



Winter 2023

January 17* – March 13 | REGISTRATION OPENS **December 12**
*Monday classes will begin January 23

LifeQuest 2023 offers *In-person, Online, and Hybrid Classes
Registration Fee: \$65 before January 2; \$75 after January 2

The registration fee covers all classes for the 8-week term.

Some classes require an additional fee.

Your **registration confirmation email** will contain your LifeQuest website login credentials.

Plan to attend "Orientation With LifeQuest," **January 11, at 11:00 a.m.**

Email: info@lifequestofarkansas.org to attend

****Please note that proof of vaccination (emailed or mailed to LifeQuest) is required to attend classes held at Second Presbyterian Church.***

For more detailed class descriptions, see our website: lifequestofarkansas.org/what_we_do

LifeQuest: Winter 2023

MONDAY

*Begins January 23

9:00 A.M. - 10:50 A.M.

GREETING CARDS & PAPER CRAFTING

Judy Langford-Brodie, Instructor

Materials fee: \$40

Format: In-person, limit - 8; Not recorded

Creativity is calling! Join us and make handmade greeting cards and 3D projects in a fun and friendly environment. As the class is geared for the beginner and the paper crafter with stamping experience, you will have the opportunity to learn new techniques and expand your existing skills. A list of personal supplies needed will be emailed to you.

9:30 A.M. - 10:45 A.M.

GRANDPARENTING TODAY

Elizabeth Vines, Facilitator

Format: Online, limit - 12; Not recorded

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

10:00 A.M. - 10:50 A.M.

GREAT BOOKS ONLINE

Rosemary Rogers, Facilitator

Materials fee: \$15

Format: Online, limit - 14; Not recorded

Read and discuss selections of literature by classic and modern authors.

TRAVEL THE WORLD

Various Instructors; Mary Lindsey, Coordinator

Format: Online; Recorded

Professional tour guides share their expert and insider knowledge of areas around the world. Explore, learn, and whet your appetite for travel!

11:00 A.M. - 12:30 P.M.

BOOK DISCUSSION WITH LYNN

Lynn Senn, Facilitator

Format: Online, limit - 16; Not recorded

Participants will obtain a copy of "Falling Upward: A Spirituality for the Two Halves of Life" by Richard Rohr and read the *invitation* and *introduction* to discuss during the first class. Rohr offers a new model for understanding how our failings can be the foundation for ongoing growth. He explores the two halves of life, showing that the difficulties of the first half of life are actually stepping stones to the spiritual joys that the second half of life has in store for us.

MONDAY

11:00 A.M. - 12:50 P.M.

CRAFTING WITH CONNIE

Connie Wardell, Instructor

Materials fee: \$40

Format: In-person, limit - 10; Not recorded

This class is for those who have been making greeting cards and other paper crafts for some time. Join us for some fun making cards for all occasions using advanced techniques such as embossing, inking, layering, and 3D effects. A list of other needed supplies will be emailed to you before class.

12:00 P.M. - 12:50 P.M.

REGIONAL FOODS OF THE UNITED STATES

Jerry Hanson, Instructor

Format: Online; Recorded

Do you wonder why some ethnic foods are found in different states across our country? What role do immigrants have in bringing their ethnic foods to our country? How did the automobile change our foods in this country? What role did food companies play in getting Americans to buy their products? Bon appetit!

MON. & TUE.

10:00 A.M. - 12:00 P.M.

WAYNE CHAPMAN DIRECTS AGAIN!

Wayne Chapman, Instructor

Ruth Shepherd, Production Assistant

Format: In-person, limit - 20; Not recorded

Calling all would-be thespians! Join Wayne Chapman, retired UALR Theater Director, as he takes on "The Octette Bridge Club" with LifeQuesters! This hands-on class will have various roles for theater involvement: craft a play from behind the scenes, become an actor within the play (optional), and design and create props and costumes for a performance.

Class will rehearse two times a week leading to performances in late March. Anyone interested in acting, costumes, props, or process is welcome.

DID YOU KNOW ?

The **LifeQuest Annual Library** contains archived recordings of hundreds of LifeQuest classes. It's time to renew your annual subscription! Once you join, you'll receive a unique username and password usable through December 2023. The cost is \$50. Just check the box on the back of the registration page.

MON. & WED.

11:00 A.M. - 11:50 A.M.

VAMONOS HACIA ADELANTE!

Moving on in Spanish!

Jenni Duncan, Instructor

Format: In-person, limit - 20; Not recorded

For these next steps into Spanish, we'll learn about verbs and pronouns in order to talk about doing things and going places. Some class sessions we'll converse with native Spanish speakers about life and favorite foods and even try some "antojitos!" No books are required, but favorite resources will be shown in the first session. Just bring a notebook, something to write with, and a readiness to venture forward in Spanish.

TUESDAY

10:00 A.M. - 10:50 A.M.

COOKING MATTERS ONLINE

Liam Hankins-Hull, Instructor

Arkansas Hunger Relief Alliance

Format: Online; Recorded

In this Cooking Matters class, we will be taking a look at low-cost, healthy meals. Each lesson will be built around the MyPlate dietary guidelines for Americans and will feature a different Cooking Matters recipe each week. We will also take a virtual grocery store tour that will provide tips and tricks for healthy shopping.

10:30 A.M. - 12:00 P.M.

CONVERSATIONAL SPANISH

Marci Smith, Instructor

Format: In-person, limit - 8; Not recorded

HABLAMOS MAS ESPAÑOL!

Conversational Spanish for people with prior Spanish instruction. No book required; we'll use hand-outs, Spanish-language newspapers and other materials to provide vocabulary and conversation topics.

DID YOU KNOW ?

LIFEQUEST ORIENTATION

Wednesday, January 11, 11:00 A.M.

LifeQuest orientation is for everyone, whether you are a longtime member or just beginning with us. We will review:

- The fun of being in-person this term
- Learning together in-person and online
- Class locations, who's who and more ...

You can attend this in-person or online.

We hope to see you there!

TUESDAY, Cont.

11:00 A.M. - 11:50 A.M.

EXPERTS WITH THE CENTRAL ARKANSAS

LIBRARY SYSTEM: History with CALS

Various Speakers

Format: Online; Recorded

- 1/17: Paul Rimmel, World War I Letters
- 1/24: Chasing the Dress: Katherine Carson Breckinridge in the Court of Tsar Nicholas II
- 1/31: Introduction to the Encyclopedia of Arkansas
- 2/7: A Deep Dive Into the Archives for Black History Month
- 2/14: Personal Archiving and Memory Lab
- 2/21: Monkeys to Masks and Pottery to Prints
- 2/28: The Jacob Haas Civil War Diary
- 3/7: A Deep Dive Into the Archives for Women's History Month

12:00 P.M. - 12:50 P.M.

CONVERSATIONS WITH FRED

What You Should Know About Science 2023: The Universe, Life and Everything

Fred Silva, Instructor

Format: Online; Recorded

1. Why science and how is it done
2. The earliest and the smallest: Atoms, quantum physics, and the major forces of the universe
3. The Big Bang: The origin of our universe
4. The continuing evolution of the universe: Stars, galaxies, planets, and Einstein's Relativity
5. The Dark Forces: The initial darkness, dark matter, dark energy, the final darkness
6. The earth and origin of life forms on earth
7. The continuing evolution of life forms on earth
8. The origin of the human being

1:00 P.M. - 2:30 P.M.

TELL YOUR OWN STORY

Connie Wardell and JoEllen Willis, Facilitators

Format: Online, limit - 14; Not recorded

This is a guided writing and sharing class. Everyone has lived an interesting life! Surprise yourself and write it all down. Your family will love and appreciate it.

DID YOU KNOW ?

LifeQuest Inclement Weather

We have an inclement weather policy in place. You can take a look at this on our website at: https://www.lifequestofarkansas.org/who_we_are/inclement_weather_policy.html

WEDNESDAY

9:00 A.M. - 9:50 A.M.

BEHIND THE HEADLINES

John Brummett, Instructor

Format: Hybrid, In-person, limit - 200; Recorded

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest WINTER 2023" Facebook group to hear a thoughtful analysis of the week's news across the state and beyond. Be sure to join the private Facebook group BEFORE the first day of class.

9:00 A.M. - 10:50 A.M.

WATERCOLOR

Stephen Lanford, Instructor

Format: In-person, limit - 16; Not recorded

In this class, we will continue to learn and practice our watercolor skills and explore the components of painting (hue, value, chroma, and their application, design and composition) as they relate to painting. There is plenty of room for beginners and accomplished painters alike. We will explore and develop our watercolor skills and processes including concepts such as: water/ pigment management, practicing gradated and variegated washes, keeping "the bead" active, painting wet into wet, and painting wet into dry. During this exploration, we will search for our own artistic voice expressed through watercolor. The best way to improve one's painting is to paint often. We will paint every week, practicing the processes and skills introduced in class.

10:00 A.M. - 10:50 A.M.

AMERICAN NATIONAL INTERESTS

Alan Eastham, U.S. Ambassador, Ret., Instructor

Format: Hybrid, In-person limit - 200; Recorded

American National Interests: What they are and how we secure them. This course presents issues relating to U.S. national interests in the international system, from a perspective of what they are, their moral and pragmatic standing, and how the U.S. pursues them. The instructor is a two-time former U.S. ambassador who served for over 35 years in the Foreign Service.

GREAT BOOKS IN-PERSON

Jon Poteet, Facilitator

Materials fee: \$15

Format: In-person, limit - 14; Not recorded

Read and discuss selections of literature by classic and modern authors. (Same content as online class)

WEDNESDAY, Cont.

10:00 A.M. - 10:50 A.M.

NAPOLEON BONAPARTE:

The Egyptian and Syrian Campaigns

John Giessmann, Instructor

Format: Hybrid, In-person limit - 40; Recorded

This class will discuss Bonaparte's invasion of Egypt and Syria in 1798-1801. Discussions will include the Battle of the Pyramids, the Battle of Abukir Bay, the origins of the study of Egyptology, Bonaparte's attempts to pacify upper Egypt, his invasion of Syria, and the siege of Acre.

10:00 A.M. - 11:50 A.M.

KNITTING AND SHARING

Format: In-person, limit - 10; Not recorded

Share your knitting knowledge and learn from others. No instruction, just creative fun!

11:00 A.M. - 11:50 A.M.

GREAT TRIALS

Various Instructors

Format: Hybrid, In-person limit - 200; Recorded

Great trials have a universal appeal because they represent a form of combat without bloodshed.

(LifeQuest instructors in parentheses)

1/18: Socrates (Dent Gitchel)

1/25: Aaron Burr (Jonathan Wolfe)

2/1: Sir Thomas More (Pat Goss)

2/8: Howard Hughes Will Contest (Dick Williams)

2/15: Alger Hiss (Fred Ursery)

2/22: Alan Turing (Mike Walden)

3/1: Impeachment of Andrew Johnson
(Sherry Bartley)

3/8: O.J. Simpson Civil Case (Steve Bauman)

MUSIC IN ARKANSAS

Rich Roy, Coordinator

Format: In-person, limit - 40; Not recorded

Sharing the stories and music of local musicians in Arkansas. Hear from street musician Blind Boy White about Basin Spring Park in Eureka Springs, and from Kit & Kaboodle, sharing the American songs of the '30s and '40s. Hear stories and songs from the eclectic bunch of musicians at the Pickin' Porch in Conway, and members of Choctaw Crawdads share stories from the Choctaw Boat Dock on Greers Ferry Lake. We shared some of our music and stories at the summer term and were well received. Join us again and experience MUSIC IN ARKANSAS!

WEDNESDAY, Cont.

11:00 A.M. - 11:50 A.M.

LQ BOOK CLUB

Mary Sha Moriarty, Facilitator

Format: In-person, limit - 14; Not recorded

Bring your curiosity, open-mindedness and love for books and reading! A suggested book list will be emailed to you before class begins. We will start with *Rules of Civility* by Amor Towles. Please read this prior to the first class.

HALL HIGH SCHOOL THEN & NOW

Jerry Senn, Instructor

Format: Hybrid, In-person limit - 40; Recorded

Serving Little Rock students since 1957, Little Rock's Hall High School has a rich past and a lot of potential. 1963 Hall graduate Jerry Senn will cover the school's history, point out some of its distinguished alumni, teachers and coaches and look at the current STEAM Magnet School Concept.

12:00 P.M. - 12:50 P.M.

LUNCH AND LEARN IN THE GREAT HALL

Various Speakers

Format: In-person; Not recorded

A weekly sit-down lunch with a program provided by various community partners. Meals must be purchased by noon on the Wednesday the week prior. See our website for information on speakers.

Brown bag lunches are welcome

1:00 P.M. - 1:50 P.M.

JAZZ PIANO WITH TOM

Tom Cox, Instructor

Format: In-person; Not recorded

Through jazz piano performance and discussion, this class will examine the music of Richard Rodgers and Thelonious Monk.

GAMES FOR FUN

No Instructor

Format: In-person, limit - 16; Not recorded

Bring a friend and play some of your old favorites or try something new. Bring a game from home or check out the ones we have on hand, such as Scrabble, Mah Jongg, cards or Chess.

DID YOU KNOW ?

TRIBUTES AND MEMORIALS

Visit our website to view names of LifeQuest members we have lost during the past year:
lifequestofarkansas.org/donate/tributes

WEDNESDAY, Cont.

1:00 P.M. - 3:00 P.M.

SCULPTING

John Deering, Instructor

Format: In-person, limit - 10; Not recorded

Watch and learn from this artist and teacher who will guide you through the steps to create your own small works in clay. Using armature when possible, you'll explore the creation and expression of 3D natural forms and anatomy.

A supply list will be provided upon registration.

OIL PAINTING WITH CLARENCE CASH

Clarence Cash; Instructor

Format: Hybrid, In-person limit - 16; Recorded

We will focus on acrylics and oils. Learn about various supplies and techniques, and hone your skills through guided demonstrations.

THURSDAY

9:00 A.M. - 10:50 A.M.

OPEN STUDIO

Format: In-person, limit - 16; Not recorded

Draw, paint or craft with friends. No instruction.

9:00 A.M. - 11:50 A.M.

THURSDAYS WITH PHILIP MARTIN

Philip Martin, Instructor

Format: In-person, limit - 40; Not recorded

Movie critic Philip Martin will be examining the 2021 HBO television series "The White Lotus," an award-winning series about the exploits and misadventures of various guests and employees at a tropical resort over the course of one week.

10:00 A.M. - 10:50 A.M.

THE ARTIST AS CULTURAL HERO:

Ludwig van Beethoven at 250

George Keck, Instructor

Format: In-person, limit - 40; Not recorded

One of the greatest performing artists of his generation; composer of symphonies, concertos, string quartets, and piano sonatas that quickly entered the heart of the classical repertory; perseverance in the face of deafness and personal tragedy: Ludwig van Beethoven dominated the world of classical music like no other musician before or since. In this class we will examine the compositions of Beethoven, the biography of the man, and the culture in which he existed to find how Beethoven was molded by the movements and ideas of his time, how he became a *cultural hero*, and how that position influenced music after him.

THURSDAY, Cont.
10:00 A.M. - 10:50 A.M.
<p>WHAT'S ON YOUR MIND? <i>Bob Alexander, Preston Brown, Fred Sawyer and John Webb, Facilitators</i> Format: In-person, limit - 14; Not recorded Join one of our fearless volunteers to discuss a wide variety of topics and ideas.</p>
10:00 A.M. - 11:50 A.M.
<p>BEGINNING MAH JONGG <i>Ellen Lowitz, Instructor</i> Format: In-person, limit - 20; Not recorded Learn to play Mah Jongg! Please purchase your 2022 Mah Jongg card by contacting 212-246-3052 or go to www.nationalmahjonggleague.org.</p>
11:00 A.M. - 11:50 A.M.
<p>GENEALOGY: The Search for Identity and Paying It Forward <i>Jeanne Rollberg, Instructor</i> Format: In-person, limit - 16; Not recorded You're one in a million. How much do you know about the ancestors who made your family unique? We'll offer new questions to investigate. In this course, we'll look at genealogy as an important feature of family identity and reweave the tapestry. We will help you research brick wall ancestors with new skills. We'll feature Arkansas resources as well as national and international ones. We'll look at the basics of what's new in DNA research at Ancestry.com and MyHeritage and offer resources to help decide whether to test. Possible optional field trip to Clinton Presidential Center/genealogy and women's exhibit. We'll encourage you to extend your family heritage research, invite intergenerational participation as the class progresses, and consider how to get rid of "genealogy clutter."</p>
<p>TAI CHI <i>Suzanne Yung and June Brown, Instructors</i> Format: In-person, limit - 20; Not recorded Tai Chi is back at LifeQuest! Learn the slow, rhythmic movements of Northern Wu Tai Chi, the 13 Golden Postures and the Tai Chi walk.</p>

THURSDAY, Cont.
11:00 A.M. - 11:50 A.M.
<p>FAULKNER: <i>The Sound and the Fury</i> <i>Chuck Chappell, Instructor</i> Format: In-person, limit - 40; Not recorded We will closely examine and interpret this important novel, published in 1929, focusing on it as a modern tragedy but also as a masterful presentation of structure, characterization, and themes. Because we will spend considerable time discussing key passages in the text, participants will benefit by gaining access to the standard current printing of the novel, the Viking International Edition, ISBN 978-0-679-73224-2.</p>
<p>OUR NATIONAL PARKS ... AMERICA'S BEST IDEA <i>John Slater, Instructor</i> Format: In-person, limit - 40; Not recorded Join us as we journey to some of our country's most spectacular national parks. We'll explore their history, geology, and natural beauty and John will share some of his personal adventures with you using his own photographs.</p>
12:00 P.M. - 12:50 P.M.
<p>LINE DANCING <i>Rose Virgil, Instructor</i> Format: In-person, limit - 40; Not recorded Plan on having loads of fun in this class! The wait is over! Line Dancing involves movement, music and merriment! Learn the Cotton-Eyed Joe to the Cupid Shuffle and even a little routine in between. With each learned step you'll feel more confident and joyful. We'll be Line Dancing to wonderful country music, pop tunes and some good ol' classics. With all the easy steps, you won't even realize you're getting some great exercise.</p>
1:00 P.M. - 1:50 P.M.
<p>YOGA <i>Jessica Durand, Instructor</i> Format: In-person, limit - 40; Not recorded Build strength, flexibility and balance through yoga. In this class, we will use a chair and mat as our only props. Be prepared to sit, stand, and get down on the floor- slowly! Yoga can be for everyone regardless of age, health status or fitness experience.</p>

THURSDAY, Cont.

1:00 P.M. - 3:00 P.M.

PASTELS

Various Instructors

Format: Hybrid, In-person limit - 16; Recorded

Join this fun class to learn about various pastel supplies and techniques, and hone your skills through guided demonstrations.

PORTRAIT DRAWING - 4 Weeks

(January 19 - February 9 Only)

Patricia Bueter, Instructor

Format: In-person, limit - 16; Not recorded

Join this fun class to learn how to put all the pieces of the face together on the head. This class will be done with pencil drawing only.

Prerequisite: have attended or watched videos of Patricia's previous class. Links sent upon registration.

2:10 P.M. - 3:30 P.M.

THE REAL DILL: INTRO TO PICKLEBALL

Pam Kiser and Mary Todd, Instructors

Format: In-person, limit - 12; Not recorded

Learn how to play the fastest growing sport in America! Pickleball is a racket sport played on badminton size court. It can be played indoors or outdoors. You will play it for the exercise, the competition, and the camaraderie. This is an introductory class for beginners only. Paddles and balls will be provided in class. You will learn the rules, basic skills, and strategy. Wear appropriate exercise clothing including court shoes.

DID YOU KNOW ?

Coming back this winter term is "Charles Walks." Stay tuned to the website and weekly email blasts for more information on dates, times and locations where you can get out and walk some of the beautiful trails in the Little Rock area!

DIGITAL LEARNING

WORKSHOPS

THURSDAYS 9:00 A.M. - 10:50 A.M.

Thursday, January 19

MAKING AND USING iPHONE LISTS

Charlie Frith, Instructor

Format: In-person, limit - 16; Not recorded

The following items will be discussed:

- Making a list of individuals on your iPhone for email messages
- Adding and deleting members from the lists
- Deleting lists
- Sending group texts
- Pinning *groups* to the top of your *message* list
- Naming & associating photos to pinned groups

Thursday, January 26

NOTES AND REMINDERS FOR iPHONE

Doris Krain, Instructor

Format: In-person, limit - 16; Not recorded

Be sure to bring your equipment (iPhone, iPad, laptop) fully charged! We will be using the Notes and Reminders apps in real time to explore ways they can help us organize and maintain information as well as get reminded of important events.

Thursday, February 2 - March 9

COMPUTER BASICS

Charlie Frith and Bill Owens, Instructors

Materials fee: \$15

Format: In-person, limit - 7; Not recorded

The class is for individuals who don't know a lot about computers or are new to computers.

Items covered in the class include the following:

- Computer Components and Their Use
- Developing Mouse Skills and Shutting Down and Restarting Your Computer
- How to Use a Computer Keyboard
- Using WordPad and Editing Text
- Browsers With an Emphasis on Windows Edge

WE HAVE MEALS TWO DAYS, TWO WAYS (IN-PERSON AND CURBSIDE)

This Winter we will have meals on Wednesdays and Thursdays.

- Wednesday meals will be in person in the Great Hall at noon during Lunch & Learn.
- Thursday meals will be a continuation of our curbside meal service and will be \$16 for an entrée that serves 2 and \$10 for dessert. Pick up on Thursdays between 11:00 - noon.
- In-person lunches will be \$10 per person and served in the Great Hall on Wednesday at Noon.
- See the inserts to find menus and information on ordering.
- **Both In-person and Curbside meals must be purchased by noon Wednesday of the week prior.**

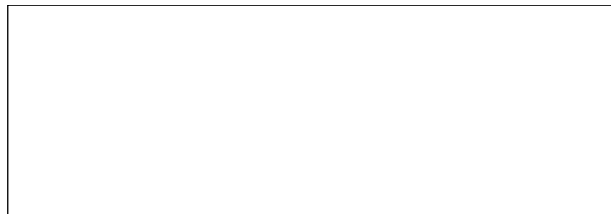


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**Winter 2023
In-person,
Hybrid
AND Online**



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Dorothy P. Sitton Scholarships are available.
Call the LifeQuest office at 501-225-6073 to apply.

