



FALL 2021

SEPTEMBER 13 - NOVEMBER 5 | REGISTRATION OPENS AUGUST 16

LifeQuest In-person and Online Classes Registration Fee: \$65

The registration fee covers all classes for the 8-week term.
Some classes require an additional fee and separate registration. See enclosed form.
Your **Registration Confirmation Email** will contain your link to Fall Term classes.

New to Online Learning? Plan to attend "How to Learn Online with LifeQuest."
Two workshops at 11:00 a.m. on Zoom, August 30 or September 16.
See inside for details.

COVID Requirements: please see reverse side of enclosed registration form.

501-225-6073 | info@lifequestofarkansas.org

600 Pleasant Valley Drive, Little Rock, AR | 501-225-6073 | lifequestofarkansas.org

LifeQuest: FALL 2021

LifeQuest classes are held daily, Monday-Friday, via Zoom, Facebook, or in-person at two Little Rock locations: Second Presbyterian Church, 600 Pleasant Valley Dr., or St. James United Methodist Church, 321 Pleasant Valley Dr.

Keeping your safety our priority, LifeQuest may need to move all or some classes to online learning during the term.

The opinions and statements of instructors/presenters are their own and not necessarily those of LifeQuest.

Recording consent: Please note that many of our classes are recorded for educational use. LifeQuest reserves the rights to these recordings, and by attending, you are giving your consent to being recorded. The recorded classes are noted in each class description.

MONDAY

11:00 A.M. - 11:45 A.M.

HOW TO LEARN ONLINE WITH LIFEQUEST WORKSHOP, Aug. 30 & Sept. 16

LifeQuest staff, Instructors

Format: Zoom. Recorded. No limit.

New to Zoom? Want to take classes, but aren't sure how? Join this stress-free and fun tutorial to learn and practice the skills needed to participate in online learning at LifeQuest. Recording available on our website after Aug. 30. *This class is FREE and open to the public.*

Class Zoom ID# 985 5595 4867

Password: lifequest (all lowercase)

1:15 P.M. - 2:45 P.M.

LQ ARTISTS

Lynn Senn, Facilitator

Format: Zoom. Not recorded. No limit.

Gather online with other LifeQuest creatives to draw, sketch, paint, and share your projects with others. No instruction, no experience necessary, no required medium, and no judgment! Enjoy being together to gain inspiration and support.

TUESDAY

9:00 A.M. - 9:45 A.M.

RECONSTRUCTION

Pat Goss, Instructor

Format: Zoom and Facebook. Recorded. No limit.

The Reconstruction era was a period in American history following the American Civil War; it lasted from 1865 to 1877 and marked a significant chapter in the history of civil rights in the United States. We'll explore how Presidential Reconstruction occurred from the end of the war to 1868, and Congressional Reconstruction, from 1868 to 1877. Each section will examine the national experience followed by information about Arkansas.

TUESDAY CONT.

9:00 A.M. - 10:30 A.M.

BEGINNING ENNEAGRAM

Catherine Lowery and Mary Jane Cole, Instructors

Format: Zoom. Not recorded. Limit 12.

The Enneagram is an ancient spiritual wisdom tool that describes nine distinct personality types and is a wonderful companion to a faith tradition. The Enneagram describes ways we are broken and ways we can find healing by inviting us to connect with the deeper, truer parts of ourselves. Please obtain *The Enneagram Journey Curriculum Participant Guide* (\$40) found at www.lifeinthetrinityministry.com. Links to videos to be watched prior to class will be sent by your instructor.

10:00 A.M. - 10:45 A.M.

EMBRACING POETRY

Wayne Chapman and Ruth Shepherd, Instructors

Format: Zoom and Facebook. Recorded. No limit.

Enjoy performances of selected late 20th century poems by a few of the instructors' favorite poets such as Sylvia Plath, James Dickey, Denise Levertov, and Galway Kinnell. Recitations will include music and video followed by discussions of viewpoint and interpretation.

10:00 A.M. - 11:30 A.M.

GRANDPARENTING TODAY

Elizabeth Vines, Facilitator

Format: In-person; meets off-site at location TBD

Not recorded. Limit of 12.

Sharing the joys and concerns of grandparenting, this participatory, discussion-based group will focus on the fun times, challenges and frustrations of being a grandparent in today's world with a special emphasis on building fellowship among the group.

TUESDAY CONT.

11:00 A.M. - 11:45 A.M.

HISTORY OF CHINA AND JAPAN

This class will begin September 28 and end November 9

Rick Leach, Instructor

Format: Zoom and Facebook. Recorded. No limit.

A chronology of these two nation-states from ancient times to the end of the 20th century, discussing their similarities and differences and how their modern attitudes reflect those histories.

12:00 P.M. - 12:45 P.M.

CONTROVERSIAL HEALTH TOPICS

Various Instructors

Format: Zoom and Facebook. Recorded. No limit.

A review of topics often difficult to discuss and understand in our everyday lives.

Sept. 14 "Self-Care Begins at Home," Greg Adams, LCSW, ACSW, FT, Program Coordinator, Center for Good Mourning, Arkansas Children's Hospital

Sept. 21 "Vaccine Hesitancy," Robert Hopkins, M.D., Director, Division of General Internal Medicine, University of Arkansas for Medical Sciences

Sept. 28 "Emotional Pain and Suffering and Its Impact on Healing," Shannon Greenfield, PhD, clinical psychologist, Little Rock, AR

Oct. 5 "Controlling Death: Physician-Assisted Suicide, Euthanasia, and Potential Public Policy," Micah Hester, PhD, Chair, Dept. of Medical Humanities and Bioethics, UAMS/ACH

Oct. 12 "The Tip of the Spear: Advances in Alzheimer's Disease," Mark Pippenger, M.D., Novant Health Memory Care, Charlotte, NC

Oct. 19 "Navigating the Changing Landscape of Gender Identity," Janet Cathey, M.D., OB/GYN, Little Rock

Oct. 26 "Cord Blood Banking," Michele Cottler-Fox, M.D. pathologist, Endowed Chair in Regenerative Medicine and Cord Blood Banking, UAMS

Nov. 2 TBA

1:00 P.M. - 1:45 P.M.

SPICES FROM AROUND THE WORLD

Jerry Hanson, Instructor

Format: Zoom and Facebook. Recorded. No limit.

We all use spices in our cooking and food. How did spices become part of man's culture? What roles did camels play in the world of spices? What role did spices play in Great Britain's emergence as a world power? How did spices influence the importance of the Netherlands, Spain, and Portugal as major empires? What was the connection between spices and Christopher Columbus' journey? Join us on this aromatic world tour to find the answers!

TUESDAY CONT.

1:00 P.M. - 1:45 P.M.

WHAT THE AMAZING FUTURE HOLDS

Fred Silva, Instructor

Format: Zoom and Facebook. Recorded. No Limit.

Spanning time and space, this class explores the boundaries of knowledge through lecture and discussion on the following topics:

Existence: Something, Rather than Nothing?

Multiverses: Fictional Universes and Other

Dimensions, Black Holes, Singularities & Wormholes

The Darkness: Dark Energy, Dark Matter, Dark Era, and the Final Darkness

Time, Time Travel: From Eternity to Here

Life: Creation, Synthetic Life, Super-humans and

Virtual Worlds. Extremophiles, Space Travel

Artificial intelligence: Simulated Reality, Robots, and US!

WEDNESDAY

9:00 A.M. - 9:45 A.M.

BEHIND THE HEADLINES

John Brummett, Instructor

Format: In-Person and on Facebook.

Recorded. Located at St. James UMC Worship Center.

Join us in person or in the "LifeQuest FALL 2021" Facebook group to hear a thoughtful analysis of the week's news across the state and beyond. Be sure to join this private Facebook group BEFORE the first day of class.

Log in to LifeQuest website for more information about location and building policy, also see registration form.

9:00 A.M. - 11:45 A.M.

OPEN ARTISTS STUDIO

No instruction. Not recorded.

Format: In-person at Second Pres. Limit 20.

All are welcome to this open time to draw, paint, sculpt, or craft. The studio is yours to gather, create, and share ideas and inspiration.

10:00 A.M. - 10:45 A.M.

GREAT BOOKS

Rosemary Rogers, Facilitator

Format: In-person at Second Pres. Limit 18.

Not recorded. Materials fee: \$15

Read and discuss selections of literature by classic and modern authors.

WEDNESDAY CONT.

10:00 A.M.- 10:45 A.M.

U.S. FOREIGN POLICY

Alan Eastham, U.S. Ambassador, Ret., Instructor

Format: In-Person at St. James UMC Worship Center and on Facebook. Recorded.

With a new U.S. President and Vice President making news and a global pandemic rolling on, there is MUCH to talk about. Join the discussion based on current events. Log in to the LifeQuest website for location information. newsworthy topics, interspersed with historical themes, and foreign policy theory.

11:00 A.M. - 11:45 A.M.

AN INTRODUCTION TO WILLIAM BLAKE

Paul Yoder, Instructor

Format: Zoom and Facebook.

Recorded. No limit.

William Blake (1757-1827) was an engraver, painter, poet, prophet, and terrible businessman. Many of his friends considered him either a visionary artist or an "unfortunate lunatic." He was a contemporary of Wordsworth and Byron, and lived through the American Revolution, the French Revolution and the Napoleonic Wars. This class will use a variety of great online resources to introduce Blake as an artist trying to make sense of his times.

11:00 A.M. - 11:45 A.M.

FDR'S BRAIN TRUST

Various Instructors

Format: Zoom and Facebook.

Recorded. No limit.

The Brain Trust was a group of advisers to Franklin D. Roosevelt during most of his presidency. Learn about individual members and how FDR utilized this group, under the chairmanship of Raymond Moley, to shape solutions for many of the economic and social problems facing the nation.

Sept. 15 "Louis Howe," Dick Williams
Sept. 22 "Harold L. Ickes," Dent Gitchel
Sept. 29 "James Farley," Jonathan Wolfe
Oct. 6 "Frances Perkins," Catherine Cockrill
Oct. 13 "Raymond Moley," Sherry Bartley
Oct. 20 "Harry Hopkins," Pat Goss
Oct. 27 "Thomas Corcoran," Fred Ursery
Nov. 3 "Felix Frankfurter," Dent Gitchel

WEDNESDAY CONT.

11:00 A.M. - 12:30 P.M.

PAPER CRAFTS AND GREETING CARDS

Judy Langford-Brodie, Instructor

Format: Zoom

Not recorded. Limit 8.

Materials fee: \$40.

Are you a card maker with intermediate experience who is missing the enjoyment of creating with others? Join us weekly as we focus on everyday, fun-fold and holiday cards with some 3D projects thrown in for added fun. We will make two projects each week. Cut cardstock, envelopes and die cuts included in the class fee. A list of other supplies needed will be emailed to you.

12:00 P.M. - 12:45 P.M.

SPECIAL GUEST HOUR

Various speakers

Format: Facebook.

Recorded. No limit.

Free and open to the public. May be viewed on the public LifeQuest of Arkansas Facebook page. See the full schedule of presenters at lifequestofarkansas.org under "Special Events."

12:00 P.M. - 12:45 P.M.

LQ BOOK CLUB

Mary Sha Moriarty, Facilitator

Format: In-person at Second Pres.

Not recorded. Limit 14.

Bring your curiosity, open-mindedness and love for books and reading! A suggested book list will be emailed to you before class begins.



WEDNESDAY CONT.

1:00 P.M. - 1:45 P.M.

ALL THAT JAZZ AND MORE

Tom Cox, Instructor

Format: In-person at Second Pres. with an in-person limit of 20. Also on Zoom, Facebook with no limit.

Recorded.

This jazz piano performance and discussion class will explore how contemporary jazz piano (and other art forms) address the human spirit's intrinsic need for beauty in order to remain healthy and strong, and to continue to mature. Through piano performance and, at times, specific YouTube videos and other online resources, the instructor will guide participants to explore the relationships between jazz music, movement, and contemporary visual art.

1:00 P.M. - 2:30 P.M.

TELL YOUR OWN STORY

Joy Jones and Connie Wardell, Facilitators

Format: Zoom.

Not recorded. Limit 14.

This is a guided writing and sharing class. Everyone has lived an interesting life! Surprise yourself and write it all down. Your family will love and appreciate it.

THURSDAY

9:00 A.M. - 10:30 A.M.

CONVERSATIONAL SPANISH

Marcie Smith, Instructor

Format: In-person at Second Pres.

Not recorded. Limit 10.

HABLAMOS MAS ESPANOL!

Conversational Spanish for people with prior Spanish instruction. No book required; we'll use hand-outs and Spanish-language newspapers and other materials to provide vocabulary and conversation topics.

THURSDAY CONT.

9:00 A.M. - 9:45 A.M.

NOTORIOUS ARKANSANS

Steve Teske, Instructor

Format: Zoom and Facebook.

Recorded. No limit.

The author of two books on Arkansas history, *Unvarnished Arkansas* and *Natural State Notables*, guides us through some interesting lives from Arkansas history: Ruth Beall, David O. Dodd, Sandy Faulkner, John Gould Fletcher, Charlie McDermott, Albert Pike, Sam Walton, and Parker Westbrook.

9:00 A.M. - 11:00 A.M.

MAH JONGG

This class will begin September 23 and end November 5.

Ellen Lowitz, Instructor

Format: In-person at St. James UMC.

Not recorded. Limit 20.

Learn to play Mah Jongg! Please purchase your 2021 Mah Jongg card by contacting 212-246-3052 or go to www.nationalmahjonggleague.org.

9:00 A.M. - 10:30 A.M.

EXPERIENCED WATERCOLOR INSTRUCTION

Tom Herrin, Instructor

Format: Zoom and Facebook.

Recorded. No limit.

Instruction in the single medium of watercolor for artists with some prior watercolor experience.

10:00 A.M. - 11:30 A.M.

BASIC COMPUTING

Format: In-person at Second Pres. Not recorded.

Materials fee: \$10 for manual. Limit 7.

For individuals new to computers.

Topics include computer components, developing mouse skills, how to use a computer keyboard, using WordPad and editing text, creating flyers, navigating the internet, and Windows email.

THURSDAY CONT.

10:00 A.M.- 10:45 A.M.

RELATIONSHIPS AND COMMUNICATION WHEN EMBARKING ON RETIREMENT

This class begins September 23 and ends November 4

Rickie Lockwood, Instructor

Format: Zoom and Facebook. Recorded. No limit.

Retirement can have a significant impact on individuals' identities, as they are no longer defined by their role in the workplace. Clarifying your needs and desires for retirement will help determine your success/happiness. While retiring can be a positive change, it can also add stressors personally and on marriage and family relationships. We'll discuss common communication barriers and the skills needed to navigate conflicts in expectations during this new phase of life.

11:00 A.M. - 11:45 A.M.

GO DOWN, MOSES

Earl Ramsey, Matilda Buchanan, and Chuck Chappell, Instructors

Format: In-person at Second Pres. with an in-person limit of 20. Also on Zoom, Facebook with no limit. Recorded.

Go Down, Moses published in 1942 as the thirteenth novel by William Faulkner, is a compelling exploration of the disastrous legacy of slavery in the American South. The novel also vividly examines the complex relationship between human beings and the realm of nature. Interwoven in the book's seven chapters is the complicated history of one of the principal families of the Yoknapatawpha saga, the McCaslins. Participants should obtain the current standard version of the book: First Vintage International Edition, published originally in August 2011 by Vintage Books, ISBN 978-0-679-73217-4.

11:00 A.M. - 11:45 A.M.

CHAIR YOGA

Linda King, RYT 200, Instructor

Format: In-person at Second Pres. with an in-person limit of 20. Also on Zoom, Facebook with no limit. Recorded.

Love yoga but need something that doesn't involve getting up and down from the floor? Breathing, stretching and strength building can all be done using a chair so come join us!

12:00 P.M. - 12:45 P.M.

TAI CHI

Suzanne Yung, Instructor

Format: In-person at Second Pres. with an in-person limit of 20. Also on Zoom, Facebook with no limit. Recorded.

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

THURSDAY CONT.

12:00 P.M. - 2:45 P.M.

PASTELS/ACRYLIC AND OIL PAINTING

Debbie Strobel, Susan Hurst, Clarence Cash, Instructors

Format: In-person at Second Pres. with an in-person limit of 20. Also on Zoom and Facebook with no limit.

Recorded.

In the first four weeks, we'll create with pastels. The second four weeks will focus on acrylics and oils. Learn about various supplies and techniques, and hone your skills through guided demonstrations.

1:00 P.M. - 1:45 P.M.

READERS THEATER

Tricia Spione, Instructor

Format: Zoom. Not recorded. No limit.

In readers theater, actors present dramatic readings of narrative material without costumes, props, or scenery. Using only vocal expression, actors illustrate their characters' motives and roles in the play. No experience needed! Join this relaxed and interactive class to learn new skills and have fun.

1:00 P.M.- 2:45 P.M.

HAIKU - THE SACRED ART

Lynn Senn, Facilitator

Format: Zoom. Not recorded. Limit 16.

Writing haiku can increase our awareness of the moment at hand. We will be engaging in each chapter's practice, discussing and sharing our haikus with the group. Plan to obtain the book, *Haiku - The Sacred Art: A Spiritual Practice in Three Lines*, by Margaret D. McGee and read the introduction prior to class.

HOW TO ATTEND CLASS

1. Attend the workshop "How to Learn Online with LifeQuest," on August 30 or September 16 at 11:00 a.m. or watch a workshop recording on our website.
 2. Login to the LifeQuest website with the credential information sent via registration email.
 3. Select "Class Access" and scroll down to the class you want to attend.
 4. Attend live class by clicking the button of your preferred platform (Zoom or Facebook) under the class title.
- Zoom classrooms open 5-10 minutes before class begins. On Facebook group, "LifeQuest Fall 2021," scroll to find the video with a red "live" in the upper left corner, usually one minute before class begins.

Slice of Life: FALL 2021

News & Updates

LifeQuest Relunched

LifeQuest is happy to offer many in-person classes for the Fall 2021 Term. This is an exciting time for LifeQuesters as we offer in-person AND online classes to launch our new hybrid program. Hybrid classes are traditional in-person classes which incorporate the technology of Zoom and Facebook. To expand members' options, we will have multiple locations for classes this term. Please check out the brochure for class offerings, formats, and locations.

--Lindy Harrell, Executive Director

Founders' Day and LifeQuest Gives on October 6

We believe our founders would be proud of our organization's adaptability this past year! LifeQuesters have shown we can work together to thrive in challenging times. Join us on Oct. 6 to express your appreciation by supporting life-long learning at LifeQuest.

Celebrate LifeQuest's 40 Years

Walk down memory lane with fellow LifeQuesters gathered in-person or online for a special celebration event on November 11. Members, volunteers, instructors, staff, and members of the Board of Directors who have helped shaped LifeQuest's past, present, and future will be highlighted and thanked for their contributions. Forty years of learning opportunities, volunteerism and social engagement is good reason to celebrate, and we look forward to seeing you then!

LifeQuest Goes to Rome and the Amalfi Coast

LifeQuest continues its partnership with Collette Travel with a trip to Italy in March 2022. Tour a family-run farm on the Sorrento Coast and learn how they make mozzarella cheese by hand, discover the mountaintop monastery of Montecassino and its role in World War II, and enjoy free time to explore Amalfi, a historic trading hub along its namesake coast. Plan to attend an information session, via LifeQuest's Facebook page at noon September 15.

Bob Cabe Educational Advancement Memorial Fund

Thank you to all who paid tribute to Bob Cabe, longtime LifeQuest participant and Board member who passed away in May 2021. Your gift will extend Bob's legacy and commitment to providing rich and robust educational programming at LifeQuest.

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UAMS

SUPPORTING CONGREGATIONS

Christ Church

Christ the King Catholic Church

Congregation B'nai Israel

First United Methodist Church

Grace Lutheran Church

Grace Presbyterian Church

Jewish Federation of Arkansas

Little Rock Friends Meeting

Our Lady of Holy Souls

Catholic Church

Pulaski Heights United Methodist Church

Second Presbyterian Church

Sisterhood Agudath Achim

St. James United Methodist Church

St. Mark's Episcopal Church

St. Michael's Episcopal Church

Trinity Presbyterian Church

Trinity United Methodist Church

Unitarian Universalist Church

Westminster Presbyterian Church

Westover Hills Presbyterian



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**FALL 2021
In-person
AND online**



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