

# LIFEQUEST: WINTER 2024 REGISTRATION

NAME(S) \_\_\_\_\_

FACEBOOK NAME(S) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

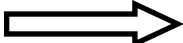
EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

BIRTHDATE MM/DD/YYYY \_\_\_\_\_ CONGREGATION \_\_\_\_\_

EMERGENCY CONTACT NAME: \_\_\_\_\_

RELATIONSHIP TO YOU: \_\_\_\_\_ CONTACT PHONE: \_\_\_\_\_

**PLEASE MARK EACH CLASS TO BE ON ROSTER. (If registering for 2, please initial)**

MONDAY	TUESDAY, Cont.	WEDNESDAY, Cont.
<p><b>9:00 A.M. - 10:50 A.M.</b> Greeting Cards ___ <i>In-person</i></p> <p><b>9:30 A.M. - 10:45 A.M.</b> Grandparenting Today ___ <i>Online</i></p> <p><b>10:00 A.M. - 10:50 A.M.</b> Great Books Online ___ <i>Online</i></p> <p>Spanish for Travelers ___ <i>In-person</i></p> <p>Pilates ___ <i>In-person</i></p> <p><b>11:00 A.M. - 11:50 A.M.</b> Tai Chi ___ <i>In-person</i></p> <p><b>11:00 A.M. - 12:30 P.M.</b> Book Discussion with Lynn ___ <i>Online</i></p> <p><b>11:00 A.M. - 12:50 P.M.</b> Crafting with Connie ___ <i>In-person</i></p>	<p><b>10:00 A.M. - 11:30 A.M.</b> Literacy Action Session 1 <b>January 16 - February 6</b> ___ <i>In-person</i>     ___ <i>Online</i></p> <p><b>10:00 A.M. - 11:30 A.M.</b> Literacy Action Session 2 <b>February 13 - March 5</b> ___ <i>In-person</i>     ___ <i>Online</i></p> <p><b>11:00 A.M. - 11:50 A.M.</b> Secrets to the Grave ___ <i>Online</i></p> <p><b>12:00 P.M. - 12:50 P.M.</b> Conversations with Fred ___ <i>Online</i></p> <p><b>1:00 P.M. - 2:15 P.M.</b> Beginning Pickleball A ___ <i>In-person</i></p> <p><b>1:00 P.M. - 2:30 P.M.</b> Hablar del Pasado ___ <i>In-person</i></p> <p>Tell Your Own Story ___ <i>Online</i></p> <p><b>2:30 P.M. - 3:45 P.M.</b> Beginning Pickleball B ___ <i>In-person</i></p>	<p><b>10:00 A.M. - 11:30 A.M.</b> Portrait Drawing <b>January 17 - February 7</b> ___ <i>In-person</i></p> <p><b>10:00 A.M. - 11:50 A.M.</b> Knitting and Sharing ___ <i>In-person</i></p> <p><b>11:00 A.M. - 11:50 A.M.</b> Russian Leaders ___ <i>In-person</i>     ___ <i>Online</i></p> <p>So You Think You Know LR ___ <i>In-person</i></p> <p>Experts with CALS ___ <i>In-person</i>     ___ <i>Online</i></p> <p>Music in Arkansas ___ <i>In-person</i></p> <p>Horseracing in Arkansas ___ <i>In-person</i></p> <p><b>1:00 P.M. - 1:50 P.M.</b> The Teachings of Jesus ___ <i>In-person</i></p> <p><b>1:00 P.M. - 3:00 P.M.</b> Acrylic and Oil Painting ___ <i>In-person</i></p> <p>Sculpting ___ <i>In-person</i></p>
<p><b>MON. &amp; WED.</b> <b>4 Weeks Only</b> <b>Jan. 22 - Feb. 14</b></p>	<p><b>WEDNESDAY</b></p>	<p><b>THURSDAY</b></p>
<p><b>1:00 P.M. - 2:30 P.M.</b> A Matter of Balance ___ <i>In-person</i></p>	<p><b>9:00 A.M. - 9:50 A.M.</b> Behind the Headlines ___ <i>In-person</i>     ___ <i>Online</i></p> <p><b>9:00 A.M. - 10:50 A.M.</b> Watercolor ___ <i>In-person</i></p> <p><b>10:00 A.M. - 10:50 A.M.</b> Great Books In-person ___ <i>In-person</i></p> <p>Women Composers ___ <i>In-person</i></p> <p>U.S. Foreign Policy Today ___ <i>In-person</i>     ___ <i>Online</i></p> <p>All Sports Considered ___ <i>In-person</i></p> <p>Arkansas Ecology ___ <i>In-person</i>     ___ <i>Online</i></p>	<p><b>9:00 A.M. - 10:50 A.M.</b> Open Studio ___ <i>In-person</i></p> <p>Beginning Mah Jongg ___ <i>In-person</i></p> <p><b>9:00 A.M. - 11:50 A.M.</b> Thursdays with Philip Martin ___ <i>In-person</i></p> <p><b>10:00 A.M. - 10:50 A.M.</b> Gardening ___ <i>In-person</i></p> <p>Our National Parks ___ <i>In-person</i>     ___ <i>Online</i></p>
<p><b>TUESDAY</b></p> <p><b>9:00 A.M. - 10:50 A.M.</b> Drawing with Stephen ___ <i>In-person</i></p> <p><b>10:00 A.M. - 10:50 A.M.</b> Intro to World Religions ___ <i>In-person</i></p> <p><b>10:00 A.M. - 11:30 A.M.</b> Conversational Spanish ___ <i>In-person</i></p> <p><b>10:00 A.M. - 11:30 A.M.</b> Using your iPhone <b>January 16 - February 6</b> ___ <i>Online</i></p>	<p><b>More classes and fees on the back.</b> </p>	

**THURSDAY, Cont.**  
**10:00 A.M. - 10:50 A.M.**  
 French Painting  
 \_\_\_ *In-person*  
 Socrates Cafe  
 \_\_\_ *In-person*  
 Tips and Tricks on Your iPhone  
 \_\_\_ *In-person (goes to 11:50)*  
**11:00 A.M. - 11:50 A.M.**  
 Two Recent Novels  
 \_\_\_ *In-person*  
 Tai Chi  
 \_\_\_ *In-person*  
 The Most Evil Women in History  
 \_\_\_ *In-person*  
 Napoleon Bonaparte  
 \_\_\_ *In-person*      \_\_\_ *Online*  
**12:00 P.M. - 12:50 P.M.**  
 Things to Do and Places to See  
 \_\_\_ *In-person*  
 LQ Book Club  
 \_\_\_ *In-person*  
 Line Dancing  
 \_\_\_ *In-person*  
**1:00 P.M. - 1:50 P.M.**  
 Yoga  
 \_\_\_ *In-person*  
**1:00 P.M. - 3:00 P.M.**  
 Pastels  
 \_\_\_ *In-person*

**FRIDAY**  
**10:00 A.M. - Noon**  
**At Professor Bowl**

Bowling for Fun  
 \_\_\_ *In-person*

**WEDNESDAY**  
**IN-PERSON MEALS**  
**\$12 per person, served in the**  
**Great Hall at Noon**  
**Meal includes entrée, salad,**  
**bread & dessert.**

**January 17**  
 \_\_\_ Hearty Beef Stew, Cornbread,  
 Salad, Apple Crisp  
**January 24**  
 \_\_\_ Italian Stuffed Shells, Caesar  
 Salad, Goopy Butter Cake  
**January 31**  
 \_\_\_ Minestrone Soup, Oatmeal and  
 Chocolate Chip Cookies  
**February 7**  
 \_\_\_ Chicken Pot Pie, Salad, Peanut  
 Butter Cheesecake Brownies  
**February 14**  
 \_\_\_ Pork Tenderloin, Smashed  
 Potatoes, Asparagus, Cherry  
 Cobbler  
**February 21**  
 \_\_\_ King Ranch Chicken, Salad,  
 Chocolate Layer Dessert  
**February 28**  
 \_\_\_ Manicotti Crepes, Salad,  
 Blueberry Cream Cheese Cake  
**March 6**  
 \_\_\_ Tomato Bisque, Grilled Cheese,  
 Salad, Banana Pudding

**THURSDAY CURBSIDE**  
**MEALS**  
**Can be picked up between**  
**11:45 A.M. - 12:15 P.M.**  
**\$16 per entrée (2 servings),**  
**\$10 desserts (4-6 servings)**

**January 18**  
 \_\_\_ Entrée: Chili  
 \_\_\_ Dessert: Chocolate Cake  
**January 25**  
 \_\_\_ Entrée: Pot Roast  
 \_\_\_ Dessert: Cinnamon Rolls  
**February 1**  
 \_\_\_ Entrée: Spaghetti & Meatballs  
 \_\_\_ Dessert: Brownies  
**February 8**  
 \_\_\_ Entrée: Meatloaf  
 \_\_\_ Dessert: Bread Pudding  
**February 15**  
 \_\_\_ Entrée: Parmesan Chicken  
 \_\_\_ Dessert: Banana Pudding  
**February 22**  
 \_\_\_ Entrée: Chicken Enchiladas  
 \_\_\_ Dessert: Pecan Sticky Buns  
**February 29**  
 \_\_\_ Entrée: Salisbury Steak  
 \_\_\_ Dessert: Chocolate Layer  
 Dessert  
**March 7**  
 \_\_\_ Entrée: Beef Brisket  
 \_\_\_ Dessert: Strawberry Shortcake

**Registration, Class Fees, Meals and Donations/Tributes**

**Registration:**      \$85\_\_\_  
**Class Fees:**  
**Greeting Cards**      \$40\_\_\_  
**Crafting with Connie** \$40\_\_\_  
**Pickleball**            \$15\_\_\_  
**Bowling**                \$50\_\_\_  
**2024 Library Fee:** \$50\_\_\_  
*(Allows access to all videos in the library through Dec. 31, 2024)*

**Meals:**  
**Lunch and Learn**  
 \_\_\_ # meals X \$12      \$\_\_\_  
**Curbside Meals**  
 \_\_\_ # meals X \$16      \$\_\_\_  
**Curbside Desserts**  
 \_\_\_ # desserts X \$10    \$\_\_\_

**Donations/Tributes:**  
**Donations:**            \$\_\_\_  
**Tributes:**              \$\_\_\_  
**In honor/memory of:**  
 \_\_\_\_\_  
**Total Fees:**            \$\_\_\_

**Mail form and check to:**  
 LifeQuest of Arkansas  
 P.O. Box 25523  
 Little Rock, AR 72221

**Register and Pay Online:**  
 Lifequestofarkansas.org  
 info@lifequestofarkansas.org