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Summer 2015



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Ralph McKenna
Walter Nunn
Nancy Irving Smith
Allan Ward
Ann West*
Richard A. Williams*
Phil Wittman
Shelley Wold*
* Co-chairs

Mark Your Calendars

- Summer Term—July 8—July 30
- Fall term—September 16—November 5
- Winter Term—January 20—March 10
- Spring Term—April 6—May 26

Staff Members

Ann C. Leek
Executive Director

Jane Gordon
Office Manager

Emily C. Ingram
Volunteers & Services

Leah Greenfield
Administrative Assistant

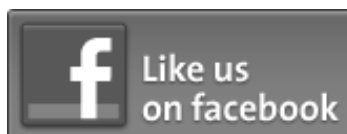


REGISTER ONLINE!

Enroll and pay online
for SummerQuest
classes!
Major credit cards
accepted.

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Register online at lifequestofarkansas.org
Sitton Scholarships are available to assist with
registration fees. Call 225-6073 to apply.

Slice of Life

(501) 225-6073

www.lifequestofarkansas.org

ArkansasGives to LifeQuest

We're excited to announce that during ArkansasGives (a one-day statewide giving event) we raised \$9,286 for LifeQuest of Arkansas! Your generous donations, plus the messages you shared to help us get the word out, made all the difference. Your gifts enable LifeQuest to continue our mission to provide third age adults with opportunities to learn and connect while using their lifelong skills to give back to our community. Thank you for your support.



ArkansasGives.org
GROW THE LOVE

Honorariums

Jo Ann McQuade
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Steve Leek
Catherine & Howard Cockrill

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Memorials

Turner Lloyd
Ann & Tom Bridgers
Winston Moody
Janice & Phillip Peters
Mr. & Mrs. E.L. Ronnel

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Lillian Hogue

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In Remembrance

Ben Carter
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ADVENTURES IN LEARNING

SummerQuest 2015

July 8 - July 30

501-225-6073 / info@lifequestofarkansas.org

REGISTRATION FEE: \$30.00

Note: Registration covers all Wednesday & Thursday classes for the entire 4 week term.

WEDNESDAY MORNING CLASSES:

9:00 a.m.

MAGIC FOR GRANDPARENTS (1 hr; 9:00—10:00)
Bill Fulton, Instructor; Marietta Kehler, Coordinator
Learn the basic skills of magic to share with your grandchildren. Improve your hand motor skills and dexterity, circulation, and mental focus. Increase problem-solving abilities and build self-confidence. Create lasting memories for your family.

KNITTING & SHARING (2 hrs; 9:00—11:00)
Share your knitting knowledge and learn from others.

WATERCOLOR INSTRUCTION (3 hrs; 9:00—12:00)
Tom Herrin, Instructor; Marietta Kehler, Coordinator
Painting instruction for all levels. Bring your own table cover, paper towels, water cup, and painting supplies. *(Enrollment limited to 20)*

INTRODUCTION TO SUB-SAHARAN AFRICA
(2 hrs; 9:00—11:00)
Jerry Hanson, Instructor; Sandy Hanson, Coordinator
Examination of the physical geography including the landforms, climate/weather, soils, vegetation, and natural resources of Africa. In addition, we will look at patterns of human settlement on the continent.
July 8 Introduction: Landforms and Climate/Weather
July 15 Soils and Vegetation; Patterns and Threats to Vegetation Systems
July 22 Natural Resources
July 29 Human Settlement Patterns

10:00 a.m.

SHRINK RAP (1 hr; 10:00—11:00)
Cagle Harrendorff, M.D., Instructor;
Walter Nunn, Coordinator
Conversations pertaining to mental health in:
July 8 Medicine
July 15 Relationships
July 22 Education
July 29 Business

11:00 a.m.

LOBBYING (1 hr; 11:00—12:00)
Walter Nunn, Coordinator
Everything you want to know about lobbying in Arkansas.
July 8 Arkansas Ethics Commission
July 15 Ark Monroe, Mitchell Williams Law Firm
July 22 Rosi Smith, Arkansas Children's Hospital
July 29 Impact Management Group

KINGS & CASTLES (1 hr; 11:00—12:00)
Elvon Lloyd, Instructor
English kings, queens, castles, and other people and places of interest (1216-1603).
July 8 House of Plantagenet
July 15 House of Lancaster
July 22 House of York
July 29 House of Tudor

ALL THE RIGHT MOVES (1 hr; 11:00—12:00)
July 8 The Whys and Hows of Personal Fitness: What's Enough and Too Much? - 10 Fitness
July 15 What Physical Therapy Can Do for You: What You Can Do for Yourself—Derek Lagemann, Physical Therapy Institute
July 22 Mobility, Support, Relief & Comfort—Jake Jacobi, Snell Prosthetic & Orthotic Lab
July 29 Fix It, Doc! When Nothing Else Helps—Richard A. Nix, M.D., OrthoArkansas

12:00—1:15 p.m.

BRING YOUR OWN LUNCH—ROOM 68

1:15 p.m.

THE FOUR SCIENTISTS (1 hr; 1:00—2:00)
Dr. Fred Silva, Instructor; Sandy Hanson, Coordinator
July 8 Galileo and the Galileo Affair
July 15 Darwin, the Evolving Story
July 22 Einstein, Is it Relative?
July 29 Steven Hawking, A Singular Person

1:15 p.m. (Continued)

GAMES FOR FUN (2 hrs; 1:00—3:00)
Play Bridge, Mah Jongg, or Scrabble.

OIL PAINTING INSTRUCTION (3 hrs; 1:00—4:00)
Jennifer Freeman, Instructor; Nancy I. Smith, Coordinator
Oil painting for all levels. Come with your table cover, paints and supplies and find that inner artist! *(Enrollment limited to 16)*

THURSDAY MORNING CLASSES:

9:00 a.m.

LIFEQUEST BOOK CLUB (1 hr; 9:00—10:00)
Allan Ward, Instructor
A continuation of discussions from the book:
1001 People Who Made America by Alan Axelrod.

INTRODUCTION TO FLY FISHING (2 hrs; 9:00—11:00)
Bob Cheatham and Drew Kelso, Instructors
July 9 Equipment: Rods, Reels and Line
July 16 Leaders, Leader Construction & Fly Fishing Knots
July 23 Fly Casting
July 30 Techniques, Flies and Fly Selection
(Enrollment limited to 12)

MAH JONGG REFRESHER (2 hrs; 9:00—11:00)
Ellen Lowitz, Instructor
Review your Mah Jongg skills. Students must already know how to play Mah Jongg. *(Enrollment limited to 16)*

MOVIES WITH PHILIP MARTIN (2 1/2 hrs; 9:00—11:30)
Philip Martin, Instructor; Ann West, Coordinator
View and discuss movies at Riverdale 10 movie theater with this notable film critic and journalist. Transportation on your own.

BASIC DRAWING (2 hrs; 9:00—11:00)
Bill Fulton, Instructor; Marietta Kehler, Coordinator
Bring your art gum eraser, paper, pencils, and your creativity!

10:00 a.m.

YOGA (1 hr; 10:00—11:00)
Sarah Caroline McAllister, Instructor
Yoga for all levels. Bring a Yoga mat or blanket. Dress comfortably.

PAPER CRAFTING (2 hrs; 10:00—12:00)
Sandy Hanson, Instructor
Make greeting cards in new colors, images and techniques. The \$10 fee covers all materials. The only thing you need to bring is enthusiasm! *(Enrollment limited to 12)*
July 9 Handmade Note Cards
July 16 Celebrating a Birthday
July 23 Sympathy Cards
July 30 Saying Thank You

10:00 a.m. (Continued)

EXPANDING THE MIND: Explorations for the Curious
(1 hr; 10:00—11:00)
Allan Ward, Ph.D., Instructor
Exciting developments in all areas of human investigation continue to reveal fascinating new information about history, language, anthropology, archeology, and all other sciences and humanities. Drawing from sources that deal with all of these, in each class period we will share a variety of amazing discoveries and insights from around the world.

11:00 a.m.

IF YOU CAN TALK YOU CAN SING (1 hr; 11:00-12:00)
Dolly Kyle, Instructor; Phil Wittman, Coordinator
If you think you "can't sing," think again. Enjoy a fun, non-threatening voice/music class with potential health benefits: improved circulation, lowered heart rate and blood pressure, increased metabolism, clearer thinking, stress relief, etc. You must be able to breathe and talk to participate.

MOBILE EMPOWERMENT—Phones & Tablets
(1 hr; 11:00—12:00)
Verizon Presenters: Sydney Ables, Russell Cowdery, Elayne Hill, and Melody Madigan
Learn how mobile devices empower you at home and away. Your devices provide connections to friends, family, entertainment, and so much more! Develop skills and reduce the stress of using your smartphone. Each week, we'll present something new and cover your questions regardless of brand, carrier, or operating system.

THURSDAY EVENING CLASS:

DINNER WITH CHEF (2 hrs; 5:30—7:30 p.m.)
Ann West & Aaron Lubin, Coordinators
Enjoy fine dining, good company, and conversation with a chef or restaurant owner. The multiple course fixed price dinner includes tax and tip, but alcohol is your cost unless noted. Reserve and pay for dinners at the time of SummerQuest registration. Transportation is not provided. Carpooling is encouraged. *(Enrollment limited to 16)*
July 9 Terry's Finer Foods -The Restaurant -\$50
July 16 Pulaski Tech Culinary Institute - \$15
(Bring your favorite bottle of wine to enjoy with dinner)
July 23 Caper's - \$42
July 30 Marlsgate Plantation - \$65 *(Wine included)*

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