



SPRING 2018

April 4 - May 24

501-225-6073 / info@lifequestofarkansas.org

Classes held at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, AR 72221

REGISTRATION FEE: \$65 (until March 22, \$75 afterward)

The registration fee covers all Wednesday & Thursday classes for the entire 8-week term.

Some classes require an additional class fee.

Register AND pay online at www.lifequestofarkansas.org

NEW MEMBER COFFEE:

March 28, 9:30-10:30 a.m. in Second Hall at Second Presbyterian Church

WEDNESDAY CLASSES:

8:30 a.m. - 9:50 a.m.

HABLAMOS MAS ESPANOL! (1.5 hrs.)

Marcie Smith, Instructor

Conversational Spanish for people with prior experience speaking Spanish. *Limit 10.*

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

BEHIND THE HEADLINES

John Brummett, Instructor

Lively commentaries on state, national & international politics with this popular Arkansas Dem-Gaz, op-ed columnist.

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

KNITTING & SHARING (2 hrs.)

Share your knitting knowledge and learn from others. No instruction.

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

BASIC DRAWING (3 hrs.)

Bill Fulton, Instructor; Marietta Kehler, Coordinator

Beginners & experienced artists welcome! You will learn drawing techniques, engage in a social event with others, and have fun! The topics repeat, but the lessons change. Demos presented in each class. Bring paper, pencil, eraser and pictures of personal interests. *Limit 20.*

EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs.)

Tom Herrin, Instructor; Marietta Kehler, Coordinator

Instruction in the single medium of watercolor for artists with some prior experience. *Limit 20.*

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

GREAT BOOKS A.M.

William E. Moore, Instructor

Read and discuss selections of great literature by classic and modern authors. *Materials fee = \$10. This class is repeated in the afternoon. Limit 16.*

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

SWINGIN' DOWN THE LANE

David Miller, Instructor

The host of the popular NPR show will feature excerpts from his interviews with musical personalities including Frankie Laine, Margaret Whiting, Linda Ronstadt, Jo Stafford and others, supplemented by video clips of these artists in performance.

THE PURSUIT OF POWER: WORLD WAR I, ITS HARBINGERS & CONSEQUENCES

Rick Leach, Instructor; Art Gillum, Coordinator

Explore WWI, its causes and effects, which still painfully and dangerously plague the world. Learn how the French Revolution, Napoleonic Wars, and the specter of Nationalism led to a battle of wills among Europe's power centers. Discover how the consequential "peace" created territorial changes that further upset the balance of the power in the region, and led to tensions that continue to afflict the world today, a century later.

SPANISH - LEVEL II

Isabel Adams, Instructor; Shelley Wold, Coordinator

Learn new vocabulary, increase your conversational skills and comprehension, and discover more about the culture of the Spanish-speaking countries.

Instructors Bios are available online at lifequestofarkansas.org.

(Wednesday classes continued)

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

ARKANSAS TRAVELER

David Dyer, Instructor

Arkansas is full of interesting towns, great museums, and fine barbeque. In this course, Dr. David Dyer will share his findings after visiting eight Arkansas towns: Helena, Forrest City, Pine Bluff, Batesville, Eureka Springs, El Dorado, Fort Smith, and Mountain Home. Each class will offer the history of the town, a visit to one or more museums, and a review of some local barbeque.

**EXPLORING THE FRENCH SPEAKING WORLD:
LA FRANCOPHONIE**

Sharon Sellars & Sue Mistic-Brown, Instructors

There are over 260 million people world-wide in over 60 different countries that speak French. Join us as we explore French conversation and language in the Francophone world (Paris, Quebec, Francophone Africa, Cajun Louisiana, etc.) and offer travel and cultural tips. *Limit 30.*

**STILL LAUGHING: THE SOCIAL DIMENSIONS
OF HUMOR**

**Jeff Nash, Instructor; Chuck Chappell,
Coordinator**

What's so funny and what's not? In this course, we explore varieties of humor, understand the conditions under which people laugh, and describe what purposes humor may serve. Illustrations of kinds of humor and explanations galore.

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

DISTINGUISHED BLACK ARKANSANS

Various presenters; Dick Williams, Coordinator

Learn about some of our state's most noteworthy citizens from this group of dedicated lawyers & judges.

- April 4: Maya Angelou—Dick Williams
- April 11: Scipio Jones—Phil Kaplan
- April 18: Wiley Branton Sr.—Bob Brown
- April 25: Daisy Bates—Annabelle Imber Tuck
- May 2: William Grant Still—Pat Goss
- May 9: Sister Rosetta Tharpe—Dent Gitchel
- May 16: Goose Tatum—Bill Wilson
- May 23: John H. Johnson—Fred Ursery

WHY I CREATE

Various presenters; Anne Parat, Coordinator

Meet eight Arkansas artists and discover their personal inspiration, creative process, challenges and reasons why they create what they do.

- April 4: George McIlvaine, glass artist
- April 11: Jeff Horton, architect & painter
- April 18: Hamid Ebrahimifar, clay/mixed media
- April 25: Nancy Nolan, photographer
- May 2: Hope Coulter, fiction writer, poet
- May 9: Kevin Kresse, sculptor and painter
- May 16: Tom Herrin, watercolor painter
- May 23: Jill Kyong-McClain, woodworker

(Wednesday classes continued)

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

HOT TOPICS IN HEALTHCARE

Various Presenters; Melanie Pilcher, Coordinator

Eight interesting topics and even more fascinating speakers. Come and learn what's new in the world of healthcare.

- April 4: The Art of De-Prescribing, Melanie Pilcher, PharmD
- April 11: The Opioid Crisis, Masil George, MD
- April 18: The Silver Tsunami, Gohar Azhar, MD
- April 25: Healthcare in the U.S., Kevin Ryan, JD, MA
- May 2: Culinary Medicine, Meenakshi Budhraj, MD
- May 9: Medical Marijuana, Lirit Franks, PhD
- May 16: The Cost of Drugs, Jacob Painter, PhD
- May 23: Medical Technology Update, TBA

DECLINE OF THE CHINESE EMPIRE

David Larson, Instructor

In 1710 the Chinese Empire was easily the most powerful nation on the face of the earth; by 1910 China had, in effect, been divided up by the nations of Europe and subjected to their will and Chinese were treated as the lowliest of the low. This course will examine this revolution in power, and along the way we'll look also at Chinese art, writing, politics, and warfare. As a reward for taking this class, each student will receive a new Chinese name.

ARMCHAIR TRAVELER: VIENNA

Angela Sewall, Instructor

Travel to faraway places without the hassle and expense! This term we'll cover the culture, politics, history and unique aspects of Vienna for travelers and for those who like to dream about traveling.

CHAIR YOGA

Karin Bara, Instructor

Are you curious about yoga? Does the thought of getting up and down off the floor make your joints HURT? Chair yoga is a great alternative and a fun way to practice yoga. Our class will focus on balance, flexibility, and stress management. Chair yoga is a terrific practice for anyone with limited mobility, heart disease, or other health issues. *Limit 25.*

12:00 p.m.—1:00 p.m.

LUNCH & LEARN in the GREAT HALL

Lunch is \$8 and reservations may be made in advance by Monday of each week. You may also bring a sack lunch and enjoy the program! (See last page for details.)

1:15 p.m. - 3:00 p.m.

GAMES FOR FUN

Bridge, Scrabble, and Mah Jongg!
Join friends and play for fun. No instruction.

(Wednesday classes continued)

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

GREAT BOOKS P.M.

William E. Moore, Instructor

Read and discuss selections of great literature by classic and modern authors. *Materials fee = \$10.* This class is also offered in the morning. *Limit 16.*

COSMIC SCIENCE: WHAT YOU SHOULD REALLY KNOW ABOUT YOUR UNIVERSE

Dr. Fred Silva, Instructor; Sandra Hanson, Coordinator

There are big questions in science, religion and theology, philosophy and ethics and logic, as well as their interactions and overlaps. This class tackles the BIG questions in life and encourages out-of-the-box thinking....WAY outside!

1:15 p.m. - 2:45 p.m.

TELL YOUR OWN STORY

Joy Jones & Tina Coffin, Instructors; Shelley Wold, Coordinator

Everyone has lived an interesting life, although sometimes it doesn't seem so to the writer. Surprise yourself and write it all down. Your family will love and appreciate it! This is a guided writing & sharing class. *Limit 16.*

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

OIL PAINTING INSTRUCTION (3 hrs.)

Louise Carlisle and Sean Lecrone, Instructors; Anne Parat, Coordinator

Oil painting instruction geared toward those with some experience. Come with medium size canvas, a tablecloth, and your supplies. Initial supplies will cost approximately \$50 - \$75. *Limit 20.*

THURSDAY CLASSES:

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

U.S. FOREIGN POLICY

Alan Eastham, Instructor; Art Gillum, Coordinator

Come learn and participate in this open-ended, participatory discussion based on topics in the news. Explore how and why foreign policy decisions are made and their success or failure.

FUNDAMENTALS OF FICTION WRITING

Ian King, Instructor; Garrett McAinsh, Coordinator

Fiction writing is as much about "craft" as a flair with words or an acute aesthetic sensibility. The latter two are perhaps mostly a matter of inborn talent, but craft can be taught and learned and therefore improved upon. Come turn your talent into workable fiction. Presenting your own writing for critical review is, of course, not required, but would be very much appreciated. *Limit 8.*

(Thursday classes continued)

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

MAH JONGG FOR BEGINNERS ONLY (2 hrs.)

Ellen Lowitz, Instructor; Mary Ann Brown, Coord.

Learn to play Mah Jongg! Please purchase your 2018 Mah Jongg card by contacting 212-246-3052 or www.nationalmahjonggleague.org.

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

WATER MEDIA (3 hrs.)

Joy Jones, Instructor; Marietta Kehler, Coordinator

Bring your choice of pencils, graphite, water color pencils, water color, gouache, acrylic, a table cover, and your creativity. *Limit 20.*

GREETING CARDS (3 hrs.)

Sandra Hanson & Connie Wardell, Instructors

"Thinking of you," that's the sentiment that a hand made greeting card carries with it. Join us to make birthday and thank you cards, valentine cards, note cards, gift enclosures and tags, sympathy cards and special occasion cards. Three fully designed projects each week give you 25 cards/paper projects for the \$25 materials fee. All materials and tools supplied; just bring willingness to exercise the creative part of your brain. *Materials fee=\$25. Limit 12.*

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

ALL THE KING'S MEN

Chuck Chappell, Instructor

Robert Penn Warren's 1946 novel ALL THE KING'S MEN won the Pulitzer Prize and is widely acknowledged as the premier work of fiction about American politics. Moreover, the novel also blends vividly depicted characters; an ingeniously intricate plot; and multiform revelations of profound themes involving self-realization, honor, idealism, time, sacrifice, and death into an absorbing narrative of intrigue and riveting suspense. Readers of the book should gain access to the current standard paperback edition, A Harvest Book published by Harcourt, Inc.

ANALYZING CONTEMPORARY GLOBAL ISSUES

Ian King, Instructor; Garrett McAinsh, Coordinator

Utilizing academic analytical tools, we will attempt to provide a broader and deeper understanding of some of the key global issues of our time than many news outlets currently afford us. Topics considered will be driven largely, if not entirely, by class members' interests.

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. *Limit 25.*

(Thursday classes continued)

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

WHAT'S ON YOUR MIND?

Ron Winters, Moderator; Art Gillum, Coordinator

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

YOGA - ALL LEVELS

Linda King, Instructor

Beginning to Intermediate Yoga. Learn basic Hatha yoga poses for balance, strength, and flexibility. Bring a yoga mat or blanket. Dress comfortably. *Limit 20.*

MUSEUM OF THE LOST

Sandra Cone, Instructor; Ann West, Coordinator

Is it real or a fake? Put on your sleuth's hat and bring your curiosity. Each week we will explore a different aspect of lost, stolen, fake, fraudulent, or controversial art work.

CIVIL RIGHTS IN ARKANSAS

Various presenters; Kevin Jones and John Kilgore, Coordinators

Learn from the perspectives of activists and educators in Arkansas about their experience with the arc of civil rights in our state: the struggles, successes and ongoing concerns.

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

THE ARTIST'S WAY

Ed Barham, Instructor

Whether you're a blocked artist, a "want-to-be artist" or a working artist with room to grow creatively, this proven process will promote new levels of creativity in your work & life. No prerequisite or ability required. Please acquire the book, The Artist's Way--A Spiritual Path to Higher Creativity by Julia Cameron. *Limit 16.*

BEGINNING BRIDGE

Richard Kalkbrenner and Pat Phillips, Instructors

Learn how to play America's favorite card game. Course will cover bidding, play and defense. Instruction the first half, practice and play the second half. *Limit 28.*

12:30 p.m. - 2:00 p.m.

WALKS IN THE PARKS

Dina Nash, Instructor

Enjoy spring in Arkansas! Pack a lunch and explore our city's beautiful area parks and trails. Hikes are 20-30 minutes and are considered light to moderate in difficulty. Transportation is on your own. We'll start from Second Presbyterian Church on Week One. *Limit 16.*

LifeQuest Lunch & Learn

Lunch tickets are \$8 per person. Reserve your lunch(es) on your registration form or call the LifeQuest office by Monday of each week. Sack lunches are welcome.

April 4

Menu: Ham and swiss croissant, lemon slaw, chocolate chip cookies

Program: Representative from the Arkansas Repertory Theatre

April 11

Menu: Chicken artichoke casserole, spring salad with fruit & nuts, wheat rolls, lemon bar

Program: Artistic Director, Opera in the Rock

April 18

Menu: Spinach quiche, greek salad, pumpernickel rolls, angel food cake with strawberries

Program: Arkansas Post National Memorial

April 25--VOLUNTEER APPRECIATION DAY

Menu: Tuna salad, pasta salad, lemon-poppy seed muffin, brownie

Program: *Dedicated Service Awards:* honoring Allan Ward and Dorothy Pumphrey Folk Music by *Six Mile Creek*

May 2

Menu: Bowtie pasta with meat sauce, Caesar salad, garlic bread, cherry bar

Program: Central High Jazz Band

May 9

Menu: Chicken salad, fruit salad, pineapple cream cheese fingers, peach cobbler

Program: John Jackson, musician (keyboard)

May 16:

Menu: Roast beef on marble bread, baked potato salad, strawberry cake

Program: Mike Gillum, musician (guitar), singer

May 23:

Menu: Grilled chicken, salade Nancy, cheesy bread, key lime pie

Program: Arkansas Senior Olympics

We have the BEST...

... VOLUNTEERS at LifeQuest and could not operate without them!

Join us at lunch on April 25 for

VOLUNTEER APPRECIATION DAY

as we celebrate all of our wonderful volunteers.

If you would like to be a volunteer at LifeQuest, let us know; we can put your talents to good use.