



# SUMMER 2019

July 10—August 1 | REGISTRATION OPENS MONDAY, JUNE 3

## Lifelong Learning Classes

**Registration Fee: \$35**

Fee covers all Wednesday and Thursday classes for the 4-week term.

Some classes require an additional fee.

Most classes held at Second Presbyterian Church, 600 Pleasant Valley Drive.

## Digital Learning Classes

**Registration Fee(s): Priced individually** (see inside)

Classes held at the UAMS Reynolds Institute on Aging & Second Presbyterian Church.

501-225-6073 | [lifequestofarkansas.org](http://lifequestofarkansas.org)

# Lifelong Learning: Summer 2019

## WEDNESDAY CLASSES

9:00 a.m.—9:50 a.m.

### CHEWING THE FAT

*Rex Nelson, Instructor; Ann West, Coordinator*

Rex Nelson will lead us on a journey through this unique place called Arkansas as he discusses its most interesting places, festivals, foods, and colorful characters. 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 class saying, "I wish I had known that years ago."

9:00 a.m.—10:50 a.m.

### KNITTING & SHARING (2 hrs.)

*No instruction*

Share your knitting knowledge and learn from others.

9:00 a.m.—11:50 a.m.

### DRAWING WORKSHOP (3 hrs.)

*Bill Fulton and friends, Instructors; Marietta Kehler, Coord.*

Beginners & experienced artists are welcome to this artist workshop. Learn new drawing techniques, engage in a social event with others, and have fun! Bring art paper, pencil, kneaded eraser, and pictures of personal interests. Class repeaters welcome. The workshop covers Freehand Drawing, Grid, and Tracing Methods, Drawing Materials, Papers and Books, Shading, Perspective, Colored Pencils, etc. *Limit of 20.*

### WATERCOLOR STUDIO (3 hrs.)

*No Instruction*

Bring your paints, supplies and inspiration to enjoy this creative space with fellow artists. *Limit of 22.*

10:00 a.m.—10:50 a.m.

### ARKANSAS STATE SYMBOLS

*David Ware, Instructor; Leah Wilkinson, Coordinator*

"Arkansas, the Natural State" is but one of over two dozen symbols that have been selected to represent our state's history, resources, culture and aspirations. Guess which of the following are newly proposed symbols: the Bowie knife, the scattergun, or the Black River Nightmare (aka Alligator Gar). Answer: all three! Natives and newcomers alike will learn why these symbols matter from the State Capitol Historian and author of *It's Official: The Real Stories behind Arkansas's State Symbols.*

## WEDNESDAY CLASSES

10:00 a.m.—10:50 a.m.

### A DOG'S PURPOSE

*Various presenters*

Dogs share our daily lives and provide numerous benefits to our safety and well-being. They have learned to follow our commands, work with us in various service capacities, protect us, and be faithful companions in daily life. Meet four trainers (and their dogs!) and learn about their unique roles in our community.

July 10 Sergeant Tim White, LRPD K-9 Unit

July 17 Arny Ferrando, UAMS Cancer-Detecting Dogs

July 24 Therapy dogs in our community

July 31 Renie Rule, Paws in Prison

### TALKING ABOUT GEN-GEN-GENERATIONS!

*Roby Robertson, Instructor; Sandy Hanson, Coordinator*

Why are Millennials and Gen-Xers so different from those of us in the Boomer or the Silent Generations? Do Millennials have more in common with the Greatest Generation? Why was the 'youth culture' of our generation so different from the current one? A mostly light-hearted introduction to the idea of generations over time examining culture, music, politics and other issues that define/separate the generations.

11:00 a.m.—11:50 a.m.

### THE HISTORY OF EARLY MEDICINE

*Jonathan Wolfe, Instructor*

The story of how medicine developed is a wild ride through history and geography, cultures and religions. From the practice of mummification by the Egyptians, to the Greek development of the Hippocratic tradition, through the Muslim innovation of pharmacy and the role of the pilgrimage routes, we'll cover time and space exploring how early medicine developed, and how and the interplay of Christian, Hebrew and Islamic scholarship led to the emergence of hospitals and the medical field.

### A BIRD'S EYE VIEW

*Various instructors, Melanie Gloster, Coordinator*

Calling all bird lovers, nature enthusiasts, and budding ornithologists: come learn about what experts in our state are doing to appreciate and protect our feathered friends.

July 10 "Through the Lens: A Passion for Birds,"  
Melanie Gloster

July 17 "Birds and Their Songs," Audubon Arkansas

July 24 "Birds of Prey," Raptor Rehab, with some of their rescued birds

July 31 "Bird Conservation," Little Rock Zoo

# Lifelong Learning: Summer 2019

## WEDNESDAY CLASSES

11:00 a.m.—11:50 a.m.

### LIVING SAFELY IN TODAY'S WORLD

*Instructors: Kumu Mark Nunez, 7th –Degree Blackbelt; Laura Martin, Neighborhood Watch Coord., LRPD; and Officer Tracy Brandon, LRPD*

Safety awareness and non-contact survival techniques can benefit everyone. Personal safety experts and members of the LRPD will provide tips on how to avoid potentially harmful or dangerous situations and teach proven techniques to prevent crimes. Gain a "black belt" in mental preparedness to strengthen your confidence and safety.

### LIFEQUEST BOOK CLUB

*Mary Sha Moriarty and Anne Parat, Coordinators*

Let's discuss two books and others you have enjoyed. The first book will be To Kill a Mockingbird. If needed, a library copy will be available to pick up in the LifeQuest office beginning June 10. Please read before the start of class. A refundable deposit is required if using the library copy. The second book is Someone Knows My Name by Lawrence Hill, and will be discussed in class. Copies of this book will be available in class. *Limit of 16.*

12:00 p.m.—1:00 p.m.

### LUNCH WITH FRIENDS

Bring your own lunch and gather in the "café" to enjoy time with friends—old and new!

1:15 p.m.—2:15 p.m.

### A BRAVE NEW WORLD

*Fred Silva, Instructor; Sandra Hanson, Coordinator*

Explore the wild frontier of our scientific future.

July 10 Designer Babies: We can make you Bigger, Stronger, Smarter (CRISPR/Cas 9, et al)

July 17 Meeting Extra-Terrestrials. What will it be like?; What will we do?

July 24 Artificial Intelligence: Who's in Charge? Benefit vs. Burden: What can it do? How can we keep it contained and like us?

July 31 Transhumanism/Post-Humanism: Making Better People for the Future

1:15 p.m.—3:15 p.m.

### GAMES FOR FUN (2 hrs.)

*No instructor—play for fun!*

Bridge, Scrabble, and Mah Jongg (current 2019 card needed). Some basic skills needed to have the most fun.

## WEDNESDAY CLASSES

1:15 p.m.—3:15 p.m.

### BEGINNING GREETING CARDS (2 hrs.)

*Judy Langford-Brodie, Instructor; Sandra Hanson, Coord.*

Discover how to make handmade greeting cards that you will enjoy creating just as much as your friends and family will enjoy receiving! Learn paper crafting techniques by making two projects each week. Designed for beginners as well as the more experienced card maker desiring more paper crafting time. All supplies and materials provided. *Materials fee: \$15 Limit of 8.*

### MEET THE FILMMAKERS (2 hrs.)

*Various presenters; Ann West, Coordinator*

Collaborating with AETN and PBS, class participants will view a documentary film each week, meet the filmmaker, and participate in a question and answer session following each film.

July 10 *Dream Land: Little Rock's West 9<sup>th</sup> Street*—  
Tanisha Conway, Producer

July 17 *Historic Bridges of Arkansas*—Casey Sanders,  
Producer

July 24 *History on the Line: Preserving County Courthouses*—Casey Sanders, Producer

July 31 *Backroad Barns*—Kevin Clark, Producer

1:15 p.m.—4:00 p.m.

### BEGINNING OIL/ACRYLIC PAINTING (3 hrs.)

*Clarence Cash, Instructor; Anne Parat, Coordinator*

Come with your table cover, a few paint colors and brushes and find your inner artist. For beginners, but more experienced painters are invited to paint on their own. *Limit of 16.*

## THURSDAY CLASSES

9:00 a.m.—9:50 a.m.

### THE Q & A WITH ROBY BROCK

*Various guest presenters; Roby Brock, Facilitator*

Local TV and radio host Roby Brock of Talk Business & Politics will interview Arkansas business and political leaders for their perspectives on the legacies of their work and what the future holds.

July 11 Charles Morgan: First Orion CEO and former Acxiom CEO

July 18 Will and Win Rockefeller: Grandsons of Gov. Winthrop Rockefeller and sons of Lt. Gov. Win Rockefeller

July 25 Vic Snyder: Life after Congress

Aug 1 To be determined

# Lifelong Learning: Summer 2019

## THURSDAY CLASSES

9:00 a.m. - 10:50 a.m.

### MAH JONGG REFRESHER (2 hrs.)

*Ellen Lowitz, Instructor*

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

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

### MOVIES WITH PHILIP MARTIN (2.5 hrs.)

*Philip Martin, Instructor; Ann West, Coordinator*  
*THIS CLASS IS HELD OFF CAMPUS.*

View and discuss movies at *Riverdale 10\** movie theater with film critic and journalist Philip Martin. Selected movies will be announced the first day of class, and will include films which never opened in Arkansas like "Shoplifters," and several older, classic movies.

\*Please do not bring food or drink into the theater. Concessions will be available for purchase.

### WATER MEDIA STUDIO (2.5 hours)

**No instruction; open studio.**

Come paint with friends and share your creativity.

10:00 a.m.- 10:50 a.m.

### TAI CHI REFRESHER

*June Brown, Instructor; Ann West, Coordinator*

Come practice the Wu style of Tai Chi and the Tai Chi Walk. For students with some Tai Chi experience.  
*Limit of 20.*

### ORGANIZATION 101

*Various Instructors*

Need to declutter? Get organized? Downsize? This is an area where most of us could use some improvement, but find it difficult to know where to start. Let these experts lend a hand!

- July 11 "Mental Preparation; Getting Motivated"  
Dr. Shannon Greenfield, Clinical Psychologist
- July 18 "Where to Start? Helpful Checklists and Making a Plan" Shanon Greer, Simplify
- July 25 "Selling Your Stuff and Using Social Media"  
Krista Hughes, Caring Transitions
- Aug 1 "Digital Photo Archiving and Storage Solutions"  
Yates Phillips, CCSI

## THURSDAY CLASSES

10:00 a.m.- 10:50 a.m.

### CHAIR YOGA

*Linda King, RYT 200, Instructor*

Love yoga but need something that doesn't involve getting up and down from the floor? Then chair yoga is for you! Breathing, stretching and even strength building can all be done using a chair so come join us!  
*Limit of 20.*

### STRANGE BEDFELLOWS: RELIGION AND VIOLENCE

*Instructors: Jody Musgrove (Coordinator), Rabbi Gene Levy, Dr. Mazin Safar, and Rev. Steve Teske*

Today's religious violence has roots going back to ancient times, with Buddhism being perhaps the exception. An important goal of this course will be to not simply review the past, but rather mine it for useful insights on how to place today's religious violence into a suitable historical context and to make sense of it. Topics will include: violence in sacred texts, the apocalyptic outlook in religion, holy wars, anti-Semitism and Islamophobia, violence against women, "just war" theory, and present-day religious terrorism. Finally, we will look at ways to combat religious violence at the individual, community, national, and global scales.

10:00 a.m.—11:50 a.m.

### GREETING CARDS (2 hrs.)

*Sandra Hanson, Instructor*

Join us to create three fully designed projects each week to give you 12 cards/paper projects for the \$15 materials fee. All materials and tools supplied; just bring willingness to exercise the creative part of your brain and have fun! *Materials fee=\$15 Limit of 12.*

11:00 a.m.- 11:50 a.m.

### YOGA—ALL LEVELS

*Linda King, RYT 200, Instructor*

A gentle yoga class to keep you strong and flexible! Classes include breathing techniques, yoga postures and flows, and relaxation. Classes will include teaching modifications for physical limitations. *Limit of 25.*

### SEX, SLAVERY & CINEMA

*Various presenters; Kevin Jones, Coordinator*

An exploration of how popular culture perpetuates unconscious bias in terms of inter-racial relationships and stereotypes in our society. Presenters will discuss personal views and opinions concerning films that represent the reality of hidden biases in our everyday life.

# Lifelong Learning: Summer 2019

## THURSDAY CLASSES

11:00 a.m.- 11:50 a.m.

### PERSONAL HERITAGE QUEST

**Jeanne Rollberg, Instructor; Elvon Lloyd, Coordinator**  
How much do you really know about your fascinating personal heritage? In four sessions to find and expand family history information, we'll investigate key web assets to help you "open the door." We will also focus on the Arkansas State Archives, Butler Center, and other local resources. We'll explore how to use eBay, YouTube, Facebook, Twitter, and social media to discover more about family identity. We'll demonstrate how you can prepare your treasured family research to pass it on and how travel can be folded into customized vacations.

### JAZZ PIANO: STYLES, INNOVATORS & IMPROVISATION

#### *A Look & Listen From The Inside Out*

**Tom Cox, Instructor & Pianist**

Survey various jazz piano styles from early 20th century to today including blues, boogie-woogie, stride, be-bop, post be-bop, and some of today's eclectic styles which incorporate elements of African, Western European classical, South American and Western Pop music. The instructor will briefly describe each style and one of its major innovators, then perform examples of musical selections from the following pianist and composers: Fats Waller, Duke Ellington, Billy Strayhorn, Charlie Parker, Bill Evans, Tom Jobim, Keith Jarrett, Art Lande, Tom Cox, and Brad Mehldau.

12:00 p.m.—1:00 p.m.

### JOURNEYS IN GEOLOGY

**Various Instructors from UALR Department of Earth Sciences; Ann West, Coordinator**

Each week bring a brown-bag lunch to class and learn about the geological landscape and rocks and minerals of our state.

July 11 "Explore Arkansas' Geological Provinces,"  
Dr. Michael DeAngelis

July 18 "Mapping in Arkansas," Dr. Beth McMillan

July 25 "Fossil Identification and Paleontology in  
Arkansas," Dr. Rene Shroat-Lewis

Aug 1 "Arkansas Rocks & Minerals" Dr. Michael  
DeAngelis. *Field trip to follow:*

*The last lecture is followed by an optional field trip to UALR to learn how to use a petrographic polarizing microscope to see the beauty of Arkansas's rare rock and mineral collection. Plan for a two-hour experience and your own transportation.*

## DIGITAL LEARNING CLASSES

CLASS LOCATION:

SECOND PRESBYTERIAN CHURCH\*,  
600 PLEASANT VALLEY DRIVE, ROOM 64

### POWERPOINT TIPS & TRICKS

*July 11-August 1, (4) 1.5-hour classes*

*Thursdays, 1:30 p.m.—3:00 p.m.*

**Charlie Frith, Instructor**

All you need to know to create professional Power-Point presentations: using animations, transitions and themes, adding graphs, videos and music; creating a photo album; rehearsing timings for your slide show; recording audio and movies for your presentation; learning how to save your presentation as a PDF file....and MORE! Bring a flash drive to class. Laptop provided. *Limit of 8. Fee: \$50*

CLASS LOCATION:

UAMS REYNOLDS INSTITUTE ON AGING\*  
629 JACK STEPHENS DRIVE, ROOM 2156

### COMPUTER BASICS

*July 8-24, (6) two hour classes*

*Mondays and Wednesdays, 10:00 a.m.—12:00 p.m.*

**Bill Singley, Instructor**

This is a basic introduction to computers for those who do not have previous experience. How to turn on the computer, beginning keyboarding, learning finger motions with mouse operations, point and click, minimize, restore, and close. Students get computer hands-on time in using e-mail and an introduction to the Internet. Includes a manual. *Limit of 8. Fee: \$60*

### INTERMEDIATE COMPUTERS

*July 8-24, (6) 1.5 hour classes*

*Monday and Wednesdays, 1:00 p.m.—3:00 p.m.*

**Bill Owens, Instructor**

This is an intermediate computer course for those who currently own a computer with Windows 10 operating system, and have some basic computer skills. The course includes an overview of Windows 10, an introduction to word processing, an overview of File Explorer, Windows Mail, Windows Photos and other activities. Includes a manual. *Limit of 8. Fee: \$60*

**\*Free and convenient parking is offered at both Second Presbyterian Church and the UAMS Reynolds Institute on Aging.**

# LifeQuest Gives Day 2019

Thank you to the 160 donors who gave so generously to support LifeQuest on April 4. Because of your generosity, we raised over \$45,000 to support our annual operating needs. Special thanks to our matching gift donors, Barbara Baber and Bob Fleming.

Lucy Abraham  
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# Slice of Life: Summer 2019

## News & Updates

**SWINGIN' DOWN THE LANE EVENT—OCTOBER 10**  
LifeQuest will honor long-time instructor, and NPR radio host, David Miller with our Founders' Award during a special event called "Swingin' Down the Lane" on Thursday, October 10 at 6:00 p.m. The event will include dinner and dancing with a "swing" theme of course! Please save the date—more details to follow.



### LUNCH & A MOVIE

On June 6, join LifeQuest and Presbyterian Village for a special showing of "Won't You Be My Neighbor?" This documentary explores the life and impact of Fred Rogers and his beloved television program, "Mister Rogers' Neighborhood." The film will be shown in the Chapel of Presbyterian Village at 10:00 a.m. followed by lunch and discussion about the film. The event is free, but a reservation is required due to limited seating—225-6073.

### LEAVING A LEGACY

LifeQuest recently received a generous bequest from long-time member, Jane McCain. Jane was an active participant and volunteer, serving as our Board Chair from 2000 to 2006. We are grateful for the generosity and kindness Jane shared with LifeQuest for so many years—and the legacy she has left behind. If you would like to learn more about becoming a "Legacy Leader" please contact Emily Ingram at 225-6073.



### "LIFEQUEST GIVES" GIVES BACK

Funds raised throughout the year, and on LifeQuest Gives Day, help us meet the operational needs of our program in various ways. For example, we are happy to announce the purchase of a new set of hearing devices for the Second Hall. Look for this improvement and more coming this fall!

### VAMOS A ESPANA!

Join LifeQuest as we partner with Collette Travel for an excursion to Spain November 9—19, 2019. Reservations are based upon availability. Final payment is due September 10. To make your reservation, contact Lindy Harrell at 225-6073.

**WE LOVINGLY REMEMBER:** Betty Atkinson, Bill Blair, Dennis Holzhauser, Beckie Hunnicutt, and Sue Stroock

### MEMORIALS & HONORARIA

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

**MARK YOUR CALENDAR:** Fall Term, September 18—November 7

### NO SUMMER SHUTTLE

Remember—there is no shuttle service offered during the Summer Term. There will be plenty of parking available on Wednesdays and Thursdays at Second Presbyterian Church.



## CORPORATE SPONSORS

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Trinity United Methodist  
Unitarian Universalist Church  
Westminster Presbyterian Church  
Westover Hills Presbyterian Church





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SUMMER 2019



Remember: No shuttle  
service offered during the  
4-week summer term.

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Registration is available online at [lifequestofarkansas.org](http://lifequestofarkansas.org). All major credit cards accepted.  
Dorothy P. Sitton Scholarships are available to assist with registration fees.  
Please call the LifeQuest office at 225-6073 to apply.