**TUESDAY STUDY GROUP:**

**10:00** Starts January 14 - 1.5 hrs
- Grandparenting Today

**WEDNESDAY CLASSES:**

**8:30**
- Hablamos Mas Espanol—1.5 hrs.

**9:00**
- Behind the Headlines
- Knitting & Sharing - 2 hrs.
- Drawing Workshop - 3 hrs.
- Sketch Your World in Watercolor - 3 hrs.

**10:05**
- Great Books I
- History of Medicine
- A Visit to Medieval England
- Classical Music Since 1900
- Our National Parks

**11:10**
- Movie Cowboy & Cowgirls
- Biomedical Q & A
- Bon Voyage: French for Travelers
- Gardening with Herbs
- From Ballet to Hip Hop
- Religion: Migration and Asylum

**1:15**
- Great Books II
- Triumphs & Tragedies in U.S. History
- Tell Your Own Story - 1.5 hrs.
- Compassion Cultivation - 1.5 hrs.
- Games for Fun: - 2 hrs.
- Bridge

**THURSDAY CLASSES:**

**9:00**
- U.S. Foreign Policy
- Beg. Self Defense/Martial Arts
- Beginning Mah Jongg-2 hrs.
- Water Med./Beg. Watercolor-3 hrs.
- Greeting Cards - 3 hrs.

**10:05**
- Three Modern American Novels
- Women Artists Through the Ages
- Geography of the Middle East

**11:10**
- LQ Book Club
- What’s on Your Mind?
- Jazz Piano
- “Rectify” with Philip Martin - 1.5 hrs.

**1:15**
- Beginning Bridge - 2 hrs.
- Pastels - 2 hrs.

**LIFEQUEST “GET FIT” CLASSES:**

“Get Fit” classes are held on Thursdays at St. James United Methodist Church, 321 Pleasant Valley Drive, Entrance 6

**10:05**
- Tai Chi
- Yoga

**11:10**
- Advanced Tai Chi
- Chair Yoga

**DIGITAL LEARNING CLASSES:**

Please see brochure for dates, times and descriptions.
- Digital Genealogy - $30
- iPhone/iPad Basics - $30
- Online Banking and Shopping - $20
- Computer Basics - $60

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**LIFEQUEST LEARNING**

$____ Registration Fee = $65
$75 after January 2

Dorothy Sitton Scholarships available; please inquire with office staff.

**Additional Class Fee(s):**
- $15 _____ Great Books I or II
- $30 _____ Beg. Greeting Cards
- $30 _____ Greeting Cards
- $10 _____ Grandparenting Today w/ winter reg.
- $20 _____ Grandparenting Today Study Group ONLY

**Study Group Fee:**
- $10 _____ Grandparenting Today

**Lunches:**
- Jan. 15
- Feb. 12
- Jan. 22
- Feb. 19
- Jan. 29
- Feb. 26
- Feb. 5
- March 4

___ I will bring my own lunch.

$____ Total for Lunches ($8 each)

$____ Donation (100% tax-deductible)

$____ TOTAL for LifeQuest Learning classes, lunches, and donation

**DIGITAL LEARNING**

Please pay for Digital Learning classes separately.

$____ TOTAL for Digital Learning

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

Register and pay online at:
lifequestofarkansas.org