



SPRING 2021

APRIL 5 - MAY 28 | REGISTRATION OPENS MARCH 1

LifeQuest ONLINE Learning Classes Registration Fee: \$65

The registration fee covers all classes for the 8-week term. Some classes require an additional fee and separate registration. See enclosed form.

Online classes will occur Monday - Friday on Zoom and Facebook. Your **Registration Email** will contain your link to Spring Term classes.

SAVE THIS EMAIL

New to Online Learning? Plan to attend "How to Learn Online with LifeQuest" Mondays at 11:00 a.m. on Zoom beginning March 29. See inside for details.

LifeQuest Online: SPRING 2021

LifeQuest Online classes are held daily, Monday - Friday, via Zoom and Facebook.

Facebook classes are accessible on the LifeQuest Spring 2021 Facebook group which is private and for members only. Please read your registration confirmation email carefully for more information.

MONDAY

10:00 a.m. - 11:30 a.m.

GRANDPARENTING TODAY

Elizabeth Vines, Facilitator; format: Zoom only. Not recorded.

Sharing the joys and concerns of grandparenting, 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. *Limit 12.*

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

HOW TO LEARN ONLINE WITH LIFEQUEST

LifeQuest staff, Instructors; format: Zoom. Recorded.

New to Zoom? Want to take classes, but aren't sure how? Join this stress-free and fun tutorial to learn and practice the skills needed to participate in online learning at LifeQuest.

This class is FREE and open to the public.

Class Zoom ID# 985 5595 4867;

Password: lifequest (all lowercase)

TUESDAY

9:00 a.m. - 9:45 a.m.

THE BIBLE DOESN'T SAY THAT!

Rabbi Gene Levy, Instructor; format: Zoom, Facebook. Recorded.

Did Eve eat an apple? Did Moses have horns? Did a real whale swallow Jonah? Are there only Ten Commandments? Did the Prophets forecast long-term events to come? In a fun and engaging way, we will examine these and a number of other myths, mistranslations, misconceptions, and misunderstandings that have found their way into the Bible and have lodged themselves in our culture for centuries.

TUESDAY Cont.

9:00 a.m. - 9:45 a.m.

SKETCHING AROUND THE WORLD

Kenneth Williams, Instructor; format: Zoom, Facebook. Recorded.

Learn how to make a great sketch and keep a travel sketchbook journal wherever you go. We will "virtually" visit a different country or city in each class, learning important sketching principles along the way. The class will offer practical advice on materials and techniques gleaned from years of travel sketching Experience. Live demonstrations will be combined with discussion and sketchbook examples. Students will make their own travel sketchbook during the session, filling it with sketches and brief diary accounts of the places we visit and the adventures we may experience on our journey to distant lands. Time will be set aside to share our work and adventures. *Limit 16.*

10:00 a.m. - 10:45 a.m.

INTRO TO THE DIGITAL WORLD

Various Instructors; format: Zoom, Facebook. Recorded.

Computer technology exists in every part of our lives, whether to solve problems or cause frustrations!

There is so much to learn, and these experts can help:

April 6 Intro to the 21st Century, John Mize

April 13 Listening & Watching with Mobile Devices, Bill Owens

April 20 Home Entertainment, John Mize

April 27 Windows, Mac, & Chromebooks, Charlie Frith

May 4 Learning Cool Things Online, John Mize

May 11 Home Automation, Charlie Frith

May 18 Digital Transactions, Bill Owens

May 25 Cybersecurity for Everyone, Dan Harpool



LifeQuest Online: SPRING 2021

TUESDAY Cont.

10:00 a.m. - 11:30 a.m.

THE ENNEAGRAM - PART II

Catherine Lowery and Mary Jane Cole,

Instructors; format: Zoom. Not recorded.

Understanding the motivations and dynamics of different personality types is crucial in relationships, whether with intimate partners, friends or in our professional lives. This series is for those who completed Enneagram-Part 1 in Fall of 2020, know their Enneagram number, and have done work with the teachings. The six-part study will be based on Suzanne Stabile's book titled *The Path Between Us* and the accompanying Study Guide. Both are required and available on Amazon.

Limit 16.

11:00 a.m. - 11:45 a.m.

HISTORY OF WESTERN ART

Rick Leach, Instructor; format: Zoom, Facebook.

Recorded.

Explore a great span of art history, from the late Middle Ages to the 20th century! In just eight weeks, we'll conduct a survey of Western European art and architecture. Learn about many of Western civilization's most notable artists and artwork.

12:00 p.m. - 12:45 p.m.

ARKANSAS TRAVELERS: MUSEUMS

Various Instructors and "Tour Guides"; format: Zoom, Facebook. Recorded.

No entrance fees, lines, masks, or parking. Join us as we Zoom to interesting and exciting museums for virtual visits with curators who will take us on tours and share their plans for the future: Crystal Bridges, The Gangster Museum of Hot Springs, Toltec Mounds, Esse Purse Museum, Arkansas Museum of Fine Arts.....and more!

1:00 p.m. - 3:00 p.m.

OIL PAINTING WITH SEAN LECRONE

Sean LeCrone, Instructor; format: Zoom. Recorded.

Can you really improve your painting skills through an online class? With a talented teacher and artist as your guide, YES! Join Sean each week to learn, create, be inspired, and expand your own artistic repertoire. *Limit 16.*

TUESDAY Cont.

1:00 p.m. - 1:45 p.m.

DIALOGUES IN SCIENCE AND RELIGION/THEOLOGY: THE BIG PICTURE

Dr. Fred Silva, Instructor; format: Zoom, Facebook. Recorded.

Let's explore great ideas, thinkers, researchers, and arguments for science and religion within these selected topics:

- Relationships: Contrasts, Comparisons, Misconceptions, and Transgressions
- The Galileo Affair
- Darwin, Evolution, Life, and Intelligent Design
- Newton, Einstein and the Scientific Revolutions
- Medicine, Genetics, Ethics, and Our Future Health
- The Neurosciences in Religion, the Brain, Out of Body Experiences, and the Soul

WEDNESDAY

9:00 a.m. - 9:45 a.m.

BEHIND THE HEADLINES

John Brummett, Instructor; format: Facebook.

Recorded.

Join us in the private LifeQuest Spring 2021 Facebook group to hear a thoughtful analysis of the week's news across the state and beyond. Be sure to join this private Facebook group before class begins.

9:00 a.m. - 9:45 a.m.

SILENCE AS A SPIRITUAL PRACTICE

Sheila Peters, Facilitator; format: Zoom. Not recorded.

External silence is increasingly difficult to find in our noisy world. Learn ways to quiet the mind and open the heart to discover the wisdom and love that resides in each of us. Weekly guidance provided through readings from spiritual teachers, with the focus of the class on discussion and practicing silence. Both beginning and seasoned contemplatives are invited. *Limit 12.*

10:00 a.m. - 10:45 a.m.

GREAT BOOKS

Rosemary Rogers, Instr. format: Zoom. Not recorded.

Read and discuss selections of literature by classic and modern authors. *Limit 18 | Materials Fee: \$15*

LifeQuest Online: SPRING 2021

WEDNESDAY Cont.

10:00 a.m. - 10:45 a.m.

A CALS CORNUCOPIA

Various speakers; format: Zoom, Facebook. Recorded.

This series will highlight the diverse talents of several Central Arkansas Library System staff members who work at the downtown Little Rock Library Square campus. These include a genealogy expert, the library's art collection curator, the chief archivist at the Butler Center for Arkansas Studies, CALS' oral history specialist who is researching a major journalist from Little Rock, and a Civil War historian.

- April 7 Mark K. Christ: This Day We Marched Again: The Diary of Jacob Haas, 9th Wisconsin Infantry
April 14 Heather Zbinden: Personal Treasures Organized: Getting a Handle on Personal Archiving
April 21 Brian Robertson: The Arkansas Vietnam Project
April 28 Colin Thompson: Bronze Sculptures in the CALS Art Collection
May 5 Benji de la Piedra: Herbert Denton Jr., a Little Rock Journalist at the Washington Post during Watergate
May 12 Benji de la Piedra: Understanding Herbert Denton Roots through the Writings of Ralph Ellison
May 19 Heather Zbinden: More Than the Census: Genealogy Databases You Might Not Know About
May 26 Mark K. Christ: Our First Whiff of Gunpowder: The Skirmish at Orient Ferry

11:00 a.m. - 11:45 a.m.

LOSING PRESIDENTIAL CANDIDATES

Various Instructors; Dick Williams, Coordinator; format: Zoom, Facebook. Recorded.

Sometimes you win; sometimes you lose. Learn about the strategies and campaigns that almost worked, but didn't.

- April 7 Henry Clay (1824, 1832 & 1844), Pat Goss
April 14 Stephen Douglas (1860), Dick Williams
April 21 Samuel Tilden (1876), Dick Williams
April 28 Adlai Stevenson (1952 & 1956), Phil Kaplan
May 5 Wendell Willkie (1940), Fred Ursery
May 12 Maj. Gen. George B. McClellan (1864), Pat Goss
May 19 Alf Landon (1936), Fred Ursery
May 26 William Jennings Bryan (1896, 1900 & 1908), Dent Gitchel

WEDNESDAY Cont.

11:00 a.m. - 12:30 p.m.

PAPER CRAFTS & GREETING CARDS

Judy Langford-Brodie, Instructor; format: Zoom. Not recorded.

Are you a card maker with intermediate experience who is missing the enjoyment of creating with others? Join us for a weekly Zoom class focusing on everyday, fun-fold and holiday cards with some 3D projects thrown in for added fun. We will make two projects each week. Cut cardstock, envelopes and die cuts included in class fee. A list of other supplies needed will be emailed to you.

Limit 8 | Materials Fee: \$40

12:00 p.m. - 12:45 p.m.

SPECIAL GUEST HOUR - this is a FREE opportunity!

Various speakers; format: Facebook. Recorded.

Free and open to the public. May be viewed on the public LifeQuest of Arkansas Facebook page. See the full schedule of presenters at lifequestofarkansas.org.

1:00 p.m. - 1:45 p.m.

SPORTS TALK

Larry Walton, Instructor; format: Zoom, Facebook. Recorded.

Remember sports? Feeling the itch to talk about stats, teams, players, and coaches? Join Larry and guests to discuss all things sports. College, high school, popular, and lesser-known sports are all in the mix!

1:00 p.m. - 1:45 p.m.

LIFEQUEST BOOK CLUB

Mary Sha Moriarty, Facilitator; format: Zoom. Not recorded.

Bring your curiosity, open-mindedness and love for books and reading! Plan to meet every other week. We'll send a suggested book list before class begins.
Limit 14.



LifeQuest Online: SPRING 2021

WEDNESDAY Cont.

2:00 p.m. - 2:45 p.m.

JAZZ, THE ARTS, AND COMMUNITY: AVENUES TO PEACE IN A PANDEMIC

Tom Cox, Instr. format: Zoom, Facebook. Recorded.
In our new Zoom community, let's explore how elements essential to a thriving creative process in jazz piano and other fine arts are equally essential and available to us for our survival in critical times.

2:00 p.m. - 3:30 p.m.

TELL YOUR OWN STORY

Tina Coffin, Facilitator; format: Zoom. Not recorded.
This class is part creative writing, part memoir, and ALL fun! Share your work, successes and roadblocks along the way. *Limit 16.*

THURSDAY

9:00 a.m. - 10:30 a.m.

HABLAMOS MAS ESPANOL!

Marcie Smith, Instructor; format: Zoom. Not recorded
Conversational Spanish is not a beginning course but best suited for people with some prior Spanish language experience. *Limit 10.*

10:00 a.m. - 10:45 a.m.

U. S. FOREIGN POLICY

Alan Eastham, U.S. Ambassador, Ret., Instructor; format: Zoom, Facebook. Recorded.
With a new U.S. President and Vice President making news and a global pandemic rolling on, there is MUCH to talk about. Join the discussion based on current newsworthy topics, interspersed with historical themes, and foreign policy theory.

11:00 a.m. - 11:45 a.m.

ON THE BRINK OF EVERYTHING: GRACE, GRAVITY & GETTING OLD BY PARKER PALMER

Lynn Senn, Facilitator; format: Zoom. Not recorded.
This book of reflections explores the questions age raises and the promises it holds. "Old is just another word for nothing left to lose, a time to dive deep into life, not withdraw to the shallows." Plan to buy the book and read the Prelude on your own before class. *Limit 12.*

THURSDAY Cont.

11:00 a.m. - 11:45 a.m.

DILEMMAS AND DECISIONS IN SELECTED MODERN AMERICAN POEMS

Chuck Chappell, Instructor; format: Zoom, Facebook. Recorded.

Several important American poets whose works have appeared in print between 1900 and the present day explore various dilemmas and decisions in their narrative verse. During each class period we will examine and discuss one poem of medium length or two shorter poems. The poem for the first day is "The Road Not Taken" by Robert Frost. Other poets represented during the course include William Carlos Williams, Langston Hughes, Elizabeth Bishop, Theodore Roethke, and James Dickey. Poetry lovers of LifeQuest, unite! You have nothing to lose but your literary inhibitions.

12:00 p.m. - 12:45 p.m.

HEART HEALTH WITH ARKANSAS HEART HOSPITAL *Various speakers from AHH; format: Zoom, Facebook. Recorded.*

Healthcare providers from Arkansas Heart Hospital (AHH) share their knowledge and medical expertise on a variety of topics: cardiac risk factors, women and heart disease, nutrition, vein health, etc. AHH patients have access to advanced technology and surgical techniques in a hospital specially designed for their treatment and recovery. We welcome their participation as a LifeQuest sponsor and educational partner for the benefit of our community and LifeQuest members.

1:00 p.m. - 1:45 p.m.

BEGINNING TAI CHI

Suzanne Yung and June Brown, Instructors; format: Zoom, Facebook. This is a recording of a previous class and will repeat each week.

Learn the slow, rhythmic movements of Tai Chi Northern Wu Tai Chi and the 13 Golden Postures. Experience the benefits Tai Chi provides in improving balance, posture and mobility.

LifeQuest Online: SPRING 2021

THURSDAY Cont.

1:00 p.m. - 1:45 p.m.

CHAIR YOGA

Linda King, RYT 200, Instructor; format: Zoom, Facebook. Recorded.

Love yoga but prefer not to get up and down from the floor? Then chair yoga is for you! Use a chair to breathe, stretch, and build strength. Modifications will be made, where possible, for those with greater mobility.

1:00 p.m. - 1:45 p.m.

DIGITAL GENEALOGY 2021: YOUR FAMILY HISTORY

Jeanne Rollberg, Instructor; format: Zoom, Facebook. Recorded.

How well do you know your family history? Let's discover important online resources and strategies to help build your family tree, conduct collaborative research, and learn about "roots tourism." We'll explore how to: discover and verify your personal family heritage; use social media, books, and cemetery records in your research; use news-papers to break down "brick walls"; locate elusive female ancestors; document your immigrant ancestors; and uncover the activities of wanton and wicked ancestors who lived lives to the fullest.

2:00 p.m. - 4:45 p.m.

PASTELS

Debbie Strobel, Susan Hurst; Instructors; Anne Parat, Coordinator; format: Zoom and Facebook

Pastels combine the best of painting and drawing so the art form may be called both. Learn about supplies and techniques to create your own pastel work of art. We'll practice together sharing discoveries and honing our skills through demonstrations.

FRIDAY

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

WOMEN IN THE FILMS OF ALFRED HITCHCOCK

Wayne Stengle, Instructor; format: Zoom. Not recorded.

If you still shiver when you remember movies like *The Birds*, *Psycho*, and *Vertigo*, then you can agree that in the 21st century, film director Alfred Hitchcock (1899-1980) continues to be admired by audiences worldwide as a clever master of movie suspense. However, some scholars have become increasingly critical of the sometimes blatant misogyny on display in many of his films. By watching and analyzing several of his works, this class will explore the role of the feminine in Hitchcock movies. We'll respectfully and thoughtfully observe the variety of Hitchcock's moods, styles, and creative abilities to frighten us and make us think.

How to attend classes:

1. Plan to attend the class, "How to Learn Online with LifeQuest," on Mondays at 11:00 a.m.
2. Open your registration email and click the link to the private LifeQuest webpage.
3. Scroll down to the class you want to attend.
4. Attend live class by joining preferred platform (Zoom or Facebook) under class title.
5. Zoom classrooms open 5-10 minutes before class begins.
6. If you choose to join class in our private Facebook Spring 2021 group, scroll to find the video with a red "Live" in the upper left corner, usually one minute before class begins.

Questions? info@lifequestofarkansas.org

LifeQuest Library:

Access the archives of all recorded LifeQuest classes for a \$25 annual fee! See enclosed registration form.

Memorials & Honoraria:

Making a gift to LifeQuest is a special way to honor someone you love or admire. Please visit lifequestofarkansas.org to see a list of recent tribute gifts.

Slice of Life: SPRING 2021

News & Updates

Lindy Harrell Named Executive Director

The LifeQuest Board of Directors is excited to announce that Lindy Harrell has accepted the position of LifeQuest Executive Director. As an owner of an interior design business, a billing manager for a pediatric clinic, and Office Manager for LifeQuest in 2016, Harrell has a talent for organization and a passion for helping others. In 2020 at the beginning of the pandemic, the Board appointed Harrell as Interim Executive Director. She quickly moved into her new role by leading the organization through a critical time and launching the online program. Harrell is married to Scott, her husband of thirty years. They live in Maumelle and have four children and three grandchildren. The Board of Directors extends their appreciation for her leadership and congratulates her on her new position.

Eve Yancey
Chair, Board of Directors

Walk Down Memory Lane as LifeQuest Celebrates 40 Years!

Join us this year as we walk through 40 years of LifeQuest. Enjoy monthly spotlights and interviews spanning our forty-year history! Reminisce and hear the stories from past leaders, instructors, members, and volunteers. Interviews are recorded on the public LifeQuest of Arkansas Facebook page, the LifeQuest Spring 2021 Facebook group for registered members, and the LifeQuest website and YouTube channel.

LifeQuest Online

We are still offering online classes five days a week! Online learning is going so well, we plan for it to continue even after the resumption of in-person classes.

Online classes enable participation regardless of the weather or location and are accessible on Zoom or Facebook. Most classes will be recorded (see class description for exceptions) and available for viewing for registered members. So, if you miss a program, you will be able to see it later! Current term recordings are available to registered members. View the LifeQuest Library with an annual fee to access the complete archives.

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Registration is available by mail,
PO Box 25523, Little Rock, AR 72221

Or online at

lifequestofarkansas.org.

All major credit cards accepted.

Dorothy P. Sitton Scholarships are available.