



# Winter 2024

**January 16 - March 11**  
**REGISTRATION OPENS [December 5 at 9:00 A.M.](#)**

LifeQuest Winter 2024 offers \*In-person, Online, and Hybrid Classes  
Registration Fee: \$85

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 "LifeQuest Orientation," [January 9 at 11:00 a.m.](#)

# Welcome to LifeQuest!

## REGISTER ONLINE

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](http://lifequestofarkansas.org)

**Registration will open at 9:00 a.m.  
Tuesday, December 5.**

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 "Register" on the LifeQuest website, or come by the LifeQuest office and we'll print one for you. Mailed forms will be accepted; however, they are not processed as quickly as online registrations.

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

**Mailed registration:** Paper forms can be downloaded and printed from the LifeQuest website at [lifequestofarkansas.org](http://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.

Volunteers will be available at the LifeQuest office on Tuesday, December 5, to help anyone who needs assistance in registering online.



Here is another way you can access our website to register with this QR code.

## 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](mailto:info@lifequestofarkansas.org) to request an application form.

## LifeQuest T-shirts for Sale!!



**Get your LifeQuest t-shirt now!**

**The shirts are 100% cotton and navy blue. Long and short sleeve options.**

**Sizes for long sleeve: S-2X for \$25**

**Sizes for short sleeve: XS-4X for \$20**

**Order yours today online, in-person or by calling the LifeQuest office. Winter term orders are due no later than January 30.**

## LIFEQUEST ORIENTATION

**Tuesday, January 9, 11:00 A.M. - Noon  
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:

- Learning together in-person and online
- Class locations, who's who and more
- How to attend in-person or online

Optional zoom link can be found on the LifeQuest website at [lifequestofarkansas.org](http://lifequestofarkansas.org)

**This is FREE and open to the public,  
so bring a friend.**

**We hope to see you there!**

# LifeQuest: Winter 2024

There will be no classes on Monday, January 15.

## MONDAY

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

### GREETING CARDS & PAPER CRAFTING

*Judy Langford-Brodie, Instructor*

**Materials fee: \$40**

**Format: 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 experienced stamper, this class will offer an opportunity to learn new techniques and expand your existing skills. Each week we will make two projects using die cuts, punches, rubber stamps and a variety of paper folds. A list of personal supplies needed is available in the Materials section of the LifeQuest website.

9:30 A.M. - 10:45 A.M.

### GRANDPARENTING TODAY

*Elizabeth Vines, Facilitator*

**Format: Online, limit - 12; Not recorded**

Sharing the joys and concerns of grandparenting, this participatory, discussion-based group focuses 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.

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

### GREAT BOOKS 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)

### SPANISH FOR TRAVELERS

*Karen Sherman, Instructor*

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

We will practice useful travel phrases to provide personal info, ask about directions and weather, check on various transportation schedules, order food, go shopping, and make reservations for a hotel, car or restaurant.

### 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.

## MONDAY, Cont.

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.

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

### BOOK DISCUSSION WITH LYNN

*The Inner Work of Age, Part 2*

*Lynn Senn, Facilitator*

**Format: Online, limit - 16; Not recorded**

This class is limited to those who participated in Part 1 during the fall term. Participants should read Chapter 7 and do the practices at the end of the chapter.

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

### CRAFTING WITH CONNIE

*Connie Wardell, Instructor*

**Materials fee: \$40**

**Format: In-person, limit - 10; 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. A list of needed supplies will be emailed to you before class.

### Monday and Wednesday

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

4 Weeks ONLY January 22 - February 14

### A MATTER OF BALANCE:

#### Managing Concerns About Falls

*Sponsored by Arkansas Geriatric Education Collaborative/UAMS*

**Team Taught**

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

Many older adults experience concerns about falling and restrict their daily activities. "A Matter of Balance" is an evidenced-based program designed to manage falls and increase activity levels.

In this class you will learn to:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

## TUESDAY

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

### DRAWING WITH STEPHEN

*Stephen Lanford, Instructor*

**Format: In-person, limit - 18; Not recorded**

This is a class that can improve anyone's drawing skills. Whether or not you have previous drawing experience, you are welcome. We will discuss and explore the knowledge necessary to learn drawing skills. This course is flexible enough to accommodate beginners who've never drawn before, as well as artists with previous drawing experience who would like a refresher.

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

### INTRO TO WORLD RELIGIONS

*Terry Goddard, Instructor*

**Format: In-person, limit - none; Not recorded**

Join us for a discussion of the religions of India (Jainism, Hinduism, Sikhism and Buddhism) and China (Daoism and Confucianism). We will explore the wisdom literature of each as we discuss their many interesting aspects.

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

### CONVERSATIONAL SPANISH

*Marci Smith and Charlie Frith, Instructors*

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

**HABLAMOS MAS ESPAÑOL!**

Conversational Spanish is for people with prior Spanish instruction. Students should bring some noticias to class to share with other students. The class also listens to audible stories in Spanish followed by discussion. Videos of Spanish vocabulary may occasionally be presented. We will review some grammar and occasionally invite a native speaker to attend class. Come and have fun!

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

**4 Weeks Only: January 16 - February 6**

### USING YOUR iPhone TO ITS MAX

*Doris Krain, Instructor*

**Format: Online, limit - 6; Not recorded**

From the comfort of your home, learn how to use different apps on your iPhone: settings, texting, email, notes, calendar, and surfing the internet. Attend the class using your iPad or desktop so you can learn new things about your iPhone.

**Be sure to have your iPhone charged for class.**

## TUESDAY, Cont.

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

**Two 4-Week Sessions Offered**

**First Session: January 16 - February 6**

**Second Session: February 13 - March 5**

### CHANGE LIVES THROUGH LITERACY ACTION!

*Dana Venhaus, Instructor*

**Format: Hybrid, In-person, limit - 12; Recorded**

Only sign up for one of the two sessions. 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 four short weeks, you will be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), either in person or via Zoom so you can tutor from anywhere! All materials provided, no teaching experience necessary. Learn more about Literacy Action of Central Arkansas at:

[www.literacyactionar.org](http://www.literacyactionar.org)

**This class is free and open to the public.**

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

### SECRETS TO THE GRAVE

*Mara Leveritt, Author and Instructor*

**Format: Online; Recorded**

The journalist/author of *Devil's Knot* (on which a 2013 film was based) returns to LifeQuest to guide us through another mysterious piece of Arkansas history. In 1986, gunmen assassinated Barry Seal, the Louisiana drug-smuggler-turned-federal-informant who'd hidden his aircraft for years at the airport in Mena, Ark. The following year, in a crime presumed to be related to illegal drugs, two Saline County teenagers were murdered and left to be run over by a train. As years passed without arrests in their case, Arkansans belatedly began to learn about Seal-and that, even before he became an informant, federal officials knew he was using the airport at Mena. Over time, the secrecy surrounding these cases fostered suspicions that they were connected. Were they? This class will examine that question through the lens of Leveritt's books, *The Boys on the Tracks* and *All Quiet at Mena*.

## TUESDAY, Cont.

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

### CONVERSATIONS WITH FRED

**Critical Thinking: Not What to Think but How to Think**

*Fred Silva, Instructor*

**Format: Online; Recorded**

- Introduction: Why is it important?
- Conspiracy Theories: Why do we have them and who is susceptible?
- The Human Brain: Its advantages and problems.
- Science: The epitome of critical thinking.
- Logic: Uses in critical thinking.
- Fallacies
- Solutions: Where to look and fact checking.

1:00 P.M. - 2:15 P.M.

### BEGINNING PICKLEBALL "A"

*Anthony Dillard, Instructor*

**Facilities fee: \$15**

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

Learn how to play the fastest-growing sport in America! Pickleball is a racket sport played on a badminton-size court. It can be played indoors or outdoors. This is an introductory class for beginners only. Paddles and balls will be provided in class. You will learn the rules, basic skills, and strategy. Wear appropriate exercise clothing, including court shoes.

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

### HABLAR DEL PASADO

*Jenni Duncan, Instructor*

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

Learn the preterit and imperfect past tenses to speak in Spanish about things that happened yesterday or long ago. We will integrate those new tenses with present tense verbs using dialogues, worksheets and conversation.

### TELL YOUR OWN STORY

*Connie Wardell and JoEllen Willis, Facilitators*

**Format: Online, limit - 14; Not recorded**

This is a writing and sharing class. We will spend a couple of weeks focusing on writing our personal stories regarding the destructive March 31, 2023, Little Rock and North Little Rock tornado followed by telling our personal stories about other dramatic and sometimes traumatic life events. Your family will love having your take on historic events. We do not critique but encourage writing, on any subject of your choosing. Come share your thoughts.

## TUESDAY, Cont.

2:30 P.M. - 3:45 P.M.

### BEGINNING PICKLEBALL "B"

*Anthony Dillard, Instructor*

**Facilities fee: \$15**

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

Learn how to play the fastest-growing sport in America! Pickleball is a racket sport played on a badminton-size court. It can be played indoors or outdoors. This is an introductory class for beginners only. Paddles and balls will be provided in class. You will learn the rules, basic skills, and strategy. Wear appropriate exercise clothing, including court shoes.

## WEDNESDAY

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

### BEHIND THE HEADLINES

*John Brummett, Instructor*

**Format: Hybrid, In-person, limit - none; Recorded**

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest Winter 2024" Facebook group to hear a thoughtful analysis of the week's news across the state and beyond. Be sure to join the private Facebook group BEFORE the first day of class.

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

### WATERCOLOR

*Stephen Lanford, Instructor*

**Format: In-person, limit - 18; Not recorded**

This class is designed to explore and develop your watercolor skills. This includes concepts like water/pigment management, practicing gradated and variegated washes, keeping "the bead" active, painting wet into wet, and painting wet into dry. During this exploration, we will search for our own artistic voice expressed through watercolor, and explore the components of painting: hue, value, chroma, their application, design and composition as they relate to watercolor painting.

There is plenty of room for beginners and accomplished painters alike. The best way to improve one's painting is to paint often. We will paint every week, practicing the processes and skills introduced in class.

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

### GREAT BOOKS 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.

### WOMEN COMPOSERS OF CLASSICAL MUSIC

*Nancy Fleming, Instructor*

*Ansley Fleming, Pianist*

**Format: In-person, limit - 60; Not recorded**

Women have always been involved in music making, but traditionally their roles were limited to those of patron, muse, teacher, and, under certain circumstances, performer. Until recently, composition was considered an inappropriate female occupation. Nonetheless, women have always created music. We will survey a representative sampling of women composers and their music from antiquity up to the present day.

### U.S. FOREIGN POLICY TODAY

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

**Format: Hybrid, In-person limit - 60; Recorded**

Discussion of ongoing foreign policy questions pressing the United States. In class, we'll evoke history, the international system and its traditions, ethics, and precedent to understand the options available to the U.S. in making its way in the world. The subject of any particular class session will be recent news stories appearing in the national and local press.

### ALL SPORTS CONSIDERED

*Larry Walton, Facilitator*

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

Come join Larry as he invites special guests and leads discussions about the ins and outs of various sports and athletes around Arkansas.

### ARKANSAS ECOLOGY IN THE 19<sup>th</sup> CENTURY

*Sponsored by Arkansas Geriatric Education Collaborative/UAMS*

*Jane Jones Schulz, Instructor*

**Format: Hybrid, In-person limit - none; Recorded**

Have you ever wondered about the wilderness of Arkansas before it was settled? What plants and animals did the early explorers see that are no longer here? Come along as we take a journey through the extraordinary natural world of our state in the 19<sup>th</sup> century against the backdrop of historical events such as the start of the Louisiana Purchase survey, Arkansas statehood, and the Civil War. See the bird Audubon discovered and painted at Arkansas Post, read Dunbar's first-person account of his visit to the thermal springs in 1804, and learn about the herds of bison that gave the Buffalo River its name. We will also explore how these early writings are still guiding conservation today.

## WEDNESDAY, Cont.

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

4 Weeks Only: January 17 - February 7

### PORTRAIT DRAWING: Forms of the Face

*Patricia Bueter, Instructor*

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

Join this fun class to learn about modeling the forms of the face in graphite, using light and shadows to create realistic three-dimensional features.

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

### KNITTING AND SHARING

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

Share your knitting knowledge and learn from others. No instruction, just creative fun!

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

### RUSSIAN LEADERS

*Various Instructors*

**Format: Hybrid, In-person limit - none; Recorded**

Join our instructors as they explore the Russian leaders that shaped history.

(LifeQuest instructors in parentheses)

Jan. 17: Vladimir Putin (Dick Williams)

Jan. 24: Peter the Great (Dent Gitchel)

Jan. 31: Nicholas II (Bob Brown)

Feb. 7: Alexander Kerensky (Jonathan Wolfe)

Feb. 14: Vladimir Lenin (Judge Larry Vaught)

Feb. 21: Nikita Khrushchev (Pat Goss)

Feb. 28: Leon Trotsky (Sherry Bartley)

Mar. 6: Joseph Stalin (Fred Ursery)

### SO YOU THINK YOU KNOW LITTLE ROCK PART 2

*Charles Feild, Instructor*

**Format: In-person limit - 60; Not recorded**

Drawing on the instructor's personal history spanning eight generations, this class will continue the journey started with the first class of "So You Think You Know Little Rock?" The Arkansas River, pioneer Little Rock, the not-so-legal trouble in the River City, suffrage and the Women's Movement, LGBT Little Rock and Little Rock and the arts. Whether you were here for Part 1 or not, this class will be an eye-opening adventure into the history of our fair city sure to make you raise an eyebrow, chuckle a few times and possibly even gasp in surprise as the light is shined on its history.

## WEDNESDAY, Cont.

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

### EXPERTS WITH THE CENTRAL ARKANSAS LIBRARY SYSTEM

*Various Speakers*

**Format: Hybrid; In-person limit 60; Recorded**

Join us for a series of presentations with experts from Central Arkansas Library System covering a wide range of topics including Intro to Salsa Dancing; Genealogy and the Census; Civil War Arkansas 101; Canva for Valentine's Day; Little Rock's Historically Black Communities; The Trail of Tears; History, the DAR, UDC and the Lost Cause; and the Second Wave of Feminism in Arkansas.

### MUSIC IN ARKANSAS: Original Songs Performed by Local Singer-Songwriters

*Rich Roy and Marvin Schwartz, Facilitators*

**Format: In-person, limit - 55; Not recorded**

Local singer-songwriters will perform original compositions and explain their approach to music and performance. The discussion will focus on musical influences, creative inspiration and personal style. The performers are members of Whif 'n Sip, a group of friends united by music that has been meeting weekly in Little Rock since 1978.

### AND THEY'RE OFF!

#### HORSERACING IN ARKANSAS

*Larry Yancey and Eddie "Pick 6" Parnell, Instructors*

**Format: In-person, limit - 40; Not 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, understand track conditions, rate racing venues and place wagers to make a class trip to Oaklawn enjoyable and cash a few tickets! Guest speakers will include an official from Oaklawn Racing and Gaming.

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

### LUNCH AND LEARN IN THE GREAT HALL

*Various Speakers*

**Format: In-person; Not recorded**

A weekly sit-down lunch with a program provided by various community partners. Meals must be purchased by Sunday of the week desired. See our website for information on speakers.

**\*Brown bag lunches are welcome**

## WEDNESDAY, Cont.

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

### THE TEACHINGS OF JESUS

*Steve Teske, Instructor*

**Format: In-person, limit - 60; Not recorded**

In this eight-week examination of the teachings of Jesus, we will cover:

- Who is Jesus, and how do we know what he taught?
- The Sermon on the Mount
- The parables of Jesus
- The "I am" sayings of Jesus
- Jesus on love
- Hard sayings of Jesus
- Jesus and the Kingdom of God
- Jesus' words from the cross and after.

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

### ACRYLIC AND OIL PAINTING

*Louise Carlisle and Bob Snider, Instructors*

**Format: In-person, limit - 18; Not recorded**

As we welcome back some instructors from our past, we will get new and varied perspectives on this wonderful medium. We will focus on acrylics and oils. Learn about various supplies and techniques, and hone your skills through guided demonstrations.

### SCULPTING

*John Deering, Instructor*

**Format: In-person, limit - 10; Not recorded**

Do you have an idea about a project you would like to sculpt? This instructor will help you transform your idea into existence. The supply list will depend on your project. If you have something in process, bring it and your supplies. If you have not begun and do not know what you will need, the instructor and class will help you.

## THURSDAY

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

### OPEN STUDIO

**Format: In-person, limit - 18; Not recorded**

Draw, paint or craft with friends. No instruction.

### BEGINNING MAH JONGG

*Ellen Lowitz, Instructor*

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

Learn to play Mah Jongg! Please purchase your Mah Jongg card by contacting 212-246-3052 or go to [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org).

<b>THURSDAY, Cont.</b>
<b>9:00 A.M. - 11:50 A.M.</b>
<b>THURSDAYS WITH PHILIP MARTIN</b> <i>Philip Martin, Instructor</i> <b>Format: In-person, limit - 55; Not recorded</b> Join film critic Philip Martin to view and discuss various films. Selected movies will be announced the first day of class.
<b>10:00 A.M. - 10:50 A.M.</b>
<b>GARDENING: Preparing for Spring</b> <i>Various Instructors</i> <b>Format: In-person, limit - 60; Not recorded</b> The Herb Society and Master Gardeners will present a variety of seasonally relevant topics including: <ul style="list-style-type: none"> <li>• Plants for Pollinators</li> <li>• Making Things with Herbs</li> <li>• Milk Jug Planting</li> <li>• Terrific Herbs for Blending</li> <li>• Native Herbs</li> <li>• Hops, Not Just for Beer</li> <li>• Growing Your Own Herbal Tea Garden</li> <li>• Container Gardening</li> </ul>
<b>OUR NATIONAL PARKS ... AMERICA'S BEST IDEA PART 2; All New Parks</b> <i>John Slater, Instructor</i> <b>Format: Hybrid, In-person, limit - 60; Recorded</b> Join us as we journey to some of our country's most spectacular national parks. We'll explore their history, geology, and natural beauty and John will share some of his personal adventures with you using his own photographs. <b>This is not a repeat of the Winter 2023 LQ class, but a whole new set of parks to journey through!</b>
<b>FRENCH PAINTING c. 1885-1915</b> <b>Post-Impressionism, Fauvism and Cubism</b> <i>Floyd Martin, Instructor</i> <b>Format: In-person, limit - 60; Not recorded</b> This class will examine important developments in painting around 1900, with emphasis on French artists associated with the movements of Post-Impressionism, Fauvism and Cubism as well as artists of other nationalities influenced by these movements. Included will be such figures as Seurat, Cezanne, van Gogh, Gauguin, Matisse, Picasso, Braque and Mondrian. There will be a field trip to the Arkansas Museum of Fine Arts to see the special exhibition <i>Path to Abstraction: Picasso, Braque and Cubism's Impact on Modern Art.</i>

<b>THURSDAY, Cont.</b>
<b>10:00 A.M. - 10:50 A.M.</b>
<b>SOCRATES CAFE</b> <i>Rudy Rieple, Facilitator</i> <b>Format: In-person, limit - 14; Not recorded</b> At Socrates Cafe, people explore questions from their lives through public, nonacademic dialog. At each cafe, participants propose questions and then vote to decide the topic.
<b>10:00 A.M. - 11:50 A.M.</b>
<b>TIPS AND TRICKS ON YOUR iPHONE</b> <i>Charlie Frith and Doris Krain, Coordinators</i> <b>Format: In-person, limit - 16; Not recorded</b> Hands-on review of how to use your iPhone for a wide variety of activities including: <ul style="list-style-type: none"> <li>• General Organization</li> <li>• Internet Access</li> <li>• Email</li> <li>• Texting</li> <li>• Notes and Reminders</li> <li>• Calendar</li> <li>• Using Other Apps</li> <li>• Widgets and Wallpaper</li> </ul> <b>Be sure to have your iPhone charged for class.</b>
<b>11:00 A.M. - 11:50 A.M.</b>
<b>TWO RECENT NOVELS BY LOCAL AUTHORS</b> <i>Chuck Chappell, Instructor</i> <b>Format: In-person, limit - 60; Not recorded</b> Mark Barr is the author of <i>WATERSHED</i> , published in 2019. Rhona Weaver is the author of <i>A NOBLE CALLING</i> , published in 2020. Both novelists live in Little Rock and will visit the final class session when his or her novel is discussed. Participants in the course may obtain both novels from Central Arkansas Library System, which has editions of each in its collection; through a local bookstore; or from Amazon and other internet sources. Mark Barr recently won the Porter Prize, which is awarded to an Arkansas author who has produced significant works of literature. Rhona Weaver has won several awards from various associations of independent booksellers. For our first class session, start reading <i>WATERSHED</i> .
<b>TAI CHI</b> <i>Sponsored by Arkansas Geriatric Education Collaborative/UAMS</i> <i>Suzanne Yung, Instructor</i> <b>Format: In-person, limit - 20; Not recorded</b> Learn the slow, rhythmic movements of Northern Wu Tai Chi, the 13 Golden Postures and the Tai Chi walk.



## THURSDAY, Cont.

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

### THE MOST EVIL WOMEN IN HISTORY

**Gail Laster, Instructor**

**Format: In-person, limit - 60; Not recorded**

We tend to think of women as loving and nurturing, maybe sugar and spice and everything nice, but you are going to meet some of the most evil, malicious women to walk the face of the Earth. From sadistic Nazi commandants to female serial killers, here are 25 of the most ruthless, evil women in history. These women wreaked havoc upon humanity. Watch out, you may have nightmares after this one.

### NAPOLEON BONAPARTE: 1807-1808

**John Giessmann, Instructor**

**Format: Hybrid, In-person limit - 60; Recorded**

This session will cover the final days of Napoleon's Polish campaign, the Peace of Tilsit, Napoleon and Tsar Alexander's plans to divide the world, the invasion of Portugal and Spain, and the Congress of Erfurt.

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

### THINGS TO DO AND PLACES TO SEE IN THE NATURAL STATE

**Charlie Frith, Instructor**

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

This 8-week session will illustrate a number of places to see and things to do in Arkansas. A combination of text, beautiful photos and soothing music will complement each session. The following topics will be presented:

- Old Mill & Blanchard Caverns
- Pinnacle Mountain & Little Maumelle River
- Fishing on the White River
- Buffalo National River
- Petit Jean State Park
- Trumpeter Swans on Magness Lake & Sailing on Lake Maumelle
- Garvan Woodland Gardens & Mount Magazine
- Charlie's Own Backyard.

### LQ BOOK CLUB

**Mary Sha Moriarty, Facilitator**

**Format: In-person, limit - 14; 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.

## THURSDAY, Cont.

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

### LINE DANCING

*Sponsored by Arkansas Geriatric Education Collaborative/UAMS*

**Rose Virgil, Instructor**

**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.

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

### YOGA

**Jessica Durand, Instructor**

**Format: In-person, limit - 30; Not recorded**

Build strength, flexibility and balance through yoga. In this class, we will use a chair and mat as our only props. Be prepared to sit, stand, and get down on the floor - slowly! Yoga can be practiced by everyone regardless of age, health status or fitness experience.

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

### PASTELS

**Clarence Cash, Susan Hurst, Anne Parat and Debbie Strobel, Instructors**

**Format: In-person, limit - 18; Not recorded**

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

## FRIDAY

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

**Professor Bowl**

**901 Towne Oaks Drive, Little Rock**

### BOWLING FOR FUN

**Facilities fee: \$50**

Come out and spend some time bowling with friends. Bowl two games for eight weeks for \$50. This class will meet at Professor Bowl at 901 Towne Oaks Drive in Little Rock. There will be shoes and bowling balls provided at no additional cost. This class does need a minimum of 12 to make it a go! So grab a friend and sign up for a good time! There will be a snack bar available during the class time. Please, no outside food or drinks.

## WE HAVE MEALS TWO DAYS, TWO WAYS (IN-PERSON AND CURBSIDE)

**This winter, we will have meals on Wednesdays and Thursdays.**

- Wednesday meals will be in person in the Great Hall at noon during Lunch and Learn. In-person lunches will be \$12 per person.
- Thursday meals will be our curbside meal service and will be \$16 for an entrée that serves two and \$10 for dessert that serves four to six. Pick up on Thursdays between 11:45 a.m. - 12:15 p.m. After 12:15, we will put your meal in the refrigerator.
- Meals can be ordered online at [lifequestofarkansas.org](http://lifequestofarkansas.org) or by calling the LifeQuest office at 501-225-6073, stopping by the office or using the enclosed registration form.
- **Both In-person and Curbside meals must be purchased by Sunday of the week desired so we can give the chefs an accurate number.**

### Wednesday In-person Menu

#### **January 17**

Hearty Beef Stew, Cornbread, Apple Crisp with Cinnamon Whipped Cream

#### **January 24**

Italian Stuffed Shells, Caesar Salad, Herbed Rolls, Goopy Butter Cake

#### **January 31**

Minestrone Soup, Garlic Rolls, Salad, Oatmeal and Chocolate Chip Cookies

#### **February 7**

Chicken Pot Pie, Salad, Peanut Butter Cheesecake Brownies

#### **February 14**

Pork Tenderloin, Smashed Potatoes, Asparagus, Cherry Cobbler

#### **February 21**

King Ranch Chicken, Salad, Chocolate Layer Dessert

#### **February 28**

Manicotti Crepes, Salad, Herbed Rolls, Blueberry Cream Cheesecake

#### **March 6**

Tomato Bisque, Grilled Cheese Sandwiches, Salad, Banana Pudding

### Thursday Curbside Menu

#### **January 18**

Entrée: Chili  
Dessert: Chocolate Cake

#### **January 25**

Entrée: Pot Roast  
Dessert: Cinnamon Rolls

#### **February 1**

Entrée: Spaghetti & Meatballs  
Dessert: Brownies

#### **February 8**

Entrée: Meatloaf  
Dessert: Bread Pudding

#### **February 15**

Entrée: Parmesan Chicken  
Dessert: Banana Pudding

#### **February 22**

Entrée: Chicken Enchiladas  
Dessert: Pecan Sticky Buns

#### **February 29**

Entrée: Salisbury Steak  
Dessert: Chocolate Layer Dessert

#### **March 7**

Entrée: Beef Brisket  
Dessert: Strawberry Shortcake

### **Inclement Weather Policy**

In the event of inclement weather this winter, please refer to the Inclement Weather Statement located on our website at:

[https://www.lifequestofarkansas.org/who\\_we\\_are/inclement\\_weather\\_policy.html](https://www.lifequestofarkansas.org/who_we_are/inclement_weather_policy.html)

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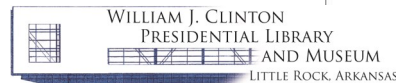
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### FOR REGISTRATION & SCHOLARSHIPS

Contact us by mail:

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

Or online:  
[info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)

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