



SUMMER 2021

JULY 5 - JULY 29 | REGISTRATION OPENS JUNE 14

LifeQuest ONLINE Classes

Registration Fee for the Summer Term: \$35

The registration fee covers all classes for the 4-week term. Some classes require an additional fee and separate registration. See details inside.

Online classes occur Monday - Thursday on Zoom and Facebook.

Your **Registration Confirmation email** will contain your login information for the LifeQuest website.

Due to recurring postal delays, we're allowing an extra week for mail delivery. Please note that Summer Registration opens **JUNE 14**, online and by mail.

501-225-6073 | info@lifequestofarkansas.org

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

LifeQuest Online: Summer 2021

LifeQuest Online classes are held daily, Monday - Thursday, via Zoom and Facebook.

Facebook classes are accessible on the LifeQuest Summer 2021 Facebook group which is private and for members only. Please read your registration confirmation email carefully for more information.

MONDAY

11:00 a.m. - 11:45 a.m. , JUNE 28 or JULY 5

HOW TO LEARN ONLINE WITH LIFEQUEST

LifeQuest staff, Instructors; format: Zoom. Recorded.

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.

This workshop is FREE and open to the public.

Class Zoom ID# 985 5595 4867;

Password: lifequest (all lowercase)

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

LIFEQUEST COOK-OFF

Support local chefs AND scholarships for LifeQuest members!

Various chefs, Instructors; format: Zoom. Recorded.

Put on your aprons and participate in this tasty and rewarding challenge to support LifeQuest and local restaurants. Each week a local chef will demonstrate how to prepare a tasty appetizer. You can replicate the recipe at home and then give it a score. The best overall winning recipe and chef will win a spotlight profile on the LifeQuest of Arkansas website and Facebook page.

July 5 - Cypress Social

July 12 - Baja Grill

July 19 - Arkansas Heart Hospital

July 26 - Marlsgate Plantation

Class fee is a \$130 tax-deductible donation for LifeQuest scholarships. Limit 32.

1:00 p.m. - 3:30 p.m.

LIFEQUEST ARTISTS

Open studio, Lynn Senn, Facilitator; format: Zoom. Not recorded.

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

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

WHERE MADISON AVENUE MEETS MAIN STREET: ADVERTISING AND PUBLIC RELATIONS IN THE MODERN ERA

Jay Cranford, Denver Peacock, Instructors; format: Zoom, Facebook. Recorded.

Advertising mirrors culture, and helps create it. Just as the needs and desires of the consumer change, the style of the advertisements evolves to accommodate these changes. From the copy heavy ads of the early 20th century to the increasingly experimental and image driven ads of today, both the standards and the trends in advertising are ever-changing. How will ads adapt to a market that now demands fully integrated online and social media campaigns?

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

THE ANTEBELLUM DESCENT INTO CIVIL WAR

Rick Leach, Instructor; format: Zoom, Facebook. Recorded.

This class will review the period of time right before the Civil War: the growing regional stress between the largely anti-slavery, industrializing North and the pro-slavery, heavily agricultural South. Such stresses included how to address the rapidly expanding Western territories, the economic crises during the period, and the growth of increasingly faster methods of communication.

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

HISTORY IS SERVED

Tricia H. Spione, Instructor, Historic Arkansas Museum; format: Zoom, Facebook. Recorded.

Take a tasty and educational tour through Arkansas! Each spring the Historic Arkansas Museum hosts "History Is Served: Arkansas Foodways." Enjoy four videos from this series which explore Arkansas' food heritage with history as the main course. We'll focus on two iconic foods and two cultural groups within Arkansas: strawberries and tomatoes, and Arkansans who have Chinese or Italian heritage.

LifeQuest Online: Summer 2021

TUESDAY Cont.

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

UNDERGROUND ARKANSAS

UALR Geology Dept. faculty, Instructors; format: Zoom, Facebook. Recorded.

- July 6 **Exploring Caves in the Ozarks,**
John Svendsen; Let's explore the formation, discovery, and exploration of caves. How do they form, and how are they discovered?
- July 13 **Groundwater: Arkansas' Largest Water Reservoir,**
Laura Ruhl; Ever wonder how groundwater gets used by individuals, cities, and agriculture? We'll learn how water infiltrates, moves, and is stored in the ground.
- July 20 **Mapping Hidden Rocks,**
Beth McMillan; How do geologists map the layers of rocks from the surface to the sub surface, and how do we know what is down there anyway?
- July 27 **Rare Minerals and Rocks of Magnet Cove,**
Corbin Cannon; What is found in Magnet Cove, and why do we have these very unusual rocks in Arkansas?

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

SHAKESPEARE: ALL THE WORLD'S A STAGE (APPEARANCES & REALITIES)

Fred Silva, Instructor; format: Zoom, Facebook. Recorded.

In today's "cancel culture" world of politically laden messaging, let's explore the psychology of Shakespeare and why he is just as relevant, and controversial, today as in his own time.

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

DONATELLO: NOT JUST A MUTANT NINJA TURTLE

Sandra Cone, Instructor; format: Zoom, Facebook. Recorded.

Donatello (c.1386 – 1466) was a Renaissance master sculptor and an influential innovator. He worked in stone, wood, clay, and bronze to create some of the most memorable works of the early Italian Renaissance. Often Michelangelo overshadows Donatello's earlier achievements, but after this class you might just disagree!

TUESDAY Cont.

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

SCATTERGORIES

Sherri Simon, Facilitator; format: Zoom, Not recorded.

This is a game anyone can play! No experience necessary. We'll gather on Zoom and after some brief introductions and rule-explaining, we'll present various categories (movie titles, U.S. presidents, green foods, etc.) You'll be given a letter to quickly come up with items for each category. Use your brain, meet some new friends, and join the fun!

WEDNESDAY

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

U.S. FOREIGN POLICY

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

With the global pandemic and resultant political/economic fallout, there is MUCH to talk about. Join the discussion based on current newsworthy topics, interspersed with historical themes and foreign policy theory.

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

GREAT BOOKS

Rosemary Rogers, Facilitator; format: Zoom. Not recorded.

Read and discuss selections of literature by classic and modern authors. Literary selections provided. *Limit 18 | Materials fee: \$15*



LifeQuest Online: Summer 2021

WEDNESDAY Cont.

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

CIVIL RIGHTS PIONEERS

Dick Williams, Instructor; format: Zoom, Facebook. Recorded.

This series explores the origins of the civil rights movement, long before the birth of Martin Luther King, Jr., through the lives of eight often-controversial leaders: W. E. B. Du Bois, Paul Robeson, Ida B. Wells-Barnett, Mary McLeod Bethune, Booker T. Washington, George Washington Carver, Archibald Grimke, and William Monroe Trotter.

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

PAPER CRAFTS & GREETING CARDS

Judy Langford-Brodie, Instructor; format: Zoom. Not recorded.

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 two projects each week. Cut cardstock, envelopes and die cuts included in class fee. A list of other supplies needed will be emailed to you.

Limit 8 / Materials Fee: \$20

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

BEGINNING OIL/ACRYLIC PAINTING

Anne Parat, Instructor; format: Zoom, Facebook. Recorded.

Aimed at the true beginner, we'll explore basic painting concepts including the color wheel and suggested supplies to begin. No artistic experience necessary, and no supplies are required. The goal is to allow those new to painting gain an understanding of the mediums before continuing on to studio classes.

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

LIFEQUEST BOOK CLUB July 7 & 21

Mary Sha Moriarty, Facilitator; format: Zoom. Not recorded.

Bring your curiosity, open-mindedness and love for books and reading! *Plan to meet every other week.* We'll send a suggested book list before class begins. *Limit 14.*

WEDNESDAY Cont.

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

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

Tom Cox, Instructor; format: Zoom, Facebook. Recorded.

Summertime, and the living is getting easier! Join Tom and explore how elements essential to a thriving creative process in jazz piano and other fine arts are equally essential and available to us throughout the seasons of our lives.

THURSDAY

9:00 a.m. - 11:45 a.m.

MOVIES WITH PHILIP MARTIN

Philip Martin, Instructor; format: in-person at Riverdale 10 VIP Cinema, 2600 Cantrell Road, Little Rock

Film critic Philip Martin shares select films that are certain to delight, challenge, and entertain you. Movie viewing is followed by lively discussion and critique.

NOTE: This is an in-person, THURSDAY CLASS. Masks are suggested.

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

FROM OPERA TO COUNTRY: SIXTEEN FAVORITE MUSIC VIDEOS

Wayne Chapman Instructor; format: Zoom. Not recorded.

Explore the lyrics, musicality, choreography, and videography of selected music videos. Here are the names of a few of the representative artists we'll review: Sarah Brightman, Garth Brooks, Brandi Carlile, Beyoncé, Little Big Town, Taylor Swift, and Anna Netrebko.

LifeQuest Online: Summer 2021

THURSDAY Cont.

SPECIAL WORKSHOP JULY 8

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

CHAIR YOGA

Sylvia Amsler, Instructor, format: Zoom, Facebook. Recorded.

Build strength, flexibility, and stability through Iyengar yoga. In this class we will use the chair as our primary prop to help support, align, and teach the body. Yoga is for everyone, regardless of age, health status, or fitness experience. Modifications will be provided so that each individual can be appropriately challenged in the asanas (poses). Experience the stable, quiet mind that results from a focus on physical posture and breath.

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

FINANCIAL RESILIENCE FOR TODAY & TOMORROW

AARP Arkansas, Presenter; format: Zoom, Facebook. Recorded.

During this 4-week virtual series, participants will learn about the most important aspects of their financial health as they define their own financial goals, set priorities, prepare for retirement and take steps to secure their future. Topics will include Social Security, budget planning, managing credit and debt, and protecting your finances from scams and fraud.

1:15 p.m. - 2:00 p.m.

ZENTANGLE July 8, 15, 29 and August 5

Ann Filiatreau, Instructor; format: Zoom, Facebook. Recorded.

The Zentangle Method is an easy-to-learn, meditative, and fun way to create beautiful images by drawing structured patterns. You don't need to be artistic, good at drawing, or have any prior art experience at all, just the willingness to try! The patterns may look complicated but once they're broken down and you learn how to do them step by step, you'll see how simple and easy Zentangle really is. There are no mistakes in Zentangle!

We will not meet on July 22.

BRAVER ANGELS** presents:

"Families and Politics: How to Talk with Loved Ones on the Other Side"

On Zoom, Thursday, July 8

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

When family relationships become casualties of our toxic political environment, members may argue, avoid each other, or cut off lifetime relationships. To preserve important family bonds while still being true to your values and political beliefs, this workshop will offer:

- Insight into why family differences over politics are uniquely challenging
- Recognition of common roles that family members play in political conversations
- Strategies and skills for handling family political differences in a constructive way

Although the focus is on family relationships, you can use lessons from this workshop with any loved one or group.

Limit 32. Format: Zoom, not recorded.

Registration is required, and a pre-workshop training is suggested, but not required, to attend.

Information will be emailed upon registration.

****Braver Angels** (formerly Better Angels) was founded shortly after the 2016 presidential election which revealed sharp divisions within the United States. A New York-based 501(c)(3) nonprofit affiliated with the Institute for American Values, the organization conducts workshops, debates, and other events where "red" (conservative) and "blue" (liberal) participants attempt to better understand one another's positions and discover their shared values.

This workshop was developed by the national Braver Angels leadership and is conducted by trained Arkansas volunteer facilitators.



LifeQuest Online: Summer 2021

CURB-SIDE MEALS

Brenda's back in the kitchen!

Enjoy chef-prepared meals this July. Order on the enclosed form or online at lifequestofarkansas.org.

Pick up at Second Presbyterian Church on Thursdays between 2:30 p.m. - 3:30 p.m.

- Meals are \$14 and provide 2 servings.
- Desserts are \$10
- Please order meals at least one week in advance
- First come, first served!

July 8 Chicken Caesar Salad with Homemade Croutons
Dessert: Pineapple Carrot Cake

July 15 Manicotti Crepes topped with Bechamel
Dessert: Apple Crisp

July 22 Gazpacho with Cheese Biscuits
Dessert: Coca-Cola Cake

July 29 Chicken Marengo over Pasta
Dessert: Coconut Cake

"My Thursday curbside pickup is always something I can look forward to and the chef never disappoints!"
- Barbara Silaski, LifeQuest Member

Questions? Call LifeQuest office: 501-225-6073

TECH CORNER WITH GINA BRIDGES

- ♦ Login to the LifeQuest website to attend classes. Your new login password will be emailed to you upon registration.
- ♦ Come to class on Zoom! Our instructors are excited to see you and value your participation.
- ♦ Join the LifeQuest Summer 2021 Facebook group! Most classes are recorded and may be viewed on our SUMMER Facebook group.
- ♦ Plan to attend the workshop, "How to Learn Online," June 28 or July 5 at 11:00 a.m. on Zoom: Zoom ID: 985 5595 4867
Password: lifequest (all lowercase)
- ♦ Ask all your questions about how to get to class, how to participate on Zoom/Facebook, and how to view class recordings.

GREECE TRIP - PLAN YOUR TRIP!

Discover the magnificent ruins of ancient Greece in their tranquil Mediterranean settings. Join LifeQuest members as we partner with Collette Travel for an excursion to Greece!

Dates: November 7-16, 2021

Tour highlights: Athens, the Acropolis and Parthenon, Metéora, Delphi, Olympia, Greek Farm Visit, Cooking Class, Greek Dance Class, Mycenae, and Nafplio

Worry-Free Cancellation:

Collette's cancellation waiver offers travelers a full cash refund for the price of the tour, right up to the day prior to departure, minus the small cost of the waiver. Travel knowing if anything changes, you're protected.

Plus, you're covered on tour! Collette's travel protection plan covers you on tour. If you have to stop your trip or return home early, need medical assistance or evacuation, suffer a baggage loss or delay or are delayed on tour for 12 hours or more, you're covered.

Enjoy a professionally planned, pleasant trip with peace of mind!

Questions? Call LifeQuest office: 501-225-6073

LifeQuest Library

There are over 400 videos of LifeQuest classes available in our library. Access the archives of all recorded classes for a \$25 annual fee. Makes a great gift for a friend or family member in Arkansas or around the world!

See enclosed registration form to get a one-year library membership, renewable in January.

Memorials & Honoraria

Making a gift to LifeQuest is a special way to honor someone you love or admire. Please visit lifequestofarkansas.org to see a list of recent tribute gifts.

Slice of Life: Summer 2021

News from Executive Director Lindy Harrell

Walk Down Memory Lane as LifeQuest Celebrates 40 Years!

Join us as we walk through 40 years of LifeQuest history through monthly spotlights and interviews with those who have played key roles in LifeQuest's history and are shaping the organization today. Reminisce and hear the stories from past leaders, instructors, members, and volunteers. Interviews are recorded and available for viewing on the public LifeQuest of Arkansas Facebook page and the LifeQuest website and YouTube channel.

Welcome Donna Elkey!

This spring Donna Elkey joins the LifeQuest staff in a new role as Administrative Assistant. LifeQuest members will recognize Donna's friendly voice and face, whether on the phone, during registration, or when hosting classes. Donna was raised a military dependent and then served herself as a U.S. Navy Petty Officer. She is a graduate of Point Loma Nazarene University in San Diego with a degree in Applied Communications. Donna has resided in Arkansas for the past five years following the death of her husband from multiple myeloma. She comes to LifeQuest from the staff of St. James UMC. Donna enjoys roller coasters, traveling with her daughters and her 11-year-old dachshund/Pomeranian mix, Sienna, cooking and sharing food with friends and family, and meeting new people.

LifeQuest Online

Enjoy a broad selection of online classes, taught by volunteer instructors, four days a week! Art, movies, foreign policy, history, books, jazz, yoga, personal finances, and geology ... LifeQuest instructors are experts in their fields and enthusiastically share their knowledge from their homes, or on the road, with LifeQuesters in Arkansas and around the world!

Online classes enable participation regardless of the weather or location and are accessible on Zoom or Facebook. Most classes are recorded and available for viewing for registered members.

Come Zoom with us this summer!

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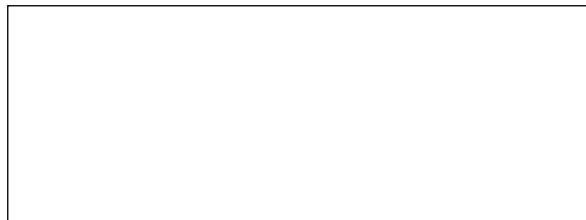
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REGISTRATION & SCHOLARSHIPS

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

Or online at

lifequestofarkansas.org.

All major credit cards accepted.

Dorothy P. Sitton Scholarships are available.