



# LifeQuest

## OF ARKANSAS

# Fall 2025

**September 15 - November 13**

**REGISTRATION OPENS August 19 at 9:00 A.M.**

**Assistance with registration available from 9-10:30 A.M. August 19 at LifeQuest and LifeQuest at Conway.**

LifeQuest Fall 2025 offers In-person, Online, and Hybrid Classes  
Registration Fee: \$85

The registration fee covers all classes for the 8-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, September 8 at 2:00 p.m.**

**In-person in Little Rock and on Zoom September 10 at 11:00 a.m.**

# LifeQuest: Fall 2025

## Table of Contents

### Arts & Hobbies

|  |    |
|--|----|
| Acrylic and Oil Painting .....             | 9  |
| Advanced Beginner Mah Jongg .....          | 4  |
| The Artist's Way .....                     | 4  |
| Beginning Greeting Cards.....              | 5  |
| Beginning Mah Jongg.....                   | 10 |
| Canasta .....                              | 12 |
| Cardmaking.....                            | 4  |
| Drawing Compositions One-Day Workshop..... | 5  |
| Dreams: Windows to the Inner Self.....     | 6  |
| Expressive Drawing One-Day Workshop.....   | 5  |
| Fall Gardening .....                       | 11 |
| Inspired Genealogy .....                   | 11 |
| Knitting and Sharing .....                 | 8  |
| Leisure Sketching .....                    | 9  |
| Niloak Pottery.....                        | 10 |
| Pastels .....                              | 12 |
| Sculpting .....                            | 9  |
| Watercolor Group A.....                    | 5  |
| Watercolor Group B .....                   | 7  |
| Watercolor Pencils .....                   | 8  |
| Ways with Words .....                      | 8  |

### Health & Science

|   |   |
|---|---|
| Mental Health Matters.....                  | 8 |
| Stressbusting for Caregivers .....          | 7 |
| Truths & Consequences with Fred Silva ..... | 6 |

### History & Politics

|   |    |
|---|----|
| Asian American History in Arkansas..... | 11 |
| Behind the Headlines.....               | 7  |
| Lectures on Lincoln.....                | 12 |
| Modern American Tycoons.....            | 8  |
| Napoleon Bonaparte: .....               | 11 |
| The Hundred Days                        |    |
| Sips Through Time.....                  | 10 |

### LifeQuest at Conway

|  |    |
|--|----|
| Christians Influenced by Buddhism .....          | 13 |
| The Films of Gene Hackman .....                  | 14 |
| History of Jazz .....                            | 14 |
| LifeQuest Folkies .....                          | 14 |
| The Mind in Exercise and Sports.....             | 14 |
| Numbers in American Politics .....               | 14 |
| Sit & Stitch.....                                | 13 |
| Spiritual Disciplines for Victorious Living..... | 13 |
| Why Would I Want to Learn to Fly Fish .....      | 14 |

### Literature & Language

|  |    |
|--|----|
| Beginning Spanish .....                      | 8  |
| Conversational Spanish.....                  | 7  |
| Great Reads In-person.....                   | 7  |
| Great Reads Online.....                      | 4  |
| Life, Times (& Poetry) of Walt Whitman ..... | 10 |
| LQ Book Club .....                           | 12 |
| Poetry and the Creative Mind .....           | 8  |
| Poetry of Mary Oliver .....                  | 5  |
| Tell Your Own Story.....                     | 6  |
| What Is Poetry? .....                        | 11 |

### Music & Theater

|   |    |
|---|----|
| All Things Jazz Piano with a Touch of Gospel..... | 10 |
| An Intro to the Music of the Baroque .....        | 8  |
| Flannery O'Connor in Performance .....            | 6  |
| Improv for Mind, Body & Spirit.....               | 9  |
| Music for Orchestra .....                         | 11 |

### Notes from the LifeQuest Office

|   |    |
|---|----|
| How to Register for Classes.....            | 3  |
| How to Get to Class.....                    | 3  |
| LifeQuest Orientation for Conway .....      | 13 |
| LifeQuest Orientation for Little Rock ..... | 12 |
| LifeQuest Expanding .....                   | 2  |
| Lunch at LifeQuest .....                    | 9  |
| Scholarships .....                          | 2  |

### Physical Activity

|                                   |    |
|-----------------------------------|----|
| Advanced Tai Chi.....             | 10 |
| Beginning Pickleball.....         | 5  |
| Beginning Tai Chi .....           | 11 |
| Chair Yoga.....                   | 5  |
| LifeQuest Walks with Charles..... | 9  |
| Line Dancing .....                | 12 |
| Pilates.....                      | 4  |
| Self-Defense .....                | 11 |
| Tai Chi.....                      | 4  |
| Yoga with Jessica.....            | 12 |

### Social Topics

|                                     |    |
|-------------------------------------|----|
| Awe: Doorway to the Divine.....     | 6  |
| Dinner with Chef.....               | 12 |
| Grandparenting Today .....          | 4  |
| Law and Religion .....              | 6  |
| Movers and Shakers of Arkansas..... | 7  |
| Social Justice .....                | 9  |
| Socrates Cafe .....                 | 7  |

# Notes from the LifeQuest Office



## LifeQuest Launches Satellite Campus in Conway This Fall!

Message from LifeQuest at Conway Steering Committee Co-Chairs,  
Drs. Pebble and David Sutherland:

Conway identifies itself as the "City of Colleges" with a population filled with current and former educators and administrators who are committed not only to the education of young people but to lifelong learning for themselves and others. Since the move of Hendrix College from Altus, Arkansas to Conway in 1890, Conway has been a community committed to higher education. What is now the University of Central Arkansas was established here as the Arkansas State Normal School in 1907, and our city utility Conway Corporation was established in 1929 with the intent of supporting our local educational institutions. Conway is a perfect fit for the first satellite campus of LifeQuest of Arkansas! In partnership with Hendrix College, First United Methodist Church of Conway, and LifeQuest leadership, our Steering Committee has worked to develop a dynamic set of courses for our introductory term in Conway. This all-volunteer faculty includes numerous college professors, faith leaders, and a fly fisherman! We are honored to be a part of the establishment of LifeQuest at Conway, and we are confident it will enrich the lives of our friends, neighbors, and community as a whole. We introduce the first charter faculty for this inaugural term in Conway:

**Dr. Terri Bonebright** – Retired Professor of Psychology and Provost at Hendrix College

**Dr. John Krebs** – Classical Pianist and retired Professor of Music at Hendrix College

**Dr. Lloyd Hervey** – Author and educator as well as Deacon and Minister of Music at Greater Pleasant Branch Baptist Church in Conway

**The LifeQuest Folkies** – A loosely organized and much-loved group of retired faculty from Hendrix and UCA who study and perform American folk music, coordinated by Dr. Ralph McKenna, retired Professor of Psychology at Hendrix College

**Dr. Jay McDaniel** – Author, philosopher, theologian, and retired Professor of Religious Studies at Hendrix College

**Becky and Rick Rasnick** – Becky, retired administrator at the University of Central Arkansas, LifeQuest Steering Committee member, and master weaver and fiber artist; Rick, retired US Army Lieutenant Colonel and fly fishing enthusiast

**Dr. Wayne Stengel** – Professor of English and Film Studies at the University of Central Arkansas

**Dr. David Sutherland** – Retired Professor of Mathematics and Assoc. Provost at Hendrix College

**See Pages 13 for LifeQuest at Conway classes and Orientation information!**

## SCHOLARSHIPS

At LifeQuest, we never want the registration fee to prevent anyone from participating in our programs. Full or partial scholarships are available. 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 the QR code above  
to view the LifeQuest  
of Arkansas website!

# 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, August 19.**  
**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.

## MONDAY

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

**GRANDPARENTING TODAY: Adjusting to generational changes, and learning from grandparents around the world, as well as from each other.**

**Elizabeth Vines, Facilitator**

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

Grandparenting has definitely changed during our lifetimes and these changes have a strong impact on us as we endeavor to adjust and be the best grandparents we can for our grandchildren. JOIN US this fall as we discuss these changes and consider various grandparent practices around the world. Apply all of this information to our own grandchildren and families. Online resources relating to our topics will be sent each week in advance of class. Make some new friends while enriching your grandparenting experiences!

As they relate to our grandchildren, we will discuss these topics during fall term:

- Grandparenting "then" and "now";
- Let's not repeat our mistakes;
- Sage advice from grandparents around the world;
- Tips for trips and travel with our grands;
- Grandparenting resources, local and online;
- Ideas for "Holiday Fun."

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.)**

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.

## MONDAY, Cont.

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

**ADVANCED BEGINNER MAH JONGG**

**Linda McAteer, 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 improving your Charleston strategy, making smart decisions when choosing and building hands, and deepening your understanding of official rules and table etiquette. The official 2025 NML card is required for this class. Please do not bring counterfeit or unofficial versions sold by third-party vendors.

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.

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

**THE ARTIST'S WAY**

**Ed Barham, Instructor**

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

Whether you're a blocked artist, a "want-to-be artist" or an artist with room to grow, this proven process will promote new levels of creativity in your work and life. No special abilities required. Please acquire the book, *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron.

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

**4 Weeks Only: September 15 - October 6**

**CARDMAKING WITH CONNIE**

**Connie Wardell, Instructor**

**Materials fee: \$20**

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

This class is for those who have been making greeting cards and other paper crafts for some time. We'll be making some cards for all occasions using advanced techniques such as embossing, layering, and folding. A list of needed supplies will be emailed to you before class.

**Prior experience needed. If class is closed, be sure to contact the office to be put on the waitlist.**



## MONDAY, Cont.

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

### BEGINNING GREETING CARDS

*Judy Langford-Brodie, Instructor*

**Materials fee: \$40**

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

If you have always wanted to craft but are convinced you are not at all creative, then a great place to start is with a handmade card! Join us and make two projects each week using rubber stamps, paper, ink and adhesives in this class geared for beginners. A short list of supplies needed for class will be emailed to you before class begins.

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

### BEGINNING PICKLEBALL

*Mary Todd, Pam Kiser and Sue Ulmer, Instructors*

**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.**

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

### CHAIR YOGA

*Karin Bara, Instructor*

**Format: In-person, limit - 20; 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.

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

### POETRY OF MARY OLIVER

*JoEllen Willis, Instructor*

**Format: Online, limit - 24; Not recorded**

Mary Oliver is one of America's most beloved poets. Readers relate to the spiritual foundation of her work as well as her deep connection to nature. While Oliver's work will anchor our discussion, I will introduce three other poets from different times and places whose work reflects similar themes. They are: Gerard Manley Hopkins, a nineteenth century Irish Jesuit; Chiyo-ni, a sixteenth century haiku master, considered the greatest woman haiku writer; and Rumi, a 13th century Sufi mystic poet. Our text will be *Devotions: Selected Poems* by Mary Oliver, available in paperback.

## TUESDAY

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

### WATERCOLOR GROUP A

*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. **This is the same class as the Wednesday morning class. Enroll in one.**

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

**One-Time Workshop: Tues., September 16**

### EXPRESSIVE DRAWING:

**Line, Gesture & Expression**

*Windgate Art School Faculty*

**THIS CLASS IS HELD OFF CAMPUS!**

**Workshop held at the Arkansas Museum of Fine Arts,**

**501 E. 9th St., Little Rock, AR 72202**

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

Create dynamic, imaginative artwork by exploring drawing as a form of personal expression. Learn to use line, shape, and gesture through playful exercises and creative prompts, loosen up your drawing style, experiment with materials, and discover new ways to see and interpret the world around you. Build confidence, develop your visual voice, and enjoy the freedom of drawing without the pressure of perfection. **All workshop supplies and materials are provided.**

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

**One-Time Workshop: Tues., November 4**

### DRAWING COMPOSITIONS:

**Still-Life & Botanical Form**

*Windgate Art School Faculty*

**THIS CLASS IS HELD OFF CAMPUS!**

**Workshop held at the Arkansas Museum of Fine Arts,**

**501 E. 9th St., Little Rock, AR 72202**

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

Explore the fundamentals of drawing through still-life and botanical subjects in this beginner-friendly workshop. Learn to observe and draw natural forms like leaves, flowers, fruits, and arranged objects while practicing line, shape, proportion, light, and shadow. Through guided exercises, develop thoughtful observation, strengthen your mark-making skills, and gain confidence in creating dimensional, expressive drawings. **All workshop supplies and materials are provided.**

## TUESDAY, Cont.

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

### AWE: DOORWAY TO THE DIVINE

*Steve Hancock, Instructor*

**Format: Online; Recorded**

Awe, as William James recognized over a hundred years ago, opens a door to the divine. Awe ushers us into the presence of God. In this class, we will explore the science and personal experience of awe, recognizing that cultivating this emotion can lead to a more meaningful and fulfilling life. We will delve into how awe-inspiring experiences, like nature, music, or acts of kindness, can deepen spirituality and boost well-being, empathy, and creativity.

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

### FLANNERY O'CONNOR IN PERFORMANCE

*Wayne Chapman, Instructor*

*Ruth Shepherd, Narrator*

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

Four of the stories of Flannery O'Connor will be performed in a Reader's Theater style. Each story will be performed one week followed by a discussion of the story and performance the next week. The stories include: *A Good Man Is Hard to Find*, *Good Country People*, *Everything That Rises Must Converge* and *The Life You Save May Be Your Own*.

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

### LAW AND RELIGION

*This class is sponsored by CALS*

**Various Speakers**

*Heather Zbinden, Coordinator*

**Format: Hybrid; Recorded**

Throughout American history, law and religion have intersected in positive and negative ways. Our Founding Fathers were intentional in creating freedom of religion and instituting separation of church and state. But how have these principles – so key to our identity as Americans – evolved over the last 250 years? How have our Puritan roots restricted freedom of religion in this country and how has Christian Nationalism moved our nation away from separation of church and state? What can we do to protect religious freedoms and individual rights for the betterment of our society? Speakers to include but not limited to: Terri Beiner, Rabbi Barry Block, Mark Clark, Rev. Preston Clegg, John Dipippa, Dr. Ali Khan and Baker Kurrus.

**This class is free and open to the public. It will include a 30-minute "Coffee and Conversation."**

## TUESDAY, Cont.

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

### TRUTHS AND CONSEQUENCES: What Science Knows That the General Public Doesn't

*Fred Silva, Instructor*

**Format: Online; Recorded**

In another class of big ideas and broad reaching areas of interest and study, we will be challenged to examine the truths of scientific discovery and the challenges presented to all of humankind.

Things that are accepted by scientific consensus but not the public include:

- Biological Evolution
- The E's: ESP, ET/UFOs, Ectos (ghosts) and Ecto (out of body) experiences
- Global Warming/Climate Change
- GMOs, Organic and Natural Things

The challenges to humankind include:

- Artificial Intelligence (AI)
- The Brain-Computer Interface
- Nuclear Warfare
- Emerging Viruses
- Asteroids, Comets and Meteorites

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

### DREAMS: Windows to the Inner Self

*Jan Dean, Ph.D., Instructor*

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

This group program is designed to guide participants on a transformative journey into the mysterious and enriching world of dreams. Together, we will explore the layers of meaning and personal insights embedded in our dreamscapes, while also fostering a deeper connection with ourselves and one another. Using experiential exercises, individual and collaborative, this program aims to illuminate the vital role dreams can play in understanding our subconscious and enhancing our waking lives.

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.

## TUESDAY, Cont.

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

### STRESSBUSTING FOR CAREGIVERS

*This class is sponsored by CareLink*

**Nichetra Magee, Instructor**

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

The Stress-Busting Program (SBP) for Family Caregivers™ is a program that provides support to family caregivers. Weekly topics will cover chronic illness-related topics that family caregivers encounter while caring for family or friends. This program will help a caregiver find an outlet and methods to promote healthier living during the caregiving journey. This evidence-based program is proven to reduce caregiver stress, anxiety, anger/hostility and improve quality of life.

## 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 Fall 2025 Private Group**, before the first day of class to stay connected and informed.

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

### CONVERSATIONAL SPANISH

#### ¡HABLEMOS MÁS ESPAÑOL!

**Dave McAlpine, Instructor**

Students will need to purchase *Conversational SPANISH Dialogues* from Touri Language Learning, ISBN: 978-1-953149-19-0, Ed: June 2020

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

Conversational Spanish is for people with prior Spanish instruction either at LifeQuest or elsewhere. Students will work through several Spanish language conversations each week followed by discussion and practice. We will review some conversational and grammar points as they arise in the conversations. Come and learn more about the Spanish-speaking world as you improve your Spanish!

## WEDNESDAY, Cont.

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

### WATERCOLOR GROUP B

**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. **This is the same class as the Tuesday morning class. Enroll in one.**

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

### SOCRATES CAFE

**Rudy Rieple, Facilitator**

**Format: In-person, limit - 14; 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.

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

### MOVERS AND SHAKERS OF ARKANSAS

**Charles Feild, Instructor**

**Format: Hybrid; Recorded**

Let's meet some of the influential, visionary, powerful and innovative leaders in various industries in Arkansas. You'll meet leaders such as Key Fletcher, Executive Director of Mosaic Templars Cultural Center; Nate Coulter, Executive Director of Central Arkansas Library System; Dr. Victoria Ramirez, Executive Director of the Arkansas Museum of Fine Arts; Dr. Eddie Ochoa, Professor and Vice Chair of Partnerships and Child Health Advancement, UAMS Pediatrics; and Dr. Billy Thomas, Professor of pediatrics and neonatology and former Vice Chancellor for diversity/UAMS. These individuals are shaping their fields in positive and dynamic ways. Get to know them and see the world through their eyes in this interview-style class.

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



## WEDNESDAY, Cont.

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

### **AN INTRODUCTION TO THE MUSIC OF THE BAROQUE (1600-1750)**

*Nancy Fleming, Instructor*

*Ansley Fleming, Pianist*

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

Works such as Handel's *Messiah*, Bach's Toccata in D Minor, and the Canon in D Major by Pachelbel are still perennial listening favorites today, several centuries after they were first composed. This course will explore the characteristics that make Baroque music so appealing and introduce participants to the major composers and genres of the period. Both live and recorded examples will be played in class.

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

### **BEGINNING SPANISH**

#### **PARA EMPEZAR:**

#### **Interacciones y Exploraciones**

*Dave McAlpine, Instructor*

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

This introductory Spanish class will offer you beginning Spanish language opportunities in order to interact in basic encounters with Spanish speakers as you acquire Spanish for a variety of needs. Greetings and goodbyes, expressions of courtesy, physical and emotional needs, schedules, telling time, describing yourself, and others are a few of the topics we will cover as we explore the cultural varieties of the Spanish-speaking world.

**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.**

### **MENTAL HEALTH MATTERS:**

#### **UAMS Psychiatry and Mental Health Topics**

*Lewis Krain, Ph.D, Instructor & Coordinator*

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

Mental health is a topic that is often stigmatized and misunderstood. The UAMS Psychiatric Research Institute has well-trained clinicians and researchers in a wide variety of mental health specialties, but it can be difficult to access these experts. Topics include Anxiety Disorders, Personality Disorders, Substance Use Disorders, and others. The lectures will be at a level that will be accessible to the general population in order to increase knowledge and allow attendees to ask questions.

## WEDNESDAY, Cont.

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

### **POETRY AND THE CREATIVE MIND:**

#### **Conversations with Arkansas Poets**

*Michael Blanchard, Instructor*

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

This course has been designed as an interactive experience for adult learners interested in the creative arts in general and the art of poetry in particular. Participants will not be expected to be poets or widely read in the history of poetry. The method of instruction will provide an opportunity for course participants to meet and engage in conversation with seven Arkansas poets over the course of eight weeks.

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

### **WAYS WITH WORDS**

*Vic Fleming, Instructor*

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

Sharpen your mind and have some fun with this engaging class on word games and puzzles! Each week, we'll tackle one or more brain-boosting games, including Wordle, Jumble, Spelling Bee, Letter Boxed, anagrams, crosswords, Scrabble, and more. Whether you're a seasoned puzzler or just getting started, you'll enjoy solving together and learning new strategies.

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

### **MODERN AMERICAN TYCOONS**

*Dick Williams, Coordinator*

**Format: Hybrid; Recorded**

This class will take a look at some of the tycoons who have had a notable impact in the United States. (LifeQuest instructors in parentheses)

September 17: J.B. & Johnelle Hunt (Dick Williams)

October 1: Michael Bloomberg (Judge Mary McGowan)

October 8: Bill Gates (Jon Wolfe)

October 15: Jeff Bazos (Judge Larry Vaught)

October 22: Berry Gordy (Pat Goss)

October 29: Larry Ellison (Sherry Bartley)

November 5: Warren Buffett (Fred Ursery)

November 12: Sam Walton (Dent Gitchel)

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

### **WATERCOLOR PENCILS**

*Anne Parat, Instructor*

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

This class is suited for beginners and others who wish to use watercolor pencils and ink to create small drawings that would be appropriate to convert to greeting cards, frame, or enhance iPhone cases. It is recommended that individuals who wish to explore the broader ranges of watercolor pencil/ watercolor techniques take Ken Williams' sketching class or Stephen Lanford's watercolor class.

## WEDNESDAY, Cont.

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

### SOCIAL JUSTICE

*Various Instructors*

*Marvin Schwartz, coordinator*

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

The class will identify areas where social justice is relevant in Arkansas community life. It will explore the themes and strategies by which social justice issues are expressed. The classes will feature artists and community leaders who will speak on social justice issues in their field, including two elected officials, a writer, a musician, a painter, a filmmaker, a theater director, and a museum exhibit designer.

### LUNCH AT LIFEQUEST

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

*Prepared by Chef Brenda Majors*

*Cost: \$12 -per meal*

- 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 Cakes
- Nov. 12: Roast Beef & Cheddar Hoagies, Tomato Soup, Chips, Raspberry Cheesecake Brownies

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

### IMPROV FOR MIND, BODY AND SPIRIT

*Shelton Harden, Instructor*

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

Join experienced teacher and practitioner Shelton Harden to learn the rewards of improvisational theater (aka "improv"). Each week, participants will share new activities that engage the mind, body and spirit. These creative, enjoyable, and positive experiences may reveal strengths and talents you never knew you had.

## WEDNESDAY, Cont.

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

### ACRYLIC AND OIL PAINTING

*Patricia Bueter and Cindy Kane, 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!

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.

**October 1 - October 29**

### LIFEQUEST WALKS WITH CHARLES

*Charles Mullins, Facilitator*

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

Stretch your legs and get outside this fall! You will need to complete a release form in the LifeQuest office before attending. For the first class, meet at Second Presbyterian Church in the foyer near the kitchen to complete the release form.

- Oct. 1: Arboretum
- Oct. 8: Audubon Nature Walk
- Oct. 15: The Ranch
- Oct. 22: Emerald Park
- Oct. 29: Rattlesnake Ridge or Blue Mountain

## THURSDAY

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 my previous sketch classes. However, if you missed the earlier terms, you will still be able to join the class and gain useful skills and techniques. This term, we will be exploring landscapes, weather, light and urban environments using graphite, inks, watercolor pencils and watercolor. Supply list can be found in the Materials section of the LifeQuest Class Portal of the website.

## THURSDAY, Cont.

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).

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

### LIFE, TIMES (& POETRY) OF WALT WHITMAN

*Terry Goddard, Instructor*

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

Walt Whitman's genre changing poetry aside, he was a fascinating American character. He lived (1819-1892) through most of the 19th century. For our young nation, this was an incredible time of change in many areas: transportation, manufacturing, urban growth, immigration, religion, and racial issues, as well as biology, philosophy, and literature, including poetry.

Whitman, like many Americans, was changed by the century as well. His life, poetry, and character are split between the pre-Civil War era and the post-Civil War years. The changes he experienced can best be seen in his poetry and other writings, many of which we will explore. However, this approach will primarily be historical and biographical rather than literary.

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

### SIPS THROUGH TIME: The Stories Behind the World's Most Iconic Drinks

*Ticu Gamalie, Instructor*

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

From ancient rituals to modern-day indulgences, beverages have always been more than mere refreshment: They're windows into human history, culture, and innovation. This lecture series delves into six iconic drinks - beer, wine, alcohol, coffee, tea, and Coca-Cola - to explore their origins, evolution, and enduring impact on society. We will first explore beer and wine, the two social drinks born in cradles of civilization. Then a special chapter will be dedicated to alcohol and the dramatic impact it had on the Americas. Next, we will concentrate on coffee, the drink of enlightenment and revolution, and tea the imperial drink with its profound influence on global trade and culture. And finally, we'll end with Coca-Cola, the first global beverage brand and a symbol of American soft power. The drinks are not included.

## THURSDAY, Cont.

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

### NILOAK POTTERY

*Edwin Gifford, Instructor*

**Format: Hybrid; In-person, limit - 24; Recorded**

Niloak Pottery, Benton (Saline County), Ark., established itself as a manufacturer, commercially and successfully, of art pottery within the context of the American Arts and Crafts Movement. This course will look at the three phases of production during four decades, 1910s through the 1940s. First, Niloak created Swirled Missionware, involving the seemingly simple process of combining different colored clays in upward spiraling, clockwise swirls. The second phase is Hywood Art Pottery. This was a transitional period to traditionally made glazed ceramics with an artistic intent. Finally, Niloak increased castware production for profitability and sustainability. Together, these phases represent a unique chapter in Arkansas' relationship with the national ceramic movement.

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. - 10:50 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.

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

### ASIAN AMERICAN HISTORY IN ARKANSAS

**Zach Smith, Instructor**

**Format: Hybrid; Recorded**

Asian immigrants have called Arkansas home for over 150 years, but their stories are often left out of the black-and-white narratives of the U.S. South. This course addresses this gap by exploring the unique experiences of Asian and Pacific Islander communities in Arkansas, from the Chinese laborers first recruited to the state in the immediate aftermath of the Civil War to the Marshallese Islanders settling in Northwest Arkansas today. Along the way, we will discuss Chinese grocers in the Mississippi Delta, Japanese Americans incarcerated at Rohwer and Jerome, Southeast Asian war refugees at Fort Chaffee, and the many other Asian and Pacific Islander communities that have helped shape Arkansas history. We will also think critically about how history is generated, and consider the important work of community archivists, genealogical researchers, and public history projects in revealing the hidden history all around us.

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

### SELF-DEFENSE

**Tanner Critz, Instructor**

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

We'll work on drills to increase balance and decrease falls and accidents, awareness of safety issues and danger zones, and confidence and personal self-defense.

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

### FALL GARDENING: Fall Back to Spring Forward

**Janet Lanza, Instructor**

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

This 8-week session will cover do's and don'ts for fall gardening. Topics will include why native plants are important; identifying and removing invasive plants; water quality; planning; actions to avoid; choosing plants; planting and pruning guidelines; and making the yard more wildlife friendly.

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

### NAPOLEON BONAPARTE:

#### The Hundred Days

**John Giessmann, Instructor**

**Format: Hybrid; Recorded**

This class will examine the events surrounding Napoleon's escape from Elba and how he regained the French throne and was subsequently defeated at the battle of Waterloo. We will conclude with an overview of Napoleon's life achievements and the events surrounding his death.

## THURSDAY, Cont.

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

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

### MUSIC FOR ORCHESTRA: An Exploration of the Arkansas Symphony Orchestra 2025-26 Season

**Barry McVinney, Instructor**

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

We are fortunate to have our Arkansas Symphony Orchestra in Little Rock so that live orchestral music is within close reach. The "Masterworks" series includes six concerts from October to May. This class will inform listeners about the musical compositions that are programmed and will guide you to hear more features that the music offers. Topics include symphonies, concerti, tone poems, and various other works that defy common genre structures.

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

### WHAT IS POETRY?

**Earl Ramsey, Instructor**

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

This course will pursue ideas about the fundamental nature of poetry by considering some of its essential elements (such as structure, genre, and texture) by means of an analysis of poems by Elizabeth Bishop, John Dryden, Robert Browning, Alfred Tennyson, Alexander Pope, and Robert Frost." Selections will be made available 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.

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

### INSPIRED GENEALOGY 2025:

#### A Review and What's New

**Jeanne Rollberg, Instructor**

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

We will provide an overview of Arkansas and national resources to help you discover more about your fascinating family. We'll look at the most recent "boogie-woogie" 1950 U.S. census, and at framing your research. You'll learn more about very basic tips on how to best use DNA matches across companies to help solve ancestor mysteries. The Genealogical Proof Standard will be discussed, as will AI for genealogy. We'll have guest speakers and talk about enhanced, inspired customized roots tourism to enhance your travel. Join us!



## THURSDAY, Cont.

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

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

### LECTURES ON ABRAHAM LINCOLN

**Phillip McMath, Instructor**

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

This class will be a sketch of Lincoln's life, career and significance to American history.

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.

### 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 "The Book of Longings" by Sue Monk Kidd. In all likelihood, during this 8-week term, we will read 3 books. If you would like to contact Mary Sha for more information, you can get her contact information from the LifeQuest office.

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.

## THURSDAY, Cont.

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

### PASTELS

**Caprise Cooper, Mary Dornhoffer, Susan Hurst and Debbie Strobel, 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.

### ONE-TIME DINNER WITH CHEF

**Thursday, October 9, 5:45 - 8:00 p.m.**

#### October 9 (Limit 20)

The Culinary Arts & Hospitality Management Institute

13000 I-30 Frontage Road, Little Rock, AR

Cost: \$85

Private Dinner with Chef event at the Culinary Arts & Hospitality Management Institute. This will be a four course meal with wine pairing in the Le Culinaire dining hall.

**Meal price includes tax and tip. Please include the meal price with your LifeQuest registration.**

## 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

## AT CONWAY

### In-Person Classes

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

#### MONDAY

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.

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

**4 Weeks Only: September 15 - October 6**

##### **CHRISTIANS INFLUENCED BY BUDDHISM**

*Jay McDaniel, Instructor*

**Format:** *Hybrid; Recorded*

A small but growing number of Christians in the West are turning to Buddhism for spiritual guidance. Many are reading books about Buddhism, and some are also meditating, participating in Buddhist retreats, and studying under Buddhist teachers. They are drawn to Buddhism's emphasis on "being present" in the present moment; to its recognition of the interconnectedness of all things; to its emphasis on nonviolence; to its appreciation of a world beyond words; and to its provision of practical means—namely meditation—for growing in one's capacities for wise and compassionate living in daily life. As they learn from Buddhism, they do not abandon Christianity. Their hope is that Buddhism can help them become better Christians. They are Christians influenced by Buddhism. This course will introduce students to Zen Buddhism in theory and practice, and explore how it is being internalized by Christians influenced by Buddhism, with "process theology" as a bridge between the two paths.

#### MONDAY, Cont.

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

**4 Weeks Only: September 15 - October 6**

##### **SPIRITUAL DISCIPLINES FOR VICTORIOUS LIVING**

*Lloyd Hervey, Instructor*

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

This four-week interactive course is designed to help senior adults develop time-tested spiritual disciplines that strengthen faith, deepen intimacy with God, and empower a life of joy and victory in Christ. Through practical teaching, group discussion, personal reflection, and guided activities, participants will find new ways to walk closely with the Lord in every season of life.

In a world filled with noise, busyness, and distractions, spiritual disciplines serve as anchors that keep us rooted in God's love and purpose. They are not empty rituals but life-giving habits that help us:

- Grow in Christlikeness
- Nurture resilience and peace
- Pass on a legacy of faith
- Experience God's presence daily

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

##### **WHY WOULD I WANT TO LEARN TO FLY FISH**

*Rick Rasnick, Instructor*

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

This class will give you a river of information about Fly Fishing including:

- History of Trout Fishing in Arkansas
- Equipment List to "Start With" and Terminology
- Aids to Learn How: Mentor, Internet, Time on the Water
- Intro to Fly Tying
- Clubs in Central Arkansas and Information
- Fishing in Other States
- Reading List
- Show and Tell

## MONDAY, Cont.

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

**LIFEQUEST FOLKIES: Some Personal Favorites**  
*Ralph McKenna, Coordinator; Mike Schaefer, Joe Lombardi, Kevin Hayes and David Allen, Instructors*

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

Rather than structuring this course around a central theme, musician, or folk group, as we have traditionally done, each presenter will have the freedom to choose that day's content. Some possibilities include: traditional 1960s acoustic folk music; international folk music; the evolution of acoustic to electric folk; and folk-based rock. We plan some live music supplementing individual presentations, a "LifeQuest Folkies concert" day, and our traditional final class "hootennanny," where class volunteers share songs, insights, and memories.

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

**NUMBERS IN AMERICAN POLITICS**

*David Sutherland, Instructor*

**Format: Hybrid; Recorded**

A discussion of different ranked voting methods under consideration by some states, as well as evaluation methods for understanding when those methods work well and when they do not. Hands-on examples included for practice! There will be some discussion of gerrymandering and how it can be measured, and the electoral college, with pros and cons as to why we should keep it. A conversation about how visualization of data influences our understanding of the data will be included.

Note: No mathematics background is required!

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

**7 Weeks Only: September 22 - November 3**

**THE FILMS OF GENE HACKMAN**

*Wayne Stengel, Instructor*

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

We will examine some of the films of one of America's most praised yet understated actors, Gene Hackman (1930-2025). Hackman often played an unassuming everyman, your easy-going next-door neighbor. But he was also a performer who in his next turn might transform into a character of evil (or at least some crazy obsessions). His low-key technique yet consummate craft are worthy of examination by anyone interested in great film acting. Films to consider: *The French Connection*, *The Conversation*, *Unforgiven*, *Mississippi Burning*, *Bonnie and Clyde*, *The Birdcage* and/or *The Royal Tenenbaums*.

## MONDAY, Cont.

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

**HISTORY OF JAZZ**

*John Krebs, Instructor*

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

This class will survey the history of jazz from its origins at the beginning of the 20th century to today. In addition to important styles and individuals, the course will also consider the social conditions which shaped the music.

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

**THE MIND IN EXERCISE AND SPORTS**

*Terri Bonebright, Instructor*

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

Have you ever wondered why some people find it easy to commit to exercising? Or what motivates an elite athlete? We will be discussing the psychology of performance including how personality, motivation, coaches and trainers, and other factors affect athletes and people who exercise. Our approach will include what science tells us as well as consider our own personal experiences, especially those we have as we age.

## LIFEQUEST ORIENTATION

**Conway Campus**

**Monday, September 8**

**2:00 - 3:00 p.m.**

**In-person at First United Methodist Church**

**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!**



P.O. Box 25523  
Little Rock, AR 72221

Non-Profit Organization  
U.S. Postage  
PAID  
Permit #395  
Little Rock, Arkansas

ADDRESS SERVICE REQUESTED

**Fall 2025**  
**In-person, Hybrid,**  
**Online, AND now in**  
**Conway, too!**



## LIFEQUEST OF ARKANSAS LEADERSHIP

### BOARD OF DIRECTORS

Martha Hunt, *Chair*  
Nancy Fleming, *Vice Chair*  
Doris Krain, *Secretary*  
Mike Watts, *Treasurer*  
Connie Wardell, *Member at Large*  
Rev. Ben Kane, *Ex Officio*  
Mary Ruth Brown  
Chuck Chappell  
Mary Frances Cotham  
Quantia "Key" Fletcher  
Pat Goss  
Melissa Hawkins  
Kristen Lippencott  
June Lloyd  
Beverly Milford  
Priscilla Pittman  
Marvin Schwartz  
Sheri Simon  
Laura Spradley  
Sabrina Taylor  
Larry Vaught  
Mike Walden

### CURRICULUM COMMITTEE

Elizabeth Vines, *Chair*  
Wayne Chapman  
Chuck Chappell\*  
Juliana Flinn  
Joan Gage  
Regina Gibson  
John Mize  
Daniel Kirkpatrick  
Doris Krain  
Anne Parat\*  
Melanie Pilcher\*  
Jon Poteet

### CONWAY STEERING COMMITTEE

David Sutherland, *Co-chair*  
Pebble Sutherland, *Co-chair*  
Rock Jones  
Rev. Nathan Kilbourne  
Rebecca Mills  
Becky Rasnick  
Melody Sargent  
Mary Margaret Satterfield  
J.J. Whitney

Brian Rodgers  
Roby Robertson  
Lynn Senn  
Ruth Shepherd  
Sheri Simon  
Eileen Turner  
Larry Vaught  
Connie Wardell  
Ann West\*  
Dick Williams\*

*\*Advisory Group*

### LIFEQUEST STAFF

Leah Greenfield  
*Executive Director*

Gina Bridges  
*Program Director*

Donna Elkey  
*Program & Volunteer*  
*Coordinator*

Heather Thompson  
*Business Manager*

Andrea West  
*Food & Beverage Assistant*



# Are you smarter than a LifeQuester?

*Join us for a fun trivia night!*

Wednesday, October 22

\$10 per person

Woodland Heights Senior Living

8700 Carti Way, Little Rock, AR 72205

Doors open at 5:00 p.m. for pizza and beverages  
(Two tickets allotted per person for wine or beer)

Trivia begins at 5:30 p.m.

- Register individually or as a team of up to eight players.
- If you don't have a team, no problem! We'll assign you to one.
- This is fun, friendly competition!
- Come for the friends, fellowship and door prizes!



Scan to register  
now!

Questions?

501-225-6073

[info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)



# wellcare™ Workshops

Medicare can be confusing and complicated!  
Come learn the process and what plans, if any, are right for you!

*If planning to attend any of the following, please email your name and the date of the workshop to: [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)*

**Monday, September 29**, 10:00 - 10:50 a.m. at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock. Information session and light breakfast.

**Monday, October 26**, 10:00 - 10:50 a.m. at First United Methodist Church, 1610 Prince St., Conway. Information session and light breakfast.

**Monday, November 3**, 10:00 - 10:50 a.m. at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock - make an appointment for an individual consultation

As a LifeQuest sponsor and leader in their field, Wellcare will provide these three educational workshops this fall for LifeQuest members and friends.

These workshops are educational in purpose, not promotional.

For questions and to register: 501-225-6073 or [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)







2025

# FALL TERM CALENDAR:

## LIFEQUEST CLOSED FOR HOLIDAYS:

Tuesday, September 23  
Wednesday, September 24  
Thursday, October 2

**Monday**  
classes will  
occur on  
these dates:

SEPTEMBER 15<sup>TH</sup>, 22, 29,  
OCT 6, 13, 20, 27,  
NOV 3

**Tuesday**  
classes will  
occur on  
these dates:

SEPTEMBER 16, 30,  
OCT. 7, 14, 21, 28,  
NOV. 4, 11

**Wednesday**  
classes will  
occur on  
these dates:

SEPTEMBER 17,  
OCT. 1, 8, 15, 22, 29,  
NOV. 5, 12

**Thursday**  
classes will  
occur on  
these dates:

SEPTEMBER 18, 25,  
OCT 9, 16, 23, 30,  
NOV 6, 13

501-225-6073

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

# wellcare™ Workshops

Medicare can be confusing and complicated!  
Come learn the process and what plans, if any, are right for you!



*If planning to attend any of the following, please email your name and the date of the workshop to: [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)*

**Monday, September 29**, 10:00 - 10:50 a.m. at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock. Information session and light breakfast.

**Monday, October 26**, 10:00 - 10:50 a.m. at First United Methodist Church, 1610 Prince St., Conway. Information session and light breakfast.

**Monday, November 3**, 10:00 - 10:50 a.m. at Second Presbyterian Church, 600 Pleasant Valley Dr., Little Rock - make an appointment for an individual consultation

As a LifeQuest sponsor and leader in their field, Wellcare provides educational workshops for LifeQuest members and friends.

These workshops are educational in purpose, not promotional.

For questions and to register: 501-225-6073 or [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)

**LifeQuest launches first satellite campus in Conway, AR this fall!**  
**\$85 covers ALL the classes you wish to take in Conway, Little Rock, and online for Fall 2025!**



Two locations,  
one fee!



LifeQuest is the state's largest educational program for older adults designed to promote healthy longevity and active aging through lifelong learning and meaningful volunteerism.

Since 1981, LifeQuest has offered classes and programs for curious, active adults who wish to stay intellectually engaged, socially connected, and physically active.

**Little Rock location: Second Presbyterian Church, 600 Pleasant Valley Dr., 72227**

**Conway location: First United Methodist Church, 1610 Prince St., 72034**

**Online access through the LifeQuest website: [www.lifequestofarkansas.org](http://www.lifequestofarkansas.org)**

**Username and passwords provided upon registration.**

**Fall term = September 15 - November 13. Registration opens Tuesday, August 19 at 9:00 a.m.**