



FALL 2020

SEPT. 14—Nov. 6 | REGISTRATION OPENS MONDAY, AUG. 10

LifeQuest ONLINE Learning Classes

Registration Fee: \$65

The Registration fee covers all classes for the 8-week term.
Some classes require an additional fee.

Online classes will occur Monday through Friday on Zoom and Facebook Live.
Confirmation Email: will contain exclusive website address and class password,
and a private link to archived classes. **SAVE & PRINT THIS EMAIL**

New to Online Learning? Plan to attend the Online Learning Orientation:
Every Monday at 11:00 a.m. on Zoom.
See inside for details.

501-225-6073 | info@lifequestofarkansas.org

LifeQuest Online: Fall 2020

LifeQuest Online classes are held daily, Monday through Friday, via Zoom and Facebook. Your registration gives you access to all classes. Once you register, you will receive an email with an exclusive webpage address & term password. If you have a Facebook Account and provide your Facebook name, you will be invited to join a private Facebook Group.

MONDAY

10:00 a.m.—10:45 a.m.

COLONIAL CRUCIBLE

Rick Leach, Instructor; format: Zoom, Facebook

This class will begin on September 28

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.

11:00 a.m.—12:00 p.m.

ONLINE ORIENTATION

LifeQuest staff, Instructors; format: Zoom

New to Zoom or Facebook? 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.

This class is FREE and open to the public.

Download Zoom at <http://zoom.us>

Class Zoom ID# 985 5595 4867

Password: lifequest

1:00 p.m.—1:45 p.m.

CRITICAL THINKING IN THIS AGE

Fred Silva, Instructor; format: Zoom, Facebook

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
- Solutions

MONDAY Cont.

2:00 p.m.—2:45 p.m.

THE OSCARS

David Miller, Instructor; format: Zoom, Facebook

In the third of a series, (previous participation not required), we'll listen to nominated songs from the past era and watch some of the performances. You'll be challenged to identify the Oscar winner through a class poll to determine which nominated tunes received the Academy Award for Best Original Song.

TUESDAY

9:00 a.m.—9:45 a.m.

THINGS TO DO AND SEE IN ARKANSAS

Charlie Frith, John Slater & Jack Schnedler,

Instructors; format: Zoom, Facebook

Think you know all about the Natural State? Think again! This is a great class to invite friends and family from out-of-state to attend and zoom along as we virtually tour some popular and lesser known sites such as The Old Mill & Blanchard Caverns, Pinnacle Mountain & Little Maumelle River, Trout Fishing on the White River, Buffalo River and Hot Springs National Parks, Odd Road-side Attractions, Trumpeter Swans on Magness Lake & Sailing on Lake Maumelle, Garvan Woodland Gardens & Mount Magazine, and Charlie's Own Backyard.

10:00 a.m.—10:45 a.m.

SHAKESPEARE TRANSFORMATIONS

Wayne Chapman, Instructor; format: Zoom, Facebook

Four of the Bard's plays interpreted through film: "Much Ado About Nothing": A Battle of the Sexes Emma Thompson's *Beatrice* vs Kenneth Branagh's *Benedict*"; "Shakespeare in Love" What happens when a real woman (Gwyneth Paltrow) plays *Juliet* and Shakespeare (Joseph Fiennes) plays *Romeo*?; "Romeo & Juliet" From Franco Zeffirelli's Classic Italian to Baz Luhrmann's Postmodern; "Stage Beauty" - Can playing a woman make you a better man? From Claire Danes' *Desdemona* to Billy Crudup's *Othello*

LifeQuest Online: Fall 2020

TUESDAY Cont.

10:00 - 11:30 a.m.

GRANDPARENTING TODAY

Elizabeth Vines, Facilitator; format: Zoom

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. This class is not archived due to its personal nature.

11:00 a.m.—11:45 a.m.

SERIAL KILLERS: BORN OR MADE?

Gail Laster, Instructor; format: Zoom, Facebook

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.

1:00 p.m.—1:45 p.m.

DIGITAL GENEALOGY 2020: YOUR FAMILY'S AMERICAN DREAM

Jeanne Rollberg, Instructor; format: Zoom, Facebook

Let's discover 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 in September and explore how to: discover your own personal family heritage; use social media and cemetery records in your research; use newspapers to break down brick walls; locate hard-to-find female ancestors; and flesh out the activities of wanton and wicked ancestors!

WEDNESDAY

9:00 a.m.—9:45 a.m.

BEHIND THE HEADLINES

John Brummett, Instructor; format: Facebook

Join each week to hear a thoughtful analysis of the week's news across the state and beyond. You will be invited to join a private Facebook group after we receive your registration. Videos will be archived and available for later viewing.

WEDNESDAY Cont.

10:00 a.m.—10:45 a.m.

GREAT BOOKS

Rosemary Rogers, Instructor; format: Zoom

Read and discuss selections of great literature by classic and modern authors. This class is not archived. *Materials fee = \$15. Limit of 18.*

ELECTION 2020

Jay Barth, Instructor; format: Zoom, Facebook

Polls and predictions give us some insight, but let's dig into the numbers. Where do the electoral votes really count and where are the biggest challenges in House and Senate seats expected? This year's local and national elections have much to reveal!

11:00 a.m.—11:45 a.m.

LOVELY LADIES OF THE SILVER SCREEN

Various Instructors; Dick Williams, Coordinator

format: Zoom, Facebook

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

Sept. 16	Hedy Lamarr—Dick Williams
Sept. 23	Marilyn Monroe—Dent Gitchel
Sept. 30	Vivien Leigh—Pat Goss
Oct. 7	Katharine Hepburn—Pat Goss
Oct. 14	Lauren Bacall—Phil Kaplan
Oct. 21	Audrey Hepburn—Rick Beard
Oct. 28	Lucille Ball—Catherine Cockrill
Nov. 4	Natalie Wood—Fred Ursery

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

PAPER CRAFTS & GREETING CARDS *format: Zoom*

Judy Langford-Brodie, Instructor

Are you a card maker with intermediate experience who is missing the pleasure and 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 2 projects each week. Cut cardstock, envelopes, die cuts and dimensional adhesive included in class fee. Other supplies needed each class will be sent to you in an email.

Limit of 8 | Additional Fee: \$40

LifeQuest Online: Fall 2020

WEDNESDAY Cont.

12:00 p.m. to 12:45 p.m.

SPECIAL GUEST HOUR - this is a FREE opportunity!

Various speakers; format: Zoom and/or Facebook
Join us each week at noon on Zoom and Facebook for this unique opportunity to hear from and participate in discussions with experts from around our city and state on a variety of topics relevant to LifeQuest members. Free and open to the public.

See the full schedule of presenters at lifequestofarkansas.org

1:00 p.m.—1:45 p.m.

50 WORKS OF ART TO SEE BEFORE YOU DIE

Jody Musgrove, Instructor; format: Zoom, Facebook
In this course we will explore 50 (or more) great works of art/architecture from around the world—definitely worthy of a “thoughtful” bucket list. Some, you will be familiar with, some, likely not. Quite often, we will connect a particular work to another from a different time period. We will also utilize notable selections from literature and music to accompany our study of the works. Join us for a fun class!

2:00 p.m.—2:45 p.m.

JAZZ PIANO: AN AVENUE OF PEACE IN ALL TIMES

Tom Cox, Instructor; format: Zoom, Facebook
Join Tom (virtually) in his living room as he takes you into the world of jazz piano greats - including many of his original compositions.

2:00 3:30 p.m.

TELL YOUR OWN STORY

Tina Coffin, Instructor; format: Zoom
This class is part creative writing, part memoir, and ALL fun! Share your work, successes and roadblocks along the way. This class is not archived due to its personal nature.
Limit of 16.

THURSDAY

9:00 a.m.—9:45 a.m.

U. S. FOREIGN POLICY

Alan Eastham, Instructor; format: Zoom, Facebook
It's an increasingly complex world with lots to talk about. Join the discussions based on current news-worthy topics.

9:00 a.m.—10:30 a.m.

THE ENNEAGRAM

Catherine Lowery and Mary Jane Cole, Instructors; format: Zoom
The Enneagram is an ancient spiritual wisdom tool that describes nine different distinct personality types and is a wonderful companion to a faith tradition. The Enneagram describes ways we are broken and ways we can find healing by inviting us to connect with the deeper, truer parts of ourselves. Please obtain the *Enneagram Journey* curriculum participant guide (\$40) found at www.lifeinthetrinityministry.com. Links to videos to be watched prior to class will be sent by your instructor. This class is not archived due to copyrights. *Limit of 25.*

10:00 a.m.—10:45 a.m.

MAKING A MARK

Ken Williams, Instructor; format: Zoom
Let's examine various mark making media and examples by different artists. Each week we'll discover a different tool, it's history and function including: chalk, charcoal and conte; pen and ink; graphite; colored pencil and crayon; electronic tablet; watercolor pencil; and watercolor paint.

11:00 a.m.—11:45 a.m.

YOGA—ALL LEVELS

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

LifeQuest Online: Fall 2020

THURSDAY Cont.

12:00 p.m.– 12:45 p.m.

CHAIR YOGA

Linda King, RYT 200, Instructor;

format: Zoom, Facebook

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.

1:00 p.m.—1: 45 p.m.

BEGINNING TAI CHI

Suzanne Yung, Instructor; June Brown,

Asst. Instructor; format: Zoom, Facebook

Learn the slow rhythmic movements of Tai Chi Northern Wu, the 13 Golden Postures & Tai Chi walk.

1:00 p.m.—2:30 p.m.

MINDFULNESS

Dent Gitchel, Jr., Instructors, format: Zoom, Facebook

Well-known and respected for past classes on Compassion Cultivation Training and Meditation and Gratitude, Dr. Gitchel is back this fall to lead a new class on Mindfulness - certainly a topic much needed in today's world! *Limit of 20.*

2:00 p.m.—2:45 p.m.

ADVANCED TAI CHI

Suzanne Yung, Instructor; June Brown,

Asst. Instructor; format: Zoom, Facebook

A Northern Wu Tai Chi Advanced Class, continuing the prerequisite Beginning Tai Chi. 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 perimeters of proper timing.

FRIDAY

9:00 a.m.—12:00 p.m.

FRIDAYS WITH PHILIP

Film critic, Philip Martin, Instructor; format: Zoom

For the first two hours you will watch one of Philip's recommended films (sure to be entertaining!). Philip will then join the class at 11:00 a.m. for a review and discussion. This class is not archived due to copyrights.

FRIDAY Contd.

1:00 p.m.—1: 45 p.m.

SELF DEFENSE IN TODAY'S WORLD

Gretchen and Mark Nunez; format: Zoom, Facebook

Our goal is to keep folks motivated, in shape, and staying ready for whatever life throws at us! Keeping a strong mind, body, and spirit during this time is imperative, while also preparing for the future. As in any martial arts, there is a level of contact and energy exchange that is difficult to replicate virtually. However, we believe there is much that can still be learned and practiced while at home, so join us!

DIGITAL LEARNING

IPADS AND IPHONES: TIPS AND TRICKS

Mondays at 10:00 a.m., Sept. 14 - Oct. 19

Charlie Frith, Instructor; format: Zoom

This six-week class will cover basic tips and tricks for learning how to use your iPhone and/or iPad. You will need to attend the Zoom class on your desktop computer or laptop while holding your "learning device" (iPhone or iPad). This class is not archived due to copyrights. A detailed manual will be provided. *Limit 14.*

Separate class fee: \$60

CAMERA TECHNIQUES and PHOTOS APP

Mondays at 10:00 a.m. Oct. 26 & Nov.2

Charlie Frith, Instructor; format: Zoom

This two-week class will cover iPhone/iPad camera and photo techniques applicable to iPhones and iPads. You will need to attend the Zoom class on your desktop computer or laptop while holding your "learning device" (iPhone or iPad). A detailed manual will be provided. This class is not archived due to copyrights. *Limit 14.*

Separate class fee: \$30

ONLINE BANKING AND SHOPPING

Bill Owens, Instructor; format: Zoom, Facebook

Tuesdays, Oct. 6 & 13 Only

Now more than ever folks are conducting their business online. It's safer from a public health standpoint, but how can we bank and shop in a way to protect our financial security and privacy? Learn the safest approach with these "pro" tips and strategies.

Separate Class fees: \$30

LifeQuest Online: Fall 2020

LifeQuest Online FAQ:

Do I need a computer to attend classes? No. You can watch on a smart phone, iPad, tablet or call in with a phone and listen. Phone calls are fine for classes without PowerPoint or where visuals are important like art or exercise classes.

How can I best attend class online? By downloading and using Zoom or logging into Facebook.

Can I use a computer without a webcam? Yes. You can watch classes and interact with the chat feature on Zoom or by typing in the comments of Facebook.

Do I have to use my webcam? Not at all. Your name will appear on the screen for others to let them know you are in class.

Do I have to have a Facebook Account? Yes & No. Yes if you want to watch John Brummett live and interact in the chat. No if you don't mind watching the recording of John Brummett. His class is through Facebook because his lectures surpass the number of attendees allowed in a Zoom class.

Is Zoom a safe application? Yes. This application has millions of users and is as safe as downloading any common App. Some Microsoft computers will ask you if it is safe because it is a third party application, not created by Microsoft.

Do I have to have a Zoom Account? We highly recommend it. You can watch most classes on our private Facebook group, however, that page will not be monitored for questions during class. Recordings of most classes are saved on YouTube which means you don't have to have Zoom OR Facebook but these are recordings only.

What if I don't understand Zoom? LQ Staff conducts orientation every Monday at 11:00 a.m. There is a recording of orientation on the front page of our website. We want you to feel comfortable attending classes online.

Why does it still cost \$65? This fall we are offering fewer classes with greater accessibility. Classes will be Monday through Friday instead of Wednesdays and Thursdays, with access to over 20 classes weekly, versus a maximum ability to take 7 classes over two day a week. We have scholarships available for those in need.

The curbside meals look great! Do I have to register to order meals? Registration is not required. You DO have to be able to pick whatever you order during the Thursday time slot.

How will I get my book or card making supplies? We will contact you with the date and time slot and do a safe, low contact drive-thru pick-up.

CURBSIDE MEAL PICKUP SECOND PRESBYTERIAN CHURCH

Chef Brenda is preparing weekly meals available for curbside pick-up on Thursdays between 2:30 p.m. and 3:30 p.m. If you do not pick up during the allotted time, your food will be donated.

Each entrée is two servings for a total of \$14.

Sept 17	Spaghetti and Meat Sauce
Sept 24	Cold Chicken Salad
Oct 1	Baked Potato Soup
Oct 8	Chicken Artichoke Casserole
Oct 15	Lasagna
Oct 22	Poppy Seed Chicken
Oct 29	Meatloaf
Nov 5	Chicken Spaghetti
Nov 12	Beef Stroganoff
Nov 19	Lasagna Soup

Other items available for order:

Baker's ½ Dozen Yeast Rolls	\$5 (Weekly)
Mini Loaf Pumpkin Bread	\$8 (Oct.. 8)
Mini Loaf Ginger Bread	\$8 (Nov. 5)
Pumpkin or Pecan Pie	\$18

Pie pick up date, Tuesday, November 24

*Limited number of meals being prepared!!
First come, first served.*

How to attend classes in the fall:

1. Open your email and click the link to the private LifeQuest webpage. (We recommend you bookmark this page and write down the password.)
2. Scroll down to the class you want to attend.
3. Click on the title of the class.
4. This will open Zoom OR take you to the private Facebook page.
5. If Zoom opens, enter the password for this term which was included in your registration email. You will see a screen that lets you know if the class/meeting has begun. Click "Join Meeting" or wait to do so.
6. If the private Facebook page opens, scroll to see if the live video has begun. If not, you may need to refresh your page or close and repeat step #3 closer to the class time. (Note, you will not see any content on this page if you have not supplied us with your Facebook name or your "join group" request hasn't been accepted.)

Questions? info@lifequestofarkansas.org

Slice of Life: Fall 2020

News & Updates

Save the Date: "LifeQuest Gives Day" is October 7

LifeQuest will host our annual "LifeQuest Gives Day," on Founders' Day, October 7, 2020. This is an all-day giving event designed to promote a spirit of giving in support of our mission to provide life-long learning. From 8:00 a.m. until 5:00 p.m. on Wednesday, October 7, donations will be matched dollar-for-dollar, up to \$10,000.

LifeQuest Online

We are excited to announce that our pilot program "Online Engagement Opportunities" which was launched this spring, will be continued this fall with online classes offered five days a week!

Online classes will be accessible on either Zoom or Facebook Live. Most classes (see class description for exceptions) will be recorded and available to view later for our registered members.

Online classes enable participation regardless of the weather or location. And, if you miss a program, you will be able to see it later. We're so excited about online learning, we plan for it to continue even after the resumption of in-person classes.

ARCBCS Honors Bob Cabe for Service

Arkansas Blue Cross and Blue Shield, donated \$5,000, to LifeQuest of Arkansas, in honor of Bob Cabe's twelve years of service as the Chairman of the Blue & You Foundation Board of Directors.



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.

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UAMS



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Westover Hills Presbyterian Church



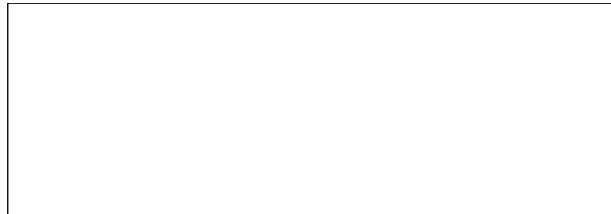
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All major credit cards accepted.

Dorothy P. Sitton Scholarships are available.