



# WINTER 2021

JANUARY 19 - MARCH 12 | REGISTRATION OPENS DECEMBER 7

## LifeQuest ONLINE Learning 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.

Online classes will occur Monday through Friday on Zoom and Facebook.

**Confirmation Email:** will contain exclusive website address  
and a private link to recorded classes. [SAVE THIS EMAIL](#)

**New to Online Learning?** Plan to attend "How to Be Online with LifeQuest"  
Mondays at 11:00 a.m. on Zoom beginning Jan. 4  
See inside for details.

501-225-6073 | [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)

# LifeQuest Online: Winter 2021

LifeQuest Online classes are held daily, Monday through Friday, via Zoom and Facebook.

Your registration provides access to all classes and recordings for the Winter Term.

Once you register, you will receive an email with links to the classes and recordings. Please provide your Facebook name and request to join LifeQuest Winter 2021, a private Facebook group.

## MONDAY

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

### HOW TO BE ONLINE WITH LIFEQUEST

*LifeQuest staff, Instructors; format: Zoom*

New to Zoom or Facebook? 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.

(No class offered on holidays.)

*This class is FREE and open to the public.*

**Class Zoom ID# 985 5595 4867; Password: lifequest**

## TUESDAY

9:00 a.m. - 9:45 a.m.

### WHOLE FOOD PLANT-BASED DIETS (WFPB) : IMPACTS ON CHRONIC DISEASE AND THE ENVIRONMENT

*Stephanie Spencer, Instructor;*

*format: Zoom, Facebook*

Join us to cover lots of exciting topics including the biochemical differences between plant and animal protein and their health impacts; the differences between WFPB diets and vegan diets; the effects of a WFPB diet in preventing and often reversing two of the most common disease states in the U.S.: heart disease and Type 2 diabetes; the effectiveness of a WFPB diet in achieving ideal body weight utilizing healthy cooking techniques; global issues of emerging pandemics, and the environmental consequences of intensive animal production on a global scale.

10:00 a.m.- 11:30 a.m.

### GRANDPARENTING TODAY

*Elizabeth Vines, Facilitator;*

*format: Zoom only, no recording*

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

## TUESDAY Cont.

10:00 a.m. - 10:45 a.m.

### DIGITAL LEARNING

*Charlie Frith, Instructor; format: Zoom*

Updating to iOS 14 - Two-week Workshop

January 19 - January 26:

Apple released the latest operating system for iPhones and iPads; learn how to get your devices ready.

*Limit of 10 Materials fee: \$10*

How to create a PowerPoint - Six-week Class

February 2 - March 9:

Learn to create slide shows and complex presentations. We'll start with the basics and move to more advanced topics like how to add animation, videos and music.

*Limit of 10. Materials fee: \$20.*

11:00 a.m. - 11:45 a.m.

### THE RENAISSANCE

*Rick Leach, Instructor; format: Zoom, Facebook*

The Renaissance is a crucial period in European history. From the art and artists, literature and politics, to sciences and religious developments, the rediscovery of Ancient Greek and Roman culture during this time was the catalyst and foundation for the explosion of knowledge that led to today's world.

12:00 p.m. - 12:45 p.m.

### THE RESPIRATORY SYSTEM

*Bob Burns, Instructor; format: Zoom, Facebook*

We hear a lot about the lungs in health-related news, so let's dig a little deeper into their purpose and the functions of the respiratory system, its anatomy, how it cleans itself, the larynx and laryngeal cancer, the nasal chamber and why we have sinus problems. Explore the respiratory tree: bronchi to alveoli, and learn about respiratory illnesses such as asthma, emphysema, lung cancer, pulmonary edema, bacterial and viral pneumonia.

# LifeQuest Online: Winter 2021

## TUESDAY Cont.

1:00 p.m. - 1:45 p.m.

### WHAT YOU SHOULD KNOW ABOUT SCIENCE 2021: LIFE, THE UNIVERSE, AND EVERYTHING

*Fred Silva, Instructor; format: Zoom, Facebook*

In this broad-reaching class, we'll discuss how science is done, why it matters and what makes good science.

- How it all Started: Cosmology: The Big Bang
- How the Universe Evolved: The Dark Forces
- The Atom, Einstein's Relativity & Quantum Physics
- The Origin of Life, Evolution and Darwin
- The Brain: The Universe and Life becomes Aware
- Genetics: DNA, Molecular Biology and Engineering Life

1:00 p.m. - 1:45 p.m.

### LIFEQUEST BOOK CLUB

*Mary Sha Moriarty, Facilitator; format: Zoom*

Bring your curiosity, open-mindedness and love for books and reading! Plan to meet every other week. We'll send a suggested book list upon registration. This class is not recorded.

*Limit of 16.*

2:00 p.m. - 2:45 p.m.

### ARKANSAS FEEDING THE HUNGRY

*Various Instructors; Connie Wardell, Coordinator  
format: Zoom, Facebook*

Get to know some of the programs in Arkansas working to alleviate hunger in our communities:

- Jan 19 Kathy Webb, Exec Director, AR Hunger Relief Alliance/City Director
- Jan 26 Sarah Riffle, Chief Development Officer, Arkansas Foodbank
- Feb 2 Pastor William Holloway, LR Compassion Center
- Feb 9 Charles Frith, StewPot
- Feb 16 Beverly Milford and Ruthanne Murphy, Matthew 25:35 Food Rescue
- Feb 23 Linda King, St. Francis House
- Mar 2 Mandy Davis, Director, Jericho Way Resource Center
- Mar 9 Panel on Solutions for Homelessness and Assisting the Poor

## TUESDAY Cont.

3:00 p.m. - 3:45 p.m.

### DEATH AND DYING

*Jonathan Wolfe, Instructor; format: Zoom, Facebook*

This course examines American practices related to our anticipation and responses to death. Our current practices grew from family-centered care of the dying and funeral rites to more complex and commercial models. Our transition has produced conflicts about choices in medical care, in disposition of property, and in funerals. The past 20 years have seen remarkable changes which the COVID-19 pandemic has exacerbated. By reviewing our American experience of death and dying we may find clarity in the face of change.

## WEDNESDAY

9:00 a.m. - 9:45 a.m.

### BEHIND THE HEADLINES

*John Brummett, Instructor; format: Facebook*

Join us on the private LifeQuest Winter 2021 Facebook page to hear a thoughtful analysis of the week's news across the state and beyond. You will be allowed to join the private Facebook group after we receive your registration with your Facebook name and you request to join this page, preferably before January 18.

10:00 a.m. - 10:45 a.m.

### WESTERN MUSIC BEFORE 1600

*Nancy Fleming, Instructor; format: Zoom, Facebook*

What makes Western music sound so different from the traditional music of Asia or Africa? Part One of the course will introduce the fascinating history of the development of a distinctive style in the West during the Middle Ages. Part Two will be devoted to the beauties of Renaissance music. We'll meet interesting characters such as Hildegard of Bingen (1098-1179), visionary mystic, author of books on science and healing, and one of the earliest composers for whom we actually have a name, and Carlo Gesualdo (ca. 1561-1613), madman, prince, murderer, and composer of avant-garde music.

# LifeQuest Online: Winter 2021

## WEDNESDAY Cont.

10:00 a.m. - 10:45 a.m.

### GREAT BOOKS

*Rosemary Rogers, Instructor; format: Zoom*  
Read and discuss selections of great literature by classic and modern authors. This class is not recorded.

*Limit of 18 | Materials Fee: \$15*

11:00 a.m. - 11:45 a.m.

### UNSOLVED MURDERS

*Various Instructors; Dick Williams, Coordinator*  
*format: Zoom, Facebook*

Calling all amateur detectives and true crime enthusiasts. Learn how these criminals stumped the best of law enforcement and got away with murder.

Jan. 20 Jack the Ripper; Dent Gitchel  
Jan. 27 Sir Harry Oakes; Dick Williams  
Feb. 3 Jimmy Hoffa; Phil Kaplan  
Feb. 10 The Zodiac Murders; Pat Goss  
Feb. 17 JonBenet Ramsey; Bob Brown  
Feb. 24 Marilyn Sheppard; Fred Ursery  
Mar. 3 Nicole Brown and Ron Goldman;  
Sherry Bartley  
Mar. 10 The Black Dahlia Murders; Mike Walden

11:00 a.m. - 12:30 p.m.

**PAPER CRAFTS & GREETING CARDS** *format: Zoom*  
*Judy Langford-Brodie, Instructor*

Are you a card maker with intermediate experience who is missing the enjoyment of creating with others? Join us for a weekly Zoom class focusing on everyday, fun-fold and holiday cards with some 3D projects thrown in for added fun. We will make 2 projects each week. Cut cardstock, envelopes, die cuts and dimensional adhesive included in class fee. Other supplies needed will be emailed to you.

*Limit of 8 | Materials Fee: \$40*

12:00 p.m. - 12:45 p.m.

**SPECIAL GUEST HOUR - this is a FREE opportunity!**

*Various speakers; format: LifeQuest Facebook page*  
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](http://lifequestofarkansas.org).

## WEDNESDAY Cont.

1:00 p.m. - 1:45 p.m.

### MESSED UP LOVE

*Wayne Chapman, Ruth Shepherd, Instructors;*  
*format: Zoom*

Would you agree that the characters in the following plays' love for one another, no matter how twisted, is still powerful and meaningful?

- "Danny and the Deep Blue Sea," by John Patrick Shanley
- "Fool For Love," by Sam Shepard
- "Who's Afraid of Virginia Woolf," by Edward Albee
- "Love Letters," by A.R. Gurney with Ruth Shepherd and Wayne Chapman performing selected scenes.

1:00 p.m. - 1:45 p.m.

### GLOBALIZATION OF THE ILLEGAL DRUG TRADE

*Jerry Hanson Instructor; format: Zoom, Facebook*

Let's investigate the scope of the geography of supply and demand for illegal drugs and how drug cartels operate like businesses. They use collusion instead of competition and street gang members as employees. We'll also look at the growing online drug trade.

2:00 p.m. - 2:45 p.m.

### JAZZ, THE ARTS, AND COMMUNITY: AVENUES TO PEACE IN A PANDEMIC

*Tom Cox, Instructor; format: Zoom and Facebook*

In our new Zoom community we will survey the landscape for how elements essential to a thriving creative process in jazz piano and other fine arts are equally essential and available to us for our survival in these pandemic days.

2:00p.m. - 3:30 p.m.

### TELL YOUR OWN STORY

*Joy Jones, Facilitator; format: Zoom*

This class is part creative writing, part memoir, and ALL fun! Share your work, successes and roadblocks along the way. This class is not recorded.

*Limit of 16.*

# LifeQuest Online: Winter 2021

## THURSDAY

9:00 a.m. - 9:45 a.m.

### **BRAVER ANGELS: "CAN WE TALK? HOW TO COPE WITH POLITICAL POLARIZATION"**

*Glen White, April Chatham-Carpenter, Mary Hunt, Instructors; format: Zoom, Facebook*

This class will utilize various approaches developed by the Braver Angels organization which seeks to help reduce polarization between persons of differing political views. We'll provide information on key issues in polarization and teach skills for talking across the political divide, while maintaining respect and civility. No advance preparation is needed, just a willingness to maintain a respectful, safe and civil environment for the class, to listen to understand others, and if you wish, to share your perspectives, following the structure and guidelines explained and practiced during the class.

9:00 a.m. - 9:45 a.m.

### **CONVERSATIONAL SPANISH**

*Marcie Smith, Instructor; format: Zoom*

Hablamos mas espanol! Conversational Spanish for people with some prior experience. This class is not recorded.

*Limit of 10.*

10:00 a.m. - 10:45 a.m.

### **U. S. FOREIGN POLICY**

*Alan Eastham, U.S. Ambassador, Ret., Instructor; format: Zoom, Facebook*

It's an increasingly complex world with LOTS to talk about. Join the discussions based on current news-worthy topics.

10:00 a.m. - 10:45 a.m.

### **CHAIR YOGA**

*Linda King, RYT 200, Instructor; format: Zoom, will be posted to Facebook after class*

Love yoga but prefer not to get up and down from the floor? Then chair yoga is for you! Use a chair to breathe, stretch and build strength. Modifications will be made, where possible, for those with greater mobility.

## THURSDAY continued

11:00 a.m. - 11:45 a.m.

### **THREE NOVELS BY JOHN GRISHAM**

*Chuck Chappell, Instructor; format: Zoom, Facebook*  
Beginning with the publication in 1991 of his second novel THE FIRM, John Grisham has become one of the most prolific and widely read American authors. He is best known as the creator of numerous legal thrillers, but among his thirty-five published novels are works centering on subjects as diverse as racial injustice, damage to the Earth's environment, the harvesting of a cotton crop, or major contemporary sports such as football and baseball. We will analyze and discuss THE RUNAWAY JURY (1996), A PAINTED HOUSE (2001), and SYCAMORE ROW (2013). Participants may read any version they obtain of each of these novels.

11:00 a.m. - 11:45 a.m.

### **ART BEFORE BREAKFAST**

*Lynn Senn, Facilitator; format: Zoom*

Creating art just 10 minutes a day can lead to a richer, more fulfilling life. Fun, easy, and inspirational, this is art making for everyone, regardless of skill level or schedule. Plan to obtain the book on your own, ART BEFORE BREAKFAST, by Danny Gregory and read through page 21 prior to class. Workbook is not required. This class is not recorded.

*Limit of 12.*

12:00 p.m. - 12:45 p.m.

### **BUDDHIST ART**

*Sandra Cone, Instructor; format: Zoom, Facebook*

Buddhism is the fourth largest religion in the world with its own specific visual vocabulary that expresses the history, ideas, and philosophies of the faith. The art of Buddhism includes depictions of Buddhas, bodhisattvas, and other entities both historical and mythical and aids to practice such as mandalas, stupas, and temples. Let's explore the intriguing and complex art of Buddhism.



# LifeQuest Online: Winter 2021

## THURSDAY

1:00 p.m. - 1:45 p.m.

### BEGINNING TAI CHI

*Suzanne Yung and June Brown, Instructors*

*format: Zoom, Facebook*

Learn the slow rhythmic movements of Tai Chi Northern Wu and the 13 Golden Postures. Experience the benefits Tai Chi provides in improving balance, posture and mobility.

2:00 p.m. - 4:45 p.m.

### BEGINNING PASTELS

*Debbie Strobel, Susan Hurst; Instructors; Anne Parat,*

*Coordinator; format: Zoom and Facebook*

Learn about supplies and techniques to create your pastel paintings/drawings in weeks one and two. Pastels combine the best of painting and drawing so the product can be called both drawing and painting. Learn about color theory in weeks three and four. We'll practice together in weeks four-eight sharing discoveries and honing the craft!

3:00 p.m. - 3:45 p.m.

### TECH CLINIC WITH THE DIGITAL LEARNING TEAM

*Various Instructors; format: Zoom*

Have a question about online learning, Zoom or Facebook? Problem with your computer or device? This is the place to drop in to ask questions and get help from our technical expert volunteers. They're here to assist so you get the best experience with technology and online learning. March 4 & 11:

### Online Banking & Shopping with Bill Owens

Now more than ever folks are conducting their business online. Learn how to protect your financial security and privacy with these "pro" tips.

## FRIDAY

9:00 a.m. - 11:30 a.m.

### FRIDAYS WITH PHILIP

*Film critic, Philip Martin, Instructor; format: Zoom*

For the first part, we'll watch one of Philip's recommended films, TV shows, or documentaries. Philip will review and discuss via chat and at the conclusion of the showing. This class cannot be recorded for copyright issues.

## CURBSIDE MEAL PICKUP SECOND PRESBYTERIAN CHURCH

- Weekly meals available on Thursdays between 2:30 p.m.-3:30 p.m. during the Winter Term.
- Each entrée is two servings for a total of \$14.

|             |                                      |
|-------------|--------------------------------------|
| January 21  | Chicken Broccoli and Rice Bake       |
| January 28  | Corn Chowder                         |
| February 4  | King Ranch Chicken                   |
| February 11 | Sausage Stuffed Shells               |
| February 18 | Chicken Pot Pie                      |
| February 25 | Beef Tortilla Soup                   |
| March 4     | Chicken Artichoke Casserole          |
| March 11    | Pork Tenderloin and Smashed Potatoes |

Baker's ½ dozen (7) yeast rolls = \$5

Baker's ½ dozen (7) cinnamon rolls. = \$8

- Register online or see enclosed registration form to place your order. During the term, please call the office: 501-225-6073

### How to attend classes:

1. Plan to attend the class, "How to be Online with LifeQuest," on Mondays at 11:00 a.m.
2. Open your registration confirmation email and click the link to the private LifeQuest webpage.
3. Scroll down to the class you want to attend.
4. Attend live class by joining preferred platform (Zoom or Facebook) under class title.
5. Zoom classrooms open 5-10 minutes before class begins.
6. If you choose to join class in our private Facebook Winter 2021 group, scroll to find the video with a red "Live" in the upper left corner, usually one minute before class begins.

*Questions? [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)*

### LifeQuest Library:

**Access the archives of all recorded  
LifeQuest classes!  
See enclosed registration form to sign up.**

# Slice of Life: Winter 2021

## News & Updates

### "LifeQuest Gives" Gives Back

For LifeQuest Gives Day, 78 participants gave a total of \$22,095 to support LifeQuest programs. Funds raised throughout the year help to meet operational needs and expand our programs. We offer a special thanks to George McLeod for his generosity as this year's matching donor. Thank you!

### Walk Down Memory Lane as LifeQuest Celebrates 40 Years!

Join us this year as we walk through 40 years of LifeQuest. You will enjoy monthly spotlights and interviews taking us on a forty-year journey - reminiscing and sharing history from past leaders, instructors and volunteers.

### LifeQuest Online

We are excited to announce that our pilot program "Online Engagement Opportunities" which was launched last spring, will continue with online classes offered five days a week! We're so excited about online learning, we plan for it to continue even after the resumption of in-person classes.

Online classes enable participation regardless of the weather or location and are accessible on either Zoom or Facebook. Most classes will be recorded (see class description for exceptions) and available for viewing for registered members. So, if you miss a program, you will be able to see it later! Current term recordings are available to registered members. Join the LifeQuest Library with an annual fee to access the complete archives.

### Sponsor Spotlight: Arkansas Democrat-Gazette

LifeQuest and Arkansas Democrat-Gazette are collaborating this year to bring you quarterly "Navigate Your Device" Clinics.

Volunteers will assist you with Zoom, how to easily find LifeQuest classes, iPad issues, or questions about how to get a free iPad.

### Memorials & Honoraria

Making a gift to LifeQuest is a special way to honor someone you love or admire. Please visit [lifequestofarkansas.org](http://lifequestofarkansas.org) to see a list of recent tribute gifts.

## CORPORATE SPONSORS

### Presenting

Arkansas Blue Cross Blue Shield

### Diamond

Arkansas Heart Hospital

### Platinum

AARP Arkansas  
Arkansas Democrat-Gazette  
Woodland Heights

### Gold

ServiceMasters Renovation

### Silver

Bank of Little Rock  
Elder Stay @ Home  
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Home Instead Senior Care  
Memory Care of Little Rock  
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Visiting Angels

### Bronze

Fox Ridge Luxury Senior Living  
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## 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 UMC  
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  
Unitarian Universalist Church  
Westminster Presbyterian Church  
Westover Hills Presbyterian Church



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### REGISTRATION & SCHOLARSHIPS

Registration is available by mail,  
PO Box 25523, Little Rock, AR 72221

Or online at

[lifequestofarkansas.org](http://lifequestofarkansas.org).

All major credit cards accepted.

*Dorothy P. Sitton Scholarships are available.*