



ADVENTURES IN LEARNING

Winter 2013: Jan. 16 - Mar. 7

501-225-6073 / info@lifequestofarkansas.org

Classes held at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock

REGISTRATION FEE: \$60.00 by Jan. 4 - \$70 after Jan. 4

Note: Registration covers all Wednesday & Thursday classes for the entire 8 week term.

Some classes require an additional class fee.

NEW: Register AND pay online at www.lifequestofarkansas.org

NEW MEMBER COFFEE & ORIENTATION:

Wed., Jan. 9, 9:30—10:30 a.m. 600 Pleasant Valley Drive

WEDNESDAY CLASSES:

8:30 - 9:50 a.m.

EXPERIENCED SPANISH (1.5 hrs)

Marcie Smith, Instructor; Phil Wittman, Coordinator

For people with some experience speaking Spanish.
(Book, CD, & flash cards may be ordered at an additional cost.)

9:00 - 9:50 a.m.

BEHIND THE HEADLINES

John Brummett, Instructor

Stimulating discussion of late breaking news.

9:00 a.m. - 10:50 a.m.

KNITTING & SHARING (2 hrs)

Jean Wallace, Leader

Share your knitting knowledge and learn from others.
Class limited to 20.

9:00 a.m. - 11:50 a.m.

WATERCOLOR INSTRUCTION (3 hrs)

Judy Smithey, Instructor ; Marietta Kehler, Coordinator

Watercolor exploration for all skill levels. Bring your table cover, paints, brushes, paper, small easel, water cups & paper towels. (Cost for initial supplies is approximately \$50 - \$75.)

Enrollment limited to 16.

Chosen by lottery on Dec. 27.

WATERCOLOR STUDIO (3 hrs)

Marietta Kehler, Coordinator

Paint with friends. No instruction.

10:00 - 10:50 a.m.

F. SCOTT FITZGERALD and the American Dream

Joan Gage, Instructor; Shelley Wold, Coordinator

Examine the life and works of F. Scott Fitzgerald including The Great Gatsby, several short stories, and excerpts from The Crack-Up.

SWINGIN' DOWN THE LANE

Dr. David Miller, Instructor; Phil Wittman, Coordinator

Dust off your memories. Learn the stories behind the Big Band Music. Listen to the music we remember - the music that has lasted a lifetime.

COLONIAL AMERICAN HISTORY

David H. Dyer, Instructor

David Hackett Fischer's seminal work, Albion's Seed, describes in great detail the four major colonial migrations from Great Britain and other parts of Europe to the colonies of North America. These separate migrations determined, in large measure, the regional differences in American culture that persist even today.

EAT WELL, LIVE WELL, BE WELL:

Journey to a Healthier You

Christy Cobb, Instructor and Coordinator

Learn about super powers and super foods, the dangers of food additives and stress, and the benefits of exercise and sleep. Cell phone "apps" that deal with health will be discussed; and special focus will be on eating well when eating out.

(Wednesday Classes Continued)

(Wednesday Classes Continued)

MOVIES WITH PHILIP MARTIN

Philip Martin, Instructor; Ann West, Coordinator

Philip Martin, journalist and movie reviewer, returns to lead a discussion of movies, the Oscar nominees, and other topics. Occasional guests will join our class to share their experiences in the film industry.

11:00 a.m. - 11:50 a.m.

BOOK REVIEW

Shelley Wold, Coordinator

- Jan. 16 Unbelievable Happiness and Final Sorrow
by the reviewer
Ruth Hawkins
- Jan. 23 On Saudi Arabia by Karen House
Mary Mulkey
- Jan. 30 The Warmth of Other Suns by Isabel Wilkerson
Fran Henderson
- Feb. 6 Historical True Crime
Philip Jones
- Feb. 13 Escape Velocity: A Charles Portis Miscellany
Edited by the reviewer
Jay Jennings
- Feb. 20 Camp Nine by Vivienne Schiffer
Zoe Butler
- Feb. 27 In the Garden of Beasts by Erik Larson
Andrea Herrmann
- Mar. 6 Alone in the Universe by John Gribbin
Anne Fulk

INVENTIONS OF THE 20th CENTURY

Gene Blagg, Coordinator

Explore inventions of the 20th century.
You'll be surprised!

SPANISH LEVEL II

Isabel Adams, Instructor; Shelley Wold, Coordinator

Communicate clearly and effectively in past tense;
increase your understanding of Spanish grammar;
practice word order and use of the direct and indirect
object pronouns.

GARDENING: HOW TO DO IT RIGHT

Betty French, Coordinator

- Jan. 16 Planning & Planting - Mary Evans
- Jan. 23 Bugs: Good & Bad - Beth Phelps
- Jan. 30 Native Plants - Rand Retzlaff
- Feb. 6 Herbs - Marcella Grimmert
- Feb. 13 Vegetables & Companions - Jack Cornett
- Feb. 20 Watering - Mark Brown
- Feb. 27 Great Public Gardens - Janet Carson
- Mar. 6 Butterfly Gardening - Susan Rose

SPORTS TALK

Phil Wittman, Coordinator

Come enjoy hearing all about Arkansas sports from local sports personalities. Wally Hall, David Raath, Wess Moore, Steve Sullivan, Mark Edwards, Richard Davenport, Trey Mallett, and Robert Burton.

THE SUFFRAGETTES

Richard Williams, Coordinator

- Jan. 16 Angelina Grimke: The Abolition Movement
Dick Williams
- Jan. 23 Elizabeth Cady Stanton - Fred Ursery
- Jan. 30 Susan B. Anthony - Fred Ursery
- Feb. 6 Lucretia Mott - Ron May
- Feb. 13 Victoria Woodhull & The Spiritualist -
Fred Ursery
- Feb. 20 The Pankhurst Family - Robert Cabe
- Feb. 27 Carrie Nation & Prohibition - Dent Gitchel
- Mar. 6 Tennessee Claflin & Free Love -
Dick Williams

12:00 p.m. - 1:00 p.m.

LUNCH PROGRAMS

Phil Wittman, Coordinator

- Jan. 16 Sherry Walker - AARP State Director
- Jan. 23 Music to Love - Carol Wallace
- Jan. 30 City Gov't Update - Stacy Hurst, LR Dir.
- Feb. 6 Music from the Drugstore Cowboys
- Feb. 13 Dogs for Prisoners - Renie Rule
- Feb. 20 LifeQuest Website Demonstration
- Feb. 27 The Tuskegee Airman - Milton Crenshaw
- Mar. 6 Music - Nan Renaud & Bob Boyd

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

GREAT BOOKS

William E. Moore, Instructor

This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.

Materials fee = \$10. Class limited to 20.

THE WAYS OF THE WORD

Rev. Siegfried Johnson, Instructor

This course will explain the writing styles of timeless Old Testament stories and the similarities to modern communications.

TELLING YOUR STORY

Joy Jones, Franchelle Owen, Tina Coffin, Instructors

Recalling and writing the stories from your life can result in a legacy for your children. As you harvest your memories, you may find a new appreciation of the life you have lived!

(Wednesday Classes Continued)

KING ARTHUR & RELATED STORIES

Leslie Middleton, Instructor; Betty French, Coord.

This class will be an analysis of the symbols (the round table, Excaliber, the Holy Grail); the characters (Merlin, the knights, the women); and the action (love, war and the quest). These stories arose in medieval times, have pre-Christian roots and implications for the future; hence King Arthur is the *Once and Future King of England*.

ZUMBA GOLD

Courtney Leftwich & Todd Price, Instructors
Exercise to Latin music. All levels.

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

PLAY THE IRISH TIN WHISTLE I: For Beginners

Ellen Stern, Instructor

The Irish whistle, pennywhistle, or tin whistle is one of the easiest of all instruments. Emphasis will be on learning to play by ear. You'll also learn a bit about the whistle's place in traditional Irish music.

No previous experience is necessary.

Whistle = \$15

GAMES FOR FUN

Betty French, Coordinator
Bridge for Fun, Scrabble, and Mah Jongg!

1:15 p.m. - 4:00 p.m.

OIL PAINTING INSTRUCTION (3 hrs)

Kelly Hargis, Instructor; Nancy I. Smith, Coordinator

Oil painting instruction geared toward beginners.
Initial supplies will cost approximately \$50 - \$75.

Enrollment limited to 16.

Chosen by lottery on Dec. 27

PAINTING STUDIO (3 hrs)

Nancy Irving Smith, Coordinator
Paint with friends. No instruction.

2:15 p.m.

PLAY THE IRISH TIN WHISTLE II: For Continuers

Ellen Stern, Instructor

Same as Tin Whistle class for beginners with more listening, more tunes, and more fun!

Class Fee = \$5

THURSDAY CLASSES:

9:00 - 10:00 a.m.

LIFEQUEST BOOK CLUB

Allan Ward, Instructor

A People's History of the United States, by Howard Zinn will be discussed. This is America's story from the point of view and in the words of America's women, factory workers, African Americans, Native Americans, working poor, and immigrant laborers.

CLASSIC JAZZ

Pat Henry, Instructor; Phil Wittman, Coordinator
Music, videos and discussion of classic jazz.

9:00 - 11:00 a.m.

MAH JONGG FOR BEGINNERS ONLY(2 hrs)

Ellen Lowitz, Instructor

Learn to play Mah Jongg. Please purchase your 2013 Mah Jongg card by contacting www.nationalmahjonggleague.org or calling 212-246-3052. *Limited to 16.*

9:00 a.m. - 12:00 p.m.

BASIC DRAWING (3 hrs)

Donald Bersuder, Instructor;
Marietta Kehler, Coordinator
Bring your paper, pencils, and your creativity!

HANDMADE & BEAUTIFUL (3 hrs)

Ellen Barner, Instructor

Come have fun while learning to make your own greeting cards and gifts.

Materials fee = \$20.

Enrollment limited to 12.

WATERCOLOR PENCILS (3 hrs)

Joy Jones, Instructor

Bring your "Basic Drawing" sketches to life using watercolor pencils. Learn to layer, highlight and ground your picture with techniques similar to using watercolor paint.

Prerequisite to attend class = Basic Drawing with Don Bersuder. Limit 8.

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

U.S. FOREIGN POLICY IN THE NEWS

Alan Eastham, Retired U.S. Ambassador, Instructor

The War in Afghanistan: Where are we going?

Pakistan: Friend, foe, or 'frenemy'?

Emerging African policy? What about China?

What does the President's first 2013 foreign visitor say about foreign policy priorities?

(Thursday Classes Continued)
10:00 - 10:50 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.

LIFE'S QUESTS (Continued)

Allan Ward, Instructor

On our life's journey, we all have experiences that influence the way we think, act, and feel. We will write brief descriptions of these moments and share them each week.

SUDOKU

Ron Eddy Instructor

Have you ever looked at the Sudoku puzzle in the newspaper and thought, "That might be fun to work on"? OR can you solve some Sudoku puzzles on your own and would like to improve your skills? This class is for beginners. Come join us, improve your mind, and have some fun learning!

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

YOGA

Lorene Megee, Instructor; Art Gillum, Coordinator

Beginning to Intermediate Yoga. Learn basic Hatha yoga poses for balance, strength, and flexibility. Bring a yoga mat or blanket. Dress comfortably.

WHAT'S ON YOUR MIND?

Bob Alexander, Moderator

Participate in these informal discussions on a variety of topics chosen by class members. Occasional community speakers will join us.

Check out our new website!
www.lifequestofarkansas.org

OFF CAMPUS CLASS

Gallery Walk at the Arkansas Arts Center

Ann West, Coordinator and Docent Guide

Enjoy a guided tour of art work from the Japanese internment camps: Jerome and Rohwer.

Meet at the Arkansas Arts Center

Saturday, March 2, 2013 at 10:00 a.m.

No additional entry fee.

Call the LifeQuest office for more details. 225-6073

WINTER LUNCHES* - \$7

Jan. 16

Chicken Pesto with Veggies
Brown Rice
Garlic Bread
Yellow Cake w/ Choc. Frosting

Feb. 13

Hearty Minestrone
Sage's Cheesy bread
Fruit Garnish
Turtle Cookies

Jan. 23

Macaroni & 3 Cheeses
Vegetable Medley
Rolls
Cherry Bars

Feb. 20

Turkey Melt on Marble
Pasta Salad
Grapes
Double Fudge Brownies

Jan. 30

Beef Pot Pie
Garden Salad Vinaigrette
Rolls
White Chocolate Cookies

Feb. 27

Chicken Artichoke
Dilled Baby Carrots
Rolls
Oatmeal Cookies

Feb. 6

Ham & Swiss Croissant
Potato Salad
Pickles
Blackberry Cobbler

Mar. 6

Spinach Quiche
Waldorf Salad
Wheat Rolls
Lemon Squares

*Please cancel or reserve your lunch by Monday noon. 225-6073



ROLLER
FUNERAL HOMES

LifeQuest is grateful to
Roller Funeral Homes for printing
this issue of *Slice of Life* and the
Winter Adventures in Learning
brochure.

Inclement Weather
Policy:

If Little Rock
Schools are closed,
then LifeQuest is
closed.



LifeQuest Office
Holiday Closing:

December 14, 2012 -
January 2, 2013

Registrations will be accepted starting Dec. 17.
Lottery for Oil & Watercolor classes will be held Dec. 27.

Adventures in Learning - WINTER 2013

NAME(S) _____ ☐ I'm Back ! ☐ I'm New!

ADDRESS _____ CITY _____ ZIP _____

E-MAIL _____ PHONE (h) _____ (c) _____

BIRTHDATE (for statistics only) _____ CONGREGATION _____

EMERGENCY CONTACT Name _____ Daytime Phone _____

**If two people are using the form, please use initials to indicate who will take each class.
Remember, your registration fee covers as many classes as you can fit into Wednesdays & Thursdays.
NEW: Register AND pay online! www.lifequestofarkansas.org**

WEDNESDAY CLASSES:

8:30

___ A. Experienced Spanish - 1.5 hrs

9:00

- ___ B. Behind the Headlines
- ___ C. Knitting & Sharing-2 hrs
- ___ D. Watercolor Instruction * - 3 hrs.
- ___ E. Watercolor Studio (no instr)

10:00

- ___ F. F. Scott Fitzgerald
- ___ G. Swingin' Down the Lane
- ___ H. Colonial American History
- ___ I. Eat Well, Live Well, Be Well
- ___ J. Movies

11:00

- ___ K. Book Review
- ___ L. Inventions of 20th Century
- ___ M. Spanish Level 2
- ___ N. Gardening: Do It Right
- ___ O. The Suffragettes
- ___ P. Sports Talk

1:15

- ___ Q1. Mah Jongg for Fun
- ___ Q2. Scrabble for Fun
- ___ Q3. Bridge for Fun
- ___ R. King Arthur
- ___ S. The Ways of the Word
- ___ T. Telling Your Story
- ___ U. Great Books
- ___ V. Tin Whistle I
- ___ X. Oil Painting Instruction* - 3 hrs
- ___ Y. Oil Painting Studio (no instr)
- ___ Z. Zumba Gold

2:30

___ W. Tin Whistle II

THURSDAY CLASSES:

9:00

- ___ TH1 LQ Book Club
- ___ TH2 Classic Jazz
- ___ TH3 Mah Jongg Instr.-2 hrs
- ___ TH4 Basic Drawing-3 hrs
- ___ TH5 Handmade & Beautiful-3hrs
- ___ TH6 Watercolor Pencils-3 hrs

10:00

- ___ TH7 Life's Quests
- ___ TH8 Tai Chi
- ___ TH9 U.S. Foreign Policy
- ___ TH10 Sudoku

11:00

- ___ TH11 Yoga
- ___ TH12 What's On Your Mind?

OFF CAMPUS CLASS

___ Gallery Walk @ Ark. Arts Center
Sat., Mar. 2, 2013 10:00 am
Docent led tour of art work from the Japanese internment camps: Jerome and Rohwer.
No additional entry fee.

* Due to high demand and limited space in the room, the 16 places for Watercolor and Oil classes will be chosen by lottery on Dec. 27.

MORNING COFFEE BREAK

☐ I can bring snacks for one
___ Wed. or ___ Thurs.

LUNCHES

___ Usually bring my own
___ Pay NOW for all 8 (\$56)
___ Reserve all 8 and pay weekly
___ Reserve or Pay for these dates only:

___ Jan. 16
___ Jan. 23
___ Jan. 30
___ Feb. 6
___ Feb. 13
___ Feb. 20
___ Feb. 27
___ Mar. 6

ENCLOSED FEES:

\$___ Reg. Fee = \$60
(covers multiple classes!)

\$70 after 1/4
Scholarships available

\$___ DONATION: tax deductible

\$___ Lunch: \$7 weekly ; \$56 all 8

Materials Fees:

\$___ Great Books \$10
\$___ Tin Whistle (I=\$15 II=\$5)
\$___ Handmade & Beautiful \$20

\$___ TOTAL

Registrations will be accepted starting Dec. 17.

Please mail form and check to: LifeQuest, PO Box 25523, Little Rock, AR 72221