



# Summer 2018

July 11—August 2

501-225-6073 / info@lifequestofarkansas.org

**REGISTRATION FEE: \$35.00**

*Note: Registration fee covers all Wednesday & Thursday classes for the entire 4-week term.*

## **WEDNESDAY MORNING CLASSES:**

**9:00—9:50 a.m.**

### **CHEWING THE FAT: SECOND BITE**

**Rex Nelson & Paul Austin, Instructors; Ann West, Coordinator**

Rex Nelson and Paul Austin return to lead us on a journey through this unique place called Arkansas as they discuss its most interesting places and people. From out-of-the-way restaurants to unique Arkansas events, participants are sure to learn things about Arkansas they did not know, and will leave the class saying, "I wish I had known that years ago."

**9:00—10:50 a.m.**

### **KNITTING & SHARING (2 hrs)**

Share your knitting knowledge and learn from others.

**9:00—11:50 a.m.**

### **EXPERIENCED WATERCOLOR (3 hrs)**

**Nan Renaud, Instructor; Marietta Kehler, Coordinator**

For artists with some prior watercolor experience. Plan to bring your own paints, table cover and supplies.  
**Limit of 20**

**10:00—10:50 a.m.**

### **A THINK TANK FOR POSITIVE CHANGE**

**Cagle Harrendorf, Instructor; Jody Musgrove, Coord.**

Share your wisdom and life experiences to establish a thought garden for cultural change. This "think tank" format will discuss some of our biggest challenges in all seasons of life – interpersonal conflict, community violence, aggression and more. Bring your ideas and be part of the solution!

### **FRANCE SINCE 1945**

**Garrett McAinsh, Instructor**

This class will look at the recent history of one of the world's most fascinating countries, and its struggle to attain a workable, widely accepted democracy.

### **PLANT THIS, NOT THAT: GIVE NATIVES A CHANCE**

**Karen Seale, Instructor; Sandy Hanson, Coordinator**

Explore the science and need for gardeners to become proactive in restoring our native home habitats. Learn about "best practices" and the beauty of native species to satisfy nature AND neighbors!

**11:00—11:50 a.m.**

### **CYBER SECURITY**

**Randy Bear, Dillard's & Mariel Henderson-Santamaria, Attorney General's Office, Instructors**

How do retailers use and protect customers' private information? How do you avoid email and phone scams? Learn the answers to these and more questions concerning privacy & security relating to our multi-media, internet-connected world from security experts.

### **FOUR 20th CENTURY CHORAL MASTERPIECES**

**Nancy Fleming, Instructor**

Learn the biography, historical context, musical concepts, and textual considerations of four choral works beloved by the instructor—Benjamin Britten: *Rejoice in the Lamb*; Gian Carlo Menotti: *The Unicorn, the Gorgon, and the Manticore*; Leonard Bernstein: *Chichester Psalms*; and Arvo Pärt: *Magnificat*.

### **IF MODERNITY IS DEAD, WHAT'S NEXT?**

**Roby Robertson, Instructor; Sandy Hanson, Coord.**

Most of us were born in the Modern Era, but have we moved into the Post-Modern Era? Explore examples from a wide range of material from the scientific understanding of ant colonies to the 'organization' of the internet and even to new structures of our religious life. Why does it matter to our own lives?

### **MONEY MATTERS**

**Simmons Bank representatives and Mike Watts, Instructors**

- July 11 Estate Planning Part 1 (Wills) – Richard Clark, Simmons Bank Trust Department
- July 18 Estate Planning Part 2 (Trusts) – Gene Jennings & John Monroe, Simmons Bank Trust Department
- July 25 Don't Outlive Your Nest Egg – Bob Williams, Simmons First Investments
- Aug 1 Tax Law Changes and How They Impact You—Mike Watts, CPA, JD, UALR Department of Accounting

**12:00—1:00 p.m.**

**BRING YOUR OWN LUNCH—ROOM 60**

**1:15—2:15 p.m.**

### **HUMAN BEINGS: PAST, PRESENT & FUTURE**

**Fred Silva, Instructor; Sandra Hanson, Coordinator**

Explore the evolution of humans and what the future may hold. What role does our interactions with artificial intelligence and superintelligence play? What's next: Humans 2.1 or Homo Deus?

**(Wednesday classes continued)**  
**1:15—2:15 p.m.**

**ZENTANGLE**

**Ann Filiatreau, Instructor**

Learn to draw structured patterns in this easy, relaxing and fun method to create beautiful images. **Limit of 20**

**GAMES FOR FUN (2 hrs)**

Play Bridge, Mah Jongg, or Scrabble.

**1:15—4:00 p.m.**

**OIL PAINTING INSTRUCTION (3 hrs)**

**Patricia Bueter, Instructor; Anne Parat, Coordinator**

Oil painting for all levels. Come with your table cover, paints & supplies and find that inner artist! **Limit of 16**

**THURSDAY MORNING CLASSES:**

**9:00—9:50 a.m.**

**ARKANSAS BACKSTORIES**

**Joe David Rice, Instructor**

Using material from his forthcoming book, this former state tourism director will be your guide as you explore the backroads, natural wonders and the stories they tell about our beautiful state.

**9:00—10:50 a.m.**

**BASIC DRAWING (2 hrs)**

**Bill Fulton, Instructor; Marietta Kehler, Coordinator**

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

**MAH JONGG REFRESHER (2 hrs)**

**Ellen Lowitz, Instructor; Mary Ann Brown, Coord.**

This is a review of skills for players with some experience. Plan to stay the whole class & play for fun!

**9:00—11:30 a.m.**

**MOVIES WITH PHILIP MARTIN**

**Philip Martin, Instructor; Ann West, Coordinator**

View and discuss movies at **Riverdale 10** movie theatre with this notable film critic and journalist. *Transportation is on your own.*

**WATER MEDIA STUDIO (3 hrs)**

Come paint with friends and share your creativity. **Limit of 22**

**10:00—10:50 a.m.**

**PRESERVING PRECIOUS MEMORIES**

**Kathy Balkman, Instructor; Angela Sewall, Coord.**

Do you wish you had recorded your grandmother's stories? Would you like to pass on memories for your children and grandchildren to enjoy? The process of oral history is a unique and entertaining way to preserve a person's personal history. Learn more about the process and discover current oral history projects including the Veteran's History Project, StoryCorps, etc.

**(Thursday classes continued)**  
**10:00—10:50 a.m.**

**MEDITATION & COMPASSION**

**Dent Gitchel, Jr., Instructor; Ann West, Coordinator**

In this introductory class, explore foundational practices of mindfulness and compassion cultivation. Appropriate for those across the continuum of meditation experience. Classes will consist of guided meditations and information about the practices, as well as time for Q & A. **Limit of 20**

**10:00—11:50 a.m.**

**GREETING CARDS: CHRISTMAS IN JULY (2 hrs)**

**Sandy Hanson, Connie Wardell, and Judy Langford-Brodie, Instructors | Additional Fee: \$10**

Beat the heat and get a head start on the holidays! Each week you will make a Christmas card and an all-occasion card. All supplies and materials provided. **Limit of 12**

**11:00—11:50 a.m.**

**YOGA—ALL LEVELS**

**Linda King, Instructor**

Yoga for all levels. Bring a Yoga mat or blanket. **Limit of 25**

**UNDERSTANDING THE U.S. LEGAL SYSTEM**

**Gail Laster, Instructor**

With recent claims of "judicial overreach" and "liberal judges," is the judicial branch performing as our founders intended or has it become too political? Learn about the sources of our laws as we explore the structure and function of our legal system.

**THRIVING IN RETIREMENT**

**Angela Sewall, Instructor**

*Retirement:* some love it, some hate it, and some are simply flummoxed by the slow down and change of directions. No matter the response, we'll learn methods to help each other navigate these new waters. Acquire the book Thriving in Retirement: Lessons from Baby Boomer Women by Anne C. Coon and Judith Ann Feuerherm. **Limit of 25**

**GENEALOGY: UNCOVERING OUR ANCESTORS' AMERICAN DREAMS**

**Jeanne Rollberg, Instructor**

This course will engage online family history researchers to learn to use databases/newspapers effectively to document the lives of ancestors/enhance family trees, improve ability to find hard-to-discover female ancestors, use social media to make distant family connections, and begin the process of preserving research and passing it on to descendants through a Genealogical Last Will and Testament. *Access to computers outside of class will help participants practice strategies learned in class.* **Limit of 25**

**ONE DAY LECTURE & FIELD TRIP: THURSDAY, AUG. 2  
12:00—3:00 p.m.**

*"Geology for Rock Nerds and the Rest of Us"*

Dr. Michael T. DeAngelis UALR Earth Sciences Dept.

Lecture begin will begin at noon at Second Presbyterian Church followed by a private tour of the Arkansas Geology Archives. Bring your own lunch to enjoy during the lecture. Transportation is on your own. **Limit of 25**