



Summer 2023

July 10 - August 3 | REGISTRATION OPENS **June 12**

LifeQuest 2023 offers *In-person, Online, and Hybrid Classes
Registration Fee: \$35

The registration fee covers all classes for the 4-week term.
Some classes require an additional fee.

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

****Please note that proof of COVID vaccination is required to attend classes held at Second Presbyterian Church.***

Call: 501-225-6073 for more information

Photos of vaccine cards can be emailed to: info@lifequestofarkansas.org

LifeQuest: Summer 2023

MONDAY

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

GREETING CARDS & PAPER CRAFTING

Judy Langford-Brodie, Instructor

Materials fee: \$20

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

Creativity is calling! Join us and make handmade greeting cards and 3D projects in a fun and friendly environment. Geared for the paper crafter with at least a year of cardmaking experience, you will have the opportunity to learn new techniques and expand your existing skills. Each week we will make two projects using die cuts, punches, rubber stamps and a variety of paper folds. A list of personal supplies needed is available in the Materials section of the LifeQuest website.

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

GREAT BOOKS ONLINE

Jon Poteet, Facilitator

Materials fee: \$15

Format: Online, limit - 14; Not recorded

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

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

CHRISTMAS CARDS IN JULY

Connie Wardell, Instructor

Materials fee: \$20

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

Let's bring Christmas to our summer fun. Join us as we make Christmas themed cards. We will be using advanced techniques such as embossing, inking, layering, and 3D effects. This class is for those who have been making greeting cards and other paper crafts for some time. A list of other needed supplies will be emailed to you before class.

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

YOGA

Sponsored by CareLink

Lisa Kessler, Instructor

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

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

TUESDAY

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

PLAY BALL ... PICKLEBALL, THAT IS!

No instructor; Held off campus!

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

Fee: \$15

Format: In-person, limit 24; Not recorded

If you have pickleball experience and want to get together to play, this is the class for you! Please only register if you will be able to attend all four classes. You will need to bring your own racket and wear comfortable clothing and court shoes.

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

LESSONS FROM FINANCIAL CRISES

Abigail Hollar, Instructor

Format: Online, no limit; Not recorded

Each week we will look at the consequences of financial crises. Topics include: inflation, hyperinflation, bank failures, depression and war. Discussion will include how we can financially protect ourselves during these challenging times.

FUNCTIONAL ANATOMY OF THE CARDIOVASCULAR SYSTEM

Bob Burns, Instructor

Format: Online, no limit; Recorded

The functional anatomy of the heart and blood vessels will be covered as a basis for understanding some abnormal situations such as: ankle edema in heart failure or pregnancy, defects causing valve murmurs, causes for enlargement of a heart chamber, development of atherosclerosis in arteries, anatomical difference between a nonfatal vs. fatal heart attacks, and why most heart attacks and strokes occur around 9 a.m. The images are the same used to teach this content to first-semester freshman medical students.

TUESDAY, Cont.

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

CONVERSATIONS WITH FRED

Great Scientists

Fred Silva, Instructor

Format: Online, no limit; Recorded

Biosketches (the interesting life and times) of the great scientists and what they contributed: What will be remembered as long as humans continue. They helped explain the world/universe we live in.

- Galileo: how he blew the lid off the ceiling of the universe
- Newton and his mechanical universe: classic physics at its best
- Darwin and Mendel: getting down to biology, the origin of species and the origin of genetics
- Einstein and Hawking: relativity and black holes
- Sculpting the universe: getting it done.

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

PICKLEBALL FOR FUN!

Tom Jones, Instructor

**Class held at Second Presbyterian Church,
600 Pleasant Valley Drive**

Fee: \$15

Format: In-person, limit 16; Not recorded

If you have pickleball experience and just want to get together to play, this is the class for you. Please only register if you will be able to attend all four classes. You will need to bring your own racket. Wear comfortable clothing and court shoes.

WEDNESDAY

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

THERE'S NO PLACE LIKE HOME

Sponsored by Right at Home

Emily Ingram, Instructor

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

Close to 90 percent of older adults have reported they would prefer to age in their own home, but two-thirds of adults are not as prepared as they may think. As in any major life event, planning is key. Each week, we will focus on a specific area: personal finances, health and wellness, social connection and home safety and accessibility.

WEDNESDAY, Cont.

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

BEGINNING DRAWING

Stephen Lanford, Instructor

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

This course is designed for beginners. It is a class that can improve anyone's drawing skills. Whether you have previous drawing experience or not, you are welcome in this class. We will discuss and explore the knowledge necessary to learn drawing skills. This course is flexible enough to accommodate beginners who've never drawn before, as well as artists with previous drawing experience who would like a refresher.

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

SOUTHERN FRIED CHAT

Rex Nelson, Instructor

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

GREAT BOOKS IN-PERSON

Jon Poteet, Facilitator

Materials fee: \$15

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

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

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

SHAKESPEARE: *A Midsummer Night's Dream*

Earl Ramsey, Instructor

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

Having explored Shakespeare's greatest tragedy *King Lear* during spring's LifeQuest, we will explore what may be his greatest comedy, *A Midsummer Night's Dream*. No matter where one places the play in the ranks of Shakespeare's comedies, it is certainly one of his richest accounts of love and the imagination, and it can be viewed as his *ars poetica*. Though class discussions will focus on close reading of selected passages, we will also consider an argument about the play's structure. The Pelican edition of the play (edited by Russ McDonald) will be used, but any text should suffice.

WEDNESDAY, Cont.

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

CHRISTIAN RESCUERS OF THE HOLOCAUST

Dick Williams, Instructor

Hybrid: In-person, limit - 40; Recorded

Before and during the Holocaust, many courageous Christians risked their lives and the lives of their families in an effort to save Jews. These stories illustrate unimaginable bravery that continues to inspire us.

MUSIC IN ARKANSAS:

Stories and Music from Parkstone

Marvin Schwartz, Facilitator

Rich Roy, Coordinator

Alan Alverson, Marvin Schwartz, Ted Williams and Karen Young, Musicians

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

Members of musical group Parkstone will share stories of their origin and musical experiences on their continuing musical journey in central Arkansas. They bring a variety of musical genres including Celtic, Americana, some jazz and R&B. Mandolins, guitars, percussion, fiddles, harps and bagpipes are featured instruments. Class will include discussions of members' backgrounds, their musical histories, and a wide variety of music for your listening

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

CHANGE LIVES THROUGH LITERACY ACTION!

Dana Venhaus, Instructor

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

If you have been looking for an impactful way to give back to our community, here's your chance! Join Literacy Action, a team of volunteer tutors who have been helping change the lives of adults and their families in central Arkansas since 1986. In four short weeks, you will be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), either in person or via Zoom - so you can tutor from anywhere! All materials provided; no teaching experience necessary. Learn more about Literacy Action of Central Arkansas at www.literacyactionar.org.

This class is free and open to the public.

Attendees must show proof of vaccination.

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

ACRYLIC AND OIL PAINTING

Sean LeCrone, Instructor

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

We will focus on acrylics and oils. Learn about various supplies and techniques, and hone your skills through guided demonstrations.

THURSDAY

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

OPEN STUDIO

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

Draw, paint or craft with friends. No instruction.

MAH JONGG FOR FUN

Ellen Lowitz, Instructor

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

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

Format: Offsite In-person; Not recorded

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, and will include films which have never opened in Arkansas and several classic movies.

THIS CLASS IS HELD OFF CAMPUS.

Riverdale 10 VIP Cinema

2600 Cantrell Road

Little Rock, AR 72202

Doors open at 8:50 A.M.

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

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

INTRO TO OBSERVATIONAL ASTRONOMY

Michael Borrelli, Instructor

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

This course will start out teaching the students how to view the night sky with their naked eyes and to identify the planets, bright stars, constellations and asterisms using star charts and planispheres (a form of adjustable star chart). Next, the students will progress to learning how to use binoculars to observe, craters and other features on the moon, globular clusters, brighter nebulae and some galaxies. Class discussion and nighttime observing sessions will be used to demonstrate how to use a telescope to observe the moon, planets, nebulae, star clusters, galaxies and other celestial objects. These presentations will also include how to select and set up a telescope. The class will finish with an introduction to astrophotography.

| THURSDAY, Cont. |
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| 10:00 A.M. - 10:50 A.M. |
| WHAT'S ON YOUR MIND? <i>Rudy Rieple Facilitator</i> Format: In-person, limit - 14; Not recorded Join in a discussion of a wide variety of topics and ideas. |
| 11:00 A.M. - 11:50 A.M. |
| NATURAL HISTORY OF ARKANSAS <i>Jane Jones Schulz, Instructor</i> Format: Hybrid, In-person, limit - 40; Recorded How do the mountains in the Ozarks differ from the Ouachitas? What kinds of prairies are found in Arkansas and what lives there? This program will look at four main aspects of Arkansas' unique ecology, using four basic terms: extinct, endangered, endemic and extirpated. Each term will be explored, using Arkansas plant and animal examples and images. Participants will learn what plants and animals are endangered in Arkansas, what animals and plants were here in the 19th century but are extinct today, and examples of plants and animals that are found nowhere else outside of Arkansas. |
| UAMS HEALTH TOPICS <i>Sponsored by UAMS Arkansas Geriatric Education Collaborative</i> <i>Regina Gibson, Coordinator</i> Format: Hybrid, In-person, limit - 40; Recorded These classes will be a combination of online and in-person depending on presenter availability. Those presenting online only will be available to view at Second Presbyterian Church. July 13 - Dr. Gohar Azhar: Diagnosis of Alzheimer's disease dementia (Online) July 20 - Dr. Elizabeth Eoff: Delirium: Diagnosis, Causes and Intervention (Online) July 27 - Randy Henderson: Dementia Prevention Study for Healthy Older Adults (In-person) Aug. 3 - Laura Spradley: Important Aspects of Caregiving (In-person) |
| INTRO TO DREAMWORK <i>Jan Dean, Instructor</i> Format: In-person, limit - 12; Not recorded This group will teach the fundamentals of Natural Dreamwork, including how to remember your dreams, keeping a dream journal, etc. You will explore creative ways to foster and deepen your connection to dreams through experiential exercises. |

| THURSDAY, Cont. |
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| 11:00 A.M. - 11:50 A.M. |
| TAI CHI <i>Sponsored by UAMS Arkansas Geriatric Education Collaborative</i> <i>Suzanne Yung and June Brown, Instructors</i> Format: In-person, limit - 20; Not recorded Learn the slow, rhythmic movements of Northern Wu Tai Chi, the 13 Golden Postures and the Tai Chi walk. |
| 12:00 P.M. - 12:50 P.M. |
| LINE DANCING <i>Sponsored by UAMS Arkansas Geriatric Education Collaborative</i> <i>Rose Virgil, Instructor</i> Format: In-person, limit - 40; Not recorded Plan on having loads of fun in this class! Be part of this health happy, stomp your feet and feel the beat class. Dancing involves movement, music and merriment! With each learned dance, you'll feel more confident and joyful. We'll be Line Dancing to wonderful country music, pop tunes and some good ol' classics. With all the easy steps, you won't even realize you're getting some great exercise. |
| 1:00 P.M. - 1:50 P.M. |
| THE DIVINITY/HUMANITY OF JESUS: <i>The Struggle for Unity in Early Christianity</i> <i>Terry Goddard, Instructor</i> Format: In-person, limit - 25; Not recorded Through lecture and discussion, we will look at the debates over the humanity and divinity of Jesus. We will look at how the Jewish and Roman worlds understood divinity and humanity. The major Christian "heresies" from the early centuries of Christianity will be introduced. Finally, we will see how the church resolved these difficult issues. Much of what we will discuss will come from Bart D. Ehrman's book, <i>How Jesus Became God</i> . Purchasing the book is not necessary in order to participate in the class. |
| 1:00 P.M. - 2:50 P.M. |
| BEGINNING CANASTA <i>Barbara Cook and Janie Derden, Instructors</i> Format: In-person, limit - 16; Not recorded Learn the lingo and basics to play a fun game of Canasta. Whether it is your first time to play or you need a refresher, this is the class for you! You will learn to play as an individual and with partners. |

Curbside Meals Summer 2023

Pick up at Second Presbyterian Church,
600 Pleasant Valley Drive, Little Rock

Thursday between 11:00 - Noon

**Orders must be made at least
one week in advance.**

LifeQuest's chef-prepared meals are ready for
you to reheat at home.

- Each meal is \$16 and provides two servings.
- Desserts are \$10 each and provide four to six servings.
- Use registration form to order meals,
order online or call the LifeQuest office at
501-225-6073.

July 13

Entrée: Ranch Chicken

Dessert: Peach Cobbler

July 20

Entrée: Meatloaf

Dessert: Brownies

July 27

Entrée: Tuscan Chicken

Dessert: 4-layer dessert

Aug. 3

Entrée: Pot Roast

Dessert: Blueberry Cobbler

DINNER WITH CHEF

Thursdays 6:00 p.m. - 8:00 p.m.

**Join us for one dinner or all as we dine
together and enjoy special menus and
presentations from each location's chefs.**

July 13 (Limit 20)

Park Grill - Cost: \$60

Arkansas Museum of Fine Arts

501 East Ninth Street

3-course menu, chef's choice

Patrick Herron - Chef

Join early at 5:00 p.m. for a tour!

July 20 (Limit 14)

42 Bar and Table - Cost: \$50

Presidential Library

1200 President Clinton Ave.

3-course menu, chef's choice

Jason Morell - Chef

July 27 (Limit 20)

Brave New Restaurant - Cost \$65

2300 Cottondale Lane, First Floor

3-course menu, chef's choice

Ben Lindley - Executive Chef

Aug. 3 (Limit 16)

Raduno - Cost \$50

1318 S. Main St.

4-course menu, chef's choice

Cash Ashley - Executive Chef

Meal prices include tax and tip. Please note
that if you want to purchase alcohol, you will be
responsible for that expense.

**Please include the meal price with your
LifeQuest registration.**

LifeQuest Gives: Donors 2023

You Raised \$37,750!

LifeQuest thrives because of the generous donations of our members and friends. We especially recognize Barbara Baber and Ila & Kim Newberry, whose lead gifts helped to inspire such strong support this year. Thank you also to the friends of Marci Smith for creating an annual fund in her honor, giving us all a special way to thank and recognize this incredible instructor and volunteer.

Eddie & Kevin Allis
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**REGISTRATION
OPENS
JUNE 12**



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LifeQuest of Arkansas
P.O. Box 25523
Little Rock, AR 72221

Or online:
info@lifequestofarkansas.org

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

