



Winter 2022

JANUARY 17 - MARCH 11 | REGISTRATION OPENS DECEMBER 13

LifeQuest 2022 has *In-person, Online, and Hybrid Classes
Registration Fee: \$65

The registration fee covers all classes for the 8-week term.
Some classes require an additional fee.

Your [Registration Confirmation Email](#) will contain your LifeQuest website login credentials.

Plan to attend "Orientation With LifeQuest"
Must register! Seating is limited, and also available via Zoom:

January 11, 2022 at 11:00 a.m.

See inside for details.

**Please note that proof of vaccination is required to attend any in-person class, each time for the entire 8-week term. Masks must be worn in the building.*

LifeQuest 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.
- 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-ft. 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.

Cleaning Precautions

- Hand sanitizer and mask stations will be available at the entrance of each open door.
- After each class, the room will be disinfected with an electrostatic sprayer to kill all airborne bacteria.
- To limit traffic within the building, we are expanding our in-person classes to 4 four days/week.
- At Second Presbyterian Church, each public restroom has a disinfectant spray. The church asks you to wipe down any surfaces you touched before leaving.

Employee Protocols

- All employees are required to wear a mask while representing LifeQuest.
- Employees will alternate days in the LifeQuest office, while others work remotely.
- The Executive Committee will evaluate these protocols every 30 days for possible updates.

Reason for the Policy

To establish clear regulations and guidelines for all LifeQuest staff, participants, volunteers, instructors, and vendors as well as with the host location. Requirements, guidelines and precautions will be evaluated before each new term.

Who is governed by this Policy?

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

LifeQuest: Winter 2022

MONDAY

10:00 A.M. - 10:45 A.M.

DONATELLO:

NOT JUST A MUTANT NINJA TURTLE

Sandra Cone, Instructor

Format: Hybrid (In-person limit: 40)

Online: Zoom, Facebook (No limit)

Recorded

Donatello (c. 1386 – 1466) was a Renaissance master sculptor and influential innovator. He worked in stone, wood, clay, and bronze to create some of the most memorable works of the early Italian Renaissance. Let's examine an overview of not only his best known but works but those likely unknown to the LifeQuest audience. Often Michelangelo overshadows Donatello's earlier achievements, but after this class you might just disagree!

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

THE MODERN SUPREME COURT

Various instructors

Format: Hybrid, (In-person limit: 40)

Online: Zoom, Facebook (No limit)

Recorded

From the U.S. Supreme Court's origins deep in English legal history and American colonialism up through the Senate's recent selection of Justices Kavanaugh and Barrett, the role of the court is to safeguard the right of political representation in the American Republic. This course will examine the following modern justices and their impact on the court:

Jan. 17: Robert Jackson - Fred Ursery

Jan. 24: Ruth Bader Ginsburg - Jonathan Wolfe

Jan. 31: Elena Kagan - Sherry Bartley

Feb. 7: Abe Fortas - Dick Williams

Feb. 14: Harry Blackmun - Fred Ursery

Feb. 21: Tom Clark - Dick Williams

Feb. 28: Antonin Scalia - Dent Gitchel

Mar. 7: Hugo Black - Pat Goss

MONDAY CONT.

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

MOVIE MUSICALS

Leon Kaplan, Instructor

Format: Hybrid (In-person limit: 40)

Online: Zoom (No limit)

Not recorded

The late 1920s saw the birth of musical film, a new performing art form with unique artistic needs and possibilities. From the beginning, audiences embraced the new genre of screen musicals with tremendous enthusiasm. This class, which kicks off with *The Jazz Singer*, will include such classics as *Gold Diggers of 1933*, *Top Hat*, *Anchors Aweigh*, *Seven Brides for Seven Brothers*, *A Hard Day's Night*, *Cabaret*, and *Chicago*.

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

LQ ARTISTS

John Mize, Facilitator

Format: Online. Zoom. (No limit)

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.

DID YOU KNOW

The **LifeQuest Library** contains archived recordings of hundreds of LifeQuest classes. It's time to renew your annual subscription this January! Once you join, you'll receive a unique username and password good from January to December 2022.



Like us on
Facebook

TUESDAY

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

CHRISTIANITY'S JEWISH ROOTS

Rabbi Gene Levy, Instructor

Format: Hybrid (In-person limit: 40)

Online: Zoom, Facebook (No Limit)

Recorded

Christians and Jews look to Abraham, Isaac, and Jacob as our forefathers and Sarah, Rebecca, Rachel, and Leah as our matriarchs. No other Jew in history has rivaled Jesus in the magnitude of his influence. Jews and Christians look at the meaning of the Messiah differently, but there is much Messianic prophecy in Jewish scripture. This class will explore Christianity's origins and continued relationship with Judaism through the following topics:

- Jesus As a Jewish Teacher
- The Apostles Were Jewish
- The Jewish Background of 4 Selected Parables
- The Pharisees and the Breakaway From Judaism
- Shared Beliefs (prayer, the origins of Baptism, etc.)
- Unshared Beliefs (sin, prophecy, etc.)
- The Origin of Communion
- When Will the Messiah Come (Back)?

10:00 A.M. - 10:45 A.M.

THE RED SHOES BALLET:

THE BALLETS RUSSES CONNECTION

Wayne Chapman, Instructor

Format: Hybrid (In-person limit: 40)

Online: Zoom, Facebook (No Limit)

Recorded

Let's explore the Hans Christian Andersen's story and the movie *The Red Shoes*, *The Red Shoes* ballet and Diaghilev and Stravinsky's *The Firebird*. *The Red Shoes* is a 1948 British drama film written, directed, and produced by Michael Powell and Emeric Pressburger. It follows a ballerina who joins the world renowned Ballet Lermontov which tests her dedication to the ballet by making her choose between her career and a romance with its composer. Cast almost entirely with professional dancers, *The Red Shoes* is regarded as one of the best films of Powell and Pressburger's partnership and one of the greatest films of all time.

TUESDAY CONT.

10:00 A.M. - 10:45 A.M.

THE BODY CLOCK:

ITS ROLE IN HEALTH AND DISEASE

Bob Burns, Ph.D., Instructor

Format: Online. Zoom, Facebook (No limit)

Recorded

In 2017, the Nobel Prize for Physiology or Medicine was awarded for research on the body clock and the rhythms it generates. Instruction will begin by reviewing annual rhythms in nature (spring flowers vs. fall color), then monthly rhythms (human menstrual cycle), and then focus on the daily or circadian frequencies occurring in every physiological event in every living thing.

Class topics include: genetic basis of body rhythms; entrainment to changes in light/dark cycle or social routine; effects of transmeridian flight; effect on athletic performance; unhealthiness and carcinogenicity of rotating shift work; daily changes in host resistance and susceptibility to all pharmacological agents and vaccine challenge; etc.

A deeper exploration will focus on the role the body clock plays in disease states in attempts to answer such questions as: (1) why most heart attacks and strokes occur around 9:00 a.m.; (2) the positive role circadian rhythms can play in the treatment of cardiovascular disease and: (3) the use of the body clock to enhance the clinical effectiveness of mouse and human cancer chemotherapy.

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

GRANDPARENTING TODAY

Elizabeth Vines, Facilitator

Format: Online. Zoom (Limit :12)

Not recorded

Sharing the joys and concerns of grandparenting, this participatory, discussion-based group will focus on the fun times, challenges and frustrations of being a grandparent in today's world with a special emphasis on building fellowship among the group.



TUESDAY CONT.

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

AN INTRODUCTION TO WILLIAM BLAKE

Paul Yoder, Instructor

Format: Hybrid (In-person limit: 40)

Online: Zoom, Facebook (No limit)

Recorded

William Blake (1757-1827) was an engraver, painter, poet, prophet, and terrible businessman. Many of his friends considered him either a visionary artist or an "unfortunate lunatic." He was a contemporary of Wordsworth and Byron, and lived through the American Revolution, the French Revolution and the Napoleonic Wars. This class will use a variety of great online resources to introduce Blake as an artist trying to make sense of his times.

12:00 P.M. - 12:45 P.M.

INCARCERATION IN ARKANSAS

Connie Wardell, Facilitator

Various Instructors

Format: Online. Zoom, Facebook (No limit)

Recorded

This class will provide an overarching look at the prison and jail facilities across the state and delve into how well they work to prepare prisoners to become law-abiding citizens.

Jan. 18: An overview of our state prison system.

Jan. 25: TBD

Feb. 1: An overview of programs for rehabilitation. (History and background)

Feb. 8: Transition Programs

Feb. 15: Paws in Prison

Feb. 22: The Women's Prison in Wrightsville

Mar. 1: Prison Ministry

Mar. 8: TBD

TUESDAY CONT.

1:00 P.M. - 1:45 P.M.

WHAT THE WORLD NEEDS NOW:

CRITICAL THINKING (not what to think, but how to think!)

Fred Silva, Instructor

Format: Online. Zoom, Facebook (No Limit)

Recorded

In another class of big ideas and broad-reaching areas of interest and study, Dr. Silva challenges us to *think critically* about the issues of the day and the world around us. Topics of discussion follow a basic outline:

- Background: Why Now? How to Think? (Facts, Truth and Evidence)
- Conspiracy Theories and Social Media
- The Brain: The Secret Life
- Logic: Reasoning and Learning
- Scientific Thinking: The Epitome
- Logical Fallacies: What to be aware of and not to fall for
- Fact Checking: The Solutions-the why, what, when, where and how of good thinking and rationality for today's challenges

1:00 P.M. - 1:45 P.M.

TAI CHI

Suzanne Yung, Instructor

Format: In-person (Limit: 20)

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

DID YOU KNOW

LifeQuest turned 40!

Since its beginning in 1981, LifeQuest members, volunteers, instructors, and staff have provided 40 years of learning opportunities, volunteerism, and social engagement which are all great reasons to celebrate!

Send your special birthday gift to LifeQuest and make a wish for another 40 years of learning and growth!



WEDNESDAY

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

BEHIND THE HEADLINES

John Brummett, Instructor

Format: Hybrid (In-person limit: 200)

Online: Facebook (No limit)

Recorded

Join us in-person or in the "LifeQuest WINTER 2022" Facebook group to hear a thoughtful analysis of the week's news across the state and beyond. Be sure to join this private Facebook group BEFORE the first day of class.

9:15 A.M. - 10:45 A.M.

SIMPLE STAMPING FOR BEGINNERS

Additional fee: \$15

Judy Langford-Brodie, Instructor

Format: In-person Only. (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.

9:15 A.M. - 11:00 A.M.

OPEN ARTISTS STUDIO

No instruction

Format: In-person Only. (Limit: 16)

Not recorded

All are welcome to this open time to draw, paint, sculpt, or craft. The studio is yours to gather, create, and share ideas and inspiration.

9:15 A.M. - 11:15 A.M.

MAH JONGG

Ellen Lowitz, Instructor

Format: In-person. (Limit: 20)

Not recorded

Learn to play Mah Jongg! Please purchase your 2022 Mah Jongg card by contacting 212-246-3052 or go to www.nationalmahjonggleague.org.

WEDNESDAY CONT.

10:00 A.M. - 10:45 A.M.

GREAT BOOKS

Materials fee: \$15

Rosemary Rogers, Facilitator

Format: Online, Zoom (Limit: 18)

Not recorded

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

10:00 A.M. - 10:45 A.M.

U.S. FOREIGN POLICY

Alan Eastham, U.S. Ambassador, Ret., Instructor

Format: Hybrid. (In-person limit: 200)

Online: Facebook (No limit)

Recorded

Join the discussion based on current events and newsworthy topics, interspersed with historical themes and foreign policy theory.

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

TRAVEL GUIDES EXPLORE THE WORLD

Various Instructors

Format: Online. Zoom, Facebook (No limit)

Recorded

Professional tour guides share their expert and insider knowledge of areas around the world. Explore, learn, and whet your appetite for travel!

Jan. 19: Trier, Germany, with Frankie Sue Kann

Jan. 26: Trier, Germany, with Frankie Sue Kann

Feb. 2: Sitka, Alaska, with Kate Winslow

Feb. 9: Sitka, Alaska, with Kate Winslow

Feb. 16: The Netherlands, with Pascal Lee

Feb. 23: The Netherlands, with Pascal Lee

Mar. 2: Western Canada's Rockies, Lakes and Wine Country, with Kenny Judd

Mar. 9: Roaming Coastal Maine, with Kenny Judd

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 CONT.

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

CHAIR YOGA

Brandy Tinsley, Instructor

Format: Hybrid (Limit: 20)

Online: Zoom, Facebook (No limit)

Love yoga but need something that doesn't involve getting up and down from the floor? Breathing, stretching and strength building can all be done using a chair so come join us!

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

WESTERN MUSIC BEFORE 1600

Nancy Fleming, Instructor

Format: In-person Only. (Limit: 40)

Not recorded

First, we'll learn about the fascinating history of the development of a distinctive style of music in the West during the Middle Ages. Second, we'll explore the beautiful music composed during the Renaissance. Discover such interesting characters as Hildegard of Bingen (1098-1179), visionary mystic, author of books on science and healing, correspondent with popes and kings, and one of the earliest composers for whom we actually have a name, and Carlo Gesualdo (c. 1566-1613), madman, prince, murderer, and composer of avant-garde music. Many people are unaware of the treasures composed during the first 800 years or so of Western music. Join us to find out more about them!

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

PAPER CRAFTS AND GREETING CARDS

Judy Langford-Brodie, Instructor

Format: In-person Only. (Limit: 8)

Materials fee: \$40

Not recorded

Are you a card maker with intermediate experience who is missing the enjoyment of creating with others? Join us weekly as we focus on everyday, fun-fold and holiday cards with some 3D projects thrown in for added fun. We will make two projects each week. Cut cardstock, envelopes and die cuts included in the class fee. A list of other supplies needed will be emailed to you.

WEDNESDAY CONT.

12:00 P.M. - 12:45 P.M.

GUEST SPEAKER HOUR

Various speakers

Format: Facebook Public Page (No Limit)

Recorded

Free and open to the public. May be viewed on the public LifeQuest of Arkansas Facebook page at Facebook.com/lifequestofarkansas. See the full schedule of presenters at lifequestofarkansas.org under "Guest Speaker Hour."

1:00 P.M. - 1:45 P.M.

JAZZ PIANO:

**SOMETHING OLD, SOMETHING NEW,
SOMETHING BORROWED**

Tom Cox, Instructor

Format: In-Person Only. (Limit: 40)

Not recorded

This jazz piano performance and discussion class will explore how contemporary jazz piano addresses the human spirit's intrinsic need for beauty in order to remain healthy and strong, and to continue to grow. Through piano performance of his own compositions and others you will recognize, the instructor will explore the relationships between jazz music, movement, and contemporary visual art.

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

ACRYLIC AND OIL PAINTING

Clarence Cash, Instructor

Format: Hybrid (Limit 16)

Online: Zoom, Facebook (No limit)

Recorded

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

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

TELL YOUR OWN STORY

Connie Wardell, Facilitators

Format: Online Only, 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.

THURSDAY

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

ARKANSAS AGRICULTURE

Various instructors;

Glen Harrison, coordinator

Format: Hybrid (Limit: 40)

Online: Zoom, Facebook (No limit)

Recorded

Agriculture in Arkansas generates more than \$16 billion in added value annually. The state's diverse landscape and climate facilitates the production of a wide variety of agricultural products, including rice, soybeans, cotton, livestock, fish, and poultry.

Agriculture provides 269,000 jobs in our state. There are over 40,000 farms on nearly 14 million acres in the state, 97 percent family-owned. Farmland covers 42 percent of the state, and 57 percent is covered with forests. We'll focus on the major sectors of Arkansas agriculture including:

- History, how the sector developed
- The characteristics of the farming operation
- Issues that farmers face, i.e., climate, international markets, costs, prices, etc.
- Markets
- Future of the sector

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

WHOLE FOOD PLANT-BASED (WFPB) DIETS : IMPACTS ON CHRONIC DISEASE & THE ENVIRONMENT

Stephanie Spencer, Instructor

Format: Zoom, Facebook (No limit)

Recorded

Join us as we discuss:

- The biochemical differences between plant and animal protein and the health impacts of animal protein consumption on individuals and populations.
- The effects of a WFPB diet in preventing, greatly improving, and frequently reversing two of the most common disease states in the U.S.: heart disease and Type 2 diabetes.
- The effectiveness of a WFPB diet in achieving permanent ideal body weight, cooking techniques utilizing healthy whole plant foods, practical differences between a WFPB diet and a vegan diet.
- Global issues of emerging pandemics and the environmental consequences of intensive animal production on a global scale.

THURSDAY CONT.

9:15 A.M. - 11:15 A.M.

WATERCOLOR WITH TOM:

Tom Herrin, Instructor

Format: Hybrid (Limit: 16)

Online: Zoom, Facebook (No limit)

Recorded

Watercolor painting with an emphasis on abstraction and shapes. Learn, create, and have fun together exploring in this single medium.

9:15 A.M. - 11:15 A.M.

ADVANCED PAPERCRAFTING

Connie Wardell, Instructor

Format: In-person Only. (Limit: 10)

Materials fee: \$40

Not recorded

This class is for those who have been making greeting cards and other paper crafts for some time. Join us for some fun making cards for all occasions using advanced techniques such as embossing, inking, layering, and 3D effects. We will make two projects each week. Cardstock, envelopes, and necessary tools will be available. A list of other needed supplies will be emailed to you before class.

9:30 A.M. - 11:00 A.M.

CONVERSATIONAL SPANISH

Marci Smith, Instructor

Format: In-person Only. (Limit: 8)

Not recorded

HABLAMOS MAS ESPANOL!

Conversational Spanish for people with prior Spanish instruction. No book required; we'll use hand-outs and Spanish-language newspapers and other materials to provide vocabulary and conversation topics.

10:00 A.M. - 10:45 A.M.

WHAT'S ON YOUR MIND

Bob Alexander, Facilitator

Format: In-person Only. (Limit: 20)

Not recorded

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

THURSDAY CONT.

10:00 A.M. - 10:45 A.M.

ARKANSAS HEART HOSPITAL

Various Instructors

Format: Online Only. Zoom, Facebook (No limit)

Recorded

Healthcare providers from Arkansas Heart Hospital (AHH) share their knowledge and medical expertise on a variety of topics: cardiac risk factors, women and heart disease, nutrition, vein health, etc. AHH patients have access to advanced technology and surgical techniques in a hospital specially designed for their treatment and recovery. We welcome their participation as a LifeQuest sponsor and educational partner for the benefit of our community and LifeQuest members.

10:00 A.M. - 10:45 A.M.

LQ BOOK CLUB

Mary Sha Moriarty, Facilitator

Format: Hybrid (Limit: 14)

Online: Zoom

Not recorded

Bring your curiosity, open-mindedness and love for books and reading! A suggested book list will be emailed to you before class begins.

10:00 A.M. - 10:45 A.M.

AND THEY'RE OFF!

HORSERACING IN ARKANSAS

Larry Yancey, Instructor

Format: Hybrid (Limit: 40)

Online: Zoom, Facebook (No limit)

Recorded

From the history of thoroughbreds and racing to what to look for in a good jockey, this class is intended to enhance the enjoyment of the sport for the casual participant. Learn about the history of Oaklawn Park, the Triple Crown, the Breeder's Cup, the equine athlete, and the great horses of the 20th and 21st centuries. Learn how to read racing forms, tip sheets and charts, how to understand track conditions, rate racing venues and place wagers--all to make a class trip to Oaklawn Park enjoyable and cash a few tickets! Guest speakers will include a few of the top handicappers in Arkansas.

THURSDAY CONT.

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

SELECTED MODERN AMERICAN POEMS:

ROMANCE IN MEMORY, FANTASY AND ACTION

Chuck Chappell, Instructor

Hope Coulter, Presenter

Format: Hybrid (Limit: 40)

Online: Zoom, Facebook (No limit)

Recorded

Please join our merry band of curious LifeQuesters for analyses and discussions of a wide variety of poems that explore the perennially popular topic of romance. Among the poets whose works will be considered are Robert Penn Warren, Howard Nemerov, Rita Dove, James Dickey, and Miller Williams, Arkansan. Noted local poet Hope Coulter will lead conversations about some of her own works.

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

BOOK DISCUSSION GROUP

Lynn Senn, Facilitator

Format: Online Only. Zoom (Limit: 16)

Not recorded

Ageless Soul: The Lifelong Journey Toward Meaning and Joy by Thomas Moore, provides a new vision of aging as a passage that each of us has the tools, experience, maturity, and imagination to enjoy in the fullest way. He teaches readers how to embrace the richness of experience, how to take on life, accept invitations to new vitality, and feel fulfilled as we grow older. **Please obtain the book on your own and plan to read through page 30 before the first day of class.**

12:00 P.M. - 12:45 P.M.

YOGA

Linda King, Instructor

Format: Online Only. Zoom, Facebook (No limit)

Recorded

A gentle yoga class to keep you strong and flexible! Classes include breathing techniques, yoga postures and flows, and relaxation. Classes will include teaching modifications for physical limitations.



THURSDAY CONT.

12:00 P.M. - 12:45 P.M.

AARP: CARING CONVERSATIONS

Various Presenters

Format: Online Only. Zoom (No limit)

Recorded

Free and open to the public. Did you know that family caregivers provide the majority of long-term care in the U.S.? More than 48 million family caregivers provide care for aging loved ones each year. Whether you are currently serving in a caregiving role, or planning for the future, this series provides a wealth of information on topics such as financial planning, home modifications, respite care, etc.

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

PASTELS

Debbie Strobel, Susan Hurst, Clarence Cash, and friends, Instructors

Format: Hybrid (Limit: 16)

Online: Zoom, Facebook (No limit)

Recorded

Join this fun class to learn about various pastel supplies and techniques, and hone your skills through guided demonstrations.

FRIDAY

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

FRIDAYS WITH PHILIP

Philip Martin, Instructor

Format: Online Only. Zoom

Not recorded

Let's review the 2011, ten-episode, series *Enlightened*, created by Mike White (*The White Lotus*) and Laura Dern, who plays the lead character, a woman recovering from a nervous breakdown in the wake of the implosion of her professional life. We'll discuss how so-called prestige television has changed the cultural environment. If you're familiar with *The White Lotus*, you'll be interested in learning more about White's career, style and perspective on American mores.

DIGITAL LEARNING WORKSHOPS

TUESDAYS

9:15 A.M. - 11:15 A.M.

January 18 & 25

COMPUTER MAINTENANCE

Bill Owens, Instructor

Format: In-person only. (Limit: 8)

Materials fee: \$10

Laptop computers will be provided. In two sessions, we will learn how to create a recovery drive, antivirus programs, unfreeze your computer, and many other areas of maintaining a healthy system.

February 1

IPHONE PHOTOS

Charlie Frith, Instructor

Format: In-person only. (Limit: 8)

Materials fee: \$10

This two-hour session will give an overview of the iPhone camera and Photo App.

February 8

INTRODUCTION TO FILE MANAGEMENT

Bill Owens Instructor

Format: In-person only. (Limit: 8)

Materials fee: \$10

This 2 hour session will provide you a comprehensive understanding of digital file management.

February 15

EDISON EMAIL

Charlie Frith, Instructor

Format: In-person only. (Limit: 8)

Materials fee: \$10

This 1.5 hour session will teach you all about the "ins and outs" of Edison email which is designed to make your email experience more manageable.

Orientation with LifeQuest

January 11, 2022 at 11:00 A.M. Format: Hybrid-2nd Hall (Limit: 40) or via Zoom (No limit) *Recorded*

Learn how to navigate in-person LifeQuest classes with our COVID precautions. We'll show you how to find your classes in-person and online. You may also call the office for one-on-one help or watch "How To Be Online With LifeQuest" available at lifequestofarkansas.org/what_we_do/online-class-tutorials.

DIGITAL LEARNING WORKSHOPS CONT.

TUESDAYS
9:15 A.M. - 11:15 A.M.

Tuesday, February 22 & March 1

AN INTRODUCTION TO GOOGLE PHOTOS

Charlie Frith, Instructor

Format: In-person only. (Limit: 8)

Materials fee: \$10

Not recorded

This is a two-session workshop on utilizing Google Photos. Installing and uninstalling the app, creating and sharing albums, facial recognition and more.

Tuesday, March 8

CYBERSECURITY FOR EVERYONE

Dan Harpool, CEO of Complete Computing

Format: Hybrid (Limit: 20)

Online: Zoom, Facebook (No limit)

Recorded.

*This workshop is **open to ALL registered members of LifeQuest**. Learn how to keep your information safe in a digitally-connected world!*

CURBSIDE MEALS

Pick up at Second Presbyterian Church
600 Pleasant Valley Drive, Little Rock
Thursdays between 2:30 p.m. - 3:30 p.m.

Make your reservations:

Prepay for meals or order by noon each Monday.

LifeQuest's chef-prepared meals are ready for you to reheat or bake at home.



- Each meal is \$16 and provides two servings.
- A half baker's dozen of homemade yeast rolls (\$5) AND/OR cinnamon rolls (\$8) may be added to your order.
- Please order meals at least one week in advance.
- First come, first served!
- Use enclosed registration form to order meals, order online at lifequestofarkansas.org, or call the LifeQuest Office one week in advance: 501-225-6073.

January 20

Pork tenderloin with smashed potatoes

January 27

Chicken artichoke casserole

February 3

Baked spaghetti casserole

February 10

Bacon corn chowder

February 17

Walnut-crusted chicken with honey and brie

February 24

Chicken enchiladas

March 3

Beef stroganoff

March 10

Chicken cacciatore with garlic spaghetti

What's New at LifeQuest?

THREE TYPES OF CLASSES

This winter we are offering classes in THREE formats:

- IN-PERSON classes for a limited number of participants with *proof of vaccination*. Proof of vaccination must be shown, each week, to enter the building, and all participants must wear masks.
- ONLINE classes are held on Zoom and Facebook. Be sure to request to JOIN the LifeQuest Winter 2022 Facebook group before classes begin so that you may view live presentations and watch the class recordings this term.
- HYBRID classes occur when in-person and online participants take a class together! Hybrid classes are made possible by the work of trained volunteers and the generous donations of LifeQuesters. Thank you!

HOW TO LOGIN

Login to the LifeQuest of Arkansas website to attend online classes via Zoom or Facebook, watch class recordings, and view class materials.

1. Go to the LifeQuest of Arkansas website and click LOGIN under our logo.
2. Enter the Username and Password given to you in your Registration Confirmation email sent to you when you register for the Winter 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 opens the page of classes where you click a Zoom button or a Facebook button to easily attend class; RECORDINGS opens all the class recordings for the Winter Term; and CLASS MATERIALS opens a page with handouts or class materials.

TO RECORD OR NOT TO RECORD?

Many LifeQuest classes are recorded and may be watched later in the term. However, if a class is not recorded, it may be because there is copyrighted material covered in class, the class contains the opinions and experiences of participants that may be personal in nature, or it is the instructor's preference that the class not be recorded. Login to the LifeQuest website to see class recordings.

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 being recorded.

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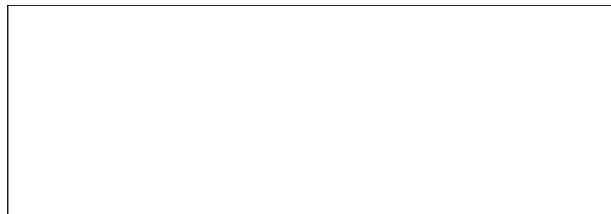


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Dorothy P. Sitton Scholarships are available.
Call the LifeQuest office at 501-225-6073 to apply.