



LifeQuest Orientation: WELCOME!

A basic guide for new and returning members. Thank you for joining us at LifeQuest!

I. About LifeQuest

History

LifeQuest of Arkansas was founded in 1981 as Shepherd's Center of Little Rock. The name changed in 2006, but we remain an affiliate of the national group of organizations, now called Aging Forward, designed to enrich the lives of older adults. The first satellite campus, LifeQuest at Conway, was opened in Conway, AR in 2025.

Mission

LifeQuest's mission: To promote healthful longevity and active aging through lifelong learning and meaningful volunteerism within the community.

Organization

LifeQuest is a 501(c)(3) nonprofit organization funded by individual members, corporate sponsors and supporting faith-based congregations. LifeQuest has the distinction as the largest educational organization in the state for older adults. LifeQuest relies on the strong charitable support provided primarily by individual members. To learn how to support LifeQuest through your charitable gifts, please contact Leah Greenfield:

lgreenfield@lifequestofarkansas.org

Classes

LifeQuest classes are designed by, for, and with retired-aged adults. ALL classes are taught by talented and experienced volunteers, cover a broad array of topics, and are organized into a quarter system: an eight-week fall term, six-week winter term, eight-week spring term and a six-week summer term. The term fee covers all the classes you choose for that term in Conway, Little Rock, or online from anywhere. In addition, all class recordings from the term are available with your term fee. Do you have a class idea, especially an instructor, that you would like to recommend for LifeQuest? Contact Gina Bridges: gbridges@lifequestofarkansas.org.

Supporting Congregations

LifeQuest is supported by a group of local interfaith congregations dedicated to enhancing the lives of their older congregants. Want to learn more about how to involve your congregation? Contact Donna Elkey: delkey@lifequestofarkansas.org.

Registration and Classes

Registration fee - Your single registration term fee (\$90 for an 8-week term; \$70 for a 6-week term) allows you to sign up for as many classes as you would like, one or many. The registration fee does NOT cover additional class material fees, or any lunches.

Registration dates - Registration opens at 9:00 a.m. on a Tuesday about 3-4 weeks before the term begins. Registration is not first-come, first serve.

Online registration - Online registration is **preferred** and for limited classes, has a lottery system that closes one week after registration begins. Online registration is **not** available if paying by cash or check. You must create an account to register - don't forget to add the membership fee to your cart!

Paper registration forms are available for downloading from our website. Complete and mail them in (P.O. Box 25523, Little Rock, AR 72221) or drop them by the LifeQuest Little Rock office at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock, AR 72227.

Please note: On the first day of registration for each term, volunteers are available at on-site locations to assist you, or you can call the office (501-225-6073).

II. LifeQuest website: <http://www.lifequestofarkansas.org>

Our website has so much to offer! It has information about who is on our board, our volunteer instructor biographies per term, ways to donate, sign up for trips and register for classes.

In the Fall of 2026, our registration process was revamped so we no longer have a general portal for all students. Links to recordings and material lists will be emailed to class rosters. Members will access links to livestreamed classes through their member portal or via links emailed at the beginning of the term.

Annual LifeQuest Library – The library of recordings is available for a \$50 annual fee, from January 1 through December 31. Subscribers receive a link to a private YouTube channel after purchase of the library. They may access the library by using the same login page referred to on our website with the LifeQuest-supplied username and password. The library contains archives of class recordings since 2020.

LifeQuest ATTENDEE Post-Class Reflections – A reflection form is available on our website for any LifeQuest attendee to complete regarding any class. To access the form, click on the “menu” icon, top right of the main page; click “How To Help” and “Forms.” Please turn the form into the office.

III. Logistics

In-person Conway classes are mostly located within First United Methodist Church, 1610 Prince St., Conway, AR 72034

In-person Little Rock classes are mostly located within Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock, AR 72227

Classrooms – A colorful half-sheet will be placed throughout the building with a list of classes and their locations. Coordinating signs are placed outside classrooms. Classes start on the hour. Most classes are 50 minutes but check schedule for confirmation.

COVID Policy - See the policy on our website for details. In general, COVID vaccinations and boosters are recommended but are not required. Instructors may ask class participants to wear masks. Attendees are welcome to wear masks anytime.

Inclement Weather Policy - If Little Rock or Conway Public Schools are closed or announce a delayed opening, LifeQuest in-person classes are cancelled, and the LifeQuest office is closed. Closed periods may be extended for icy parking lot conditions. Hybrid and online classes MAY be able to be conducted online, determined on a case-by-case basis.

Meals - During the term, we offer in-person meals at noon on Wednesdays in Little Rock. Please purchase meals on the Sunday prior through our website or by calling the office.

Name tags – These identify attendees as registered for the term. You may return your nametag after class or keep it for the term. We ask that you return the nametag at the end of each term. Every term, new nametags are printed, and the assigned number (for Little Rock Members) will change.

For Little Rock - the numbered and alphabetized nametags are found in the rolling cart just outside the “Second Hall” room on Wednesdays. The cart is located near the refreshment area all other days.

For Conway - nametags are located in the Trinity Lobby.

Parking & Entrances –

For Little Rock - We recommend the north lot by Cantrell Rd. or the east lot by Pleasant Valley. The north lot has a number of “handicapped” spaces with a flat entrance into the building (no stairs). The doors on the south & west are locked for day care use only or to access the church office. The traffic should move into the lots and around the building as shown on the attached map. Traffic is heavy 8:30 a.m. - 9:00 a.m. and 12:30 p.m. - 1:00 p.m. for daycare. Please watch out for children, families, and other attendees.

For Conway – The Trinity Building has ample parking to the north. Handicap spaces are available by the main building. Enter the parking lot from Clifton St. or Duncan St. There is a preschool with a dedicated entrance from Prince St. not open to general traffic.

Refreshments - Donations of individually wrapped snacks are greatly appreciated. Please do not bring nut products as we are near a daycare. Keep open drinks in the refreshment area to prevent spills in the hallways and classrooms. Closed containers are allowed in hallways and classrooms.

Restrooms –

For Little Rock - There are restrooms located on the east side of the building on either side of the sanctuary with the women's across from Second Hall and the men's across from the Chapel. There are also restrooms on the west side of the building down the hall marked "Accessible Restrooms."

For Conway - Restrooms are in the Trinity Building lobby. Other restrooms are clearly marked in other areas.

Little Rock Shuttle – If registration numbers warrant a shuttle in Little Rock, it will operate between St. James United Methodist Church and Second Presbyterian Church in a Second Presbyterian Church Van. It will run continuously from 8:30 a.m. until 12:15 p.m. when in use.

Temperature - Layers are recommended for your comfort no matter the season.

IV. Additional LifeQuest Opportunities

Travel - LifeQuest contracts with Collette Travel to provide opportunities for group travel excursions. All arrangements are made directly with Collette through the LifeQuest website. Visit the LifeQuest website to find out where we are going next!

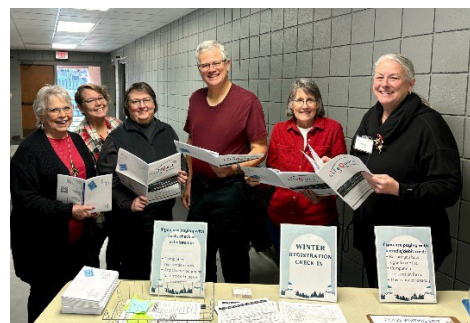
Volunteering – LifeQuest is a volunteer-led organization. We depend on volunteers for teaching classes, serving on the board, stuffing brochures to be mailed, providing snacks, and volunteering offsite, such as at the Arkansas Food Bank, Literacy Action of Central Arkansas, and so many more. Please visit Donna Elkey if you'd like more information on how to get involved: delkey@lifequestofarkansas.org.

Questions? More Information?

Check out our website at <http://lifequestofarkansas.org> or call the office during our business hours: 9:00 a.m. to 4:00 p.m., Monday – Thursday (office is closed on Friday).
Phone: 501-225-6073.



QR code for LifeQuest website



LifeQuest volunteers hard at work!



Staff

LifeQuest staff pictured from left to right:
Leah Greenfield, Executive Director;
Gina Bridges, Program Director;
Heather Thompson, Business Manager;
Donna Elkey, Program and Volunteer
Coordinator.



Ezekiel Crowe
Conway Program Assistant



Brenda Majors, Chef
Samantha West, Food and Beverage Assistant

Cantrell Drive

Dumpsters

Instructor Parking

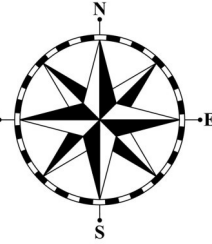
LifeQuest

Sanctuary

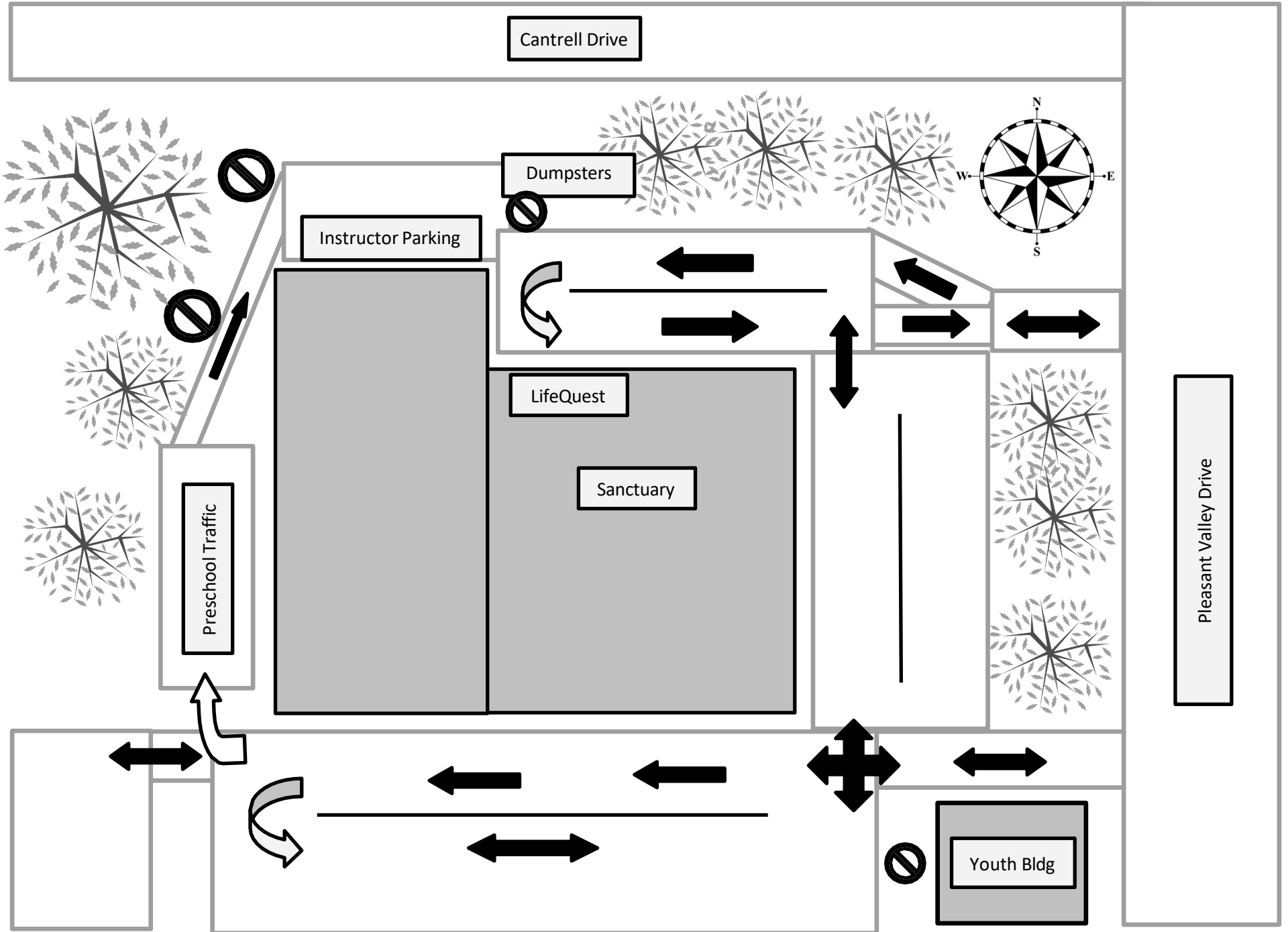
Preschool Traffic

Youth Bldg

Pleasant Valley Drive



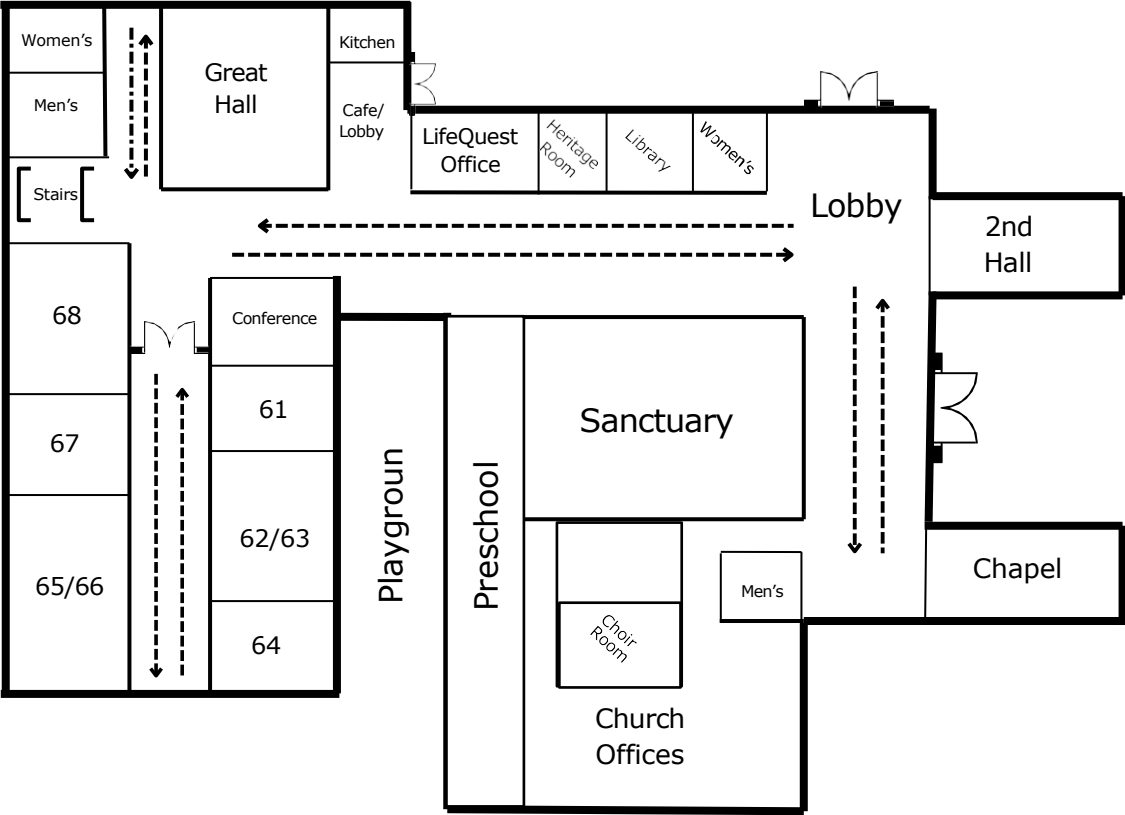
No parking at this curb



Cantrell Road

Pleasant Valley
Drive

I-430



Youth
Building

First United Methodist Church, 1610 Prince St., Conway, AR 72034

