



Spring 2023

April 3 – May 25 | REGISTRATION OPENS **March 6**

LifeQuest 2023 offers *In-person, Online, and Hybrid Classes
Registration Fee: \$65; After March 26, the fee will increase to \$75

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," **March 29 at 11:00 a.m.**
**Please note that proof of COVID vaccination is required to
attend classes held at Second Presbyterian Church.*

LifeQuest: Spring 2023

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. As the class is geared for the beginner and the paper crafter with stamping experience, you will have the opportunity to learn new techniques as well as expand your existing skills. A list of personal supplies needed will be emailed to you.

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

Rosemary Rogers, Facilitator

Materials fee: \$15

Format: Online, limit - 14; Not recorded

Read and discuss selections of literature by classic and modern authors. (Same content as in-person)

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

BOOK DISCUSSION WITH LYNN

Lynn Senn, Facilitator

Format: Online, limit - 14; Not recorded

Participants should obtain a copy of "Releasing the Creative Spirit" by Dan Wakefield and read the first two chapters to discuss during the first class.

Creativity is basic to the very fiber of our being, and not (as many suspect) solely the privilege of a gifted few. We will use exercises with drawing, listening to music, writing and looking at nature to explore and unlock our own creative powers.



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 other needed supplies will be emailed to you before class.

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

GLOBAL FOOD CHALLENGES

Jerry Hanson, Instructor

Format: Online; Recorded

What are global food challenges in our world? How do surpluses get food to food-deficient areas? What roles do middlemen and retailers play in food distribution? Why is climate change a growing problem?

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

YOGA

Sponsored by CareLink

Lisa Kessler, 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.

MON. & WED.

Class will meet April 3-April 26

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

MOVING ON IN SPANISH

Jenni Duncan, Instructor

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

We'll continue practicing ways to talk about doing things and going places. We'll talk about life, and favorite foods and celebrations. The class will have field trips, transportation not provided, to interact with native Spanish speakers. The only resource required is a good Spanish/English dictionary or access to online translation. Bring a notebook for notes and handouts, something to write with and a readiness to venture forward in Spanish.

***Class will meet twice a week for the first four weeks of the Spring Term only!**

TUESDAY

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

BEGINNING WATERCOLOR

Stephen Lanford, Instructor

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

This course is designed for beginners. Whether or not you have previous painting experience, you are welcome in this class. We will also develop and practice the skills needed to paint in watercolor. This course is flexible enough to accommodate beginners who've never painted before as well as painters with previous painting experience who would like a refresher in the basics of watercolor. Participants may enroll in either Beginning or Intermediate Watercolor, not both.

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

LEARNING PRAYER

Rev. Steve Hancock, Instructor

Format: Online; Recorded

The people who were close to Jesus heard him talk about many different issues. He was a teacher who touched on every subject of living that matters. But there was only one subject, according to the records we have, that his disciples asked him to teach them. They said, "Lord, teach us how to pray." In this class, we're going to join the disciples in that request. We will explore some old and new ways of praying. Some different patterns of praying will be presented.

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

CONVERSATIONAL SPANISH

Marci Smith, Instructor

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

HABLAMOS MAS ESPAÑOL!

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

DID YOU KNOW ?

The LifeQuest Annual Library contains archived recordings of hundreds of LifeQuest classes. It's time to renew your annual subscription! Once you join, you'll receive a unique username and password usable through December 2023. The cost is \$50. Just check the box on the back of the registration page.

TUESDAY, Cont.

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

CONVERSATIONS WITH FRED

Critical Thinking in This Age

Fred Silva, Instructor

Format: Online; Recorded

The problem: False news, alternative facts, post-truth politics, disinformation, polarization, willful ignorance. The cure: Critical thinking. This class will cover fact checking, how to learn, and applying critical methods to discover truth. Class topics will specifically include:

- Critical Thinking: History, Definition-Facets
- Conspiracies, Questionable Beliefs, Social Media
- The Secret Life of the Brain and Its Illusions
- Logic, Reasoning, Learning, Reading
- Scientific Thinking: Why and What Makes It Right
- Logical Fallacies
- Solutions

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

TELL YOUR OWN STORY

Connie Wardell and JoEllen Willis, Facilitators

Format: Online, 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.

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

THE REAL DILL: INTRO TO PICKLEBALL

Jim Bell and Tom Jones, Instructors

Format: In-person, limit - 12; 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. Participants may only enroll in one Pickleball class, not both.

WEDNESDAY

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

BEHIND THE HEADLINES

John Brummett, Instructor

Format: Hybrid, In-person, limit - 200; Recorded

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest SPRING 2023" 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.

WEDNESDAY, Cont.

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

INTERMEDIATE WATERCOLOR

Stephen Lanford, Instructor

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

This class is designed for any painter with some experience in watercolor painting. In this class, we will continue to learn and practice our watercolor skills and explore the components of painting: hue, value, chroma, and their application to watercolor. We will also explore design and composition as they relate to watercolor painting. There is plenty of room for intermediate and accomplished painters alike. Participants may enroll in either Beginning or Intermediate Watercolor, not both.

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

THE ETHICS OF INTERNATIONAL CONFLICT:

Acts of State, Stealing Secrets, Reading Other People's Mail and War

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

Format: Hybrid, In-person limit - 200; Recorded

This course will address contemporary and historic challenges in the foreign policy environment. We will explore moral choices and ethical issues that arise in pursuit of particular foreign policies and national interests. What about spying ("stealing secrets")? Why do we call it "covert action?" How about lying or intentionally sparse truth in diplomacy? What are acceptable circumstances that justify resorting to war, and what's legal when a war starts? In war, what justifies killing?

JEWISH CUSTOMS AND HUMOR:

The Expanded Edition

Rabbi Gene Levy, Instructor

Format: Hybrid, In-person limit - 40; Recorded

Come join us as we continue to delve into the fun aspects of Judaism ranging from superstitions and myth-conceptions to biblical humor, from memorable lines from "Fiddler" and "Joseph" to dad (and mom) jokes and take a deep dive into a few probing questions.

GREAT BOOKS IN-PERSON

Jon Poteet, Facilitator

Materials fee: \$15

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

Read and discuss selections of literature by classic and modern authors. (Same content as online class)

WEDNESDAY, Cont.

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

MUSIC OF THE THREE B'S:

Bach, Beethoven, and Brahms

Nancy Fleming, Presenter

Ansley Fleming, Pianist

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

In the canon of Western classical music, the works of Johann Sebastian Bach, Ludwig van Beethoven, and Johannes Brahms loom large. In this course, we will discuss what the three composers have in common, how they differ, and why they are so important. We will listen to masterpieces in all genres. Ansley Fleming will perform solo works for keyboard.

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

KNITTING AND SHARING

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

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

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

PETE SEEGER TO BOB DYLAN

Joe Lombardi, Ralph McKenna,

Rich Roy and Mike Schaefer, Facilitators

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

We share the stories and music of two folk music greats and their influence on many others. Experience Seeger & The Weavers, Dylan at Newport Folk Festival, Seeger's influence on John Denver, The Byrds, Joan Baez and Dylan and The Band (featuring Arkansas' own Levon Helm). Micky Rigby will lead our traditional Hootenanny! Join us for this musical journey with the LifeQuest Folkies.

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.



WEDNESDAY, Cont.

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

NEWSPAPER BARONS

*Sponsored by UAMS Arkansas Geriatric Education Collaborative
Various Instructors*

Format: Hybrid, In-person limit - 200; Recorded

With the newspaper business currently in decline, we recall its growth and fascinating history.

(LifeQuest instructors in parentheses)

- 4/5: William Randolph Hearst
(Justice Bob Brown)
- 4/12: Katharine Graham (Pat Goss)
- 4/19: Adolph Ochs (Steve Bauman)
- 4/26: Col. Robert R. McCormick
(Justice Annabelle Imber Tuck)
- 5/3: Horace Greeley & James Gordon Bennett
(Dick Williams)
- 5/10: Ben Franklin (Jonathan Wolfe)
- 5/17: William Woodruff (Dent Gitchel)
- 5/24: Joseph Pulitzer (Judge Larry Vaught)

NAPOLEON BONAPARTE:

From First Consul to Marengo

John Giessmann, Instructor

Format: Hybrid, In-person limit - 40; Recorded

This class will discuss how Napoleon came to be first consul of France, how northern Italy was lost to the Allies under Suvorov, and how Napoleon reconquered northern Italy at the Battle of Marengo.

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 noon Wednesday the week prior. See our website for information on speakers.

***Brown bag lunches are welcome**

WEDNESDAY, Cont.

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

JAZZ PIANO WITH TOM

Tom Cox, Instructor

Format: In-person; limit - 200; Not recorded

Through jazz piano performance and discussion, this class will examine the music of Richard Rodgers and Thelonious Monk.

GAMES FOR FUN

No Instructor

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

Bring a friend and play some of your old favorites or try something new. Bring a game from home or check out the ones we have on hand, such as Scrabble, Mah Jongg, cards or chess.

YOGA WITH BRANDY

*Sponsored by UAMS Arkansas Geriatric Education Collaborative
Brandy Tinsley, Instructor*

Format: Hybrid, In-person limit - 20; 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.

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

ACRYLIC AND OIL PAINTING

Sean LeCrone, Instructor

Format: Hybrid In-person limit - 16; Recorded

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

Watch and learn from this artist and teacher who will guide you through the steps to create your own small works in clay. Using armature when possible, you'll explore the creation and expression of 3D natural forms and anatomy. A supply list will be provided upon registration.

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 \$10 per person.
- Thursday meals will be a continuation of our curbside meal service and will be \$16 for an entrée that serves 2 and \$10 for dessert. Pick up on Thursdays between 11:00 a.m. - noon.
- See the inserts to find menus and information on ordering.
- **Both In-person and Curbside meals must be purchased by noon Wednesday of the week prior.**

THURSDAY
9:00 A.M. - 10:50 A.M.
OPEN STUDIO <i>Format: In-person, limit - 16; Not recorded</i> Draw, paint or craft with friends. No instruction.
9:00 A.M. - 11:50 A.M.
THE MANY SIDES OF STEVEN SPIELBERG <i>Wayne Stengel, Instructor</i> <i>Format: In-person limit - 40; Not recorded</i> In the history of Hollywood, no director has ever known better how to please an audience than Steven Spielberg. This course will be an easy-going, relaxed, and straightforward look at six Spielberg movies you may have never heard of, consciously avoided, or thought too challenging for his Disneyesque perspective: <i>Amistad, Schindler's List, Catch Me If You Can, The Terminal, Munich, and Bridge of Spies</i> . We will have as much discussion as possible, as the class wishes, on themes of war, family, separation and betrayal, identity, race, political oppression, and the creation and termination of childhood, themes depicted throughout many of his films. Also of top concern will be any points of reference, ideas, fascinations you have with Spielberg's movies, techniques, or his contributions to American mythologizing.
10:00 A.M. - 10:50 A.M.
INTRO TO WORLD RELIGIONS <i>Terry Goddard, Instructor</i> <i>Format: In-person, limit - 25; Not recorded</i> Through lecture and discussion, we will explore some of the major world religions: the Western religions of Judaism, Christianity and Islam; the religions of China – Confucianism and Daoism; and the religions of India – Hinduism and Buddhism. We will use a “worldview questionnaire” to more closely examine each religion by identifying the problem each religion articulates, the solution offered, the techniques used, and an exemplar(s) who shows the path from problem to solution. This scheme will allow us to contrast the various religions.
WHAT'S ON YOUR MIND? <i>Bob Alexander, Preston Brown, Fred Sawyer and John Webb, Facilitators</i> <i>Format: In-person, limit - 14; Not recorded</i> Join one of our fearless volunteers to discuss a wide variety of topics and ideas.

THURSDAY, Cont.
10:00 A.M. - 10:50 A.M.
BRINGING THE ARTS TOGETHER: The Ballets Russes <i>Wayne Chapman, Instructor</i> <i>Format: In-person, limit - 40; Not recorded</i> Picasso, Matisse, Goncharova and Chanel along with five legendary choreographers of the 20th century created some of the greatest ballets in the history of dance. The class will look at examples of works these collaborators created. Ballets: <i>The Firebird, Petrushka, Afternoon of a Faun, The Rite of Spring</i> Paintings by: Picasso, Matisse, Benois Costumes by: Coco Chanel, Leon Bakst, Natalia Goncharova
10:00 A.M. - 11:50 A.M.
BEGINNING MAH JONGG <i>Ellen Lowitz, Instructor</i> <i>Format: In-person, limit - 20; Not recorded</i> Learn to play Mah Jongg! Please purchase your 2022/2023 Mah Jongg card by contacting 212-246-3052 or go to www.nationalmahjonggleague.org .
11:00 A.M. - 11:50 A.M.
SHAKESPEARE: <i>King Lear</i> <i>Earl Ramsey, Instructor</i> <i>Format: In-person, limit - 40; Not recorded</i> Some believe that <i>King Lear</i> is arguably the West's greatest play. It is inarguably one of Shakespeare's most complex and darkest. Our primary method in this study of <i>King Lear</i> will be the close reading of selected passages. We will use the Pelican edition of the play (edited by Stephen Orgel), but any text should suffice.
THE DEPRESSION AND THE NEW DEAL <i>Pat Goss, Instructor</i> <i>Format: Hybrid, In-person limit - 40; Recorded</i> This course will examine the United States in the years leading up to the crash of the stock market, and how that event led to the Depression and created the New Deal policies to deal with it. We will examine the political, literary, theatrical and musical responses as well as how the New Deal changed society and the economy.
TAI CHI <i>Sponsored by UAMS Arkansas Geriatric Education Collaborative</i> <i>Suzanne Yung and June Brown, Instructors</i> <i>Format: In-person, limit - 20; Not recorded</i> Learn the slow, rhythmic movements of Northern Wu Tai Chi, the 13 Golden Postures and the Tai Chi walk.

THURSDAY, Cont.

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

LINE DANCING

Sponsored by UAMS Arkansas Geriatric Education Collaborative

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. - 3:00 P.M.

PASTELS

Various Instructors

Format: Hybrid, In-person limit - 16; Recorded

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

PRINTMAKING

Samantha Cox, Instructor

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

Printmaking is a mode of art that was developed in 206 B.C. and was used to begin the process of bookmaking and mass producing art. Traditional printmaking started with using a woodblock as the matrix and developed into using stone, linoleum and metal plates, as well as plastic plates. In this beginner class, we will explore the art of German expressionism all the way to mixed media prints and how we can manipulate our tools to create unique pieces of art. Our matrix for this class will be linoleum and akua plates to create our prints. Come and see what we make!

Supply list available on Materials page on the LifeQuest website.

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

THE REAL DILL: INTRO TO PICKLEBALL

Pam Kiser and Mary Todd, Instructors

Format: In-person, limit - 12; 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. Participants may only enroll in one Pickleball class, not both.

DIGITAL LEARNING WORKSHOPS

Sponsored by UAMS Arkansas Geriatric Education Collaborative

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

Thursday, April 6

GETTING THE MOST OUT OF YOUR iPhone/iPAD CALENDAR

Doris Krain, Instructor

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

This workshop will consist of one 2-hour session focusing on getting the most out of your Calendar app. We'll discuss adding events, personalizing settings, utilizing such features as alerts, reminders, and notes, and more. Be sure to bring your iPhone/iPad to class!

Thursday, April 13

USING THE FIND MY APP AND APPLE AIRTAG

How to Locate Devices and Find Objects

Charlie Frith, Instructor

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

This workshop will consist of one 2-hour session and will show you how to use the Find My app to locate your different devices such as a Mac computer, Apple Watch, iPad, iPod, or iPhone. The Apple AirTag can be attached to such items as your key chain, wallet or pet's collar to help locate them if they are lost.

Thursday, April 20

iPhone 14 PRO AND PRO MAX REVIEW

Charlie Frith, Instructor

iPhone 14 is required

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

This workshop will consist of one 2-hour session. The following features will be discussed:

- Key Specs of IOS 14
- Prices
- Dynamic Island
- Best-in-Class Brightness
- Always on Display
- New Camera Features
- More Zoom Options
- Edit Your Message After It's Been Sent
- Recall a Sent Message

Thursday, April 27 - May 25

GETTING THE MOST OUT OF YOUR iPhone

Charlie Frith, Instructor

Materials fee: \$15

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

This class will consist of five 2-hour sessions about how to set up and use many of the amazing features of your iPhone. This will include email, apps, camera and more.

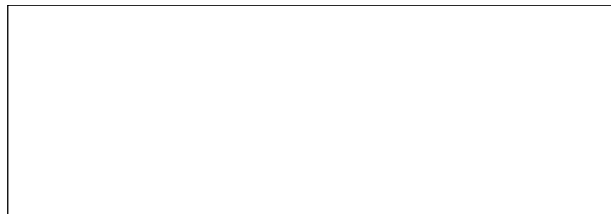


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**April 18!
LifeQuest
Gives**



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Little Rock, AR 72221

Or online:

info@lifequestofarkansas.org

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

