



# Spring 2022

APRIL 4 – MAY 27 | REGISTRATION OPENS **MARCH 7**

LifeQuest 2022 has \*In-person, Online, and Hybrid Classes  
Registration Fee: \$65

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," March 29, 2022 at 11:00 a.m.  
See inside for details.

*\*Please note that proof of vaccination (emailed or mailed to LifeQuest) is required to attend classes held at Second Presbyterian Church.  
Masks must be worn in the building.*

# Vaccine and COVID-19 Policy

## Policy Statement

LifeQuest of Arkansas will always keep your safety as our number one priority. LifeQuest stands firm in believing it is your personal responsibility to be vaccinated.

## COVID Requirements

- \*Proof of vaccination will be required to attend in-person classes held at Second Presbyterian Church.
- For in-person classes, we will require masking while indoors, social distancing, and hand washing to limit the spread of COVID-19. We will limit the number of participants per class, according to the size of the room, to obtain a 3 feet distance.

## COVID Guidelines

*If you are not feeling well, please stay at home.*

By registering for LifeQuest classes, you agree to not attend an in-person class if any one or more of the following is true within 14 days of the event:

- You have (or any person in your household or with whom you have close contact has) tested positive for, or been exposed to, someone who has tested positive for COVID.
- You have (or any person in your household or with whom you have close contact has) experienced symptoms of COVID (e.g., a fever of 100.4 degrees or higher, cough, shortness of breath or difficulty breathing, chills, repeated shaking, muscle pain/achiness, headache, sore throat, loss of taste or smell, nasal congestion, runny nose, vomiting, diarrhea, fatigue or any other symptoms associated with COVID identified by the Centers for Disease Control and Prevention).
- You have (or any person in your household or with whom you have close contact has) travelled to any state or international territory identified by federal or applicable local governments as being subject to travel or quarantine advisories due to COVID.

## Who Is Governed by This Policy?

Any staff, participants, volunteers, instructors, and vendors involved in LifeQuest.

## \*Proof of Vaccination

Ways to provide proof of vaccination to attend in-person classes at Second Presbyterian Church:

- Mail a photocopy of your vaccine card to:  
LifeQuest of Arkansas  
P.O. Box 25523  
Little Rock, AR 72221
- Email a photo of your vaccine card to [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)
- Bring your vaccine card to the LifeQuest office and we will make a copy.

## Pivot Plan

If we need to pivot to online classes due to COVID-19, most in-person classes will need to be cancelled. If you have already enrolled, we will notify you via email.

# LifeQuest: Spring 2022

## MONDAY

10:00 A.M. - 10:45 A.M.

### BEGINNING SPANISH

*Karen Sherman, Instructor*

*Format: In-person*

*In-person limit - 12*

*Not recorded*

Beginning with the alphabet, useful phrases and question words, we will be making simple sentences by the end of our time together. Whether it's greetings, telling time, talking about ourselves, the weather, seasons and months, join us *para conversar el español* and share latina culture.

10:00 A.M. - 10:45 A.M.

### GREAT BOOKS

*Rosemary Rogers, Facilitator*

*Materials fee: \$15*

*Format: Online*

*Zoom limit - 18*

*Not recorded*

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

12:00 P.M. - 3:00 P.M.

### COMEDY IN AMERICAN MOVIES

*Wayne Stengel, Instructor*

*Format: Hybrid*

*In-person limit - 40; Zoom limit - none*

*Not recorded*

This class will take a look at what makes us laugh at the movies. Examining classic movie comedies, we will discuss what is funny about them, why we laugh or don't laugh at them, and ask if they remain funny. The films are the Marx Brothers, *A Night at the Opera (1935)*; Howard Hawks, *Bringing up Baby (1939)*; Preston Sturges, *The Lady Eve (1941)*; Billy Wilder, *Some Like It Hot (1959)*; Stanley Kubrick, *Dr. Strangelove (1964)*; Chris Columbus, *Mrs. Doubtfire (1993)*; Chuck Russell, *Mask (1994)*, and Adam McKay, *Anchorman (2004)*. With performers like Groucho, Harpo, and Zeppo, Cary Grant, Barbara Stanwyck, Jack Lemmon and Marilyn Monroe, Peter Sellers, Robin Williams, Jim Carey, and Will Ferrell. Some of these clowns will, at the very least, make you smile.

## MONDAY, Cont.

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

### LQ ARTISTS

*John Mize, Facilitator*

*Format: Online*

*Zoom limit - none*

*Not recorded*

Gather online with other LifeQuest creatives to draw, sketch, paint, and share your projects with others. No instruction, no experience necessary, no required medium, and no judgment! Enjoy being together to gain inspiration and support.

***DID YOU KNOW ?  
LIFEQUEST HAS A NEW  
EXECUTIVE DIRECTOR***



### **Leah Greenfield named Executive Director**

"Working at LifeQuest of Arkansas over the past seven years has been an absolute joy. Even during the challenges we experienced earlier in the pandemic as we pivoted our programs to online learning, it was inspiring and motivating to work with an amazing team of volunteers and members who are all committed to our organization's mission to enhance lifelong learning. In this new role, I am definitely a student again myself and look forward to what the future holds!"

## TUESDAY

9:00 A.M. - 9:45 A.M.

### BRAVER ANGELS

*April Chatham-Carpenter, Jeannie Burrus,  
David Childs, Glen White, Facilitators*

*Format: Online*

*Zoom, Facebook limit - none*

*Recorded*

Braver Angels of central Arkansas recently began a new public program called Arkansas Table Talk that provides a venue for interested persons to engage in respectful conversations on various political topics, while maintaining decorum, respect, and a general adherence to the communication skills taught in the Braver Angels workshop "Skills for Bridging the Political Divide." For our class with LifeQuest, we propose to use the first four weeks to teach these skills to class participants, including role-play practice. In the final four weeks, the participants will engage in a group discussion of various topics of political interest, using the skills taught in the first four weeks. We expect to offer three articles on each weekly topic for reading by participants, one reading each from left, center and right perspectives.

9:30 A.M. - 11:00 A.M.

### CONVERSATIONAL SPANISH

*Marci Smith, Instructor*

*Format: In-person*

*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 and Spanish-language newspapers and other materials to provide vocabulary and conversation topics.

10:00 A.M. - 11:30 A.M.

### GRANDPARENTING TODAY

*Elizabeth Vines, Facilitator*

*Format: Online*

*Zoom 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.

## TUESDAY, Cont.

11:00 A.M. - 11:45 A.M.

### UNDERSTANDINGS OF CHRIST:

#### JESUS IN THE GOSPELS

*Steve Hancock, Instructor*

*Format: Online*

*Zoom, Facebook limit - none*

*Recorded*

Jesus Christ stands at the center of the Christian faith. Without him, there would be no Christianity. The four gospels (Matthew, Mark, Luke and John) portray Jesus in a way that is generally consistent, but with some significant differences. In this class, we will look closely at the similarities and the differences in the way Jesus is portrayed and thus gaining a more complete understanding of the life and ministry of Christ.

11:00 A.M. - 11:45 A.M.

### READER'S THEATER

*Elizabeth Reha and Tricia H. Spione, Instructors*

*Format: Online*

*Zoom, Facebook limit - 12*

*Not recorded*

In Reader's Theater, actors present dramatic readings of narrative material without costumes, props, or scenery. Using only vocal expression, actors illustrate their characters' motives and roles in the play. No experience needed! Due to the interactive nature of this class, attendance is necessary especially for the final class. Join this relaxed and interactive class to learn new skills and have fun.

12:00 P.M. - 12:45 P.M.

### JAPAN

*Jerry Hanson, Instructor*

*Format: Online*

*Zoom, Facebook limit - none*

*Recorded*

The island country of Japan was a feudal society until 1861 and then transformed itself into an industrialized economic power. How did this happen? When the country became an international threat with World War II, how did Japan recover from its defeat and transform again into an economic global player? These questions and some possible answers will be reviewed and discussed in this online class.

## TUESDAY, Cont.

12:00 P.M. - 12:45 P.M.

### SCATTERGORIES

*Sheri Simon, Facilitator*

*Format: Online*

*Zoom limit - none*

*Not recorded*

This is a game anyone can play! No experience necessary. After rule-explaining, we'll present various categories. Have a scratch pad and pencil handy. You'll be given a letter to quickly come up with items for each category. Use your brain, meet some new friends, and join the fun!

1:00 P.M. - 1:45 P.M.

### ORIGINS!

*Fred Silva, Instructor*

*Format: Online*

*Zoom, Facebook limit - none*

*Recorded*

In another class of big ideas and broad-reaching areas of interest and study, Dr. Silva takes us on a journey with ORIGINS: An Extraordinary Journey of Our Deepest Roots. Just how did we get here from there:

- The Origin of Our Universe: the Big Bang
- The Origin of Stars (Our Sun) and Planets (Including Earth)
- The Origin of Life
- The Origin of Our Brain
- The Origin of Humans
- The Origins of Western Philosophy and Religion
- The Origin of Culture
- Transhumanism: Where Might We Go in the Future!

## TUESDAY, Cont.

1:00 P.M. - 1:45 P.M.

### TAI CHI

*Suzanne Yung and June Brown, Instructors*

*Format: In-person*

*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.

2:00 P.M. - 3:30 P.M.

### TELL YOUR OWN STORY

*Connie Wardell, Facilitator*

*Format: Online*

*Zoom 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?

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 2022. The cost is \$50. Just check the box on the back of the registration page.



## WEDNESDAY

9:00 A.M. - 9:45 A.M.

### BEHIND THE HEADLINES

*John Brummett, Instructor*

*Format: Hybrid*

*In-person limit - 200; Facebook limit - none*

*Recorded*

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest SPRING 2022" 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. Masks and proof of vaccination required to attend in-person.

9:15 A.M. - 10:45 A.M.

### BEGINNING GREETING CARDS

*Judy Langford-Brodie, Instructor*

*Materials fee: \$25*

*Format: In-person*

*In-person limit - 8*

*Not recorded*

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 or three projects each week. Designed for beginners. Paper, envelopes, ink, stamps and large equipment provided. A short list of personal supplies needed will be emailed to you.

9:15 A.M. - 11:00 A.M.

### OPEN ARTISTS STUDIO

*No instruction*

*Format: In-person*

*In-person limit - 16*

*Not recorded*

All are welcome to this open time to draw, paint, sculpt, or craft. The studio is yours to gather, create, and share ideas and inspiration.

9:15 A.M. - 11:15 A.M.

### MAH JONGG

*Ellen Lowitz, Instructor*

*Format: In-person*

*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](http://www.nationalmahjonggleague.org)

## WEDNESDAY, Cont.

9:15 A.M. - 11:15 A.M.

### KNITTERS

*Format: In-person*

*In-person limit - 10*

*Not recorded*

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

10:00 A.M. - 10:45 A.M.

### U.S. FOREIGN POLICY

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

*Format: Hybrid*

*In-person limit - 200; Facebook limit - none*

*Recorded*

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive., Little Rock, or in the "LifeQuest SPRING 2022" Facebook group, to discuss current events and newsworthy topics, interspersed with historical themes and foreign policy theory. Be sure to join the private Facebook group BEFORE the first day of class.

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

### WESTERN MUSIC BEFORE 1600

*Nancy Fleming, Instructor*

*Format: In-person*

*In-person limit - 40*

*Not recorded*

First, we'll learn about the fascinating history of the development of a distinctive style of music in the West during the Middle Ages. Second, we'll explore the beautiful music composed during the Renaissance. Discover such interesting characters as Hildegard of Bingen (1098-1179), visionary mystic, author of books on science and healing, correspondent with popes and kings, and one of the earliest composers for whom we actually have a name, and Carlo Gesualdo (c. 1566-1613), madman, prince, murderer, and composer of avant-garde music. Many people are unaware of the treasures composed during the first 800 years or so of Western music. Join us to find out more about them!



## WEDNESDAY, Cont.

11:00 A.M. - 11:45 A.M.

### LIFEQUEST FOLKIES RIDE AGAIN!

*Ralph McKenna, David McAlpine, Joe Lombardi, Rich Roy, Micky Rigby, Mike Schaefer & David Allen, Instructors*

*Format: In-person*

*In-person limit - 100*



*Not recorded*

This course will focus on traditional instruments employed in folk music — guitar, banjo, mandolin, Irish whistle, autoharp, and others. Love songs, unionizing, songs of protest, songwriter's personal reaction to daily life — all will be addressed. We recognize the historical knowledge and musical skills of many class members, and strongly encourage their participation, from singing along on familiar songs (hootenanny style) to guest performances in the classroom.

11:00 A.M. - 11:45 A.M.

### LINCOLN'S FRIENDS

*Various instructors*

*Format: Hybrid*

*In-person limit - 40; Zoom, Facebook limit - none*

*Recorded*

Ward Hill Lamon, Abraham Lincoln's former law partner, friend and sometime bodyguard, told a famous story about the 16th U.S. president's premonition of his own death. According to the tale, just a few days before his assassination on April 14, 1865, Lincoln shared a recent dream with a small group of friends. In it, he walked into the East Room of the White House to find a covered corpse surrounded by a crowd of mourners. When Lincoln asked one of the soldiers who had died, the reply was, "The president. He was killed by an assassin." Learn about the many personalities and important roles Lincoln's friends played during his life and politics. (LifeQuest instructors in parentheses)  
Apr 6: William H. Seward - (Jonathan Wolfe)  
Apr 13: William Herndon - (Dent Gitchel)  
Apr 20: Elmer Ellsworth - (Dick Williams)  
Apr 27: Joshua Speed - (Fred Ursery)  
May 4: Ann Rutledge & Nancy Hanks - (Pat Goss)  
May 11: John Hay - (Pat Goss)  
May 18: Ward Hill Lamon - (Jonathan Wolfe)  
May 25: Justice David Davis - (Dick Williams)

## WEDNESDAY, Cont.

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

### PAPER CRAFTS AND GREETING CARDS

*Judy Langford-Brodie, Instructor*

*Materials fee: \$40*

*Format: In-person*

*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. Geared for the paper crafter with stamping experience, you will have the opportunity to learn new techniques and expand your existing skills. Each week you will make two projects using die cuts, punches, rubber stamps and a variety of paper folds. Paper, envelopes and large equipment provided. A list of personal supplies needed will be emailed to you.

12:00 P.M. - 12:45 P.M.

### GUEST SPEAKER HOUR

*Various speakers*

*Format: Online*

*Facebook Public Page limit - none*

*Recorded*

Free and open to the public. May be viewed on the LifeQuest of Arkansas Facebook public page at [Facebook.com/lifequestofarkansas](https://www.facebook.com/lifequestofarkansas). See the full schedule of presenters on the website, [lifequestofarkansas.org](https://www.lifequestofarkansas.org), under "Guest Speaker Hour."

1:00 P.M. - 1:45 P.M.

### JAZZ PIANO AND THE SPIRIT

*Tom Cox, Instructor*

*Format: In-person*

*In-person limit - 40*

*Not recorded*

Through jazz piano performance and discussion, the class examines our human spirit's need for openness, resilience, risk taking and aesthetic beauty for a continued vibrant and meaningful life. Jazz piano and jazz artists as well as visual art and movement may be required viewing on YouTube between classes for further understanding and class discussion.

## WEDNESDAY, Cont.

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

### ACRYLIC AND OIL PAINTING

*Sean LeCrone, Instructor*

*Format: Hybrid*

*In-person limit - 16; Zoom, Facebook limit - none  
Recorded*

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

## THURSDAY

9:15 A.M. - 11:00 A.M.

### ARTISTIC TOOLS AND TECHNIQUES

*Ken Williams, Instructor*

*Format: Hybrid*

*In-person limit - 16; Zoom, Facebook limit - none  
Recorded*

The course will explore some of the many kinds of water-soluble media through demonstration and "follow along" class projects, progressing by steps from graphite to watercolors. We will use these media to investigate color choice, composition and mixed media applications.

9:15 A.M. - 11:15 A.M.

### ADVANCED PAPER CRAFTING

*Connie Wardell, Instructor*

*Materials fee: \$40*

*Format: In-person*

*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. We will make two projects each week. Cardstock, envelopes, and necessary tools will be available. A list of other needed supplies will be emailed to you before class.

9:15 A.M. - 11:15 A.M.

### BRIDGE

*Richard Kalkbrenner and Various Instructors*

*Format: In-person*

*In-person limit - 20*

*Not recorded*

The class will focus on all the basics of modern Bridge bidding with half of each class spent bidding and playing hands with your classmates. In this manner, the student will be exposed to play of the hand and defense techniques. The student should purchase *Bidding in the 21<sup>st</sup> Century* by Audrey Grant which will be the textbook for the class. ISBN 9780939460939

## ***DID YOU KNOW ? LIFEQUEST IS GOING TO MAINE!***

*Info meeting April 12,  
3:00 P.M. on Zoom*

LifeQuest is partnering with Collette Travel for **ROAMING COASTAL MAINE**

September 20–26, 2022 featuring Portland, Acadia and Penobscot Bay. With just 12–24 passengers, this small group travel adventure features 7 days and includes 9 meals.

### HIGHLIGHTS

Portland, Oyster Farm, Bar Harbor, Acadia National Park, Lobster Trap Pull Demonstration, Wine Tasting, Camden, Coastal Maine Botanical Gardens, and Boothbay excursion

### WORRY-FREE CANCELLATION

Collette's industry-leading cancellation waiver offers travelers a full cash refund for the price of the tour, right up to the day prior to departure, minus the small cost of the waiver. Travel worry-free knowing if anything changes, you're protected. Book before April 20 to save \$100 per person.



## THURSDAY, Cont.

10:00 A.M. - 10:45 A.M.

### MIND AND MINDFULNESS: JOURNEY IN THE LABYRINTH

*Patty Kohler, PhD, Instructor*

*Wayne Chapman, Facilitator*

*Format: Hybrid*

*In-person limit - 40; Zoom, Facebook limit - none  
Recorded*

In this eight-session course, we will take a journey into the labyrinth and some of its many facets. Travel with us as we explore the myth and mystery surrounding this ancient tool for mindfulness. We will take a brief walk (literally) through some of the history, look at the variety of labyrinth types, and learn ways to utilize the labyrinth as a tool for self-care community with others or as an individual contemplative practice.

10:00 A.M. - 10:45 A.M.

### LQ BOOK CLUB

*Mary Sha Moriarty, Facilitator*

*Format: In-person*

*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.

10:00 A.M. - 10:45 A.M.

### WHAT'S ON YOUR MIND

*Bob Alexander, Facilitator*

*Format: In-person*

*In-person limit - 20*

*Not recorded*

Not your typical teacher-led class, but a completely unstructured, moderator-led discussion of various topics and ideas. Come speak your mind!



## THURSDAY, Cont.

11:00 A.M. - 11:45 A.M.

### JANE AUSTEN

*Earl Ramsey and Paul Yoder, Instructors*

*Format: Hybrid*

*In-person limit - 40; Zoom, Facebook limit - none  
Recorded*

Among our canonical authors, Jane Austen is distinctive in having always been popular with both scholars and lay readers. What is the secret of her success? Is it her style? Her wit? Her wisdom? Something else? This course will explore the roots of Austen's success by examining her two greatest novels, *Pride and Prejudice* and *Emma*. We recommend, but do not require, that participants use the Norton Critical Editions of the novels.

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

### PASTELS

*Various Instructors*

*Format: Hybrid*

*In-person limit - 16; Zoom, Facebook limit - none  
Recorded*

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

## DID YOU KNOW?

### We would love to see you in person this spring!

You may stop by the LifeQuest office, located in Second Presbyterian Church, 600 Pleasant Valley Drive, in Little Rock, with your vaccine card anytime the office is open. We'll make a copy to keep on file so you will be all set for in-person classes this spring!

Office hours: Monday-Thursday, 9:00 a.m.-4:00 p.m.

If you prefer, you may mail a photocopy your vaccine card to:

LifeQuest of Arkansas  
P.O. Box 25523  
Little Rock, AR 72221

Or email a photo of your vaccine card to:  
[info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)

# DIGITAL LEARNING WORKSHOPS

THURSDAYS  
9:15 A.M. - 11:15 A.M.

Thursday, April 7 & 14

## COMPUTER MAINTENANCE

*Bill Owens, Instructor*

*Materials fee: \$10*

*Format: In-person limit - 8*

In two sessions, we will learn how to create a recovery drive, antivirus programs, unfreeze your computer, and many other areas of maintaining a healthy system. Laptop computers will be provided.

Thursday, April 21

## IPHONE PHOTOS

*Charlie Frith, Instructor*

*Materials fee: \$10*

*Format: In-person limit - 8*

This two-hour session will give an overview of the iPhone camera and Photo App.

Thursday, April 28

## INTRODUCTION TO FILE MANAGEMENT

*Bill Owens, Instructor*

*Materials fee: \$10*

*Format: In-person limit - 8*

This two hour session will provide a comprehensive understanding of digital file management.

Thursday, May 5 & 12

## OVERVIEW OF THE APPLE WATCH

*Charlie Frith, Instructor*

*Materials fee: \$10*

*Format: In-person limit - 8*

This session will discuss calls, texting, fitness tracking and health monitoring using your Apple Watch.

Thursday, May 19 & 26

## AN INTRODUCTION TO GOOGLE PHOTOS

*Charlie Frith, Instructor*

*Materials fee: \$10*

*Format: In-person limit - 8*

This is a two-session workshop on utilizing Google Photos. Installing and uninstalling the app, creating and sharing albums, facial recognition are included.

# CURBSIDE MEALS

Pick up at Second Presbyterian Church  
600 Pleasant Valley Drive, Little Rock

Thursdays  
between  
2:30 P.M. - 3:30 P.M.

## Make your reservations:

Prepay for meals or order by noon the Thursday one week before pick-up date. LifeQuest's chef-prepared meals are ready for you to reheat or bake at home.

- Each meal is \$16 and provides two servings.
- Desserts are an additional \$10 each.
- First come, first served!
- Use enclosed registration form to order meals.
- Order online at [lifequestofarkansas.org](http://lifequestofarkansas.org), or call the LifeQuest office **one week in advance:** 501-225-6073.

### April 7

Entrée: Poppy Seed Chicken

Dessert: Key Lime Cake

### April 14

Entrée: Cheese Stuffed Shells with Marinara

Dessert: Chocolate Layer Dessert

### April 21

Entrée: Sausage Jambalaya

Dessert: Cinnamon Crumb Cake

### April 28

Entrée: Chicken Marsala

Dessert: Chocolate Caramel Brownies

### May 5

Entrée: Beef Tortilla Soup

Dessert: Tres Leches Cake

### May 12

Entrée: Chicken Florentine with Lemon Rice

Dessert: Lemon Bars

### May 19

Entrée: Tomato Basil Soup with Cheese Sticks

Dessert: Banana Pudding

### May 26

Entrée: Brenda's Homemade Chicken Salad  
with Cheese Biscuits

Dessert: Strawberry Cake

# HOW TO GET TO CLASS

## ORIENTATION WITH LIFEQUEST

**March 29, 2022 at 11:00 a.m. to noon**

Plan to attend this informational meeting online via Zoom or in-person at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock. Please register on the enclosed registration form, and we'll send you more information. This is a great way to learn how to navigate the LifeQuest website, login to classes, find your way to in-person classes, and meet other LifeQuesters and the staff.

## THREE TYPES OF CLASSES

This spring, we are offering classes in THREE formats:

- IN-PERSON classes for a limited number of participants with *proof of vaccination*.
- ONLINE classes are held on Zoom and Facebook. Be sure to request to JOIN the LifeQuest SPRING 2022 Facebook group before classes begin and provide your Facebook name during registration.
- HYBRID classes occur when in-person and online participants take a class together!

## HOW TO LOGIN

1. Go to the LifeQuest of Arkansas website and click LOGIN under our logo.
2. Enter the Username and Password included in the registration confirmation email sent to you when you registered for the Spring Term. (Username is always "LifeQuest" and passwords change each term.)
3. Once you've logged in, you'll see a page with three buttons: CLASS ACCESS to easily attend class on Zoom and FaceBook; MATERIALS to view handouts or class materials; and RECORDINGS to view class recordings for this term.

## TO RECORD OR NOT TO RECORD?

Many LifeQuest classes are recorded and may be watched later in the term. However, if a class is not recorded, it may be because there is copyrighted material covered in class, the class contains the opinions and experiences of participants that may be personal in nature, or it is the instructor's preference that the class not be recorded. Login to the LifeQuest website to see class recordings.

## A FEW DISCLAIMERS ...

- The opinions and statements of instructors/presenters are their own and not necessarily those of LifeQuest of Arkansas.
- Please note that LifeQuest's recorded classes are for educational use. LifeQuest reserves the rights to these recordings, and by attending, you are giving your consent to being recorded.
- To read the full Privacy Policy, Opinion Disclaimer and Recording Disclaimer, go to: [https://www.lifequestofarkansas.org/who\\_we\\_are/privacy\\_policy.html](https://www.lifequestofarkansas.org/who_we_are/privacy_policy.html)

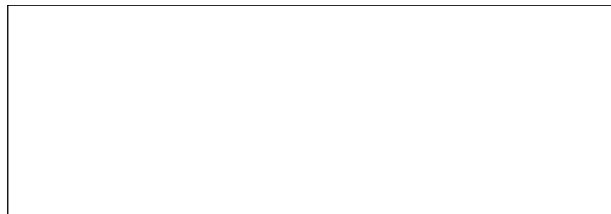


Non-Profit Organization  
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PAID  
Permit #395  
Little Rock, Arkansas

P.O. Box 25523  
Little Rock, AR 72221

ADDRESS SERVICE REQUESTED

**Spring 2022**  
**In-person,**  
**Hybrid**  
**AND Online**



## LIFEQUEST OF ARKANSAS LEADERSHIP

### BOARD OF DIRECTORS

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