# 2020 Course Schedule At-A-Glance

Detailed course information begins on page 26. For information on this year's tours, see page 47.

## Multi-week classes

<table>
<thead>
<tr>
<th>WK</th>
<th>COURSE</th>
<th>TIME</th>
<th>TITLE &amp; DAYS</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>8:00-8:45</td>
<td>Water Aerobics &amp; (June 1 - July 31, M,W,F)</td>
<td>HPER Small Pool</td>
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<tr>
<td>102</td>
<td>9:00-10:00</td>
<td>Yoga &amp; June 2-June 25 T(Th)</td>
<td>HPER 102</td>
<td></td>
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<tr>
<td>103</td>
<td>9:00-10:00</td>
<td>Yoga for Lifelong Well-Being &amp; (July 7-30 T(Th))</td>
<td>HPER 102</td>
<td></td>
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<tr>
<td>104</td>
<td>10:00-11:00</td>
<td>Tai Chi &amp; (June 1 - July 22, M,W)</td>
<td>BRH 153 &amp; 154</td>
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<tr>
<td>105</td>
<td>10:00-11:00</td>
<td>Chair Yoga &amp; (June 1 - July 29 M,W)</td>
<td>HPER 215</td>
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</tr>
<tr>
<td>106</td>
<td>10:30 - 11:30</td>
<td>Senior Citizen Chorus &amp; (M only excluding 9/7/14)</td>
<td>TBD</td>
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<tr>
<td>107</td>
<td>2:00 - 4:00</td>
<td>Beginning Knitting &amp; (T (3 wks) 6/2 - 6/16))</td>
<td>HH 380</td>
<td></td>
</tr>
<tr>
<td>108</td>
<td>10:30-11:45</td>
<td>Drumming and Rhythm For Fun! &amp; (Wks 1,2,3 1Th wk 1 (June 2 - June 18))</td>
<td>HPER 209</td>
<td></td>
</tr>
<tr>
<td>109</td>
<td>2:00-4:00</td>
<td>Intermediate Knitting - Felted Wool Bag (June 23 - July 7)</td>
<td>HH 380</td>
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</tbody>
</table>

- **Week 1 (June 1-5)**
  - 9:00-10:15: Banned Books: A discussion of time and context & (M-F) | HH 380
  - 10:30 - 11:45: Don’t Let Hearing Loss Keep You Out of the Conversation & (M-F) | HH 380
  - 1:30 - 2:45: BITCOINs, Cryptocurrencies, and Block Chain & (M-F) | HH 322
  - 1:30 - 4:30: Create Custom Greeting Cards - Beginning and Intermediate levels (3 - 3 hour classes=9 sessions) & (M,F) | HH 370
  - 1:30:2:45: Naval Battles of the Pacific War & (M-F) | HH 360
  - 3:00 - 4:15: SOCIAL MEDIA BASICS (FOR BEGINNERS) & (M-F) | HH 322
  - 9:00-10:15: The Lyric Theatre: From Page to Stage & (M-F) | HH 322

- **Week 2 (June 8-12)**
  - 10:30-11:45: Edward Abbey: Inspiration or Eco Terrorist & (M-F) | HH 380
  - 10:30-11:45: Nutrition Mysteries & (M-Th) | HH 322
  - 1:30:2:45: In Search of the Recent Past-Making Sense of Our Times & (M-F) | EBB 215
  - 1:30:2:45: Lightning Moments & (W, Th, F) | HH 370
  - 3:00 - 4:15: Being Comfortable in the Uncomfortable & (Monday) | HH 370

- **Week 3 (June 15-19)**
  - 9:00-10:15: Utah’s Struggle for Statehood & (M-F) | HH 380
  - 10:30-12:30: Japanese Brush Painting - Traditional Asian Water Color Course & (M-F) | FAV TBD
  - 1:30:2:45PM: The Edwardians & (M-F) | HH 370
  - 1:30 - 4:30: Create Custom Holiday Cards ( 3 - 3 hour classes = 9 sessions) & (M,W,F) | HH 380
  - 3:4:30PM: Low Back Pain Treatments & (Monday) | HH 322
  - 3:00-4:15: Cache Valley Goes Worldwide & (M-F) | HH 360

- **Week 4 (June 22-26)**
  - 9:00 - 10:15: How to Optimize Your Android Phone or Tablet & (M-F) | HH 380
  - 9:00 - 10:45: Introduction to Drones & (M-F) | TECH 108
  - 10:30 - 11:45: Galapagos Islands Ecosystems & (M-F) | HH 380
  - 10:30-11:45: Baroque Art History & (M-F) | HH 370
  - 10:00 - 4:00: Discover the Joy and Magic of Watercolor & (M-F) | FAV TBD
  - 1:30:2:45: Weather Forecasting & (M-F) | HH 370
  - 3:00 - 4:15: Meet Your Neighbors: Insights Into the Church of Jesus Christ of Latter-Day Saints & (M,F) | HH 322

- **Week 5 (June 29-July 2)**
  - 9:00-10:15: The Beatles ‘From Liverpool to Abbey Road’ - 2 weeks (6 sessions per week) & (M-Th wk 1) | HH 380
  - 10:30 - 11:45: Experience the Relaxation of Tibetan Singing Bowls (2 day class) & (M-F) | HH 370
  - 1:30 - 2:45: Early First Ladies of the US & (M-F) | HH 370
  - 3:00-4:15: Shoshone Culture & (M-F) | HH 322
  - 3:00 - 4:15: US Civil-Military Relations in the 20th Century & (M-F) | HH 360

- **Week 6 (June 6-10)**
  - 9:00-11:00: The Sixties: The British Invasion & (M - Th wk 1) | HH 370
  - 1:30 - 2:45: World War II: Key Insights into the Pacific Theater & (M-F) | HH 380
  - 3:00 - 4:15: Terrorism Awareness: Global and Domestic from a Politically Incorrect Perspective & (M-F) | HH 380
  - cont’d 9:00-11:00: The Beatles ‘From Liverpool to Abbey Road’ - 2 weeks (6 sessions per week) & (M-Th wk 2) | HH 380
  - cont’d 2:15 - 4:15: The Sixties: The British Invasion & (M - Th wk 2) | HH 370

- **Week 7 (July 13-17)**
  - 2:00 - 4:00: America’s International Political Challenges & (M-F) | HH 370
  - 3:00 - 5:00: Beginning Oil Painting & (M-F) | HH 380
  - 9:00 - 10:05: Social Media Platforms and Mobile Applications (For Beyond Beginners) & (M-F) | HH 380
  - 10:30 - 11:45: The Israeli-Palestinian Conflict & (M-F) | EBB 215
  - 1:25 - 3:30: Astronomy: All About Stars & (M-F) | ESC 046
  - 3:30 - 4:45: American Lighthouse History Tour & (M,F,W) | HH 380

**Legend**

- BRH—Bear River Health Department (off campus)
- EBB—Eccles Business Building
- ELC—Eccles Science Learning Center
- FAV—Fine Arts Visual
- HH—Huntsman Hall
- HPER—Health, Physical Education & Recreation
- IS—Industrial Science Building
- **Culture, Religion, and Science**
- **History and World Events**
- **Technology**
- **Health and Fitness**
- **Entertainment and the Arts**