



# LifeQuest

## OF ARKANSAS

# Winter 2026

**January 26 - March 5**

**REGISTRATION OPENS [December 9, 2025](#)**

**Assistance with registration available from 9:00 -10:30 a.m. December 9 at LifeQuest and LifeQuest at Conway.**

LifeQuest Winter 2026 offers In-person, Online, and Hybrid Classes  
Registration Fee: \$70

The registration fee covers all classes for the 6-week term at both  
the Little Rock and Conway locations.  
Some classes require an additional fee.

Your [registration confirmation email](#) will contain your LifeQuest website login credentials.

**Plan to attend "LifeQuest Orientation,"**  
**[In-person in Conway, January 12 at 11:00 a.m.](#)**  
**[In-person in Little Rock, January 21 at 11:00 a.m.](#)**

# LifeQuest: Winter 2026

## Table of Contents

### **LifeQuest at Conway**

|                                                |   |
|------------------------------------------------|---|
| Arkansas Hodgepodge.....                       | 5 |
| Art Appreciation.....                          | 4 |
| Beginning Pickleball at the WAC.....           | 6 |
| Beginning Mah Jongg.....                       | 5 |
| Braver Angels Workshop.....                    | 6 |
| Butterflies, Birds and Bees, Oh My!.....       | 5 |
| Change Lives Through Literacy Action.....      | 7 |
| Civil War and Reconstruction.....              | 4 |
| Forever Fit LQ at the WAC.....                 | 6 |
| Greece and Turkey Tour.....                    | 4 |
| The Latest Advances in Alzheimer's.....        | 4 |
| LQ Book Club in Conway.....                    | 5 |
| Museums: From Collections to Civic Inst.....   | 6 |
| No Fear Conversations in Spanish.....          | 5 |
| Politics and Imaginative Literature.....       | 6 |
| Sit and Stitch.....                            | 4 |
| The Story of the American Musical.....         | 5 |
| Understanding Poverty and Senior Citizens..... | 5 |
| Women Writing for Stage.....                   | 4 |
| Who Can Write a Memoir?.....                   | 6 |

### **Arts & Hobbies**

|                                                 |    |
|-------------------------------------------------|----|
| Acrylic and Oil Painting.....                   | 13 |
| Advanced Beginner Mah Jongg.....                | 8  |
| Beginning Mah Jongg.....                        | 14 |
| Beyond Birdwatching.....                        | 11 |
| Canasta.....                                    | 16 |
| Knitting and Sharing.....                       | 12 |
| Learning to Look: Thinking about Visual Art.... | 15 |
| Leisure Sketching.....                          | 14 |
| Pastels.....                                    | 16 |
| Photography 101 with Your Phone.....            | 15 |
| Sculpting.....                                  | 13 |
| Watercolor.....                                 | 11 |

### **Health, Science & Technology**

|                                                     |    |
|-----------------------------------------------------|----|
| The Human Anatomy, Physiology<br>and Pathology..... | 10 |
| Physical Therapy and You.....                       | 13 |
| Science You Should Know.....                        | 12 |
| Smart Living with AI.....                           | 16 |
| Tips for Your Apple Watch.....                      | 10 |

### **History & Politics**

|                                                       |    |
|-------------------------------------------------------|----|
| Arkansas Boosterism in the Early 1900s.....           | 14 |
| American Foreign Policy.....                          | 14 |
| Behind the Headlines.....                             | 11 |
| Fascinating Women of the Civil War Era.....           | 12 |
| Foundational Cases Impacting<br>the Constitution..... | 12 |
| Perspectives on Women in American History..           | 15 |
| Socialism: History and Significance.....              | 10 |
| The War of Austrian Succession.....                   | 15 |

### **Literature & Language**

|                                              |    |
|----------------------------------------------|----|
| Great Reads In-person.....                   | 12 |
| Great Reads Online.....                      | 8  |
| Haiku.....                                   | 9  |
| The "I Know Some Spanish" Spanish Class..... | 9  |
| LQ Book Club.....                            | 16 |
| Tell Your Own Story.....                     | 11 |
| Two Recent Books by Local Authors.....       | 14 |

### **Music & Theater**

|                                                      |    |
|------------------------------------------------------|----|
| All Things Jazz Piano with a<br>Touch of Gospel..... | 15 |
| Bringing the Arts Together.....                      | 16 |
| Comedy Relief.....                                   | 16 |
| On Screen with Philip Martin.....                    | 13 |
| Travel the World Through Film.....                   | 10 |

### **Notes from the LifeQuest Office**

|                                            |    |
|--------------------------------------------|----|
| How to Register for Classes.....           | 3  |
| How to Get to Class.....                   | 3  |
| LifeQuest Orientation for Conway.....      | 7  |
| LifeQuest Orientation for Little Rock..... | 7  |
| Term Length, Fees, Anniversary & More..... | 2  |
| Lunch at LifeQuest.....                    | 13 |
| Scholarships.....                          | 7  |

### **Physical Activity**

|                                    |    |
|------------------------------------|----|
| Advanced Tai Chi.....              | 15 |
| Advanced Beginning Pickleball..... | 9  |
| Beginning Pickleball.....          | 9  |
| Beginning Tai Chi.....             | 14 |
| Chair Fitness.....                 | 9  |
| Chair Yoga.....                    | 10 |
| Line Dancing.....                  | 16 |
| Pilates.....                       | 8  |
| Tai Chi.....                       | 8  |
| Yoga with Brandy.....              | 8  |
| Yoga with Jessica.....             | 16 |

### **Social Topics**

|                                           |    |
|-------------------------------------------|----|
| Beyond Chanukah.....                      | 12 |
| Braver Angels Workshop.....               | 13 |
| Change Lives Through Literacy Action..... | 9  |
| Disaster Preparedness.....                | 10 |
| Enough Psychology to Intrigue You.....    | 13 |
| Freight Transportation and Logistics..... | 15 |
| The GPS of Forgotten Nations.....         | 14 |
| Grandparenting Today.....                 | 8  |
| Images of Islands.....                    | 12 |
| Movers and Shakers of Arkansas.....       | 11 |
| Notes from a Therapist.....               | 11 |
| Socrates Cafe.....                        | 12 |

# Notes from the LifeQuest Office

## **Six weeks of lifelong learning!**

The Winter Term is six weeks long, and the term fee is \$70. Six weeks allows for make-up classes in the case of wintry weather. LifeQuest's Inclement Weather Policy is that if the Little Rock or Conway school districts are closed for any part of the day, LifeQuest classes will be closed for the entire day. LifeQuest classes may be closed beyond what the school district closures state if there are icy patches on the parking lots at our host churches. Check your email or the LifeQuest Facebook pages for up-to-date information about potential class changes.

## **One fee covers it!**

Please note that the \$70 Winter Term registration fee covers ALL the classes you can squeeze into your schedule in Conway, Little Rock, and online from anywhere! Your registration fee also provides access to ALL of the class recordings for the term, not just those classes for which you enrolled.

## **Scholarships!**

Scholarships are available every term. There is no income requirement. For more information on scholarships, see page 7!

## **45th Anniversary!**

LifeQuest of Arkansas was founded in 1981 as Shepherd's Center of Little Rock. Founded by 14 interfaith congregations, LifeQuest changed its name in 2003 to better reflect its mission to enhance the lives of older adults in Arkansas by promoting healthful longevity and active aging through lifelong learning and meaningful volunteerism within the community.

## **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?

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



# Registration Information and Getting to Class

For the most equitable and speedy registration process, we encourage all participants to register ONLINE for LifeQuest classes by going to the LifeQuest website: [lifequestofarkansas.org](http://lifequestofarkansas.org)

**Registration will open at 9:00 a.m. Tuesday, December 9.**  
**Please do NOT attempt to go to the Registration page before 9:00 a.m.**

**Online registration:** Go to the LifeQuest of Arkansas website: [lifequestofarkansas.org](http://lifequestofarkansas.org). Click on the tab "Classes/Register." The online registration process requires a credit or debit card for payment. You may only register **one** person at a time.

**Mailed registration:** Paper forms can be downloaded and printed from the LifeQuest website at [lifequestofarkansas.org](http://lifequestofarkansas.org). You may mail the form to P.O. Box 25523, Little Rock, AR 72221.

Only online registrations are completed in real time and on a first-come, first-served basis. If you'd like a paper registration form, you may print one by downloading the registration form found under "Classes/Register" on the LifeQuest website, or come by the LifeQuest office.

## **Have questions or need some extra help?**

Call us, we're here to help!  
Little Rock: 501-225-6073 or Conway: 501-514-8932  
The LifeQuest office is open Monday - Thursday,  
9:00 a.m. to 4:00 p.m.

## **Hybrid vs. Online**

When a class is listed as **Hybrid**, it means that the class can be attended in-person or online.

If a class is listed as **Online**, it means that the class is ONLY available online.

If a class is listed as  
**In-person**, it is ONLY available in-person.

## **Getting to Your Online Classes**

After you have registered for classes, you will receive the information to login to your class portal. This is where you can:

- Access classes that are on Zoom or Facebook.
- Get the materials lists, resources and/or information your instructor has provided for you.
- Watch recordings of all classes that have been listed as "recorded" for this term.

Keep an eye out for the email that will give you the username, password and instructions for accessing this important information.

### In-Person Classes

In-person classes are held at  
First United Methodist Church, 1610 Prince St., Conway, AR.  
Phone: 501-514-8932

#### **MONDAY**

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

##### **GREECE AND TURKEY TOUR**

*Rev. Nathan Kilbourne, Instructor*

**Format: Hybrid; Recorded**

Have you wanted to travel in the footsteps of the Apostle Paul in Greece and Turkey? Then join this class for a virtual tour of the places Paul walked. Throughout the class, we will talk about the culture and common life of those who lived in these communities as well as the connections Paul made along the way. Even if you aren't a person of the Christian faith, this class will explore the historical and cultural backgrounds of the places like Philippi, Athens, Corinth, Pisidian Antioch, and others! Come join the journey!

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

##### **THE LATEST ADVANCES IN ALZHEIMER'S AND DEMENTIA**

*Jill Thompson, Instructor*

**Format: In-person; Not recorded**

This course will provide attendees with a comprehensive overview of the current landscape concerning Alzheimer's and Dementia.

- Impact of Alzheimer's and Dementia in Our Community
- Worried It Might Be Dementia? Learn the 10 Warning Signs
- New Diagnostic Procedures and Treatments for Alzheimer's Disease
- Research Updates
- Dementia Conversations and Caregiver Tips
- Benefits of an Interdisciplinary Therapeutic Activity Program for Persons Living with Dementia

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

##### **SIT & STITCH**

*Becky Rasnick, Facilitator*

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

Participants can come and stitch on any project including but not limited to knitting, quilting, needlepoint, crochet, spinning, weaving, and smocking. A great time to just visit and stitch with no instruction given.

#### **MONDAY, Cont.**

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

##### **CIVIL WAR AND RECONSTRUCTION**

*Tom DeBlack, Instructor*

**Format: Hybrid; Recorded**

Following the outline of his book, *With Fire and Sword: Arkansas, 1861-1874*, this course deals with the Civil War and Reconstruction eras in Arkansas. It begins with a discussion of the state in the late antebellum period and proceeds to a year-by-year examination of the war itself, describing events in Arkansas and putting them into the context of the larger war. The final two sessions will deal with the overlooked and often misunderstood era of Reconstruction in the state. The concluding session will consist of a discussion of the impact of the war and Reconstruction on the state and its relevance for today.

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

##### **WOMEN WRITING FOR STAGE**

*Ann Muse, Instructor*

**Format: In-person; Not recorded**

Women's stories do not appeal to the public. Women's stories don't sell. Only some women are interested in stories about women. Women's stories are too small. These arguments have been used to malign and exclude women from the canon of modern dramatic literature. Each week, we will look at a playwright, focusing primarily on the 20<sup>th</sup> century. Pioneering women writing stories that illustrate and question social norms, advocate for political issues, and yes, "sell." Texts will be provided in digital formatting.

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

##### **ART APPRECIATION**

*Gayle Seymour, Instructor*

**Format: In-person; Not recorded**

Get ready to be inspired! Join art historian Dr. Gayle Seymour for a lively and engaging exploration of art right here in our own backyard, around the state, and beyond. This fun, discussion-friendly course is designed especially for learners who love history, beauty, and discovering new day trips around Arkansas. No art background needed, just bring your curiosity and love of learning!

## MONDAY, Cont.

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

### BEGINNING MAH JONGG

**Kathy Edwards, Instructor**

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

Learn to play Mah Jongg, an engaging, rummy-like game played with tiles rather than cards. Please purchase your Mah Jongg card by contacting [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org).

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

### ARKANSAS HODGEPODGE

**Tom Courtway, Facilitator**

**Format: In-person; Not recorded**

Beginning with an overview of Arkansas counties and virtual visits to courthouses and elected officials, we'll meander through Arkansas state parks and The Sultana Disaster Museum. We'll discuss places in the Delta and wrap up our discussions.

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

### BUTTERFLIES, BIRDS AND BEES, OH MY!

**Margaret Cline, Instructor**

**Format: In-person; Not recorded**

Butterflies, bees, birds, bats, beetles, and other small mammals that pollinate plants are responsible for bringing us one out of every three bites of food. Without the actions of pollinators, agricultural economies, our food supply, and surrounding landscapes would collapse. At least 75% of all flowering plants on Earth are pollinated by insects and animals. This amounts to more than 1,200 food crops and 180,000 different types of plants that help stabilize our soils, clean our air, supply oxygen, and support wildlife. Pollinators are part of a healthy economy and important to our health as well. This is not a class about beekeeping but the relationship between plants and pollinators.

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

### LQ BOOK CLUB IN CONWAY

**Rhonda Holland, Instructor**

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

We will be examining modern retellings of three classic works of literature. Firstly, Barbara Kingsolver's 2023 Pulitzer Prize-winning novel *Demon Copperhead*, which uses Charles Dickens' *David Copperfield* as a template. Next will be discussion of the 2025 Pulitzer Prize winner for fiction *James* by Percival Everett, a fanciful reinterpretation of the American classic *Huckleberry Finn*. Our final selection is Madeline Miller's *Song of Achilles*, inspired by *The Iliad* and winner of the Orange Prize for Fiction. Ideally, we will spend two weeks on each book and commence on day one discussing *Demon Copperhead*.

## MONDAY, Cont.

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

4 Weeks Only: January 26 - February 16

### UNDERSTANDING POVERTY AND SENIOR CITIZENS

**Spring Hunter, Instructor**

**Format: In-person; Not recorded**

Understanding Poverty is a four-week course focused on outlining issues surrounding poverty and its effects on families in Arkansas. This course describes common challenges and ways to intervene that lead to long-term transformation. Specific areas of discussion include housing, access to medical care, food insecurity, and generational cycles. This course is designed to be informative and interactive, allowing space for group discussion and further contemplation.

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

### NO FEAR CONVERSATIONS IN SPANISH

**Marisol Ferrer, Instructor**

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

During our six sessions, we will explore, learn and practice basic, introductory greetings and other useful topics and interactions in the Spanish language. These will include greetings and goodbyes, expressions of courtesy, asking for directions, shopping, and restaurant ordering, plus other topics you may suggest! The approach will be as stress-free as possible, with an emphasis on gaining confidence in expressing yourself in this lively language!

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

### THE STORY OF THE AMERICAN MUSICAL

**Ruthann Curry Browne, Instructor**

**Format: In-person; Not recorded**

Let's take an historical tour of the cultural identity of America in the 20th century through the lens of the American musical. Historian Michael Kantor said, "The Broadway musical defines our culture and is, in turn, defined by it ... [the art form] is a potent cultural indicator [that] provides a frequently brash, occasionally thoughtful, always colorful portrait of our country." We'll explore some of the more famous benchmarks in the canon as well as some of the lesser-known but none the less important musicals along the way. Willkommen! Bienvenue! Welcome!

## MONDAY, Cont.

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

### POLITICS AND IMAGINATIVE LITERATURE

*Ian King, Instructor*

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

Given the political turmoil that has descended on many countries in the last few years, what can imaginative literature teach us about politics today? We might have read this book before, but a fresh look at Tim O'Brien's *The Things They Carried* will offer us many new insights into the nature of politics past, present and future. Be ready for a wild ride! Plan to acquire this book on your own and be ready to discuss. We will examine the craft of creative nonfiction and fiction writing along the way.

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

### WHO CAN WRITE A MEMOIR?

*Vickie Bailey McMichael, Instructor*

**Format: In-person; Not recorded**

Who can write a memoir? Anyone. Don't worry if you are not a writer. All those writing craft requirements writers talk about, do not necessarily apply to memoir: Memoir trumps craft. A technically flawed life story has an endearing charm all its own. Do not be intimidated by the task. You are capturing life and creating the gift of legacy. What is more worthwhile than that? When it comes to memoir, it is not important you have a perfect book, it is just important that you have one.

### ONE TIME ONLY WORKSHOP

MARCH 2, 1:00 P.M. - 3:00 P.M.

### BRAVER ANGELS:

#### Navigating Political Polarization

*Amanda Moore and Lisa McNair, Facilitators*

**Format: In-person; Not recorded**

Participants will hear a brief presentation about Braver Angels and political polarization, followed by training and practice in specific communication and conflict resolution skills for engaging in respectful and productive conversations, particularly on politically charged topics. The final part of the event will be engaging in a discussion on a topic agreed on by the group that provides an opportunity for participants to practice the skills for respectful

## Then and Now!

The very first LifeQuest classes were called Adventures in Learning. In 1981, six classes were offered for an \$8 registration fee! This Winter, we have 80 classes offered for \$70!

## MONDAY, Cont.

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

### MUSEUMS: FROM COLLECTIONS TO CIVIC INSTITUTIONS

*Jim Volkert and Barbara Satterfield, Instructors*

**Format: In-person; Not recorded**

Join Jim and Barbara for informal storytelling about the development and cultural significance of museums from the famous ancient Mouseion in Alexandria, Egypt, through significant milestones in early American museums to the contemporary philosophy that defines museum practice today.

## TUESDAY

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

### FOREVER FIT LQ AT THE WAC

*Melinda Ballmer, Instructor*

**THIS CLASS IS HELD OFF CAMPUS!**

**Class is held at the WAC, Hendrix Campus  
Corner of Harkrider Street and Siebenmorgen  
Road, Conway, AR 72032**

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

Forever Fit offers an opportunity to improve our physical abilities as we grow older. The emphasis is on flexibility, balance and muscular endurance. It is NOT a cardio class. We will work fingers, toes and everything in between. Comfortable, loose-fitting clothes are recommended, and going barefoot (or socks) during class is preferred. About two thirds of class is done while seated, the rest standing. Movements can be adjusted to meet many limitations. Bring water. All other equipment is provided.

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

### BEGINNING PICKLEBALL AT THE WAC

*Earlene Hannah, Instructor*

**THIS CLASS IS HELD OFF CAMPUS!**

**Class is held at the WAC, Hendrix Campus  
Corner of Harkrider Street and Siebenmorgen  
Road, Conway, AR 72032**

**Format: In-person, limit - 30; Not recorded**

Learn how to play the fastest-growing sport in America! Pickleball is a paddle sport played on a badminton-size court. It can be played indoors or outdoors. This is an introductory class for beginners only. You will learn the rules, basic skills and strategy. Because pickleball requires short bursts of energy including bending and running, there is an additional risk of injury for players who lack adequate strength, agility and endurance training. **Wear appropriate exercise clothing, including court shoes. Be sure to bring water.**

## THURSDAY

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

4 Weeks Only: January 29 - February 19

### CHANGE LIVES THROUGH LITERACY ACTION!

*This class is sponsored by Literacy Action of Central Arkansas.*

**Laura Latch, Instructor**

**THIS CLASS IS HELD OFF CAMPUS!**

**Class is held at Faulkner County Library -  
Literacy Action Office,  
1900 Tyler St., Conway, AR 72032**

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

Did you know that 1 in 4 adults in central Arkansas struggle with low literacy? If you have been looking for an impactful way to give back to our community, here's your chance! Join the Literacy Action 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), so you can tutor in person or via Zoom. All materials provided and no teaching experience necessary.

**This class is free and open to the public.**

## 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 get to the online form.



## Plan to Attend Orientation



### LIFEQUEST ORIENTATION

#### Conway Campus

Monday, January 12

11:00 a.m. - 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, January 21

11:00 a.m. - Noon

**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.**

### In-Person Classes

In-person classes are held at  
Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, AR  
Phone: 501-225-6073

#### **MONDAY**

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

##### **GRANDPARENTING TODAY**

*Elizabeth Vines, Facilitator*

**Format: Online, limit - 15; Not recorded**

Join us as we read and discuss Lesley Stahl's book *BECOMING GRANDMA* in which we explore the transition that becoming a grandmother brings, not only to ourselves, but to a variety of well-known individuals that Stahl interviews. Along with these personal accounts, she speaks with scientists and doctors about physiological changes that occur in women when they have grandchildren, anthropologists about why there are grandmothers, and psychiatrists about the therapeutic effects of grandchildren on grandmothers and grandfathers. Stahl also shares her own personal stories of being a grandparent, how her relationship with her daughter has changed, and how being a grandparent has impacted her husband. We will relate Stahl's findings and experiences to our own and discuss ways in which grandparenting has changed us personally, as well as our society. Students enrolling should purchase the book before class begins January 26.

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

##### **PILATES**

*June Brown, Instructor*

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

This class is designed to increase core strength and flexibility. Bring a yoga mat and come have fun with us. You must be able to get down on the floor and back up. Small (1-3 pound) weights optional.

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

##### **GREAT READS ONLINE**

*Jon Poteet, Facilitator*

**Format: Online, limit - 16; Not recorded**

Read and discuss selections of literature by classic and modern authors. Selections are made available the week before classes begin in the Materials section of the LifeQuest Class Portal of the website. If you would like a paper copy printed, the cost will be \$10 and can be requested by contacting the LifeQuest office.

**(Same content as in-person class.)**

#### **MONDAY, Cont.**

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

##### **ADVANCED BEGINNER MAH JONGG**

*Lisa Perk, Instructor*

**Format: In-person, limit - 24; Not recorded**

Designed for players who have learned the National Mah Jongg League basics and want to take their game to the next level. This class will focus on refining your Charleston strategy to guide smarter decisions when choosing and building hands. We'll also explore how studying exposures, using a wall-based approach, and keeping score can encourage more defensive play by helping you anticipate tile availability or to pivot with confidence. In addition, we'll deepen your understanding of official rules, best practices, and table etiquette to further improve your game. The official 2025 NMJL card is required for this class.

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

##### **TAI CHI**

*June Brown, Instructor*

**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.**

##### **YOGA WITH BRANDY**

*Brandy Tinsley, Instructor*

**Format: In-person, limit - 30; 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.

### **Then and Now!**

The largest LifeQuest term to date was Fall of 2018 when we had 779 members attending. We came very close in Fall of 2025 with 776 attending in Little Rock and Conway!

## MONDAY, Cont.

12:00 P.M. - 1:15 P.M.

### BEGINNING PICKLEBALL

*Mary Todd, Instructor*

**Format: In-person, limit - 12; Not recorded**

Learn how to play the fastest-growing sport in America! Pickleball is a paddle sport played on a badminton-size court. It can be played indoors or outdoors. This is an introductory class for beginners only. You will learn the rules, basic skills and strategy. Because pickleball requires short bursts of intense energy including bending and running, there is an additional risk of injury for players who lack adequate strength, agility and endurance training.

**Wear appropriate exercise clothing, including court shoes. You will need to provide your own paddle.**

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

### CHAIR FITNESS

*This class is sponsored by Mosaic Templars Cultural Center.*

*Kimberly Robinson-Hatton, Instructor*

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

A fun and low-impact chair-based workout that incorporates daily living skills to increase strength, flexibility and balance.

**Located at Second Presbyterian Church**

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

### HAIKU

*Shannon Chamberlin and Lynn Senn, Facilitators*

**Format: Online, limit - 16; Not recorded**

Participants may want to buy the book *Write Like Issa: A Haiku How-to* by David G. Lanoue (2017) before the first class meeting. Because our term will be short, we will discuss one of the main chapters/themes at each class meeting, including the first one (Compassion). The book is readable and brief. Reading to prepare for discussions is helpful but not required. Discussions are casual and comfortable. Class members who want to read aloud haiku they've found or written will get the opportunity to do so. Individualized instruction will be available for anyone who wants to learn to write haiku or hone their haiku writing skills. This course will provide a supportive group in which to learn. Being on the lookout for "haiku moments" to write about causes one to focus on the here and now. Reading and writing haiku can enrich your life, keep you centered, and help you maintain perspective in troubled times. Newcomers are always welcome.

## MONDAY, Cont.

1:15 P.M. - 2:45 P.M.

### ADVANCED BEGINNING PICKLEBALL

*Anthony Dillard, Instructor*

**Format: In-person, limit - 12; Not recorded**

Learn how to play the fastest-growing sport in America! This class is designed to be an extension of the skills taught in the LifeQuest beginning pickleball class. Because pickleball requires short bursts of intense energy including bending and running, there is an additional risk of injury for players who lack adequate strength, agility and endurance training. **Wear appropriate exercise clothing, including court shoes. You will need to provide your own paddle.**

## MONDAY AND WEDNESDAY

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

### THE "I KNOW SOME SPANISH" SPANISH CLASS

*Jenni Duncan, Instructor*

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

Let's put it to use! This Spanish review and overview takes you through common vocabulary words, and -ar, -er, and -ir verb endings, as well as reflexive and stem changing verbs. We'll practice dialogs, describe ourselves and our families, and converse in Spanish we could use to speak to Latinos we encounter around us. Class is designed for those who already know some Spanish and want to review, pull it together and step up their ability.

**This class meets every Monday and Wednesday!**

## TUESDAY

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

**4 Weeks Only: January 27 - February 17**

### CHANGE LIVES THROUGH LITERACY ACTION!

*Roger Hawkins, Instructor*

*This class is sponsored by Literacy Action of Central Arkansas.*

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

Did you know that 1 in 4 adults in central Arkansas struggle with low literacy? If you have been looking for an impactful way to give back to our community, here's your chance! Join the Literacy Action 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), so you can tutor in person or via zoom. All materials provided and no teaching experience necessary.

**This class is free and open to the public.**

## TUESDAY, Cont.

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

3 Weeks Only: January 27 - February 10

### TIPS FOR YOUR APPLE WATCH

**Charlie Frith, Instructor**

**Class fee: \$15**

**Format: In-person, limit- 15; Not recorded**

Bring your Apple Watch and learn its many functions and ways to get the most from it.

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

### SOCIALISM: HISTORY AND SIGNIFICANCE

**Jeff Nash, Instructor**

**Format: Hybrid; Recorded**

The "S" word is, perhaps, the most misunderstood and scandalized word in American politics, especially in so-called "red" states. Few of us are familiar with the roots of socialist thought, why it became so politically "hot," and the roles that socialist thought played in American politics. The goals of this course are to understand why socialism was important to the development of contemporary economic systems, what specific goals were shared by many socialist thinkers and activists, and why it went very wrong when it became a state ideology resulting in dictatorships. Finally, we will examine the emergence of new socialist thought and reactions to it by the right wing. Class discussion of topics will be encouraged by discussion questions each week.

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

### THE HUMAN BODY: ANATOMY, PHYSIOLOGY, PATHOLOGY: A mini-medical school 101

**Fred Silva, Instructor**

**Format: Online; Recorded**

What you maybe ought to know about yourself. What is there; how it works; and some common diseases that affect those systems.

- The Chest: Your Cardiovascular (Heart, Blood Vessels) and Pulmonary Systems (O<sub>2</sub> and CO<sub>2</sub>)
- Your Gastrointestinal System: Gut, Liver, Gall Bladder, Pancreas; Nourishing the Body
- Your Genitourinary and Reproductive Systems: Internal Milieu and Sex
- Your Endocrine Systems: Getting the message out
- Your Musculo-Skeletal Systems: Your skin; Scaffolds and Coverings
- Your Nervous Systems: The Brain; Nerves; and Beyond

## TUESDAY, Cont.

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

### CHAIR YOGA

**Karin Bara, Instructor**

**Format: In-person, limit - 25; Not recorded**

Love yoga but need something that doesn't involve getting up and down from the floor? Then chair yoga is for you. Breathing, stretching and even strength building can all be done using a chair, so come and join us.

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

### DISASTER PREPAREDNESS

**Stephen Edwards, Instructor**

**Format: In-person; Not recorded**

Join this class for an overview of emergency preparedness in the event of a natural disaster: what to do, who to call and how you can help. Topics to be covered:

- Winter Storms
- House Fires
- Floods
- Thunderstorms
- Tornados
- Extreme Heat

12:00 P.M. - 3:00 P.M.

### TRAVEL THE WORLD THROUGH FILM

**Anne Perry, Instructor**

**Format: In-person; Not recorded**

Want to do some armchair travel through seeing and discussing intriguing films? No seatbelts necessary! We will watch the films in class Feb. 10-March 3.

- Jan. 27: Introduction, trailers, and discussion on the art of film. Bring a list of some of your favorite films.
- Feb. 3: No class, but on your own watch one or more of these films:  
*The Book Thief, Maudie, Persepolis, The Breadwinner, Billy Elliot, Frida, Loving Vincent, or Queen of Katwe*
- Feb. 10: Discussion of films viewed and Travel to Paraguay (*Landfill Harmonic*)
- Feb. 17: Travel to Japan (*Departures*)
- Feb. 24: Travel to France (*The Chorus*)
- Marcy 3: Travel to India/Australia (*Lion*)

### Pssst ...

Looking for a way to recognize your favorite LifeQuest staff member or volunteer as we celebrate this 45th year? You can donate \$45 for our 45th anniversary on their birthday.

## TUESDAY, Cont.

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

### TELL YOUR OWN STORY

**Dennis Haning and Sue Weinstein, Facilitators**

**Format: Online, limit - 14; Not recorded**

Want to leave a legacy for your children and grandchildren? Have interesting things happened to you in your life you would like to share with others? Capture the stories about yourself, your relatives and your history in writing so that they have some of the memories that only you can pass along. Join our group on Zoom. We offer support and encouragement as each of us captures what we want to leave behind. Come join our friendly group.

## WEDNESDAY

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

### BEHIND THE HEADLINES

**John Brummett, Instructor**

**Format: Hybrid; Recorded**

For over 25 years, award-winning journalist and op-ed columnist John Brummett has brought his insightful analysis to LifeQuest members, exploring the key events shaping our city, state, and nation. Known for his ability to humanize complex issues and spark meaningful discussions, Brummett offers thoughtful commentary that encourages civil discourse. If you plan to attend online, please join the Facebook group, **LifeQuest Winter 2026 Private Group**, before the first day of class to stay connected and informed.

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

### WATERCOLOR

**Stephen Lanford, Instructor**

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

This class is designed to explore and develop your watercolor skills. Whether or not you have previous painting experience, you are welcome in this class. We will develop and practice the skills needed to paint in watercolor. This course is flexible enough to accommodate beginners who've never painted before as well as painters with previous painting experience.

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

### MOVERS AND SHAKERS OF ARKANSAS

**Charles Feild, Instructor**

**Format: Hybrid; Recorded**

What the state of Arkansas lacks in size, it makes up for in thought leaders, entrepreneurs, scientists, innovators, and great stories. Moderated by LifeQuest member, instructor, and retired pediatrician Dr. Charles Feild, this class will introduce participants to a diverse group of leaders who are shaping the direction of our state and making a positive impact on its residents.

## WEDNESDAY, Cont.

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

### NOTES FROM A THERAPIST: The Process of Psychotherapy

**Shannon Greenfield Ph.D., Instructor**

**Format: In-person; Not recorded**

In a world increasingly short on opportunities for privacy and authenticity, the process of psychotherapy can be a powerful source of practical and emotional support in facing the unpredictable journey of human experience. Dr. Greenfield will provide a brief overview of the philosophy/history of psychotherapy, followed by active discussions of his personal reflections on what makes a therapist/client connection therapeutic. Issues to be discussed include: professional/personal boundaries, virtual vs. in-person therapy, whether therapy is more science or art, and the psychotherapy/spirituality connection. Because this is an educational class, personal self-disclosures from students to the group are discouraged but general questions will be welcomed.

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

### BEYOND BIRDBWATCHING: Understanding the Lives of Birds

**Jane Jones-Schulz, Instructor**

**Format: In-person; Not recorded**

This class will go beyond the basic IDs in a field guide to examine the amazing diversity of birds. We will start with the basics of all birds: feathers, wings (even if vestigial), beaks or bills, a lightweight skeleton, and eggs. From there, we will explore the behaviors and adaptations that make birds so fascinating, including feeding habits, nesting strategies, rearing young, complex communication and migration. Birds native to Arkansas will be featured as examples along with hands-on materials such as skulls and nests. We will also examine extinct species that once inhabited the region, as well endangered birds and the conservation efforts to protect them. Bring your questions and observations for a dedicated Q&A at the end of each class.

## Then and Now!

LifeQuest was originally called Shepherd's Center of Little Rock. The name was changed to LifeQuest of Arkansas in 2003!

## WEDNESDAY, Cont.

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

### IMAGES OF ISLANDS

*Juliana Flinn, Instructor*

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

Explore various images we hold of islands and island life. Selected stories about living on islands that will be read and discussed include an excerpt from James Michener's *Tales of the South Pacific*, *Alcatraz* by Danielle Evans, *The Boat* by Alistair MacLeod, *Microcosmic God* by Theodore Sturgeon, *The Most Dangerous Game* by Richard Connell, and *The Lexicographer and One Tree Island* by Tanya Batson-Savage. Stories are made available the week before classes begin in the Materials section of the LifeQuest Class Portal of the website. If you would like a paper copy printed, the cost will be \$10 and can be requested by contacting the LifeQuest office.

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

### KNITTING AND SHARING

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

Share your knitting knowledge and learn from others. No instruction, just creative fun!

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

### FOUNDATIONAL CASES IMPACTING THE CONSTITUTION

*John DiPippa, Instructor*

**Format: Hybrid; Recorded**

Many people are aware of recent Supreme Court cases but don't know about the important cases that built the foundation for today's government and legal system. This class will explore those early cases with an eye not only to explain their importance today but also to talk about their social and political contexts. In addition, the class will explore the fascinating characters behind the cases including the Disappearing Justice of the Peace, the Embezzler, and Devoted Husband. A splendid time is guaranteed for all.

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

### BEYOND CHANUKAH: DEEPER LESSONS OF JEWISH HOLIDAYS

*Rabbi Barry Block, Instructor*

**Format: Hybrid; Recorded**

Learn about Judaism through the prism of Jewish holidays, exploring familiar holidays — yes, even Chanukah — in ways that may come as a surprise and gaining familiarity with less-well-known Jewish celebrations and observances. Discussions will focus more on the meaning and the message of the holidays than on their rituals, though the what's, when's, and how's of each holiday will be explained.

## WEDNESDAY, Cont.

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

### SCIENCE YOU SHOULD KNOW

*Michael Borrelli, Instructor*

**Format: In-person; Not recorded**

This class will focus on presenting deeper insight to science that we encounter and use every day, but about which most people have less than a rudimentary understanding of the underlying principles and how things work. Topics will include: everyday electricity, radiation in our lives, impactful weather events, the mostly good impact of microorganisms in our life and some of the bad, and the richness of life in the earth beneath our feet.

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

### GREAT READS IN-PERSON

*Jon Poteet, Facilitator*

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

Read and discuss selections of literature by classic and modern authors. Selections are made available the week before classes begin in the Materials section of the LifeQuest Class Portal of the website. If you would like a paper copy printed, the cost will be \$10 and can be requested by contacting the LifeQuest office.

**(Same content as online class.)**

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

### FASCINATING WOMEN OF THE CIVIL WAR ERA

*Dick Williams, Instructor*

**Format: Hybrid; Recorded**

Dick Williams will lead you on a journey that examines the fascinating women who lived during the Civil War era and their contributions to society.

Jan. 28: Harriet Tubman

Feb. 4: Angelina Grimke Weld

Feb. 11: Mary Surratt

Feb. 18: Frances Seward

Feb. 25: Varina Davis

March 4: Elizabeth Van Lew

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

### SOCRATES CAFE

*Rudy Rieple, Facilitator*

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

At Socrates Cafe, people explore questions from their lives through public, nonacademic dialogue. At each cafe, participants propose questions and then vote to decide the topic. This is a safe space to pose the questions that come with life.

## WEDNESDAY, Cont.

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

### ENOUGH PSYCHOLOGY TO INTRIGUE YOU

**Terry Kramer, Instructor**

**Format: In-person; Not recorded**

What did Freud and Jung get right (and wrong) about our psychological development and how has the field evolved to address child, adolescent, adult and family problems? The science of behavior change from anxiety reduction to improved relational interactions has become more sophisticated over the past century. Prepare for self-reflection, lively discussions and fun exercises that will inform, enlighten and entertain.

### LUNCH AT LIFEQUEST

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

*Prepared by Chef Brenda Majors*

*Cost: \$12 - per meal*

- 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, Goopy Butter Cake

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

### SCULPTING

**John Deering, Instructor**

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

Do you have an idea about a project you would like to sculpt? This instructor will help you transform your idea into existence. The supply list will depend on your project. If you have something in process, bring it and your supplies. If you have not begun and do not know what you will need, the instructor and class will help you.

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

### ACRYLIC AND OIL PAINTING

**Louise Carlisle and Bob Snider, Instructors**

**Format: In-person, limit - 18; Not recorded**

Join our Acrylic and Oil Painting class for beginners and experienced painters! Learn techniques, color theory, and creative expression with guided demos. All levels are welcome — unleash your inner artist!

## WEDNESDAY, Cont.

**ONE TIME ONLY WORKSHOP**

**MARCH 4, 1:00 P.M. - 3:00 P.M.**

### BRAVER ANGELS:

#### Navigating Political Polarization

**Amanda Moore and Lsa McNair, Facilitators**

**Format: In-person; Not recorded**

Participants will hear a brief presentation about Braver Angels and political polarization, followed by training and practice in specific communication and conflict resolution skills for engaging in respectful and productive conversations, particularly on politically charged topics. The final part of the event will be engaging in a discussion on a topic agreed on by the group that provides an opportunity for participants to practice the skills for respectful conversations.

**1:00 P.M. - 4:00 P.M.**

### ON SCREEN WITH PHILIP MARTIN

**Philip Martin, Instructor**

**Format: In-person; Not recorded**

Join film critic Philip Martin to view and discuss various films and/or TV series. Selections will be announced the first day of class.

## Then and Now

LifeQuest began at Second Presbyterian Church in 1981 and 45 years later, we are so truly honored to still be meeting at Second Presbyterian Church and to be adding our second location at First United Methodist Church in Conway!

## THURSDAY

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

### PHYSICAL THERAPY AND YOU

*Sponsored by Advanced Physical Therapy*

**Various Instructors**

**Format: In-person; Not recorded**

Join specialists from Advanced Physical Therapy as they discuss issues impacting individuals as they age. Topics will include: Marshal McDaniel discussing Fall Prevention and Balance; Cameron Shannon discussing Back Pain; Sarah Walker discussing Bone Building for Osteoporosis and Osteopenia; and Stephen Crawford discussing Personal Training at All Ages. Justin Jones will discuss a topic to be announced.

## THURSDAY, Cont.

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

### ARKANSAS BOOSTERISM IN THE EARLY 1900S

*Edwin Gifford, Instructor*

**Format: Hybrid; Recorded**

By the 1900s, Arkansas lacked organized economic promotion. Yet a new spirit was taking hold, what is now known as boosterism. The state's image was negative. Arkansans were deemed backward and Arkansas acquired the nickname "The Bear State." Arkansas had few chances to attract investments. So boards of trade organized. Fairs sprang up in towns and counties to promote local resources as did a traveling exhibit train, "Arkansas on Wheels." Business groups formed. The Good Roads Association sought better infrastructure. The Arkansas Advancement Association secured Arkansas' first official state motto: "The Wonder State." This class will look at these various efforts along with visuals of their memorabilia.

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

### BEGINNING MAH JONGG

*Ellen Lowitz, Instructor*

**Format: In-person, limit - 24; Not recorded**

Learn to play Mah Jongg, an engaging, rummy-like game played with tiles rather than cards. It is Ellen's life mission to ensure everyone has fun playing Mah Jongg. Please purchase your Mah Jongg card by contacting [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org).

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

### LEISURE SKETCHING

*Ken Williams, Instructor*

**Class fee: \$15**

**Format: In-person, limit - 15; Not recorded**

This class is a continuation of Ken's previous sketch classes. However, if earlier terms were missed, you will still be able to join the class and gain useful skills and techniques. The class will provide information and activities that are interesting, fun and challenging for beginners and advanced artists alike. A variety of sketching techniques will be explained and demonstrated using PowerPoint presentations and in-class drawings. Sketching media will include graphite, ink, watercolor pencil and watercolor. Students will make sketches in each class using the methods and themes discussed that day. Additional topics will include relevant books and modern sketching trends. Some of the topics covered this term will include: A loose approach to sketching; pen and ink/mixed media; sketching urban environments; and people; mood and other subjects.

## THURSDAY, Cont.

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

### AMERICAN FOREIGN POLICY

*Alan Eastham, U.S. Ambassador, Ret., Instructor*

**Format: Hybrid; Recorded**

American Foreign Policy in Six Easy Lessons. Why do we act this way? History, Culture, Power, Money, Leaders, and Technology, in no particular order.

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

### BEGINNING TAI CHI

*Suzanne Yung, Instructor*

**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.

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

### Religious Outsiders

*Terry Goddard Instructor*

**Format: In-person; Not recorded**

Which religious groups are considered outsiders today? Which are insiders? Christianity has dominated America but which denominations? Laurence Moore's "Religious Outsiders and the Making of Americans" provided a study of American religious groups that weren't considered mainstream but that served to challenge the assumptions that mainline should function as the norm of American Religion.

Are the former outsiders, insiders now? What do make of the rise of Nones? We will explore these questions and more.

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

### THE GPS OF FORGOTTEN NATIONS:

**Recalculating Eastern Europe Where Memory Meets Misdirection**

*Ticu Gamalie, Instructor*

**Format: In-person; Not recorded**

A region where borders shift like moods and myths outlive maps. This lecture series reroutes through communism's leftovers, culinary diplomacy, vampire lore, and geopolitical déjà vu with humor as your co-pilot.

## Then and Now!

There were 82 participants for the first Adventures in Learning in 1981. In Fall of 2025, there were 776 participants!

## THURSDAY, Cont.

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

### ALL THINGS JAZZ PIANO WITH A TOUCH OF GOSPEL

**Tom Cox, Instructor**

**Format: In-person; Not recorded**

A lecture and demonstration/performance presentation format class in which the instructor introduces and demonstrates various music elements, piano styles, jazz pianist and developments from the rich history of the world of jazz piano from its early years of the 1900s to today's artists, styles, influences and innovators. The class format also includes a 15-25 minute performance of 2 or 3 different pieces each week.

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

### PHOTOGRAPHY 101 WITH YOUR PHONE

**Doris Krain, Nancy Haynes, and Helen Jones, Instructors**

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

Learn the fundamentals of photography with your phone's camera, photo editing and organizing features. From Settings to Editing to Albums, we will practice various photography genres (people, landscapes, macros, etc.). All brands and models welcome; iPhone capabilities used as the teaching tool.

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

### FREIGHT TRANSPORTATION AND LOGISTICS

**Glen Harrison, Coordinator**

**Format: In-person; Not recorded**

The Freight Transportation and Logistics course will provide an overview of the ways freight moves through the supply chain system. We will have representatives from the motor carrier, railroad, air cargo, and barge modes to discuss freight movements. In addition, we will include a representative from a distribution center to discuss the management of freight inventory.

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

### LEARNING TO LOOK:

#### Thinking About Visual Art

**Floyd Martin, Instructor**

**Format: Hybrid; Recorded**

Ever wonder how to get more out of a visit to an art museum? Ever wonder how to appreciate art that seems very complex? Ever wonder about what artists consider in the creative process? In this class, we'll consider how art is constructed, ways of looking, and discuss in some detail the elements of art and principles of design. Perhaps there'll be a visit to look at some art in person.

## THURSDAY, Cont.

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

### PERSPECTIVES ON WOMEN IN AMERICAN HISTORY

**Marta Cieslak, Instructor**

**Format: In-person; Not recorded**

Would our understanding of the American past change if we told the story of the United States entirely from the perspective of women? In this class, we will examine what happens if we place women in the center of historical narratives. We will also ask whether all women experienced American history in the same way. From colonization and the American Revolution, through industrial progress, to the tumultuous 20th century, we will explore how the past connects to the present through the lens of women's experiences. The question of what "women's history" is and how it may help us expand our thinking about the past will guide our discussion.

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

### THE WAR OF AUSTRIAN SUCCESSION 1739-1748

**John Giessmann, Instructor**

**Format: Hybrid; Recorded**

This class will look at the causes and events of the War of Austrian Succession, one of several world wars fought by European countries in the eighteenth century. This course will introduce you to Frederick the Great, Maria Theresa, Maurice de Saxe, and a certain Mister Jenkins, who lost an ear. This will be part 1 of an ongoing series that will cover the war between Spain and Britain in the New World, the First and Second Silesian Wars, and the war in Italy. All of these conflicts comprise the War of Austrian Succession.

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

### ADVANCED TAI CHI

**Suzanne Yung, Instructor**

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

This is a Northern Wu Tai Chi Advanced Class, a continuation of the prerequisite Beginning Tai Chi 13 postures class. Participants must be able to perform the 13 postures alone, from memory in front of the instructor. Postures must be executed with proper movements of body, hands and feet within the perimeters of proper timing.

## THURSDAY, Cont.

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

### LINE DANCING

*Rose Virgil, Instructor*

**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.

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

### SMART LIVING WITH AI: A Beginner's Guide for the Modern Retiree

*Nicki Hilliard, Instructor*

**Format: In-person; Not recorded**

Discover how artificial intelligence can make everyday life easier, more creative, and more fun! In this six-week, hands-on course, you'll explore practical ways to use AI tools like ChatGPT, Perplexity, Gemini, and other smart apps to simplify daily tasks, plan travel, stay connected with loved ones, and spark new hobbies. Each session blends easy-to-understand lessons with live demonstrations and guided practice, no technical background required. By the end of the course, you'll feel confident using AI as your personal assistant, travel planner, and creative companion in your "smart" retirement. Attendees should bring a cell phone/iPad or laptop computer to class for hands-on learning.

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

### COMEDY RELIEF

*Judy Trice, Instructor*

**Format: In-person; Not recorded**

If world chaos and winter storms are getting you down, join us in reading Kaufman and Hart's classic comedy *You Can't Take It with You*. As we read the play, we will perform selected scenes and learn techniques of comic acting that bring them to life. Please purchase a copy of the play and bring it to class.

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

### LQ BOOK CLUB

*Mary Sha Moriarty, Facilitator*

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

Bring your curiosity, open-mindedness and love for books and reading! Before the first class, you should read *Daikon* by Samuel Hawley. In all likelihood, during this 6-week term, we will read 2-3 books. If you would like to contact Mary Sha for more information, you can get her contact information from the LifeQuest office.

## THURSDAY, Cont.

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

### BRINGING THE ARTS TOGETHER

*Wayne Chapman, Instructor*

**Format: In-person; Not recorded**

Class will experience virtuoso performances that bring together dance, choral, and orchestral music. Examples include: Beethoven's "Ode to Joy" from the Ninth Symphony with the Israel Philharmonic Orchestra, Béjart Ballet Lausanne and The Tokyo Ballet, and the Ritsuyukai choir. Carl Orff's "Carmina Burana" with Orchestra, choir, ballet and solo singers of the National Opera & Ballet of Ukraine, Odessa.

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

### YOGA WITH JESSICA

*Jessica Durand, Instructor*

**Format: In-person, limit - 30; 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.

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

### CANASTA

*Barbara Cook & Ellen Lowitz, Instructors*

**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.

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

### PASTELS

*Caprise Cooper, Susan Hurst*

*and Anne Parat, Instructors*

**Format: In-person, limit - 18; Not recorded**

Join this fun class to learn about various pastel supplies and techniques, and hone your skills through guided demonstrations.

## Then and Now

In 1981, LifeQuest began with the support of 14 local congregations. In 2025, 10 of those founding congregations still support us: Christ the King, Grace Presbyterian, Our Lady of Holy Souls, Pulaski Heights UMC, Second Presbyterian, St. James UMC, St. Mark's Episcopal, Congregation B'nai Israel, Trinity UMC and Westover Hills Presbyterian. What an incredible legacy we share!

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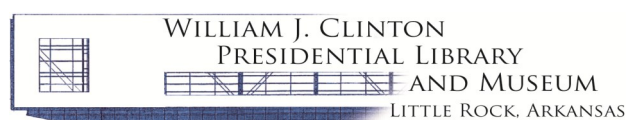
[arkansasheritage.com/mosaic-templars-cultural-center](http://arkansasheritage.com/mosaic-templars-cultural-center)



[cals.org](http://cals.org)



[literacyactionar.org](http://literacyactionar.org)



[www.clintonlibrary.gov](http://www.clintonlibrary.gov)

## ... AND OUR SUPPORTING CONGREGATIONS

Christ Episcopal Church  
[christchurchlr.org](http://christchurchlr.org)

Christ the King Catholic Church  
[ctklr.org](http://ctklr.org)

Congregation B'nai Israel  
[bnai-israel.us](http://bnai-israel.us)

First United Methodist Church - Conway  
[www.conwayfumc.org](http://www.conwayfumc.org)

Grace Presbyterian Church  
[facebook.com/gracepclr](https://facebook.com/gracepclr)

Jewish Federation of Arkansas  
[www.jewisharkansas.org](http://www.jewisharkansas.org)

Kirk in the Pines Presbyterian Church  
<https://kirkinthepines.org>

Little Rock Friends Meeting  
[www.littlerockquakers.org](http://www.littlerockquakers.org)

Our Lady of Good Counsel Catholic Church  
[goodcounsellr.com](http://goodcounsellr.com)

Our Lady of the Holy Souls Catholic Church  
[holysouls.org](http://holysouls.org)

Pulaski Heights United Methodist Church  
[phumc.com](http://phumc.com)

Second Presbyterian Church  
[secondpreslr.org](http://secondpreslr.org)

St. James United Methodist Church  
[stjameslr.org](http://stjameslr.org)

St. Margaret's Episcopal Church  
[stmargaretschurch.org](http://stmargaretschurch.org)

St. Mark's Episcopal Church  
[lovesaintmarks.org](http://lovesaintmarks.org)

St. Michael's Episcopal Church  
[stmichaels-church.com](http://stmichaels-church.com)

Trinity Episcopal Cathedral  
[trinitylittlerock.org](http://trinitylittlerock.org)

Trinity United Methodist Church  
[tumclr.org](http://tumclr.org)

Unitarian Universalist Church  
[uuclr.org](http://uuclr.org)

Westover Hills Presbyterian Church  
[westoverhills.org](http://westoverhills.org)



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**Online, in Conway**  
**and Little Rock**



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