

slice of Life

The Artistic Side of Life

At LifeQuest, the belief that individuals can learn and grow throughout their lives is the educational philosophy at the heart of our mission. With pen, brush, yarn, pencil, paper and scissors, many LifeQuest members enjoy life-long learning through creative expression. Basic Drawing Instructor Bill Fulton has this to say about his experience:

"I have volunteered for lots of different organizations, but teaching at LifeQuest has been the most fulfilling activity I have done. Teaching folks my age, watching them succeed and in many cases, surpassing me in artistic talent warms my heart. LifeQuest attendees are truly life-long learners. Visit any class to see the energy within the room."

Creativity leads to learning, which in turn strengthens the mind and enables further creativity and learning - becoming a self-reinforcing process. It's also a lot of fun, and the social aspect can't be beat! Student Anne Parat agrees:

"Art classes at LifeQuest quite literally saved my sanity when I was the lone caregiver for my husband during his declining health. The chance to create art and the bond between the classmates sustained me through the rough patches of caregiving. To me, the emotional support is as much a part of LifeQuest as the intellectual stimulation."



Basic Drawing student,
Marion Certain Loughhead



Watercolor instructor, Shirley Brainard
with student Barbara Sforzini

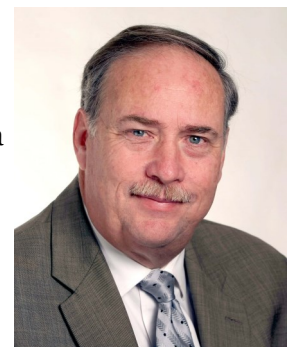
LifeQuest's one-time registration fee of \$65 per 8-week term covers all the classes you can fit into your schedule on Wednesdays and Thursdays. Explore your own creative side by enjoying one of the following creative classes this fall: Basic Drawing, Experienced Watercolor, Greeting Cards, Knitting & Sharing, Acrylic/Oil Painting Instruction, Water Media, Watercolor for Beginners, and Zentangle.

Twenty Years & Counting with John Brummett

In 1997, a journalist named John Brummett taught his first class, "A Columnist Speaks Out," at LifeQuest and quickly found a following with our members. Twenty years later, John is still speaking out and drawing nearly 300 people every Wednesday morning for his ever-popular class "Behind the Headlines."

Each week, John educates, inspires, and entertains LifeQuest members with his perspective on the news of the day - local, national and abroad. The questions, debates, insights and queries exchanged in class, are engaging and challenge our understanding of the world in which we live, often becoming the subject of John's published articles to a larger audience.

On Thursday, November 9, LifeQuest will honor John for his contribution to our organization with a dinner at the William J. Clinton Presidential Center. Tickets will be available for purchase following an invitation to be mailed in mid-October. We are excited to show John our heart-felt appreciation for all he has done and continues to do for LifeQuest! We hope you will save the date and make plans to join us.



John Brummett
Photo Cred: AR Democrat-Gazette

Safety First: Arriving for Class this Fall

Fall is an exciting time for everyone as another school year begins! With all of the excitement, things can get a little hectic in the Second Presbyterian Church parking lot as preschool parents drop off their children at the same time you arrive for class. LifeQuest and Second Presbyterian want to ensure a pleasant experience for all of our guests. Here are a few tips to consider when arriving for class this fall:

1. Arrive early! The construction on Cantrell Road could cause additional delays, so give yourself a few extra minutes to get here.
2. Take the shuttle! LifeQuest has hired a shuttle driver to provide this service for your convenience. The shuttle runs continuously from St. James UMC to Second Presbyterian from 8:30 a.m. to 1:30 p.m. on Wednesdays.
3. Watch for NEW signage in the parking lot and please adhere to them (i.e. One Way, No Parking, Do Not Enter)
4. Reserve the "Instructor Parking" area (note the signs & pennants) for our volunteer instructors teaching during the current term.
5. Be cautious and drive slowly!



LifeQuest Shuttle
Wednesdays only
Pick up at St. James UMC
8:30 a.m. to 1:30 p.m.

What's in a Name?

Let's get to know one another by name. This fall, look for your name on the alphabetical lists provided on the Nametag Board. This list will provide your nametag slot number. At the end of the day, return your nametag to the same slot to save for next time.



We Remember

Elsie Bailey
 Dr. Mark Krain
 Tish Miller
 Emily "Robin" Sudderth

Honorariums

(Gifts made between May 16 – July 15)

<u>In honor of</u>	<u>Donor</u>
Maxine Biggers	Calvin Biggers
John Brummett	Sarah Thompson
Art Pfeifer	Henny Lasley
Dee Riggin	Ashley Coldiron
Jim Montague	Shelley & Don Wold
Jan Wright	Lucy Abraham

Memorials

(Gifts made between May 16 – July 15)

<u>In memory of</u>	<u>Donor</u>
Tish Miller	Marcie Smith Janet Elwood Betty Ray Lee Lee Doyle Susan & John Meador Elaine Scott Carol Ann & Larry McAdams Randy McNulty
Byron Schriver, Jr.	His Family Barbara Baber & Bob Fleming Ann Leek
Bob Donaldson	Ann Leek
Phil Kehler	Jeannette & Karl David Straub
Amy M. Grant	
Our parents	

Sponsor Spotlight:

Arkansas Heart Hospital

Arkansas Heart Hospital is a nationally recognized and award-winning hospital dedicated to the prevention, diagnosis and treatment of cardiovascular disease. They offer advanced technology teamed with a highly trained support staff and Arkansas' leading cardiologists and cardiovascular surgeons.

Early this year, the Heart Hospital became a *Diamond Corporate Sponsor* of LifeQuest. And on Wednesdays this fall, they are bringing their knowledge and expertise to LifeQuest with a class called "The Heart of the Matter" that will focus on a range of heart related topics from diabetes and cholesterol to healthy eating and exercise.

We are excited to partner with them as we continue to find ways to stay mentally and physically healthy at any age. Thank you, Arkansas Heart Hospital!

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First United Methodist Church
Grace Lutheran Church
Grace Presbyterian Church
Jewish Federation of Arkansas
Little Rock Friends Meeting (Quakers)
Our Lady of Holy Souls Catholic Church
Pulaski Heights United Methodist Church
Quapaw Quarter United Methodist Church
Second Presbyterian Church
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FALL 2017



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MARK YOUR CALENDAR:

Fall Term: September 13—November 2
Founders' Day: October 4
Brummett Tribute Dinner: November 9
Holiday Open House: December 6
Winter Term: January 17—March 7

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Registration Fees & Scholarships

Register online at lifequestofarkansas.org
Major credit cards accepted.
Scholarships are available to assist with registration fees.
Call the LifeQuest office at 225-6073 to apply.

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