



May Community Events

Check out the events happening throughout Salt Lake this month! If you'd like to add your event to this list, please message Myra Gerst at myra.gerst@utah.edu. Events are listed in order of date.

[Yoga in the Park](#)

Description: Yoga in the Park is an event organized by Salt Lake City Public Lands to enrich our public spaces. All levels and abilities are welcome to attend these hour-long classes taught by certified yoga instructors from [Full Circle Yoga & Therapy](#). There is no cost to attend Yoga in the Park classes. Classes will be held Sunday mornings in May & June from 8:00am – 9:00am, weather permitting. Meet us at the north end of Pioneer Park between 300 West and 400 West.

Date: Sundays throughout May

Time: 8-9am

Location: Pioneer Park

Register: [Event website](#)

[Foothill Nature Walk](#)

Description: NHMU's Foothill Nature Walks offer 45-minute, expert-led tours of the wildflowers growing in the foothills above Salt Lake City! Walks feature spectacular views along with opportunities to learn how to identify common flowers and their pollinators along the trails. It's a great way to prepare for more informed outdoor pursuits this spring.

Date: May 1st and May 29th

Time: 5:30-6:15 pm

Location: Meet at NHMU's admission desk

Register: [Event website](#)

[Canoemobile Community Paddle](#)

Description: In partnership with Blue Star Families, Wilderness Inquiry's Canoemobile is coming to Salt Lake City. Join us for a FREE community paddle, open to people of all ages and abilities!

Date: May 4th

Time: 10am-2pm

Location: Jordan River Riverview Boat Launch, 1835 N Redwood Road

Register: No registration required

[Great Salt Lake Issues Forum](#)

Description: Every two years, FRIENDS hosts a Great Salt Lake Issues Forum. The purpose of the forum is to encourage constructive dialogue about the future of the Lake's ecosystem and its resources, and to illuminate the complexities involved in research, management, and planning for the Lake. The forum also explores Great Salt Lake from many different angles and in many different contexts—far beyond its resource development potential—to emphasize its ecological values as well as its intrinsic values that have contributed to our history, culture, and spirit.

Date: May 8-10th

Time:

Location: University Guest House and Conference Center



Register: [Link to register](#)

Family Nature Club

Description: The goal of Family Nature Club is to provide the tools, knowledge, and skills families need to play, laugh, and grow together. Each meet-up will include a unique nature-based activity and plenty of time to get to know one another in a safe environment.

Date: May 9th and May 23rd

Time: 3:30-4:30pm

Location: Jordan River Nature Center

Register: [Link to event](#)

Camping in Color Info Session

Description: We're excited to share our collaboration with [@momentumclimbing](#) in Sandy to host a 2024 Family Fun Friday + Camping in Color info session! Join us May 10th from 6-8pm to learn about this year's overnight trip in June and how you can get involved, connect with other families with black youth, and have fun climbing!

Date: May 10th

Time: 6-8pm

Location: Momentum Climbing in Sandy

Register: [Register here](#)

Red Butte Gardens Spring Plant Sale

Description: Our Annual Spring Plant Sale & Fundraiser is a great way to welcome the planting season and support Red Butte Garden.

Date: Members: May 10th, Non-members: May 11th

Time: Members: 1-8pm, Non-members: 9am-3pm

Location: Red Butte Gardens

Register: [Member registration](#)

Wasatch Community Gardens' Spring Plant Sale

Description: Get your calendars cleared, your garden dreams a-flowin'....and join us for Wasatch Community Gardens' annual Spring Plant Sale on Saturday, May 11! The sale will take place from 8:00 am - 1:00 pm at Rowland Hall (720 Guardsman Way, SLC).

Date: May 11th

Time: 8am-1pm

Location: Rowland Hall Elementary, 720 S Guardsman Way, Salt Lake City

Register: No registration required, [event website](#)

Tree Planting at Fitts Park

Description: When you arrive at the planting site, find our big green tent to check in. Once everyone has arrived, we'll begin with a brief safety talk and planting demonstration. Then, we'll split into small groups and get planting!



Date: May 11th

Time: 9am

Location: Fitts Park in South Salt Lake (3050 S 500 E)

Register: [Event details \(waiver required\)](#)

Golden Spoke Ride

Description: The Golden Spoke consists of over 170 miles of safe and connected multi-use trails, including [Provo River Parkway](#), [Murdock Canal Trail](#), [Jordan River Trail](#), [Legacy Trail](#), [Denver and Rio Grande Western Rail Trail](#), [Weber River Parkway Trail](#), [West Haven River Parkway Trail](#) and [Ogden River Parkway](#). This trail network links communities across the Wasatch Front Region from Ogden to Provo. This year's event will also highlight the recently completed [Parley's Trail](#) through Millcreek, Salt Lake City and South Salt Lake, and the [Crosstowne Trail](#) in West Valley City.

Date: May 11th

Time: Time varies, see event website

Location: Varies, see event website

Register: [Event website](#)

Health + Our Changing Environment

Description: The Summit County Health Department invites you to share your ideas, concerns, and questions about how a changing environment along the Wasatch Back is impacting your health, and that of your family and community.

Date: May 14th

Time: 5:30-7pm

Location: Kamas Services Building

Register: [Link to register](#)

Wilkes Climate Summit

Description: The Wilkes Climate Summit brings together leading policymakers, and nationally-recognized scientists, foundations, and innovators to discuss the most promising and cutting-edge solutions for climate change. This year's theme is: Climate Innovation and Resilience!

Date: May 14th and 15th

Time: 9am-3:30pm

Location: Alumni House, University of Utah

Register: [Link to register](#)

Accessible Foothill Nature Walk

Description: NHMU's Foothill Nature Walk- This nature walk will take place on accessible pathways and people who use wheelchairs, walkers, scooters, or have trouble walking on terrain will be able to easily participate. Participants are encouraged to bring sunscreen, a hat, proper closed toe footwear, and water. An ASL interpreter will be provided for this walk.

Date: May 15th

Time: 11:30-12:15 pm



Location: Meet at Red Butte Gardens admission desk

Register: [Event website](#)

HEAL Spring Brunch

Description: Get ready to turn back the pages and relive the memories because HEAL Utah's 25th Anniversary Spring Brunch is here, and it's going to be a reunion like no other! Join us as we celebrate 25 remarkable years of safeguarding Utah's environment and its people.

Date: May 17th

Time: 11:30-1pm

Location: Founders Room, 18th Floor, Zions Bank, 1 S Main Street

Register: [Registration](#)

Health + Our Changing Environment

Description: The Summit County Health Department invites you to share your ideas, concerns, and questions about how a changing environment along the Wasatch Back is impacting your health, and that of your family and community.

Date: May 20th

Time: 5:30-7pm

Location: Swaner EcoCenter, 1258 Center Drive, Park City

Register: [Link to register](#)

JRNC Nature Walk

Description: Join our nature center team for a relaxed walk on the Jordan River! Each week will feature a different focus- insects, birds, mammals, and more!

Date: Saturdays throughout May

Time: 9-10am

Location: Jordan River Nature Center

Register: [Link to event](#)

Craft Workshop: Spring Wasatch Painting

Description: Capture the vibrant colors of spring in the Wasatch Range with this acrylic painting workshop instructed by local artist Chrystal Dawn! At this workshop, you will be instructed step by step how to recreate a beautiful bright portrait of a spring stream running through a mountain field of wildflowers. Learn a variety of brush techniques to create soft clouds, delicate blades of grass and flowing water using accessible, beginner-friendly supplies. You'll leave with a stunning painting ready to brighten up any room, and with newfound skills to create many more masterpieces to come! All supplies are provided and no experience is required.

Date: May 29th

Time: 6-8pm

Location: Naturalists' Lab, NHMU

Register: [Link to register](#)