



LifeQuest

OF ARKANSAS

Summer 2026

June 29 - August 6

REGISTRATION OPENS June 9, 2026

Assistance with registration available from 9:00 -10:30 a.m. June 9 at
LifeQuest and LifeQuest at Conway.

LifeQuest Summer 2026 offers In-person, Online, and Hybrid Classes
Registration Fee: \$70

The registration fee covers all classes for the 6-week term at both
the Little Rock and Conway locations.

Some classes require an additional materials fee.

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

LifeQuest: Summer 2026

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Notes from the LifeQuest Office

So Much to Be Thankful For!

So much to be thankful for!

As we open the summer term, I want to express my sincere gratitude to the entire LifeQuest community—our volunteers, members, instructors, leaders, and friends. Since 1981, our members' collective support has made LifeQuest such a meaningful and impactful organization for the communities we serve.

Here are just a few of the many reasons LifeQuest continues to thrive:

- **Record-breaking generosity:** LifeQuest members and friends helped us reach the highest fundraising total in our 45-year history—an incredible **\$67,740!** Surpassing our \$60,000 goal by such a significant margin is a powerful affirmation of how deeply our community values lifelong learning and the programs LifeQuest provides.
- **Growing impact in Conway:** LifeQuest at Conway continues to expand steadily, with increasing numbers of members and instructors. To support this exciting growth, we are adding a Program Assistant position beginning this summer.
- **Strong congregational partnerships:** LifeQuest's twenty supporting congregations remain dedicated champions of our mission to provide exceptional educational opportunities for older adults. We are especially grateful to the Methodist Foundation for Arkansas for its support of LifeQuest and the programming hosted at First United Methodist Church in Conway.
- **Expanded community support:** Sponsorship support for the LifeQuest 55+ Pickleball Tournament on June 3 has doubled this year! Our corporate sponsors have enthusiastically embraced this fun and social event, helping us strengthen both community connections and statewide visibility.
- **A better member experience ahead:** The LifeQuest Board of Directors has approved the investment in a new software system that will significantly enhance the registration process. Beginning August 25, on the first day of Fall Term registration, members will enjoy a more user-friendly platform that will provide a welcoming gateway to LifeQuest classes and programs.

Thank you for being part of LifeQuest's six-week summer term! We invite you to explore a wide variety of classes in Conway, Little Rock, or online—all included for one fee.

Wherever and however you participate, please know that all lifelong learners are welcome here.

Leah Greenfield, Executive Director

Registration Information and Getting to Class

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, June 9.

You may experience complications if registering on a cell phone. For a better experience, it is recommended you use a larger device.

Summer Term ONLY: Online registration will close on June 17 at noon as we begin the transition to our new registration software.

After this date/time, we can only process paper registrations with cash or check

Online registration: Only online registrations are completed in real time and on a first-come, first-served basis. 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 only 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!

Little Rock: 501-225-6073 or Conway: 501-514-8932

The LR LifeQuest office is open Monday - Thursday,
9:00 a.m. to 4:00 p.m.

Hybrid, Online, or In-Person

When a class is listed as **Hybrid**, it means that the class can be attended in-person or online.

If a class is listed as **Online**, it means that the class is ONLY available online.

If a class is listed as
In-person, it is ONLY available in-person.

Getting to Your Online Classes

After you have registered for classes, you will receive the information to login to your class portal. This is where you can:

- Access classes that are on Zoom or Facebook.
- Get the materials lists, resources and/or information your instructor has provided for you.
- Watch recordings of all classes that have been listed as "recorded" for this term.

Keep an eye out for the email that will give you the username, password and instructions for accessing this important information.



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.

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!

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 stitch 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.

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

OPEN MAH JONGG

No Instructor

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

CONWAY

Play for fun! Summer is a great time for a Mah Jongg refresher. Come, improve your game and enjoy time with friends!

MONDAY in CONWAY, Cont.

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

BETTER LATE THAN NEVER: LITERARY CLASSICS

Larry Raney, Instructor

Format: In-person; Not recorded

CONWAY

In this class, we shall explore the most important and influential works which have been instrumental in the development of the Western canon beginning with the Pre- and classical Greek period to include the first recognized narrative, *The Epic of Gilgamesh*, *The Iliad*, *The Odyssey*, Greek drama, Plato's *The Republic* and the historical works of Herodotus and Thucydides. The class will be enhanced through distributed Study Guides for each selection and PowerPoint presentations.

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

BASIC GERMAN FOR TRAVELERS

Jason Saugey, Instructor

Format: In-person; Not recorded

CONWAY

In this class, students will learn the basic structure of German language and have the opportunity to practice common conversational interactions within several language contexts, such as traveling by train, eating in a restaurant, and asking for or giving directions. In addition to an introduction to German language, the class periods will feature travel information, history, as well as colorful stories from the instructor's experiences in Germany from spending time on a North Sea island to repeatedly being mistaken for a Roman Catholic priest while studying at the Regensburg church music school in Bavaria.

MONDAY in CONWAY, Cont.

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

ROUND AND OUT OF THIS WORLD

John Lambert, Instructor

Format: In-person; Not recorded

CONWAY

Explore the inventive world of Burt Rutan in this pictorial biography featuring 40 of his most creative and influential flying designs. Trace Rutan's pioneering role in early aviation records, his impact on modern long-distance flight (Voyager), and his part in the Ansari X-Prize era (SpaceShipOne). Perfect for aviation and space enthusiasts, this engaging session offers a concise, visually rich look at groundbreaking designs in aerospace history that helped shape 21st-century record-breaking flight.

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

LQ BOOK CLUB IN CONWAY:

Books with a Film Adaptation in 2026

Rhonda Holland, Instructor

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

CONWAY

Rarely does a cinematic version of a novel provide the depth or vision of the written material. This is a chance to judge for yourself. Join us, when we read and discuss three written works that are scheduled for release in 2026 either in theaters or in a streaming format. Firstly, Andy Weir's *Project Hail Mary*, followed by *H Is for Hawk* by Helen Macdonald, and lastly the fantastical *Remarkably Bright Creatures* by Shelby Van Pelt.

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

WOMEN PLAYWRIGHTS

Ann Muse, Instructor

Format: Hybrid; Not recorded

CONWAY

Come along as we get to know several women playwrights from the 20th century, including Susan Glaspell, Alice Childress, and Rachel Crothers. Women writing for the theatre often explore topics not taken up by men, typically topics of some social consequence, and reflecting the ways in which women's lives and concerns differ from those of men. We'll find that themes explored one hundred years ago are still relevant today. The instructor will introduce a play and then scenes will be read together in class followed by discussion. We will learn how to read a play, and how reading plays differs from reading a novel or short story. Materials will be provided electronically.

MONDAY in CONWAY, Cont.

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

SOCRATES CAFE IN CONWAY

Allison Shutt, Instructor

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.

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

WATERCOLOR

Christina Blum, Instructor

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

CONWAY

I plan to cover basic watercolor techniques, including wet-on-wet, wet-on-dry, dry brush, and lifting. We will complete several studies to practice these techniques. A supply list will be made available on the Materials page of the LifeQuest website.

TUESDAY in CONWAY

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

FOREVER FIT LQ AT THE WAC

Melinda Ballmer, Instructor

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

Forever Fit 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. - 12:00 P.M.

2 Weeks Only: June 30 & July 7

CHANGE LIVES THROUGH LITERACY ACTION! CONWAY GROUP A

This class is sponsored by Literacy Action of Central Arkansas.

Laura Latch, Instructor

THIS CLASS IS HELD OFF CAMPUS!

**Class is held at Faulkner County Library -
Literacy Action Office,**

1900 Tyler St., Conway, AR 72032

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

CONWAY

Did you know that 1 in 4 adults in central Arkansas struggle with low literacy? Join the Literacy Action team of volunteer tutors who have been helping change the lives of adults and their families in central Arkansas since 1986.

Choose either Group A or B sessions in either Conway or Little Rock this summer to be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), so you can tutor in person or via zoom. All materials provided and no teaching experience necessary.

This class is FREE and open to the public.

Learn more at www.literacyactionar.org.

This class is free and open to the public.

THURSDAY in CONWAY

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

2 Weeks Only: July 16 & July 23

CHANGE LIVES THROUGH LITERACY ACTION! CONWAY GROUP B

This class is sponsored by Literacy Action of Central Arkansas.

Laura Latch, Instructor

THIS CLASS IS HELD OFF CAMPUS!

**Class is held at Faulkner County Library -
Literacy Action Office,**

1900 Tyler St., Conway, AR 72032

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

CONWAY

Did you know that 1 in 4 adults in central Arkansas struggle with low literacy? Join the Literacy Action team of volunteer tutors who have been helping change the lives of adults and their families in central Arkansas since 1986.

Choose either Group A or B sessions in either Conway or Little Rock this summer to be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), so you can tutor in person or via zoom. All materials provided and no teaching experience necessary.

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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

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.

SIAMESE MAH JONGG

Lisa Perk, Instructor

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

LITTLE ROCK

A fast-paced, two-player variation of American Mah Jongg. Players manage two hands simultaneously, sharpening card reading, pattern recognition, and strategic play. Designed for confident NMJL players who can recognize card patterns and select hands independently. Siamese materials provided; card available for purchase.

9:00 A.M. - NOON

4 Weeks Only, July 7 - July 28

SUMMER PICKLEBALL

No instructor

Class Coordinator: Mary Sha Moriarty

Class fee: \$7 (cash or check) directly to Pleasant Valley Church of Christ on first day of class.

HELD OFF CAMPUS!

Class held at Pleasant Valley Church of Christ, 10900 N. Rodney Parham Road

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

LITTLE ROCK

This is open play for pickleball players who have had at least beginning pickleball instruction and have a basic understanding of the rules. There is no instructor. Please bring your own paddle and indoor balls.

MONDAY in LITTLE ROCK, Cont.

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

TAI CHI

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.

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

CAN TAI QI HEAL THE BACK?

Charles Mullins, Instructor

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

LITTLE ROCK

Discover the gentle, restorative benefits of Seated Tai Qi, a welcoming class designed especially for older adults seeking improved flexibility, balance, and comfort all with the support of a chair. Participants will learn movements they can practice independently by the end of the term, making it an ideal option for those looking for gentle exercise, increased mobility, and a sustainable path to everyday wellness.

TUESDAY in LITTLE ROCK

TRIO'S WINE TASTING

One-time Only

July 21, 6-8 P.M.

TRIOS WINE TASTING

Sheri Simon, Coordinator

Class fee: \$50

This class is held offsite at Trio's Restaurant located at 8201 Cantrell Road Suite 100

LITTLE ROCK

Wine, music, and great company: What better way to spend a summer evening? Join us at Trio's Restaurant for a relaxed and flavorful night in their private dining room. You'll enjoy a guided tasting of three hand-selected wines paired with delicious heavy hors d'oeuvres, set to live acoustic music. Come ready to sip, savor, and socialize! Additional food and wine will be available for purchase if you'd like to linger a little longer.

Be sure to reserve your spot by July 15!

WEDNESDAY in LITTLE ROCK

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

CLINTON AND THE CONSTITUTION

Logan McVey, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

In celebration of America 250, the William J. Clinton Presidential Library and Museum will be offering a six-week course focused on the history of the Constitution and its important moments during the Clinton administration. National Archives staff will present on various topics. Attendees will discuss a reading list of primary sources following each presentation.

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

ARS POETICA

Marvin Schwartz, Instructor

Format: In-person; New recorded

LITTLE ROCK

A study of the art of poetry, its craft and techniques, to explain how a poem achieves its meaning. The class will read models from world history and original writings by the instructor. The classes will focus on these topics,

1. Image - the use of minimalist language, voice, and focus
2. Metaphor - why comparisons are effective and how they work
3. Symbolism - why substitutions and archetypes are effective and how they work
4. Ballads - story poems from ancient to modern times: anonymous and traditional, western, and contemporary
5. Poetic Form - examples of formal verse: sonnets, odes, villanelle, sestina
6. Poetic Style - historical review of ancient to modern voices: Chaucer, Dante, Shakespeare, Coleridge, Cummings, Ginzberg.

WEDNESDAY, LITTLE ROCK, Cont.

9:00 A.M. - 10:30 A.M.

A JOURNEY THROUGH THE CHAKRAS

Exploring Energy Centers

With Curiosity and Openness

Jan Dean, Instructor

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

LITTLE ROCK

This six-week course will explore the concept of chakras, designed specifically for those with a sense of curiosity. Each week focuses on one of the seven traditional chakras, using practical, everyday language and evidence-informed practices. Rather than emphasizing mystical beliefs, the course invites participants to explore the physical, emotional, and mental aspects associated with each energy center. Through guided discussions, mindfulness exercises, and reflective journaling, the course aims to foster self-awareness, stress reduction, and personal growth - all in a relaxed, nonthreatening environment. No prior experience necessary, just an open mind and a willingness to explore.

9:00 A.M. - 11:50 A.M.

OPEN STUDIO

No Instructor

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

LITTLE ROCK

Draw, paint, sculpt or craft with friends. No instruction provided.

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

VIETNAM: Lessons Learned, Treasures Lost and Memories That Linger

Kevin Jones and Ruth Shepherd, Coordinators

Format: In-person; Not recorded

LITTLE ROCK

1965-1975 was a pivotal time historically, culturally, and personally. This course offers a thoughtful reflection of events that set the foundation for many of our personalities, identities, and values.

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

SOUTHERN FRIED CHAT

Rex Nelson, Instructor

Format: Hybrid; Recorded

In his folksy style, Rex Nelson, senior editor and columnist for the *Arkansas Democrat-Gazette*, will lead us in a discussion of Arkansas culture ranging from the state's history to its food and music and will include its interesting people and places.

WEDNESDAY, LITTLE ROCK, Cont.

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

BETTER LATE THAN NEVER:

LITERARY CLASSICS

Larry Raney, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

In this class, we shall explore the most important and influential works which have been instrumental in the development of the Western canon beginning with the pre- and classical Greek period to include the first recognized narrative, *The Epic of Gilgamesh*, *The Iliad*, *The Odyssey*, Greek drama, Plato's *The Republic* and the historical works of Herodotus and Thucydides. The class will be enhanced through distributed Study Guides for each selection and PowerPoint presentations.

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!

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

2 Weeks Only: July 1 & July 8

CHANGE LIVES THROUGH LITERACY

ACTION! LITTLE ROCK GROUP A

This class is sponsored by Literacy Action of Central Arkansas.

Roger Hawkins, Instructor

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

LITTLE ROCK

Did you know that 1 in 4 adults in central Arkansas struggle with low literacy? Join the Literacy Action team of volunteer tutors who have been helping change the lives of adults and their families in central Arkansas since 1986.

Choose either Group A or B sessions in either Conway or Little Rock this summer to be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), so you can tutor in person or via zoom. All materials provided and no teaching experience necessary.

This class is FREE and open to the public.

Learn more at www.literacyactionar.org.

This class is free and open to the public.

WEDNESDAY, LITTLE ROCK, Cont.

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

2 Weeks Only: July 15 & July 22

CHANGE LIVES THROUGH LITERACY

ACTION! LITTLE ROCK GROUP B

This class is sponsored by Literacy Action of Central Arkansas.

Roger Hawkins, Instructor

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

LITTLE ROCK

Did you know that 1 in 4 adults in central Arkansas struggle with low literacy? Join the Literacy Action team of volunteer tutors who have been helping change the lives of adults and their families in central Arkansas since 1986.

Choose either Group A or B sessions in either Conway or Little Rock this summer to be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), so you can tutor in person or via zoom. All materials provided and no teaching experience necessary.

This class is FREE and open to the public.

Learn more at www.literacyactionar.org.

This class is free and open to the public.

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

WOMEN OF THE WILD WEST

Dick Williams, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

Saddle up for a lively journey into the adventurous lives of Women of the Wild West. This course explores true stories of unforgettable frontier figures, including Annie Oakley, Calamity Jane, Belle Starr, Etta Place, Josephine Marcus Earp, and Pearl Hart. Discover how these remarkable women challenged expectations through courage, rebellion, resilience, and reinvention, helping shape the mythology of the American West. Filled with colorful characters, surprising twists, and frontier flair, this class is perfect for history lovers and curious minds alike.

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

SOCRATES CAFE

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.

WEDNESDAY, LITTLE ROCK, Cont.

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

PRACTICAL MUSIC THEORY FOR POPULAR MUSIC

Mac Bellingrath, Instructor

Format: In-person; Not recorded

LITTLE ROCK

Designed for people who play by ear, this course will examine the fundamentals of music composition in the context of popular songs ranging from the swing era through the 1970s. It will cover meter, scales, melody, chord-make-up and resolution, and other basic elements of popular music form. Is there really such a thing as 7/4 time? Is there really a half-diminished 7th chord? Why does a C-chord so often follow G⁷? This course will answer all three of those questions and many more!

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

FRIEDMAN'S FABLES

Ann Filiatreau, Kathy Goss and Emma Ward, Instructors

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

LITTLE ROCK

Each week, course participants will hear a brief, contemporary fable read from *Friedman's Fables* written by Edwin H. Friedman and will then offer responses to thought-provoking questions about the fable and its moral. The ambiguities in each story promote critical thinking and great discussions. The course requires no book or outside reading. Come join the conversation and share your perspective on these engaging stories.

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

SMART LIVING WITH AI: A Beginner's Guide for the Modern Retiree

Nicki Hilliard, Instructor

Format: In-person; Not recorded

LITTLE ROCK

Discover how artificial intelligence can make everyday life easier, more creative, and more fun! In this eight-week, hands-on course, you'll explore practical ways to use AI tools like ChatGPT, Perplexity, Gemini, and other smart apps to simplify daily tasks, plan travel, stay connected with loved ones, and spark new hobbies. Each session blends easy-to-understand lessons with live demonstrations and guided practice, no technical background required. By the end of the course, you'll feel confident using AI as your personal assistant, travel planner, and creative companion in your "smart" retirement. Attendees should bring a cell phone/iPad or laptop computer to class for hands-on learning.

WEDNESDAY, LITTLE ROCK, Cont.

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.

THURSDAY in LITTLE ROCK

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

MAH JONGG FOR FUN

Ellen Lowitz, Facilitator

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

LITTLE ROCK

Play for fun! Summer is a great time for a Mah Jongg refresher. Come, improve your game and enjoy time with friends!

9:00 A.M. - 11:50 A.M.

MOVIES WITH PHILIP MARTIN

Ann West, Coordinator

Philip Martin, Instructor

THIS CLASS IS HELD OFF CAMPUS!

Class is held at Riverdale 10 VIP Cinema

2600 Cantrell Road

Doors open at 8:45 A.M.

Format: In-person; Not recorded

LITTLE ROCK

View and discuss movies at Riverdale 10 movie theater with film critic and journalist Philip Martin. Selected movies will be announced the first day of class.

*Please do not bring food or drink into the theater.
Concessions will be available for purchase.

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

THURSDAY, LITTLE ROCK, Cont.

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

HEMINGWAY AND THE LOST GENERATION:

*A Study of **The Sun Also Rises***

Joan Gage, Instructor

Format: In-person; Not recorded

LITTLE ROCK

We will discuss the novel in the context of its historical time and Ernest Hemingway's life experiences.

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

AFTERLIFE: HEAVEN, HELL OR?

Terry Goddard, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

What is there waiting for us after we complete this life? Humans have wrestled with this question since ancient times. Some of us fear death for a variety of reasons as did many of our ancestors. Why is that so? In this class, we will explore the development of the idea of an afterlife from ancient Mesopotamia to our current time. The idea for this class came from my reading of Bart D. Ehrman's 2020 book, *Heaven and Hell: A History of the Afterlife*. Please bring something to write with to our first class.

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

GUIDED STUDIO

Anne Parat, Instructor

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

LITTLE ROCK

Draw or paint with guided instruction in basic drawing provided.

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

2 Weeks Only, July 2 - July 9

PICKIN', GRINNIN', AND FUN STORIES

Mark Abernathy, Instructor

Format: In-person; Not recorded

LITTLE ROCK

Having owned nationally acclaimed live music venues here and in Texas, this restaurateur/singer/songwriter shares his music "live" along with great stories about the artists he hung out with and the legends that influenced his music. Join Mark as he shares some of his music "live" along with classic stories involving the famous musicians he's encountered and those that have influenced his writing and playing.

THURSDAY, LITTLE ROCK, Cont.

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

A HISTORY OF THE OTTOMAN EMPIRE

John Giessmann, Instructor

Format: Hybrid; Recorded

LITTLE ROCK

This course will cover the origins of the Ottoman Turks on the steppe lands of Central Asia to the destruction of their empire at the end of World War I. We will be covering almost five centuries of history, but it's important to understand the legacy of the Ottoman Turks for any understanding of Balkan or Near Eastern history.

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

ALEXANDER POPE'S "THE RAPE OF THE LOCK"

Earl Ramsey, Instructor

Format: In-person; Not recorded

LITTLE ROCK

Pope is one of our greatest poets, and "The Rape of the Lock" may be his most perfect poem. It illustrates his stylistic virtuosity and his mastery of sound and rhyme. The poem deserves and repays the close attention we can give it in six weeks. Any text of the poem will suffice.

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

LINE DANCING

Lisa Hoggard and Rose Virgil, Instructors

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.

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

YOGA FOR ALL LEVELS

Denise Wyatt, Instructor

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

LITTLE ROCK

Join us for a well rounded, creative flow that unites breath with movement. Designed to be accessible to all levels in a welcoming, non-judgmental atmosphere, this class offers clear foundations for beginners while providing optional challenges for seasoned yogis. Modifications are provided throughout to ensure a safe, supportive, and empowering environment. Leave feeling energized, balanced, and strong. Props are encouraged.

THURSDAY, LITTLE ROCK, Cont.

12:00 P.M. - 1:50 P.M.
4 Weeks Only, July 2 - July 23

WRITING AND READING FICTION

Anne Perry, Instructor

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

LITTLE ROCK

Do you love making up stories? Telling a good tale? Embellishing fact with fiction? Getting lost in the world of short stories or novels? In this course we will focus on some aspects of fiction such as setting, point of view, plot, and characters; do weekly writing exercises based on prompts; try our hand at writing a story, getting feedback, and revising based on group critique; and sharing and discussing some of our reading favorites. Small group format makes a trusting writers' group possible. No experience necessary but imagination required.

THURSDAY, LITTLE ROCK, Cont.

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.

ONLINE ONLY CLASS

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

MONDAY, ONLINE ONLY

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

BOOKQUEST

Lynn Senn, Facilitator

Format: Online; Not recorded

ONLINE ONLY

Participants will obtain a copy of *Soul Fire: Accessing Your Creativity* by Thomas Ryan and read through page 22, doing "Questions for Reflection" and "Exercises to Access Your Creativity" to discuss during the first class. This inspiring guide shows you how to cultivate your creative spirit, particularly in the second half of life, as a way to encourage personal growth, enrich your spiritual life and deepen your communion with the God of your understanding.

TUESDAY, ONLINE ONLY

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

FUNCTIONAL ANATOMY OF THE RESPIRATORY SYSTEM

Bob Burns, Instructor

Format: Online; Recorded

ONLINE ONLY

Bob will cover the same content, using the same images he has used when teaching freshman medical students- but at a LifeQuest pace. This will form the basis for a peek at a variety of clinicopathological situations such as: where does the inhaled peanut usually get stuck and why; why do babies born prematurely have trouble breathing; compare and contrast pneumonia with pulmonary edema; how heart disease can cause lung disease and vice versa; and how tobacco use causes emphysema, laryngeal and lung cancer, increased risk of heart attack, arterial aneurysms and urinary bladder cancer and oral cancer.

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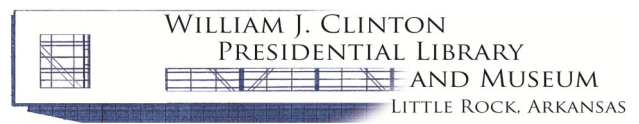
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First United Methodist Church - Conway
www.conwayfumc.org

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
stmichaels-church.com

Trinity Episcopal Cathedral
trinitylittlerock.org

Trinity United Methodist Church
tumclr.org

Unitarian Universalist Church
uuclr.org

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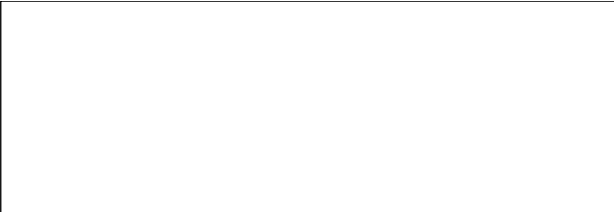


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