food prep, cooking, and cleaning. When the recipes are finished, you can eat a steaming bowl of delicious dinner. Bring a container to take home leftovers.

LLFW 631-001 | Th, Nov 21 | 6:00 PM-9:00 PM
University Main Campus | $49 + $40 special fee
LLFW 631-002 | Th, Dec 5 | 6:00 PM-9:00 PM
University Main Campus | $49 + $40 special fee
DISCOVER THE CAMPANIA WINE REGION OF ITALY
Sheral Schowe

The wine region of Campania is home to Italy’s most ancient winemaking and vine training traditions, established by the Greeks and Etruscans over 2,000 years ago. You’ll learn about the historic heritage and exceptional terroirs that has set the stage for new winemakers and an explosion of new wineries in this region. The indigenous grape varieties of Greco, Fiano, Falanghina, and Aglianico will be presented in this class for a very unique and interesting tasting experience.
LLFW 651-001 | Th, Oct 24 | 6:30 PM-8:30 PM
Carmines | $39 + $40 special fee

GATHERING WILD MUSHROOMS
Tatyana Golub, Peter Golub

Delicate yet hearty and palate-pleasing, mushrooms add texture and flavor to a variety of cuisines and dishes. But, which of the thousands of species of mushrooms is edible and which will kill you? In this class, you’ll begin to understand this important distinction by discussing the basics of mushroom hunting, which mushrooms in Utah and surrounding states are edible, and, of course, cooking with mushrooms. Our field trip will take us to the Uinta Mountains, where we’ll visit some common sites for hunting (and gathering if there’s been enough rain!) boletus edulis (porcini) and chanterelle and other mushrooms. See further details online.
LLFW 416-001 | W, Aug 21 | 6:00 PM-9:00 PM
AND S, Aug 24 | 9:00 AM-4:00 PM
540 Arapeen Dr /Outdoors | $175 + $5 special fee

HOLIDAY COCKTAILS
Andrea Latimer

Join the founder of Bitters Lab for a fun class all about holiday-inspired cocktails. You’ll follow along to make two drinks during class, plus you’ll learn all about how to batch drinks—this will be the perfect class to get you prepped for all your holiday parties!
LLFW 659-001 | S, Nov 16 | 6:00 PM-8:00 PM
Bitters Lab | $49 + $90 special fee

HOLIDAY COFFEE AND CHOCOLATE
Liz Struthwolf

Join us for a fun and festive evening of tasting and learning about delicious holiday treats created by Utah’s local coffee roasters, chocolate makers, and talented artisan producers. This is a wonderful opportunity to support your local small-batch craft food artisans and learn about some wonderful, unique, and tasty gift-giving ideas for the office, your family, and your friends.
LLFW 668-001 | Th, Dec 5
7:00 PM-8:30 PM
540 Arapeen Dr | $39 + $15 special fee

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HOW TO MAKE HEAVENLY CURDS, CUSTARD, AND MOUSSE
Muyly Miller

Watch and learn as your instructor creates perfect desserts for you to enjoy. You’ll see how curd is made, then how it is made into a custard. Then watch the custard become a light and fluffy mousse. Learn how to temper eggs, how to know when the recipes are set, appropriate times to add ingredients, and how to properly fold in the cream. Finally—the best part—sampling each recipe!
LLFW 670-001 | S, Oct 26 | 10:00 AM-12:00 PM
540 Arapeen Dr | $39 + $15 special fee

JAPANESE TEA CEREMONY: AN INTRODUCTION
Haruko Sadler

Step into another culture and time as you participate in the ancient ritual of the Japanese Tea Ceremony. The Tea Ceremony began in seventh-century China and plays a significant role in Japanese culture today. Your tea master will explain the history and philosophy of the ceremony, its relationship to Zen Buddhism, demonstrate the rules and use of utensils, and have you practice some steps of the ceremony. Then she’ll conduct the ceremony, serving you a steaming bowl of tea and Japanese sweets to savor. You’ll leave class with a new perspective and your own Japanese tea kit to practice what you’ve learned.
LLFW 603-001 | S, Aug 24 | 9:00 AM-1:00 PM
Online | $69 + $5 special fee

LOOSE LEAF TEA: AN INTRODUCTION
Brad Heller

Singular in species and near infinite in varietals, tea is one of the world’s most cherished beverages. Join us for a hands-on workshop while you discover the taste and subtleties of some of China’s finest teas. You’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.
LLFW 611-001 | S, Sep 7 | 11:00 AM-1:00 PM
Tea Grotto | $39 + $5 special fee

JIAOZI: TRADITIONAL CHINESE DUMPLINGS
Qin Li

China has a rich food culture with different regions that specialize in their own unique cuisine. Jiaozi, however, is a signature dish that is found across the entire country. These traditional Chinese dumplings are made to celebrate special occasions, such as Lunar Chinese New Year, Lantern Festival, or other holidays or family reunion times. Jiaozi takes time and work to make, but in China people see it as a fun and meaningful activity to enjoy the company of loved ones. Join us and explore this unique way to express and share love to your family and friends through the activity of cooking Chinese dumplings. Find materials list online. Vegetarian option available upon request.
LLFW 603-001 | S, Aug 24 | 9:00 AM-1:00 PM
Online | $69 + $5 special fee

MEDITERRANEAN KITCHEN SERIES: A TASTE OF MOROCCAN TAGINE COOKERY
Nancy Carruthers

Discover the secrets of tagine cooking in this interactive Moroccan cuisine workshop! Influenced by Berber, Arab, and Andalusian cultures, Moroccan cuisine is a rich tapestry of flavors. We’ll follow the old spice route and learn about the spices that give Moroccan dishes their distinctive flavor and the traditions of Moroccan cuisine. Whether you’re a seasoned cook or a culinary enthusiast, you’ll expand your horizons by cooking a traditional tagine meal, couscous, preserved lemons, spice blends, and Moroccan mint tea. Share the history and flavors of North Africa while enjoying tea and getting to know each other.
LLFW 671-001 | Th, Aug 29
6:00 PM-9:00 PM
University Main Campus
$49 + $60 special fee
MEDITERRANEAN KITCHEN SERIES: ANCIENT GRAINS IN MAIN DISH SALADS
Nancy Carruthers

Embark on a culinary journey exploring ancient grains and Mediterranean-inspired weeknight cooking. This interactive, hands-on class transports you to Italy and the Middle East. Working in groups, you'll master quick-cooking grains, crafting dishes like Middle Eastern-inspired couscous pearls and roasted vegetables infused with a unique blend of Tunisian spices for an authentically Middle Eastern flavor. Then, travel to the Tuscan region of Italy and discover the unique textures and flavors of whole-grain berries, such as Farro, in a Fall salad with leeks, garden vegetables, fresh herbs, and toasted almonds. Join us to elevate your cooking with vibrant, healthy ingredients from these rich culinary traditions.

LLFW 672-001 | Th, Sep 26 | 6:00 PM-9:00 PM
University Main Campus | $49 + $60 special fee

OLIVE OIL TASTING: A SENSORY JOURNEY!
Kun Covington

Join a local olive oil sommelier for an exploration of this dietary staple that is good for your health! You’ll learn why olive oil is a wise choice when it comes to your diet, where it comes from, and how to select the right variety for you. Enjoy a blind taste test comparing high-quality oils with those commonly available at the local grocer. Finally, you’ll learn how olive oil is produced and how you can use and store it at home.

LLFW 664-001 | W, Sep 11 | 6:30 PM-8:30 PM
540 Arapeen Dr | $39 + $15 special fee

MEDITERRANEAN KITCHEN SERIES: GREEK MEZE MADNESS
Nancy Carruthers

Experience the heart of Greek culture with our interactive Meze Table. Meze, a common eating style in Greece, is more than just a meal—it’s a way of life where everyone comes together, sharing beautiful food and conversations. Your instructor, a local chef will lead you in pairing recipes and creating an irresistible meal, from the rich, smoky grilled eggplant spread to the delectable hand pies, vibrant salads, dolmades, and cheeses. Whether preparing a few dishes or creating an entire meal, come discover Meze’s versatility and be inspired by the flavors and aromas of Greek cuisine that bring people together and are meant to be shared.

LLFW 673-001 | Th, Oct 24 | 6:00 PM-9:00 PM
University Main Campus | $49 + $70 special fee

PORTUGAL WINES, IN EVERY STYLE!
Sheral Schowe

The Portuguese winemaking tradition dates back hundreds of years involving over 250 grape varieties. The styles vary from Espumoso (sparkling) to dry whites, rosés and reds, to fortified wines and cocktails. Join us for a tasting adventure which will include all of these styles, crafted from heritage grapes indigenous to Portugal and the recent addition of French grape varieties. You’ll enjoy all the styles in this class as you learn about the new trends in grape varieties as well as creative ways to serve Port.

LLFW 649-001 | Th, Dec 12 | 6:30 PM-8:30 PM
Carmines | $39 + $40 special fee

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culinary arts + libations

sensations. Whether you’re a seasoned aficionado or a curious novice, join us for an engaging experience filled with witty humor and storytelling, leaving you with a deeper love for both chocolate and rum. Must be 21 or over to attend; please bring an ID.

LLFW 630-001 | M, Oct 21 7:00 PM-9:00PM Beehive Distillery | $39 + $30 special fee

**RUM AND CHOCOLATE**

*James Santangelo*

Embark on a flavorful journey through the captivating history of rum while discovering the art of spirit and chocolate pairing! From its humble Caribbean beginnings to its global acclaim, delve into the cultural significance of rum guided by a seasoned industry expert. Indulge in curated tastings of fine rums, each complemented by perfectly paired chocolates, as you explore a spectrum of flavors from fruity to dark. Gain sensory appreciation skills, discerning nuanced notes and mouthfeel

knowledge from grain to still to cask to glass. Must be 21 or over to attend; please bring an ID.

LLFW 384-001 | M, Nov 18 | 7:00 PM-9:00PM Beehive Distillery | $39 + $30 special fee

**THE NEW VITICULTURAL AREA OF SOUTHWEST UTAH**

*Sheral Schowe*

Many of Europe's wine regions have what is called a 'Wine Trail" which maps out the region’s wineries for locals and visitors to explore and enjoy. Did you know that Utah has its own wine trail in the Southwest corner of the state? There is now a wide selection of grape varieties being grown and masterfully crafted which has put Utah on the winemaking map. We’ll introduce you to Utah’s own winemakers as we discuss the new upcoming American Viticultural Area (AVA) and the challenging process to achieve it. Utah winemakers will share their most prized wines for you to taste as they describe the grape varieties, trellising, and winemaking techniques as well as their journey of becoming a winemaker in Utah. These wines are not to be missed!

LLFW 652-001 | Th, Sep 26 | 6:30 PM-8:30 PM Carmines | $39 + $40 special fee

**SCOTCH FOR THE SOPHISTICATE**

*James Santangelo*

Single malts whiskies begin with a fermented mash where the grain starts to sprout before it is fermented, and evolves from there. Juxtapose a flight of whiskies with counterparts from around the globe, all crafted with one thing in common and many variables that add complexity. Discover the nuanced differences and unique expressions as we feature selections from Japan, Ireland, within the category of Single Malts. Led by an experienced guide, this tasting experience promises to deepen your appreciation for the diversity of whisky traditions. This course offers an engaging opportunity to expand your palate and

LLFW 630-001 | M, Oct 21 7:00 PM-9:00PM Beehive Distillery | $39 + $30 special fee
THE ROSÉ WINES OF BEAUTIFUL PROVENCE
Sheral Schowe

Dry, crisp, refreshing rosé wines of Provence have a history that dates back to 600 BC. It is a style that is now replicated around the world as consumers demand higher quality rosés that pair perfectly with food. Provence is located on the southeast coast of France with a climate that is tempered by the Mediterranean Sea and 3,000 hours of yearly sunshine. You’ll taste 6 wines from Provence including Bandol, one of Provence’s oldest AOCs, as you learn about the rich and diverse history and winemaking techniques of this beautiful region.

LLFW 653-001 | Th, Aug 29 | 6:30 PM-8:30 PM
Fratelli | $39 + $40 special fee

WHISKIES OF THE WORLD
James Santangelo

Did you know that whisky is one of the most popular—and fastest-growing—spirits? Learn about how the broad range of whiskies being made worldwide has made this drink even more popular. We’ll discuss four distinct styles of whisky, 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 whisky expert in no time! Must be 21 or over to attend; please bring an ID.

LLFW 489-001 | M, Sep 23 | 7:00 PM-9:00PM
Beehive Distillery | $39 + $30 special fee

TOUR D’ITALIA: A CULINARY JOURNEY
Liz Struthwolf

Explore Italy’s diversely rich regions through classic tastings and pairings of artisanal specialty meats, cheeses, olive oils, breads, pastries, and desserts. You’ll learn about Italy’s 20 regions and how to identify classic Italian specialty antipasto. You’ll leave class with an understanding of craft and specialty-grade small-batch product and experience in comparative tastings.

LLFW 666-001 | Th, Nov 7 | 7:00 PM-9:00 PM
540 Arapeen Dr | $39 + $15 special fee

WINE AND CRUNCHY SNACKS
James Santangelo

Enjoy a delectable journey of wine and crunch snack pairings, where we explore the artistry of flavor harmonies! Discover how the perfect pairing enhances both the beverage and the snack, elevating your tasting experience to new heights. From herb-flavored popcorn with Italian reds to indulgent chocolate pretzels with big, rich red wines, and the crisp contrast of salt and vinegar chips with Sauvignon Blanc, uncover the magic of complementary flavors. Led by an expert guide, this class equips you with the skills to curate delightful pairings that transform any evening into a complete sensory experience, whether you’re entertaining guests or simply unwinding in front of the TV. Prepare to tantalize your tastebuds and elevate your appreciation for the delightful interplay of wine and snacks! Must be 21 or over to attend; please bring an ID.

LLFW 663-001 | M, Aug 19 | 7:00 PM-9:00 PM
Beehive Distillery | $39 + $30 special fee

ZERO-PROOF AUTUMN COCKTAILS
Andrea Latimer

Join the founder of Bitters Lab for a fun and informative class about how to make well-balanced and delicious zero-proof cocktails (aka non-alcoholic drinks). You’ll make two cocktails using some zero proof “spirits” plus we’ll talk about these spirits, how they work to enhance your cocktail, and what to look for when shopping. You’ll leave with your own bottle of bitters and the knowledge of how to use it!

LLFW 638-001 | W, Oct 23 | 6:00 PM-8:00 PM
Bitters Lab | $49 + $90 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
A GUIDE TO HIGH SCHOOL MATH FOR ADULTS
Anna Bessesen

We live in a world where math anxiety is widespread, yet students need to have a solid foundation in math to make it to graduation. The adults in these students’ lives often feel that they do not have the tools to support their students, but the time has come to tackle any fear you might have so you can feel more confident in your math skills and support the young people in your life on their math journeys! This course, taught by a public-school math teacher with over ten years of experience, covers the broad strokes of the mathematics students navigate in grades 9-11. By addressing the overarching themes in the high school curriculum, you’ll not only help the students in your life complete their math homework, but also seamlessly connect the mathematical themes and concepts from different grade levels. Your instructor will provide information and counsel on how to help your student prepare their math requirements for graduation and which courses might best serve your student as they progress through their learning pathway. Please note that grade 12 content is excluded from this course by design, but your instructor will provide insight and recommendations about your student’s specific situation in the last session.

LLPOT 989-001 | W, Sep 11-Oct 2 | 6:30 PM-8:30 PM
540 Arapeen Dr | $119 + $5 special fee

AI UNLEASHED: MYRIADS OF METHODS TO HONE ARTIFICIAL INTELLIGENCE
Darby Bailey

Discover how artificial intelligence (AI) is shaping our world, from entertainment to ethics, and learn how to harness AI with an instructor who has a PHD in this field. In this four-week class, you’ll start with a history of, and introduction to, machine learning and how AI affects our lives today. You’ll look at the current state of AI and examine what the future might hold. Finally, you’ll learn about media literacy and the ethics of this powerful tool. Join us and empower yourself with knowledge to explore practical
uses of AI and how it can work for you. This course is designed for those with a foundational understanding of technology. See further details online.

**AN INTRODUCTION TO ANTIDISCRIMINATION RESPONSE**
Irene Ota

Most people would like to be able to effectively address discriminatory words and acts. However, sometimes you don’t know what to say when you witness offensive acts or hear discriminatory words. This group-based social skills workshop is designed to train and empower you as a bystander to take an active role when witnessing offensive and discriminating situations instead of remaining passive or silenced. You’ll learn and practice phrases you can use in response to a wide variety of prejudicial and discriminating situations, which include homophobia, sexism, racism, classism, etc.

**APPLIED SOMATICS: PRACTICES FOR TURBULENT TIMES**
Conny Wegener

Particularly in turbulent times, fear-based behaviors can obstruct our capacity for connection and appropriate responsiveness. Our core limiting beliefs shape how we interact with ourselves, others, and the world around us. Often unconscious, these conditioned patterns hinder our ability to respond authentically to the present moment, drawing from past experiences instead. Embedded within these somatic practices are teachings on the interplay between mind and body, ensuring a holistic integration of theory and practice. This three-session course delves into uncovering these default relational modes, gaining clarity, and cultivating new approaches that foster compassionate connections and transformative responses. Through somatic practices such as body scans, movement exercises, and paired activities, participants will deepen their understanding of themselves and explore new ways of relating and showing up.

**BEYOND THE HEADLINES: FACT-CHECKING AND MEDIA LITERACY**
Tallie Casucci

If you’ve ever thought ‘WHAT?!?’ when reading something on the internet, this class is for you! Alternatively, if you’ve never questioned any social media or blog posts, this class is for you too! The internet allows us to connect with friends and family, find great recipes, and perform other tasks, but unfortunately there can also be a lot of misinformation. How can you tell the difference? How can you locate accurate, high-quality information online? Join an expert research librarian to learn about evaluation frameworks and use them with hands-on practice. Please come prepared to discuss, search the internet, and practice your new evaluation strategies.

**DISCOVERING WORLD RELIGIONS: WAYS OF UNDERSTANDING RELIGION**
Jeremy Innis

How do religious people think about other people’s religions? How do scholars understand and explain religious similarities and differences? Join us to explore these questions as you learn about beliefs and practices from a variety of religious traditions like Christianity, Islam, Buddhism, Hinduism, and others.
EXPLORING THE SACRED MOUNTAINS OF THE WORLD
Jonathan Duncan

Explore humankind’s connection with the mountain environment throughout time and across cultures. From the sacrificial rituals of the Inca in the high Andes, to the Buddhist pilgrimages of the Himalayas; from the Inuit legends of Denali, to the European Romantics first artistic forays in the Alps—we’ll explore the different ways cultures have made sense out of the meaning and spiritual dimensions of the world’s high places. The class will incorporate multimedia lectures, readings, a trip to our own Rocky Mountains, and open discussion. Saturday class is a field trip to the mountains; students are responsible for their own transportation.

LLPOT 997-001 | W, Sep 4-Sep 11 | 6:00 PM-8:00 PM
AND S, Sep 7 | 12:00 PM-2:00 PM
540 Arapeen Dr | $99

INTRO TO AI: WHEN AND WHY TO USE ARTIFICIAL INTELLIGENCE
Darby Bailey

In this introductory class, discover how artificial intelligence (AI) is shaping our world, from entertainment to ethics, and learn how to harness AI for personal empowerment. You’ll start with a brief history of and introduction to machine learning and how AI is already engrained in society. From there, you will do a simple hands-on project utilizing how AI can make your life easier.

LLPOT 974-001 | W, Sep 25 | 6:00 PM-8:00 PM
540 Arapeen Dr | $39

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, Sep 16-Sep 30 | 6:30 PM-8:30 PM
540 Arapeen Dr | $89

“This was definitely a lifelong learning class for sure. I now know how to save for my retirement plans in a way that will benefit me to the max and not only that, I know how to save for my education and for my future kids.”
- Prudence M. about Mark Pyper
LEGACY PLANNING AND GIFTING STRATEGIES
Mark Pyper

“Giving While Living” has become an increasingly popular wealth management tactic in the United States. Whether gifting to loved ones or favorite charities, it enables people to enjoy the distribution of their assets while still alive, and in some cases provides tax benefits for their family long-term. The purpose of this course is to help participants determine if “giving while living” suits them, and to identify specific ways to get started with it. Ultimately, “giving while living” can assist in creating a meaningful “legacy” for the giver. Join us, as you might be surprised to find out this may suit you and your family.

LLPOT 977-001 | T, Dec 3-Dec 10 | 6:30 PM-8:00 PM
540 Arapeen Dr | $49

MARRIOTT LIBRARY: RESOURCES GALORE
Tallie Casucci

The library is more than just books, and the Marriott Library is open to more than just students! Did you know that many people residing in Utah are eligible for a free borrowing permit at the University of Utah’s J. Willard Marriott Library? As the flagship institution of Utah, the Marriott Library is for everyone and can be utilized to help you research, find your next good read, or connect with your community. We’ll begin with a walking library tour, then an overview of library resources and services, and wrap-up with personal research time. See further details online.

LLPOT 979-001 | W, Nov 6 | 5:30 PM-8:00 PM
Marriott Library | $39

SPLIT-TWIG FIGURINES: CRAFTING AND ARCHAEOLOGICAL CONTEXT
Rachel Quist

Discover prehistoric marvels dating back thousands of years and predating the Ancestral Puebloan civilizations. Originating primarily in the Colorado and Green River Basins, particularly the Four Corners area, these artifacts hold profound cultural significance. Learn alongside a local archaeologist to craft the intricate Grand Canyon style of split-twig figurine, unraveling the mysteries of this ancient art form. Students will learn to split a natural willow cutting and form it into a deer figurine, similar to the ancient artifact. This class is only offered in the autumn to correspond to natural cycle of willow growth.

LLCFT 418-001 | S, Sep 7 | 10:00 AM-12:00 PM
540 Arapeen Dr | $39 + $10 special fee

TAX-ADVANTAGED INVESTMENTS AND INCOME
Mark Pyper

Join us for an informative experience where you’ll learn how to identify investments and account types. You’ll learn about savings plans that offer tax-exempt, tax-deferred, or tax-favorable benefits including tax efficient income streams for retirees, retirement accounts and employee benefits, gifting to charitable organizations and family members, municipal bonds, HAS’s, annuities, and both IRA’s and Roth 401k’s. Expect to leave this class with specific, actionable ideas that’ll help you save on the taxes you pay over time.

LLPOT 976-001 | T, Oct 22-Oct 29 | 6:30 PM-8:00 PM
540 Arapeen Dr | $49

To learn more and register for classes, visit our website at lifelong.utah.edu
A HALLOWEEN TOUR OF THE AVENUES CEMETERY

Paul Wheeler

Just in time for Halloween, experience the rich and vivid history of The Salt Lake City Cemetery. The cemetery is 250 acres of beauty with historically and visually interesting headstones. You’ll spend an evening wandering among the graves listening to tales of things that go bump in the night and get to know this landmark’s famous and infamous residents...if you dare! Please come prepared to walk up and down inclines and move over uneven ground.

LLPOT 998-001 | S, Oct 19 | 5:00 PM-7:00 PM
SLC | $49

A WORLD OUTSIDE THE ORDINARY: INTRODUCTION TO GULLAH GEECHEE CULTURE

Robert Burch

Journey through time to discover the rich heritage of a unique African American community that influences every aspect of Utah life today—the origins and history of the Gullah Geechee culture. Uncover the historical background and geographical context that shaped the people, tracing their origins from Africa through the transatlantic slave trade to the Lowcountry of South Carolina and Georgia. Discover the Gullah language and dialect, a linguistic treasure enduring through generations. Discover the distinctive foodways and savor the flavors of Gullah Geechee cuisine. Join us for this journey into the heart of the culture where history, language, art, music, and cuisine converge to create a unique and enduring legacy.

LLPOT 992-001 | Th, Nov 7-Nov 21 | 6:00 PM-8:00 PM
540 Arapeen Dr | $99 + $10 special fee

HOVENWEEP: VILLAGES OF THE ANCIENTS

Ray Cannefax

Explore one of Utah’s great mysteries: the ancient Anasazi (Ancestral Puebloan) villages of Hovenweep. Located in the Four Corners region of southeastern Utah, these villages were built and occupied between 500 AD and 1320 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 explore via photographs the architectural remains of the incredible stone structures—most with multiple levels!—of the Hovenweep villages.

LLPOT 968-001 | T, Oct 22 | 6:00 PM-9:00 PM
540 Arapeen Dr | $49 + $10 special fee

LLPOT 968-002 | S, Oct 26 | 10:00 AM-1:00 PM
540 Arapeen Dr | $49 + $10 special fee

**MURALS BUILD COMMUNITY: A BIKING TOUR**
Lesly Allen

Over the past few years, Salt Lake 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 biking tour to visit the murals of South Salt Lake’s Creative Industries Zone? You’ll join one of the brains behind SSL’s annual Mural Fest to learn about the mural process, including how artists are selected, the techniques they use to paint large-scale works, and fun facts about key muralists. You’ll also gain a unique insight into how the property owner plays a role in mural-making and the power of public art to build community. There’s so much more to it than just painted walls!

LLPOT 985-001 | Th, Aug 22 | 6:00 PM-8:00 PM
SLC, UT | $39

**UTAH’S ONAQUI WILD HORSE HERD**
Samantha Couper

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

LLPOT 957-001 | Th, Sep 19-Sep 26 | 6:00 PM-8:00 PM
AND S, Sep 21 | 10:00 AM-2:00 PM
540 Arapeen Dr/Online | $149

**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’ll focus on two neighborhoods that illustrate the economic and racial diversity of our city’s past. See further details online.

LLPOT 961-001 | S, Sep 21-Sep 28 | 10:00 AM-12:00 PM
SLC | $59 + $5 special fee

LLPOT 961-002 | S, Sep 21-Sep 28 | 1:00 PM-3:00 PM
SLC | $59 + $5 special fee
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 receive hands-on experience planting one to take home! All supplies will be provided.

LLHG 945-001 | S, Oct 26 | 1:00 PM-3:00 PM
540 Arapeen Dr | $39 + $10 special fee

DESIGNING WITH FRESH FLOWERS: HOLIDAY ARRANGEMENTS
Pamela Olsen
Learn the art of floral design as you create two holiday arrangements in these fun hands-on workshops. You’ll use seasonal flowers and textures to evoke the season of harvest. The final workshop will focus on winter floral design and table-scaping. You’ll have the expert instruction of an award-winning local florist with 20+ years of experience, creating unique arrangements using premium regional and imported blooms and lush seasonal vegetation. All flowers and vessels are provided, students bring their own shears and pruners.

LLHG 931-001 | W, Oct 30, Nov 13, Dec 4 | 6:00 PM-7:30 PM
Native Flower | $75 + $150 special fee

DIY BASIC REPAIRS FOR HOMEOWNERS
Thomas Arnold
Don’t pay a pricey professional every time you have a leaky faucet or broken sprinkler head. In this class, you’ll learn how to be a DIY pro and how to maintain your home or property yourself. You’ll learn about common problems with easy fixes you can do yourself—leaky faucets and toilets, basic electrical, repairing sheetrock holes and divots, painting tips and tricks, mold remediation, and more. We’ll also cover maintenance of major appliances and seasonal systems such as heaters/air conditioners, swamp coolers, and irrigation.

LLHG 450-001 | T, Sep 3-Sep 24 | 6:00 PM-8:30 PM
540 Arapeen Dr | $175

DIY MOSS TERRARIUM
Rachael Bush
There’s nothing more enjoyable than creating your own little world and watching it thrive. Join us to learn how to build a self-contained terrarium. Learn what supplies you need and why you need them, then put that knowledge to use to build your own! All materials are provided, but if you want to bring your own container, tall glass containers with loose-fitting glass lids are best. Discover the magic of this miniature world, brimming with life and ready to thrive under your care.

LLHG 932-001 | S, Sep 7 | 1:00 PM-3:00 PM
540 Arapeen Dr | $39 + $15 special fee
DRIP IRRIGATION AND MULCH
John Trimble
Learn everything you need to know to install drip irrigation for vegetables and fruit trees, from converting and retrofitting existing irrigation systems to simple hose connection. You’ll discover best practices for conserving water while growing high quality food, including timing and using a variety of mulches.
LLHG 941-001 | S, Sep 14 | 10:00 AM-11:30 AM
540 Arapeen Dr | $39

FROM LIST TO LANDSCAPE: GUIDED NURSERY TOUR
Stephanie Duer
Get your bag lunch and your plant list in hand for this fun botanical journey. Explore two plant nurseries as our instructor guides you in refining your choices and planning. Learn to assess seasonality, sequence of bloom, and evaluate plant forms and perennials. If you’re developing your dream yard, this class is a warm embrace in the beautiful overwhelm of options. See further details online.
LLHG 950-001 | S, Sep 14 | 10:00 AM-2:00 PM
SLC | $59

FUNDAMENTALS OF FUN BEEKEEPING II
Richard Homer and Jim Harris
Continue your beekeeping journey and learn the keys of maintaining a healthy hive for the honey harvest and successful overwintering. You’ll discover how to keep your bees healthy by learning ways to detect issues with your hives early and gain confidence in disease prevention, diagnosis, and treatments. You’ll get the chance to see the equipment and processes commercial beekeepers use to know how much honey to leave and other keys to overwintering your bees successfully. You’ll leave with memories, a hands-on experience with bees, and a month-by-month reminder of key beekeeping activities.
LLHG 946-001 | W, Aug 21-Sep 4 | 6:00 PM-8:00 PM
AND S, Sep 21 | 1:00 PM-3:00 PM
540 Arapeen Dr/Outdoors | $149

FRUIT TREES AND GRAPES
John Trimble
Delve into the essential principles and factors that contribute to successful cultivation of fruit bearing plants. You’ll discover a diverse range of fruit tree varieties suited for our climate and gain insights into expert pruning techniques and effective pest management strategies. Join us and acquire the knowledge and skills needed to produce high-quality tree fruit, fostering a fruitful and rewarding orchard.
LLHG 940-001 | S, Aug 24 | 10:00 AM-11:30 AM
540 Arapeen Dr | $39

GROWING VEGETABLES
John Trimble
Discover the keys to successful vegetable gardening in this exciting class. Gain expertise in transforming available areas, prepping soil, efficient irrigation methods, strategic planning, optimal timing, and effective troubleshooting. Explore a range of topics including space utilization, soil enrichment, water conservation, and pest control. With practical insights and expert guidance, you’ll cultivate a flourishing vegetable garden and overcome common challenges. Join us to cultivate your green thumb and reap bountiful harvests.
LLHG 938-001 | S, Aug 24 | 12:00 PM-1:30 PM
540 Arapeen Dr | $39

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

LLHG 518-001 | S, Nov 16 | 1:00 PM-4:00 PM
540 Arapeen Dr | $59 + $80 special fee

INTRODUCTION TO FOODSCAPING:
PRINCIPALS AND DESIGN

John Trimble

Dive into the art of foodscaping, a groundbreaking landscape design technique that combines aesthetics and functionality. Discover how to harness the beauty of edible plants to enhance your surroundings. This course teaches you to maximize your landscape’s potential, save water, and embrace sustainable living through food production. Unleash the potential of your outdoor space while creating a harmonious and rewarding environment.

LLHG 939-002 | S, Sep 14 | 12:00 PM-1:30 PM
540 Arapeen Dr | $39

LANDSCAPE DESIGN APPLIED: BUSINESS PROPOSALS

Stephanie Duer

Let’s blend theory and hands-on practice with a familiar building as your canvas, starting with fall planning and culminating in spring planting. Learn the art of phase-planting and navigating public spaces while staying within budget constraints. Sessions cover site assessment, schematic development, design creation, and plant selection. Embrace this unique opportunity to work alongside Stephanie, gaining invaluable insights into designing for non-owned spaces. Let your creativity flourish as we transform landscapes together!

LLHG 952-001 | Th, Oct 10-Oct 31 | 6:00 PM-9:00 PM
540 Arapeen Dr | $99

LARGE-SCALE FLORAL ARRANGEMENT WITH DAHLIAS AS FOCALS

Pamela Olson

Are you looking for showstopping centerpieces? Make your holiday season memorable with the skills you’ll learn in this class. Start with the mechanics and techniques to create your own large-scale floral arrangement. Then your instructor will share expert tips while demonstrating a lush, texture-heavy piece, while relaying information about dahlias as well as other late-summer blooms. All flowers and vessels are provided, students bring their own shears and pruners.

LLHG 949-001 | W, Sep 18 | 6:00 PM-8:00 PM
Native Flower | $49 + $125 special fee

NEIGHBORHOOD GARDENS: A WALKING TOUR

Stephanie Duer

Wander through the enchanting landscapes of a local neighborhood, where we’ll admire and assess the presence (or absence) of landscape design principles. Gain insights into garden aesthetics, functionality, and sustainability while discovering hidden gems and drawing inspiration for your own outdoor spaces. Come explore and appreciate the beauty of well-crafted gardens! See further details online.

LLHG 951-001 | S, Aug 24 | 10:00 AM-1:00 PM
SLC | $59 + $5 special fee

ORNAMENTAL GRASSES

Stephanie Duer

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

LLHG 543-001 | Th, Sep 12-Sep 26 | 6:00 PM-8:00 PM
540 Arapeen Dr | $99
RESIDENTIAL LANDSCAPE DESIGN I: CONCEPT & 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’ll focus on all areas of the landscape (including front, back, and side yards) to create inspired and functional spaces.
LLHG 512-001 | M, Aug 19-Sep 30 | 6:00 PM-9:00 PM
No class Sep 2
540 Arapeen Dr | $199 + $35 special fee

RESIDENTIAL LANDSCAPE DESIGN III: LANDSCAPE AND TOOL MAINTENANCE
Stephanie Duer
Now that you have a landscape plan and you’ve started planting, what’s next? In this class you’ll learn to maintain your landscape with basic tasks, timing, and tricks. You’ll learn when to plant, prune, divide, dead-head, and when to leave it be. We’ll cover uninvited plants and bugs—which ones you want and how to get rid of the ones you don’t. We’ll invite a special guest to introduce basic irrigation design and drip irrigation. You’ll even learn how to take care of your gardening tools so they’ll work harder for you.
LLHG 933-001 | M, Nov 18-Dec 16 | 6:00 PM-8:00 PM
540 Arapeen Dr | $99 + $15 special fee

SUCCULENTS: AN INTRODUCTION
Rachael Bush
Succulents are low-maintenance plants that will liven up any home or office. You’ll learn how to plant, propagate, and care for a variety of succulents while connecting with like-minded friends. You’ll go home with a pot full of beautiful plants that are sure to bring a smile to your face for years to come and, best of all, we bring all the supplies, so all you have to do is show up!
LLHG 944-001 | S, Aug 24 | 1:00 PM-3:00 PM
540 Arapeen Dr | $39 + $10 special fee

BEGINNING GERMAN I
Joachim Dreier

Have fun while learning a language spoken by more than 150 million people worldwide: German! You’ll start by learning basic sounds and pronunciation, then learn how to count and tell time. You’ll get to know a little bit about German culture and cuisine, then finally pick up some useful idioms while enhancing your vocabulary. Taught by a native German-speaking instructor, this class will be filled to the brim with examples of contemporary conversation and culture. Students are encouraged to purchase their own copy of “The Everything Learning German Book” by Edward Swick.

LLL 433-001 | W, Aug 21-Sep 11 | 6:00 PM-8:00 PM
540 Arapeen Dr | $125

BEGINNING GERMAN II
Joachim Dreier

Have even more fun while learning the language that 150 million people in the world speak: German! You’ll acquire basic language skills including vocabulary and conjugation as you focus on jobs, shopping, and making small talk. Finally, have some fun while learning how to communicate in German on the telephone. Taught by a native German-speaking instructor, this class will be filled to the brim with examples of contemporary conversation and culture.

LLL 435-001 | W, Sep 25-Oct 23 | 6:00 PM-8:00 PM
No class Oct 9
540 Arapeen Dr | $125

CONVERSATIONAL GERMAN
Joachim Dreier

Have the most fun ever while enhancing your understanding of a language that 150 million people speak worldwide: German! You’ll spend time practicing conversation skills while learning introductions and preparing food at home. Then focus on reading and comprehension as you spend an imaginary day in Berlin. Finally, we’ll figuratively visit the grocery store and learn how to use superlatives. Taught by a native German-speaking instructor, this class will be filled to the brim with examples of contemporary conversation and culture.

LLL 436-001 | W, Oct 30-Nov 20 | 6:00 PM-8:00 PM
540 Arapeen Dr | $125
CONVERSATIONAL ITALIAN I
Jason Cox

Learn the language of warmth and passion. We'll cover the basic conversational skills you'll need to travel to Italy while learning about the people, art, and culture of this fabulous country. This class is designed to be repeated as often as you wish. Students must purchase two texts: “Italian: A Self-Teaching Guide (Second Edition)” by Edoardo A. Lebano and any Italian to English dictionary (you’ll use this a lot so purchase one you feel comfortable using).

LLLAN 362-001 | T, Aug 20-Oct 1 | 7:00 PM-9:00 PM
No class Sep 17
540 Arapeen Dr | $149

CONVERSATIONAL ITALIAN II
Jason Cox

Build upon the skills you’ve learned in Conversational Italian I or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish. Students must purchase two texts: “Italian: A Self-Teaching Guide (Second Edition)” by Edoardo A. Lebano and any Italian to English dictionary (you’ll use this a lot so purchase one you feel comfortable using). These are the same texts used in Conversational Italian I.

LLLAN 363-001 | T, Oct 15-Nov 26 | 7:00 PM-9:00 PM
No class Nov 12
540 Arapeen Dr | $149

MANDARIN CHINESE I
Dai Cui

Discover the beauty and charm of the Chinese language and culture. More than knowing the right words, communication involves understanding what to say, how to say it, and with whom it is appropriate to use certain words or gestures. In this course, you’ll learn vocabulary and how to speak and behave in a culturally appropriate way in a Chinese context. The primary emphasis is on speaking and listening skills, while the secondary emphasis is on reading and writing skills. Students may choose to purchase the book “Integrated Chinese, Textbook Simplified Characters, Level 1, Part 1” but it is not required.

LLLAN 364-001 | T, Aug 27-Oct 1 | 6:00 PM-9:00 PM
540 Arapeen Dr | $219

SPANISH I: A LANGUAGE AND CULTURE CLASSROOM EXPERIENCE
Madison Brown

Dive into your exploration of the Spanish language in a comfortable and safe environment with this beginning-level class. You’ll learn about vocabulary, grammar, and culture of the Spanish-speaking world while practicing your reading, writing, listening, and speaking skills. You’ll enjoy a relaxing and informative atmosphere as we cover topics including travel, education, technology, transportation, and more! Participate in lessons, games, activities, and conversations while you learn to tell time, ask and answer basic questions, use verbs in the present tense, talk about what you’re currently doing, and describe yourself and others. Students should bring a writing utensil, notebook, and folder for handouts.

LLLAN 437-001 | M, Oct 14-Dec 2
6:00 PM-7:30 PM
540 Arapeen Dr | $175
Performing Arts
AUSTRALIAN DIDGERIDOO: INTRODUCTORY WORKSHOP  
*Randin Graves*

Try an accessible instrument that has deep connections with a breath and centering practice. 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 | M, Nov 18 | 7:00 PM-8:30 PM  
540 Arapeen Dr | $39 + $10 special fee

BEGINNING BANJO  
*Rex Flinner*

What do Steve Martin, Rhiannon Giddens, and Taylor Swift have in common? They all play the banjo! Thought to have evolved from similar instruments on the African continent, the banjo has become a mainstay of contemporary American music. In this class, you'll focus on the basics as you learn a variety of tunes and styles. Strum, pick, and pluck your way through this engaging class. No experience needed. You must bring your own instrument as well as a banjo strap, finger picks and tuner.

LLMT 429-001 | Th, Oct 24-Nov 21 | 6:00 PM-7:30 PM  
540 Arapeen Dr | $149 + $5 special fee

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. Students must have their own acoustic or electric guitar.

LLMT 382-001 | M, Sep 9-Sep 30 | 7:00 PM-8:30 PM  
540 Arapeen Dr | $125

BEGINNING GUITAR II  
*Randin Graves*

Expand your musical toolbox with advanced scales, chords, and captivating chord progressions. Dive deeper into challenging songs that will push your skills to the next level. Enhance your finger dexterity and cognitive agility through engaging exercises. Unlock your potential and become the guitarist you’ve always aspired to be. Please note that students are required to have their own acoustic or electric guitar for this course. Students must have their own acoustic or electric guitar.

LLMT 383-001 | M, Oct 14-Nov 11 | 7:00 PM-8:30 PM  
No class Oct 28  
540 Arapeen Dr | $119

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’ll focus on the basics—chords, flatpicking techniques, and reading skills—as you learn a variety of tunes and styles. Students provide their own instruments.

LLMT 436-001 | Th, Sep 5-Oct 3 | 6:00 PM-7:30 PM  
540 Arapeen Dr | $149 + $5 special fee

BEGINNING PODCAST BOOTCAMP  
*Lori Lee*

Have you thought of starting a podcast but weren’t sure where to begin? In this course we’ll start at the beginning to determine why you want to do a podcast and what kind of show will be best for your desired audience. You’ll learn about the equipment you need, how to get cover art and music, and how to go live on various platforms. This class will take you from idea to launch. While we won’t cover the editing process, we will spend time workshoping your ideas and talking about best practices for creating a successful show.

LLMT 491-001 | M, Oct 14-Nov 4 | 7:00 PM-9:00 PM  
540 Arapeen Dr | $119

To learn more and register for classes, visit our website at lifelong.utah.edu
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, Nov 6-Nov 27 | 6:30 PM-8:00 PM
540 Arapeen Dr | $149 + $10 special fee

FLAMENCO DANCE: AN INTRODUCTION
Katie Sheen-Abbott
Flamenco is a graceful dance of expression characterized by intricate hand, foot, and body movements. This is a fun and insightful class where you’ll gain a broad understanding of this traditional Spanish dance and its music. We’ll focus on flamenco rhythms, the interaction between the guitarist, singer, and dancer, and a brief history of flamenco dance. You’ll also learn about flamenco dance technique, which includes rhythmic footwork (zapateado), arm (bronceo) and hand placement, and overall body placement.
LLMT 478-001 | S, Sep 7-Sep 28 | 11:00 AM-12:00 PM
Studio Zamarad | $69 + $25 special fee

BURLESQUE BASICS: REVEAL YOUR FABULOUS SELF
Kirsten Bigelow Caron
Burlesque is a timeless art that combines elements of dance, theatre, and costuming to create a truly a unique experience for all. Come and learn burlesque basics with an award-winning burlesque dancer and producer. You’ll learn foundational burlesque dance, choreography, musicality, stage presence, and self-compassion as well as insight into the roots and history of burlesque as an expression of empowerment for women and LGBTQIA+ individuals—particularly in Utah. This class is suitable for adults of all skill levels and abilities. No previous dance experience is required. Wear clothing that is comfortable and breathable such as gym, yoga, or dancewear. Wear clothing that is comfortable and breathable such as gym, yoga, or dancewear.
LLMT 485-001 | W, Nov 6-Nov 27 | 6:30 PM-8:00 PM
540 Arapeen Dr | $149 + $10 special fee

IMPROV COMEDY: THE ESSENTIALS
Clint Erekson
Ready for some fun and games after work? Improvisational comedy is theatrical humor made up on the spot using your imagination. Discover how to bring your creative ideas to life in real-time through brain teasers, games, and other forms of play, learn the rules of improvisation, develop your own unique characters, and most importantly, emotionally invest in your work. In this improv series, you’ll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills.
LLMT 396-001 | W, Aug 28-Oct 2 | 6:00 PM-8:00 PM
540 Arapeen Dr | $175

PUBLIC SPEAKING: AN INTRODUCTION
Elizabeth Wolfer
Though most of us will have to do it at some point, public speaking is a major fear and can be debilitating for some. Join your
instructor—whose years of experience and coaching include work for TEDx Salt Lake City—to address that fear and learn how to build confidence, focus your content, and polish your delivery technique. The best way to improve your skills is to use them, so you’ll be invited take part in exercises that give you a safe space to practice. In session one, we’ll cover talk structure, nerves, body language, and common mistakes. In session two, you’ll present a three-minute talk on a topic of your choosing and receive personalized feedback from the instructor in an atmosphere of encouragement and positivity.

LLMT 493-001 | S, Oct 19 | 9:00 AM-12:00 PM
AND S, Oct 26 | 9:00 AM-11:00 AM
540 Arapeen Dr | $99 + $5 special fee

VOICE ACTING: AN INTRODUCTION
Michelle Ortega
As the voiceover industry continues to grow, 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 voiceovers.

LLMT 489-001 | Th, Oct 17-Oct 31 | 6:30 PM-8:00 PM
AND Th, Nov 7 | 6:00 PM-8:00 PM
540 Arapeen Dr | $149 + $5 special fee

UNA INTRODUCCIÓN A LA ACTUACIÓN DE VOZ
Michelle Ortega
A medida que las oportunidades en el mundo de la locución crecen, más y más son las personas interesadas en esta profesión. Después de todo, vivir de leer en voz alta suena fácil y divertido, pero ¿cómo exactamente se incursiona en esta industria de constante crecimiento y cambio? Comenzaremos con lo básico: lectura e interpretación de guiones, cómo crear un estudio de grabación en casa, el trabajo con las agencias de talento y cómo hacer audiciones que te ganen proyectos de trabajo. Finalizaremos con tu propia sesión en el estudio profesional de audio de la Universidad de Utah donde tendrás la oportunidad de ponerte detrás del micrófono! Saldrás de esta clase con una gran cantidad de conocimientos, y sobre todo, con una guía clara de tu camino en el fascinante mundo de la actuación de voz.

LLMT 459-001 | T, Oct 15-Oct 29 | 6:30 PM-8:00 PM
AND T, Nov 5 | 6:00 PM-8:00 PM
540 Arapeen Dr | $149 + $5 special fee
ADOBE INDESIGN: CREATING A BASIC NEWSLETTER
Amy Hargreaves Judzis
While InDesign is a deeply complex software with a steep learning curve, it’s not hard to grasp the basic concepts. Knowing just a few tools and methods can take you from mimeograph into the 21st century. Join us to learn how to utilize this cutting-edge tool to create your own newsletter or holiday update. Since most of the non-Adobe publication design software out there imitates InDesign, much of what you learn in class can be applied to other programs.

LLART 443-001 | T, Sep 10-Oct 1 | 6:30 PM-8:30 PM
540 Arapeen Dr | $119

CAD SOLID MODEL DESIGN: AN INTRODUCTION
Andrew Miller
Learn everything you need to know to start modeling your own functional parts in a Computer Aided Design (CAD) program. You’ll learn types of CAD files, viewport navigation, importance of order of operations, making and constraining a sketch, extruding your sketch (adding and removing material), modifying an existing solid model with your own customizations, pattern/mirror features for efficient modeling, fillet/chamfer features for finishing parts, assembly feature (multiple parts coming together), and exporting your part for 3D printing.

LLART 432-001 | M, Sep 23-Oct 21 | 5:30 PM-7:30 PM
540 Arapeen Dr | $125 + $5 special fee

DEVELOP YOUR PHOTOGRAPHIC EYE
David Argyle
With today’s digital cameras, just about anyone can take a snapshot. But it takes more than the casual click of a button to create a compelling and artistic photographic image. While most photography classes focus on the technical aspects of photography, this class is all about the art of photography. Learn fundamental concepts of image design and composition, explore photographic styles, master your optics, develop better positioning and timing skills, and improve your post-processing. Move beyond the technical hassles and learn to think and see like a photographer. Please be prepared to use your own camera for simple homework assignments.

LLART 245-001 | T, Oct 29-Nov 19 | 6:00 PM-8:30 PM
540 Arapeen Dr | $125

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 while learning how to use them to your advantage. We’ll 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 editing them on your computer. You’ll get the most out of this class if your camera features manual as well as automatic controls. Please
DIGITAL PHOTOGRAPHY II
Neil Eschenfelder

Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes, and black and white? We’ll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique controls your digital camera gives you. Work with an experienced photographer to achieve the goals you have been striving towards. Please come to the first class prepared with a Gmail address.

LLART 115-001 | T, Sep 17-Oct 22 | 6:30 PM-9:00 PM
AND S, Oct 19 | 10:00 AM-12:00 PM
Sandy/Outdoors | $199 + $5 special fee
LLART 115-002 | Th, Sep 19-Oct 3 | 6:30 PM-9:00 PM
AND S, Sep 28 | 10:00 AM-12:00 PM
540 Arapeen Dr/Outdoors | $199 + $5 special fee

DISCOVER THE ART OF SMARTPHONE PHOTOGRAPHY
Jeri Gravlin

Anyone can take a snapshot with their phone, but what does it take to make a photograph worth framing? Join us to elevate your smartphone photography skills. You’ll delve into the nuances that differentiate smartphone from traditional cameras and how those distinctions influence the final image. Optimize the capabilities of your phone camera, harnessing the power of its unique features while navigating its limitations. Master photographic fundamentals while gaining proficiency in composition, lighting, and more. Finally, you’ll learn versatile shooting techniques to unlock the secrets for cityscapes, landscapes, portraits, and motion photos—all using just your smartphone!

LLART 439-001 | W, Oct 2-Oct 23 | 6:00 PM-7:30 PM
No class Oct 9
540 Arapeen Dr | $75

DIY FILMMAKING
Amanda Madden

Filmmaking is an exciting and reflective way to learn about yourself and your community. Join a local filmmaker to explore DIY strategies that will make this art form an accessible way for you to tell your story. You’ll discover the technical aspects of filmmaking including scripting, shooting, and editing using readily-available gear such as your cell phone, tablet, and/or laptop. In each meeting, you’ll learn about various filmmaking techniques, consider prompts for reflection, and have a brave space for sharing. In our final session, we will share our films and experiences. No film experience necessary; all are welcome!

LLART 434-001 | Th, Sep 5 & 19, Oct 3 & 17 | 6:00 PM-8:00 PM
540 Arapeen Dr | $125

HOW TO PHOTOGRAPH PEOPLE AND PETS IN MOTION
David Argyle

If you’ve ever tried to capture a photo of a child’s soccer game or a pet running around the yard, you know that photographing people and pets in motion can be a struggle. Learn from a local sports photographer to dramatically improve the photos you get of people who aren’t posing to say “cheese.” In the first class, you’ll learn techniques for capturing movement, post-processing methods, and get out of auto mode to adjust your camera settings. Your second class will be a field trip to practice the skills you’ve learned, and in your final session you’ll receive one-on-one feedback from your expert instructor. Please come prepared with your own camera.

LLART 130-001 | T, Sep 10-Sep 17 | 6:00 PM-8:00 PM
AND S, Sep 14 | 10:00 AM - 12:00 PM
540 Arapeen Dr/Outdoors | $75

To learn more and register for classes, visit our website at lifelong.utah.edu
LIGHTROOM AND PHOTOSHOP: WHICH EDITING SOFTWARE IS RIGHT FOR YOU?

David Argyle and John Craigle

Photo editing has a wide scope, from cropping and simple exposure adjustments to localized enhancements, sharpening, noise reduction, and color corrections to creating sophisticated effects, combining images, and more. Join us to learn about two specific programs from Adobe—Lightroom and Photoshop—that offer unique ways to edit your photos. You’ll listen to two experts in the field as they demo the strengths and weaknesses of each program so you can decide which is right for you.

LLART 346-001 | W, Aug 28 | 6:30 PM-8:30 PM
540 Arapeen Dr | $39

PHOTO EDITING IN ADOBE LIGHTROOM

David Argyle

Adobe Lightroom is a powerful, yet easy-to-use editor that can turn ordinary photographs into eye-catching wall-hangers. You’ll learn how to crop and frame, manipulate light and color, reduce noise and enhance details, apply special effects, correct optical deficiencies, and explore masking to enhance specific portions of your images. You’ll also explore Lightroom’s different versions to help you decide which is best for you. Students should have a working knowledge of how to use computers.

LLART 406-001 | W, Oct 30-Nov 20 | 6:30 PM-8:30 PM
540 Arapeen Dr | $119

PHOTOSHOP: AN INTRODUCTION

John Craigle

Considered the leader in professional photo editing software, Adobe Photoshop allows users to create, manipulate, crop, resize, and correct digital images. Join a local Photoshop expert and familiarize yourself with this exciting and extensive program. Gain knowledge of the tools and settings that will have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. Please come to class with a working knowledge of photography and its basic terms, and a USB thumb drive for the first class.

LLART 286-001 | S, Oct 5-Oct 26 | 11:00 AM-2:00 PM
Marriott Library | $175

ROBOTICS FOR GROWN-UPS: AN INTRODUCTION

Jay Jayaseelan

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 will introduce you to the exciting world of Mindstorms robotics. You’ll tackle engineering problems and create designs using LEGOs, then assemble mini-robots and use micro-controllers to program them. You’ll be introduced to coding and learn the interactive EV3-G programming language to engage in competitions and teamwork. No previous robotics experience is required (students should have a basic working knowledge of computers) and you don’t need to bring anything but your sense of adventure and curiosity. Join us to make new friends, strengthen your mind, and learn a new skill! Laptops will be provided for use during class.

LLART 388-001 | S, Nov 16-Dec 21 | 9:00 AM-12:00 PM
No class Nov 30
540 Arapeen Dr | $199 + $80 special fee
BEGINNING BICYCLE MAINTENANCE I

Jake Smith

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’ll 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’ll also cover derailleur indexing and tips to keep your bike shifting perfectly. Finally, we’ll 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. This class will have demonstrations, please do not bring your own bike.

LLREC 915-001 | M, Sep 16-Sep 23 | 6:00 PM-8:00 PM
540 Arapeen Dr | $75

LLREC 915-002 | Th, Oct 17-Oct 24 | 6:00 PM-8:00 PM
540 Arapeen Dr | $75

To learn more and register for classes, visit our website at lifelong.utah.edu
BEGINNING FLY FISHING: A CRASH COURSE
Erik Ostrander & John Vetterli

Join us for an immersive plunge into fly fishing. The world of fishing is incredibly vast, and you'll get a splash of all the considerations for fishing including gear selection, casting techniques, knots, and fly selection. Not sure you're ready to invest in fly fishing gear? Don't worry, your instructor will direct you to rentals. On Saturday, join your guide for a day on the river to be taught by the true experts of fly fishing—the trout. For the day on the river, you'll be 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, Sep 5 | 6:00 PM-9:00 PM
AND S, Sep 7 | 9:00 AM-5:00 PM
540 Arapeen Dr | $199 + $35 special fee

LLREC 671-003 | Th, Sep 12 | 6:00 PM-9:00 PM
AND S, Sep 14 | 9:00 AM-5:00 PM
540 Arapeen Dr | $199 + $35 special fee

LLREC 671-005 | Th, Sep 19 | 6:00 PM-9:00 PM
AND S, Sep 21 | 9:00 AM-5:00 PM
540 Arapeen Dr | $199 + $35 special fee

LLREC 671-007 | Th, Sep 26 | 6:00 PM-9:00 PM

DUNGEONS & DRAGONS: AN INTRODUCTION
Andrea Uehling

Dive into the immersive world of tabletop role-playing games (RPG's) alongside fellow new adventurers in this course tailored for new players. This class is built to help you learn the math behind the game, create your character, the do's and don'ts of adventuring, and take your first steps in the D&D tabletop roleplay game. Walk away from this class with tips, tricks, practice, and new friends that will help make your next game exceptional!

LLREC 932-001 | M, Sep 16-Sep 30 | 6:00 PM-8:30 PM
AND Th, Oct 3 | 6:00 PM-8:00 PM
540 Arapeen Dr | $149 + $25 special fee

DUNGEONS & DRAGONS: LEGENDS AND LORE
Andrea Uehling

Are you a fan of tabletop gaming? Do you want to geek out with new friends while reveling in the history and mythology of one of the most popular RPG's out there? Join us for a deep dive into the captivating origins and rich lore that underpin Dungeons & Dragons. You'll start by learning the history of the game and surrounding cultural phenomenon and end with an exploration of the fantastical realms and intricate narratives woven into its sourcebooks.

LLREC 943-001 | M, Nov 11 | 6:00 PM-8:00 PM
540 Arapeen Dr | $39

FREEDIVING: AN INTRODUCTION
Ani Ferguson

Imagine gliding next to a sea turtle with minimal equipment and maximum confidence. Freediving is an accessible alternative to scuba diving that is also fun and exciting. Join us to develop the basic skills and breathhold techniques that allow you to explore the underwater world with just a mask and fins. Best of all, freediving is open to a wide range of fitness levels so just about anyone can learn the skills to explore the world from this unique viewpoint. Students are required to fill out a waiver and health forms, provided before class.

LLREC 944-001 | W, Nov 6 | 6:30 PM-8:00 PM
AND S, Nov 9-Nov 16 | 4:30 PM-6:00 PM
540 Arapeen Dr | $119 + $115 special fee
KAYAKING: AN INTRODUCTION
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 overturns. 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 prepared for potential immersion in cold water. See further details online.

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

KAYAKING: PADDLE ON WHITEWATER
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. Participants will learn the proper equipment to bring on the river and how to prepare for a successful float. You’ll learn about the common hazards found on moving water and how to avoid them. Participants will be taught basic safety techniques and what to do if your boat (or a fellow paddler’s) overturns on the water. See further details online.
LEARN AND MASTER THE GAME OF CHESS
Powell Walker
Embark on your chess journey with PowerChess. You’ll start by learning to master fundamental chess principles including basic piece movements, check, checkmate, and stalemate. Then you’ll delve into the advanced concepts that make chess one of the world’s most exciting games: checkmating patterns, opening strategies, and middle-game and endgame tactics. Finally, you’ll learn how to compete in tournament-style chess games.

LLREC 947-001 | M, Sep 9-Sep 30 | 6:00 PM-7:00 PM
540 Arapeen Dr | $75 + $5 special fee

NEXT-STEP FLY FISHING
Erik Ostrander & John Vetterli
Did you walk away from Beginning Fly Fishing with the feeling that you only experienced the very tip of the iceberg? Well get your waders back on and join this comprehensive course! Featuring three full days on the river and three classroom sessions to pick apart your experiences and learn from one another. Join the instructor and four fellow anglers to hone your technique and build confidence. Focuses on reading the water and mastering fly presentation across the water column. Learn contact nymphing with Tenkara and Euro-nymphing rods. If you are convinced that fly fishing is part of your life, then this investment is well worth your while. See further details online.

LLREC 945-001 | M, Nov 9 & 23 | 6:00 PM-9:00 PM
AND W, Oct 2 | 6:00 PM-9:00 PM | AND W, Sep 11 & 25, Oct 9 9:00 AM-5:00 PM
540 Arapeen Dr | $599 + $35 special fee

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. Your instructor—a wilderness first responder who has logged 10,000+ miles of backpacking and 400+ field days as a wilderness guide—will answer all your questions and share the 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 | S, Oct 12 | 10:00 AM-2:00 PM
Outdoors | $75 + $25 special fee

LLREC 928-002 | S, Oct 26 | 10:00 AM-2:00 PM
Outdoors | $75 + $25 special fee
PEDAL POWER: A BEGINNER’S GUIDE TO MOUNTAIN BIKING
Jonathan Harman

Are you intimidated or afraid to start mountain biking on your own? Join an experienced mountain biking coach for a group ride that emphasizes safety and fundamentals. We’ll start with a chat about bike fit and body-bike separation. Then we’ll hit the trails where you’ll acquire basic mountain biking technique, receive individualized feedback, and learn how to avoid obstacles. As a bonus, we’ll cover how to get you and your bike back to the car safely: trailside maintenance, hydration, nutrition, and a little bit of trailside first aid. We’ll stick together as a group—no rider left behind—so you can make new friends and ask questions. You’ll walk away with a sense of community, a plethora of knowledge, and maybe even some new riding pals! See further details online.

LLREC 946-001 | Th, Aug 22-Sep 5 | 6:00 PM-8:00 PM
Outdoors | $125

RESISTANCE TRAINING: AN INTRODUCTION TO FITNESS
Bouldering Project

Resistance training is a form of exercise that requires resisting or moving an external force. It’s proven to have physical and mental benefits, which include protecting muscle tissue, improving balance, joint protection, ease of everyday movement, bone preservation, hormone regulation, and mental clarity. In this six-week course, taught by an experienced coach, you’ll learn how to safely and effectively resistance train at the gym or your home. Additionally, this course will give you the confidence and knowledge to create a personal resistance training plan. Please wear comfortable clothes you can exercise in.

LLREC 936-001 | S, Sep 28-Nov 2 | 11:00 AM-12:00 PM
The Bouldering Project | $99 + $50 special fee

SKATEBOARDING: AN INTRODUCTION
SJ Johnson

Skateboarding can be intimidating to get into, but at All Together Skatepark we focus on the beginner mindset. We’ll teach you the basics of pushing, turning, and stopping like a boss in no time. Most importantly, you’ll learn how to safely take a fall to avoid injury. You’ll be with other like-minded individuals, so the name of the game is no shame. Along with learning to skate, our knowledgeable and experienced instructors will teach you the basic anatomy and components of skateboards, help you set goals, and provide the stoke to keep you progressing. Come face your fears and join us to learn sick moves and be the envy of all your friends!

LLREC 930-001 | T, Sep 10-Sep 24 | 6:00 PM-7:30 PM
All Together | $99 + $10 special fee
TENKARA FLY FISHING: AN INTRODUCTION
Erik Ostrander & John Vetterli

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.

LLREC 902-001 | Th, Aug 22 | 6:00 PM-9:00 PM
AND S, Aug 24 | 9:00 AM-5:00 PM
540 Arapeen Dr | $199 + $35 special fee

“ATS has the best coaches! I felt safe and welcome and had a blast learning the basics of skateboarding.”
- Samantha J. about All Together Skatepark
6 STEPS TO STARTING YOUR INTUITIVE EATING AND MINDFULNESS JOURNEY
Lo Segal
Have you heard of intuitive eating but aren’t sure how to actually get started? Curious about mindfulness practices (ex. gentle yoga, meditation, breathwork, etc.) but feel overwhelmed with how to incorporate it into your life, let alone your intuitive eating practice? Join us and learn six practical steps to get you started on your intuitive eating and mindfulness journey. You’ll also experience a gentle yoga practice, mediation, and breathwork practice for hands-on experience of what you learned. No yoga experience required. Students are responsible for purchasing the Intuitive Eating Workbook. Please bring a yoga mat and props if needed (pillow, blanket, blocks, etc.), water, and a notebook/journal and pen.
LLHL 263-001 | S, Sep 14 | 2:30 PM-5:00 PM
540 Arapeen Dr | $49 + $5 special fee
LLHL 263-002 | S, Oct 26 | 2:30 PM-5:00 PM
540 Arapeen Dr | $49 + $5 special fee

A CHANGE IN DIALOGUE: EFFECTIVE COMMUNICATION
Rachel Krahenbuhl
Enhance your communication skills and connect with others through mindful listening and compassionate verbal expression. Focus on clearly expressing your needs and values while helping others feel heard through effective listening behaviors. Study multiple communication theories and learn how to apply them right away to practical scenarios. The straightforward strategies you acquire from this class will positively impact all social interactions, making every conversation more successful and rewarding. Leave negative discord behind and learn skills that build positive connections across both personal and professional spheres.
LLHL 271-001 | S, Oct 19-Oct 26 | 3:00 PM-4:30 PM
540 Arapeen Dr | $49

BOTANICAL BEAUTY: NATURAL DEODORANT WORKSHOP
Rachael Bush
Are you searching for a natural deodorant that’s gentle on your skin while effectively combating body odor? Join our class to learn how to create your own vegan, lightweight, baking soda-free, and aluminum-free deodorant using simple, easy-to-find ingredients. We’ll provide all the supplies, along with recipes and resources, so you can continue making your own deodorant at home.
LLHL 270-001 | S, Nov 23 | 1:00 PM-3:30 PM
540 Arapeen Dr | $49 + $10 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
CHEMISTRY OF CLEAN: CRAFTING YOUR OWN SUSTAINABLE SHAMPOO BAR
Berrie Child

Let’s delve into the intersection of science and creativity to address concerns about plastic waste and the safety of commercial beauty products. Explore the chemistry behind ingredients and their effects on the environment and personal health. Then, unleash your creativity as we guide you through the process of crafting your own shampoo bar, free from harmful chemicals and packaging waste. Join us to empower yourself with knowledge and sustainable beauty solutions! Please bring an apron.

LLHL 269-001 | T, Oct 15 | 6:00 PM-9:00 PM
540 Arapeen Dr | $59 + $25 special fee

DOING THE WORK: CULTIVATING AND SUSTAINING A FULFILLING RELATIONSHIP
Hannah Muetzelfeld & Gregory Noel

Do you want to learn how to communicate with your romantic partner(s) in a way that leads to discussions rather than arguments? You’re in the right place! Join two couple therapists with a wealth of knowledge and experience in creating and sustaining healthy and long-lasting relationships. You’ll learn about improving communication, navigating conflict, managing insecurity, building foundational friendship, taking care of yourself in your relationships, and more. Our instructors pair psychoeducation with meaningful dialogue and experiential activities to create a warm and inviting space to learn about creating the relationship that you deserve. This class is open to everyone including individuals, new and established couples, straight and queer couples, and polyamorous couples and poly couples. Tuition is charged per logged-in device.

LLHL 261-001 | S, Sep 21-Sep 28 | 9:00 AM-12:00 PM
Online | $75

FENG SHUI: TRANSFORM YOUR HOME AND LIFE
Jen Boyd

Your home is a reflection of your life, and its energy can profoundly impact your well-being. Discover the power of feng shui to harmonize your living space and manifest abundance, prosperity, and joy. You’ll explore how aligning your intentions with the five elements (wood, fire, earth, metal, and water) can positively impact your life. Whether you’re looking to revitalize the energy in your home or moving into a new home, this course is designed for you, so get ready to infuse your living space with positive energy, balance, and intention.

LLHL 265-001 | S, Nov 2-Nov 9 | 12:00 PM-2:00 PM
540 Arapeen Dr | $59 + $15 special fee

GIFTS OF BOTANICAL BEAUTY
Rachael Bush

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

LLHL 175-001 | S, Nov 2-Nov 9 | 1:00 PM-3:30 PM
540 Arapeen Dr | $99 + $20 special fee

HOMEMADE BATH BOMBS AND SHOWER STEAMERS
Carrie Roberts

Do your bath bombs fizz up on you when you try to make them? Come learn the secret to making bath bombs and shower steamers that wait until the bath starts to fizz. Learn to use natural ingredients that can enrich your bath or add aromatherapy to your shower. Bath bombs and shower steamers are very inexpensive and easy to make. Quit paying the high prices of store-bought steamers, and join us for a fun and aromatic class. Please bring an apron.

LLHL 264-001 | S, Nov 23 | 10:00 AM-12:00 PM
540 Arapeen Dr | $39 + $15 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. You’ll 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, Nov 2 | 10:00 AM-1:00 PM
540 Arapeen Dr | $49 + $35 special fee

HOMESPUN MEDICINE
Carrie Roberts
Discover the art and science of crafting your own herbal remedies. Whether you’re new to herbalism or have been practicing for years, you’ll learn how to identify and use local plants for wellness and healing.
LLHL 223-002 | S, Nov 2 | 2:00 PM-5:00 PM
540 Arapeen Dr | $49 + $35 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, Sep 14 | 10:00 AM-2:00 PM
Blue Sky Ranch | $69 + $45 special fee

SO YOU’RE ELIGIBLE FOR MEDICARE. NOW WHAT?
Nancy Taylor
Does the thought of Medicare and all its moving parts intimidate you? Are you frustrated trying to find answers on the website? Fear not! Our instructor will guide you through the basics to give you understanding and empowerment with your Medicare choices. You’ll learn types of Medicare available as well as the advantages and disadvantages of each type. We’ll cover important dates and combining Medicare with employment insurance. Finally, we’ll address common pitfalls that you can avoid.
LLHL 257-001 | S, Oct 12 | 11:00 AM-12:30 PM
540 Arapeen Dr | $39

SOAPMAKING
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 soapmaking, and leave with 8-10 bars of long-lasting soap (approximately 1 liquid pound). You’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, Nov 2 | 2:00 PM-5:00 PM
540 Arapeen Dr | $49 + $25 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu
NEXT-LEVEL SOAPMAKING
Carrie Roberts
Have you taken our soapmaking class but still feel like you could use some guidance? Perhaps you want to try your hand at a different soap variation or you just want to enjoy making soap with a group again? Come join us to discuss your questions and make another batch of soap! You will gain more insight into additives to help your skin and increase your creativity and confidence to come up with your own recipes. Please bring an apron, any molds you have bought (instructor will provide if you haven’t), and a box to transport the soap you make.
LLHL 254-001 | S, Nov 23 | 1:00 PM-4:00 PM
540 Arapeen Dr | $49 + $35 special fee

SOMATIC MOVEMENT FOR CHRONIC HIP AND BACK PAIN
Jodi Spackman
Somatic movement is the use of gentle, safe movements to aid in managing chronic pain, improve flexibility and posture, relieve day-to-day stress, increase athletic performance, decrease risk of injury, and shorten recovery time. Without stretching or force, you’ll focus on movement for the backbone and shoulders that can increase your pain-free range of motion, restore comfort and flexibility, and keep muscles functioning optimally. You’ll walk away from class with a simple self-care routine of slow, natural movements. This class is accessible for all ages and abilities.
LLHL 267-001 | S, Oct 19 | 10:00 AM-1:00 PM
540 Arapeen Dr | $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’ll look at approaches to happiness and suffering, thinking and karma, and how to apply these principles for a happier and more beneficial life. No prior experience needed.
LLHL 232-001 | T, Oct 15 | 6:30 PM-8:30 PM
540 Arapeen Dr | $39

THE SCIENCE OF SLEEP: BUILDING YOUR PLAYBOOK FOR QUALITY ZZZ’S
Tara Meade
We live in a fast-paced world that leaves 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 do we practice 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 benefits of quality zzz’s. Rather than turning to “quick-fix” sleep aids, you’ll learn to adopt day, night, and wake-up routines to create your own recipe of sleep hygiene, giving yourself the benefits of a healthier, happier, and more-rested you.
LLHL 251-001 | W, Nov 6 | 6:00 PM-8:00 PM
540 Arapeen Dr
$39 + $10 special fee
THE TAROT: AN INTRODUCTION  
Michael Ingleby

Cartomancy has been a popular method of divination and an invaluable tool for personal development for centuries. This introductory class will help students connect to the archetypal influences of the Tarot by providing information on history, cultural significance, and a deeper understanding of its esoteric symbolism. Students will receive a personal Rider-Waite-Smith tarot deck to assist learning. Please bring something to take notes with and a desire to learn. Please bring something to take notes with.

LLHL 268-001 | Th, Sep 5-Sep 26 | 6:00 PM-8:00 PM  
Cat & Cauldron | $125 + $30 special fee

TIBETAN BUDDHIST MEDITATION: AN INTRODUCTION  
Joseph Evans

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

LLHL 143-002 | T, Sep 10-Oct 24 AND M, OCT 30  
6:30 PM-8:30 PM  
540 Arapeen Dr | $149

UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS  
Tyler Petersen

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

LLHL 260-001 | W, Nov 13 | 6:00 PM-8:00 PM  
540 Arapeen Dr | $39

“...great environment, small class size, interesting topic...”  
- Suzanne O. about Joseph Evans
A STUDY IN MYSTERY
Johnny Worthen

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

LLWRC 837-001 | T, Oct 15-Nov 26 | 6:30 PM-9:00 PM
540 Arapeen Dr | $225 + $5 special fee

A WRITER’S GUIDE TO CRITIQUE
Bryan Young

Join an award-winning author as you learn how to have your work critiqued and how to give valuable feedback to others. Critiquing a peers’ work can be one of the most valuable skills for a writer. Diagnosing problems in the work of others is so much easier than identifying problems in our own. In-person critiques with a group require delicate skills and this class will give you the instruction you need to give and receive feedback well, all while gaining friends and peers for future critiques! Students are required to submit up to 5,000 words of fiction for critique in this class.

LLWRC 918-001 | T, Oct 1-Oct 15 | 6:00 PM-8:00 PM
No class Oct 8
540 Arapeen Dr | $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.

LLWRC 882-001 | W, Oct 23-Oct 30 | 6:30 PM-8:30 PM
540 Arapeen Dr | $59

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 | M, Oct 14-Nov 11 | 6:30 PM-8:00 PM**
540 Arapeen Dr | $149

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

**LLWRC 780-001 | T, Aug 27-Oct 1 | 6:30 PM-9:00 PM**
540 Arapeen Dr | $225 + $5 special fee

**FROM PLATE TO PAGE: WRITING ABOUT FOOD**
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 better captions for all those food pics piling up on your social media. You'll start by learning the basics of sensory writing, then visit a local restaurant for a hands-on research experience to practice your food writing and criticism skills firsthand. Finally, we'll regroup in the classroom to finalize your piece and present it for class feedback. If you're looking to build your food journalism skills or simply share a deep love of all things culinary, this class offers plenty to sink your teeth into.

**LLWRC 900-001 | M, Nov 11 | 6:00 PM-7:00 PM**
AND S, Nov 16 | 12:00 PM-2:00 PM | AND M, Nov 18
6:00 PM-7:30 PM
540 Arapeen Dr | $75

**HORROR WRITING BOOTCAMP**
Johnny Worthen

Horror is more than a genre, it's a physical sensation, the place where the unknown lurks, where nothing can be assumed, and anything can happen. Explore the nuances of creating levels of fear and effective techniques that allow your writing to create a desired reaction—fear! dread! disgust!—from your readers. This intensive three-week course of lecture presentation and workshop will give you an opportunity to write and present your work for critique and discussion (which isn't as scary as it sounds). This class explores adult themes, language, and content.

**LLWRC 862-001 | S, Oct 19-Nov 2 | 10:00 AM-1:00 PM**
540 Arapeen Dr | $119 + $5 special fee

**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 begin"? If so, you've found the right place! This workshop introduces you to ways you can get started on your writing adventure. You'll learn 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're looking for personal fulfillment or want to write the next great American classic, you'll find valuable insights and tools to get you going.

**LLWRC 872-001 | Th, Sep 12-Sep 19 | 6:30 PM-8:30 PM**
540 Arapeen Dr | $75

To learn more and register for classes, visit our website at lifelong.utah.edu
MODERN MASTERS: PERCIVAL EVERETT
Scott Black
One of the great contemporary American novelists, Percival Everett, will be giving a talk at the Tanner Humanities Center at the University of Utah in late October. To celebrate and prepare for his visit, this course will explore three of his luminous, clever, and devious novels: Erasure (2001, adapted as the film American Fiction), The Trees (2021, shortlisted for the Booker Prize), and the recent James (2024, an adaptation of Adventures of Huckleberry Finn). These works explore the contemporary and historical experiences of African Americans with wry irony and meticulous craft. Students should provide their own copies of each book.
LLWRC 916-001 | Th, Sep 26, Oct 10 & 24 | 6:00 PM-7:30 PM 540 Arapeen Dr | $69

SCREENWRITING
Bryan Young
Join an award-winning screenwriter as he takes you through the steps of writing your own screenplay. Learn the form and structure of screenplays that sell in addition to best practices to help you avoid the pitfalls that often trap new screenwriters.
LLWRC 826-001 | T, Sep 10-Sep 24 | 6:00 PM-9:00 PM 540 Arapeen Dr | $119

THE VOICE OF REASON: WRITING LETTERS TO THE EDITOR
Alex Jay Lore
Learn to craft persuasive, concise letters that influence public discourse. You’ll explore fact-checking basics, tone management, and effective communication strategies while gaining skills to convey ideas without alienating readers. Join us to amplify your voice and drive meaningful change.
LLWRC 920-001 | M, Sep 9-Sep 23 | 6:00 PM-8:00 PM 540 Arapeen Dr | $69

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 road map by layering plots and subplots with tension builders and motivators, increasing your understanding of how a good story is like origami. You will utilize in-class writing activities and worksheets, at-home activities, and peer and instructor critique to build your own compelling storylines.
LLWRC 884-001 | Th, Nov 7-Nov 14 | 6:30 PM-8:30 PM 540 Arapeen Dr | $59

USING SCRIVENER TO OUTLINE, DRAFT, AND EDIT YOUR NOVELS AND SHORT STORIES
Alex Jay Lore
Scrivener is an amazing writing software that can do seemingly everything all in one place! For many, it also has a steep learning curve. Whether you’re a total beginner or have dabbled with Scrivener, join us and learn how to make the most out of this extensive tool. We’ll go over ways to organize your manuscript, build an outline, gather research, make drafts, and share and edit your work all in one place, free from technological intimidation. Students must come to class prepared with a laptop with Scrivener downloaded and ready to use. See further details online.
LLWRC 892-001 | M, Oct 14-Oct 28 | 6:30 PM-8:30 PM 540 Arapeen Dr | $99

WRITING AS A TOOL TO COPE WITH ANXIETY
Debbie Leaman
Distracting thoughts and rumination can lead to excessive worry, irritability, self-doubt, and other negative emotions. No matter the cause of anxiety—elections, current events, climate change, temperament, illness, life transition—writing helps re-center us and calm our minds. Putting pen to paper, we can unload persistent thoughts onto the page, providing distance and a new perspective.
LLWRC 917-001 | S, Sep 7-Oct 5 | 10:00 AM-12:00 PM 540 Arapeen Dr | $125
WRITING YOUR NOVEMBER NOVEL

Bryan Young

November is known internationally as Novel Writing Month. Join an award-winning writer and instructor for this month-long class for pep talks and discussion to help navigate through the madness of writing a book in a month. You'll get dedicated writing time with individualized feedback and exercises to help you progress through your novel.

LLWRC 919-001 | T, Nov 5-Nov 19 | 6:00 PM-7:30 PM
540 Arapeen Dr | $69
THANK YOU TO ALL OF OUR PARTNERS!
Register today @ lifelong.utah.edu

Wasatch Academy Of Wine LLC
Utah Wine School
Here’s a place to write down the classes you’d like to take so you don’t forget! And have some fun coloring the color-by-numbers while you’re daydreaming about your favorite class.

1: Red
2: Green
3: Purple
4: Yellow
5: Gray
At Lifelong Learning our goal is to be a bridge to the University of Utah to keep you connected, build community, and have some fun! We love being based in "Small Lake City" and want to help it become “Smart Lake City” by offering one-of-a-kind classes taught by local experts. Our instructors are curious and kind with such a wide variety of skill sets that we offer courses you won’t find anywhere else. Whatever your interests are, we have a class for that, so try something new, make some friends, and get a little weird!
Registration + Student Info

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

Online: lifelong.utah.edu  Phone: 801-587-LIFE (5433)

Students can expect a confirmation email 24-72 business hours after enrolling. Lifelong Learning will also reach out on a week 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. Three weeks notice required before course start date.

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

Please visit the course page to see the details of what the special fee pays for. It may cover things from printing costs, to a full set of supplies.

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 online to see if this is the case.
Learning something new has never been so fun!

Register today @ lifelong.utah.edu