

# LIFEQUEST: WINTER 2026 REGISTRATION

NAME(S) \_\_\_\_\_  
 FACEBOOK NAME(S) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_  
 EMERGENCY CONTACT: \_\_\_\_\_ RELATIONSHIP \_\_\_\_\_  
 EMERGENCY CONTACT PHONE \_\_\_\_\_  
 DOB \_\_\_\_\_ I AM INTERESTED IN VOLUNTEERING ☐ YES ☐ NO

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

**\*\*\*Denotes classes that have an online option**

## CONWAY, IN-PERSON

### MONDAY

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

\_\_\_\_ Greece and Turkey Tour \*\*\*  
 \_\_\_\_ Alzheimer's and Dementia

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

\_\_\_\_ Sit and Stitch

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

\_\_\_\_ Civil War and Reconstruction \*\*\*  
 \_\_\_\_ Women Writing for Stage  
 \_\_\_\_ Art Appreciation

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

\_\_\_\_ Beginning Mah Jongg (Conway)

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

\_\_\_\_ Arkansas Hodgepodge  
 \_\_\_\_ Butterflies, Birds and Bees, Oh My!  
 \_\_\_\_ LQ Book Club in Conway

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

\_\_\_\_ Understanding Poverty  
 \_\_\_\_ No Fear Conversations in Spanish  
 \_\_\_\_ The Story of the American Musical

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

\_\_\_\_ Politics and Imaginative Literature  
 \_\_\_\_ Who Can Write a Memoir?

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

**\*ONE-TIME ONLY March 2\***

\_\_\_\_ Braver Angels Workshop:  
 Navigating Political Polarization

**2:00 P.M. - 2:50 P.M.**

\_\_\_\_ Learn about Museums

## CONWAY, IN-PERSON

### TUESDAY

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

\_\_\_\_ Forever Fit LQ at the WAC

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

\_\_\_\_ Beginning Pickleball at the WAC

### THURSDAY

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

**\*Four Weeks Only Jan. 29-Feb. 19**

\_\_\_\_ Change Lives Through Literacy Action  
 Meets at Faulkner County Library

## LIFEQUEST ORIENTATION

### Conway Campus

**Monday, January 12, 2026**

**11:00 a.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!**

\*\*\*Denotes classes that have an online option

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
12:00 P.M. - 12:50 P.M.	_____ Yoga with Brandy
12:00 P.M. - 1:15 P.M.	_____ Beginning Pickleball
1:00 P.M. - 1:50 P.M.	_____ Chair Fitness
1:15 P.M. - 2:45 P.M.	_____ Advanced Beginning Pickleball
MONDAY AND WEDNESDAY	
10:00 A.M. - 10:50 A.M.	_____ The "I Know Some Spanish" Spanish Class
TUESDAY	
10:00 A.M. - 12:00 P.M.	_____ Four Weeks Only Jan. 27 - Feb. 17
	_____ Change Lives Through Literacy Action
11:00 A.M. - 11:50 A.M.	_____ Three Weeks Only Jan. 27 - Feb. 10
	_____ Tips for Your Apple Watch
	_____ Socialism: History and Significance***
12:00 P.M. - 12:50 P.M.	_____ Chair Yoga
	_____ Disaster Preparedness
12:00 P.M. - 3:00 P.M.	_____ Travel the World Film
WEDNESDAY	
9:00 A.M. - 9:50 A.M.	_____ Behind the Headlines ***
9:00 A.M. - 10:50 A.M.	_____ Watercolor
10:00 A.M. - 10:50 A.M.	_____ Movers and Shakers of Arkansas ***
	_____ Notes from a Therapist
	_____ Beyond Birdwatching
	_____ Images of Islands
10:00 A.M. - 11:50 A.M.	_____ Knitting and Sharing

LITTLE ROCK, IN-PERSON, Cont.	
WEDNESDAY, Cont.	
11:00 A.M. - 11:50 A.M.	_____ Foundational Cases Impacting the Constitution***
	_____ Beyond Chanukah***
	_____ Science You Should Know
	_____ Great Reads In-Person
	_____ Fascinating Women in the Civil War Era ***
	_____ Socrates Cafe
	_____ Enough Psychology to Intrigue You
1:00 P.M. - 3:00 P.M.	_____ Acrylic and Oil Painting
	_____ Sculpting
1:00 P.M. - 3:00 P.M.	_____ *ONE-TIME ONLY March 4*
	_____ Braver Angels Workshop:
	_____ Navigating Political Polarization
1:00 P.M. - 4:00 P.M.	_____ On Screen with Philip Martin
THURSDAY	
9:00 A.M. - 9:50 A.M.	_____ Physical Therapy and You
9:00 A.M. - 9:50 A.M.	_____ Arkansas Boosterism in the 1900s***
9:00 A.M. - 10:50 A.M.	_____ Beginning Mah Jongg (2nd Presbyterian)
	_____ Leisure Sketching
10:00 A.M. - 10:50 A.M.	_____ American Foreign Policy***
	_____ Beginning Tai Chi
	_____ Religious Outsiders
	_____ The GPS of Forgotten Nations
	_____ All Things Jazz Piano
10:00 A.M. - 11:50 A.M.	_____ Photography 101 with Your Phone
11:00 A.M. - 11:50 A.M.	_____ Freight Transportation and Logistics
	_____ Learning to Look:
	_____ Thinking About Visual Art ***
11:00 A.M. - 11:50 A.M.	_____ Perspectives on Women in
	_____ American History
	_____ The War of Austrian Succession***
	_____ Advanced Tai Chi

**LITTLE ROCK, IN-PERSON, Cont.****THURSDAY, Cont.****12:00 P.M. - 12:50 P.M.**

- \_\_\_ Line Dancing
- \_\_\_ Smart Living with AI
- \_\_\_ Comedy Relief
- \_\_\_ LQ Book Club

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

- \_\_\_ Bringing the Arts Together
- \_\_\_ Yoga with Jessica

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

- \_\_\_ Canasta

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

- \_\_\_ Pastels

**LIFEQUEST ORIENTATION****Little Rock Campus****Wednesday, January 21****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, 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!**

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

- \_\_\_ Greece and Turkey Tour

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

- \_\_\_ Grandparenting Today

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

- \_\_\_ Civil War and Reconstruction
- \_\_\_ Great Reads Online

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

- \_\_\_ Haiku

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

- \_\_\_ Socialism: History and Significance

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

- \_\_\_ The Human Body

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

- \_\_\_ Great Reads Online

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

- \_\_\_ Tell Your Own Story

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

- \_\_\_ Behind the Headlines (Facebook Only)

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

- \_\_\_ Movers and Shakers (Facebook Only)

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

- \_\_\_ Foundational Cases Impacting the Constitution
- \_\_\_ Beyond Chanukah
- \_\_\_ Fascinating Women of the Civil War Era

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

- \_\_\_ Arkansas Boosterism in the Early 1900s

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

- \_\_\_ American Foreign Policy

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

- \_\_\_ Learning to Look: Thinking About Visual Arts
- \_\_\_ The War of Austrian Succession

## LITTLE ROCK IN-PERSON WEDNESDAY LUNCH

**\$12 per person, served at Noon**

### Homemade by Chef Brenda

**Jan. 28:**

Vegetable Beef Soup, Garden Salad,  
Rolls, Coca-Cola Cake

**Feb. 4**

Chicken and Dumplings, Club Sandwich,  
Blueberry Cobbler

**Feb. 11:**

Lasagna Soup, Caesar Salad, Rolls,  
Red Velvet Cake

**Feb 18:**

Chili, Cornbread, Salad, Apple Crisp

**Feb. 25:**

Tomato Basil Soup, Grilled Cheese,  
Baked Fudge

**March 4:**

Potato Soup, Salad, Rolls,  
Goosey Butter Cake

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

**Registration:** \$70\_\_\_\_\_

**Class Fees:**

Apple Watch \$15\_\_\_\_\_

Leisure Sketching \$15\_\_\_\_\_

**Meals:**

Lunch and Learn

\_\_\_\_\_ # meals X \$12 \$\_\_\_\_\_

**Annual Library Fee:**

\$50\_\_\_\_\_

**Donations/Tributes:**

Donations: \$\_\_\_\_\_

In honor/memory: \_\_\_\_\_

**Total Cost:** \$\_\_\_\_\_

## 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 using the QR link on this page as well as by contacting the office. Take a peek at the "Then and Now" tidbits throughout this brochure. 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?

## 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. Full or partial scholarships are available. There is a form to complete that allows us to track the number of scholarships we use each term. You cannot register online with a scholarship so you will need to contact the LifeQuest office. 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](mailto:info@lifequestofarkansas.org) to request an application form.

Use this QR code to  
donate for the 45th  
anniversary of  
LifeQuest



Use this QR code to  
access the online  
scholarship form.

