



Spring 2024

April 1 - May 24

REGISTRATION OPENS March 12 at 9:00 A.M.

Assistance with registration available from 9-10:30 March 12 at LifeQuest.

LifeQuest Spring 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," March 26 at 11:00 a.m.

Circle of Giving - 2023 Donors

Every year, we are grateful for the generosity bestowed upon LifeQuest by our donors. Because class registration fees only cover 44% of our budget, we must raise the additional 56% in order to maintain quality programming and keep registration fees affordable for all. Donors giving \$500 or more in 2023 are listed below. Thank you all!

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April
16

LifeQuest
GIVES

Every gift is appreciated!

How do I give?

- ◆ Online at lifequestofarkansas.org/donate
- ◆ Mail to: P.O. Box 25523,
Little Rock, AR 72221
- ◆ Drop off at: 600 Pleasant Valley Drive,
Little Rock, AR 72227
- ◆ Call the LifeQuest office: 501-225-6073

Did you know?

There are many ways to give to LifeQuest:

- ◆ Gifts made by check or credit card
- ◆ IRA Qualified Charitable Distribution
- ◆ Donate an appreciated asset
- ◆ Memorials/Honorariums

This QR code is another
way you can access our
website to donate.



LifeQuest: Spring 2024

There will be no classes on Monday, April 8.

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 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

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

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.

MONDAY, Cont.

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.

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

SOUTHEAST ASIA: A Fragmented Region

Jerry Hanson, Instructor

Format: Online, no limit; Recorded

This class will address significant questions surrounding this region of the world such as:

- Why is this region a fragmented one?
- How did European colonial involvement change Southeast Asia?
- Why did the United States get involved in the region?
- What does China's involvement mean for the future of other countries in Southeast Asia?

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

WHY AND HOW TO HAIKU

Shannon Chamberlin & Lynn Senn, Facilitators

Format: Online, limit - 16; Not recorded

Participants will buy the book, *Three Simple Lines* by Natalie Goldberg, and read pp. 1-12 and 145-147 prior to first class. While retaining the easy camaraderie and interesting conversations characteristic of Lynn's book discussions, this course also offers a chance to explore the world of Haiku. The book covers Haiku history and spiritual aspects of writing and reading haiku. Participants may share haiku they've found or written. Additional instructional materials and guidance will be provided for anyone who wants to try their hand at writing some of their own.

Join us on Facebook



MONDAY, Cont.

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

BEGINNING PICKLEBALL "A"

Tom Jones, Pam Kiser & Mary Todd, Instructors
Format: In-person, limit - 14; 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. You will learn the rules, basic skills and strategy. Wear appropriate exercise clothing, including court shoes. **You will need to provide your own paddle.**

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

BEGINNING PICKLEBALL "B"

Dempsey Butler, Tom Jones and Mary Todd, Instructors

Format: In-person, limit - 14; 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. You will learn the rules, basic skills and strategy. Wear appropriate exercise clothing, including court shoes. **You will need to provide your own paddle.**

MONDAY AND WEDNESDAY

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

SPANISH LINGO AND FOOD

Jenni Duncan, Instructor

Class Fee: \$15

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

Learn Spanish while also cooking a few recipes from Cooking Matters, Spanish version, through a field trip to a Latino restaurant and some interviews with Latinos. We will also learn about typical Latino celebrations here in the United States. Some familiarity with Spanish is required.

TUESDAY

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

LEARNING TO LOVE

Rev. Steve Hancock, Instructor

Format: Online; Recorded

The central calling of the religious life is to love. Love is why we're here. But love in the real world is not simple or easy. The focus of this class is on developing a smarter, more discerning love.

TUESDAY, Cont.

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

YOGA

Sponsored by CareLink

Courtney Parnell, Instructor

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

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

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!

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

CONVERSATIONS WITH FRED

**Our Weird and Wonderful Universe:
Things That Go Bump in the Night**

Fred Silva, Instructor

Format: Online; Recorded

- Introduction: The Big Bang, why existence and weird stuff
- Exoplanets: There are other worlds out there
- Extremophiles on Earth: Life finds a way
- Supernovae: Massive explosions, black holes, neutron stars, blazers and the singularity
- The Dark Forces: Dark matter and dark energy
- Einstein's Relativity and the Time and Space that Changes
- Is There Life Throughout the Universe?: ET, UFOs/ UAPs, and alien abductions
- Weird Life Forms on Earth: Weirder than we even think or can suppose/imagine

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

TELL YOUR OWN STORY

Connie Wardell and JoEllen Willis, Facilitators

Format: Online, limit - 14; Not recorded

Want to leave a legacy for your children and grandchildren? Capture the stories about yourself, your relatives and your history in writing so that they have some of the memories that only you can pass along. Join our group on Zoom. We offer support and encouragement as each of us captures what we want to leave behind. Come join our friendly group.

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 Spring 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.

4 Weeks Only: April 3 - April 24

MAKING PICTURES POP

Kenneth Williams, Instructor

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

This class will explore selective coloring, borders, colored snap lines, compositions, complementary color pairings, contrasting tones, mixed media and other things that can make a picture go from bland and boring to eye-catching excitement!

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

ARKANSAS AND THE ENVIRONMENT:

Protecting the Natural State

Various Instructors

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

This class will provide a general overview of climate science and sustainability, projections of changes to Arkansas climate, a discussion of anticipated impacts to state habitats and species of greatest conservation need, and a strategy for adapting to the predicted changes. Presenters from the Arkansas Nature Conservancy, Arkansas Audubon Society, Arkansas Wildlife Federation, City of Little Rock, Central Arkansas Master Naturalists, and University of Arkansas at Little Rock (and more) will share their expertise on the state of our state and what is needed for its protection.

U.S. FOREIGN POLICY TODAY

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

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

Foreign policy and international relations are often viewed as esoteric and requiring a great deal of special knowledge and expertise. Not in this class. We discuss actual urgent foreign policy questions from the perspective of U.S. voting citizens and U.S. politics, with reference to the history and perspectives of the foreign actors involved and the international system as it exists today. Class subjects vary, with an emphasis on what appears in the national and local press.

WEDNESDAY, Cont.

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.)

BEGINNING SPANISH

PARA EMPEZAR:

Interacciones y Exploraciones

Dave McAlpine, Instructor

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

This introductory Spanish class will offer you beginning Spanish language opportunities in order to interact in basic encounters with Spanish speakers as you acquire Spanish for a variety of needs. Greetings and goodbyes, expressions of courtesy, physical and emotional needs, schedules, telling time, describing yourself and others, are a few of the topics we will cover as we explore the cultural varieties of the Spanish-speaking world.

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

4 Weeks Only: May 8 - May 29

LIFE IN JUDAISM:

A Chabad-Lubavitch Perspective

Rabbi Pinchus Ciment, Instructor

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

This course will explain the fundamental values and practices of Judaism's approach to core issues of life including personal growth, relationships, work and coping with pain. The four classes are designed for people of all faiths and spiritual practices with little or no understanding of Jewish practice. Chabad-Lubavitch is a branch of Hasidism which adheres to observance of Orthodox Jewish law and teaches understanding and recognition of the creator. Emphasis is on the love of all persons and a meaningful, joyous spirit. Chabad Lubavitch of Arkansas promotes Jewish awareness, knowledge and practice through outreach, education and social service programs.

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!

WEDNESDAY, Cont.

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

THE PROGRESSIVE MOVEMENT

Various Instructors

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

Many ideas advocated by FDR's New Deal and LBJ's Great Society actually originated with the Progressive Movement during the first two decades of the 20th century.

(LifeQuest instructors in parentheses)

April 3: Theodore Roosevelt (Dent Gitchel)

April 10: Dr. Harvey Wiley (Jonathan Wolfe)

April 17: Ida Tarbell (Pat Goss)

April 24: Lincoln Steffens (Judge Larry Vaught)

May 1: Charles Evans Hughes
(Judge Mary McGowan)

May 8: Margaret Sanger (Mike Walden)

May 15: S.S. McClure (Dick Williams)

May 22: Upton Sinclair (Fred Ursery)

TOUR OF THE SOLAR SYSTEM

Michael Borrelli, Instructor

Format: Hybrid, In-person limit - 80; Recorded

Our solar system began forming more than 5 billion years ago from an interstellar cloud of gas and dust within an open star cluster. Current models of how the sun, planets, dwarf planets, asteroids, comets and other objects formed will be presented, including how the solar system migrated away from its natal cluster to its own spot in the outer regions of the Milky Way. Subsequent presentations will focus on the latest findings about the sun and other solar system objects, especially the planets, that have been obtained by telescopes, satellites and planetary rovers.

****There will be no class Wednesday, April 10****

SOME FAVORITE HIDDEN-GEM FOLK MUSICIANS

David Allen, Joe Lombardi, Dave McAlpine, Ralph McKenna, Micky Rigby, Rich Roy, and Mike Schaefer, Instructors

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

Our course will focus on several lesser-known influential singer/songwriters, especially many from the Folk Music Revival of the 1960s and 1970s. In addition to weekly presentations, we will include a Folkies "concert session" highlighting works of these exemplars, and conclude the course with our traditional Hootenanny – featuring optional songs and commentary by class members.

WEDNESDAY, Cont.

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

THE TELEVISION SERIES "The Chosen"

Larry Walton, Instructor

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

"The Chosen" is a historical drama that examines the life of Jesus through the eyes of his followers. This class will view clips from the series and discuss.

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.

***Brown bag lunches are welcome**

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

IMPROV

Shelton Harden, Instructor

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

This course will use the basic precepts of improvisational theater. Every attempt will be made to insure that all class activities will provide a positive, enjoyable experience for all participants. If there are limitations for anyone in the class, activities will be adapted as needed or eliminated.

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

ACRYLIC AND OIL PAINTING

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Sean LeCrone and Denise Luft, Instructors

Format: Hybrid, In-person, limit - 18; 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. - 9:50 A.M.

LAW AND RELIGION

Mark Clark, Instructor

Format: Hybrid, In-person limit - 120; Recorded

This class will discuss how our legal system resolves conflicts between religious beliefs and practices and laws that may conflict with or prevent them. While the history of various religious protections will be discussed, the majority of time will be devoted to contemporary issues, including several recent U.S. Supreme Court decisions that may blur the traditional lines of separation between church and state in the areas of discrimination law, school-led prayer in public schools, and the use of tax dollars in support of private religious schools.

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, an engaging rummy-like game played with tiles rather than cards. It is Ellen's life mission to ensure everyone has fun playing Mah Jongg. Please purchase your Mah Jongg card by contacting www.nationalmahjonggleague.org.

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

A POTPOURRI OF EUROPEAN EXPLORATIONS

Ticu Gamalie, Instructor

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

This class will take a journey through time as we explore the good, the bad, the ugly and even the sometimes humorous times in European history. From ancient Rome to Eastern Europe, we will look at some of the world-impacting events, populations and personalities that have shaped our current world landscape.

SOCRATES CAFE

Rudy Rieple, Facilitator

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

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. This is a safe space to pose the questions that come with life.

THURSDAY, Cont.

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

AMERICAN WOMEN AUTHORS

Pat Goss and Dick Williams, Instructors

Format: Hybrid, In-person limit - 50; Not recorded

A remarkable number of American women have achieved lasting fame as authors. This series highlights some of the more important of them.

April 4: Laura Ingalls Wilder (Dick Williams)

April 11: Willa Cather (Pat Goss)

April 18: Harriet Beecher Stowe (Dick Williams)

April 25: Edith Wharton (Pat Goss)

May 2: Louisa May Alcott (Dick Williams)

May 9: Flannery O'Connor (Pat Goss)

May 16: Maya Angelou (Dick Williams)

May 23: Toni Morrison (Pat Goss)

YOGA WITH BRANDY

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Brandy Tinsley, Instructor

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

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

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

CELLPHONE PHOTOS

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Doris Krain, Nancy Haynes, and

Helen Jones, Instructors

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

This class is not intended to be an introductory or beginner class. Learn to improve your phone photography by applying the basics of composition, exposure, and lens selection to various photography genres including portraits, landscapes and video.

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

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.

NAPOLEON BONAPARTE:

In the Valley of the Gray Danube (1809)

John Giessmann, Instructor

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

Napoleon's 1809 campaign against a resurgent Austria resulted in Napoleon's defeat at Aspern-Essling and eventual victory at Wagram.

THURSDAY, Cont.

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

VIRGINIA WOOLF:

To the Lighthouse and A Sketch of the Past

Earl Ramsey, Instructor

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

For the past 100 years, Woolf and her Bloomsbury Set have been regarded as a significant part of modernism's avant-garde, but over the past 50 years she has become an icon. In some years, more is written about her than anyone who wrote in English (with the exception of Shakespeare).

We will start and end with one day on *A Sketch of the Past*, between those two classes, we will have five days on *To the Lighthouse*.

Some attention will be given to biography, but our emphasis will be on the texts' overall form and the style of individual passages.

For this course you need these texts:

Virginia Woolf, *To the Lighthouse*, Norton Critical Edition, edited by Margaret Homans, 2023

Virginia Woolf, *A Sketch of the Past* in "Moments of Being," edited by Jeanne Schulkind, 2nd edition, 1985

TAI CHI

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

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.

GENEALOGY DISCOVERY 2024

Jeanne Rollberg, Instructor

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

Family history research is its own special type of magic. What can you discover about your family history and how ancestors' lives may have shaped yours? We'll review: family history basics, inclusion of AI research affecting genealogy, books online about your family, cemetery research hidden treasures, verifying and cleaning up family trees, and DNA basics. How can joining or using family history organizations light your personal genealogy path? And then, how can roots tourism (travel!) itself add new dimensions and increase your cousin connections? Collaborative genealogy adds fun, insight and facts. "Money doesn't grow on trees, but ancestors do." Please join us.

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.

LET'S MAKE A MOVIE

Wayne Chapman, Instructor

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

Using the play and cast of *The Octette Bridge Club* as the core, we will make a movie! We will need more actors, extras, filmographers, writers, sound and light technicians, editors, iPhones and photographers. The class will participate in storyboards, green screenings, shooting scenes, setting lights and sound, and playing roles as extras. We will make field trips to locations around town to shoot scenes with iPhones or android phones. The director will demonstrate the editing process for the video.

(Most field trips are 10:00-12:00 Friday mornings)

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

PASTELS

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Shirley Anderson, Clarence Cash, Susan Hurst 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.

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

MIDDLE EASTERN DANCE FOR BEGINNERS

Teri Patrick, Instructor

Format: In-person, limit - 15; Not recorded

Middle Eastern dance (also known as belly dance and/or Oriental dance) dates back centuries. It spans traditional dance styles from throughout the Middle East, North Africa, and Central Asia. It has been influenced by many cultures and is practiced and performed worldwide. It is an art form, great exercise, and lots of fun. No experience needed.

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

This spring, 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, by calling the LifeQuest office at 501-225-6073 or stopping by the office.

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

April 3

Chicken Pot Pie, Salad, Cookies

April 10

Sausage Jambalaya, Salad, Brownies

April 17

Chicken Spaghetti, Vegetable,
Lemon Cake

April 24

Pork Tenderloin, Potatoes,
Goopy Butter Cake

May 1

Chicken Caesar Salad, Rolls,
Banana Pudding

May 8

Beef Stroganoff, Vegetable,
Chocolate Cake

May 15

Chicken Cacciatore, Vegetable,
Cheesecake

May 22

Vegetable Lasagna, Salad,
Cinnamon Crumb Cake

Thursday Curbside Menu

April 4

Entrée: Chicken Fettuccine
Dessert: Chocolate Cake

April 11

Entrée: Pot Roast
Dessert: Cinnamon Rolls

April 18

Entrée: Spaghetti & Meatballs
Dessert: Brownies

April 25

Entrée: Chicken Parmesan
Dessert: Bread Pudding

May 2

Entrée: Meatloaf
Dessert: Banana Pudding

May 9

Entrée: Chicken Enchiladas
Dessert: Pecan Sticky Buns

May 16

Entrée: BBQ Pork Baked Potatoes
Dessert: Cookies

May 23

Entrée: Beef Brisket
Dessert: Strawberry Cake

SUPPORTING CONGREGATIONS

Christ Episcopal Church
Christ the King Catholic Church
Congregation B'nai Israel
Grace Lutheran Church
Grace Presbyterian Church
Little Rock Friends Meeting
Our Lady of the Holy Souls Catholic Church
Our Lady of Good Counsel Catholic Church
Pulaski Heights United Methodist Church
Quapaw Quarter United Methodist Church
Second Presbyterian Church
Synagogue Agudath Achim

St. James United Methodist Church
St. Luke's Episcopal Church
St. Margaret's Episcopal Church
St. Mark's Episcopal Church
St. Michael's Episcopal Church
St. Paul United Methodist Church
Trinity Presbyterian Church
Trinity United Methodist Church
Unitarian Universalist Church
Westminster Presbyterian Church
Westover Hills Presbyterian Church

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

**Registration will open at 9:00 a.m.
Tuesday, March 12.**

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 register one person at a time.

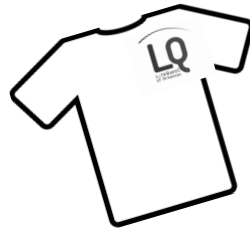
Mailed registration: Paper forms can be downloaded and printed from the LifeQuest website at lifequestofarkansas.org. You may mail the form to P.O. Box 25523, Little Rock, AR 72221.

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.

Volunteers will be available at LifeQuest on Tuesday, March 12, to help anyone who needs assistance in registering online in Room 62/63.

LifeQuest T-shirts for Sale!!



Get your LifeQuest t-shirt now!

**100% cotton navy blue
Long and short sleeve
options available.**

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

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

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LIFEQUEST ORIENTATION

**Tuesday, March 26, 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

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

We hope to see you there!

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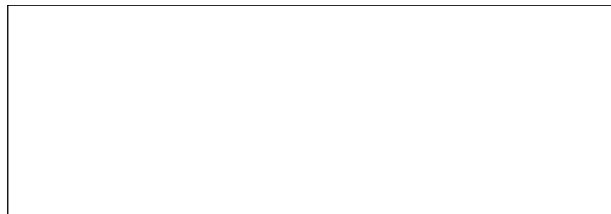


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Call the LifeQuest office at 501-225-6073 to apply.