

# LIFELONG LEARNING



FALL CLASSES  
AUG-DEC 2025

CLASSES START WEEKLY  
THROUGHOUT THE  
SALT LAKE VALLEY





## WHO WE ARE



## 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](https://lifelong.utah.edu) **Phone:** 801-587-LIFE (5433)

Lifelong Learning will email one week and one day before your class begins with details about your course. The email will come from [lifelong@continue.utah.edu](mailto:lifelong@continue.utah.edu). If you don't receive an email please reach out to us! If your class is

**Lifelong Learning (LL) classes aren't like "regular" University of Utah classes.** We cover specialized topics taught by local experts, taken by adult community members. Some LL classes last one day, while others meet once a week for up to six weeks.

We cover topics across the board, from wine tasting to guitar lessons to helping you become more financially savvy. If you're interested in something, we have a class for that! Our instructors are professionals, professors and local experts.

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@utah.edu](mailto:lifelong@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](https://disability.utah.edu). Three weeks notice required before course start date.

Parking at 540 Arapen 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.

**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.





## Can you believe it?

Our catalog has grown so much over the past five years, we've needed to publish a whole book just to fit all our course descriptions! That's why we're evolving—adjusting, streamlining, and expanding—to serve you better than ever.

Our instructors are overflowing with excitement and course content, so we're offering more classes in more topics across the community. Lifelong Learning is all about connection, curiosity, and community—and we're here to keep you connected to the University of Utah in fresh and meaningful ways.

Let's keep learning, together.

Izzy Solvang  
Director of Lifelong Learning

## HOW TO USE THIS BOOK:



**CHOOSE A TOPIC** Art, craft, current event, you name it and flip through to that category.



**CLASSES ARE ORGANIZED BY START DATE**

- If only one day is listed, it's a single session workshop.
- If there is a date range, it is on one day of the week between those dates.



**MARK IT UP!**

Get your highlighter out and get tactile.



**HEAD TO [LIFELONG.UTAH.EDU](http://lifelong.utah.edu) TO ENROLL** No matriculation required, just add it to your cart!



New class

UofU CE

University of Utah  
Continuing Education  
at 540 Arapsee Drive



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# ART



DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/13-8/20	Handmade Watercolor Paint	Janiece Murray	W, 6-8PM	UofU CE	\$59
8/19-9/23	Beginning Drawing Skills and Techniques	Eric Erektion	T, 6-9PM	UofU CE	\$250
8/19-8/26	Zentangle: Basics and Beyond	Susan McFarlane	T, 6:30-8:30PM	UofU CE	\$94
8/30	Alcohol Inks: An Introduction	Rachael Bush	Sa, 11:30AM-3:30PM	UofU CE	\$84
9/6-9/27	Expressive Charcoal Drawing	Marian Pham	Sa, 10:30AM-1PM	UofU CE	\$174
9/20	Color Theory and Color Mixing 101	Theresa Otteson	Sa, 10AM-2PM	UofU CE	\$75
9/22-10/20	Pastel Drawing: An Introduction	Patty Schafbuch	M, 6:30-8:30PM	UofU CE	\$149
9/30	Rubber Stamp Carving	Jan Harris-Smith	T, 6-9PM	UofU CE	\$74
10/1-10/29	Watercolor Painting: An Introduction	Susan McFarlane	W, 6:30-8:30PM	UofU CE	\$179
10/4-10/25	Beginning Drawing for Watercolor with Light and Shade	Kimberly Roush	Sa, 10AM-1PM	UofU CE	\$199
10/6-11/17	Oil Painting: An Introduction	Annalee Wood	M, 6-9PM	UofU CE	\$235
10/8-10/9	Watercolor: Paint Your Journey	Cindy Briggs	W, 6-8:30PM   Th, 6-8:30PM	Online	\$99
10/14-11/4	Oil Painting II	Shelby Shields	T, 6-9PM	UofU CE	\$169
10/14-11/18	Figure Drawing	Eric Erektion	T, 6-9PM	UofU CE	\$244
10/14-10/16	Easy Start Watercolor: 1-2-3	Cindy Briggs	T, 6-8:30PM   W, 6-8:30PM   Th, 6-8:30PM	Online	\$119
10/22-10/29	Painting Vintage Flora in Oil or Acrylic	Theresa Otteson	W, 6-9PM	UofU CE	\$99





	DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
★	10/25	Exquisite Collage: A Surrealist Workshop	Esther Mathieu	Sa, 9AM-1PM	UofU CE	\$89
	10/25	Sumi-e and Sho: Japanese Brush Painting and Calligraphy	Haruko Sadler	Sa, 1-4PM	UofU CE	\$104
★	10/30-11/13	Zentangle: Holiday Celebrations	Susan McFarlane	Th, 6-8PM	UofU CE	\$119
	11/1-11/15	Atlas of the Self: Discovering Art Through Personal Geography	Esther Mathieu	Sa, 11AM-1PM	UofU CE	\$119
	11/1-12/13	Developing Your Sketchbook Practice	Marian Pham	Sa, 10:30AM-1PM	UofU CE	\$199
	11/5-11/12	Geometric Drawing	Janiece Murray	W, 6-9PM	UofU CE	\$109
	11/8-11/22	Exploring Techniques in Watercolor	Kimberly Roush	Sa, 10AM-1PM	Online	\$125
	11/18-11/25	Drawing Multimedia Pet Portraits	Susan McFarlane	T, 6:30-8:30PM	UofU CE	\$119
★	12/10-12/11	Gingerbread House in Watercolor, Pen, and Stencils	Cindy Briggs	W&Th, 6-8PM	Online	\$75

Lifelong Learning isn't just about picking up a new skill—it's about unlocking new parts of ourselves. At every stage of life, education can offer fulfillment in surprising ways. Whether it's discovering a powerful idea, gaining the confidence to speak up, or exploring technology that reshapes the future, **personal enrichment expands our sense of what's possible.**

## MEET THE MAKERS, THE DOERS, THE DREAMERS

Our new instructors bring with them not just skills, but stories! Stories of curiosity, resilience, creativity, and joy. Here's a glimpse into how transformative learning can be.



Esther Mathieu

« Esther builds entire worlds out of scraps and stories, where myth and nature meet queer and disabled identity in quiet conversation. “I want people to be playful and curious,” she says, “to step into a space where the strange can breathe.”

Find her classes on pgs. 4+5





craft

# CRAFT

Andre's hands have always been busy, first with looms and molten metal, now with handmade paper that holds memory and movement. **"Paper can feel alive,"** he says, **"and I love helping people find their own voice through it."**

Find his class on pg. 9



Andre Hoggan





DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/18-9/15	<b>Beginning Sewing I</b>	Andrea McCausland	M, 6-9PM	MAKE Salt Lake	\$275
8/19-9/23	<b>Stained Glass with Copper Foil: An Intro</b>	Tara Foster	T, 5:30-9PM	UofU CE	\$414
8/19-9/9	<b>Beginning Woodworking</b>	Jonathan Harman	T, 6-9PM	MAKE Salt Lake	\$429
8/20-9/17	<b>Metalsmithing I</b>	Nikolas Kienitz	W, 6-9PM	Salt City Smithery	\$324
8/20-9/24	<b>Blacksmithing: An Intro</b>	Matthew Danielson	W, 6-9PM	Wasatch Forge	\$405
8/21-8/28	<b>Fused Glass Artist Design Sheet Plates</b>	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$209
8/21-9/25	<b>Blacksmithing: Intermediate</b>	Matthew Danielson	Th, 6-9PM	Wasatch Forge	\$389
8/23-8/30	<b>Kintsugi: The Japanese Art of Repairing with Gold</b>	Haruko Sadler	Sa, 11AM-1PM	UofU CE	\$130
8/23-8/30	<b>Kintsugi: The Japanese Art of Repairing with Gold</b>	Haruko Sadler	Sa, 2-4PM	UofU CE	\$130
8/26-9/23	<b>Metalsmithing I</b>	Amy Schmidt	T, 6-9PM	Salt City Smithery	\$324
9/2-10/7	<b>Welding: An Intro</b>	Richard Cobbley	T, 6-9PM	Cobbley's Studio	\$585






DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
9/3-10/8	<b>Welding: An Intro</b>	Richard Cobbley	W, 6-9PM	Cobbley's Studio	\$585
9/3-9/24	<b>Welcome to Weaving: Rag Rug</b>	Catherine Marchant	W, 6-8PM	Salt Lake Weaving Studio	\$349
9/4-9/18	<b>Stained Glass: Pressed Botanicals in Light</b>	Tara Foster	Th, 5:30-8:30PM	UofU CE	\$245
9/4-9/25	<b>Beginning Crochet</b>	Baron Tiffany	Th, 6:30-8:30PM	UofU CE	\$165
9/4	<b>Fused Glass Stringer Plate</b>	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$104
9/6	<b>Split-Twig Figurines: Crafting and Archaeological Context</b>	Rachel Quist	Sa, 10AM-12PM	UofU CE	\$49
9/6	<b>Silk Creations: Botanical Print Scarves</b>	Diane Allen	Sa, 12-4PM	UofU CE	\$125
9/6	<b>Jewelry Make and Take: Keum-boo Earrings</b>	Amy Schmidt	Sa, 11AM-4PM	Salt City Smithery	\$209
9/6-10/25	<b>Wheel-Thrown Ceramics: An Extended Intro</b>	Workshop SLC	Sa, 9-11AM	Workshop SLC	\$374



DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
9/10-10/1	Beginning Woodworking	Kasey Mitchell	W, 6-9PM	Community Woodshop	\$429
9/11	Fused Glass Swizzle Sticks	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$99
9/11-9/18	Lapidary: Cutting and Polishing Stones for Jewelry	Amy Schmidt	Th, 6-9PM	Salt City Smithery	\$199
9/13	Kintsugi-Style Jewelry	Haruko Sadler	Sa, 1-4PM	UofU CE	\$89
9/13	Jewelry Make and Take: Sterling Silver Ring with Cabochon	Nikolas Kienitz	Sa, 10AM-3PM	Salt City Smithery	\$115
9/16-10/7	Beginning Woodworking II	Jonathan Harman	T, 6-9PM	Community Woodshop	\$405
9/20-9/27	Forever Blooms: Crafting Cassava Root Flower Bouquets	Paula Cabrera Campos	Sa, 1-3PM	UofU CE	\$99
9/20-10/4	Wire Weaving for Jewelry	Nikolas Kienitz	Sa, 10AM-1PM	Salt City Smithery	\$220
9/24-10/15	Bookbinding	Janiece Murray	W, 6-8PM	UofU CE	\$145
9/24	Color on Metal Workshop: Enamel Earrings	Marianne Goodell	W, 6-9PM	Salt Lake Smithery	\$119
9/25	Fused Glass Organic Bowl	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$104
10/1-10/4	Welcome to Weaving: Alpaca Scarf on a Rigid Heddle Loom	Deanna Baugh	W, 6PM-9PM   Sa, 11AM-4PM	Salt Lake Weaving Studio	\$244
10/2	Fused Glass Bas Relief	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$104
10/4-10/11	Bronze Clay Jewelry: An Intro	Carol Avery	Sa, 10:30AM-1:30PM	UofU CE	\$140
10/6-11/3	Metalsmithing I	Amy Schmidt	M, 6-9PM	Salt City Smithery	\$324
10/8-10/22	Contemporary Cross Stitching	Ford Neville	W, 6:30-8PM	UofU CE	\$95



DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
10/9	Glass Jewelry	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$109
10/11	Papermaking as an Artform	Andre Hoggan	Sa, 1-4PM	Andre Hoggan Studio	\$119
10/13-11/3	Beginning Sewing II: Basic Garment Construction	Andrea McCausland	M, 6-9PM	MAKE Salt Lake	\$255
10/14-11/11	Beginning Knitting	Cindy Zimmerman	T, 6-8PM	UofU CE	\$219
10/14-11/4	Wood Turning	Ryan Tollstrup	T, 6-9PM	Community Woodshop	\$455
10/15-11/5	Beginning Woodworking	Kasey Mitchell	W, 6-9PM	Community Woodshop	\$429
10/15-10/22	Witchy Pendant: Intro to Cloisonné	Marianne Goodell	W, 6-9PM	Salt Lake Smithery	\$139
10/16-11/6	Wood Turning	Ryan Tollstrup	Th, 6-9PM	Community Woodshop	\$455
10/23	Textured Glass in a Box Frame	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$119
10/27-12/1	Stained Glass with Copper Foil: An Intro	Tara Foster	M, 5:30-9PM	UofU CE	\$414
10/28-12/9	Welding: An Intro	Richard Cobbley	T, 6-9PM	Cobbley's Studio	\$585
10/28-11/18	Beginning Woodworking	Gary Poulsen	T, 6-9PM	MAKE Salt Lake	\$429
10/29-12/10	Welding: An Intro	Richard Cobbley	W, 6-9PM	Cobbley's Studio	\$585
10/29-12/10	Blacksmithing: An Intro	Matthew Danielson	W, 6-9PM	Wasatch Forge	\$405
10/30-12/11	Blacksmithing: Laminated Steel Workshop	Matthew Danielson	Th, 6-9PM	Wasatch Forge	\$410
11/1	Jewelry Make and Take: Layered Sterling Silver Pendant	Nikolas Kienitz	Sa, 10AM-3PM	Salt City Smithery	\$149
11/1-11/22	Wheel-Thrown Ceramics: Marvelous Mugs	Workshop SLC	Sa, 9-11AM	Workshop SLC	\$249



	DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
	11/4-11/11	Lapidary: Cutting and Polishing Stones for Jewelry	Amy Schmidt	T, 6-9PM	Salt City Smithery	\$199
	8/18-11/1	Pysanky: Ukrainian Art Egg Ornaments	Rynna Poulson	Sa, 9AM-12PM	UofU CE	\$155
★	11/6	Fused Glass: Pocket Hearts	Sarinda Jones	Th, 6-9PM	Reflective Art Studios	\$104
	11/8	Sashiko: Traditional Japanese Needlework	Haruko Sadler	Sa, 1-4PM	UofU CE	\$99
	11/8-11/11	Welcome to Weaving: Holiday Table Runner	Deanna Baugh	Sa, 12-4PM T, 6-9PM	Salt Lake Weaving Studio	\$299
	11/10-12/8	Metalsmithing II	Amy Schmidt	M, 6-9PM	Salt City Smithery	\$300
★	11/15	Temari Ball Ornament	Catherine Marchant	Sa, 10AM-4PM	Salt Lake Weaving Studio	\$134
★	11/17-12/15	Quiltmaking: An Intro	Tracey Harty	M, 6-9PM	UofU CE	\$249
★	12/3-12/10	Sewing: Wearable Patchwork Creations	Tracey Harty	W, 6-9PM	UofU CE	\$109
	12/4-12/18	Hand-Embroidered Holiday Ornaments and Gifts	Allyson Rocks	Th, 6:30-8:30PM	UofU CE	\$114
★	12/6	Jewelry Make and Take: Sand Cast Ring	Amy Schmidt	Sa, 11AM-4PM	Salt Lake Smithery	\$234



Paula  
Cabrera



"I ran my ninth marathon this year—it's how I remind myself **I can do hard things**," Paula says. Originally from Chile, she brings that same endurance and joy to her handmade wood flower arrangements, which she started crafting for weddings and loved ones as a way to stay close to beauty and memory.

Find her class on pg. 8

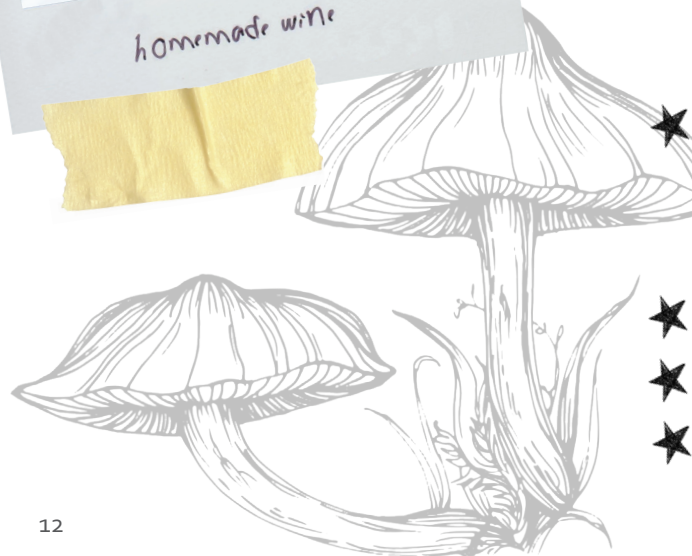
# FOOD & WINE

food+wine

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/20-8/23	Gathering Wild Mushrooms	Tatyana Golub & Peter Golub	W, 6-9PM   Sa, 9-4PM	UofU CE/Outdoors	\$180
★ 8/20	Refreshing Italian White Wines: From the Alps to the Islands	Sheral Schowe	W, 6:30-8:30PM	Carmine's	\$79
8/25	History of the Manhattan	James Santangelo	M, 7-8:30PM	TBD	\$79
8/28	Delicious Zero-Proof Cocktails	Andrea Latimer	Th, 6-8PM	Bitters Lab	\$124
9/7	Coffee: From Crop to Cup	John Bolton	Su, 1-3PM	Salt Lake Roasting Co	\$89
★ 9/13	Cook Steak Like a Chef	J Looney	Sa, 12:30-3:30PM	UofU Main Campus	\$79
9/13	Tiramisu: Tasty Italian Dessert	Jason Cox	Sa, 9:30-11:30AM	UofU Main Campus	\$74
9/13	Curry Fusion Cooking	Jay Jayaseelan	Sa, 4:30-7:30PM	UofU Main Campus	\$89
9/13	Loose Leaf Tea: An Introduction	Brad Heller	Sa, 11AM-1PM	Tea Grotto	\$44
9/15	Scotch for the Sophisticate	James Santangelo	M, 7-8:30PM	TBD	\$69

To learn more and register for classes, visit our website at [lifelong.utah.edu](https://lifelong.utah.edu)





DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
9/24	Rioja Wines: Three Historic Regions in One	Sheral Schowe	W, 6:30-8:30PM	Café Madrid	\$79
9/25	Cocktail Basics	Andrea Latimer	Th, 6-8PM	Bitters Lab	\$169
9/27	Japanese Tea Ceremony: An Intro	Haruko Sadler	Sa, 1-4PM	UofU CE	\$99
9/27	Beef Bourguignon	Charlotte Durif	Sa, 10AM-1PM	UofU Main Campus	\$124
9/27	Delight in Authentic French Crepes	Charlotte Durif	Sa, 2-4PM	UofU Main Campus	\$74
10/11	Sweet Creations: Frosting & Decorating a Cake	Muyly Miller	Sa, 9:30-11:30AM	UofU CE	\$104
10/11	Sweet Creations: Beginning Piping Techniques	Muyly Miller	Sa, 1-3PM	UofU CE	\$79
10/13	Wine Tasting: An Intro	James Santangelo	M, 7-8:30PM	TBD	\$79
10/16	Olive Oil Tasting: A Sensory Journey!	Kun Covington	Th, 6:30-8:30PM	UofU CE	\$59
10/18	Knife Skills	Zachary Hartlyn	Sa, 9:30AM-1:30PM	UofU Main Campus	\$115
10/18	Food Preservation and Canning	Zachary Hartlyn	Sa, 2:30-5:30PM	UofU Main Campus	\$139
10/21	Baking Pretzels: An Introduction	Matthew Trone	T, 6:30-8:30PM	Online	\$44
10/21	Pommelier's Picks: What a Cider Expert Drinks	Matthew Ostrander	T, 6:30-8:30PM	Scion Cider	\$79
10/29	Utah's Winery Trail – Discover the Best from Utah's Southwest Vineyards	Sheral Schowe	W, 6:30-8:30PM	Carmine's	\$79
10/30	Halloween Cocktails	Andrea Latimer	Th, 6-8PM	Bitters Lab	\$99

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
11/10	Rum and Chocolate	James Santangelo	M, 7-8:30PM	Beehive Distillery	\$69
★ 11/12	Ciders for the Cold Season	Matthew Ostrander	W, 6:30-8:30PM	Scion Cider	\$79
★ 11/12	Walk Through the Wine Store: Preparing for the Holidays	Sheral Schowe	W, 6:30-8:30PM	UDABS Wine Store	\$39
11/15	Lifestyle Cooking: The Anti-Inflammatory Way	Britta Retzlaff	Sa, 2-5PM	UofU Main Campus	\$79

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
11/15	Roll This Way: The Art of Rolling Sushi	Lindsey Imber	Sa, 10AM-4PM	UofU Main Campus	\$99
11/16	Coffee: From Crop to Cup	John Bolton	Su, 1-3PM	Salt Lake Roasting Co	\$89
★ 11/19	Beaujolais Crus: Discovering the Best of Gamay	Sheral Schowe	W, 6:30-8:30PM	Fratelli	\$79
12/6	From Flour to Fork: Pasta From Scratch	Lindsey Imber	Sa, 10AM-1PM	Main Campus	\$94
12/6	How to Make Heavenly Curds, Custard, and Mousse	Muyly Miller	Sa, 10AM-1PM	UofU Main Campus	\$54
12/8	Whiskies Around the World	James Santangelo	M, 7-8:30PM	TBD	\$79
★ 12/10	All About Champagne: Production Methods and Styles	Sheral Schowe	W, 6:30-8:30PM	Kimi's Chop and Oyster House	\$139





# CURRENT EVENTS & CONTEXT

## TAKE ANY OF THESE CLASSES IF...

- ☐ You like understanding *why* things are the way they are—and how they might change.
- ☐ You want to be a more informed, thoughtful participant in conversations that matter.
- ☐ You believe (like we do) that learning is the first step toward meaningful action.



	DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
★	9/28-10/30	Film Fest: October Repertory Films	Salt Lake Film Society	Select Own 2 Film Screenings + Th, 5:30-6:30PM	Broadway Centre Cinema	\$49
	10/11	An Introduction to Antidiscrimination Response	Irene Ota	Sa, 10AM-1PM	UofU CE	\$39
★	10/13-10/20	Land the Job: Resume and Interview Skills	Kari Gardner	M, 6-8PM	UofU CE	\$49
★	10/20-11/3	Recognizing Jew-Hatred: History, Harm, and How to Respond	Liz Paige	M, 6-7:30PM	UofU CE	\$59
★	10/22-11/5	Family History 101	Masen Brandon	W, 6-8PM	UofU CE	\$80
★	11/13-11/20	Film Fest: Filmexico	Salt Lake Film Society	Select Own 2 Film Screenings + Th, 5:30-6:30PM	Broadway Centre Cinema	\$49

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/26	Murals Build Community Walking Tour	Lesly Allen	T, 6-8PM	SLC	\$39
8/30	Rock Art Hot Spots	Troy Scotter	Sa, 10AM-12PM	UofU CE	\$39
9/20	Hovenweep: Villages of the Ancients	Ray Cannefax	Sa, 10AM-1PM	UofU CE	\$59
9/20-9/27	Walking Tour of SLC's Unseen History	Rachel Quist	Sa, 10AM-12PM	SLC	\$64
9/20-9/27	Walking Tour of SLC's Unseen History	Rachel Quist	Sa, 1-3PM	SLC	\$64
9/27	LGBTQ+ History Tour: Downtown SLC	Randell Hoffman	Sa, 10AM-1:15PM	SLC	\$39
10/4-10/25	A History of LGBTQ+ Utah	Randell Hoffman	Sa, 10AM-12PM	UofU CE	\$125
10/29	A Halloween Tour of the Avenues Cemetery	Paul Wheeler	W, 5-7PM	Salt Lake Cemetery	\$49
10/30	A Halloween Tour of the Avenues Cemetery	Michelle Nelson	Th, 5-7PM	Salt Lake Cemetery	\$49

# EXPLORE UTAH







# WELLNESS & RELATIONSHIPS

wellness+  
relationships





Conny Wegener



“Conny is a wise, intuitive educator who offers so much more than just a class. **This was an experience with meaningful life practices** that could help anyone and everyone. She is a light. Thank you!”

Find her classes on pgs. 17+18

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
9/8-9/22	Palm Reading: An Introduction	Michael Ingleby	M, 6:30-9PM	Cat and Cauldron	\$149
9/9	The Four Noble Truths: Buddhist Principles for a Happy Life	Joseph Evans	T, 6:30-8:30PM	UofU CE	\$39
9/9-9/23	Applied Somatics: Practices for Turbulent Times	Conny Wegener	T, 6-8PM	UofU CE	\$75
9/13	So You're Eligible for Medicare. Now What?	Nancy Taylor	Sa, 12-2:30PM	UofU CE	\$49
9/13	Botanical Beauty: Natural Perfume	Rachael Bush	Sa, 12-4PM	UofU CE	\$90
9/20-9/27	Doing the Work: Cultivating and Sustaining a Fulfilling Relationship	Hannah Muetzelfeld & Gregory Noel	Sa, 9AM-12PM	Online	\$75
9/25	Soapmaking	Carrie Roberts	Th, 6-9PM	UofU CE	\$100
10/4	Botanical Beauty: Lip Tints	Rachael Bush	Sa, 1-3:30PM	UofU CE	\$54
10/8	Understanding Social Security Retirement Benefits	Tyler Petersen & Morgan DeGooyer	W, 6-8PM	UofU CE	\$39
10/9	Sports Nutrition 101	Lo Segal	Th, 6:30-8PM	UofU CE	\$54
10/9-10/23	Financial Planning 101	Monica Allen	Th, 6:30-8PM	UofU CE	\$59
10/11	Feng Shui: Transform Your Home and Life	Jen Boyd	Sa, 12:30-3PM	UofU CE	\$64
10/15	The Power of Connection: Make Every Interaction Count	Jared Quan	W, 6:30-8:30PM	UofU CE	\$39
10/18-11/1	Mindful Practices: Meditation and Movement	Rachel Krahenbuhl	Sa, 2-4PM	UofU CE	\$99
10/25	Horses and Wellness: The Healing Power of Horses	Giuliana Marple	Sa, 10AM-2PM	Blue Sky Ranch	\$124





DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
10/28	Halloween Lotions and Creams	Carrie Roberts	T, 6-9PM	UofU CE	\$84
10/30	Halloween Bath Bombs and Shower Steamers	Carrie Roberts	Th, 6-9PM	UofU CE	\$74
11/1-11/8	Gifts of Botanical Beauty	Rachael Bush	Sa, 1-3:30PM	UofU CE	\$119
11/4-11/18	Applied Somatics: Holding Steady in a Shifting World	Conny Wegener	T, 6-8PM	UofU CE	\$75
11/5-11/12	A Change in Dialogue: Effective Communication	Rachel Krahenbuhl	W, 6:30-8PM	UofU CE	\$49
11/11	Fertility Awareness and Cyclical Living: An Intro	Janelle Wanzek	T, 6-8PM	UofU CE	\$39
9/16, 10/14, 10/28	Tibetan Buddhist Meditation: An Intro	Joseph Evans	T, 6:30-8:30PM	UofU CE	\$99



CAT & CAULDRON





# HOME & GARDEN

“Water touches everything,” Ed says, and for over three decades, he’s made it his mission to protect and use it wisely. From founding conservation groups to distributing new technologies, **Ed blends industry insight with a deep care for the planet’s most vital resource.** Find his class on pg. 19



Ed  
Mathieu

home+garden

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/19-9/2	Drip Irrigation Demystified: Strategies for Efficient Watering	Ed Mathieu	T, 6-7:30PM	UofU CE	\$95
8/20-9/3	Fundamentals of Fun Beekeeping II	Richard Homer & Jim Harris	W, 6-8PM   Sa, 1-3PM	UofU CE/Outdoors	\$149
8/21-9/11	Residential Landscape Design III: Landscape and Tool Maintenance	Stephanie Duer	Th, 6-8PM	UofU CE	\$140
9/6	DIY Moss Terrarium	Rachael Bush	Sa, 1-3PM	UofU CE	\$54
9/10-9/17	Rooted in Utah: A Tree Selection and Tour Experience	Mindy Mortensen	W, 6-8PM	UofU CE /Campus	\$49



DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
9/18-10/9	<b>Residential Landscape Design II: A Deeper Look at Plants</b>	Stephanie Duer	Th, 6-8PM	UofU CE	\$150
9/20	<b>Neighborhood Gardens: A Walking Tour</b>	Stephanie Duer	S, 9AM-1PM	UofU CE	\$64
9/20	<b>Backyard Birding</b>	Nick George	S, 11AM-1PM	Backyard Birds	\$59
9/23	<b>From Chaos to Clarity: Intentional Closet Organization</b>	Mary Atkins	T, 6-8PM	UofU CE	\$39
10/1-10/22	<b>DIY Basic Repairs for Homeowners</b>	Thomas Arnold	W, 6-8:30PM	UofU CE	\$175
10/16-11/20	<b>Residential Landscape Design I: Concept and Planning</b>	Stephanie Duer	Th, 6-9PM	UofU CE	\$260
10/22	<b>Microgreens Mastery: Grow Your Own Superfood</b>	Daniel Coburn & Michaela Herrera	W, 6-8PM	UofU CE	\$64
10/25	<b>Air Plants: An Introduction</b>	Rachael Bush	S, 2:30-4:30PM	UofU CE	\$49
11/12-11/19	<b>Botany for Gardeners</b>	Mindy Mortensen	W, 6-8PM	UofU CE	\$149
11/15	<b>Ikebana: Japanese Flower Arranging</b>	Haruko Sadler	S, 1-4PM	UofU CE	\$139
11/25-12/9	<b>Designing with Fresh Flowers: Holiday Arrangements</b>	Pamela Olson	T, 6-7:30PM	UofU CE	\$179



# LANGUAGE

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/18-10/13	Spanish I: A Language and Culture Classroom Experience	Madison Brown	M, 6-7:30PM	UofU CE	\$204
8/18-10/13	Spanish Conversation Skills I	Madison Brown	M, 8-9PM	UofU CE	\$130
8/19-9/23	Conversational Italian I	Jason Cox	T, 7-9PM	UofU CE	\$154
★ 8/21-10/2	Conversational Italian III	Jason Cox	Th, 7-9PM	UofU CE	\$154
8/26-9/11	Beginning German I	Joachim Dreier	T, 6-8PM   Th, 6-8PM	UofU CE	\$180
9/3-10/8	Japanese for Travelers	Bryan Nalder	W, 7-9PM	UofU CE	\$154
9/16-10/30	American Sign Language (ASL): An Intro	Kari Gardner	T, 6-7:30PM   Th, 6-7:30PM	UofU CE	\$230
9/23-10/9	Beginning German II	Joachim Dreier	T, 6-8PM   Th, 6-8PM	UofU CE	\$130
10/7-11/11	Conversational Italian II	Jason Cox	T, 7-9PM	UofU CE	\$154
10/20-12/8	Spanish II: A Language and Culture Classroom Experience	Madison Brown	M, 6-7:30PM	UofU CE	\$204
★ 10/20-12/8	Spanish Conversation Skills II	Madison Brown	M, 8-9PM	UofU CE	\$130



## DISCOVER THE WORLD WITH



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language





DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/21-9/25	<b>Improv Comedy: The Essentials</b>	Clint Erikson	Th, 6-8PM	UofU CE	\$175
8/18-9/15	<b>Beginning Guitar I</b>	Randin Graves	M, 7-8:30PM	UofU CE	\$125
8/19-9/9	<b>Beginning Singing Skills and Techniques</b>	Megan Blue	T, 6:30-8PM	UofU CE	\$159
9/2-9/16	<b>Voice Acting: An Introduction</b>	Michelle Ortega	T, 6:30-8PM	UofU CE	\$154
9/4-9/18	<b>Voice Acting: An Introduction</b>	Michelle Ortega	Th, 6:30-8PM	UofU CE	\$154
9/6-9/27	<b>Flamenco Dance: An Introduction</b>	Katie Sheen-Abbott	Sa, 11AM-12PM	Studio Zamarad	\$89
9/22-10/13	<b>Beginning Guitar II</b>	Randin Graves	M, 7-8:30PM	UofU CE	\$119
10/4	<b>Public Speaking Workshop</b>	Elizabeth Wolfer	Sa, 10AM-1PM	UofU CE	\$49
10/8-10/29	<b>Burlesque Basics: Reveal Your Fabulous Self</b>	Kirsten Bigelow Caron	W, 6:30-8:30PM	Studio Zamarad	\$129
10/20	<b>Australian Didgeridoo: Introductory Workshop</b>	Randin Graves	M, 7-8:30PM	UofU CE	\$49
10/29-11/19	<b>Improv Comedy: Stage Ready</b>	Clint Erikson	W, 6-8PM	UofU CE	\$135

**MUSIC & PERFORMANCE**





DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
9/4-10/2	Digital Photography: An Intro	Neil Eschenfelder	Th, 6:30-9PM   Sa, 10AM-12PM	UofU CE/ Outdoors	\$204
9/9-10/14	Digital Photography: An Intro	Neil Eschenfelder	T, 6:30-9PM   Sa, 10AM-12PM	UofU CE/ Outdoors	\$204
9/10-10/1	Develop Your Photographic Eye	David Argyle	W, 6-8:30PM	UofU CE	\$125
9/15-10/6	Landscape and Adventure Photography: An Intro	Jonathan Duncan	M, 6:30-8:30PM	UofU CE	\$119
★ 9/22-9/29	AI Smarts for Everyday Life	Kari Gardner	M, 6-8PM	UofU CE	\$49
10/29-11/12	Digital Photography II	Neil Eschenfelder	W, 6:30-8:30PM   Sa, 10AM-12PM	UofU CE/ Outdoors	\$154
11/4-11/25	Photo Editing in Adobe Lightroom	David Argyle	T, 6:30-8:30PM	UofU CE	\$125

# PHOTO & TECH

To learn more and register for classes, visit our website at [lifelong.utah.edu](https://lifelong.utah.edu)



# RECREATION





DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
8/20-8/27	<b>Skateboarding: An Intro</b>	James Johnson	W, 6-7PM	All Together Skate Park	\$69
9/6-9/27	<b>Olympic Fencing: An Intro</b>	Salt City Swords	Sa, 11:30AM- 12:30PM	Salt City Swords	\$85
★ 9/6-9/27	<b>Bullseye Basics: Olympic Archery I</b>	Salt City Swords	S, 1-2PM	Salt City Swords	\$90
9/6	<b>Kayaking: Bear River Tour</b>	Michael Fagerstrom	Sa, 9AM-5PM	Outdoors	\$154
9/8-9/29	<b>Chess Fundamentals I: Learn the Game</b>	Power Chess	M, 6-7PM	UofU CE	\$80
9/10-9/17	<b>Beginning Bicycle Maintenance I</b>	Jake Smith	W, 6-8PM	UofU CE	\$75
9/20-9/27	<b>Map Reading and Land Navigation</b>	Bradley Jorgensen	Sa, 10AM-1PM	UofU CE	\$134
9/20	<b>Beginning Mountain Bike Ride</b>	Jonathan Harman	Sa, 2-6PM	SLC	\$80
9/20	<b>Disc Golf: An Intro</b>	Michael Fagerstrom	Sa, 10AM-2PM	SLC	\$75
★ 9/27	<b>The Art of Intentional Travel</b>	Jeff Scott	Sa, 9:30AM- 12:30PM	UofU CE	\$49
9/27-11/1	<b>Strength Training: An Intro</b>	Bouldering Project	Sa, 11AM- 12PM	Bouldering Project	\$149
9/29-10/20	<b>Olympic Fencing: An Intro</b>	Salt City Swords	M, 8-9PM	Salt City Swords	\$85

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
10/2-10/9	<b>Beginning Bicycle Maintenance I</b>	Jake Smith	Th, 6-8PM	UofU CE	\$75
10/4	<b>Outdoor Survival Skills: An Intro</b>	Michael Fagerstrom	Sa, 10AM-2PM	UofU CE/ Outdoors	\$100
★ 10/7-10/28	<b>Northern Shaolin Kung Fu: Fitness, Focus, and Confidence</b>	Master Lu's Instructors	T, 7:30- 8:30PM	Master Lu's Health Center	\$49
10/8	<b>Backcountry Car Camping</b>	Jeffrey Steadman	W, 6-8PM	UofU CE	\$39
10/11- 10/25	<b>Contemporary Tai Chi: Breathing and Movement</b>	Lin Yang	Sa, 11AM-1PM	Studio Zamarad	\$84
★ 10/20- 11/10	<b>Chess Fundamentals II: Strengthen Your Strategy</b>	Power Chess	M, 6-7PM	UofU CE	\$80
11/5-11/8	<b>Freediving: An Intro</b>	Ani Ferguson	W, 6:30-8PM   Sa, 4:30-6PM	UofU CE/ Dive Utah	\$234
11/5-11/8	<b>Freediving: An Intro</b>	Ani Ferguson	W, 6:30-8PM   Sa, 6-7:30PM	UofU CE/ Dive Utah	\$234
★ 11/6-11/20	<b>Modern Board Games: An Intro</b>	Jared Cooksey	Th, 6-7:30PM	UofU CE	\$64

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Jewish Community Center**



**Master Lu's  
Health Center**





# WRITING & LIT



DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
9/2-10/7	Creative Writing	Johnny Worthen	T, 6:30-9PM	UofU CE	\$230
9/6-9/13	Creative Writing Bootcamp	Johnny Worthen	Sa, 10AM-2PM	UofU CE	\$130
9/16-9/30	Journaling: Nurturing a Daily Writing Practice	Sky Simons	T, 6:30-8:30PM	UofU CE	\$99
9/27-11/8	Tarot for Writers: Writing with Intuition & Insight	Anna Bessesen	Sa, 11AM-2PM	UofU CE	\$49
10/4	Self-Discovery Through Poetry	Esther Mathieu	Sa, 10AM-1PM	UofU CE	\$49
10/13-10/27	Using Scrivener to Outline, Draft, and Edit Your Novels and Short Stories	Alex Jay Lore	M, 6:30-8:30PM	UofU CE	\$99
10/14-10/21	Crafting Young Adult Fiction	Pam Davis	T, 6:30-8:30PM	UofU CE	\$54
10/16-11/13	Creative Non-Fiction: Capturing Moments with Memoir	Caitlin Erickson	Th, 6:30-8PM	UofU CE	\$149
10/18-11/1	Horror Writing Bootcamp	Johnny Worthen	Sa, 10AM-1PM	UofU CE	\$130
10/21-12/2	A Study in Mystery	Johnny Worthen	T, 6:30-9PM	UofU CE	\$230

DATE	COURSE	INSTRUCTOR	TIME	LOCATION	PRICE
10/21-11/4	Journaling: A Deeper Look	Sky Simons	T, 6:30-8:30PM	UofU CE	\$80
11/3-11/17	Mermaids in Myth and Meaning	Pam Davis	M, 6:30-8:30PM	UofU CE	\$80
11/4-11/18	Screenwriting	Bryan Young	T, 6-9PM	UofU CE	\$119
11/6	Short Story Workshop	Bryan Young	Th, 5:30-9PM	UofU CE	\$59
11/8	Tarot for Writers: Writing with Intuition and Insight	Anna Bessesen	Sa, 11AM-2PM	UofU CE	\$49
11/13	Vonnegut's 8 Rules for Writing	Bryan Young	Th, 6-9PM	UofU CE	\$49
11/24-12/8	Building Your Online Platform for Writers and Artists	Alex Jay Lore	M, 6:30-8:30PM	UofU CE	\$99
11/25-12/9	Writing Your Novel	Bryan Young	T, 6-7:30PM	UofU CE	\$69
8/25, 9/8, 9/22, 10/6	Queer Representation in Literature	Alex Jay Lore	T, 6:30-8:30PM	UofU CE	\$99
9/11, 9/25, 10/9	Contemporary Masters of Literature: Jesmyn Ward	Scott Black	Th, 6-7:30PM	UofU CE	\$69

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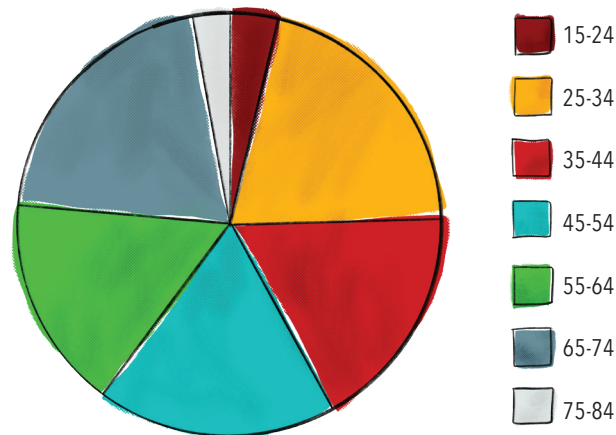
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Find his class on pg. 27



Scott Black







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