



ADVENTURES IN LEARNING

Fall 2014: Sept. 17—Nov. 6

501-225-6073 / info@lifequestofarkansas.org

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

REGISTRATION FEE: \$60.00 by Sept. 5 - \$70 after Sept. 5

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

WEDNESDAY CLASSES:

8:30 - 9:50 a.m.

EXPERIENCED SPANISH (1.5 hrs)

Marcie Smith, Instructor; Phil Wittman, 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
Stimulating discussion of late-breaking news.

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

KNITTING & SHARING (2 hrs)

Jean Wallace, Leader
Share your knitting knowledge and learn from others.
Class limited to 20.

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

WATERCOLOR INSTRUCTION (3 hrs)

Judy Smithey, Instructor ; Marietta Kehler, Coordinator
Watercolor exploration for experienced painters.
Bring your table cover, paints, brushes, paper, small easel, water cups & paper towels. (Cost for initial supplies is approximately \$50 - \$75.)
Class limited to 22.

WATERCOLOR STUDIO (3 hrs)

Marietta Kehler, Coordinator
Paint with friends. No instruction.

10:00 - 10:50 a.m.

CONTEMPORARY AMERICAN FOLK MUSIC

Ralph McKenna, Instructor
Sandra Hanson, Coordinator
Sept. 17 Traditional, Revival, & Regional Diversification
Sept. 24 Sorting Genres: Folk, Country, Blue Grass, Western, Urban
Oct. 1 Class Favorites
Oct. 8 Common Subjects: Love, Protest, Nature, Self-Discovery
Oct. 15 Guest Performance: Central Ark. Musicians
Oct. 22 Folk & Social Issues: Music for Change
Oct. 29 Musical Exemplars
Nov. 5 Class Hootenanny & Evaluation

GREAT BOOKS

William E. Moore, Instructor, Bob Moore, Coord.
This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.

Materials fee = \$10. Class limited to 16.

This class will be repeated in the afternoon.

SPANISH II

Isabel Adams, Instructor; Shelley Wold, Coordinator
Communicate clearly and effectively in past tense; increase your understanding of Spanish grammar; practice word order and use of the direct and indirect object pronouns. Practice conversing.

COSMOPOLITAN AMERICAN IMPRESSIONISTS

Jeanne-Marie Meyer, Instructor
Ann West, Coordinator
Learn how to look at and analyze artwork of the American Impressionists, including the Expatriates.

(Wednesday Classes Continued)
10:00 - 10:50 a.m.

ISSUES IN ARKANSAS STATE & LOCAL GOVERNMENT

Walter Nunn, Ed.D, Coordinator; Chuck Chappell, AIL

- Sept. 17 Crime
- Sept. 24 Prisons
- Oct. 1 Taxes
- Oct. 8 Race
- Oct. 15 Education (pre-collegiate)
- Oct. 22 Judicial Selection and Ethics
- Oct. 29 Ballot Issues / Voting Procedures in 2014
- Nov. 5 TBD by the class

THINKING ABOUT THINKING

David H. Dyer, Instructor

A look at some of the many conceptions of how we think, learn, and communicate. We'll consider major historic eras, cultures, and thought forms, as well as today's information from neuroscience and the development of Artificial Intelligence.

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

SPORTS TALK

Phil Wittman, Coordinator

Come hear all about sports in Arkansas from some of our favorite sports writers and newscasters: Wally Hall, Trey Mallett, Steve Sullivan, Mark Edwards, Richard Davenport, and others.

MONEY STILL MATTERS

Sponsored by Simmons First Trust Co.

Elvon Lloyd, Coordinator

- Sept. 17 Trusts 101
Richard Clark
- Sept. 24 Inside the Federal Budget—Part I
Elvon Lloyd
- Oct. 1 Inside the Federal Budget—Part II
Elvon Lloyd
- Oct. 8 Who Gets Grandma's Pie Plate? (Wills)
Cal McCastlain
- Oct. 15 Don't Outlive Your Nest Egg
David Trent
- Oct. 22 Investment Fraud & Scams—Part A
Larry Cathey, Arkansas Securities Dept.
- Oct. 29 Investment Fraud & Scams—Part B
Larry Cathey
- Nov. 5 Who Pays Taxes? (80/20 Rule)
Elvon Lloyd

NUTRITION TO FIT YOUR LIFE

Jennifer VanNorman, Instructor; Betty French, Coordinator

- Sept. 17 General Nutrition: Eating Healthy
- Sept. 24 Diabetes: How to live with it or avoid it
- Oct. 1 Popular Diets: Do they work?
- Oct. 8 Mental Food: Helpful Books
- Oct. 15 Technology Helps: Apps, Websites, Programs
- Oct. 22 Lifestyle Changes: Modifying recipes, cookbooks, eating out, doggie bags
- Oct. 29 Living with Food Allergies
- Nov. 5 Food/Drug Interactions - Know and Avoid
(Class limited to 20)

(Wednesday Classes Continued)
11:00 a.m. - 11:50 a.m.

VIETNAM

Dick Williams, Coordinator

- Sept. 17 French Colonial Period & World War II
Chris Barrier
- Sept. 24 Rise of Ho Chi Minh - Justice Bob Brown
- Oct. 1 JFK, Diem and the 1963 Coup - Bob Cabe
- Oct. 8 US Escalation Under LBJ - Fred Ursery
- Oct. 15 Tet Offensive and the Hanoi Hilton
Judge Bill Wilson
- Oct. 22 Nixon, Kissinger and the Peace Process
Dick Williams
- Oct. 29 The American Evacuation and Its Aftermath
Judge Jim Moody
- Nov. 5 Vietnam Today - Dent Gitchel

THE PLAY'S THE THING: Tragedy, Comedy, and Existentialism

Barry Hardin, Instructor; Shelley Wold, Coordinator

- Sept. 17 Tragedy, Comedy, and Existentialism
Selected scenes from "Hamlet", Act I
- Sept. 24 Reader's Theater of scenes from "Hamlet"
- Oct. 1 Hamlet, the character, plus Acts III & IV
- Oct. 8 Reader's Theater of "Hamlet" Act V
- Oct. 15 "The Importance of Being Earnest", I & II
- Oct. 22 "The Importance of Being Earnest", III & IV
- Oct. 29 Reader's Theater of "No Exit"
- Nov. 5 Wrap Up of the plays and their major themes

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

LUNCH PROGRAMS

Phil Wittman, Coordinator

- Sept. 17 Medicare Fraud - Lisa Strain, RSVP
- Sept. 24 Music - Scott Odena
- Oct. 1 Amish Lifestyle - Andy Miller
- Oct. 8 Favorite Music - Nan Renaud
- Oct. 15 State Health Insurance (SHIIP)
Amanda White, Director
- Oct. 22 TBA
- Oct. 29 Oral Health & Your Heart / Diabetes
Kelly Caldwell, Delta Dental
- Nov. 5 Music by Bob Boyd

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.

(Wednesday Classes Continued)

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

HOT TOPICS IN SCIENCE

Origins and Theological Reflections

Dr. Fred Silva, Instructor, Sandy Hanson, Coordinator
Sept. 17 NO CLASS. Think about questions you have.
Sept. 24 Introduction to Science and Religion
Oct. 1 Cosmology: Origin of the Universe
Oct. 8 Origin of Life
Oct. 15 Evolution
Oct. 22 Origin of Humans
Oct. 29 Genetics, Ethics, and Ewe
Nov. 5 Neuroscience / Our Brain

TELL YOUR OWN STORY

Franchelle Owen & Joy Jones, 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
This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.

*Materials fee = \$10. Class limited to 16.
This class is also offered in the morning.*

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

OIL PAINTING INSTRUCTION (3 hrs)

Kelly Hargis, Glenda Josephson, and Sean LeCrone
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:

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 LQ office.*

9:00 - 9:50 a.m.

ALL ABOUT AFRICA

Rich Corby, Ph.D., Instructor; Garrett McAinsh, Coord.
A glimpse of Africa's history, political science, anthropology and economics
Sept. 17 Myths & Stereotypes
Sept. 24 Africans Before the 19th Century
Oct. 1 Trans-Atlantic Slave Trade
Oct. 8 European Conquest
Oct. 15 Independence Regained
Oct. 22 Traditional and Other Religions
Oct. 29 Personal Experiences
Nov. 5 South Africa: A Case Study

LIFEQUEST BOOK CLUB

Allan Ward, Instructor & Coordinator
Continued discussion of The Company We Keep, by Ruth D. Shepherd. The executive director of Just Communities of Arkansas has written about the people that organization and its predecessors have honored for fifty years as contributors to the unity and well-being of our communities.

CLASSIC JAZZ

Pat Henry, Instructor; Phil Wittman, Coordinator
Music, videos and discussion of classic jazz.

9:00 - 10:50 a.m.

MAH JONGG FOR BEGINNERS ONLY (2 hrs)

Ellen Lowitz, Instructor; Ginger Goodman, Coord.
Learn to play Mah Jongg. Please purchase your 2014 Mah Jongg card by contacting www.nationalmahjonggleague.org or calling 212-246-3052. *Limited to 16.*

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

BASIC DRAWING (3 hrs)

Donald Bersuder, Instructor
Marietta Kehler, Coordinator
Bring your paper, pencils, and your creativity!

DRAWING AND WATER MEDIA (3 hrs)

Joy Jones, Instructor; Marietta Kehler, Coordinator
Bring your choice of charcoal, pencils, graphite, ebony pencil, water color pencils, water color, gouache, acrylic, table cover, and your creativity.

PAPERCRAFTING: Inspirations (3 hrs)

Sandy Hanson, Instructor
Put your personal spin on three cards or small paper projects demonstrated by the instructor at each class. Materials fee covers all materials and tools needed to make 25 projects during the fall term.
Materials fee = \$25. Enrollment limited to 12.

(Thursday Classes Continued)

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.

EXPLORING EVERYTHING

Allan Ward, Instructor
We speak English, a language that has been in constant change for centuries. We will follow the intriguing twists and turns in its development and trace its pathways around the world.

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.

11:00 a.m. - 12:00 p.m.

WHAT'S ON YOUR MIND?

Bob Alexander, Moderator; Raye Montague, Coord.
Whether liberal or conservative, Democrat or Republican, this class is well-balanced to opposing views. Emphasis is on polite and rational discussion of penetrating analyses, insightful questions and pertinent facts.

YOGA

Lorene Megee, Instructor; Art Gillum, Coordinator
Beginning to Intermediate Yoga. Learn basic Hatha yoga poses for balance, strength, and flexibility. Bring a yoga mat or blanket. Dress comfortably.

THE FUTURE OF CITIES

Jeffrey Nash, Ph.D., Instructor; Ann West, Coordinator
Sept. 17 Where Cities Come From
Sept. 24 Types of Cities
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. 29 Conditions That Shape the Future City
Nov. 5 Imaging Future Cities

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FALL LUNCHEES - \$7

Sept. 17—Nov. 5

Lunches will be posted on our website:
www.lifequestofarkansas.org