



Summer 2022

JULY 5 – JULY 28 | REGISTRATION OPENS JUNE 13

LifeQuest 2022 has *In-person, Online, and Hybrid Classes
Summer registration fee: \$35

The registration fee covers all classes for the 4-week term.
Some classes require an additional fee.

Your **registration confirmation email** will contain your LifeQuest website login credentials.

**Please note that proof of vaccination (emailed or mailed to LifeQuest) is required to attend classes held at Second Presbyterian Church.*

Masks must be worn in the building.

MONDAY

1:00 P.M. - 2:30 P.M.

LQ ARTISTS

John Mize, Facilitator

Format: Online

Zoom limit - none

Not recorded

Gather online with other LifeQuest creatives to draw, sketch, paint, and share your projects with others. No instruction, no experience necessary, no required medium, and no judgment! Enjoy being together to gain inspiration and support.

MON. & WED.

10:00 A.M. - 10:50 A.M.

BEGINNING SPANISH

Karen Sherman, Instructor

Format: In-person

In-person limit - 12

Not recorded

This class will meet twice a week on Monday and Wednesday beginning July 11. See dates below. Beginning with the alphabet, useful phrases and question words, we will be making simple sentences by the end of our time together. Whether it's greetings, telling time, or talking about ourselves, the weather, seasons and months, join us *para conversar el español* and share latina culture.

Class Dates:

July 11 & 13

July 18 & 20

July 25 & 27

TUESDAY

10:00 A.M. - 10:50 A.M.

GREAT BOOKS

Rosemary Rogers, Facilitator

Materials fee: \$15

Format: Online

Zoom limit - 18

Not recorded

Read and discuss selections of literature by classic and modern authors.

1:00 P.M. - 1:50 P.M.

SHAKESPEARE

Fred Silva, Instructor

Format: Online

Zoom, Facebook limit - none

Recorded

In today's "cancel culture" world of politically laden messaging, let's explore the psychology of Shakespeare and why he is just as relevant, and controversial, today as in his own time. We will examine:

- Shakespeare, the person and his times
 - Themes in Shakespeare's plays
 - Tragedies
 - Comedies
- "He knows us better than we know ourselves"

2:00 P.M. - 3:30 P.M.

TELL YOUR OWN STORY

JoEllen Willis, Facilitator

Format: Online

Zoom limit - 14

Not recorded

This is a guided writing and sharing class. Everyone has lived an interesting life! Surprise yourself and write it all down. Your family will love and appreciate it.

DID YOU KNOW

TRIBUTES & MEMORIALS

Visit our website to view names of LifeQuest members we have lost during the past year: lifequestofarkansas.org/donate/tributes

WEDNESDAY

9:00 A.M. - 10:50 A.M.

PAPER CRAFTS AND GREETING CARDS

Judy Langford-Brodie, Instructor

Materials fee: \$20

Format: In-person

In-person limit - 8

Not recorded

Creativity is calling! Join us and make handmade greeting cards and 3D projects in a fun and friendly environment. Geared for the paper crafter with stamping experience, you will have the opportunity to learn new techniques and expand your existing skills. Each week you will make two projects using die cuts, punches, rubber stamps and a variety of paper folds. Paper, envelopes and large equipment provided. A list of personal supplies needed will be emailed to you.

10:00 A.M. - 10:50 A.M.

MUSIC FOR PIANO

Nancy Fleming, Instructor;

Ansley Fleming, Pianist

Format: In-person

In-person limit - 40

Not recorded

Come hear works for piano by Schubert, Mendelssohn, Chopin, Debussy, and others performed by Ansley Fleming. Nancy Fleming will provide background information and commentary.

10:00 A.M. - 10:50 A.M.

GREAT DISASTERS IN AMERICAN HISTORY

Jody Musgrove, Instructor

Format: Hybrid

In-person limit - 40; Zoom, Facebook limit - none
Recorded

This course will focus on some of the most devastating events ever to strike the United States including (but not limited to) the Great Mississippi Flood of 1927, the Triangle Shirtwaist Factory Fire of 1911 (NYC), the Galveston Hurricane of 1900, the Spanish Flu Pandemic of 1918-1919, the Great Peshtigo Fire of 1871, and more. We will also examine how the disasters led to new laws and other policies as a result of these catastrophes.

WEDNESDAY, Cont.

10:00 A.M. - 10:50 A.M.

AN AFRICA AFFAIR

Wayne Chapman, Instructor

Format: In-person

In-person limit - 40

Not recorded

"The Short Happy Life of Francis Macomber" is a short story by Ernest Hemingway. Set in Africa, it was published in the September 1936 issue of *Cosmopolitan* magazine concurrently with "The Snows of Kilimanjaro." The story was eventually adapted to the screen as the Zoltan Korda film *The Macomber Affair* (1947). In this class, we'll examine the story, movie and stage performances based on that story.

11:00 A.M. - 11:50 A.M.

MUSIC IN ARKANSAS

Various Presenters

Format: In-person

In-person limit - 40

Not recorded

Experience the work of local folk, country & western, and Americana group - the Choctaw Crawdads. Join the Crawdads from their beginnings at Choctaw Boat Dock on Greers Ferry Lake through the early years, live at Riverfest, and current events.

Share the experiences of a street musician with local singer Blind Boy White and learn about the work of local musicians Kit & Kaboodle.

Every week we will have live music.

July 6 Choctaw Crawdads: origins, early years

July 13 Crawdads & Friends: current history

July 20 The life of a street musician;

Blind Boy White: preserving the legacy of the old bluesman, and history.

July 27 Buskers/Street Musicians, Kit & Kaboodle: preserving the American songbook, and history.

WEDNESDAY, Cont.

11:00 A.M. - 11:50 A.M.

ZENTANGLE

Ann Filiatreau, Instructor

Format: In-person

In-person limit - 20

Not recorded

The Zentangle Method is an easy-to-learn, meditative, and fun way to create beautiful images by drawing structured patterns. You don't need to be artistic, good at drawing, or have any prior art experience at all, just the willingness to try! The patterns may look complicated but once they're broken down and you learn how to do them step by step, you'll see how simple and easy Zentangle really is. There are no mistakes in Zentangle!

11:00 A.M. - 12:15 P.M.

LAW AND RELIGION IN THE UNITED STATES

Mark Clark, Instructor

Format: Hybrid

In-person limit - 40; Zoom, Facebook limit - none
Recorded

Can a baker be forced to sell a wedding cake to a gay couple when his religious views are opposed to marriage between same sex individuals? Can a public-school football coach be fired for praying on the 50-yard line after each home game? In this class, we'll explore the answers to these questions and many more as we discuss the clash between religious views and the law so prevalent in our nation's history. We'll discuss past court battles over religious issues such as practicing polygamy, prayer in public school, and refusing military service, as well as present clashes over gay adoption, mandated contraception in health plans, abortion rights and more. With many opportunities for discussion and sharing opinions, we'll explore together the unique experiment begun by our founding fathers to honor both religious faith and the rule of law.



WEDNESDAY, Cont.

11:00 A.M. - 12:30 P.M.

SIMPLE STAMPING

Judy Langford-Brodie, Instructor

Additional fee: \$15

Format: In-person

In-person limit - 8

Not recorded

If you have always wanted to craft but are convinced you are not at all creative, then a great place to start is with a handmade card! Join us and make 15 cards (3 each of 5 designs) using rubber stamps, ink, adhesives and paper during this four-week workshop geared for the beginner in creative card making. All supplies and materials provided.

12:00 P.M. - 12:50 P.M.

DOG TRAINING

Various Instructors

Format: In-person

In-person limit - 40

Not recorded

Dogs share our daily lives and provide numerous benefits to our safety and well-being. They have learned to follow our commands, work with us in various service capacities, protect us, and be our faithful companions. Meet four trainers (and their dogs!) and learn about their unique roles in our community.

12:00 P.M. - 2:00 P.M.

SCULPTING

John Deering, Instructor

Format: In-person

In-person limit - 16

Not recorded

Watch and learn from this artist and teacher who will guide you through the steps to create your own small works in clay. Using armature when possible, you'll explore the creation and expression of 3-dimensional natural forms and anatomy. A supply list will be provided upon registration.



WEDNESDAY, Cont.

1:00 P.M. - 1:50 P.M.

GAMES FOR FUN

No Instructor

Format: In-person

In-person limit - 16

Not recorded

Bring a friend and play some of your old favorites or try something new (Mexican Train). Bring a game from home or check out the ones we have on hand.

1:00 P.M. - 1:50 P.M.

GET IN LINE ... FOR LINE DANCING!

Rose Virgil, Instructor

Format: In-person

In-person limit - 40

Not recorded

Plan on having loads of fun in this class! The wait is over! Line dancing involves movement, music and merriment! Learn the Cotton Eyed Joe to the Cupid Shuffle and even a little routine in between. With each learned step you'll feel more confident and joyful. We'll be line dancing to wonderful country music, pop tunes and some good ol' classics. With all the easy steps, you won't even realize you're getting some great exercise.

You don't ever need a partner but you can get your friends to join in the fun. Cowboy boots optional, but a good time is mandatory!

1:00 P.M. - 1:50 P.M.

SUMMER JAZZ PIANO SOUTH & WEST

Tom Cox, Instructor

Format: In-person

In-person limit - 40

Not recorded

Summer fun as we explore the music of Brazil, Mexico and California with Tom at the keys.

DID YOU KNOW?

LifeQuest is partnering with Collette Travel for **ROAMING COASTAL MAINE**

September 20 - 26, 2022 featuring Portland, Acadia and Penobscot Bay. With just 12-24 passengers, this small group travel adventure features 7 days and includes 9 meals.

For more information, see our website:
LifeQuestofArkansas.org/what_we_do

THURSDAY

9:00 A.M. - 11:00 A.M.

WATER MEDIA

John Mize, Instructor

Format: In-person

In-person limit - 16

Not recorded

Bring your choice of pencils, graphite, watercolor pencils, watercolor, gouache, acrylic, a table cover, and your creativity!

9:00 A.M. - 11:45 A.M.

MOVIES WITH PHILIP MARTIN

Philip Martin, Instructor

Format: Offsite In-person

Not Recorded

View and discuss movies at **Riverdale 10*** movie theater with film critic and journalist Philip Martin. Selected movies will be announced the first day of class, and will include films which have never opened in Arkansas and several older, classic movies.

THIS CLASS IS HELD OFF CAMPUS.

Riverdale 10 VIP Cinema

2600 Cantrell Road

Little Rock, AR 72202

Doors open at 8:50 A.M.

*Please do not bring food or drink into the theater. Concessions will be available for purchase.

10:00 A.M. - 10:50 A.M.

LQ BOOK CLUB

Jon Poteet, Facilitator

Format: In-person

In-person limit - 14

Not recorded

Bring your curiosity, open-mindedness and love for books and reading! This summer the class will read *The Life and Times of the Thunderbolt Kid* by Bill Bryson and *Ordinary Grace* by William K. Krueger.



THURSDAY, Cont.

10:00 A.M. - 12:00 P.M.

INTRODUCTION TO MICROSOFT POWERPOINT

Charlie Frith, Instructor

Materials fee: \$10

Format: In-person

In-person limit - 8

This four-session course will cover the following topics:

- Produce a simple PowerPoint Presentation.
- Refine your presentation by changing design and themes, transitions and animations.
- Add music and videos to your presentation.
- Create a photo album.

10:00 A.M. - 12:00 P.M.

MAH JONGG FOR FUN

Ellen Lowitz, Instructor

Format: In-person

In-person limit - 20

Not recorded

Summer is a great time for a Mah Jongg refresher. Come, improve your game and enjoy time with friends.

12:00 P.M. - 12:50 P.M.

FINANCIAL MATTERS

Abigail Hollar, Instructor

Format: Hybrid

In-person limit - 40; Zoom, Facebook limit - none
Recorded

Plan ahead for financial changes as you age. In this class, you'll learn best practices to maintain your financial independence, keep things organized, have the right care ready for when you need it, and prepare your legacy for your family.

July 7: Cash flow control: Get the right kind of help, at the right time, without losing control.

July 14: Get organized: Keep your paperwork organized, simplify your accounts, and plan for personal possessions and pets.

July 21: Plan for care: Make decisions now about how you'd like your care to be now, whether aging in place or in a supportive living environment, and how to pay for it.

July 28: Your legacy: Prepare your family for what comes next, and make sure your wishes are honored.

THURSDAY, Cont.

12:00 P.M. - 12:50 P.M.

INSPIRED GENEALOGY 2022:

A Review, and What's New?

Jeanne Rollberg, Instructor

Format: In-person

In-person limit - 20

Not recorded

This course will begin with a bird's eye overview of updated key resources to help you discover more about your family. We'll examine the "boogie-woogie" 1950 U.S. census. You'll learn more about basic tips on how to best use DNA matches across companies (Ancestry, MyHeritage, GEDmatch) to help solve ancestor mysteries.

We'll also explore how to use timelines to keep research on track, suggest a genealogy buddy system, look at new features available at the companies, and talk about enhanced, inspired customized roots tourism to enhance your travel.

12:00 P.M. - 12:50 P.M.

YOGA

Sylvia Amsler, Instructor

Format: In-person

In-person limit - 20

Not recorded

Build strength, flexibility, and stability through lyengar yoga. In this class we will use the chair as our primary prop to help support, align, and teach the body. Yoga is for everyone, regardless of age, health status, or fitness experience.

1:00 P.M. - 1:50 P.M.

TAI CHI

Suzanne Yung and June Brown, Instructors

Format: In-person

In-person limit - 20

Not recorded

Tai Chi is back at LifeQuest! Learn the slow, rhythmic movements of Northern Wu Tai Chi, the 13 Golden Postures and the Tai Chi walk.

THURSDAY, Cont.

1:00 P.M. - 2:30 P.M.

COOKING MATTERS

Liam Hankins-Hull, Instructor, Arkansas Hunger Relief Alliance

Format: In-person

In-person limit - 10

Not recorded

Cooking Matters is a hands-on cooking class with recipes scaled for one or two people, and we will eat what we cook! Each week we will focus on nutrition, skill building, and behavior changes to help us plan and prepare healthy and nutritious meals. Over four weeks we will learn how to create nutritious, simple, and healthy meals, shop wisely, and stay on budget. Topics include how to reduce sugar and salt in our diets, transform leftovers into creative new dishes, and grocery shopping tips to maximize our food dollar.

July 7: The Basics: Kitchen Safety, Knife Skills, My Plate

July 14: Eating for Your Health: Whole Grains, Fruits, and Veggies

July 21: Vary your Protein Routine

July 28: The Power of Planning/Shopping Smart

1:00 P.M. - 3:00 P.M.

ACRYLIC AND OIL PAINTING

Louise Carlisle, Instructor

Format: Hybrid

In-person limit - 16; Zoom, Facebook limit - none Recorded

We will focus on acrylics and oils. Learn about various supplies and techniques, and hone your skills through guided demonstrations.

Online Class Information

HOW TO LOGIN

1. Go to the LifeQuest of Arkansas website and click LOGIN under our logo.
2. Enter the Username and Password included in the registration confirmation email sent to you when you registered for the current term. (Username is always "LifeQuest" and passwords change each term.)
3. Once you've logged in, you'll see a page with three buttons: CLASS ACCESS to easily attend class on Zoom and Facebook; MATERIALS to view handouts or class materials; and RECORDINGS to view class recordings for this term.

A FEW DISCLAIMERS

- The opinions and statements of instructors/presenters are their own and not necessarily those of LifeQuest of Arkansas.
- Please note that LifeQuest's recorded classes are for educational use. LifeQuest reserves the rights to these recordings, and by attending, you are giving your consent to be recorded.
- To read the full Privacy Policy, Opinion Disclaimer and Recording Disclaimer, go to: https://www.lifequestofarkansas.org/who_we_are/privacy_policy.html

**LifeQuest Founders Day
Awards Celebration**



Thursday, October 20

Make plans to come and celebrate LifeQuest's 41st birthday and the accomplishments of two very special volunteers. This event will be held at Temple B'nai Israel in Little Rock and includes a seated dinner and silent art auction.

Look for invitations in the mail in mid-September. Individual seats are \$65.

Brews & Bites

6:00 P.M. Tuesdays
(Limit: 20/each date)

Join fellow LifeQuesters and indulge in your favorite pubfare and craft brews in this four-part evening tour of local breweries.

July 5 **Lost Forty Brewing**
501 Byrd St., Little Rock, AR 72202

Lost Forty Brewing is a production craft microbrewery in the heart of downtown Little Rock. We aim to craft beers as wild, unwavering and uniquely Arkansas as the storied forest from which we take our name. Enjoy a tour of the downtown brewery followed by a tasty Arkansas-style appetizer, burger, or pizza.

July 12 **Brood & Barley,**
411 N. Main St., North Little Rock, AR 72114

Brood & Barley is a Flyway Brewing Company Project, a Flyway specialty house serving beer, wine, cocktails, and tasty culinary creations. Sample from a unique selection of seafood, gourmet, and traditional pub food from this gastropub located in the Argenta Arts District.

July 19 **Diamond Bear**
600 N. Broadway St., North Little Rock, AR 72114

Craft brew locally brewed with the finest quality grains and no adjuncts, chemicals, or additives ever. Our brewhouse staff has a combined 75 years of experience, and it shows! Choose your beer and pair with food from a menu of sandwiches, salads, burgers and BBQ. Top it off with a sweet treat like a Big Rock Root Beer Float.

July 26 **Vino's**
923 W. 7th St., Little Rock, AR 72201

Funky brewpub featuring handcrafted ales, New York-style pizza and calzones, plus live-music nights. Vino's features beers brewed with natural ingredients and no chemicals or preservatives. Vino's is the original and oldest brew pub in Little Rock. Tour the brewery and sample a pint and a slice from this old-school brewery, established in 1990.

Food and beverage costs are on your own.
Sign up for each date and shuttle individually. See registration form.
We remind everyone to partake responsibly.

LifeQuest will provide a shuttle (first come, first served) from Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, AR 72227

The shuttle will leave Second Presbyterian Church at 5:30 p.m.
Fees = \$10 cover charge per date/location in addition to the \$35 registration fee.

LifeQuest Gives Donors 2022

You Raised \$22,000!

Thank you all for supporting LifeQuest through your generous contributions.

LifeQuest would like to give special recognition to Barbara Baber for providing the lead gift this year and for her many years of support.

Bob Alexander	O.C. & Cathy Howser	Ginney Pumphrey
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Westminster Presbyterian Church
Westover Hills Presbyterian Church

Vaccine and COVID-19 Policy

Policy Statement

LifeQuest of Arkansas will always keep your safety as our number one priority. LifeQuest stands firm in believing it is your personal responsibility to be vaccinated.

COVID Requirements

- *Proof of vaccination will be required to attend in-person classes held at Second Presbyterian Church.
- For in-person classes, we will require masking while indoors, social distancing, and hand washing to limit the spread of COVID-19. We will limit the number of participants per class, according to the size of the room, to obtain a 3 - foot distance.

COVID Guidelines

If you are not feeling well, please stay at home.

By registering for LifeQuest classes, you agree to not attend an in-person class if any one or more of the following is true within 14 days of the event:

- You have (or any person in your household or with whom you have close contact has) tested positive for, or been exposed to, someone who has tested positive for COVID.
- You have (or any person in your household or with whom you have close contact has) experienced symptoms of COVID (e.g., a fever of 100.4 degrees or higher, cough, shortness of breath or difficulty breathing, chills, repeated shaking, muscle pain/achiness, headache, sore throat, loss of taste or smell, nasal congestion, runny nose, vomiting, diarrhea, fatigue or any other symptoms associated with COVID identified by the Centers for Disease Control and Prevention).
- You have (or any person in your household or with whom you have close contact has) travelled to any state or international territory identified by federal or applicable local governments as being subject to travel or quarantine advisories due to COVID.

Who Is Governed by This Policy?

Any staff, participants, volunteers, instructors, and vendors involved in LifeQuest.

***Proof of Vaccination (Please submit prior to the beginning of the term.)**

Ways to provide proof of vaccination to attend in-person classes at Second Presbyterian Church:

- Mail a photocopy of your vaccine card to:
LifeQuest of Arkansas
P.O. Box 25523
Little Rock, AR 72221
- Email a photo of your vaccine card to info@lifequestofarkansas.org
- Bring your vaccine card to the LifeQuest office and we will make a copy.

Pivot Plan

If we need to pivot to online classes due to COVID-19, most in-person classes will need to be cancelled. If you have already enrolled, we will notify you via email.



Non-Profit Organization
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P.O. Box 25523
Little Rock, AR 72221

ADDRESS SERVICE REQUESTED

**Summer 2022
In-person,
Hybrid
AND Online**



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FOR REGISTRATION & SCHOLARSHIPS

Contact us by mail:

LifeQuest of Arkansas
P.O. Box 25523
Little Rock, AR 72221

Or online:
info@lifequestofarkansas.org

Dorothy P. Sitton Scholarships are available.
Call the LifeQuest office at 501-225-6073 to apply.