



ADVENTURES IN LEARNING

SummerQuest 2014

July 9 - July 31

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

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)

Shirley Brainard, Instructor; Marietta Kehler, Coordinator

Painting instruction for experienced painters. Bring your own table cover, paper towels, water cup, and painting supplies.

WATERCOLOR STUDIO (3 hrs 9:00—12:00)

No Instructor

Marietta Kehler, Coordinator

Paint with friends. Bring your own table cover, paper towels, water cup, and painting supplies.

10:00 a.m.

GREAT EUROPEAN TRIALS (1 hr; 10:00 - 11:00)

Garrett McAinsh, Instructor; Shelley Wold, Coordinator

Learn about the trials of Joan of Arc, Socrates, John Wilkes, and Alfred Dreyfus.

11:00 a.m.

GLUTEN INTOLERANCE (1 hr; 11:00 - 12:00)

Anne Luther & Paula Dempsey, Instructors

Learn the basics and how to live (and thrive) gluten free.

- July 9 Introduction to G I —Anne Luther
- July 16 Foods, Labels, and Moore—Anne Luther
- July 23 Gluten Free Cooking—Paula Dempsey
- July 30 Food Sensitivities—Paula Dempsey

LOCAL MUSEUMS & PARKS (1 hr; 11:00 - 12:00)

Janet Elwood, Coordinator

- July 9 Old State House - Ian Beard
- July 16 What's Inside Women's Handbags - Anita Davis, Esse Museum
- July 23 Indian Literary Treasures - Dan Littlefield, Sequoyah Research Ctr.
- July 30 Nature Downtown - Holly Sanders, AGFC

ARKANSAS & WORLD WAR I (1 hr; 11:00 - 12:00)

Steve Teske, Instructor

- July 9 Before America entered the war
- July 16 Wartime registration & activity
- July 23 Arkansas battlefield heroes
- July 30 Aftermath

LUNCH ON YOUR OWN

(We will use Room 68 for sack lunches)



LifeQuest is grateful to Arkansas Blue Cross Blue Shield for printing this issue of SLICE OF LIFE and the SUMMERQUEST 2014 AIL class brochure.

WEDNESDAY AFTERNOON CLASSES:

1:00

YOUR CONNECTED LIFE (1 hr; 1:00—2:00)

Verizon Presenters: Mandi Sears, James Eaton, and James Turner

Everything you wanted to know about using smartphones and tablets but didn't know to ask:

- Smartphones (any brand, carrier, operating system)
- Tablets (any brand, carrier, operating system)
- Apps
- And all other questions you have every week!

THE BIRDS AND THE BEES (2 hrs; 1:00—3:00)

Coleman Little, UCA, and Dr. Dan Scheiman, Audubon Arkansas, Instructors

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| July 9 | Introduction to Native Bees |
| July 16 | Community Dynamics of Bees |
| July 23 | Birding Basics |
| July 30 | Backyard Birds & Beyond |

GAMES FOR FUN (2 hrs; 1:00—3:00)

Play Bridge, Mah Jongg, or Scrabble.

OIL PAINTING INSTRUCTION (3 hrs; 1:00—4:00)

Diana Shearon and Sheila Castin, Instructors;
Nancy I. Smith, Coordinator

This is oil painting for all levels. Come with your table cover, paints and supplies and find that inner artist!

WEDNESDAY 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. Three course fixed price dinner includes dessert, tax, and tip.

(Limited to 16)

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| July 9 | Brave New Restaurant - \$35 Peter Brave, Chef/owner |
| July 16 | Trios - \$42 Capi Peck, Chef/owner |
| July 23 | Chi's Dim Sum & Bistro - \$25 Lu Lu Chi, Owner |
| July 30 | Acadia - \$33 James Hale/Owner |

THURSDAY MORNING CLASSES:

9:00

LIFEQUEST BOOK CLUB (1 hr; 9:00—10:00)

Allan Ward, Instructor

A continuation of discussions from the book:

The Company We Keep.

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.

(limited to 16)

MOVIES WITH PHILIP MARTIN (2 hrs; 9:00-11:00)

Philip Martin, Instructor; Ann West, Coordinator

Discuss films with our favorite Arkansas film critic and journalist.

10:00

SPECTRUM OF KNOWLEDGE (1 hr; 10:00—11:00)

Allan Ward, Instructor

A continuing discussion on the origins of sayings, words, phrases, and more.

BASIC GENEALOGY (1.5 hrs; 10:00—11:30)

Russell Baker, Instructor

Enjoy the pursuit of finding your family's history.

PAPER CRAFTING (2 hrs; 10:00—12:00)

Sandy Hanson, Instructor

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| July 10 | Fun Birthday Cards |
| July 17 | Cool Thank You Cards |
| July 24 | Doily Day |
| July 31 | Gift Giving Suite |

11:00

YOGA (1 hr; 11:00—12:00)

Lorene Megee, Instructor; Art Gillum, Coordinator

Enjoy basic yoga.

THURSDAY AFTERNOON CLASS:

COOKING WITH KAROL (2 hrs; 4:00 - 6:00 p.m.)

Ann West, Coordinator

Watch and learn from chef Karol Zoeller who will prepare a 3-course meal each week at the historic home of Ann West, 1821 S. Gaines. **Supply fee = \$60** which includes food, wine, and summer-themed recipes for all four weeks. (Limited to 16)