



ADVENTURES IN LEARNING

Winter 2015: Jan. 14—Mar. 5

501-225-6073 / info@lifequestofarkansas.org

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

REGISTRATION FEE: \$60.00 by Jan. 2 - \$70 after Jan. 2

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., Jan. 7th, 9:30—10:30 a.m. 600 Pleasant Valley Drive

Remember to bring a friend to LifeQuest. One day passes are available in the office.

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)

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

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

WATERCOLOR INSTRUCTION (3 hrs)

Tom Herrin, Instructor ; Marietta Kehler, Coordinator

Watercolor exploration for all levels.
Bring your table cover, paints, brushes, paper, small easel, water cups & paper towels. (Cost for initial supplies is approximately \$50 - \$75.)
Class limited to 20.

BASIC DRAWING (3 hrs)

Bill Fulton, Instructor

Marietta Kehler, Coordinator

Bring your art gum eraser, paper, pencils, and your creativity!

10:00 - 10:50 a.m.

WILLIAM FAULKNER - *AS I LAY DYING*

Chuck Chappell, Ph.D., Instructor & Coordinator

As I Lay Dying, published in 1930 by the Nobel-Prize winning American author William Faulkner, is consistently ranked as a masterpiece of 20th-century world literature. We will closely read, analyze, and discuss the novel, and also we will view selected scenes from the recent cinematic adaptation of the book, one that was produced and directed by James Franco.

GEOGRAPHY OF RUSSIA

Gerald Hanson, Ph.D., Instructor

Sandy Hanson, Coordinator

Jan. 14 Physical: land forms, climate, distance
Jan. 21 Russian history—Soviet legacy
Jan. 28 Demography, urbanization
Feb. 4 Cultures—language and religion
Feb. 11 Economic geography
Feb. 18 Industry and transportation
Feb. 25 Central and northwest Russia, the Urals
Mar. 4 Siberia, Caucasus, Volga

SPANISH II

Isabel Adams, Instructor; Shelley Wold, Coordinator

Learn new vocabulary, increase your conversational skills and comprehension, and know more about the culture of the Spanish-speaking countries. Text = *Spanish Conversation* by Jean Yates. (McGrawHill)

SACRED SOUNDS IN SACRED SPACES

Jay Fredrich, Instructor; Betty French, Coordinator

This course couples images of medieval cathedrals, abbeys and other great churches with the music performed in them.

Jan. 14 St. Mark's & Lincoln Cathedrals
Jan. 21 Westminster & Durham Cathedrals

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

Jan. 28	Liturgical Music Revisited
Feb. 4	Washington National Cathedral & Others
Feb. 11	King's College Chapel, Ely Cathedral
Feb. 18	Requiems
Feb. 25	Oratorios
Mar. 4	Anthems, Cantatas, Hymns & Motets

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

Feb. 18	Alexander Graham Bell - Dent Gitchel
Feb. 25	The Rothschilds - Pat Goss
Mar. 4	Isaac Merritt Singer - Dick Williams

GEMS FROM THE SEQUOYAH NATIONAL RESEARCH CENTER

Daniel Littlefield, Jr., Ph.D. and Erin Fehr, Instructors	
Jan. 14	Indian Removal & the Development of Arkansas
Jan. 21	Combating Stereotypes
Jan. 28	A Literary History of Native America
Feb. 4	Revitalization of Native American Languages
Feb. 11	A Cherokee Family History
Feb. 18	Alaska Natives & the 1971 Claims Settlement
Feb. 25	Indians in the U.S. Military
Mar. 4	Native Journalism: Odd, Strange, and Curious

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 will be repeated in the afternoon.*

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:
 Trey Mallett, David Raath, Steve Sullivan, Joe Klein, Richard Davenport, and others.

MINI MEDICAL SCHOOL

Bob Burns, Ph.D. UAMS, Coordinator	
Jan. 14	Cardiovascular Part I: The Pump & The Pipes
Jan. 21	Cardiovascular Part II
Jan. 28	Respiratory System Part I: Blue Blood In - Red Blood Out
Feb. 4	Respiratory System Part II: Types of Cancer
Feb. 11	The Biological Clock Part I: Watching the Super Bowl (Video vs. Snapshot)
Feb. 18	The Biological Clock Part II: Living in a cave with or without a clock; resistance and susceptibility to all drugs
Feb. 25	The Biological Clock Part III: The chrono-chemotherapy story from mouse to man
Mar. 4	Cancer Research: To Behave or Not to Behave

MORE GREAT TYCOONS

Dick Williams, Coordinator	
Jan. 14	Hetty Green - Justice Annabelle Imber Tuck
Jan. 21	Henry Ford - Fred Ursery
Jan. 28	George Eastman - Judge Bill Wilson
Feb. 4	The DuPonts - Justice Bob Brown
Feb. 11	Solomon Guggenheim - Bob Cabe

WORLD RELIGIONS

Steve Teske, Instructor; Ann West, Coordinator

Jan. 14	Indigenous Religions of the World
Jan. 21	India: Hindu, Jain, and Sikh
Jan. 28	South Asia: Buddhism
Feb. 4	China & Japan: Daoism, Shinto, and Confucianism
Feb. 11	Western Asia: Zoroastrianism and Judaism
Feb. 18	Christianity
Feb. 25	Islam
Mar. 4	New Religions: Present and Future

CONSUMER PROTECTION: 'GOT YOUR BACK!'

Jim DePriest, Arkansas Attorney General's Office

Jan. 14	Vehicles
Jan. 21	Money Transfers
Jan. 28	Identity Theft
Feb. 4	Travel
Feb. 11	Internet
Feb. 18	Phone Issues
Feb. 25	Financial Part I
Mar. 4	Financial Part II

12:00 p.m. - 1:00 p.m.**LUNCH PROGRAMS**

Phil Wittman, Coordinator

Jan. 14	Mickey Rigby, Guitarist
Jan. 21	Ed Bethune, Author
Jan. 28	The Drugstore Cowboys, Musical Trio
Feb. 4	TBA
Feb. 11	Tom Cox, Pianist
Feb. 18	Dr. Micah Hester, Medical Ethics
Feb. 25	TBA
Mar. 4	Prime Time Reader's Theatre

1:15 p.m. - 2:15 p.m.**ANCIENT PATHS: The Footsteps of Apostle Paul**

Rev. Siegfried Johnson, Sr. Pastor, St. James Methodist;
 Janet Elwood, Coordinator

This course will combine history, geography, and archaeology in weekly visits to sites in the Mediterranean world where Paul took the message of the risen Christ. Places such as Rome, Philippi, Thessalonica, Athens, Corinth, Ephesus, and others will be visited.

GAMES FOR FUN

Bridge for Fun, Scrabble, and Mah Jongg!

(Wednesday Classes Continued)

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

ZUMBA GOLD

Katrina Price, Instructor; Todd Price, Coordinator
Exercise to Latin music. All levels.

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)

Sharon Franke, Instructor
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.

MOVIES WITH PHILIP MARTIN

Philip Martin, Instructor; Ann West, Coordinator
Philip Martin, journalist and movie critic for the Arkansas Democrat Gazette, returns to share movie insights and comments on academy awards nominations, movies, actors, and other topics.

LIFEQUEST BOOK CLUB

Allan Ward, Ph.D., Instructor & Coordinator
We will be discussing The Sixth Extinction: An Unnatural History by Elizabeth Kolbert.

CLASSIC JAZZ

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

(Thursday Classes Continued)

9:00 - 10:50 a.m.

MAH JONGG FOR BEGINNERS + (2 hrs)

Ellen Lowitz, Instructor

Learn to play Mah Jongg. The first four weeks of class will be for beginners. Please purchase your 2015 Mah Jongg card by contacting www.nationalmahjonggleague.org or calling 212-246-3052. *Limited to 16.*

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

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.

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

PAPERCRAFTING: Cards for Every Day (3 hrs)

Sandy Hanson, Instructor

Three fully designed projects each week will give you 25 cards/paper projects for the \$25 materials fee. Materials fee covers all materials and tools needed to make the 25 projects during the winter term.

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

Jan. 15	Valentines
Jan. 22	Birthdays
Jan. 29	St. Patrick's Day
Feb. 5	Greetings with a Giggle
Feb. 12	Thank You Cards
Feb. 19	Sympathy Cards
Feb. 26	Easter Cards
Mar. 5	Student Requests

10:00 - 10:50 a.m.

HOW DID WE GET HERE? WHERE ARE WE GOING?

John Slater, M.D., Instructor
Sandra Hanson, Coordinator

From trilobites to gigabytes ... the fascinating story of the formation of the earth, the lifeforms, and what lies ahead.

Jan. 15	The formation of our home - the earth
Jan. 22	Beginning of life on earth
Jan. 29	Progression of life on earth
Feb. 5	Evolution: What is it? How does it work?
Feb. 12	Our similarities to other animals
Feb. 19	Here comes homo sapiens!
Feb. 26	Ascent of mankind
Mar. 5	What does our future look like?

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.

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

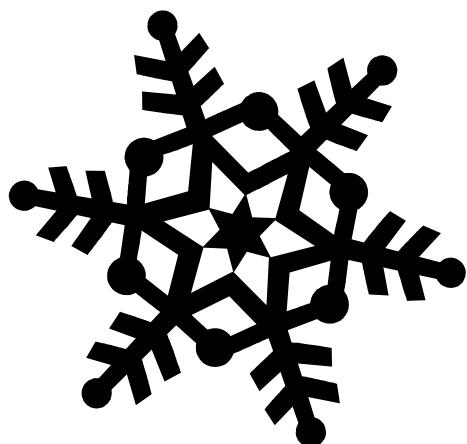
Karin Bara, Instructor; Art Gillum, Coordinator

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

GEORGIAN ENGLAND

Garrett McAinsh, Ph.D., Instructor & Coordinator

A look at the 18th century when England emerged as a global colossus.



Winter Lunch Menu—\$8

Jan. 14

Chicken Pesto with Veggies
Brown Rice
Garlic Bread
Yellow Cake/Choc. Frosting

Jan. 21

White Chili
Garden Salad with Ranch
Cornbread
Blackberry Cobbler

Jan. 28

Sage's Macaroni & Cheese
Vegetable Medley
Rolls
Chocolate Chip Cookies

Feb. 4

Turkey Melt on Wheat
Tomato Soup
Pickles
Cherry Bars

Feb. 11

Chicken Pot Pie
French Bread
Salad Vinaigrette
White Choc. Mac Cookies

Feb. 18

Spinach & Artichoke Quiche
Pear & Walnut Salad
Wheat Rolls
Lemon Squares

Feb. 25

Chicken Enchilada Casserole
Confetti Corn
French Rolls
Coconut Cream Pie

March 4

Beef Stroganoff
Green Beans
Wheat Rolls
Apple Pear Crisp

LifeQuest Corporate Partners

Platinum

Arkansas Blue Cross Blue Shield
Snell Prosthetic & Orthotic Laboratory
Woodland Heights

Gold

CHI St. Vincent

Silver

Bank of Little Rock
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Delta Dental of Arkansas
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Simmons First Trust Company

Dorothy P. Sitton Scholarship Fund

The **Dorothy P. Sitton Scholarship Fund** supports those who could use a little help with *Adventures in Learning* tuition.

To find out more about a partial or full scholarship, please contact Jane Gordon at 225-6073 or jgordon@lifequestofarkansas.org.

If you would like to contribute to the Scholarship Fund, be sure to note that on your donation envelope.