

# 2019 Course Schedule At-A-Glance

Detailed course information begins on page 15. For information on this year's tours, see page 38.

WEEK	COURSE	TIME	TITLE & DAYS	LOCATION
Multi-Week Classes	101	8:00 AM	Water Aerobics (M, W, F) (Jun 10 – Aug 2)	HPER Small Pool
	102	10:00 AM	Chair Yoga (M, W) (Jun 3 – Jul 31)	HPER 215
	103	8:00 AM	Flexibility and Strengthening for Seniors (T, Th) (Jun 4 – Jul 25)	HPER 215
	104	9:00 AM	Yoga (T, Th) (Jun 4–27)	HPER 102
	105	2:00 PM	Beginning Knitting (Tue only) (Jun 4–25)	ENGR 206
	106	1:30 PM	iPhone Photography (Th only) (Jun 6 – Aug 1)	ENGR 201
	107	10:00 AM	Increasing Personal Creativity in Photography (Th only) (Jun 6 – Aug 1)	ENGR 201
	165	10:00 AM	What is Tai Chi for Arthritis and Fall Prevention? (W,F) (Jun 12 – Aug 2)	Bear River Health Dept. Rooms 153 & 154
	108	9:00 AM	Yoga Vitals (M, W) (Jul 1–31)	HPER 102
	109	2:00 PM	Knit a Baby Sweater for Intermediate Knitters (Th only) (Jul 11–25)	ENGR 238
Week 1 June 3–7	110	9:00 AM	How to Optimize Your Android Phone or Tablet (M–F)	ENGR 304
	111	9:00 AM	Birding 101 (An Introduction to the Bear River Migratory Bird Refuge) (M–W)	ENGR 238
	112	10:30 AM	World War II, Key Insights into the Pacific Theater (M–F)	ENGR 304
	113	1:30 PM	World War I (M–F)	ENGR 304
	114	3:00 PM	Beginner iOS (M–F)	ENGR 304
Week 2 June 10–14	115	9:00 AM	Aging Gracefully: Nutrition Health Hacks to Support Longevity of the Mind and Body (M–F)	Natural Grocers Logan Store
	116	10:30 AM	Remembering Eights and Nines: What is Great About America in Fifty Year Increments (M–F)	ENGR 108
	117	1:30 PM	Low Back Pain: Treatment Options without Medications (W only)	ENGR 302
	118	1:30 PM	People and Cultures of Eurasia (M–F)	ENGR 203
	119	3:00 PM	America's International Political Challenges (M–F)	ENGR 203
	120	3:00 PM	Navigating the Storm (W only)	ENGR 302
Week 3 June 17–21	121	9:00 AM	Maximize Your Use of Gmail and Google (M–F)	YETC Computer Lab
	123	10:30 AM	Political-Military Events in the 20th Century, America Dominates the World Stage (M–F)	ENGR 203
	124	10:30 AM	All About iOS Apps (M–F)	ENGR 304
	126	1:30 PM	Introductory Japanese Brush Painting—Traditional Asian Watercolor Techniques (Th, F, M, T, W)	HH 122
	127	3:00 PM	Arthritis Education for Non-Medical Personnel (W only)	ENGR 304
Week 4 June 24–28	122	9:00 AM	How Airplanes Fly: See the Picturesque Cache Valley from the Air! Session 1 (M–F)	IS 101A
	125	1:00 PM	How Airplanes Fly: See Picturesque Cache Valley from the Air! Session 2 (M–F)	IS 101A

WEEK	COURSE	TIME	TITLE & DAYS	LOCATION
Week 4 June 24–28 (cont.)	128	9:00 AM	Cache Valley Goes Worldwide (M–F)	ENGR 304
	129	10:30 AM	US Civil-Military Relations in the 20th Century (M–F)	ENGR 304
	130	10:30 AM	The Lyric Theatre—From Page to Stage (Th, F, M, T, W) (Jun 27 – Jul 3)	ENGR 302
	131	1:30 PM	Create Custom Greeting Cards—Beginning and Intermediate levels (M, W, F)	ENGR 238
	132	1:30 PM	Islam in the Modern World (M–F)	ENGR 304
	133	3:00 PM	Weather & You (M–F)	ENGR 302
	Week 5 July 1–5	134	8:30 AM	Tennis Instruction for Intermediate Players—Session 1 (T, Th) (Weeks 5 & 6)
135		9:30 AM	Tennis Instruction for Advanced Players—Session 1 (T, Th) (Weeks 5 & 6)	USU Tennis Courts
136		9:00 AM	British History—The House of Hanover (M, T, W, F)	ENGR 304
137		10:30 AM	Weird & Wild Weather (M, T, W, F)	ENGR 304
138		1:30 PM	Don't Let Hearing Loss Keep You Out of the Conversation (M, T, W, F)	ENGR 304
Week 6 July 8–12	139	9:00 AM	Ins and Outs of Google Drive (M–F)	YETC Computer Lab
	140	1:30 PM	Create Custom Holiday Greeting Cards (M, W, F)	ENGR 304
	141	3:00 PM	Intermediate iOS (M–F)	ENGR 205
	142	3:00 PM	Meet Your Neighbors: Insights Into the Church of Jesus Christ of Latter-Day Saints (M–F)	ENGR 302
Week 7 July 15–19	143	8:30 AM	Tennis Instruction for Advanced Players—Session 2 (T, Th) (Weeks 7 & 8)	USU Tennis Courts
	144	9:30 AM	Tennis Instruction for Intermediate Players—Session 2 (T, Th) (Weeks 7 & 8)	USU Tennis Courts
	145	9:00 AM	The Beatles 'From Liverpool to Abbey Road' (M, T, W, Th, M, T, Th, F) (Jul 15–26)	ENGR 203
	146	10:30 AM	Drumming and Rhythm for Fun and Stress Relief (T, Th) (Weeks 7, 8, & 9)	HPER 209
	147	10:30 AM	Shoshone History (M–F)	ENGR 302
	148	1:30 PM	Rocky Mountain Geology Experience (M–F)	ENGR 302
	149	3:00 PM	Making Sense of Greek Mythology (M–F)	ENGR 302
	150	10:15 AM	Zionism: The Rebirth of a Nation (M, T, Th, F)	ENGR 302
Week 8 July 22–26	151	2:30 PM	Intermediate Japanese Brush Painting—Traditional Asian Water Color (M, T, Th, F)	HH 122
	152	3:00 PM	The Assassination of President Kennedy: Warren Commission vs. the Researches (M, T, Th, F)	ENGR 304
Week 9 Jul 29–Aug 2	153	9:00 AM	Famous Historic Loganites (M–F)	ENGR 304
	154	10:30 AM	The American War in Vietnam (M–F)	ENGR 304
	155	1:30 PM	British History—The Victorians (M–F)	ENGR 304

EDUC—Education Building  
ENGR—Engineering Building  
HH—Huntsman Hall

HPER—Health, Physical Education & Recreation  
IS—Industrial Science Building  
YETC—Young Education Technology Center (inside EDUC Building)

- Culture, Religion, and Science
- History and World Events
- Technology
- Health and Fitness
- Entertainment and the Arts

*Summer*  
**CITIZENS**  
Logan, Utah