



WINTER 2020

January 15—March 5 | REGISTRATION OPENS December 9

Lifelong Learning Classes

Registration Fee: \$65 | \$75 on/after January 2

Fee covers all Wednesday and Thursday classes for the 8-week term.

Some classes require an additional fee.

Classes held at Second Presbyterian Church, 600 Pleasant Valley Drive.

"Get Fit" classes held at St. James UMC, 321 Pleasant Valley Drive, Entrance 6

Digital Learning Classes/Workshops

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

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

501-225-6073 | lifequestofarkansas.org

New Member Orientation: Wednesday, January 8, 9:30—10:30 a.m.

Lifelong Learning: Winter 2020

REMINDER: NEW CLASS TIMES!

You now have 15 minutes between classes to visit with friends or enjoy coffee & refreshments.
9:00—9:50 a.m. | 10:05—10:55 a.m. | 11:10—12:00 p.m. | Lunch: 12:10—1:00 p.m.

TUESDAY STUDY GROUP

10:00 a.m.—11:30 a.m.

GRANDPARENTING TODAY (1.5 hrs.)

Elizabeth Vines, Facilitator

Study Group meets off-site

January 14—February 18

Have questions or concerns about your role as a grandparent? Let the wisdom of this group help guide you! This participatory, discussion-based group will focus on the challenges, joys and frustrations of being a grandparent in today's world. The group will meet at La Madeleine restaurant, 12210 W. Markham St. for six Tuesdays, beginning January 14, from 10:00 to 11:30 a.m. **Fee: \$10 with 8-week winter registration or \$20 for participants only attending the Study Group. Limit of 14.**

WEDNESDAY CLASSES

8:30 a.m.—9:50 a.m.

HABLAMOS MAS ESPANOL! (1.5 hrs.)

Marcie Smith, Instructor

Conversational Spanish for people with prior experience. *Limit of 10.*

9:00 a.m.—9:50 a.m.

BEHIND THE HEADLINES

John Brummett, Instructor

Lively commentaries on state, national and international politics with this popular *Arkansas Democrat Gazette* op-ed columnist.

9:00 a.m.—10:50 a.m.

KNITTING & SHARING (2 hrs.)

No instruction; knit, share, 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 welcome! Learn new drawing techniques, engage in a social event with others, and have fun! Bring paper, pencils, and pictures of personal interests. Each class starts with a Demo (10 to 15 minutes) and each participant receives a guide, individual attention, plus extra internet drawing examples emailed weekly. *Limit of 20.*

WEDNESDAY CLASSES

9:00 a.m.—12:00 p.m.

SKETCH YOUR WORLD IN WATERCOLOR

(2 hours of instruction; 1 hour open studio)

Kenneth Williams, Instructor

We will learn to make sketches indoors and out as we go about our daily lives in the urban environment—whether in a doctor's office, the river market or the zoo. Each class will feature visual presentations, a look at current, relevant books, demonstrations, discussions and hands on sketching projects in watercolor or other media you may want to use. A new topic will be presented each week and we'll share what we have done in our sketchbooks. Sketches are usually based around watercolor but may begin with or include pens, pencils colored pencils, watercolor, collage or other media. *Limit of 22.*

10:05 a.m.—10:55 a.m.

GREAT BOOKS I

William E. Moore, Instructor

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

Materials fee = \$15. Limit of 18.

HISTORY OF MEDICINE: BIOGRAPHIES OF SIX DISCOVERERS AND TWO PARTNER PAIRS

Jonathan Wolfe, Instructor

Explore the principal foundations of modern allopathic medicine through the biographies of ten major innovators whose insights and patient care experience produced many of the elements fundamental to modern healthcare: Ambroise Pare, Ignaz Semmelweis, Joseph Lister, William Osler, Wilhelm Roentgen, Freiderick Banting and Charles Best, Jonas Salk, Michael DeBakey and Denton Cooley.

A VISIT TO MEDIEVAL ENGLAND

Rick Leach, Instructor; Art Gillum, Coordinator

A comprehensive view of 14th Century England, when the Black Death ravaged much of Europe and the Hundred Years' War got underway. How did people live at all levels of society? What was it like to be a woman? A peasant or a serf? A merchant? What kind of jobs existed? How did the legal system work? The religious system? Taxes? What happened when you were ill? Learn about these and other aspects of life in that transitional century.

Lifelong Learning: Winter 2020

WEDNESDAY CLASSES

10:05 a.m.—10:55 a.m. (continued)

CLASSICAL MUSIC SINCE 1900

Nancy Fleming, Instructor

The modern period is one of the most fascinating in music history. Around 1900 the traditional language of Western music seemed to have run its course, and composers such as Debussy, Schoenberg, Stravinsky and Bartók began searching for new modes of expression. Their experimentation opened the way to a century of great musical diversity. As a result, today's composers have an enormous toolbox of techniques and styles from which to choose. In this course you will learn about these various approaches and discover why some modern pieces are immediately appealing while others seem so strange.

OUR NATIONAL PARKS.... AMERICA'S BEST IDEA

John Slater, Instructor; Sandra Hanson, Coordinator

Join as we visit national parks and other places of interest and scenic beauty that are not national parks but could be. We'll explore the history and geology of these magnificent sites....plus the instructor will spice it up with personal photographs and stories of his adventures in these wonderful places.

11:10 a.m.—12:00 p.m.

MOVIE COWBOYS AND COWGIRLS

Various presenters; Dick Williams, Coordinator

From "The Great Train Robbery" in 1903 to modern movies and television, daring cowboys and cowgirls have thrilled audiences around the world with their heroic exploits.

- Jan. 15 *William S. Hart*—Dick Williams
Jan. 22 *Lash Larue*—Sid McCollum
Jan. 29 *TV Cowboys*—Pat Goss
Feb. 5 *Cowgirls of the Old West*—Catherine Cockrill
Feb. 12 *Roy Rogers*—Dent Gitchel
Feb. 19 *Gene Autry*—Fred Ursery
Feb. 26 *Annie Oakley*—Mike Walden
March 4 *Clayton Moore & Jay Silverheels*
(*The Lone Ranger and Tonto*)—Phil Kaplan

BIOMEDICAL Q & A

Bob Burns, PhD, Professor Emeritus, UAMS, Instructor

Discuss the answers to some interesting biomedical questions such as: What time of day do most heart attacks and strokes occur? Are there times of the day when exposure to a carcinogen is more dangerous? How can certain tumors of the male & female gonads contain pieces of normal organs like retina, teeth, etc.? Why are human females genetic chimeras with respect to their X chromosomes & what do some of the genes in those chromosomes control? Can a human regenerate part of an amputated limb like a salamander? ... So many questions to ponder and answers to discover!

WEDNESDAY CLASSES

11:10 a.m.—12:00 p.m. (continued)

BON VOYAGE: MORE FRENCH FOR TRAVELERS

Sue Mistic-Brown and Sharon Sellars, Instructors

Whether you are an "armchair" traveler or have a trip planned, join us as we explore French conversation and culture and share practical travel-to-France tips (with a focus on Paris). Numerous handouts, DVD's, PowerPoints, realia and music. No experience necessary. *Limit of 30.*

GARDENING WITH HERBS

Various Instructors; Anne Parat, Coordinator

Members of the Little Rock Herb Society will share tips on starting, growing, and creating with herbs.

- Jan. 15 *How to start herbs from seed outdoors in winter*
Arlene Sevilla-White and Leigh Moravec
Jan. 22 *Starting herb seeds indoors*
Cynthia Fontcuberta
Jan. 29 *Making spice beads for jewelry*
Mary Wohlleb
Feb. 5 *Mouth-watering herbal butters*
Christine Ringgold
Feb. 12 To be announced
Feb. 19 *Herbal infusions, decoctions, and tinctures*
Marcella Grimmert
Feb. 26 *Delectable dill, Donna Sammons & American Beauty berry bush*, Barbara Paddack
March 4 *Venerable vanilla*, Anne Crow

FROM BALLET TO HIP HOP

Wayne Chapman, Instructor

View and discuss selected choreography from the following musicals:

- *Rodeo & Oklahoma* (Agnes deMille)
- *Fancy Free & West Side Story* (Jerome Robbins)
- *Cabaret & Chicago* (Bob Fosse)
- *Hamilton* (Andy Blankenbuehler)

RELIGION: ITS INFLUENCE ON MIGRATION & ASYLUM

Various presenters; Jody Musgrove, Coordinator

Explore how religion has affected migration, immigration, and asylum-seeking throughout history and in recent decades. Examine issues related to discrimination, oppression, and violence directed against members of religious groups around the world. Presenters representing a number of religions will explore key topics.

12:10 p.m.—1:00 p.m.

LUNCH & LEARN in the GREAT HALL—\$8 per person

Join us each week for a delicious meal, fellowship and an interesting or entertaining lunch program. Visit lifequestofarkansas.org for the weekly menu and program. Sack lunches are welcomed!

Lifelong Learning: Winter 2020

WEDNESDAY CLASSES

1:15 p.m.—2:15 p.m.

GREAT BOOKS II

Rosemary Rogers, Instructor; William E. Moore, Coord.
Read and discuss selections of great literature by classic and modern authors. *Materials fee = \$15. Limit of 18.*

TRIUMPHS AND TRAGEDIES IN U.S. HISTORY

Jerry Senn, Instructor

In chronological order, we'll survey four great American accomplishments and four dismal disasters:

Triumph: The Erie Canal 1825

Tragedy: Indian Removal 1830

Triumph: The Brooklyn Bridge 1883

Tragedy: The Johnstown Flood 1889

Tragedy: The Galveston Hurricane 1900

Tragedy: The Great Floods of 1927

Triumph: The Salk Vaccine 1955

Triumph: The Interstate Highway System 1956

1:15 p.m.—2:45 p.m.

TELL YOUR OWN STORY (1.5 hrs.)

Joy Jones & Barbara Dailey, Instructors;

Shelley Wold, Coordinator

Everyone has lived an interesting life! Surprise yourself and write it all down. Your family will love and appreciate it. This is a guided writing and sharing class. *Limit of 16.*

COMPASSION CULTIVATION TRAINING (1.5 hrs.)

Dent Gitchel, Jr. and June Stewart, Instructors;

Ann West, Coordinator

Compassion Cultivation Training™ (CCT) is a unique eight-week class developed by the Compassion and Altruism Research and Education (CCARE) at Stanford University. Attendance at the first class is critical, and participation each week is important as each class builds on information shared the previous week. The course consists of class lecture and discussion, guided meditations, group exercises, and on-line resources to use throughout the week. *Limit of 20.*

1:15 p.m.—3:15 p.m.

GAMES FOR FUN (2 hrs.)

No instructor—play for fun!

Bridge, Scrabble, or Mah Jongg. Some basic skills needed to have the most fun. Players do not have to be registered for the winter term to participate. Invite your friends!

WEDNESDAY CLASSES

1:15 p.m.—3:15 p.m. (continued)

BEGINNING SCULPTING (2 hrs.)

John Deering, Instructor; Anne Parat, Coordinator

New to sculpting? No problem! This class will lead you through the steps to create your own small works in clay. A supply list will be provided upon registration. *Limit of 12.*

BEGINNING GREETING CARDS (2 hrs.)

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

Discover how to make handmade greeting cards. 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=\$30. Limit of 8.*

1:15 p.m.—4:00 p.m.

OIL PAINTING INSTRUCTION (3 hrs.)

Clarence Cash and Shelly Gentry, Instructors;

Anne Parat, Coordinator

Painting instruction geared toward the mid-level painter, but all levels are welcome. Bring your own supplies: paint (oil or acrylic), brushes, canvas, easel, table cover, etc. Supply list available upon request. *Limit of 20.*

THURSDAY CLASSES

9:00 a.m.—9:50 a.m.

U. S. FOREIGN POLICY

Alan Eastham, Instructor; Art Gillum, Coordinator

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

BEGINNING SELF DEFENSE AND MARTIAL ARTS

Mark Nunez, 7th degree blackbelt and Gretchen Nunez, ACE Certified Trainer; Instructors

All abilities welcome! In this low impact class, you will learn basic martial arts such as proper kicks and punches, as well as important, real-world self-defense techniques. Each class will end with simple balance exercises. Comfortable clothing recommended. *Limit of 20.*

9:00 a.m.—10:50 a.m.

BEGINNING MAH JONGG (2 hrs.)

Ellen Lowitz, Instructor

Learn to play Mah Jongg! Please purchase your 2019 Mah Jongg card by contacting 212-246-3052 or www.nationalmahjonggleague.org. *Limit of 24.*

Lifelong Learning: Winter 2020

THURSDAY CLASSES

9:00 a.m.—12:00 p.m.

WATER MEDIA & BEGINNING WATERCOLOR (3 hrs.)

Joy Jones, Instructor; Marietta Kehler, Coordinator
Bring your choice of water-based art materials and your creativity. True beginners and those with more experience are welcome. *Limit of 20.*

GREETING CARDS (3 hrs.)

Sandra Hanson, Instructor
Join us to create three fully designed projects each week. All materials and tools supplied; just bring willingness to exercise the creative part of your brain and have fun! *Materials fee=\$30. Limit of 12.*

10:05 a.m.—10:55 a.m.

THREE MODERN AMERICAN NOVELS

Chuck Chappell, Instructor
True Grit, by Charles Portis; *The Catcher in the Rye*, by J. D. Salinger; and *My Name is Asher Lev*, by Chaim Potok, differ greatly in plot, style, and theme. However, these perennially popular American novels bear close resemblance in point of view and characterization. All three of them feature protagonists who serve as first-person narrators and who also are precocious in thought, in behavior, or in both. Participants in the course may read any printed or electronic version of each novel. Participants should complete the reading of *True Grit* by the second meeting of the course.

WOMEN ARTISTS THROUGH THE AGES

Sandra Cone, Instructor
Why have great women artists not always been recognized? Let's explore the contributions of women artists throughout western European and American history. We'll learn the fascinating stories of these women and discover their often-overlooked contributions to the art world. Some of the artists include Christine de Pisan, Sofonisba Anguissola, Artemesia Gentileschi, Mary Cassatt, and Lee Krasner.

GEOGRAPHY OF THE MIDDLE EAST

Jerry Hanson, Instructor; Sandra Hanson, Coordinator
What light can geography shed on why the Middle East has been an area of conflict for millenia? Let's explore the languages and ethnic groups, religion, climate, geology, and resources, among other important and distinctive characteristics of the region.

11:10 a.m.—12:00 p.m.

LIFEQUEST BOOK CLUB

Anne Parat and Mary Sha Moriarty, Coordinators
Bring your curiosity, open-mindedness and love for books and reading! We'll send a suggested book list upon registration. *Limit of 20.*

THURSDAY CLASSES

11:10 a.m.—12:00 p.m. (continued)

WHAT'S ON YOUR MIND?

Ron Winters, Moderator; Art Gillum, Coordinator
Not your typical teacher-led class, but a completely unstructured, moderator-led discussion of various topics and ideas. Come speak your mind!

A SURVEY OF JAZZ PIANO STYLES: INNOVATORS & IMPROVISATION

Tom Cox, Instructor & Pianist
An in-depth survey of 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, Bud Powell, Bill Evans, Tom Jobim, Keith Jarrett, Art Lande, Tom Cox, and Brad Mehldau.

11:10 a.m.—12:40 p.m. (1.5 hours)

RECTIFY - THE FIRST SEASON (1.5 hrs.)

Philip Martin, Instructor; Ann West, Coordinator
Philip Martin, journalist and critic for the *Arkansas Democrat Gazette*, returns to share the first season of *Rectify*, Ray McKinnon's television series about a wrongfully convicted man who returns home to his small Georgia hometown after spending 19 years on Death Row. Each week we will view and discuss a different episode, and Philip will offer background and insights gained from his friendship with the series' creator.

1:15 p.m.—3:15 p.m.

BEGINNING BRIDGE (2 hrs.)

Libby Taylor, Instructor
Bridge is the ultimate mind-sport. With each hand of the game, you're strengthening your memory power. Bridge is also a great game made for groups of people. Join us and bring your own copy of *Bidding in the 21st Century* by Audrey Grant and Betty Starez. *Limit 28.*

PASTELS (2 hrs.)

Various instructors; Anne Parat, Coordinator
This class is perfect for beginners and will introduce various drawing surfaces and techniques. Experienced pastelists will guide us in this art form: Debbie Strobel, Shirley Anderson, & Susan Hurst. Supplies may be purchased on the first day of class for \$42, and a complete list will be provided upon registration. *Limit of 18.*

Lifelong Learning: Winter 2020

THURSDAY "GET FIT" CLASSES

The following classes are held at St. James United Methodist Church, 321 Pleasant Valley Dr., Entrance 6.

10:05 a.m.— 10:55 a.m.

TAI CHI

Suzanne Yung, Instructor; Art Gillum, Coordinator

Learn the slow rhythmic movements of Tai Chi Northern Wu, the 13 Golden Postures and the Tai Chi walk. *Limit of 20.*

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.*

11:10 a.m.—12:00 p.m.

ADVANCED TAI CHI

**Suzanne Yung, Instructor; June Brown, Asst. Instructor
Art Gillum, Coordinator**

This is a Northern Wu Tai Chi Advanced Class, a continuation of the prerequisite beginning Tai Chi 13 postures class. Participants must be able to perform the 13 postures alone, from memory in front of the instructor. Postures must be executed with proper movements of body, hands and feet within the perimeters of proper timing. *Limit of 20.*

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.*

DIGITAL LEARNING CLASSES

The following classes are held at Second Presbyterian Church *except* for Computer Basics.

IPHONE/IPAD BASICS (3, 1.5 hr. sessions)

Charlie Frith, Instructor

Tues. January 14, Thurs. January 16, and Tues. Jan. 21
1:30 - 3:00 p.m.

Learn basic information about your iPhone or iPad. We'll cover device geography, setting up and using your iPhone/iPad, email, downloading and reading books on your iPad, etc. Attendees must be able to download iOS 13 on their iPad or iPhone to attend the class which means iPhones must be at least a 6S or newer. Includes manual. *Limit of 16 | Fee: \$30*

DIGITAL LEARNING CLASSES

DIGITAL GENEALOGY

Jeanne Rollberg, Instructor

Jan. 28, Feb. 4, and Feb. 11.
1:30 - 3:00 p.m.

Dig a little deeper. Learn more about how to use digital resources from books, historical newspapers, and cemetery databases to bring your ancestors back to life. *Limit of 8 | Fee: \$ 30*

ONLINE BANKING & SHOPPING

Bill Owens, Instructor

Thursday, February 20
1:30 - 3:00 p.m.

Learn how to shop online safely, how to use strong passwords, bank online safely, set up an online bank account, transfer money between accounts, reconcile your account, credit card alerts, using credit or debit and more. Includes a detailed hand-out. *Limit of 8 | Fee: \$20*

COMPUTER BASICS

located at UAMS Institute on Aging, Room 2156

Pat Kissire, Instructor

March 2 through March 18, (6 classes)
Mondays & Wednesdays, 10:00 a.m. - 12:00 p.m.

A hands-on class for true beginners who want an introduction to email and the internet. *Limit of 5 | Fee: \$60*

ONE-ON-ONE COMPUTER CONSULTING

Call for a private tutorial with a Digital Learning Instructor. Meeting location at Second Presbyterian Church. *Fee: \$25 per hour*

LUNCH & LEARN (Wednesdays)

Lunch tickets are \$8 per person. Sack lunches welcomed.

LUNCH & LEARN AT LIFEQUEST

Wednesdays, 12:10—1:00 p.m.

FAREWELL to Sage Arnold. Thank you for 25+ years!

WELCOME to Brenda Majors, new Food Service Manager at Second Presbyterian Church.

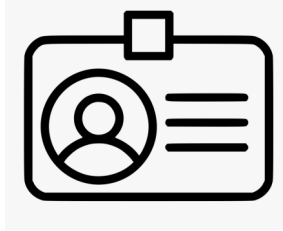
See lifequestofarkansas.org for a description of Winter Term menus and programs.

Slice of Life: Winter 2020

News & Updates

CURRICULUM COMMITTEE: WHO ARE THEY? WHAT DO THEY DO?

The *Curriculum Committee* is a group of twenty-two LifeQuest members who have been nominated to serve on a committee charged with the oversight of our educational classes. As you can imagine, this is quite a task! For example, during this past 8-week fall term, we offered 55 classes taught by 92 instructors—plus eight lunch presenters! They are constantly working hard on your behalf to maintain a balanced class list, look for new class ideas, and recruit new volunteer instructors.



Says committee chair, Anne Parat, "*Curriculum Committee* members wear special red nametags on class days. Please feel free to stop us in the halls to ask questions, give feedback, or say thank you. Your feedback and encouragement helps us continue to meet your needs and fulfill the mission of LifeQuest." Thank you, *Curriculum Committee!*

INCLEMENT WEATHER POLICY

LifeQuest follows the Little Rock School District on weather-related closings in this way: if the Little Rock schools are closed for any portion of the day, LifeQuest will be closed for the entire day. Please visit lifequestofarkansas.org or call (501) 225-6073 to confirm.



MEMORIALS & HONORARIA

Making a gift to LifeQuest is a special way to honor someone you love and appreciate. Visit lifequestofarkansas.org to see a list of recent tribute gifts.

WE LOVINGLY REMEMBER: Mildred Smith, Doug Wood and Mary Zehr

TRAVEL TO ROME & THE AMALFI COAST

LifeQuest is partnering with Collette Travel for another unforgettable trip next fall! Journey from Rome to Southern Italy's breathtaking Amalfi Coast and bask in the striking landscapes. Delight in the unique regional art, culture, food and wine. This will be a 10 day trip, November 7—16, 2020. For more information, contact Lindy Harrell at (501) 225-6073.



YEAR END GIVING

As the year comes to an end and you reflect on the things you are grateful for, please consider making a contribution to support the mission of LifeQuest. Class registration fees only cover 58% of our annual operating budget. The board and staff are challenged each year to raise the additional 42%. Every gift is truly appreciated and helps us maintain quality programs and services. Thank you!

SHUTTLE OFFERED ON WEDNESDAYS ONLY

LifeQuest offers a shuttle service on Wednesdays from 8:30 a.m. until 1:30 p.m. between Second Presbyterian Church and St. James United Methodist Church. Look for the shuttle pick-up sign in the upper parking lot of St. James UMC close to the I-430 overpass.



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Winter 2020



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