

LIFEQUEST: FALL 2026 REGISTRATION

NAME(S) _____
 FACEBOOK NAME(S) _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 EMAIL _____ PHONE _____
 EMERGENCY CONTACT: _____ RELATIONSHIP _____
 EMERGENCY CONTACT PHONE _____ ARE YOU A VETERAN ____ Yes ____ No
 DOB: _____ Would you prefer snail or email: _____ Would you like to receive texts: _____

CONWAY, IN-PERSON MONDAY

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

(6 WEEKS ONLY, 9/14, 9/28-10-26)

____ Hinduism and Buddhism***

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

____ Triple Play Canasta

____ Sit and Stitch

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

____ Memory Glitches

____ USS Independence CVL-22

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

____ LifeQuest Folkies Back Home Again

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

(4 WEEKS ONLY, 9/14, 9/2/-10/12)

____ The Pursuit of Arkansas' Wild Turkey

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

____ Numbers in American Politics***

____ Socrates Cafe

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

____ Improv

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

____ Discovering Your Creative Voice

TUESDAY

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

____ Move It and Improve It at the WAC

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

____ Contemporary Social Issues

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

____ Pickleball at the WAC

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

____ Fundamentals of Creative Writing

____ Martial Arts Movement

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

____ Shakespeare Alive!

____ Foundations of Drawing

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

____ Introduction to Brewing Beer

LITTLE ROCK, IN-PERSON MONDAY

9:00 A.M. - Noon

(One-Time Workshop, September 14)

____ Fused Glass Coffee Coasters

9:00 A.M. - Noon

(One-Time Workshop, October 26)

____ Clay Hand Building Autumn Tableware

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

____ Pilates

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

____ Advanced Beginning Mah Jongg

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

____ Mat Yoga

____ Tai Chi

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

(4 WEEKS ONLY, 10/12 - 11/2)

____ Advanced Cardmaking Technique

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

____ Chair Yoga

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

____ Beginning Pickleball Group A

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

____ Beginning Pickleball Group B

TUESDAY

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

____ Self-Defense

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

(One-Time Workshop, October 20)

____ How to Avoid Online Scams

WEDNESDAY

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

____ Behind the Headlines***

____ Beginning Spanish

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

____ Watercolor

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

____ Movers and Shakers of Arkansas ***

____ Improving Caregiving Through Improv

***Denotes a Hybrid class that has an online option and is recorded.

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

- ___ Cartoons
- ___ Fall Gardening
- ___ Conversational Spanish
- ___ What is Mystical Theology
- ___ Great Reads In-Person

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

- ___ Knitting and Sharing

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

- ___ Famous Inventors***
- ___ All Things Jazz Piano
- ___ German Art
- ___ Grandparenting from a Distance
- ___ Stellar Evolution***
- ___ Socrates Cafe - Wednesday

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

(4 WEEKS ONLY 9/16-10/7)

- ___ The Longevity Kitchen

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

- ___ Intro to the World of Tea

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

- ___ Games for Fun
- ___ Improv for Body, Mind and Spirit
- ___ Acrylic or Oil Painting
- ___ LifeQuest Walks
- ___ Sculpting

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

- ___ The Art of Camark***
- ___ Modern China***

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

- ___ Beginning Mah Jongg

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

- ___ Advanced Tai Chi
- ___ Imagining God, Pt. 2***
- ___ Sips Through Time
- ___ Law and Religion
- ___ Physical Therapy and You

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

(4 WEEKS ONLY, 9/17-10/8)

- ___ Portraits with Patricia

(4 WEEKS ONLY, 10/15-11/5)

- ___ Guided Open Studio

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

- ___ Two Masters of Non-Fiction

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

(7 WEEKS ONLY, 9/24-11/5)

- ___ History Behind Russian War in Ukraine

LITTLE ROCK, IN-PERSON, Cont.**THURSDAY, Cont.****11:00 A.M. - 11:50 A.M.**

- ___ The War of Austrian Succession***
- ___ Photo Sharing

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

(4 WEEKS ONLY, 9/17-10/8)

- ___ Writing Your Own Obituary, Group A

(4 WEEKS ONLY, 10/15-11/5)

- ___ Writing Your Own Obituary, Group B

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

- ___ Socrates Cafe - Thursday

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

- ___ LQ Book Club
- ___ Line Dancing

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

- ___ Yoga with Jessica

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

- ___ Pastels

Online Classes Available Anywhere**MONDAY****9:30 A.M. - 10:45 A.M.**

- ___ Grandparenting Today

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

- ___ Great Reads Online
- ___ Hinduism and Buddhism

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

- ___ Numbers in Politics

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

- ___ Book Quest

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

- ___ Exploring the Wisdom of Dreams
- ___ Contemporary Social Issues

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

- ___ Tell Your Own Story

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

- ___ Behind the Headlines (Facebook Only)

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

- ___ Movers and Shakers

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

- ___ Famous Inventors
- ___ German Art
- ___ Stellar Evolution

*****Denotes a Hybrid class that has an online option and is recorded.**

Online Classes Available Anywhere

THURSDAY

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

____ The Art of Camark

____ Modern China

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

____ Imagining God, Part 2

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

____ The War of Austrian Succession

LITTLE ROCK IN-PERSON WEDNESDAY LUNCH

\$14 per person, served at Noon

Homemade by Chef Brenda

____ **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. 14: LifeQuest 45th Anniversary**

**Luncheon. Meal is \$45. This meal
is being catered.**

____ **Oct. 21:**

Chicken Enchiladas,
Chocolate Goopy Butter Cake

____ **Oct. 28:**

Pork Tenderloin, Smashed Potatoes,
Cherry Cobbler

____ **Nov. 4: Instructor Appreciation Lunch**

Chicken Pot Pie, Salad, Banana Pudding

____ **Nov. 11: Veteran Recognition Lunch**

Lasagna, Caesar Salad, Garlic Rolls,
Berry Crepes

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

Registration: \$90_____

Meals:

Lunch and Learn

_____ # meals X \$14 \$_____

Special 45th Anniversary Lunch

\$45_____

Wednesday, October 14

Special 45th Anniversary Donation

\$_____

Class Materials Fee:

Advanced Cardmaking \$20_____

Longevity Kitchen \$17_____

World of Tea \$20_____

Donations/Tributes:

Donations: \$_____

In honor/memory: _____

Total Cost: \$_____

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.

LifeQuest Turns 45!!

In 2026, LifeQuest will celebrate 45 years of service to Little Rock and now Conway. This is a great time to consider ways to recognize this tremendous milestone.

Donations for the 45th anniversary can be made by contacting the office. LifeQuest has had an impact on so many lives over these past 45 years. Can you imagine what kind of impact we can have in the future?

LIFEQUEST ORIENTATION Conway Campus

Monday, August 31, 2026 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, 2026
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!**