



# SPRING 2020

April 1—May 21 | REGISTRATION OPENS March 2

## Lifelong Learning Classes

**Registration Fee: \$65 | \$75 on March 19**

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 Second Presbyterian Church OR the UAMS Reynolds Institute on Aging

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

**New Member Orientation: Wednesday, March 25, 9:30—10:30 a.m.**

# Lifelong Learning: Spring 2020

## REMINDER: NEW CLASS TIMES!

You now have 15 minutes between classes to visit with friends and 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 for 8 weeks  
Tuesdays, March 31 - May 19*

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 with a special emphasis on building fellowship among the group. *Location TBA upon registration.*

*Fee: \$10 with Spring registration or \$20 if only attending this 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.*

### SILENCE (1.5 hrs.)

*Various Instructors; Sheila Peters, Coordinator*

Explore various ways to find silence in our increasingly noisy world. Guest speakers will include: Dr. Stella Capek, Emeritus Prof. of Sociology at Hendrix College; Sr. Deborah Troillet, Director of Arkansas House of Prayer and Centering Prayer practitioner; Cheryl Woodard, meditation instructor at the Ecumenical Buddhist Society of Little Rock; Tina Coffin, Quaker silence practitioner; and Sophia Said, Director of the Interfaith Center and Sufi Muslim. Class participants will receive a bibliography of resources and an overview of the book, Seven Thousand Ways to Listen: Staying Close to What is Sacred, by Mark Nepo (purchase of book is optional). **The Chapel will open at 8:30 a.m. for participants who wish to experience sitting in silence with a group. Presentations and discussion will begin at 9:00 a.m.**

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.

## WEDNESDAY CLASSES

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 drawing examples. *Limit of 20.*

### EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs.)

*Nan Renaud, Instructor; Marietta Kehler, Coordinator*

Instruction in the single medium of watercolor for artists with some prior experience. *Limit of 20.*

10:05 a.m.—10:55 a.m.

### COLONIAL CRUCIBLE

*Rick Leach, Instructor; Art Gillum, Coordinator*

From Jamestown settlements to the French-Indian War, the Pontiac's Rebellion and the Paxton Boys, this class will explore the colonial experience in America and its fundamental role in forming our national traits - especially our tendency to rebel.

### 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.*

### OSCAR MORNING AT LIFEQUEST

*David Miller, Instructor*

In the third of a series, (previous participation not required), we'll listen to nominated songs from the past era and, in some cases, watch videos of the performances. Students will be challenged to identify the winner through a class poll to determine which nominated tunes should have received the Academy Award for Best Original Song. Video clips from movies from the 1950s will be shown.

# Lifelong Learning: Spring 2020

## WEDNESDAY CLASSES

10:05 a.m.—10:55 a.m. (continued)

### INTRODUCTION TO THE DIGITAL WORLD

*Charlie Frith, John Mize, Bill Owens, Dan Harpool, Instructors; Charlie Frith, Coordinator*

The 21st century is filled with a dizzying array of digital technologies from mobile devices, home entertainment and security systems, and constant upgrades in our Windows, Mac and Chromebook computers. Helping to make sense of it all is the purpose of this class and the expert LifeQuest Digital Learning Instructors. Topics include: listening and watching on digital devices, home entertainment, learning cool things online, iPhones and iPads, digital transactions and cybersecurity for everyone.

### BEER!

*Bill Rausch, Instructor*

Beer is over 9000 years old and yet it remains fresh today and is constantly being reinvented. It should not just be celebrated as a great triumph of humankind over unpredictable wild yeasts, but also be recognized as a cultural phenomenon. Join our 8-week, virtual "pub crawl" as we explore the history, politics and culture of this ageless wonder. Is beer responsible for civilization itself? What the heck is the *Reinheitsgebot*? Did beer force the Pilgrims' landing at Plymouth Rock? Find out why Benjamin Franklin joyfully proclaimed, "Beer is proof that God loves us and wants us to be happy."

### SERIAL KILLERS: BORN OR MADE?

*Gail Laster, Instructor; Sandra Cone, Coordinator*

What makes someone become a serial killer—is it nature or nurture? How are male and female serial killers different? Take a look inside the minds of these killers and examine their types and characteristics. We will examine the profiles of serial killers, both famous and not-so-famous, and discuss their capture, escape, or failure to be caught or apprehended.

11:10 a.m.—12:00 p.m.

### ALL SPORTS CONSIDERED

*Larry Walton and guests, Instructor*

According to the World Sports Encyclopedia, there are 8,000 indigenous sports and sporting games. While we won't try to tackle them all, we plan to enjoy lively discussions about a variety of sports and sports-related topics! Come share in the conversation about some of your favorite sports and athletes.

## WEDNESDAY CLASSES

11:10 a.m.—12:00 p.m. (continued)

### PREPARE AND PROTECT YOUR PERSONAL PRIVACY

*Dustin Etheredge, Sara Lynn, Roger Pritchett, AARP, Instructors*

AARP Arkansas will help to prepare every class participant for the battle for personal data protection. How are you protecting your privacy? How strong are your passwords, really? Some topics to be covered include: identify theft risks, investment fraud, medical identity theft, and financial needs as we age ....among many other issues. Learn strategies that will help you and your loved ones in 2020.

### THE COURAGE TO CREATE

*Lynn Senn, Facilitator*

Read and discuss the book, *The Courage to Create* by existential psychologist, Rollo May: "What if imagination and art are not, as many of us might think, the frosting on life but the fountainhead of human experience? What if our logic and science derive from art forms, rather than the other way around?" Dr. May shows us how to break out of old patterns and offers a way through our fears into a fully realized self. Plan to obtain the book and read the Preface and Chapter 1 prior to class.

### LAW & RELIGION IN THE UNITED STATES

*Mark Clark, Instructor; Jody Musgrove, Coordinator*

Is a wedding cake art or is it just food? Is a cross always a religious symbol? What if it's burning? Explore these questions and many others that have arisen from the fierce and sometimes violent clash of religious views and politics so prevalent in our nation's history. We'll analyze past and present court battles over religious issues such as practicing polygamy, taking illegal hallucinogens as a religious ritual, refusing military service, placing religious symbols in public places, refusing to provide medical care to someone based upon sexual orientation, and many more. Together, we'll explore the unique experiment begun by our founding fathers to separate faith from law.

### AMERICANA FOLK MUSIC: THE INSTRUMENTS

*Various Instructors; Rich Roy, Coordinator*

Learn about the primary instruments comprising Americana folk music and explore the histories of these principal instruments: the Irish penny whistle, the guitar, banjo, mandolin, dulcimer, autoharp, etc., with performance examples of each. Learning the colorful histories of these instruments will surely enhance participants' lifelong listening enjoyment. Guest instrumentalists are welcome!

# Lifelong Learning: Spring 2020

## WEDNESDAY CLASSES

11:10 a.m.—12:00 p.m. (continued)

### LOVELY LADIES OF THE SILVER SCREEN

*Various Instructors; Dick Williams, Coordinator*

This class will explore the fascinating lives of some of the glamorous women who dominated Hollywood movies during the 1940's and 1950's.

April 1 *Hedy Lamarr, Dick Williams*  
April 8 *Marilyn Monroe, Dent Gitchel*  
April 15 *Vivien Leigh, Pat Goss*  
April 22 *Lauren Bacall, Phil Kaplan*  
April 29 *Katherine Hepburn, Pat Goss*  
May 6 *Audrey Hepburn, Dick Williams*  
May 13 *Lucille Ball, Catherine Cockrill*  
May 20 *Natalie Wood, Fred Ursery*

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 entertaining program. Visit [lifequestofarkansas.org](http://lifequestofarkansas.org) for menus and programs. Sack lunches are welcomed!

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.*

### CRITICAL THINKING IN THIS AGE

*Fred Silva, Instructor*

The Problem: False news, alternative facts, post-Truth Politics, Disinformation, Polarization, Willful Ignorance. The Cure?: *Critical Thinking*. This class will cover fact checking, how to learn, and applying critical methods to discover Truth. Class topics will specifically include:

- Critical Thinking: History, Definition-Facets
- Conspiracies, Questionable Beliefs, Social Media
- The Secret Life of the Brain and its Illusions
- Logic, Reasoning, Learning, Reading
- Scientific Thinking: Why and What makes it Right
- Logical Fallacies

### MIND-BODY MEDITATION & GRATITUDE

*Kristen Lippencott, MS, CMES, Arkansas BlueCross BlueShield, Instructor*

Enjoy a guided meditation, followed by a brief talk about gratitude. Learn how to live in gratitude more often and how to create strategies that reduce the stresses of daily life. The class combines breath work, light yogic stretches, and meditation to relax & energize the body and uplift the mind and spirit. No experience required! Please bring a mat and wear comfortable clothing. *Limit 25.*

## WEDNESDAY CLASSES

1:15 p.m.—2:15 p.m. (continued)

### LEARN TO PLAY THE RECORDER!

*Elaine Henderson, Laurine Williams, Carol Woolly, Instrs.*

Is mastering a musical instrument on your bucket list? Learn to play the recorder! It's easy to learn, easy to carry a tune, easy to transport, and easy to find friends to play with. Learning a musical instrument is good for memory and recall, for deep breathing and body awareness, for stress release and relaxation, and for making beautiful music with friends, old and new. You'll receive a quality plastic recorder and beginner's book and three experienced teachers. Open to all levels of playing experience. For tuning and blending purposes, we prefer you use the recorder we provide. *Limit of 12. Fee: \$25.*

1:15 p.m. - 2:45 p.m.

### TELL YOUR OWN STORY (1.5 hrs.)

*Joy Jones & Barbara Dailey, Instructors*

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.*

1:15 p.m. - 3:15 p.m.

### BEGINNING GREETING CARDS (2 hrs.)

*Judy Langford-Brodie, Instructor; Connie Wardell, 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.*

### ABSTRACT AND CONTEMPORARY ART PAINTING STYLES AND TECHNIQUES (2 hrs.)

*Judy Redditt, Instructor, Anne Parat Coordinator*

The class will focus on learning techniques specific to abstract, cubist, impressionist, and contemporary art painting styles using acrylic and mixed media. Best suited to artists with some painting experience. A suggested supply list will be provided. *Limit 16.*

1:15 p.m.—4:00 p.m. (3 hrs.)

### OIL PAINTING INSTRUCTION

*Sean LeCrone, Instructor; 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.*

# Lifelong Learning: Spring 2020

## 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.

### EXPLORING HISTORIC WONDERS IN THE NATURAL STATE

**Callie Williams, Arkansas Historic Preservation Program, Instructor; Connie Wardell, Coordinator**

Let's explore various aspects of historic preservation, including the history of architecture in the state, the importance of historic cemeteries, examples of historic architectural styles in central Arkansas, upcoming events focusing on historic properties, and the process for listing properties in the National Register of Historic Places.

9:00 a.m.—10:50 a.m.

### BEGINNING MAH JONGG (2 hrs.)

**Ellen Lowitz, Instructor**

Learn to play Mah Jongg! Please purchase your 2020 Mah Jongg card by contacting 212-246-3052 or [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org). *Limit of 16.*

### GREETING CARDS (2 hrs.)

**Connie Wardell, 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.*

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.*

10:05 a.m.—10:55 a.m.

### AFRICA IN THE WORLD

**Alan Eastham, Instructor; Art Gillum, Coordinator**

A survey of Africa from pre-history through the modern era, with sessions on Africa before European contact, slavery, the colonial period, post-independence, and the modern era.

### 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

10:05 a.m.—10:55 a.m. (continued)

### THE ARTIST AS CULTURAL HERO: LUDWIG VAN BEETHOVEN AT 250

**George Keck, Instructor**

Ludwig van Beethoven has dominated the world of classical music in ways no other composer has been able to do. His symphonies, concertos, string quartets, and piano sonatas are central to the classical repertory. Perseverance in spite of deafness, struggle and triumph exhibited in much of his music, great originality, and appeal to the growing middle-class audiences of the nineteenth century made him a heroic figure who challenged later composers. The life, music, contributions, and legacy of this giant of classical music will be examined on the occasion of the 250<sup>th</sup> anniversary of Beethoven's birth.

### REACHING ACROSS THE AISLE: A HOW-TO GUIDE

**Glen White, Jerry Henderson & Cindy Kyser, Instructors; Bill Rausch, Coordinator**

Polarization in America is causing political discussions to end in conflict and strain relationships. With the 2020 election approaching, it has the potential to seriously damage our democracy, and perhaps threaten our own relationships. Volunteer leaders with the *Better Angels* organization will help to improve our political discussions. You will not be pushed to accept the other side's arguments uncritically or expected to change or moderate your own beliefs. We ask that attendees participate with a commitment to respect and civility. We'll include brief lectures and demonstrations by class leaders, followed by exercises, role plays (participation is optional) and practice of specific communication skills.

11:10 a.m. - 12:00 p.m.

### 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!

### GO DOWN, MOSES

**Earl Ramsey and Chuck Chappell, Instructors**

GO DOWN, MOSES, published in 1942 as the thirteenth novel by William Faulkner, is a compelling exploration of the disastrous legacy of slavery in the American South. The novel also vividly examines the complex relationship between human beings and the realm of nature. Interwoven in the book's seven chapters is the complicated history of one of the principal families of the Yoknapatawpha saga, the McCaslins. Participants should obtain the current standard version of the book: First Vintage International Edition, published originally in August 2011 by Vintage Books, ISBN 978-0-679-73217-4.

# Lifelong Learning: Spring 2020

## THURSDAY CLASSES

11:10 a.m. - 12:00 p.m. (continued)

### ARKANSAS AGRICULTURE

*Various presenters; Glen Harrison, Coordinator*

Farmland covers 42% of our state's landscape producing a wide variety of agricultural products, including rice, soybeans, cotton, livestock, fish, and poultry. With over 40,000 farms (97% are family-owned) on 14 million acres in the state, there's a lot to cover! To help, we've invited: Wes Ward, Secretary, AR Dept. of Agriculture  
Marvin Childers, President, Arkansas Poultry Federation  
Bill Robertson, Cotton Agronomist, University of Arkansas  
Joe Fox, State Forester, AR Dept. of Agriculture  
Caleb Allen, Hemp Program Coord., AR Dept. of Agric.  
Sarah Lane, Farm to Schools Program, AR Dept. of Agric.  
Karen Reynolds - Program Manager, AR Dept. of Agric.  
Ed Swaim, Exec. Dir., Bayou Metro

### GENEALOGY 2020: YOUR FAMILY'S AMERICAN DREAM

*Jeanne Rollberg, Instructor; Elvon Lloyd, Coordinator*

Let's review some important online genealogy resources and strategies to help build family trees, conduct collaborative research, and enhance fun family travel. We'll acknowledge the Mayflower's 400th anniversary and explore how to: discover your own personal family heritage; use cemetery records and social media in your research; genealogy on a deadline: what newspapers can reveal; hard-to-find female ancestors; and wanton and wicked ancestors! *Limit of 25.*

12:30 p.m.—1:30 p.m.

### THE REALITY AND IMPACT OF WHITE PRIVILEGE

**\*\* Meets Off-Site**

*Various presenters; Kevin Jones, Coordinator*

Unconscious bias, financial policies, local laws, and cultural mores have all played a part in creating a society of inequity. We seek not to place blame, but to increase awareness of how we have evolved to our present state. Through thoughtful reflection, we will consider the impact of privilege, advantage, and tribal dynamics on our culture and society. **This class is located on the third floor of the Cox Building, across from the Central Arkansas Main Library. Discounted parking available at the Main Library.**

12:30 p.m.—2:00 p.m.

### WALKS IN THE PARKS (1.5 hrs.)

**\*\* Meets Off-Site**

*Dina Nash, Instructor*

There is nothing like spring-time in Arkansas! Pack a lunch and explore our city's beautiful parks and trails. Hikes are 20-30 minutes and are considered light to moderately difficult. Transportation is on your own. *Limit of 16.*

## THURSDAY CLASSES

1:15 p.m.—3:15 p.m.

### PASTELS (2 hrs.)

*Various instructors; Anne Parat, Coordinator*

This class is perfect for all levels and will introduce various drawing surfaces and techniques. Experienced pastelists will guide us in this art form. Some supplies will be provided on the first day of class and participants will be advised on what to purchase on their own. *Limit of 18.*

## 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.*

### 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 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 parameters of proper timing. *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.*

# Lifelong Learning: Spring 2020

## LIFEQUEST DIGITAL LEARNING CLASSES

The following classes are held at Second Presbyterian Church, Room 64 *except* for Computer Basics which will be held at the UAMS Reynolds Institute on Aging, Room 2156.

### COMPUTER BASICS—UAMS Reynolds Institute on Aging, Room 2156

*Pat Kissire, Instructor; Bill Singley, Coach*

March 2 - March 18, (6 classes)

Mondays & Wednesdays | 10:00 a.m. - 12:00 p.m.

A hands-on class for true beginners providing an introduction to email and the internet.

Includes manual. *Limit of 5; Fee: \$60*

### IPAD/IPHONE PART II (3, 1.5 hr. sessions)

*Charlie Frith, Instructor; Joan McKinstry & Martha Hunt, Coaches*

Tues. April 7, Thurs. April 9, Tues. April 14 | 1:30 - 3:00 p.m.

Building upon Part I, Part II will cover texting, camera and calendar basics, iCloud, and Safari. 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*

### IPHONE CAMERA AND PHOTO APP WORKSHOP (2 hrs.)

*Charlie Frith, Instructor; Joan McKinstry & Martha Hunt, Coaches*

Thursday, April 23 | 1:00 - 3:00 p.m.

Learn how to fully utilize your iPhone camera: take time-lapse videos, slo-mo videos, videos, portraits, HDR and live photos. Also learn how to set the timer so you can be in your group photos. Editing photos, creating links to photos and making albums with the Photo App will also be discussed.

Includes a manual. *Limit of 16; Fee: \$25*

### IPHONE CALENDAR WORKSHOP

*Martha Hunt, Instructor; Doris Davis, Coach*

Thursday, April 30 | 1:30 - 3:00 p.m.

Learn to add, delete, and edit calendar events on your iPhone. Class will include scheduling reminders and managing sounds to maximize your phone usage without disturbing others. Attendees should bring an iPhone updated to iOS 13, and for the most class benefit, be able to sign-in to iCloud.

*Limit of 16; Fee: \$25*

### FILE MANAGEMENT: NAVIGATING YOUR COMPUTER FOR BETTER ORGANIZATION

*Bill Owens, Instructor*

Tuesday & Thursday, May 12 & 14 | 1:30 - 3:30 p.m.

What are Disks, Folders and Files? Learn where data is stored and how to find it later. Organize documents, photos and other files for easy retrieval.

Handout included. *Limit of 8; Fee: \$30*

### 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. Call LifeQuest: 501-225-6073*

## PLAY GAMES ON WEDNESDAYS!

Gather with friends and play cards, Scrabble, chess, Mah Jongg, etc. for fun on Wednesdays—all day long! Gather on your own, on the tables near the kitchen. No instruction provided, and no registration required!



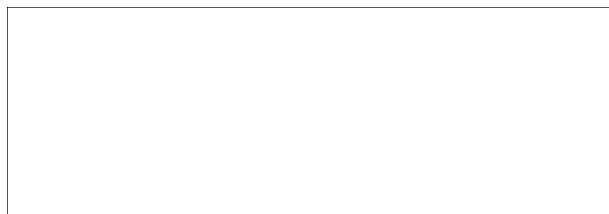


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ADDRESS SERVICE REQUESTED

Spring 2020



**Shuttle Service**  
Wednesdays only  
8:30 a.m. until 1:30 p.m.

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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.  
Please call (501) 225-6073 to apply.