



LIFEQUEST IMPACT AND EVALUATION SURVEY

The *LifeQuest Impact and Evaluation Survey* was conducted in November 2025. The survey was designed to explore the question, “*What impact does LifeQuest have on its members?*”

LifeQuest’s mission is to promote healthful longevity and active aging through lifelong learning and meaningful volunteerism within the community.

LifeQuest fulfills this mission by offering programs that foster intellectual engagement, social connection, and physical wellness. The current survey sought to understand how effectively LifeQuest is meeting its goals by asking participants to rate their perceptions of the organization’s impact in these key areas.

Survey response rate

Surveys were distributed to 1,800 LifeQuest members with active email addresses who attended classes within the past three years. Paper surveys were also made available. A total of 414 completed surveys were returned, representing a 23% response rate.

SURVEY PARTICIPANT PROFILE

Demographics:

- Age: 83% are age 65–84
- Gender: 79% female, 21% male
- Race/ethnicity: 97% Caucasian
- Living situation: 54% live with a spouse/partner; 38% live alone
- Currently serving as a LifeQuest volunteer: 24%

Membership length:

- Most respondents were long-term members—35% had attended for more than 5 years
- Another 28% had attended for 1–3 years
- Nearly one in five (18%) were brand-new participants

Class participation:

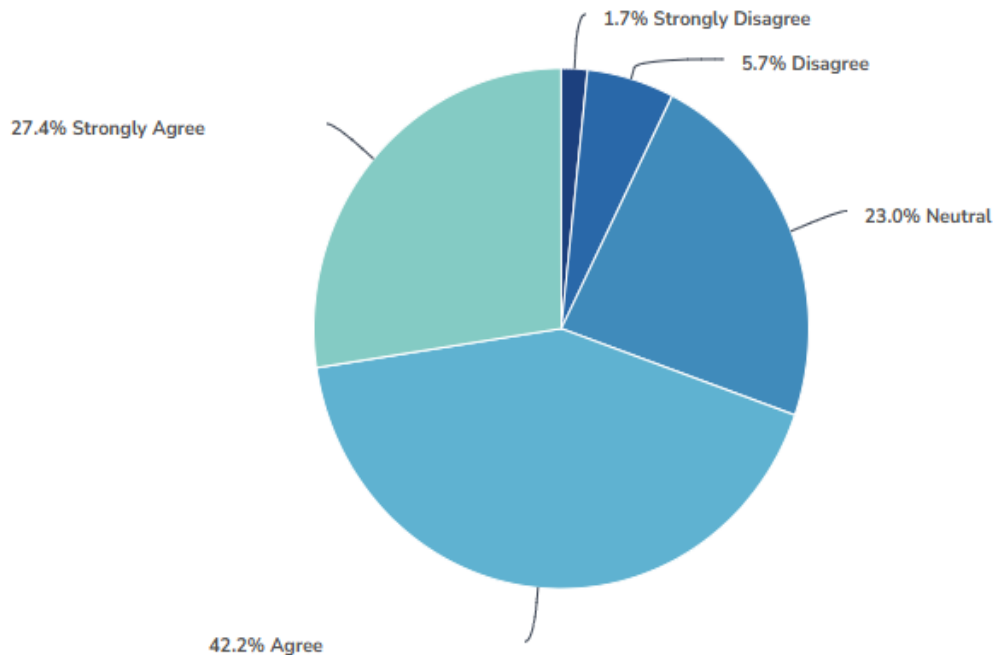
- Two-thirds (66%) took 2–4 classes per term
- 15% took 5 or more

IMPACT ON SOCIAL CONNECTION

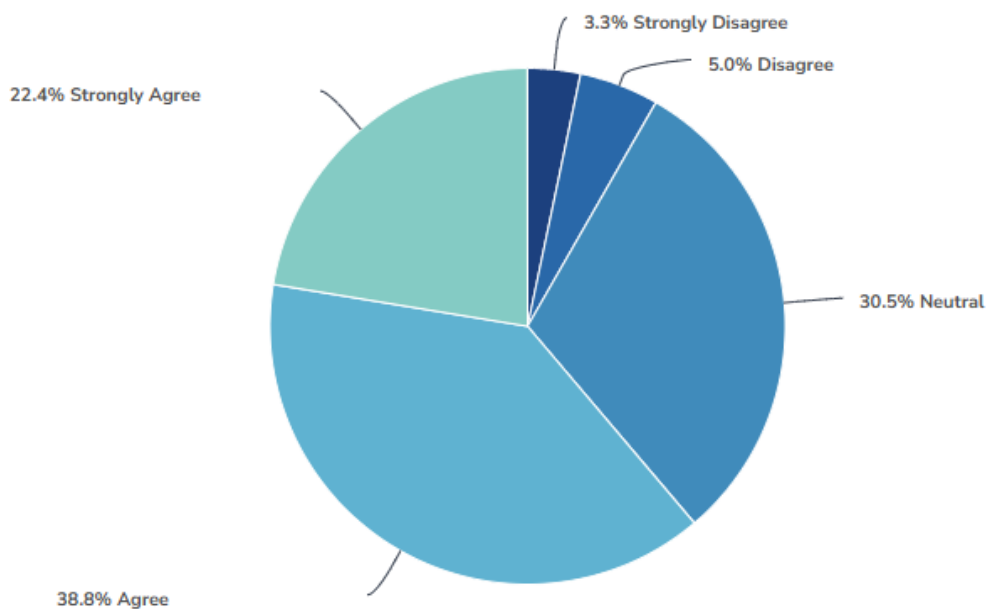
The survey data revealed that LifeQuest strongly supports its members' sense of social connection. Since attending LifeQuest programs:

- 69% agreed that LifeQuest has expanded their social network
- 61% felt less isolated or lonely
- 74% felt a part of a community
- 78% felt “a little more” or “much more” socially connected

I have expanded my social network through LifeQuest.



I feel less isolated or lonely since joining LifeQuest.

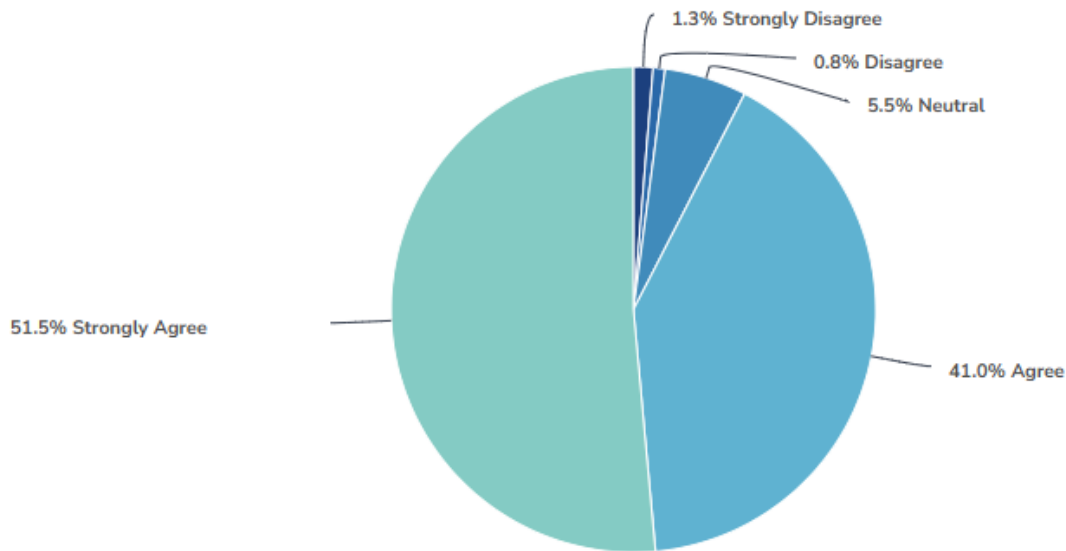


IMPACT ON INTELLECTUAL ENGAGEMENT

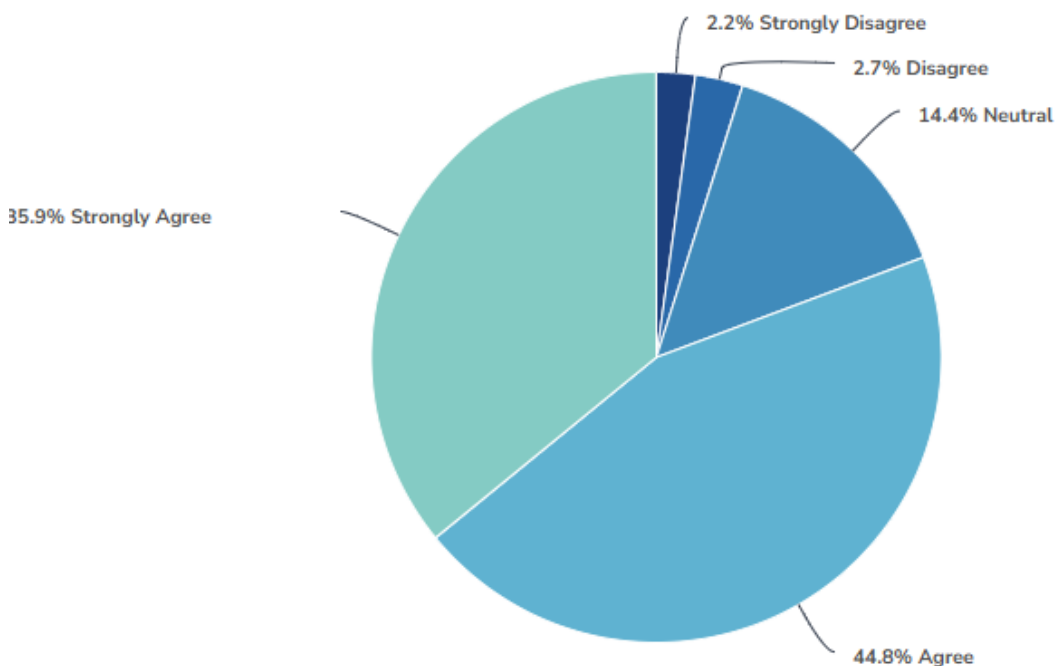
The survey data revealed that LifeQuest strongly supports its members' intellectual engagement.

- 82% agreed they had learned new information or skills used in daily life
- 92% said classes helped them stay mentally active and curious
- 92% felt “a little more” or “much more” intellectually stimulated

14. LifeQuest classes have helped me stay mentally active and curious.



. I have learned new information or skills that I use in daily life.

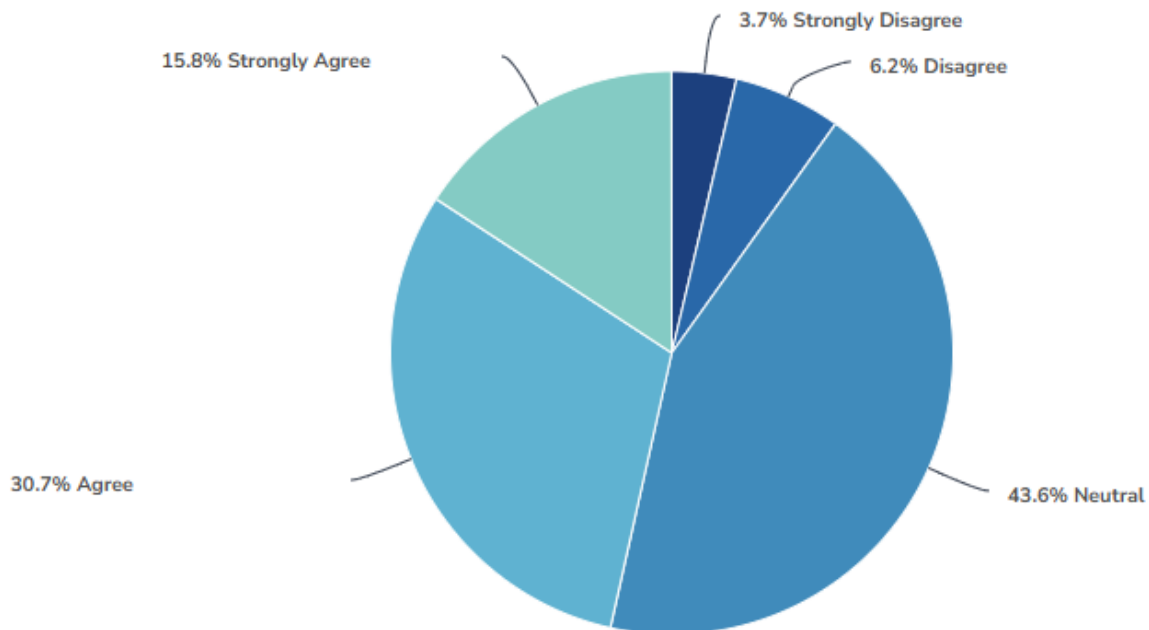


IMPACT ON PHYSICAL WELLNESS

The survey data revealed that LifeQuest moderately supports its members' sense of physical wellness.

- 46% said LifeQuest helped them become more physically active or health-conscious
- Nearly half (48%) felt “a little” or “much more” physically well since joining

15. I have become more physically active or health-conscious because of LifeQuest.

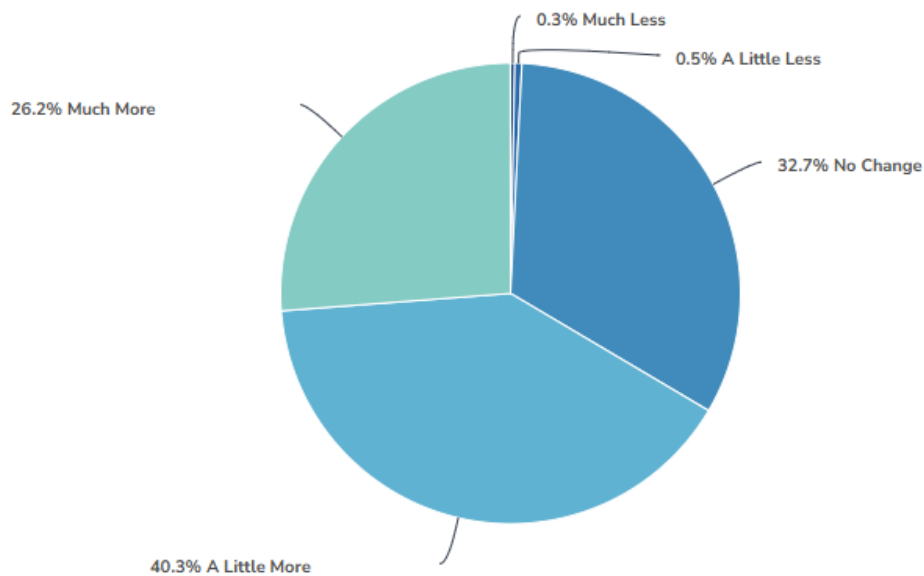


IMPACT ON SENSE OF PURPOSE

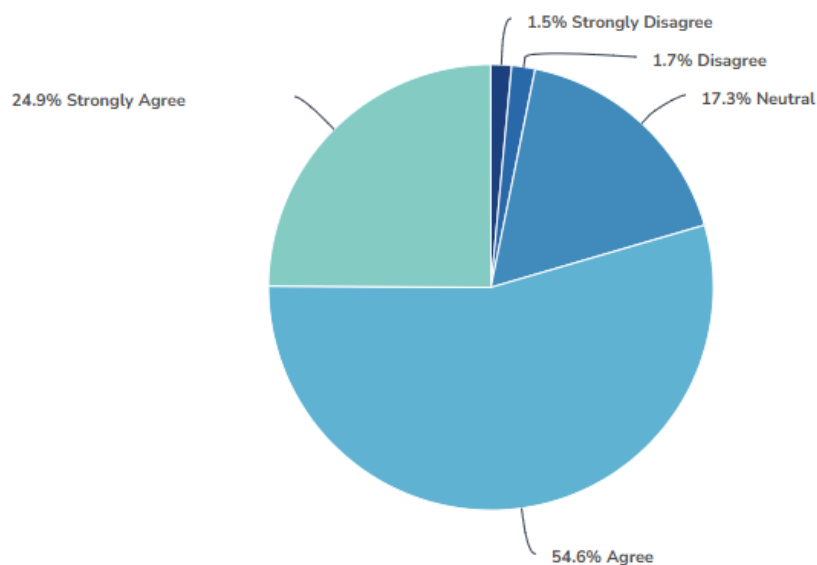
The survey data revealed that LifeQuest strongly supports its members' sense of purpose and wellbeing.

- 79% agreed LifeQuest improves their sense of purpose or wellbeing
- 66% felt a greater sense of purpose since joining LifeQuest
- 37% of respondents who had served as LifeQuest volunteers felt that volunteering had helped them contribute meaningfully.

21. Since joining LifeQuest, I feel a sense of purpose.



16. LifeQuest programs have improved my sense of purpose or overall wellbeing.

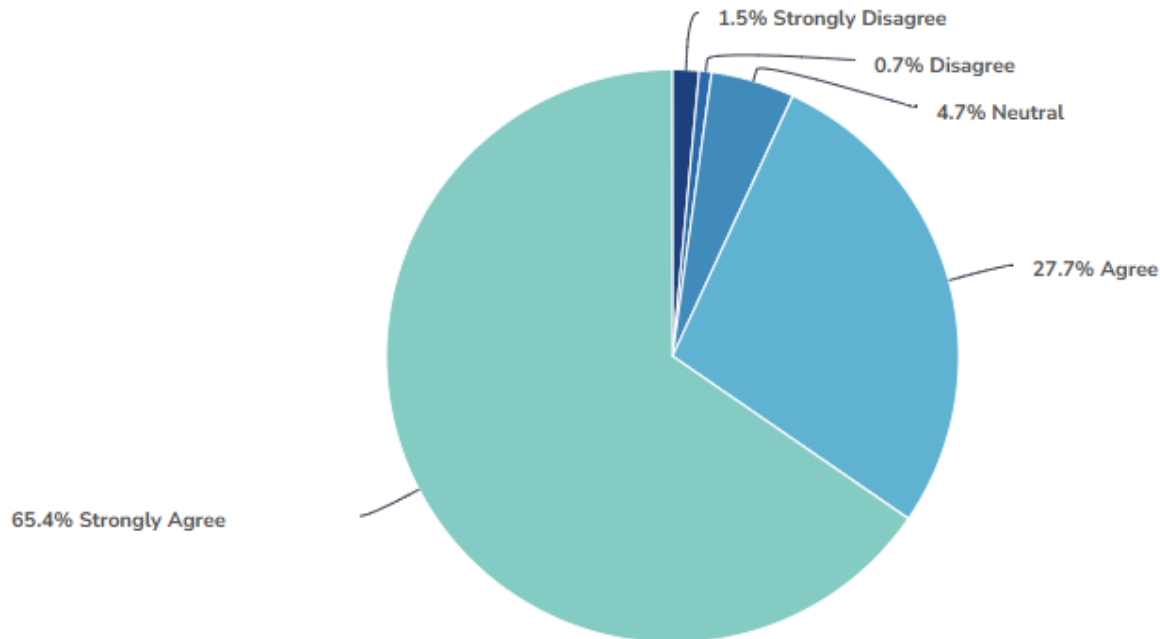


PROGRAM QUALITY AND VALUE

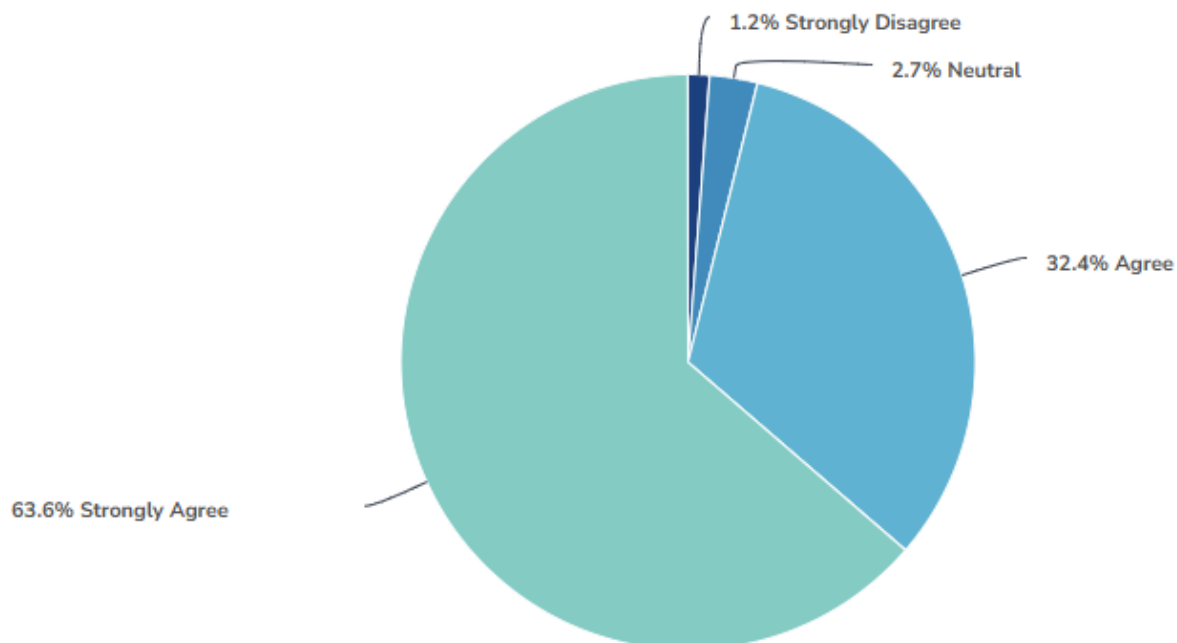
Ratings of LifeQuest's programs are exceptionally strong:

- **Value for cost:** 93% agreed or strongly agreed it's a good value
- **Class quality:** 96% rated classes as high quality
- **Relevance and diversity of topics:** 92% agreed topics are diverse and relevant

22. LifeQuest programs are a good value for the cost.



23. LifeQuest classes are of high quality.



ANSWERS FROM OPEN-ENDED QUESTIONS:

What positive changes have you noticed in your life because of participating in LifeQuest?

- Improved quality of life due to increased association of wonderful people
- I enjoy crafting and my class has given me new skills
- I just moved to Little Rock. I have met new friends from participating in LifeQuest classes.
- Made new friends! Enjoyed continuing to learn. Always excited to participate each semester. Leah and staff have made a tremendous difference in LifeQuest. It was good before but it is excellent now.
- Connection, new friends (and old), learning new skills (art, etc), the variety of classes is stimulating
- Enthusiasm to get up and attend regularly
- I stay more active.
- I always leave a class feeling upbeat and positive.
- I have only been in one class and have loved the people but I have not seen any changes. I love going and will continue because of them.
- A new interest in my art and music
- I took a watercolor class. I now look at colors and objects with a different eye.
- One of my first thoughts this morning is grateful to have my Monday back. This semester course list was not very interesting to me and I took one class to dip my toe into this program. For the class I took, it was an affordable way to try something new.
- Opportunity to explore new ideas and endeavors
- Good fun. Good stimulation.

What aspects of LifeQuest have been most meaningful to you?

- The excellent quality of classes. Interacting and meeting new friends. The quality of care the staff exhibits for all of us
- My teacher was thoughtful and kind, as well as quite equipped to teach the class. The community formed in our class was strong.
- The way the Program is managed and subjects offered.
- The connection to others who become friends, exploring topics I know little about, learning how to do art and other things
- Diversity and mostly friendly discussions
- All aspects of socially, intellectually and physically.
- Learning new skills.
- Great place to meet interesting people.
- Diversity of classes.

- New friends
- New challenges to learn
- Meeting people
- Trying something new, affordably.
- Current Affairs & Folkies
- Learning, being connected to others.

What suggestions do you have to improve LifeQuest programs or classes?

- More physical exercise classes
- Keep doing what you are doing!
- I can't think of anything
- I wish we'd go back to the old schedule. That gives us/me time for surgeries, trips, etc without missing classes (FOMO, I guess you could say)
- I took beginning watercolor so i could learn the basics of watercolor. The class ended up being painting portraits and I was overwhelmed. I only attended a few times. I feel the class was not appropriately named.
- Availability for in person classes. No public transportation to western Little Rock like church busses etc. I don't drive anymore
- It is hard to find an improvement need. In the winter time, have more classes on line.
- I would suggest adding more classes relevant to those who may be longing for college worthy lectures on history, literature and such. Also, maybe some truly beginner art classes!
- More mahjong classes- they fill too fast for me to enroll.
- More racial diversity among participants and volunteers, More opportunities for service/ways to contribute outside of LQ- like the Literacy classes and learning how to volunteer, More chair yoga offerings. Thank you LQ staff and board for all you do. Great organization!
- If they could record more classes. I've had a few classes have a time conflict.
- More choices
- I always want to take several classes but sometimes the choosing is difficult because scheduling that Life Quest has to do but I know there are constraints they have to follow so it's more my problem
- What about a class on living fully, dying well. You have lots of resources at 2 Presbyterian and at Trinity UMC. Greg Adams could do a session on mourning. Has an awesome book to fill out worth exploring.
- Please add Beginning knitting or beginning crochet
- I think LQ is doing a good job of reaching the older demographic of the group.
- Take the politics outa LifeQuest! OR find a counterpoint to J Brummett's point!
- Would like a class in beginning French and Italian

CONCLUSIONS

The 2025 LifeQuest Impact and Evaluation Survey shows a strong, positive impact on participants' intellectual engagement, social connection, and overall wellbeing. Responses from 414 members—representing a mix of longtime participants and new attendees—indicate that LifeQuest is effectively fulfilling its mission of promoting healthy longevity and active aging through lifelong learning.

Overall, the survey results highlight LifeQuest's success in fostering intellectual growth, connection, and purpose, while also pointing to opportunities to strengthen outreach, diversify participation, and enhance volunteering engagement.

SUGGESTIONS FOR FURTHER ANALYSIS

The current survey identified several areas that warrant additional analysis and expanded exploration:

1. Understanding Impact Differences by Membership Tenure

- Compare outcomes (e.g., social connection, intellectual stimulation) between new members and those attending 5+ years
- Could help identify onboarding needs, retention patterns, or program impact over time

2. Volunteer Engagement Exploration

- Why do only 24% volunteer?
- Are non-volunteers unaware of opportunities, uninterested, or unable to volunteer?
- Create a follow-up survey specifically about volunteer motivations and barriers

3. Deeper Examination of Physical Wellness and Health Behaviors

- Physical wellbeing is the lowest-impact domain
- Further study could identify:
 - Identify types of physical programming members want.
 - How to strengthen the link between attending classes and daily health behaviors

4. Equity and Diversity Analysis

- With a predominantly Caucasian membership, the questions to explore:
 - Awareness of LifeQuest among underrepresented groups
 - Barriers to access (transportation, cost, awareness, cultural relevance)
- Answers could inform outreach strategies

6. Needs of Different Living Situations

- Members living alone (38%) may benefit differently than those living with family or a partner.
- Explore gaps in support for socially isolated individuals