

LIFEQUEST: SPRING 2026 REGISTRATION

NAME(S) _____
 FACEBOOK NAME(S) _____
 ADDRESS _____ CITY _____ STATE ___ ZIP _____
 EMAIL _____ PHONE _____
 EMERGENCY CONTACT: _____ RELATIONSHIP _____
 EMERGENCY CONTACT PHONE _____
 DOB _____ I AM INTERESTED IN VOLUNTEERING YES NO

To use registration form for two people, please initial each choice.

CONWAY, IN-PERSON

MONDAY

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

___ Sit and Stitch
 ___ Beginning Mah Jongg (Conway)

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

___ Spiritual Literacy***
 ___ Elements of Chemistry in the News

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

___ Understanding and Improving Memory
 ___ On Syria***
 ___ Games

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

___ Global Affairs
 ___ Discovering Your Creative Voice

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

___ The Hendrix Arboretum
1:00 P.M. - 2:00 P.M.
 ONE-TIME ONLY April 27

___ Pipe Organ Workshop
1:00 P.M. - 2:30 P.M.

___ Improv
2:00 P.M. - 2:50 P.M.

___ Three Iconic Jazz Greats***

TUESDAY

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

___ Forever Fit LQ at the WAC

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

___ Beginning Pickleball at the WAC

LITTLE ROCK, IN-PERSON

MONDAY

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

___ Pilates

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

___ Beginner Mah Jongg 2

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

___ Tai Chi
 ___ English Country Dancing

12:00 P.M. - 1:30 P.M.

___ Beginning Pickleball Group A

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

___ Chair Fitness

1:30 P.M. - 3:00 P.M.

___ Beginning Pickleball Group B

TUESDAY

9:00 A.M. - 12:00 P.M.

ONE-TIME ONLY April 7

___ AMFA Watercolor Painting Workshop

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

ONE-TIME ONLY April 7

___ AI Using Google Gemini

12:00 - 12:50

___ Chair Yoga

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

___ Catalysts for Change in Films

WEDNESDAY

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

___ Behind the Headlines***

___ Beginning Spanish 2

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

___ Watercolor

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

___ Movers and Shakers of Arkansas ***

*****Denotes a Hybrid class that has an online option and is recorded.**

LITTLE ROCK, IN-PERSON, Cont.

WEDNESDAY, Cont.

- ___ Lesser-Known Heroes from WW2
- ___ Introduction to Music of the Classical Era
- ___ Conversational Spanish
- ___ Great Reads In-Person
10:00 A.M. - 11:50 A.M.
- ___ Knitting and Sharing
11:00 A.M. - 11:50 A.M.
- ___ Famous American Court Cases***
- ___ Socrates Cafe
- ___ Native Plants
- ___ Reproductive Rights ***
- ___ LifeQuest Folkies Ride Again
1:00 P.M. - 3:00 P.M.
- ___ Improv for Body, Mind and Spirit
- ___ Acrylic or Oil Painting
- ___ LifeQuest Walks with Charles
- ___ Sculpting

THURSDAY

- ___ Journaling
9:00 A.M. - 9:50 A.M.
- ___ Beginning Mah Jongg (2nd Presbyterian)
9:00 A.M. - 10:50 A.M.
- ___ All Things Jazz Piano
10:00 A.M. - 10:50 A.M.
- ___ American Nature Writers***
- ___ Beginning Sun Tai Chi
- ___ Armchair Adventures
10:00 A.M. - 11:50 A.M.
- ___ Basic Drawing
11:00 A.M. - 11:50 A.M.
- ___ Montaigne: Selected Essays
- ___ Advanced Tai Chi
- ___ Mental Health Matters
- ___ The War of Austrian Succession***
- ___ Romanticism in European Art***
12:00 P.M. - 12:50 P.M.
- ___ Line Dancing
- ___ Smart Living with AI
- ___ LQ Book Club

***Denotes a Hybrid class that has an online option and is recorded.

LITTLE ROCK, IN-PERSON, Cont.

THURSDAY, Cont.

- ___ **12:00 P.M. - 1:30 P.M.**
4 Weeks Only, April 2 - April 23
___ Exploring the Wisdom of Dreams
1:00 P.M. - 2:30 P.M.
4 Weeks Only, April 2 - April 23
- ___ Canasta Group A
4 Weeks Only, April 30 - May 22
- ___ Canasta Group B
1:00 P.M. - 2:50 P.M.
- ___ Jane Austen
1:00 P.M. - 3:00 P.M.
- ___ Pastels

Online Classes Available Anywhere

MONDAY

- ___ **9:30 A.M. - 10:45 A.M.**
___ Grandparenting Today
- ___ **10:00 A.M. - 10:50 A.M.**
___ Great Reads Online
- ___ Celebrating Creative Voices
1:00 P.M. - 2:30 P.M.
- ___ Book Quest

TUESDAY

- ___ **10:00 A.M. - 10:50 A.M.**
___ The Next America
- ___ **1:00 P.M. - 2:30 P.M.**
___ Tell Your Own Story

SCHOLARSHIPS

At LifeQuest, we never want the registration fee to prevent anyone from participating in our programs. For this reason, our scholarships are not income based. Full or partial scholarships are available. There is a form to complete that allows us to track the number of scholarships we use each term. You cannot register online with a scholarship so you will need to contact the LifeQuest office. 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.

**LITTLE ROCK IN-PERSON
WEDNESDAY LUNCH
\$14 per person, served at Noon**

Homemade by Chef Brenda

Apr. 1:

King Ranch Chicken, Salad, Cornbread,
Peach Cobbler

Apr. 8:

Sausage Crepes with Baked Apricots,
Coconut Cake

Apr. 15:

Pasta Primavera, Rolls,
Bananas Foster with Ice Cream

Apr 22:

Chili Lime Steak, Salad, Rolls,
Chocolate Layer Dessert

Apr. 29:

Parmesan Chicken with Pum Sauce,
Roasted Vegetables,
Chocolate Goopy Butter Cake

May 6:

Taco Salad and Sopapilla Cheesecake

May 13:

Chef Salad, Cheese Biscuits, Apple Crisp

**May 20: Congregation and Instructor
Appreciation Luncheon**

Quiche Lorraine or Quiche Florentine,
Herbed Rolls, Salad, Lemon Cake

**Registration, Class Fees,
Meals, Annual Library
and Donations/Tributes**

Registration: \$90_____

Meals:

Lunch and Learn

_____ # meals X \$14 \$_____

Special Event Fee:

Cavatelli Pasta Cooking Class \$65_____

With Wine \$15_____

La Travola Siciliana Dinner \$75_____

With Wine Pairing \$20_____

Annual Library Fee:

\$50_____

Donations/Tributes:

Donations: \$_____

In honor/memory: _____

Total Cost: \$_____

**LIFEQUEST ORIENTATION
Conway Campus**

**Monday, March 23, 2026
11:00 a.m.**

**In-person at First United Methodist Church
Trinity Building
1610 Prince St.
Conway, AR 72034**

LifeQuest orientation is for everyone, but not required. We will review:

- LifeQuest history
- Class locations
- How to attend in-person or online
- Who's who...and more!

**Orientation is FREE and open to the public,
so bring a friend.
We hope to see you there!**

**LIFEQUEST ORIENTATION
Little Rock Campus**

**Wednesday, March 25, 2026
11:00 a.m.**

**In-person at Second Presbyterian Church
600 Pleasant Valley Drive
Little Rock, AR 72227**

LifeQuest orientation is for everyone, whether you are a longtime member or just beginning with us.

We will review:

- LifeQuest history
- Class locations, who's who and more
- How to attend in-person or online
- And more

**Orientation is FREE and open to the public,
so bring a friend.
We hope to see you there!**

LifeQuest GIVES

April 8, 2026

Every gift is appreciated!

LifeQuest Turns 45!!

In 2026, LifeQuest will celebrate 45 years of service to Little Rock and now Conway. This is a great time to consider ways to recognize this tremendous milestone.

Donations for the 45th anniversary can be made using the QR link on this page as well as by contacting the office. Take a peek at the "Then and Now" tidbits throughout this brochure. LifeQuest has had an impact on so many lives over these past 45 years. Can you imagine what kind of impact we can have in the future?

**Use this QR code to donate for the
45th anniversary of LifeQuest**

