



Summer 2025

July 7 - July 31

REGISTRATION OPENS June 17 at 9:00 A.M.

Do Not Attempt to Open the Registration Page Before 9:00 A.M.

Assistance with registration available from 9-10:30 June 17 at LifeQuest.

LifeQuest Summer 2025 offers In-person, Online, and Hybrid Classes
Registration Fee: \$45

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.

LifeQuest: Summer 2025

Table of Contents

Arts & Hobbies

Beaded Bracelet Workshop	8
Beginning Greeting Cards	3
Christmas Cards in July	3
Intro to Tea	3
Mah Jongg for Fun	6
Open Studio	7

Health & Science

The Body Clock	4
The Latest Advances in Alzheimer's	7
Physical Therapy & You	7
Zoonotic Diseases in Arkansas	6

History & Politics

Arkansas History in Songs & Stories	4
European Infantry Tactics and the Rifle in the 19th Century	8
Ouachita Pottery	7

Literature & Language

<i>Anything for Billy</i>	7
ARS Poetica: Understanding Great Poetry	5
Great Reads Online	4
Great Reads In-person	5
Honing Your Writing Skills	4
Macbeth	7
Shakespeare	3

Music & Theater

America's First Prima Ballerina	8
Close Encounters with David Miller	5
The Films of Gene Hackman	6
Movies with Philip Martin	6

Notes from the LifeQuest Office

How to Register for Classes	2
LifeQuest Members Support LQ Gives	2
Scholarships	1
Wednesday Lunch	6

Physical Activity

Advanced Tai Chi	7
Beginning Tai Chi	7
Chair Fitness	3
Summer Pickleball Group A	3
Summer Pickleball Group B	4
Line Dancing	8
Pilates	3
Tai Chi	3

Social Topics

Changed Lives Through Literacy	4
Dinner with Chef	8
When Healthcare Workers Kill	6
Imagining God	6
Movers & Shakers of LifeQuest	5
Socrates Café	5
Southern Fried Chat	5
When Disaster Strikes	5

Support

LifeQuest Gives Donors	Insert
Corporate Sponsors	9
Educational Partners	10
Supporting Congregations	10



For \$45 you can take as many classes as you can fit into your schedule.

SCHOLARSHIPS

At LifeQuest, we never want the registration fee to prevent anyone from participating in our programs. Full or partial scholarships are available. The application process is confidential and shared only with the LifeQuest staff.

For more information about a scholarship or for the application form:

- Call: 501-225-6073
- Email info@lifequestofarkansas.org to request an application form.

Notes from the LifeQuest Office



LifeQuest Members Support Lifelong Learning



The swell of support from LifeQuest members this year has been truly inspiring. Thanks to the generosity of 136 donors, we raised \$59,125 — surpassing our \$50,000 goal! This represents a 40% increase in donors and a 25% increase in total giving compared to last year. We are especially grateful to our matching gift donors — Mary Frances Cotham, the family of Dorothy Pumphrey, and the family of Eve Yancey — whose leadership and generosity helped drive this year's success. In a time when many are facing uncertainty about their financial futures, their example, along with the heartfelt gifts from so many of you, is a powerful endorsement of LifeQuest's mission. Thank you for believing in LifeQuest and helping ensure our future is bright.

~Melissa Hawkins, Chair, Resource and Development Committee,
LifeQuest Board of Directors

Registration Information and Getting to Class

For the most equitable and speedy registration process, we encourage all participants to register ONLINE for LifeQuest classes by going to the LifeQuest website: lifequestofarkansas.org

Registration will open at 9:00 a.m. Tuesday, June 17.

Please don't open the registration page before 9:00 a.m. If you do, you will not be able to see the registration and will need to back completely out of the website and re-enter, possibly needing to completely reset your computer/device.

Only online registrations are completed in real time and on a first-come, first-served basis. If you'd like a paper registration form, you may print one by downloading the registration form found under "Classes/Register" on the LifeQuest website, or come by the LifeQuest office and we'll print one for you.

Online registration: Go to the LifeQuest of Arkansas website: lifequestofarkansas.org. Click on the tab "Classes/Register." The online registration process requires a credit or debit card for payment. You may only register one person at a time.

Mailed registration: Paper forms can be downloaded and printed from the LifeQuest website at lifequestofarkansas.org. You may mail the form to P.O. Box 25523, Little Rock, AR 72221.

Have questions or need some extra help?

Call us, we're here to help! 501-225-6073
The LifeQuest office is open Monday - Thursday,
9:00 a.m. to 4:00 p.m.

Hybrid vs. Online

When a class is listed as **Hybrid**, it means the class can be attended in-person or online.

If a class is listed as **Online**, it means that the class is ONLY available online.

If a class is listed as **In-person**, it is ONLY available in-person.

MONDAY

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

GREAT READS ONLINE

Jon Poteet, Facilitator

Format: Online, limit - 16; Not recorded

Read and discuss selections of literature by classic and modern authors. Selections are made available the week before classes begin.

(Same content as in-person class.)

PILATES

June Brown, Instructor

Format: In-person, limit - 20; Not recorded

This class is designed to increase core strength and flexibility. Bring a yoga mat and come have fun with us. You must be able to get down on the floor and back up.

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

TAI CHI

June Brown, Instructor

Format: In-person, limit - 20; Not recorded

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

INTRO TO TEA

Shelley Green, Instructor

Material fee: \$20

THIS CLASS IS HELD OFF CAMPUS!

**Class held at The Green Corner Store,
1423 Main St., Little Rock**

Format: In-person, limit - 12; Not recorded

An introduction to the world of tea including where it comes from and how it's processed, and an opportunity to taste a variety of teas including black, green, oolong, white, herbal and roibos. Learn about potential health benefits, all about brewing the perfect cup of tea, and more.

11:00 A.M. - 12:50 P.M.

BEGINNING GREETING CARDS

Judy Langford-Brodie, Instructor

Materials fee: \$30

Format: 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 2 cards each week using rubber stamps, ink, adhesives and paper during this four-week class geared for the beginner in creative card making. All supplies and materials provided.

MONDAY, Cont.

11:00 A.M. - 12:50 P.M.

CHRISTMAS CARDS IN JULY

Connie Wardell, Instructor

Materials fee: \$20

Format: In-person, limit - 8; Not recorded

Prior experience needed.

Let's bring Christmas to our summer fun. Join us as we make Christmas-themed cards for those needing a head start on the holiday season. We will be using both basic and advanced techniques. This class is for those who have been making greeting cards and other paper crafts for some time. A list of needed supplies will be emailed to attendees before class starts.

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

SHAKESPEARE

Fred Silva, Instructor

Format: Online; 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.

1. Introduction to Shakespeare
2. The themes of Shakespeare
3. Shakespeare's Tragedies
4. Shakespeare's Comedies

CHAIR FITNESS

This class is sponsored by Mosaic Templars Cultural Center.

Kimberly Robinson-Hatton, Instructor

Format: In-person, limit - 20; Not recorded

A very moderate and fun, low-impact class to improve strength, flexibility, and balance using a chair for support.

Located at Second Presbyterian Church

TUESDAY

8:00 A.M. - 10:00 A.M.

SUMMER PICKLEBALL - GROUP A

No instructor

Class Coordinator: Mary Sha Moriarty

Class fee: \$7 (cash or check) directly to Pleasant Valley Church of Christ on first day of class.

THIS CLASS IS HELD OFF CAMPUS!

**Class held at Pleasant Valley Church of Christ,
10900 N. Rodney Parham Road**

Format: In-person, limit - 20; Not recorded

This is open play for pickleball players who have had at least beginning pickleball instruction and have a basic understanding of the rules. There is no instructor. Please bring your own paddle and indoor balls.

TUESDAY, Cont.

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

ARKANSAS HISTORY IN SONGS & STORIES

Charley Sandage, Instructor

Format: Online; Recorded

A recipient of the Arkansas Arts Council Lifetime Achievement Award, Charley Sandage will be sharing the history of Arkansas in a unique and captivating way through original Americana and country songs, stories and commentary.

10:00 A.M. - 11:30 A.M.

July 8 and July 15

CHANGE LIVES THROUGH LITERACY

ACTION! Group A

Roger Hawkins, Instructor

This class is sponsored by Literacy Action of Central Arkansas.

Format: In-person, limit - 16; Not recorded

Did you know that 1 in 5 adults in central Arkansas reads at a very low level? If you have been looking for an impactful way to give back to our community, here's your chance! Join Literacy Action, a team of volunteer tutors who have been helping to change the lives of adults and their families in central Arkansas since 1986. In two short weeks, you will be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), so you can tutor from anywhere! All materials provided and no teaching experience necessary. Learn more about Literacy Action of Central Arkansas at:

www.literacyactionar.org

This class is free and open to the public.

10:00 A.M. - 11:30 A.M.

July 22 and July 29

CHANGE LIVES THROUGH LITERACY

ACTION! Group B

Roger Hawkins, Instructor

This class is sponsored by Literacy Action of Central Arkansas.

Format: In-person, limit - 16; Not recorded

Did you know that 1 in 5 adults in central Arkansas reads at a very low level? If you have been looking for an impactful way to give back to our community, here's your chance! Join Literacy Action, a team of volunteer tutors who have been helping to change the lives of adults and their families in central Arkansas since 1986. In two short weeks, you will be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), so you can tutor from anywhere! All materials provided and no teaching experience necessary. Learn more about Literacy Action of Central Arkansas at:

www.literacyactionar.org

This class is free and open to the public.

TUESDAY, Cont.

10:00 A.M. - 11:50 A.M.

HONING YOUR WRITING SKILLS

Jill Jones, Instructor

Format: In-person, limit - 12; Not recorded

Whether you've started on a writing project, or need a little push to get going, this class will help you along your writing journey. Students are encouraged to bring works in progress or some outline of what you'd like to write. This is a hands-on, interactive class. Come prepared to share your work with fellow writers. Guided by a published author and Road Scholar teacher, expect to enjoy enhancing your writing skills in a supportive and fun environment.

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

SUMMER PICKLEBALL - GROUP B

No instructor

Class Coordinator: Mary Sha Moriarty

Class fee: \$7 (cash or check) directly to Pleasant Valley Church of Christ on first day of class.

THIS CLASS IS HELD OFF CAMPUS!

Class held at Pleasant Valley Church of Christ, 10900 N. Rodney Parham Road

Format: In-person, limit - 20; Not recorded

This is open play for pickleball players who have had at least beginning pickleball instruction and have a basic understanding of the rules. There is no instructor. Please bring your own paddle and indoor balls.

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

THE BODY CLOCK

Bob Burns, Instructor

Format: Online; Recorded

In 2017, the Nobel Prize in Physiology or Medicine was awarded for research on the body clock and how it initiates and controls biological rhythms in all living things from bacteria and fruit flies to mice and humans. Participants will learn some of the principles and best practices of science that studies the dimension of time in biology and medicine, i.e. chronobiology. Focus will be on the daily or circadian rhythms and how they can have a negative vs. positive impact on the body just by changing nothing but the body clock time. Clinical examples will be used to illustrate these principles. For example when do most rapes occur during a year? Is rotating shift work carcinogenic? Why do most heart attacks and strokes occur at about 9 a.m.? How is chronobiology able to lessen the clinical toxicity of cancer chemotherapy, i.e. chronochemotherapy, and increase cure rates?

WEDNESDAY

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

MOVERS AND SHAKERS OF LIFEQUEST

Charles Feild, Facilitator

Format: Hybrid; Recorded

Dr. Charles Feild will interview four LifeQuest instructors who have made an impact on LifeQuest's programs. Normally, these volunteer instructors share their expertise on a particular subject matter, but in this class, THEY are the subject! Enjoy learning more about these instructors and what makes them so passionate about teaching.

July 9: John Brummett

July 16: Anne Parat

July 23: Alan Eastham

July 30: Mary McGowan



ARS POETICA: Understanding Great Poetry

Marvin Schwartz, Instructor

Format: In-person; Not recorded

The class will use classic and contemporary poems as models for appreciation of the craft. We will read and discuss sonnets and other poetic forms, learn to scan poetic rhythm and meter, and study how poems achieve their meanings through figurative language. Among the poets to be read are traditionalists such as Robert Frost, Walt Whitman and Emily Dickinson; modern writers such as Allen Ginsberg, Billy Collins and Randall Jarrell; and writers that represent Black, Native American and Hispanic perspectives.

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

SOUTHERN FRIED CHAT

Rex Nelson, Instructor

Format: Hybrid; Recorded

In his folksy style, Rex Nelson, senior editor and columnist for the *Arkansas Democrat-Gazette*, will lead us in a discussion of Arkansas culture ranging from the state's history to its food and music and will include its interesting people and places.

GREAT READS IN-PERSON

Jon Poteet, Facilitator

Format: In-person, limit - 16; Not recorded

Read and discuss selections of literature by classic and modern authors. Selections are made available the week before classes begin.

(Same content as online class.)

WEDNESDAY, Cont.

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

CLOSE ENCOUNTERS WITH DAVID MILLER

David Miller, Instructor

Format: In-person; Not recorded

David Miller has hosted a big-band radio program since 1983. It is currently heard on station KUAR in Little Rock plus 30 other stations in the U.S., Australia, Canada and England. Using video, he will reminisce about meeting famous musical artists as well as attending their concerts. Come experience these "close encounters" as David takes you along on his journey.



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

WHEN DISASTER STRIKES:

What to Do and How to Prepare

Sponsored by ServiceMaster Restoration by Advanced

Various Instructors

Format: In-person; Not recorded

Flood, fire, earthquake, tornado Join this class for an overview of emergency preparedness in the event of a natural disaster: what to do, who to call and how you can help.

July 9: How to prepare your home for a potential disaster.

Blake Ramsey & Brandon Bassett,
ServiceMaster Restoration

July 16: Uh Oh! Now What?

Blake Ramsey & Brandon Bassett,
ServiceMaster Restoration

July 23: State Resources When Disasters Strike

Hilda Booth, Arkansas Division of
Emergency Management

July 30: Helping Your Neighbors

Stephen Edwards,
American Red Cross of Arkansas

SOCRATES CAFE

Rudy Rieple, Facilitator

Format: In-person, limit - 14; Not recorded

At Socrates Cafe, people explore questions from their lives through public, nonacademic dialogue. At each cafe, participants propose questions and then vote to decide the topic. This is a safe space to pose the questions that come with life.

WEDNESDAY, Cont.

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

ZOONOTIC DISEASES IN ARKANSAS

Laura Rothfeldt, DVM, Instructor

Format: Hybrid; Recorded

This course will discuss zoonotic disease risks in Arkansas. Zoonotic diseases are infectious diseases that can be transmitted between animals and humans. We will discuss the many different zoonotic and vector-borne diseases that are present in Arkansas, and also some that are risks from travel that can be brought back into the state. Examples include rabies, tick-borne diseases (spotted fever, rickettsiosis, ehrlichiosis, tularemia), mosquito-borne diseases (West Nile virus, malaria, dengue), Chagas from kissing bugs, avian influenza (aka bird flu) and alpha-gal syndrome (aka "red meat allergy" or "tick-bite allergy"). We will also discuss a couple of endemic fungal diseases (histoplasmosis and blastomycosis), which are not technically zoonotic but can affect both humans and animals exposed in the same environment.

IMAGINING GOD

Terry Goddard, Instructor

Format: In-person; Not recorded

Classical Christian theology (thinking about God) has traditionally portrayed God as King and Father, images that reveal God as male, white, authoritarian and distant. For many of us, these images no longer align with our knowledge and experience of the world. Science has opened our eyes to a larger universe and a deeper understanding of life than that contained in the Bible (a book shaped by its culture). Due to these changes in our worldview, many current biblical scholars and theologians present different images of God. These images invite Christians and others to image God without rejecting rationality and modern science.

Join me as we explore new images of God through the ideas of scholars like: Marcus Borg, Jay McDaniel, Charles Hartshorne, and C. Robert Mesle.

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

SUMMER LUNCH AT THE LIFEQUEST CAFE

****Summer Spread: Simple Soups,
Salads & Sandwiches****

Lunches served in the LifeQuest Cafe

Cost: \$12 per meal

- July 9: Chicken Salad Croissant,
Fruit Salad, Chips, Blondie
- July 16: Gazpacho, Pasta Salad, Lemon Cookie
- July 23: Chicken Caesar Salad, Fresh Fruit,
Chocolate Layer Dessert
- July 30: Tomato Soup, Grilled Cheese Sandwich,
Apple Slices, Fruit Cobbler

WEDNESDAY, Cont.

12:00 P.M. - 3:00 P.M.

July 9, 15, 16 and 23

Please note these dates include a Tuesday.

THE FILMS OF GENE HACKMAN

Wayne Stengel, Instructor

Format: In-person; Not recorded

We will examine some of the films of one of America's most praised yet understated actors, Gene Hackman (1930-2025). Hackman often played an unassuming everyman, your easy-going next door neighbor. But he was also a performer who in his next turn might transform into a character of evil (or at least some crazy obsessions). His low-key technique yet consummate craft are worthy of examination by anyone interested in great film acting. Films to consider: *The French Connection*, *The Conversation*, *Unforgiven*, *Hoosiers*, *I Never Sang for My Father*, and/or *The Royal Tenenbaums*.

THURSDAY

9:00 A.M. - 11:50 A.M.

MOVIES WITH PHILIP MARTIN

Ann West, Coordinator

Philip Martin, Instructor

THIS CLASS IS HELD OFF CAMPUS!

Class is held at Riverdale 10 VIP Cinema

2600 Cantrell Road

Doors open at 8:45 A.M.

Format: 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.

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



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

MAH JONGG FOR FUN

Ellen Lowitz, Facilitator

Format: In-person, limit - 24; Not recorded

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

THURSDAY, Cont.

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

OPEN STUDIO

Format: In-person, limit - 20; Not recorded
Draw, paint or craft with friends. No instruction.

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

WHEN HEALTHCARE WORKERS KILL

Gail Laster, Instructor

Format: In-person; Not recorded

Angels of Mercy or Angels of Death? Doctors, nurses, respiratory therapists, and even orderlies have killed patients. We will look at these professional healthcare workers and explore why and how they kill.

MACBETH

Joan Gage, Instructor

Format: In-person; Not recorded

Many of us have read this play in high school or beyond, but what does it have to say today? We will examine this study of the corrupting influence of power. Note: Any copy of the text will do as we will refer to passages by act, scene and line.

PHYSICAL THERAPY AND YOU

Sponsored by Advanced Physical Therapy

Various Instructors

Format: In-person; Not recorded

Join specialists from Advanced Physical Therapy as they discuss issues impacting individuals as they age.

July 10: Justin Jones, DPT: How to have the best outcome after having joint replacement surgery.

July 17: Marshall McDaniel, DPT: The effects and management of osteoarthritis in the mature population.

July 24: Sandy McDonald, PT: How to strengthen and support the mature female and male pelvic floor.

July 31: Montana Chapman, DPT: What is vertigo and how to treat it.

BEGINNING TAI CHI

Suzanne Yung, Instructor

Format: In-person, limit - 20; Not recorded

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

THURSDAY, Cont.

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

OUACHITA POTTERY

Edwin Gifford, Instructor

Format: In-person; Not recorded

The history of Ouachita Pottery is confusing as the existing historical documents are more rare than the pottery itself. Spanning a short period, 1905-1908, the operation consisted of 4 differently named companies. The major commonality was the clay resources. This course will explore Arkansas' first art pottery company within the context of national influences. From the clays, the personnel, and the art ware produced, Ouachita established that commercial manufacture of ceramics was in Arkansas.

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

ANYTHING FOR BILLY:

A Larry McMurtry Novel

Earl Ramsey, Instructor

Format: In-person; Not recorded

Anything for Billy was McMurtry's second Western novel and, in my judgment, second only to *Lonesome Dove* in merit. Both a parody and, in some ways, a simulation of a dime novel, *Anything for Billy* is both wonderfully humorous and theoretically suggestive. It is stylistically and technically distinctive in McMurtry's fiction. If you want to know how Billy the Kid got his name, you should take this course. I will use the currently available paperback edition.

THE LATEST ADVANCES IN ALZHEIMER'S AND DEMENTIA

Jill Thompson, Instructor

Format: In-person; Not recorded

This course will provide attendees with a comprehensive overview of the current outlook for Alzheimer's and dementia.

July 10: Impact of Alzheimer's and Dementia in Our Community (Jill Thompson)

July 17: New Diagnosis Procedures and Treatments for Alzheimer's Disease (Dr. Mark Pippenger)

July 24: Research Updates (David Cook)

July 31: Dementia Conversations and Caregiver Tips (Courtney Ghormley, Ph.D.)

ADVANCED TAI CHI

Suzanne Yung, Instructor

Format: In-person, limit - 20; Not recorded

This is a Northern Wu Tai Chi Advanced Class, a continuation of the prerequisite Beginning Tai Chi 13 postures class. Participants must be able to perform the 13 postures alone, from memory in front of the instructor.

THURSDAY, Cont.

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

EUROPEAN INFANTRY TACTICS AND THE RIFLE IN THE 19TH CENTURY

John Giessmann, Instructor

Format: Hybrid; Recorded

This class will examine four battles fought in the 19th century that should have had a great influence on how World War I was fought but did not. These battles include the Wagon Box Fight (1867), the Siege of Plevna (1877), Omdurman (1898), and Modder River (1899).

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

LINE DANCING

Lisa Hoggard & Rose Virgil, Instructors

Format: In-person, limit - 40; Not recorded

Plan on having loads of fun in this class! Be part of this health happy, stomp your feet and feel the beat class. Dancing involves movement, music and merriment! With each learned dance, 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.

AMERICA'S FIRST PRIMA BALLERINA:

Maria Tallchief

Wayne Chapman, Instructor

Format: In-person; Not recorded

A member of the Osage Nation, Maria Tallchief was not only a trailblazer for Native American dancers, but is widely considered one of the country's most influential ballerinas of all time and America's first prima ballerina. This class will focus on her triumphant debut in Balanchine's "Firebird" (Nov. 27, 1949) and "The Nutcracker" (Feb. 2, 1954). Her Osage heritage and relationship with the Ballet Russes de Monte Carlo will also be a focus.



DINNER WITH CHEF

Thursdays 6:00 p.m. - 8:00 p.m.

Join us for one dinner or all as we enjoy special menus and presentations from each location's chefs.

July 10 (Limit 20)

Allsopp & Chapple

Cost: \$80

311 Main St. (Valet Parking in Front)

July 17 (Limit 25)

Marlsgate Plantation

Cost: \$50

2695 Bearskin Lake Road, Scott

July 24 (Limit 20)

Brave New Restaurant

Cost: \$95 (4 courses without wine pairing)

\$120 (dinner with wine pairing)

2300 Cottondale Lane, Suite 105

July 31 (Limit 20)

Rivera Italian Restaurant

Cost: \$50 (Includes dessert)

2629 Lakewood Village Drive, North Little Rock

Meal prices include tax and tip. Please note that if you want to purchase alcohol, you will be responsible for that expense.

Please include the meal price with your LifeQuest registration.

FRIDAY

12:00 P.M. - 3:00 P.M.

One-Time Workshop: July 18

BEADED BRACELET WORKSHOP

Rachel Fletcher, Instructor

Materials fee: \$15

THIS CLASS IS HELD OFF CAMPUS!

Argenta Bead Company

1608 Main St., Little Rock

Format: In-person, limit - 16; Not recorded

In this workshop, you will learn how to bead, attach a clasp, and finish a bracelet. All materials will be furnished, including Czech glass beads.

WE LOVE OUR SPONSORS

Arkansas Democrat Gazette



ServiceMaster Restoration by Advanced



THE
BLAKE
AT CHENAL VALLEY



Spacious Floor Plans



Diamond

Arkansas Democrat-Gazette

Platinum

Arkansas Blue Cross and Blue Shield

Gold

Advanced Physical Therapy

Collette Travel

ServiceMaster Restoration by Advanced

Silver

Archwell Health

Arkansas Ophthalmology Associates

The Athletic Clubs of Little Rock

Bank of Little Rock

The Blake at Chenal Valley

Silver cont.

Chenal Pines Retirement Resort

Friday, Eldredge & Clark LLP

The Manor Senior Living Community

Oak St. Health

Presbyterian Village

Sage Health

Vitality Living Pleasant Hills

Wellcare

Woodland Heights

OUR EDUCATIONAL PARTNERS



<https://arkmfa.org/>



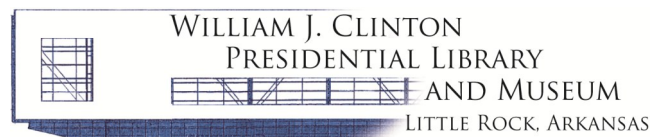
arkansasheritage.com/mosaic-templars-cultural-center



cals.org



literacyactionar.org



www.clintonlibrary.gov

... AND OUR SUPPORTING CONGREGATIONS

Christ Episcopal Church
christchurchlr.org

Christ the King Catholic Church
ctklr.org

Congregation B'nai Israel
bnai-israel.us

Grace Presbyterian Church
facebook.com/gracepclr

Jewish Federation of Arkansas
www.jewisharkansas.org

Kirk in the Pines Presbyterian Church
<https://kirkinthepines.org>

Little Rock Friends Meeting
www.littlerockquakers.org

Our Lady of Good Counsel Catholic Church
goodcounselr.com

Our Lady of the Holy Souls Catholic Church
holysouls.org

Pulaski Heights United Methodist Church
phumc.com

Second Presbyterian Church
secondpreslr.org

St. James United Methodist Church
stjameslr.org

St. Luke's Episcopal Church
stlukeepiscopal.org

St. Margaret's Episcopal Church
stmargaretschurch.org

St. Mark's Episcopal Church
lovesaintmarks.org

St. Michael's Episcopal Church
stmichaels-church.com

Trinity Episcopal Cathedral
trinitylittlerock.org

Trinity United Methodist Church
tumclr.org

Unitarian Universalist Church
uuclr.org

Westover Hills Presbyterian Church
westoverhills.org



P.O. Box 25523
Little Rock, AR 72221

Non-Profit Organization
U.S. Postage
PAID
Permit #395
Little Rock, Arkansas

ADDRESS SERVICE REQUESTED

Summer 2025
In-person,
Hybrid
AND Online



LIFEQUEST OF ARKANSAS LEADERSHIP

BOARD OF DIRECTORS

Martha Hunt, *Chair*
Nancy Fleming, *Vice Chair*
Doris Krain, *Secretary*
Mike Watts, *Treasurer*
Connie Wardell, *Member at Large*
Rev. Ben Kane, *Ex Officio*
Mary Ruth Brown
Chuck Chappell
Mary Frances Cotham
Quantia "Key" Fletcher
Pat Goss
Melissa Hawkins
Kristen Lippencott
June Lloyd
Beverly Milford
Priscilla Pittman
Marvin Schwartz
Sheri Simon
Laura Spradley
Sabrina Taylor
Larry Vaught
Mike Walden

CURRICULUM COMMITTEE

Elizabeth Vines, *Chair*
Wayne Chapman
Chuck Chappell*
Juliana Flinn
Joan Gage
Regina Gibson
John Mize
Daniel Kirkpatrick
Doris Krain
Anne Parat*
Melanie Pilcher*
Jon Poteet

Brian Rodgers
Roby Robertson
Lynn Senn
Ruth Shepherd
Sheri Simon
Eileen Turner
Larry Vaught
Connie Wardell
Ann West*
Dick Williams*

**Advisory Group*

LIFEQUEST STAFF

Leah Greenfield
Executive Director
Gina Bridges
Program Director
Donna Elkey
Program & Volunteer Coordinator
Heather Thompson
Business Manager
Andrea West
Food & Beverage Assistant



FOR REGISTRATION & SCHOLARSHIPS

Contact us by mail:

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

Or online:
info@lifequestofarkansas.org

Scholarships are available.

Call the LifeQuest office at 501-225-6073 to apply.