



LifeQuest

OF ARKANSAS

Fall 2026

September 14 - November 11

REGISTRATION OPENS August 25, 2026

Assistance with registration available starting at 9:00 a.m. August 25 at LifeQuest and LifeQuest at Conway.

LifeQuest Fall 2026 offers In-person, Online, and Hybrid Classes
Registration Fee: \$90

The registration fee covers all classes for the 8-week term at both
the Little Rock and Conway locations.
Some classes require an additional fee.

Your **registration confirmation email** will contain your LifeQuest website login credentials.

Plan to attend "LifeQuest Orientation,"
In-person in Conway, August 31 at 11:00 a.m.
In-person in Little Rock, September 9 at 11:00 a.m.

LifeQuest: Fall 2026

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Celebrate 45 Years of Lifelong Learning on October 14!

For 45 years, LifeQuest of Arkansas has empowered older adults to continue learning, growing, and contributing to their communities. Since opening its doors in 1981, LifeQuest has grown from 80 participants and eight classes in its first term to one of the nation's largest volunteer-led lifelong learning organizations for retired-aged adults, now serving more than 2,500 members through hundreds of classes each year.

As LifeQuest celebrates this milestone and expands into new communities, its mission remains unchanged: helping older adults thrive through intellectual engagement, social connection, and active aging for generations to come.

On **Wednesday, October 14**, we invite you to celebrate LifeQuest's 45th anniversary with a half-day of learning, fellowship, and celebration at Second Presbyterian Church in Little Rock.

The morning's educational symposium is designed for all engaged citizens who value lifelong learning and seek to thoughtfully evaluate information from multiple perspectives. Hear John Brummett interview Rex Nelson on the state of politics and the media, then join a panel of journalists and media professionals representing a variety of news outlets as they discuss how to distinguish fact from opinion and strengthen our ability to engage thoughtfully with the information shaping our world.

Following the symposium, gather in the Great Hall for lunch as we stroll down memory lane, celebrate LifeQuest's remarkable journey, and honor the volunteers — past and present — with special recognition of Dr. Chuck Chappell, Doris Krain, Ellen Lowitz, and the many volunteers who have shaped our organization through their dedication, generosity, and expertise. We look forward to celebrating them with you this fall.

*Judge Larry and Shelia Vaught,
45th Anniversary Event Hosts*

LifeQuest

OF ARKANSAS

NEW REGISTRATION SYSTEM

Easier. Smarter. Built for You.

Start by opening the LifeQuest website - lifequestofarkansas.org - and click "Course Catalog."

NEW FEATURES



CREATE AN ACCOUNT

Create a sign-in name and password.



ADD TO CART

Add classes to the cart.



CHECK OUT

Check out and receive an emailed receipt.



THIS NEW SYSTEM WILL TAKE A LITTLE EXTRA TIME TO SET UP INITIALLY

Everyone will be required to enter their address, emergency contact information and other demographic information. **The good news** is that once you have saved this – it will be there for you in the future!



NEW! LOTTERY SYSTEM

We don't want you to rush to register so we are implementing a lottery system for any class that has a maximum of 24 seats available.



SEE YOUR SCHEDULE ANYTIME

By logging into our website, you will be able to see your schedule of classes for this term anytime.

CLASS PORTAL (NOW)



We will still have a class portal for class access, materials, and recordings.

INSTRUCTOR PORTAL (COMING SOON)



In the future, we will add an instructor portal where they can submit new class proposals and view their rosters.

Thank you for your patience as we roll out this exciting new system!



We appreciate you being part of the LifeQuest community!



LifeQuest

AT CONWAY

In-Person Classes

In-person classes are held at
First United Methodist Church, 1610 Prince St., Conway, AR.
Phone: 501-514-8932

MONDAY in CONWAY

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

6 Weeks Only, Sept. 14, Sept. 28-Oct. 26

HINDUISM AND BUDDHISM:

An Adventure of Ideas

Jay McDaniel, Instructor

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

This course explores the rich philosophical and spiritual ideas of Hinduism and Buddhism, inviting participants to explore perspectives that stretch the imagination and deepen reflection on life's biggest questions. Topics include reincarnation, karma, meditation, enlightenment, a universe of many dimensions, God as cosmic energy, the problem of the ego, compassion, impermanence, the authentic aims of life, and the possibility of liberation from suffering. There are no "right answers." Instead, participants are invited to engage these ideas with an open mind, comparing them with their own beliefs and values while developing a personal philosophy of life that is informed through dialogue with these rich philosophical and cultural traditions.

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

TRIPLE PLAY CANASTA

Debbie Harris and Cathy Meyer, Instructors

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

Triple Play Canasta is a fun version of Canasta played with 7 decks of cards and 6 players. There will be an instructor and/or an experienced helper at each table. No previous experience is necessary! This is a skills-based class, so please try to attend all sessions.

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

SIT AND STITCH

Becky Rasnick, Facilitator

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

Participants can come and work on any project including but not limited to knitting, quilting, needlepoint, crochet, spinning, weaving, and smocking. A great time to just visit and stitch with no instruction given.

MONDAY in CONWAY, Cont.

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

MEMORY GLITCHES

Terri Bonebright, Instructor

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

Are you absent-minded at times? Do you experience times when someone's name is on the tip of your tongue? We will discuss these memory glitches along with repressed memories, misattributions, and bias in memory. The course will be focused on understanding how memory functions and how it changes across the lifespan.

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

USS INDEPENDENCE CVL-22

John G. Lambert, Instructor

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

Author and instructor John G. Lambert will highlight the opening months of the bloody battle for the Pacific, setting the stage to the photo intensive presentation of the history of the USS Independence CVL-22, lead ship in her class, our nation's first dedicated night aircraft carrier. Torpedoed off Tarawa, her aviators and crew earned the vessel eight Battle Stars. She would enter the Atomic Age as a target vessel at Bikini Atoll in 1946. Take a trip back to the 1940s!

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

LIFEQUEST FOLKIES: BACK HOME AGAIN

Ralph McKenna, Coordinator; Mike Schaefer, Joe Lombardi, Kevin Hayes and David Allen, Instructors

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

After our Spring term "On the Road Again" gig in the Rock, the Folkies will return to Conway for Fall term. Our class, as traditionally done, will be a weekly mix of topics, history, and performance chosen by that day's presenter. In addition, we will continue to have our faculty mini-concert day and traditional hootenanny, featuring brave class member volunteers.

MONDAY in CONWAY, Cont.

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

4 Weeks Only, Sept. 14, Sept. 28-Oct. 12

THE PURSUIT OF ARKANSAS' WILD TURKEY

Rick Rasnick, Instructor

Format: In-person, limit - 25; Not recorded

CONWAY

Discover everything you need to know about hunting Arkansas' wild turkey in this engaging four-week course. Week 1 explores the fascinating history of the wild turkey in Arkansas, tracing its comeback and conservation story. Week 2 covers essential equipment for turkey hunting success. Week 3 examines wildlife management practices, hunting seasons, and top locations across the state. Week 4 ties it all together with practical, hands-on techniques for pursuing wild turkeys in the field. Perfect for beginners and experienced hunters alike looking to sharpen their skills.

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

NUMBERS IN AMERICAN POLITICS

David Sutherland, Instructor

Format: Hybrid, In-person limit - 50; Recorded

CONWAY

A discussion of different ranked voting methods under consideration by some states, as well as evaluation methods for understanding when those methods work well and when they do not. Hands-on examples included for practice! Includes discussion of gerrymandering and how it can be measured. Finally, discussion about the electoral college, with pros and cons as to why we should keep it. A conversation about how visualization of data influences our understanding of the data will be included. Note: No mathematics background is required!

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

SOCRATES CAFE IN CONWAY

Allison Shutt, Facilitator

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

CONWAY

Modeled after the Socrates Cafe class offered in Little Rock, this class provides a safe space to explore topics of interest to you in dialogue with others. Each week, participants may propose questions to the class and then all vote on which question to discuss. Come share your experience, wisdom, and curiosity about life with others.

MONDAY in CONWAY, Cont.

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

IMPROV

Kevin Browne, Instructor

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

CONWAY

This will be a laboratory or studio class, not a lecture class. Participants will explore some fundamental techniques based on the "Yes, and" philosophy (which is collaborative, not competitive), which apply to improv performance as well as general communication. Mostly we're going to have fun and experience the liberation of "trust and support" in performance, and by extension, in life. Whether you have lots of experience or zero experience, this class is designed for everybody including those who just took the class this spring!

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

DISCOVERING YOUR CREATIVE VOICE

Marilyn Rishkofski, Instructor

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

CONWAY

Designed for the artistically curious learner at all experience levels, come experiment with drawing, painting, printing and other art forms to express what you observe.

TUESDAY in CONWAY

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

MOVE IT AND IMPROVE IT AT THE WAC

Melinda Ballmer, Instructor

THIS CLASS IS HELD OFF CAMPUS!

Class is held at the WAC, Hendrix Campus, Corner of Harkrider Street and Siebenmorgen Road, Conway, AR 72032

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

CONWAY

This class offers an opportunity to improve our physical abilities as we grow older. The emphasis is on flexibility, balance and muscular endurance. It is NOT a cardio class. We will work fingers, toes and everything in between. Comfortable, loose-fitting clothes are recommended, and going barefoot (or socks) during class is preferred. About two-thirds of class is done while seated, the rest standing. Movements can be adjusted to meet many limitations. Bring water. All equipment is provided.

TUESDAY in CONWAY, Cont.

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

CONTEMPORARY SOCIAL ISSUES

Ian King, Instructor

Format: Hybrid, In-person limit - 24; Recorded CONWAY

Join this participant-driven discussion class exploring today's social, political, environmental, and economic issues. Building on the instructor's popular Global Affairs class, this course broadens the conversation to include topics that are both U.S.-focused and international in scope. Discussions will be shaped by participants' interests and current events, encouraging thoughtful dialogue, diverse perspectives, and respectful exchange. No prior knowledge is required. Bring your curiosity, an open mind, and a willingness to engage in meaningful conversation.

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

PICKLEBALL AT THE WAC

Earlene Hannah, Instructor

THIS CLASS IS HELD OFF CAMPUS!

Class is held at the WAC, Hendrix Campus, Corner of Harkrider Street and Siebenmorgen Road, Conway, AR 72032

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

Learn how to play the fastest-growing sport in America! Pickleball is a paddle sport played on a badminton-size court. It can be played indoors or outdoors. This is an introductory class for beginners and players without much experience. You will learn the rules, basic skills and strategy. Because pickleball requires short bursts of energy including bending and running, there is an additional risk of injury for players who lack adequate strength, agility and endurance training.

Wear appropriate exercise clothing, including court shoes. Be sure to bring water.

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

FUNDAMENTALS OF CREATIVE WRITING

Ian King, Instructor

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

An introduction to and overview of the craft techniques involved in creative writing: fiction, creative nonfiction, and memoir. In order to examine these craft techniques, the class will read together excerpts from Stewart O'Nan's *novella Last Night at the Lobster*; a book the class will (\$5.99 on Kindle; \$15.02 in paperback). Students are not required to submit their own writing for in-class workshop and critique, but some space, hopefully, will be available if anyone desires.

TUESDAY in CONWAY, Cont.

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

MARTIAL ARTS MOVEMENT

Terri Bonebright, Instructor

THIS CLASS IS HELD OFF CAMPUS!

Class is held at the WAC, Hendrix Campus Corner of Harkrider Street and Siebenmorgen Road, Conway, AR 72032

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

This exercise course will be based on a martial art (Goju Ryu) that will be taught using a Tai Chi approach. Students will learn basic movements and two forms that will focus on stretching, balance, breathing and body awareness. We will also discuss how the movements can be used for self-defense. Students should come to class in comfortable clothing and court or tennis shoes.

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

SHAKESPEARE ALIVE!

Ruthann Curry Browne, Instructor

Format: In-person, limit - 24; Not recorded CONWAY

Play, whisper, shout with lines from Shakespeare! Insults? Sure thing! New words? Yep! Old language made new? Why not! We'll get on our feet to experience The Bard at his best. No previous experience needed. Come play and have fun with the most-produced playwright in history.

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

FOUNDATIONS OF DRAWING

Katy Killingsworth, Instructor

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

A variety of media and mark-making will be explored in this introduction to drawing. No prior art experience is necessary as we explore drawing as visual communication, an exercise between mind and body, and a cornerstone of art-making.

TUESDAY in CONWAY, Cont.

2:00 P.M. - 5:00 P.M.

INTRODUCTION TO BREWING BEER

Rhonda Holland, Instructor

THIS CLASS IS HELD OFF CAMPUS!

28 Cumberland Park Drive

Conway, AR 72034

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

CONWAY

Do you enjoy craft beer? Are you looking to be the most popular person at your next party? Have you wanted to learn to brew beer but just felt a bit intimidated? This may be the course for you. This is your opportunity to participate in a hands-on, pragmatic course in the basics of brewing an ale. No experience or equipment is needed. During this session we will actually brew and bottle a beer, and along the way sample a few home-crafted brews. Unlike traditional LQ courses, the length of the sessions will vary from 1-3 hours. So put on your brewmeister hat and join us for a fun and "hoptimistic" adventure. You will need a copy of the book, *How to Brew, Everything You Need to Know to Brew a Great Beer Everytime*, by John Palmer.

SCHOLARSHIPS

At LifeQuest, we never want the registration fee to prevent anyone from participating in our programs. For this reason, our scholarships are not income-based. Scholarships only cover registration fee. They do not cover meals or materials. There is a form to complete that allows us to track the number of scholarships we use each term. 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 to learn how to apply.

**Consider attending LifeQuest Orientation.
There will be one in Conway and one in Little Rock.**

LIFEQUEST ORIENTATION

Conway Campus

Monday, August 31, at Noon

In-person at First United Methodist Church

Trinity Building

1610 Prince St.

Conway, AR 72034

LifeQuest orientation is for everyone, but not required. We will review:

- LifeQuest history
- Class locations
- How to attend in-person or online
- Who's who ... and more!

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

We hope to see you there!

LIFEQUEST ORIENTATION

Little Rock Campus

Wednesday, September 9

11:00 a.m.

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:

- LifeQuest history
- Class locations
- How to attend in-person or online
- Who's who ... and more!

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

We hope to see you there!



In-Person Classes

In-person classes are held at
Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, AR
Phone: 501-225-6073

MONDAY in LITTLE ROCK

AMFA WORKSHOPS

**One-time 3 hour workshops located at the
Arkansas Museum of Fine Arts**

9:00 A.M. - NOON

One-Time Workshop: September 14

FUSED GLASS COFFEE COASTERS

India Childress and Lily Warren

THIS CLASS IS HELD OFF CAMPUS!

*Arkansas Museum of Fine Arts,
501 E. Ninth St., Little Rock, AR 72202
Studio: Flex 149*

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

In this fused glass workshop, students will design a colorful glass coaster that will lighten up any table or countertop! Learn the basics of glass fusing to arrange shapes and patterns in a creative way. Your completed designs will be transformed in the kiln to achieve a smooth and glossy finish. An excellent workshop for those interested in experiencing the basics of glass fusing.

All materials are provided.

9:00 A.M. - NOON

One-Time Workshop: October 26

CLAY HAND BUILDING:

AUTUMN TABLEWARE

India Childress and Lily Warren

THIS CLASS IS HELD OFF CAMPUS!

*Arkansas Museum of Fine Arts,
501 E. Ninth St., Little Rock, AR 72202
Studio: Flex 149*

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

Celebrate the beauty of the season as you create functional and handcrafted ceramic ware inspired by autumn. Using hand-building techniques, shape and personalize small plates while adding seasonal textures and decorative details inspired by falling leaves, harvest patterns, and the natural world. No prior clay experience is needed; wear comfortable shoes and clothing that can get a little messy. Your finished pieces will be glazed and kiln-fired, then ready for pickup approximately four weeks after the workshop.

All materials are provided.

MONDAY in LITTLE ROCK

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

PILATES

June Brown, Instructor

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

LITTLE ROCK

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. Small (1-3 pound) weights optional.

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

ADVANCED BEGINNING MAH JONGG

Lisa Perk, Instructor

Format: In-person, limit - 24; Not recorded

LITTLE ROCK

For players ready to move beyond the basics of American Mah Jongg. This class focuses on refining Charleston strategy, reading exposures, improving table habits, and using scorekeeping to support more confident play, all grounded in a solid understanding of National Mah Jongg League rules and table etiquette.

An authentic NMJL card is required.

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

MAT YOGA

Karin Bara, Instructor

Format: In-person, limit - 25; Not recorded

LITTLE ROCK

Join us for a gentle yoga stretch class. Each class focuses on breathing/stress management, balance, stretching, and strength building. All are welcome, no yoga experience needed. You must be able to safely get up and down from the floor.

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

LITTLE ROCK

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

MONDAY in LITTLE ROCK, Cont.

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

4 Weeks Only, Oct. 12 - Nov. 2

ADVANCED CARDMAKING TECHNIQUE

Connie Wardell, Instructor

Materials fee: \$20

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

LITTLE ROCK

This cardmaking class is meant for crafters who have made cards in the past. Emphasis is on advanced techniques such as embossing, die cutting, and advanced folding. Some basics are reviewed as the class progresses. Key objectives of the class are to produce something of beauty to give away and to increase the crafter's mental and visual acuity.

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

CHAIR YOGA

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Karin Bara, Instructor

Format: In-person, limit - 25; Not recorded

LITTLE ROCK

Love yoga but don't love the floor? Chair yoga is a great alternative. Breath work, balance, stretching, and strength building are part of every class. All are welcome, no experience needed.

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

BEGINNING PICKLEBALL, GROUP A

Mary Todd and Pam Kiser, Instructors

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

LITTLE ROCK

Learn how to play the fastest-growing sport in America! Pickleball is a paddle 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. Pickleball requires short bursts of intense energy so there is risk of injury for players who lack adequate strength, agility and endurance training. **Wear appropriate exercise clothing, including court shoes. You will need to provide your own paddle.**

1:30 P.M. - 3:00 P.M.

BEGINNING PICKLEBALL, GROUP B

Mary Todd and Pam Kiser, Instructors

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

LITTLE ROCK

Learn how to play the fastest-growing sport in America! Pickleball is a paddle 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. Pickleball requires short bursts of intense energy so there is risk of injury for players who lack adequate strength, agility and endurance training. **Wear appropriate exercise clothing, including court shoes. You will need to provide your own paddle.**

TUESDAY in LITTLE ROCK

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

SELF-DEFENSE

Tanner Critz, Instructor

THIS CLASS IS HELD OFF CAMPUS!

Unity Martial Arts

1524 Garfield Drive, Little Rock, AR 72204

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

LITTLE ROCK

Awareness, skills, and safety. We'll work on drills to increase balance and decrease falls and accidents, awareness of safety issues and danger zones, and drills to build confidence and personal self-defense.

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

One-Time Workshop: October 20

HOW TO AVOID ONLINE SCAMS AND PROTECT YOUR INFORMATION

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

UALR National Society of Black Engineer Members

Format: In-person; Not recorded

LITTLE ROCK

This 2-hour workshop is designed to help senior citizens safely navigate the internet. Topics include spotting online scams and phishing attempts, password hygiene and account protection, recognizing fraudulent emails and text messages, safe browsing habits, protecting personal information and practical tips for using devices securely. This session will include demonstrations,

WEDNESDAY in LITTLE ROCK

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

BEHIND THE HEADLINES

John Brummett, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

For over 25 years, award-winning journalist and op-ed columnist John Brummett has brought his insightful analysis to LifeQuest members, exploring the key events shaping our city, state, and nation. Known for his ability to humanize complex issues and spark meaningful discussions, Brummett offers thoughtful commentary that encourages civil discourse. If you plan to attend online, please join the Facebook group, **LifeQuest Fall 2026 Private Group**, before the first day of class to stay connected and informed.

WEDNESDAY, LITTLE ROCK, Cont.

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

BEGINNING SPANISH

PARA EMPEZAR:

Interacciones y Exploraciones

Dave McAlpine, Instructor

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

LITTLE ROCK

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, and describing yourself, and others are some of the topics we will cover as we explore the cultural varieties of the Spanish-speaking world.

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

WATERCOLOR

Stephen Lanford, Instructor

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

LITTLE ROCK

This class is designed to explore and develop your watercolor skills. Whether or not you have previous painting experience, you are welcome. We will develop and practice the skills needed to paint in watercolor. This course is flexible enough to accommodate beginners who've never painted as well as painters with previous painting experience.

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

MOVERS AND SHAKERS OF ARKANSAS

Charles Feild, Facilitator

Format: Hybrid; Recorded

LITTLE ROCK

What the state of Arkansas lacks in size, it makes up for in thought leaders, entrepreneurs, scientists, innovators, and great stories. Moderated by LifeQuest member, instructor, and retired pediatrician Dr. Charles Feild, this class will introduce participants to a diverse group of leaders who are shaping the direction of our state and making a positive impact on its residents.

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

IMPROVING CAREGIVING THROUGH IMPROV

Shelton Harden and Nancy Ryburn, Instructors

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

LITTLE ROCK

This class is for caretakers of those with dementia or serious illness. Caring for an adult living with dementia or serious illness can be daunting and isolating. This class can help individuals and family members navigate personal communication issues and family dynamic complications. It is not a therapy group. It's a class to have "time off," laugh, and have fun with other caregivers who have similar issues.

WEDNESDAY, LITTLE ROCK, Cont.

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

CARTOONS

Tyler Thompson, Instructor

Format: In-person; Not recorded

LITTLE ROCK

Want to try something new and fun!? Try eight weeks of getting down about cartoons and comic strips! We'll check out the most popular, your favorites; those that make you laugh the hardest; the ones you don't get or like; the ones you cut out of the funny papers and tape to the refrigerator and the ones you refuse to read anymore; the ones you miss and the ones you wish they'd bring back; some that made you stop and think, and some that made you cry; plus those that struck you as telling you exactly what you needed to hear at that special time in your life! Plus, maybe hear from some local cartoonists who've successfully been published!

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

FALL GARDENING

Janet Lanza, Instructor

Format: In-person, limit - 28; Not recorded

LITTLE ROCK

This 8-week session will cover do's and don'ts for fall gardening. Topics will include why native plants are important; identifying and removing invasive plants; planning; actions to avoid; choosing plants; planting and pruning guidelines; and making the yard more wildlife friendly.

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

CONVERSATIONAL SPANISH

¡HABLEMOS MÁS ESPAÑOL!

Dave McAlpine, Instructor

Students will need to purchase: Short Stories in Spanish, ISBN: 978-1-473-68325-9

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

LITTLE ROCK

Conversational Spanish will be based on the required reading and discussion of several short stories from *Short Stories in Spanish* purchased in advance and available through several sources. Key vocabulary and grammar points will be lifted from the stories as points of departure for class discussions. Students should have at least intermediate-level background in the language.

WEDNESDAY, LITTLE ROCK, Cont.

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

WHAT IS MYSTICAL THEOLOGY?

Paul Beedle, Instructor

Format: In-person; Not recorded

LITTLE ROCK

This class will explore mystical theology, drawing on a variety of sources from theology, comparative religion, psychology, philosophy, and history. After an overview of how mystical theology relates to familiar theological ideas, we will explore the basic elements of individual spiritual growth, interior life, and aspects of spirituality in community and social life.

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

GREAT READS IN-PERSON

Jon Poteet, Facilitator

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

LITTLE ROCK

Read and discuss selections of literature by classic and modern authors. Selections are made available the week before classes begin in the Materials section of the LifeQuest Class Portal of the website. If you would like a paper copy printed, the cost will be \$10 and can be requested by contacting the LifeQuest office.

(Same content as online class.)

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

KNITTING AND SHARING

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

LITTLE ROCK

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

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

FAMOUS INVENTORS

Various Instructors

Format: Hybrid; Recorded

LITTLE ROCK

This class will take a look at some of the famous inventors throughout history.

(LifeQuest instructors in parentheses)

- Sept. 16: Samuel F.B. Morse (Dick Williams)
- Sept. 23: Wright Brothers (Dent Gitchel)
- Sept. 30: Philo Farnsworth (Pat Goss)
- Oct. 7: Alexander Graham Bell (Jon Wolfe)
- Oct. 21: Dr. Jonas Salk (Sherry Bartley)
- Oct. 28: Nikola Tesla (Jim McHaney)
- Nov. 4: Henry Ford (Fred Ursery)
- Nov. 11: George Washington Carver (Judge Mary McGowan)

WEDNESDAY, LITTLE ROCK, Cont.

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

ALL THINGS JAZZ PIANO

Tom Cox, Instructor

Format: In-person; Not recorded

LITTLE ROCK

A lecture and demonstration/performance presentation format class in which the instructor introduces and demonstrates various music elements, piano styles, jazz pianist and developments from the rich history of the world of jazz piano from its early years of the 1900s to today's artists, styles, influences and innovators. The class format also includes a 15-25 minute performance of 2 or 3 different pieces each week.

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

GERMAN ART

Floyd Martin, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

Painting, sculpture, prints, and architecture of Germany from circa 1910 to 1930 shows a variety of approaches to a changing world: Expressionism, Dada, New Objectivity, and new attitudes about architecture and design. The class will complement an exhibition at the Arkansas Museum of Fine Arts, The Age of Anxiety: German Expressionism in Art and Film (Oct. 9 – Jan. 10). The class will include an extra afternoon period to visit the exhibition. Among the artists to be considered are Ernst Kirchner, Franz Marc, Kathe Kollwitz, Georg Grosz, Max Ernst, Hanna Hoch, Lazlo Moholy-Nagy, Max Beckmann, Paul Klee, Vasily Kandinsky, Walter Gropius and others associated with the Bauhaus. The course will also include commentary about four makers of motion pictures, Robert Weine, F. W. Murnau, Fritz Lang, and Walter Ruttmann.

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

GRANDPARTING FROM A DISTANCE

Jenni Duncan, Instructor

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

LITTLE ROCK

When they live far away, maybe in different time zones, how can you enrich your relationship and create memories with your grandchildren? Join Jenni Duncan for ideas from her time as a children's minister, participation in two long-distance grandparenting groups and 23 years as "Gigi." Connect cousins from age 2 to teens as they decorate cookies or make and eat Halloween "monsters." Surprise even college grandkids with deliveries and hold cousins' holiday Bingo games. From FaceTime games to sharing what you know or book clubs, we can connect with different ages across the miles. Join us!

WEDNESDAY, LITTLE ROCK, Cont.

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

STELLAR EVOLUTION

Michael Borrelli, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

This class will present the processes by which stars form, initiate and sustain nuclear fusion in their cores and how they output different types of radiation and energy into the space around them. The manner in which stars of different mass and intrinsic luminosity evolve will also be discussed, along with the stellar characteristics that determine which stars end their lives as black holes, neutron stars, pulsars and white dwarfs.

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

SOCRATES CAFE - WEDNESDAY

Rudy Rieple, Facilitator

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

LITTLE ROCK

At Socrates Cafe, people explore questions from their lives through public, nonacademic dialogue. 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.

LUNCH AT LIFEQUEST

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

Prepared by Chef Brenda Majors

Cost: \$14 per meal

Sept. 16: Roast Beef and Cheddar Hoagies, Tomato Soup, Chips, Cheesecake Brownies
Sept. 23: King Ranch Chicken, Salad, Chocolate Layer Dessert
Sept. 30: Tuscan Chicken, Angel Hair Pasta, Honey Carrots, Lemon Crumb Bars
Oct. 7: Manicotti Crepes, Salad, Herbed Rolls, Blueberry Cream Cheese Cake
Oct. 21: Chicken Enchiladas, Chocolate Butter Gooey Cake
Oct. 28: Pork Tenderloin, Smashed Potatoes, Cherry Cobbler
Nov. 4: Chicken Pot Pie, Salad, Banana Pudding
Nov. 11: **Veteran Recognition Luncheon**
Lasagna, Caesar Salad, Garlic Rolls, Berry Crepes

WEDNESDAY, LITTLE ROCK, Cont.

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

4 Weeks Only, Sept. 16 - Oct. 7

THE LONGEVITY KITCHEN:

Artisanal Plant-Based Living

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Amanda Isbell, Instructor

Class fee: \$17

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

LITTLE ROCK

This four-week intensive is designed for those who want to marry the science of longevity with the art of eating well. Participants will move beyond basic nutrition to master the whole-food plant-based way of eating and lifestyle without sacrificing flavor or sophistication. From artisanal baking techniques to navigating social dining, this course provides the blueprint for a vibrant, high-energy life.

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

INTRO TO THE WORLD OF TEA

Shelley Green, Instructor

Class fee: \$20

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

LITTLE ROCK

An introduction to the world of tea including its history, where it comes from and how it's processed. This class offers an opportunity to taste a variety of teas including black, green, oolong, white, herbal and rooibos. Learn about potential health benefits, all about brewing the perfect cup of tea, and more.

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

GAMES FOR FUN

No Instructor

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

LITTLE ROCK

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, Mexican Train, cards or chess.

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

IMPROV FOR MIND, BODY AND SPIRIT

Shelton Harden, Instructor

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

LITTLE ROCK

Join experienced teacher and practitioner Shelton Harden to learn the rewards of improvisational theater (aka "improv"). Each week, participants will share new activities that engage the mind, body and spirit. These creative, enjoyable, and positive experiences may reveal strengths and talents you never knew you had.

WEDNESDAY, LITTLE ROCK, Cont.

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

ACRYLIC OR OIL PAINTING

Louise Carlisle and Clarence Cash, Instructors

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

LITTLE ROCK

Join our Acrylic or Oil Painting class for beginners and experienced painters! Learn techniques, color theory, and creative expression with guided demos. All levels are welcome — unleash your inner artist!

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

LIFEQUEST WALKS

Greg Grawl, Facilitator

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

LITTLE ROCK

Stretch your legs and get outside this fall. The class will meet at Second Presbyterian Church in the foyer near the kitchen. The first walk will be at the Arboretum at Pinnacle Mountain State Park. All walkers must sign a LifeQuest release form.

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

SCULPTING

John Deering, Instructor

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

LITTLE ROCK

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 in LITTLE ROCK

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

THE ART OF CAMARK

Edwin Gifford, Instructor

Format: Hybrid, in-person limit - 20; Recorded

LITTLE ROCK

In the mid-1920s, Arkansas' final chapter of commercial art pottery began with the founding of Camark Pottery in Camden. Led by Ohioan Jack Carnes, Camark emerged as Carnes shifted his focus from the oil boom to the region's abundant clay resources, aiming to rival Ohio's ceramic industry. Drawing skilled ceramists from Ohio, Camark quickly produced distinctive, marketable American art pottery and became a significant industry player. Using modern methods, machinery, and circular kilns, it achieved large-scale production, sourcing local clays. Camark thrived for a couple of decades but ultimately succumbed to post-World War II manufacturing and marketing challenges.

THURSDAY, LITTLE ROCK, Cont.

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

MODERN CHINA: A Century of Revolution

Zach Smith, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

China entered the twentieth century as a militarily enfeebled, fiscally bankrupt, and politically crumbling empire and left as an economically dominant global superpower. The intervening years were defined by a near-constant series of revolutions that transformed almost every aspect of daily life in China. From the Boxer Uprising to the Communist Revolution to China's modern economic transformation, this course explores the triumphs and tragedies of China's past 150 years through the eyes of political leaders and everyday citizens.

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

BEGINNING MAH JONGG

Ellen Lowitz, Instructor

Format: In-person, limit - 24; Not recorded

LITTLE ROCK

Learn to play Mah Jongg, an engaging, rummy-like game played with tiles rather than cards. It is Ellen Lowitz'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.

ADVANCED TAI CHI

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Suzanne Yung, Instructor

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

LITTLE ROCK

This is a Northern Wu Tai Chi Advanced Class, a continuation of the prerequisite Beginning Tai Chi 13 postures class. **Participants must be able to perform the 13 postures alone, from memory in front of the instructor.** Postures must be executed with proper movements of body, hands and feet within the perimeters of proper timing.

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

IMAGINING GOD, PART 2

Terry Goddard, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

In this class we'll explore creation, creators, and never-ending creativity. We will look at these topics from various angles: ancient Near Eastern myths of creation, the Judeo-Christian Bible creation myth, science, evolutionary thinkers (Loren Eiseley), process thinkers (Pierre Teilhard de Chardin, A.N. Whitehead), and others.

THURSDAY, LITTLE ROCK, Cont.

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

SIPS THROUGH TIME: The Stories Behind the World's Most Iconic Drinks

Ticu Gamalie, Instructor

Format: *In-person; Not recorded*

LITTLE ROCK

Beverages are more than refreshment — they're windows into human history, culture, and innovation. This lecture series explores six iconic drinks: beer, wine, alcohol, coffee, tea, and Coca-Cola. Begin with beer and wine, the social drinks born in civilization's cradles. Then discover alcohol's dramatic impact on the Americas. Trace coffee, the drink of enlightenment and revolution, and tea, the imperial beverage that shaped global trade and culture. Finally, explore Coca-Cola, the first global beverage brand and symbol of American soft power.

Drinks not included.

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

LAW AND RELIGION

Mark Clark, Instructor

Format: *In-person; Not recorded*

LITTLE ROCK

This class will discuss how our legal system resolves conflicts between the right to freely exercise one's religious beliefs and the enforcement of laws that conflict with them. While the history of various religious protections will be discussed, the majority of class time will be devoted to the discussion of contemporary issues, including recent U.S. Supreme Court decisions that blur the traditional lines of separation between church and state in the areas of anti-discrimination law, school-led prayer and iconography in public schools, the right of parents to raise their children as they wish, the use of tax dollars to support private religious schools, and more.

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

PHYSICAL THERAPY AND YOU

Sponsored by Advanced Physical Therapy and Arkansas Geriatric Education Collaborative/UAMS

Various Instructors

Format: *In-person; Not recorded*

LITTLE ROCK

Join specialists from Advanced Physical Therapy as they discuss issues impacting individuals as they age. Presenters Andrew Davis, Cameron Shannon, Sarah Walker, and more will speak on various topics designed to promote healthy aging and activity. Come and learn from these experts!

THURSDAY, LITTLE ROCK, Cont.

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

4 Weeks Only, Sept. 17 - Oct. 8

PORTRAITS WITH PATRICIA

Patricia Beuter Donnelly, Instructor

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

LITTLE ROCK

Want to learn how to draw the features of the face? Come ready to draw the four major features in profile: the eye, nose, mouth and ear. If time permits, we will "put it all together." Basic drawing skills recommended. The materials list will be posted along with an exercise on turning the form, making a two-dimensional object appear three-dimensional.

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

4 Weeks Only, Oct. 15 - Nov. 5

GUIDED OPEN STUDIO

Anne Parat, Instructor

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

LITTLE ROCK

Choose your medium — pencils, colored pencils, watercolor pencils, pastels, acrylics, oils, or whatever you love — and bring your own reference photos or an in-class setup. This is your time to work on what matters to you! Anne Parat will be available to offer guidance and assist with problem-solving. This is also a wonderful opportunity to connect with fellow artists, share solutions, and learn from one another — the artistic equivalent of a book club with art supplies instead of books.

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

TWO MASTERS OF NON-FICTION:

Montaigne and Thoreau

Earl Ramsey, Instructor

Format: *In-person; Not recorded*

LITTLE ROCK

In my judgment, Montaigne and Thoreau are the two greatest writers of non-fiction prose in the Western tradition. Profoundly original and creators of distinctive voices, each can also reach deep insights into what it means to be fully human. I think these two authors "speak" to each other; I am certain they speak to us.

In this course, we will read one of Montaigne's last essays (Book III, Essay 5, "On Some Verses of Virgil," in the translation of Donald Frame), a work with fascinating implications for literary theory. Then we will turn to Thoreau's *Walden*. For *Walden* we will use the Norton Critical Edition. The Frame translation of the Montaigne essay will be available online in the course materials.

THURSDAY, LITTLE ROCK, Cont.

11:00 A.M. - 11:50 A.M.
7 Weeks Only, Sept. 24 - Nov. 5

HISTORY BEHIND RUSSIAN WAR IN UKRAINE

Marta Cieslak, Instructor

Format: In-person; Not recorded

LITTLE ROCK

This course examines the historical roots of the ongoing Russian war in Ukraine with the goal of shedding light on how the past continues to shape the current geopolitics. We will explore the evolution of Ukraine as a state and nation, from the medieval state of Kyivan Rus, through the colonial control of various empires (Poland-Lithuania, Habsburgs, Russia, etc.), all the way to independence and Feb. 24, 2022, when Russia attacked Ukraine, escalating a conflict that began in 2014. Our explorations will focus on the complex history of East-Central Europe, a region spanning from today's Germany and Austria in the west to the depths of Russia in the east. As we examine this lesser known part of Europe, we will look into what the right to national self-determination means in the twenty-first century and investigate how the perpetrators and the victims of this war use history to defend their respective positions.

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

THE WAR OF AUSTRIAN SUCCESSION CONTINUES

John Giessmann, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

This class will look at the causes and events of the War of Austrian Succession, one of several world wars fought by European countries in the eighteenth century. This course will introduce you to Frederick the Great, Maria Theresa, Maurice de Saxe, and a certain Mister Jenkins, who lost an ear. Topics we will discuss will be the war in Italy and the events surrounding the Second Silesian War.

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

PHOTO SHARING

Doris Krain and Nancy Haynes, Facilitators

Format: In-person; Not recorded

LITTLE ROCK

We will get together to work on phone/iPad photos. No extra materials needed, just bring your phone or tablet to share and problem solve.

THURSDAY, LITTLE ROCK, Cont.

11:00 A.M. - 11:50 A.M.
4 Weeks Only, Sept. 17 - Oct. 8

WRITING YOUR OWN OBITUARY, GROUP A

Anne Perry, Instructor

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

LITTLE ROCK

How do you want to be remembered? This four-week class will provide an opportunity to craft a document you can share with loved ones, whether its tone is sincere, humorous, sarcastic, or ridiculous. Enjoy creative writing and life review!

(Same content as Group B)

11:00 A.M. - 11:50 A.M.
4 Weeks Only, Oct. 15 - Nov. 5

WRITING YOUR OWN OBITUARY, GROUP B

Anne Perry, Instructor

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

LITTLE ROCK

How do you want to be remembered? This four-week class will provide an opportunity to craft a document you can share with loved ones, whether its tone is sincere, humorous, sarcastic, or ridiculous. Enjoy creative writing and life review!

(Same content as Group A)

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

SOCRATES CAFE - THURSDAY

Rudy Rieple, Facilitator

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

LITTLE ROCK

At Socrates Cafe, people explore questions from their lives through public, nonacademic dialogue. 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, LITTLE ROCK, Cont.

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

LQ BOOK CLUB

Jon Poteet, Facilitator

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

LITTLE ROCK

Bring your curiosity, open-mindedness and love for books and reading! We will spend this fall term reading and discussing *Anna Karenina* by Leo Tolstoy.

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

LINE DANCING

Rose Virgil, Instructor

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

LITTLE ROCK

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 WITH JESSICA

Jessica Durand, Instructor

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

LITTLE ROCK

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. Please bring your own mat.

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

PASTELS

Caprise Cooper, Mary Dornhoffer

and Anne Parat, Instructors

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

LITTLE ROCK

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



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thank the
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Arkansas for a
great year of
partnership!

ONLINE ONLY CLASSES

These classes are only available online via Zoom from anywhere the Internet is available.

MONDAY, ONLINE ONLY

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

GRANDPARENTING TODAY

Elizabeth Vines, Facilitator

Format: Online, limit - 15; Not recorded

ONLINE ONLY

Join us this fall as we discuss, *"Troubles in the Nest: When things go wrong in families and the impacts on Grandparents."* During the term, we will discuss substance abuse, legal problems, financial strains, custodial care, estrangement and abandonment, and boundary conflicts. Each week we will discuss how these topics impact us as grandparents today. Additionally, during the fall term, we will share holiday activities and celebrations to enjoy with our grandchildren. Our online class is discussion-based and interactive, and is a good way to develop some new LifeQuest friends, as well as strengthen our grandparenting skills. Online resources relating to our topics will be emailed each week in advance of class.

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

GREAT READS 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 in the Materials section of the LifeQuest Class Portal on the website. If you would like a paper copy printed, the cost will be \$10 and can be requested by contacting the LifeQuest office.

(Same content as in-person class.)

MONDAY, ONLINE ONLY

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

BOOK QUEST

JoEllen Willis, Facilitator

Format: Online, Limit - 20; Not recorded

ONLINE ONLY

This fall, the Book Discussion class will read *Thirst*, a volume of poetry by Mary Oliver. One of America's most beloved poets, Oliver has been honored with a National Book Award and a Pulitzer Prize. She is a nature poet, a keen observer of the beauty that surrounds us, and wordsmith extraordinaire. In this book, written after the death of her longtime partner, she has expressed grief, but also a deep appreciation of life. Of special note are the poems she has written as prayers.

TUESDAY, ONLINE ONLY

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

EXPLORING THE WISDOM OF DREAMS

Jan Dean, Instructor

Format: Online; limit - 12; Not recorded

LITTLE ROCK

Dreams hold a unique potential to revitalize our connection to imagination and foster a deeper sense of authenticity. This course invites participants to venture into the mysterious and enriching world of dreams, serving as a guide to uncovering the wisdom and personal insights woven within our nightly adventures. Using experiential exercises, this program aims to illuminate the vital role dreams can play in understanding our unconscious and enhancing our waking lives.

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

TELL YOUR OWN STORY

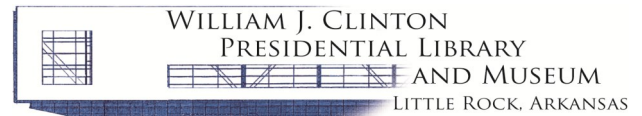
Dennis Haning and Sue Weinstein, Facilitators

Format: Online, limit - 14; Not recorded

ONLINE ONLY

Want to leave a legacy for your children and grandchildren? Have interesting things happened to you in your life you would like to share with others? 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.

WE ARE THANKFUL FOR OUR EDUCATIONAL PARTNERS



AND OUR SUPPORTING CONGREGATIONS

Christ Episcopal Church
christchurchlr.org

Christ the King Catholic Church
ctklr.org

Congregation B'nai Israel
bnai-israel.us

First United Methodist Church - Conway
www.conwayfumc.org

Grace Presbyterian Church
facebook.com/gracepclr

Jewish Federation of Arkansas
www.jewisharkansas.org

Kirk in the Pines Presbyterian Church
<https://kirkinthepines.org>

Little Rock Friends Meeting
www.littlerockquakers.org

Madina Institute
<https://www.madinainstitute.us>

Our Lady of Good Counsel Catholic Church
goodcounsellr.com

Our Lady of the Holy Souls Catholic Church
holysouls.org

Pulaski Heights United Methodist Church
phumc.com

Second Presbyterian Church
secondpreslr.org

St. James United Methodist Church
stjameslr.org

St. Margaret's Episcopal Church
stmargaretschurch.org

St. Mark's Episcopal Church
lovesaintmarks.org

St. Michael's Episcopal Church
saintmichaelslr.org

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Fall 2026
In-person, Hybrid,
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