

LIFEQUEST: FALL 2025 REGISTRATION

NAME(S) _____
 FACEBOOK NAME(S) _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 EMAIL _____ PHONE (h) _____ (c) _____
 EMERGENCY CONTACT: _____ RELATIONSHIP _____
 EMERGENCY CONTACT PHONE _____

To use registration form for two people, please initial each choice.

LITTLE ROCK, IN-PERSON

MONDAY

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

____ Pilates

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

____ Advanced Beginner Mah Jongg

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

____ Tai Chi

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

____ The Artist's Way

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

____ Cardmaking with Connie

____ Beginning Greeting Cards

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

____ Chair Yoga

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

____ Beginning Pickleball

TUESDAY

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

____ Watercolor Group A

9:00 A.M. - 12:00 P.M.

ONE-TIME ONLY September 16

____ Expressive Drawing

ONE-TIME ONLY November 4

____ Drawing Compositions

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

____ Flannery O'Connor in Performance

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

____ Law and Religion***

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

____ Dreams: Windows to the Inner Self

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

____ Stressbusting for Caregivers

LITTLE ROCK, IN-PERSON, Cont.

WEDNESDAY

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

____ Behind the Headlines ***

____ Conversational Spanish

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

____ Watercolor Group B

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

____ Socrates Café

____ Movers and Shakers of Arkansas ***

____ Great Reads In-person

____ An Introduction to Baroque Music

____ Beginning Spanish

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

____ Knitting and Sharing

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

____ Mental Health Matters

____ Poetry and the Creative Mind

____ Ways with Words

____ Modern American Tycoons ***

____ Watercolor Pencils

____ Social Justice

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

____ Improv for Mind, Body & Spirit

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

____ Acrylic and Oil Painting

____ Sculpting

____ Charles Walks

THURSDAY

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

____ Leisure Sketching

____ Beginning Mah Jongg

***Denotes classes that have an online option

LITTLE ROCK, IN-PERSON, Cont.**THURSDAY****10:00 A.M. - 10:50 A.M.**

- ___ Life, Times (& Poetry) of Walt Whitman
 ___ Sips Through Time
 ___ Niloak Pottery ***
 ___ All Things Jazz Piano
 ___ Advanced Tai Chi
 ___ Asian American History in Arkansas ***
 ___ Self Defense

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

- ___ Fall Gardening
 ___ Napoleon Bonaparte ***
 ___ Beginning Tai Chi
 ___ Music for Orchestra
 ___ What is Poetry
 ___ Inspired Genealogy

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

- ___ Canasta

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

- ___ Lectures of Abraham Lincoln
 ___ Line Dancing
 ___ LQ Book Club

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

- ___ Yoga with Jessica

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

- ___ Pastels

5:45 P.M. - 8:00 P.M.

ONE-TIME ONLY October 9

- ___ Dinner with Chef

CONWAY, IN-PERSON, Cont.**MONDAY****12:00 P.M. - 3:00 P.M.**

7 Weeks Only 9/22-11/3

- ___ The Films of Gene Hackman

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

- ___ History of Jazz
 ___ The Mind in Exercise and Sports

CLASSES AVAILABLE ONLINE FROM ANYWHERE!**MONDAY****9:00 A.M. - 9:50 A.M.**

- ___ Christians Influenced by Buddhism

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

- ___ Grandparenting Today

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

- ___ Great Reads Online

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

- ___ Numbers in American Politics

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

- ___ Poetry of Mary Oliver

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

- ___ AWE: Doorway to the Divine

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

- ___ Law and Religion

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

- ___ Truths and Consequences

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

- ___ Tell Your Own Story

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

- ___ Behind the Headlines

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

- ___ Movers and Shakers

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

- ___ Modern American Tycoons

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

- ___ Niloak Pottery
 ___ Asian American History in Arkansas

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

- ___ Napoleon Bonaparte

CONWAY, IN-PERSON**MONDAY****9:00 A.M. - 10:50 A.M.**

- ___ Sit and Stitch

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

- ___ Christians Influenced by Buddhism ***

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

- ___ Spiritual Disciplines for Victorious Living

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

- ___ Why Would I Want to Learn to Fly Fish
 ___ LifeQuest Folkies

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

- ___ Numbers in American Politics ***

***Denotes classes that have an online option

**LITTLE ROCK IN-PERSON
WEDNESDAY LUNCH**
\$12 per person, served at Noon

- ___ Sept. 17:
Club Sandwich, Vichyssoise,
Chips, Coca-Cola Cake
- ___ Oct. 1:
Chicken Salad Croissant, Fruit Salad,
Chips, Pineapple Carrot Cake
- ___ Oct. 8:
Pimento Cheese Sandwich, Pasta Salad,
Chips, Peach Cobbler
- ___ Oct. 15:
Meatball Subs, Green Salad, Chips, Baked
Fudge with Cinnamon Whipped Cream
- ___ Oct. 22:
Founders' Day Luncheon
Tuscan Chicken, Angel Hair Pasta,
Honey Carrots, Lemon Crumb Bars
- ___ Oct. 29:
Veggie Wrap, Broccoli & Cheese Soup,
Chips, The Best Cookies
- ___ Nov. 5:
Veterans Recognition Luncheon
Lasagna, Caesar Salad,
Garlic Rolls, Berry Crapes
- ___ Nov. 12:
Roast Beef & Cheddar Hoagies,
Tomato Soup, Chips,
Raspberry Cheesecake Brownies

**Registration, Class Fees,
Meals, Annual Library
and Donations/Tributes**

Registration: \$85___

Class Fees:

Cardmaking with Connie \$20___
Beginning Card Making \$40___
Leisure Sketching \$15___
Dinner with Chef \$85___

Meals:

Lunch and Learn
___ # meals X \$12 \$___

Annual Library Fee:

\$50___

Donations/Tributes:

Donations: \$___

In honor/memory: _____

Total Cost: \$___

LIFEQUEST ORIENTATION
Little Rock Campus
Wednesday, September 10
11:00 a.m. - Noon

In-person at Second Presbyterian Church
600 Pleasant Valley Drive
Little Rock, AR 72227

**Also available on Zoom via the LifeQuest of
Arkansas website**

LifeQuest orientation is for everyone, whether you
are a longtime member or just beginning with us.

We will review:

- LifeQuest history
- Class locations, who's who and more
- How to attend in-person or online
- And more

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

We hope to see you there!

LIFEQUEST ORIENTATION
Conway Campus
Monday, September 8
2:00 p.m. - 3:00 p.m.

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!