



Fall 2023

September 18 - November 13
REGISTRATION OPENS August 21 at 9:00 A.M.

LifeQuest Fall 2023 offers *In-person, Online, and Hybrid Classes
Registration Fee: \$85

The registration fee covers all classes for the 8-week term.
Some classes require an additional fee.

Your **registration confirmation email** will contain your LifeQuest website login credentials.

Plan to attend "LifeQuest Orientation," **September 12 at 11:00 a.m.**

Welcome to LifeQuest!

NEW REGISTRATION PROCESS!!

We are moving toward a primarily online registration process. Beginning this fall, you'll notice that there is no paper registration form in your brochure to complete and mail. We encourage all participants to register for LifeQuest classes online.

Registration will open at 9:00 a.m. Monday August 21. Only online registration is completed in real time and on a first-come, first-served basis. Paper registrations will still be accepted; however, they are not processed first-come, first-served.

Volunteers will be available at the LifeQuest office on Monday, August 21, to help register people who need assistance in registering online.

Here's a guide for how to register for classes this fall:

Online registration: Go to the LifeQuest of Arkansas website: lifequestofarkansas.org. The online registration process requires a credit card or debit card for payment. You may register only one person at a time.

Mailed registration: Paper forms can be downloaded and printed from the LifeQuest website at lifequestofarkansas.org. You may mail the form to P.O. Box 25523, Little Rock, AR 72221, or choose to register online.

Have questions or need some extra help?

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



You can access our website to register with this QR.

SCHOLARSHIPS

At LifeQuest, we never want the registration fee to prevent anyone from participating in our programs. Full or partial scholarships are available for up to ten participants per term.

The application process is confidential and shared only with the LifeQuest staff.

For more information about a scholarship or for the application form:

- Check the LifeQuest website at lifequestofarkansas.org
- Call: 501-225-6073
- Email: info@lifequestofarkansas.org

REVISED COVID-19 POLICY

Policy Statement

LifeQuest of Arkansas will always keep your safety as our number one priority. LifeQuest stands firm in believing it is your personal responsibility to be vaccinated.

COVID Requirements

We strongly recommend that all LifeQuest participants acquire and maintain up-to-date vaccination when attending in-person classes and programs. You are up-to-date with your COVID-19 vaccines when you have received all doses in the primary series and all boosters recommended for you, when eligible per CDC recommendations.

LifeQuest will comply with all requirements of the host institution's COVID-19 policies. You are asked to continue to monitor for exposure and to follow current guidelines regarding testing and treatment. If you feel unwell, please stay home.

Reason for the Policy

We want to establish clear regulations and guidelines for all LifeQuest staff, participants, volunteers, instructors, and vendors as well as comply with the host location. Requirements, guidelines and precautions will be evaluated before each new term.

Who Is Governed by this Policy?

All staff, participants, instructors, volunteers and vendors.

LifeQuest: Fall 2023

There will be no classes Monday, September 25. As a result, the last day will be November 13.

MONDAY

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

GREETING CARDS & PAPER CRAFTING

Judy Langford-Brodie, Instructor

Materials fee: \$40

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

Creativity is calling! Join us and make handmade greeting cards and 3D projects in a fun and friendly environment. Geared for the paper crafter with stamping experience, you will have the opportunity to learn new techniques and expand your existing skills. Each week you will make 2 projects using die cuts, punches, rubber stamps and a variety of paper folds. A list of personal supplies needed is available in the Materials section of the LifeQuest website.

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

GREAT BOOKS ONLINE

Jon Poteet, Facilitator

Format: Online, limit - 14; Not recorded

Read and discuss selections of literature by classic and modern authors. Selections are made available the week before classes begin. (Same content as in-person)

SPANISH FOR TRAVELERS

Karen Sherman, Instructor

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

We will practice useful travel phrases to: provide personal info, ask directions and weather, check on various transportation schedules, order food, go shopping, and make reservations for a hotel, car or restaurant.

THE GOSPEL OF PAUL

Terry Goddard, Instructor

Format: In-person, limit - none; Not recorded

Through lecture and discussion, we will examine at least two views of Paul's ministry and message. The standard Christian narrative is that Jesus, the original disciples, and Paul all proclaimed the same message. But is that the case? Some scholars argue that following the revelation of the risen Christ to Paul, he rejected Judaism and fashioned a new religion based on the new message he had received. Other scholars claim that later traditions, based on his letters, transformed Paul into a "convert, an ex- or even an anti-Jew; indeed, into the founder of gentile Christianity." Still other scholars argue that the story is much more complicated.

MONDAY, Cont.

10:00 A.M. - 11:30 A.M.

INTERMEDIATE PICKLEBALL

Jim Bell, Patty Neumeier and Sue Ulmer, Instructors

Facilities fee: \$15

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

This class is for those who have learned the basics of pickleball by attending a beginning class of some sort but want to learn more about the game. Balls will be provided in class, but you will need to bring your own paddle. Wear appropriate exercise clothing, including court shoes. Participants may enroll in one pickleball class.

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

BOOK DISCUSSION WITH LYNN

The Inner Work of Age, Part 1

Lynn Senn, Facilitator

Format: Online, limit - 14; Not recorded

Participants should obtain a copy of *The Inner Work of Age* by Connie Zweig and read through page 12 prior to the first day of class. We will explore the obstacles encountered in the transition to wise elder, using shadow work and diverse spiritual practices, woven throughout with wisdom from prominent elders.

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

CRAFTING WITH CONNIE

Connie Wardell, Instructor

Materials fee: \$40

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

This class is for those who have been making greeting cards and other paper crafts for some time. Join us for some fun making cards for all occasions using advanced techniques such as embossing, inking, layering, and 3D effects. A list of needed supplies will be emailed to you before class.

MONDAY, Cont.

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

INTRODUCTION TO SUB-SAHARAN AFRICA

Jerry Hanson, Instructor

Format: Online; Recorded

Sub-Saharan Africa is one of the most underdeveloped regions in the world. What factors have contributed to this underdevelopment? What impact have European countries contributed? How has the Cold War destabilized the region since the 1960s? Why have there been several military coups in many of the Sub-Saharan African nations?

12:00 P.M. - 2:00 P.M.

CHARLES WALKS

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Charles Mullins, Facilitator

Format: In-person, limit - none; 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. 2: Pinnacle Mountain State Park Arboretum

Oct. 9: Audubon Center Nature Trail

Oct. 16: Emerald Park

Oct. 23: The Ranch

Oct. 30: Rattlesnake Ridge

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

September 18 only

IPHONE BLOCKER WORKSHOP

Charlie Frith, Instructor

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

This one-hour workshop will teach you how to easily block message senders, phone callers and email senders. This workshop only applies to iPhones.

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

BEGINNING PICKLEBALL

Pam Kiser and Mary Todd, Instructors

Facilities fee: \$15

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

Learn how to play the fastest-growing sport in America! Pickleball is a racket sport played on a badminton-size court. It can be played indoors or outdoors. This is an introductory class for beginners only. Paddles and balls will be provided in class. You will learn the rules, basic skills, and strategy. Wear appropriate exercise clothing, including court shoes.

TUESDAY

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

WATERCOLOR

Stephen Lanford, Instructor

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

This class is designed to explore and develop your watercolor skills. This includes concepts like water/pigment management, practicing graded and variegated washes, keeping the bead active, painting wet into wet and painting wet into dry. During this exploration, we will search for our own artistic voices expressed through watercolor and explore the components of painting. There is plenty of room for beginners and accomplished painters alike. Students may enroll in either the Tuesday or Wednesday class.

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

THE LANGUAGE OF FAITH

Rev. Steve Hancock, Instructor

Format: Online; Recorded

In this class we will explore some of the most important words religious people have used for thousands of years: grace, spirit, truth, sin, atonement, mercy and justice. In the past, these words have drawn believers deeper into relationship with God. Might they do the same for us.

10:00 A.M. - 11:30 A.M.

CONVERSATIONAL SPANISH

Marci Smith, Instructor

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

HABLAMOS MAS ESPAÑOL!

Conversational Spanish for people with prior Spanish instruction. No book required; we'll use hand-outs, Spanish-language newspapers and other materials to provide vocabulary and conversation topics.

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

COOKING WITH LIAM

Liam Hankins-Hull, Instructor

Format: Online; Recorded

Join us as we take a culinary journey through some selected recipes from across the decades. Featured recipes will be drawn from church cookbooks and will be chosen for their unique ingredients, unusual ideas and a peek at how food has changed across the decades. Together, we can decide which ideas are good and which are best left in the past! On the menu are incredible dishes such as Potato-Filled Oranges, Boston Brown Bread, Ricotta Puffs, Mini Meatloaves and Cornstarch Pudding. Liam teaches as a representative of the Arkansas Hunger Relief Alliance.

TUESDAY, Cont.

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

YOGA WITH BRANDY

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Brandy Tinsley, Instructor

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

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

CONVERSATIONS WITH FRED

Sciences and Our Future: From A to V

Fred Silva, Instructor

Format: Online; Recorded

- Science Fiction
- Science and Religion
- The Brain
- Artificial Intelligence (AI), Robotics and Virtual Worlds; Nanotechnology
- Virus
- Climate Change/Global Warming
- Genetics and Ethics: Engineering and Testing
- The Future and Transhumanism

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

TELL YOUR OWN STORY

Connie Wardell and JoEllen Willis, Facilitators

Format: Online, limit - 14; Not recorded

This is a guided writing and sharing class. Everyone has lived an interesting life! Surprise yourself and write it all down. Your family will love and appreciate it.

WEDNESDAY

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

BEHIND THE HEADLINES

John Brummett, Instructor

Format: Hybrid, In-person, limit - none; Recorded

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest FALL 2023" Facebook group to hear a thoughtful analysis of the week's news across the state and beyond. Be sure to join the private Facebook group BEFORE the first day of class.

WEDNESDAY, Cont.

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

WATERCOLOR

Stephen Lanford, Instructor

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

This class is designed to explore and develop your watercolor skills. This includes concepts like water/pigment management, practicing gradated and variegated washes, keeping the bead active, painting wet into wet and painting wet into dry. During this exploration, we will search for our own artistic voices expressed through watercolor and explore the components of painting. There is plenty of room for beginners and accomplished painters alike. Students may enroll in the Tuesday or Wednesday class.

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

September 20 - October 11

SO YOU THINK YOU WANT TO PAINT

Oils and Acrylics

Anne Parat, Instructor

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

For those who are considering painting, this is a very basic introduction to supplies, costs and possibilities. This class is designed to help you decide your level of commitment by demonstrating the results and differences between student-grade and professional-grade supplies; introduce you to terms and basic color theory; and allow you to experiment with mixing colors. This is a four-week class.

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

October 18 - November 8

SO YOU THINK YOU WANT TO DO PASTELS

Anne Parat, Instructor

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

For those who are considering pastels, this is a very basic introduction to supplies, costs and possibilities. This class is designed to help you decide your level of commitment by demonstrating various brands and types of pastels and paper. An overview of techniques and color theory will be included. This is a four-week class.

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

GREAT BOOKS IN-PERSON

Jon Poteet, Facilitator

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

Read and discuss selections of literature by classic and modern authors. Selections are made available the week before classes begin. (Same content as online class)

WEDNESDAY, Cont.

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

CLOSE ENCOUNTERS

David Miller, Instructor

Format: In-person, limit - 100; Not recorded

David Miller has hosted a big-band radio program since 1983. It is currently heard on station KUAR in Little Rock plus 30 other stations in the U.S., Australia, Germany, Canada and England. Using video, he will reminisce about meeting famous musical artists as well as attending their concerts. Come experience these "close encounters" as David takes you along on his journey.

THE PRESIDENTIAL LIBRARY IN YOUR BACKYARD

Various Instructors; Jay Barth, Coordinator

Format: Hybrid, In-person limit - none; Recorded

There are only fifteen presidential libraries so you're lucky to live in Central Arkansas! Explore the Clinton Presidential Library and Museum with staff and learn what presidential libraries are, what they do, and what records and artifacts they hold. Learn why they are important in keeping our history and teaching American civic literacy to visitors. There will be a Friday Field Day behind the scenes tour during the term.

LAW AND REPRODUCTIVE RIGHTS

Mark Clark, Instructor

Format: Hybrid, In-person limit - 120; Recorded

Last year, the U.S. Supreme Court broke with 50 years of tradition by declaring in the case of *Dobbs v. Jackson Women's Health Organization* that abortion is no longer a Constitutional right and can be severely restricted or banned by state legislatures, which Arkansas and numerous other states have chosen to do. At the same time, other states have chosen to broaden access to abortion, going as far as encouraging women in restrictive states to travel to the states where access has been protected. Left in the middle are healthcare providers and pregnant women, their friends and families, all forced to sift through a morass of new laws and court rulings, oftentimes conflicting, trying to determine whether abortion care, the buying or using of medications, or even assisting with financial aid or travel might result in civil penalties or jail. Join us as we discuss the reproductive rights and vulnerabilities of our neighbors in this new and challenging legal landscape.

WEDNESDAY, Cont.

10:00 A.M. - 11:30 A.M.

JUST SPEAK SPANISH

Jenni Duncan, Instructor

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

This class will focus on learning more verbs, including a few minor tenses and *maybe* some past tenses, so that the class can speak with each other and with native Spanish speakers. Along the way, we'll learn some vocabulary for friend-making, family, cooking and shopping. Although not for beginners, Just Speak Spanish is designed for students with varying Spanish experience. If you have a Warren Hardy book, Level 3, bring it with you and follow the syllabus you will receive the in first session.

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.

LIFEQUEST FOLKIES

David Allen, Joe Lombardi, David McAlpine, Ralph McKenna, Rich Roy and Mike Schaefer, Facilitators

Format: In-person, limit - 55; Not recorded

This class will focus on music from the Carter Family, Appalachian Mountain Music, Bluegrass, Nashville and Austin. We will present a mix of historical research supplemented with video and live acoustic performances by faculty, and hopefully from a few class volunteers.

NATIVE AMERICAN LEADERS

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Various Instructors

Format: Hybrid, In-person limit - none; Recorded

Join our instructors as they explore the rich heritage of Native American leaders in history.

(LifeQuest instructors in parentheses)

Sep. 20: Chief Joseph (Mike Walden)

Sep. 27: Quanah Parker (Dick Williams)

Oct. 4: Sitting Bull (Pat Goss)

Oct. 11: Powhatan (Jonathan Wolfe)

Oct. 18: Sequoyah (Dent Gitchel)

Oct. 25: Crazy Horse and Geronimo
(Judge Larry Vaught)

Nov. 1: Sacagawea and Other Women
(Justice Annabell Imber-Tuck)

Nov. 8: Cochise (Fred Ursery)

WEDNESDAY, Cont.

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

U.S. FOREIGN POLICY TODAY

Alan Eastham, U.S. Ambassador, Ret., Instructor
Format: Hybrid, In-person limit - 120; Recorded

Discussion of ongoing foreign policy questions pressing the United States. In class, we'll evoke history, the international system and its traditions, ethics, and precedent to understand the options available to the U.S. in making its way in the world. The subject of any particular class session will be recent news stories appearing in the national and local press.

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

LUNCH AND LEARN IN THE GREAT HALL

Various Speakers

Format: In-person; Not recorded

A weekly sit-down lunch with a program provided by various community partners. Meals must be purchased by Sunday of the week desired. See our website for information on speakers.

***Brown bag lunches are welcome**

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

ARKANSAS STATE PARKS:

Celebrating a Century

Various Instructors

Format: In-person, limit - 120; Not recorded

Parks enhance the quality of life through exceptional outdoor experiences, connections to Arkansas heritage, and sound resource management. Our goal is for you to experience excellent hospitality and to form a personal connection to the parks. We honor tradition while seeking innovation, aiming to be treasured and relevant for generations to come. In this course, explore the special resources and stories of several central Arkansas parks. This class will involve a field trip! Be sure to come, learn and experience the wonder of Arkansas state parks!

WEDNESDAY, Cont.

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

UAMS HEALTH TOPICS

Instruction provided by health professionals from UAMS Reynolds Institute on Aging (RIOA)
Sponsored by RIOA and Arkansas Geriatric Educational Collaborative/UAMS

Regina Gibson, Coordinator

Format: Online; Recorded

A myriad of health topics taught by UAMS health professionals.

Sep. 20: Dr. Gohar Azhar: Nutrition and Hydration for Older Adults

Sep. 27: Dr. Robin McAtee: What Matters Most

Oct. 4: Dr. Melodee Harris: Memory Disorders

Oct. 11: Dr. Priya Mendiratta: Fall Prevention

Oct. 18: Brittany Ray: Recognizing and Preventing Isolation and Loneliness

Oct. 25: Naomi Armstrong: Naloxone/Opioids

Nov. 1: Randy Henderson: Preventable Study

Nov. 8: Amanda Dawson: Choosing Sensible Weight Loss for Seniors

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

ACRYLIC AND OIL PAINTING

Sean LeCrone, Instructor

Format: Hybrid, In-person limit - 18; Recorded

We will focus on acrylics and oils. Learn about various supplies and techniques, and hone your skills through guided demonstrations.

INTRO TO JEWELRY MAKING

Karen Zap, Instructor

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

Materials fee: \$25

Learn how to work with wire to make earrings and other jewelry pieces. Use beads to enhance projects; jump rings for chain mail jewelry; wire for weaving; make rings, earrings, pendants, bracelets, etc. No jewelry making experience needed. Some supplies will need to be purchased before class.

THURSDAY

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

BEGINNING MAH JONGG

Ellen Lowitz, Instructor

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

Learn to play Mah Jongg! Please purchase your 2023 Mah Jongg card by contacting 212-246-3052 or go to www.nationalmahjonggleague.org.

OPEN STUDIO

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

Draw, paint or craft with friends. No instruction.

THURSDAY, Cont.

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

COUNTRY HOUSES OF ENGLAND

Floyd Martin, Instructor

Format: Hybrid, In-person limit - 120; Recorded

This class will explore some notable country houses of England. Such houses have gained some fame recently with various period films or television programs, such as *Downton Abbey*. These houses are more than grand architectural settings, and this class will examine what the term *country house* means, and how buildings, gardens, furnishings, and collections are all part of the mix. The first presentations will help define the term, and subsequent ones will be devoted to one particular property, with most dating from the 17th or 18th centuries, including Hardwick Hall, Chatsworth, Petworth, Holkam, Houghton, and Kedleston.

HOW TO SOLVE RUBIK'S CUBE

Bill Rausch, Instructor

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

Were you a parent? Are you now a grandparent? Remember how you told your kids and grands stories? Nighttime stories? Camping stories? Well, that's exactly how I'm going to teach you how to solve the Rubik's Cube. It takes eight algorithms (fancy word for patterns) to solve it. I'll teach you those algorithms with a story. They make it so easy to learn, I taught my 7-and 8-year-old grands to solve it. Easy-peasy. No heavy-duty mathematical formulas. No numerical sequences to memorize. Just cute little stories like "The Farmer and His Dogs." So if you have any trepidations about learning this seemingly impossible puzzle, put them aside and let me tell you a little story. After eight weeks, imagine how you will impress your grandkids. After you receive confirmation of being registered for the class, please purchase a standard Rubik's Cube to bring to class.

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! A suggested book list will be emailed to you before class begins.

THURSDAY, Cont.

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

HAVING FUN WITH YOUR MOBILE PHONE'S CAMERA

Doris Krain, Instructor

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

Bring your phone (any type) to this interactive class. The first two weeks, we will focus on how to take the best photos, concentrating on photo settings, composition and such technical issues as backups. The remaining six weeks will be workshops where we complete different assignments. This class will include outings (time and place to be determined in class) in which we will take photos to share at the following week's class.

SCAMMING SENIORS:

A Billion-Dollar Business

Rickie Lockwood, Instructor

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

Scamming seniors is big business that perpetrates heartbreaking scams on seniors who lose pride, trust, their money and feelings of self-worth. It affects men and women. We will look at what makes us vulnerable and how to care for our vulnerability. We will learn different types of scams and how to protect our hearts and finances. Scammers have become very sophisticated in the way they manipulate older adults. Explore how to learn the art of protection and how to develop a support system.

SOCRATES CAFE

Rudy Rieple, Facilitator

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

At Socrates Cafe, people explore questions from their lives through public, nonacademic dialog. At each cafe, participants propose questions and then vote to decide the outcome.

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

JAZZ PIANO WITH TOM

Tom Cox, Instructor

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

This jazz piano performance and discussion class will explore how contemporary jazz piano addresses the human spirit's intrinsic need for beauty in order to remain healthy and strong, and to continue to grow. Through piano performance of his own compositions and others you will recognize, the instructor will explore the relationships between jazz music, movement, and contemporary visual art.

THURSDAY, Cont.

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

GENEALOGY JOURNEY 2023

Jeanne Rollberg, Instructor

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

What do you most want to learn about your family history and about how it may have shaped you? We'll review: family history basics, look at the inclusion of artificial intelligence research affecting genealogy, the use of books online, research hidden treasures, verifying and cleaning up family trees, and DNA basics. How can joining or using family history organizations take you further, and how can roots tourism itself add new dimensions? Collaborative genealogy blends fun and facts. "Money doesn't grow on trees, but ancestors do."

A LOOK INTO CHARLES DICKENS' NOVEL HARD TIMES

Joan Gage, Instructor

Format: In-person, limit - 55; Not recorded

Together we will read and discuss Dickens' novel *Hard Times*. We will examine the social, economic, and philosophical beliefs depicted and question what the novel has to say to us in the 21st century.

NAPOLEON BONAPARTE:

From Austerlitz to Tilsit

John Giessmann, Instructor

Format: Hybrid, In-person limit - 80; Recorded

This session will cover Napoleon's 1805, 1806, and 1807 campaigns in Germany and Poland. Battles to be discussed include Ulm, Austerlitz, Jena, Eylau and Friedland.

TAI CHI

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

Suzanne Yung and June Brown, Instructors

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.

FASCINATING WOMEN

Pat Goss and Dick Williams, Instructors

Format: In-person, limit - 100; Not recorded

History tends to ignore many accomplished women who have led fascinating lives. Some of them are the subject of this series.

Sep. 21: Nellie Taft	Oct. 19: Ada Lovelace
Sep. 28: Queen Elizabeth I	Oct. 26: Sojourner Truth
Oct. 5: Indira Gandhi	Nov. 2: Helen Keller
Oct. 12: Joan of Arc	Nov. 9: Marie Curie

THURSDAY, Cont.

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

LINE DANCING

Sponsored by Arkansas Geriatric Education Collaborative/UAMS

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.

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

YOGA

Jessica Durand, Instructor

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

Build strength, flexibility and balance through yoga. In this class, we will use a chair and mat as our only props. Be prepared to sit, stand, and get down on the floor - slowly! Yoga can be practiced by everyone regardless of age, health status or fitness experience.

LIFEQUEST ORIENTATION

Tuesday, September 12, 11:00 A.M.

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:

- The fun of being in-person
- Learning together in-person and online
- Class locations, who's who and more
- You can attend this in-person or online
- The zoom link can be found on the LifeQuest website at lifequestofarkansas.org

**This is FREE and open to the public,
so bring a friend.**

We hope to see you there!

WE HAVE MEALS TWO DAYS, TWO WAYS (IN-PERSON AND CURBSIDE)

This fall, we will have meals on Wednesdays and Thursdays.

- Wednesday meals will be in person in the Great Hall at noon during Lunch and Learn. In-person lunches will be \$12 per person.
- Thursday meals will be our curbside meal service and will be \$16 for an entrée that serves 2 and \$10 for dessert. Pick up on Thursdays between 11:45 a.m. - 12:15 p.m. After 12:15, we will put your meal in the refrigerator.
- Meals can be ordered online at lifequestofarkansas.org, calling the LifeQuest office at 501-225-6073, stopping by the office or by using the enclosed registration form.
- **Both In-person and Curbside meals must be purchased by Sunday of the week desired so we can give the chefs an accurate number.**

Wednesday In-person Menu

September 20

Jambalaya over Rice, Fresh Rolls, Salad, and Coconut and Chocolate Cookie Bars

September 27

Chicken Lombardi, Pasta, Fresh Rolls and Kahlua Cake

October 4

Meatloaf, Mashed Potatoes, Fresh Rolls, and Banana Pudding Cake

October 11

Baked Spaghetti Casserole, Salad, Fresh Herbed Rolls and Peanut Butter Cheesecake Brownies

October 18

Sausage Crepes, Roasted Asparagus, Fresh Rolls, and Key Lime Éclair Cake

October 25

Pork Tenderloin with Mushroom Gravy, Sweet Onion Casserole, Fresh Rolls and Baked Fudge with Cinnamon Whipped Cream

November 1

Corn Chowder, Prosciutto/Brie Bundles, Broiled Tomato, Fresh Rolls, and Pumpkin Cake with Cream Cheese Icing

November 8

Lasagna, Caesar Salad, Fresh Herbed Rolls, and Sweet Potato Pie

Thursday Curbside Menu

September 21

Entrée: Beef Tips with Rice
Dessert: Pecan Sticky Buns

September 28

Entrée: Baked Ziti with Italian Sausage
Dessert: Peach Cobbler

October 5

Entrée: Ranch Chicken
Dessert: Homemade Brownies

October 12

Entrée: Chicken Enchiladas
Dessert: Banana Pudding

October 19

Entrée: Sausage Jambalaya
Dessert: Apple Cobbler

October 26

Entrée: Chicken Spaghetti
Dessert: Four-Layer Chocolate Dessert

November 2

Entrée: Poppy Seed Chicken Casserole
Dessert: Cinnamon Rolls

November 9

Entrée: Pork Tenderloin with Cherry Sauce
Dessert: Pumpkin Cake with Cream Cheese Icing

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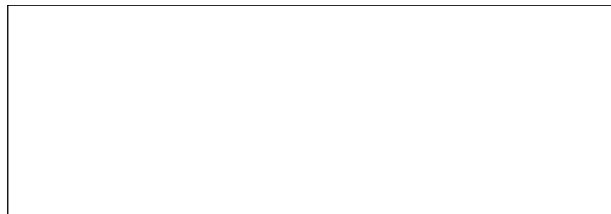


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