



ADVENTURES IN LEARNING

Fall 2015: Sept. 16 - Nov. 5

501-225-6073 / info@lifequestofarkansas.org

Classes held at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock

REGISTRATION FEE: \$60.00 by Sept. 4 - \$70 afterward

Note: Registration covers all Wednesday & Thursday classes for the entire 8 week term.

Some classes require an additional class fee.

Register AND pay online at www.lifequestofarkansas.org

NEW MEMBER COFFEE & ORIENTATION:

Wed., Sept. 9, 9:30—10:30 a.m. 600 Pleasant Valley Drive

WEDNESDAY CLASSES:

8:30 - 9:50 a.m.

VAMOS A HABLAR MAS ESPANOL! (1.5 hrs)

Marcie Smith, Instructor; Nancy I. Smith, Coordinator
For people with some experience speaking Spanish.
(Book, CD, & flash cards may be ordered at an additional cost.)

9:00 - 9:50 a.m.

BEHIND THE HEADLINES

John Brummett, Instructor
Lively commentaries on state and national politics with this popular Arkansas Dem-Gaz, op-ed columnist.

9:00 a.m. - 10:50 a.m.

KNITTING & SHARING (2 hrs)

Share your knitting knowledge and learn from others.
Enrollment limited to 20.

9:00 a.m. - 11:50 a.m.

BASIC DRAWING (3 hrs)

Bill Fulton, Instructor; Marietta Kehler, Coordinator
The first hour is optional: open studio for experienced artists. Instruction begins at 10:00 a.m. Bring your art gum eraser, paper, pencils, and your creativity!

WATERCOLOR OR ACRYLIC EXPLORATION (3 hrs)

Judy Smitley, Instructor; Marietta Kehler, Coordinator
Instruction for experienced painters. Bring your table cover, paint brushes, paper, small easel, water cups and paper towels. *Enrollment limited to 22.*

WATERCOLOR STUDIO (3 hrs)

Marietta Kehler, Coordinator
Paint with friends. No instruction.

10:00 - 10:50 a.m.

SWINGIN' DOWN THE LANE

David Miller, Instructor; Phil Wittman, Coordinator
Host of NPR's "Swingin' Down the Lane" presents "Big Bands at the Movies": Biopics of the Dorsey Brothers, Red Nichols, Eddy Duchin and Gene Krupa.

GREAT BOOKS

William E. Moore, Instructor; Phil Moore, Coordinator
Read and discuss a group selections of great literature by classic and modern authors.
Materials fee = \$10. Enrollment limited to 16. This class will be repeated in the afternoon.

SPANISH—LEVEL II

Isabel Adams, Instructor; Shelley Wold, Coordinator
Learn new vocabulary, increase your conversational skills and comprehension, and know more about the cultures of the Spanish-speaking countries.
Text—"Spanish Conversation" by Jean Yates.

ART BEYOND THE WEST

Jeanne-Marie Meyer, Instructor; Ann West, Coordinator
Learn how to look at and analyze non-western artwork while focusing on art traditions of Africa, Asia, Island cultures, Native American and Pre-Columbian artworks.

DESIGN & CONSTRUCTION OF THE GREAT CHURCHES OF MEDIEVAL EUROPE

Jay Fredrich, Instructor; Betty French, Coordinator

Sept. 16	Spirituality, Religious Institutions and the Evolution of Architectural Styles
Sept. 23	Builders and Their Tools
Sept. 30	Geometry and Sacred Spaces
Oct. 7	Foundations, Columns, Arches & Buttresses
Oct. 14	Vaulting, Roofs and Domes
Oct. 21	Lanterns, Towers and Spires
Oct. 28	Light, Sound and Art
Nov. 4	Gold was the Mortar

(Wednesday classes continued)
11:00 a.m. - 11:50 a.m.

AMERICANA FOLK MUSIC: Origins & Social Significance

Ralph McKenna, Coordinator

- Sept. 16 Course Overview—Ralph McKenna
Sept. 23 Revival of the 1950s: Celtic & European Influences Part I—Joe Lombardi
Sept. 30 The Blues & Piedmont Influences: Impact on 1960s Urban Folk Movement—Micky Rigby
Oct. 7 Revival of the 1950s: Celtic & European Influences, Part II—Joe Lombardi
Oct. 14 Americana via Arkansas: Levon Helm and The Band—Rich Roy
Oct. 21 Mountain Music & Blue Grass—Ralph McKenna
Oct. 28 Contemporary Americana—Rich Roy
Nov. 4 Class Hootenanny—Micky Rigby

SPORTS TALK

Phil Wittman, Coordinator

Discussion of Razorback football/basketball and other topics with special guests: Trey Mallett, Steve Sullivan, David Raath, Richard Davenport, Craig O'Neill, Clint Stoerner and others.

FASCINATING WOMEN OF THE 40s

Various Instructors; Dick Williams, Coordinator

- Sept. 16 Virginia Hall—Dick Williams
Sept. 23 Marian Anderson—Bob Brown
Sept. 30 Clare Booth Luce—Annabelle Imber Tuck
Oct. 7 Ingrid Bergman—Bill Wilson
Oct. 14 Ella Fitzgerald—Dent Gitchell
Oct. 21 Bess Truman—Fred Ursery
Oct. 28 Margaret Chase Smith—Bob Cabe
Nov. 4 Babe Didrickson Zaharias—Pat Goss

HISTORY OF CHRISTIANITY

Steve Teske, Instructor; Elvon Lloyd, Coordinator

- Sept. 16 Jesus, the Apostles, and the New Testament
Sept. 23 Heresies, Persecution, Constantine and the First Council
Sept. 30 Councils and Heresies, Monasticism and Missionary Work
Oct. 7 The Rise of Islam, Reform Movements, Investiture, and Schism
Oct. 14 The Crusades, A New Wave of Reform, Scholasticism, and the Retreat to Avignon
Oct. 21 More Reformers, and Missionary Work in Asia and the Americas
Oct. 28 Challenges to Christian Beliefs, Pietism and Methodism, Awakenings
Nov. 4 World Wars, Ecumenism, the Pentecostal Movement, Fundamentalism and Evangelicalism, the Third World Church

19TH CENTURY BRITISH POETRY

Barry Hardin, Instructor; Shelley Wold, Coordinator

The romantics and the Victorians—a contrast of philosophies and themes. Copies of poems will be available for class members.

(Wednesday classes continued)
11:00 a.m. - 11:50 a.m.

SELECTED TOPICS IN SCIENCE

B.E. Hankins, Instructor; Sandy Hanson, Coordinator

- Sept. 16 Nitroglycerin, Dynamite and Alfred Noble
Sept. 23 Serendipity: Accidental Discoveries in Science
Sept. 30 Comedy and the Periodic Table
Oct. 7 Getting Started: Moles Aren't Just Animals
Oct. 14 Subatomic Particles: A Demonstration
Oct. 21 Amazing Combos: Why Do Elements React?
Oct. 28 Radioactivity, A Demonstration
Nov. 4 Geopressured—geothermal: An Alternative Energy Source

12:00 p.m. - 1:00 p.m.

LUNCH PROGRAMS

Phil Wittman, Coordinator

- Sept. 16 LR Rockettes, Dance Troupe
Sept. 23 Civil War—Stewart Towns, Author,
Sept. 30 Crime Prevention—Michelle Hill, L.R.P.D.
Oct. 7 LifeQuest Founders' Day
Oct. 14 Wicked Problems—Kent Thornton
Oct. 21 Gio Antipolo, Pianist
Oct. 28 Travelogue—Debra & Dennis Grandle
Nov. 4 Kathyne Overturf, Opera Soloist

1:15 p.m. - 2:15 p.m.

GAMES FOR FUN

Bridge for Fun, Scrabble, and Mah Jongg!

ZUMBA GOLD

Katrina Price, Instructor; Todd Price, Coordinator

Exercise to Latin music. All levels.

SOUTH AFRICA: THE RISE & FALL OF APARTHEID

Rich Corby, Instructor; Sandy Hanson, Coordinator

- Sept. 16 South Africa's geography, earliest inhabitants, and the Dutch establishment of Cape Town in the 1960s
Sept. 23 Expansion of the Zulu people under Shaka in the 1820s, the Great Trek of European settlers into the interior in the 1830s and 40s, and the discovery of gold and diamonds in the Transvaal.
Sept. 30 The Anglo-Boer War, 1899-1902, and the Union of South Africa until 1948
Oct. 7 Apartheid, 1948-1994
Oct. 14 The African National Congress' leader, Nelson Mandela, wins the election in 1994
Oct. 21 Institutes for American School Teachers
Oct. 28 Excerpt from "Cry for Freedom"
Nov. 4 Excerpt from Bizet's "Carmen" set in Khayelitsha township

(Wednesday classes continued)

1:15 p.m. - 2:15 p.m.

TELL YOUR OWN STORY

Joy Jones & Tina Coffin, Instructors;
Shelley Wold, Coordinator

Everyone has lived an interesting life, although sometimes it doesn't seem so to the writer. Surprise yourself and write it all down. We'll show you how. Your family will love and appreciate it!

GREAT BOOKS

William E. Moore, Instructor, Bob Moore, Coordinator
Read and discuss as a group selections of great literature by classic and modern authors.

*Materials fee = \$16. Enrollment limited to 16.
This class is also offered in the morning.*

1:15 p.m. - 4:00 p.m.

OIL PAINTING INSTRUCTION (3 hrs)

John Deering and Clarence Calkins, Instructors;
Nancy I. Smith, Coordinator

Oil painting instruction geared toward those with experience. Come with medium size canvas, a tablecloth, and your supplies. Initial supplies will cost approximately \$50 - \$75.

Enrollment limited to 16.

PAINTING STUDIO (3 hrs)

Nancy Irving Smith, Coordinator

Paint with friends. No instruction

THURSDAY CLASSES:

9:00 - 9:50 a.m.

LIFEQUEST BOOK CLUB

Allan Ward, Ph.D., Instructor & Coordinator

We will be discussing *1001 People Who Made America* by Alan Axelrod.

U.S. FOREIGN POLICY

Alan Eastham, Retired U.S. Ambassador and current Hendrix Professor; Instructor; Art Gillum, Coordinator

An open-ended, participatory discussion based on topics in the news. Explore how and why foreign policy decisions are made and their success or failure.

9:00 - 10:50 a.m.

MAH JONGG FOR BEGINNERS ONLY (2 hrs)

Ellen Lowitz, Instructor; Ginger Goodman, Coordinator

Learn to play Mah Jongg. Please purchase your 2015 Mah Jongg card by contacting www.nationalmahjonggleague.org or calling 212-246-3052. *Enrollment limited to 16.*

(Thursday classes continued)

9:00 a.m. - 11:50 a.m.

WATER MEDIA (3 hrs)

Joy Jones, Instructor; Marietta Kehler, Coordinator

Bring your choice of pencils, graphite, water color pencils, water color, gouache, acrylic, a table cover, and your creativity.

Enrollment limited to 20.

PAPERCRAFTING(3 hrs)

Sandy Hanson & Connie Wardell, Instructor

"Made with love" is the sentiment that a handmade greeting card carries with it. Make birthday and thank you cards, gift enclosures and tags, sympathy and special occasion cards. Three fully designed projects will give you 25 cards/paper projects for the \$25 fee. All materials and tools supplied; just bring willingness to exercise the creative part of your brain.

Materials fee = \$25. Enrollment limited to 12.

10:00 - 10:50 a.m.

TAI CHI

Suzanne Yung, Instructor; Art Gillum, Coordinator

Learn the slow rhythmic movements of Tai Chi Northern Wu, the 13 Golden Postures and the Tai Chi walk.

EXPANDING THE MIND: Explorations for the Curious

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.

WICKED PROBLEMS: No Solution; Only a Resolution

Kent Thornton, Instructor

- | | |
|----------|--|
| Sept. 16 | Intro and Overview |
| Sept. 23 | Morons, Mindsets, and Mental Models—Different belief systems and their effects |
| Sept. 30 | Isolation, Polarization, and Proselytism—Loss or relationships and community |
| Oct. 7 | Linear Thinking in a Non-Linear World—Search for silver bullets in a complex world |
| Oct. 14 | Limiting Beliefs, Liberating Truths—Testing our belief systems and shared understanding |
| Oct. 21 | It's All Hooked Together—Complexity is Realty—Common underlying principles for negotiating complex systems |
| Oct. 28 | Mustering, Mediation, and Muddlin—Moving toward compromise, resolution, and incremental progress |
| Nov. 4 | Better Together—Case studies where wicked problems have been "tamed" |

(Thursday classes continued)

10:00 a.m.—10:50 a.m.

POLITICS & THE MOVIES—PART II

Art English, Instructor; Ann West, Coordinator

Movies are full of politics. We will discuss some of the classic movies about politics and what they are saying about the state of government and politics in our country as well as other political systems. Some of the movies to be discussed include: "Dr. Strange-love," "Taking on the Kennedys," "They Died with Their Boots On," "The Fog of War," "The Last Hurrah," "Inherit the Wind," "Selma" and "Little Big Man."

11:00 a.m. - 11:50 a.m.

WHAT'S ON YOUR MIND?

Bob Alexander, Moderator; Art Gillum, Coordinator

Not your typical teacher-led class, but a completely unstructured, moderator-led discussion of any-and-all topics and ideas. Come speak your mind!

YOGA - ALL LEVELS

Karin Bara, Instructor

Beginning to Intermediate Yoga. Learn basic Hatha yoga poses for balance, strength, and flexibility. Bring a yoga mat or blanket. Dress comfortably.

FUTURE OF CITIES—PART II

Jeff Nash, Instructor; Elvon Lloyd, Coordinator

- | | |
|----------|--|
| Sept. 17 | Part I, Redux |
| Sept. 24 | How to Predict the Future (Apollo's Arrow) |
| Oct. 1 | Public Space as Indicators of the Future |
| Oct. 8 | How Order & Disorder Shape the Future |
| Oct. 15 | Diversity, Sprawl, and Sustainability |
| Oct. 22 | Urbanization in Developing Nations |
| Oct. 28 | Conditions that Shape the Future |
| Nov. 5 | Models of the Future Cities |

EVOLUTION

Bill Melchoir, Instructor; Sandy Hanson, Coordinator

The topic of evolution can be complex, controversial and confusing. Come learn what evolution is, how it works, and how scientists know what they know.

THURSDAY EVENING CLASS:

6:00 - 8:00 p.m.

DINNER WITH CHEF

Ann West, Sandie & Aaron Lubin, Coordinators

- Oct. 22 Pulaski Tech Culinary Institute - Enjoy a private dinner for LifeQuest members with commentary from the Institute chefs and an optional tour of the facility.

Fee = \$15. Enrollment limited to 40.

Bring your own wine.

*Must register for this class online at
www.lifequestofarkansas.org.*

FALL LUNCHES—\$8

Wednesdays, September 16—November 4

Noon—1:00 p.m. in the Great Hall

September 16

Chicken Salad Sandwich
Fresh Fruit Salad
Strawberry Cake

September 23

Fayrene's Chicken Rice Salad
Tomato Basil Soup
Herb Bread
White Choc Macadamia
Cookies

September 30

Ham & Swiss on Rye
Pasta Salad
Apple Crisp

October 7 (Founders' Day)

Chicken Artichoke Casserole
Dilled Carrots
Wheat Rolls
Chocolate Cake

October 14

Quiche Florentine
Greek Salad
French Roll
Lemon Bars

October 21

Tuna Submarine
Jim's Lemon Slaw
Kosher Dills
Carrot Cake

October 28

Cheese Tortellini with Marinara
Caesar Salad
Garlic Bread
Cherry Almond Bars

November 4

Turkey Roulade w/Gravy
Haricot Verts Almandine
Cranberry Relish
Pumpkin Praline Pie

CORPORATE SPONSORS

Platinum

Arkansas BlueCross BlueShield
Snell Prosthetic & Orthotic Laboratory
Woodland Heights
U.S. Pizza Company

Silver

The Charlotte John Company
Connaway & Assoc. Equine Insurance
Friday Eldredge & Clark
Simmons First Trust Company

BRING A FRIEND

Remember you can bring a friend to LifeQuest with a one-day free pass. Just let us know if you want to reserve a lunch. Pick up a guest pass in the LifeQuest office.