



Spring 2025

March 31 - May 22

REGISTRATION OPENS March 11 at 9:00 A.M.

Assistance with registration available from 9-10:30 March 11 at LifeQuest.

LifeQuest Spring 2025 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," March 26 at 11:00 a.m.

LifeQuest: Spring 2025

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For \$85 you can take as many classes as you can fit into your schedule.

Notes from the LifeQuest Office



The Power of Volunteerism



Volunteering is one of the most meaningful ways to cultivate a sense of purpose. By giving your time and energy to help others and support organizations like LifeQuest, you create a profound impact while finding fulfillment and connection.

At LifeQuest, volunteerism is our foundation — it's what fuels our success. From our dedicated board of directors and curriculum committee to our incredible instructors and program volunteers, hundreds of hours of service go into bringing our programs to life.

LifeQuest volunteers play many vital roles, from serving as office helpers, lunch servers, and greeters to organizing nametags and assisting with mailings. Beyond our organization, our members give back to the wider community through quarterly efforts with Literacy Action of Central Arkansas and the Arkansas Foodbank.

We're proud to partner with five outstanding educational organizations: the Arkansas Museum of Fine Arts, Central Arkansas Library System, Literacy Action of Central Arkansas, Mosaic Templars Cultural Center, and the Clinton Presidential Library and Museum. Throughout the year, these educational partners generously provide volunteers who deliver enriching classes and unique opportunities for lifelong learning.

This April during Volunteer Appreciation Month, we celebrate the incredible individuals who make LifeQuest thrive. On April 9, LifeQuest Gives Day, our spring fundraiser, you can join in honoring these remarkable volunteers. Consider making a gift in tribute to a LifeQuest volunteer who has inspired you — or step into the role of a volunteer yourself! Together, we can continue making a difference and strengthening our community.

Leah Greenfield, Executive Director

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 to request an application form.

LIFEQUEST ORIENTATION

Wednesday, March 26, 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

This is FREE and open to the public,
so bring a friend.
We hope to see you there!

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

Registration will open at 9:00 a.m. Tuesday, March 11.

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 and we'll print one for you.

Online registration: Go to the LifeQuest of Arkansas website: 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. You may mail the form to P.O. Box 25523, Little Rock, AR 72221.

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.

In-Person Classes

In-person classes are held at Second Presbyterian Church at 600 Pleasant Valley Drive unless otherwise stated in the class description.

Hybrid vs. Online

When a class is listed as **Hybrid**, it means this 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.



Use the QR code above to view the LifeQuest of Arkansas website!

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

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

GREETING CARDS AND PAPER CRAFTING

Judy Langford-Brodie, Instructor

Materials fee: \$40

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

Participants should have at least a year of recent experience in the following areas:

- Die-cutting using a die-cut and embossing machine (e.g., Big Shot)
- Scoring and cutting card stock
- Heat embossing
- Rubber stamping

This class is designed to teach new card-making techniques and expand your existing paper-crafting skills. **Prior experience needed.**

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

GRANDPARENTING TODAY:

Sharing Our Legacies and Helping Our Grands with Struggles

Elizabeth Vines, Facilitator

Format: Online, limit - 15; Not recorded

Join us as we discuss a variety of topics that impact our grandchildren and families in our changing world. Online resources relating to our topics will be sent each week in advance of class. Enrich your grandparenting experiences while making some new friends!

As they relate to our grandchildren, these topics will be discussed spring term:

- Being a grandparent is a privilege;
- Then and now - exploring how grandparenting roles have changed
- Blue Zones and their impact on grandparents;
- Tips for grands about building and maintaining friendships
- When our grands make choices outside our comfort zone
- Coping when families splinter;
- Helping our grands protect themselves and set boundaries
- "Fun in the Sun" - Summer activities and experiences with our grands



MONDAY, Cont.

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.

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.

(Same content as in-person class.)

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

ADVANCED BEGINNER MAH JONGG

Linda McAteer, Instructor

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

Developed for new players looking to improve their game, this class will introduce strategies for choosing your hand, speeding up the Charleston, and knowing your opponents' hands by their discards and exposures. You will need the National Mah Jongg League 2024 card, NOT the counterfeit card from other sellers, and you should have ordered your 2025 card.

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.

BEGINNING PICKLEBALL "A"

Mary Todd and Betty Harrison 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.

MONDAY, Cont.

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

4 Weeks Only: March 31 - April 21

CARDMAKING WITH CONNIE

Connie Wardell, Instructor

Materials fee: \$20

Format: In-person, limit - 6; 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.

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

HAIKU

Shannon Chamberlin and Lynn Senn, Facilitators

Format: Online, limit - 16; Not recorded

Participants will buy the book, *Writing Haiku: A Beginner's Guide to Composing Japanese Poetry* by Bruce Ross, and read through page 19 prior to the first class. Being on the lookout for haiku moments helps us focus on the present, the here and now. This book is a good way to learn about haiku and related forms. This course assembles a supportive fellowship to be by your side as you explore and learn. We will discuss the book and share the poetry we have written, exploring the various forms and experimenting with them, as we experience each moment. Writing is voluntary and guidance is available as needed.

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

BEGINNING PICKLEBALL "B"

Pam Kiser and Sue Ulmer, Instructors

Format: In-person, limit - 14; 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 and endurance training. **Wear appropriate exercise clothing, including court shoes. You will need to provide your own paddle.**

TUESDAY

9:00 A.M. - 11:00 A.M.

WATERCOLOR "A.M."

Stephen Lanford, Instructor

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

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 as well as painters with previous experience who would like a refresher in the basics of watercolor. **This is the same class as the Tuesday afternoon class. Enroll in only one.**

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

One-Time Workshop: April 29

WATERCOLOR PAINTING:

Perspectives on Nature

Wingate 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

In this watercolor workshop, students will explore painting botanical and landscape-inspired scenes, guided by an instructor. Whether you are a beginner or an intermediate artist, learn essential techniques for building compositions through layering and blending. Capture details of foliage, plant life, and expansive landscapes. In this workshop, develop your style and create a finished watercolor artwork inspired by your perspective on nature.

All materials are provided.

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

PARABLES OF JESUS

Steve Hancock, Instructor

Format: Online; Recorded

Jesus was a storyteller. His stories were poignant and at times funny. He loved to tell stories of seeds and weeds, stories of religious folks who get it wrong and other folks who you never expect to get it right, but they do. His stories were both simple and extravagant, and always a glimpse of a life that he called the kingdom of God: God's promised day. To hear his stories is like putting on a new pair of glasses that allow you to see what has been there all along but you have never noticed before. In this class, we will spend some time with the parables. In so doing, we will learn about this kingdom life, this promised day in which our ultimate citizenship resides.

TUESDAY, Cont.

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

BEGINNING SPANISH I PARA EMPEZAR:

Interacciones y Exploraciones

Jenni Duncan, Instructor

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

This introductory Spanish class will offer you beginning Spanish language opportunities. We will learn some pronouns, nouns and verbs in order to speak Spanish for greetings, questions about schedules and for basic needs (donde está el baño etc.), telling time, and describing yourself, and others.

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

HISTORY OF THE AMERICAN PRESIDENCY

Blake S. Rutherford, Instructor

Format: Online; Recorded

Blake S. Rutherford has taught at independent schools in Arkansas and Massachusetts. He is the editor of Flyover Country, a newsletter and podcast focused on politics and culture in the heartland. This class will cover the arc of establishing the presidency to the modern-day exercise of presidential power in domestic and foreign affairs.

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

TELL YOUR OWN STORY

Dennis Haning and JoEllen Willis, 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.

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

WATERCOLOR "P.M."

Stephen Lanford, Instructor

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

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 as well as painters with previous experience who would like a refresher in the basics of watercolor.

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

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, John offers thoughtful commentary that encourages civil discourse. If you plan to attend online, please join the Facebook group, **LifeQuest Spring 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 MÀS 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!

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

DRAWING WITH STEPHEN

Stephen Lanford, Instructor

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

This class is designed to help you learn and then practice and improve your drawing skills through practical application. We will strive to explore the knowledge necessary and nurture best practices to take your drawing to the next level.



WEDNESDAY, Cont.

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

AMERICA IN THE WORLD: Contemporary Issues in U.S. Foreign Policy

Alan Eastham, U.S. Ambassador, Ret., Instructor
Format: Hybrid; Recorded

The January arrival in Washington of the second Donald Trump administration foreshadows significant, dramatic, and ongoing changes in the orientation, priorities, subject matter, and conduct of the United States' relations with the rest of the world. This class will examine and discuss ongoing developments in priority areas such as immigration, trade/tariffs, assistance, military and humanitarian. We will attempt to orient contemporary policies to history and the world as it is in 2025.



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

CALS: WHAT WE WORE

(This class is sponsored by Central Arkansas Library System)

Heather Zbinden, Instructor

Format: Hybrid; Recorded

Learn about eight decades of fashion from photos in the CALS Butler Center for Arkansas Studies and how Arkansas women conformed (or didn't) with the fashion trends of the day.

April 2: 1850s Petticoats, Crinolines & Geometrics

April 9: 1860s Big Hoops & Tight Lacing

April 16: 1870s Bustles, Ruffles & Tighter Lacing

April 23: 1880s More Bustles, Rucheing & Flounces

April 30: 1890s Goring & Leg of Mutton

May 7: 1900s S-Bend & Large Hats

May 14: 1910s Delicate Proportion & Slim Lines

May 21: 1920s More than a Flapper

WEDNESDAY, Cont.

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

BEGINNING SPANISH II

PARA EMPEZAR:

Interacciones y Exploraciones

Dave McAlpine, Instructor

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

This introductory Spanish class continues the material normally offered through the beginning LifeQuest class or its equivalent. Professions and occupations, days of the week, daily routines, housing and places in the city, and transportation, as well as the vocabulary and grammar needed to discuss these, are some of the topics we will cover as we explore the cultural varieties of the Spanish-speaking world.

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.

(Same content as online class.)



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

THE REALITY AND IMPACT OF WHITE PRIVILEGE

Various Presenters; Kevin Jones, Coordinator

Format: In-person; Not recorded

Unconscious bias, financial policies, Jim Crow laws, and cultural mores have all played a part in creating a society of inequity. This class seeks to increase awareness about how we have evolved to our present state. Through thoughtful reflection, we will consider the impact of privilege, advantage, and tribal dynamics on our culture and society.

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!

WEDNESDAY, Cont.

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

AFRICAN AMERICAN STUDIES

(This class is sponsored by the Mosaic Templars Cultural Center)

Courtney Bradford, Instructor

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

This class is an interdisciplinary survey of African American culture from its beginnings in Africa to contemporary issues in the African American experience with a special focus on leaders and writings of significance.

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

MENTAL HEALTH MATTERS:

UAMS Psychiatry and Mental Health Topics

Lewis Krain, Ph.D, Instructor & Coordinator

Format: Hybrid; 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.



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

INSIGHTS ON RUSSIA AND THE SOVIET UNION

Joe Crow, Instructor

Format: In-person; Not recorded

Join Joe as he shares personal experiences and research from his 50 - year association with the Union of Soviet Socialist Republics. From the '60s and '70s to his last visit in 2017, he will speak about how he got to Moscow, the Red Square, the Kremlin and general history.

WEDNESDAY, Cont.

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

LIFEQUEST FOLKIES

David Allen, Kevin Hays, Joe Lombardi, Ralph McKenna, and Mike Schaefer, Instructors

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

After years of focusing almost exclusively on folk musicians from the 1960s era, we are intent on broadening the scope of this term's course. Rather than structuring the course around a central theme, each presenter will have the freedom to choose that day's content. Some discussion possibilities include: the evolution of acoustic folk to "folk rock," more international folk music, and the transition from pop music of the 1950s to rock & roll. We still plan live music supplementing lectures, and our traditional hootenanny.

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

PEOPLE WHO CHANGED THE WORLD

Dick Williams, Coordinator

Format: Hybrid; Recorded

This class will take a look at some of the key figures who have changed the world throughout history. (LifeQuest instructors in parentheses)

April 2: Martin Luther (Dent Gitchel)
April 9: James Cook (Judge Larry Vaught)
April 16: Mao Zedong (Mike Walden)
April 23: Charles Darwin (Pat Goss)
April 30: Brigham Young (Dick Williams)
May 7: Sir Francis Drake (Jon Wolfe)
May 14: Marie Curie (Fred Ursery)
May 21: Julius Caesar (Judge Mary McGowan)

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

4 Weeks Only: April 9 - April 30

INTRO TO JUDAISM

Rabbi Barry Block, Instructor

Format: In-person; Not recorded

Interfaith education has often focused on what unites us. We may gain even greater knowledge and respect as we emphasize our distinctiveness.

April 9: Jewish Views of God
April 16: Judaism and Christianity:
Similarities and Differences
April 23: Afterlife
April 30: Reform, Orthodox and Conservative
Judaism: History, Ideology and
Practice

WEDNESDAY, Cont.

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

IMPROV FOR MIND, BODY & 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.

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

ACRYLIC AND OIL PAINTING

Louise Carlisle and Sean LeCrone, Instructors

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

THURSDAY

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

LIFEQUEST CHOIR

Doug Hoffman, Instructor

Format: In-person; Not recorded

Do you have experience singing in a church or school choir, in your car or in the shower? The LifeQuest Choir is open for ALL to participate! Designed to welcome a mix of all singing abilities and experiences: complete beginners, hobby singers, and pros! Join this no-audition choir today for the love of music, singing, and learning!

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, rummylike 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.

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

SKETCHING THE WORLD, Part 2

Ken Williams, Instructor

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

This class is a continuation of the previous term's sketch class. However, if you missed the first term, you will still be able to join this class and gain useful information. This 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. Sketching media will include graphite, ink, watercolor pencils and watercolor. Students will make sketches in each class using the methods discussed that day. Additional topics will include relevant books, modern sketching trends and graphic design for sketchbooks and journals. A part of each class will be set aside for sharing sketches.

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

ENGLISH COUNTRY HOUSES

Floyd Martin, Instructor

Format: Hybrid; 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.

THURSDAY, Cont.

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

ALL THINGS JAZZ PIANO WITH TOM COX

Tom Cox, Instructor

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

A demonstration/performance/discussion teaching format designed to introduce students to a variety of jazz piano styles, stylists, movements, eras, influences, literature, movers, shakers and idiosyncratics.

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

MONOTHEISM: The People of the Book

Terry Goddard, Instructor

Format: In-person; Not recorded

The People of the Book, a designation first used by Islam, refers to the three monotheistic religions: Judaism, Christianity, and Islam. Each religion has its own authoritative text. Although the three texts vary from each other, Christianity and Islam base theirs, at least in part, on the Hebrew Bible. We will look at each religion's book as well as the histories, teachings, major figures, and more.

A fourth religion, often omitted from discussions of monotheism, is Zoroastrianism. However, this religion is an important precursor to the other three. As such, we will begin our study by exploring Zoroastrianism.

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.

PEDIATRICS FOR GRANDPARENTS

Charles Feild, Instructor

Format: In-person; Not recorded

Understand what your grandchild's doctor is saying and what the parents are hearing - or think they are - in nonmedical plain-spoken English. Topics include but are not limited to:

- Normal growth and development
- Immunizations
- Nutrition
- ADHD and autism
- Even puberty!

THURSDAY, Cont.

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

BEGINNING TAI CHI

Suzanne Yung, Instructor

THIS CLASS IS HELD OFF CAMPUS!

Class held at St. James United Methodist Church, 321 Pleasant Valley Drive, Entrance 6

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. - 11:50 A.M.

PHOTOS WITH YOUR PHONE

Doris Krain, Nancy Haynes, and Helen Jones, Instructors

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

Let's make a movie with our phones! We will take photos, record videos, edit them and create a short movie in 8 sessions. We will use the many options in iMovie to arrange our items, adjust transitions and zooms, create soundtracks and add titles/credits. And, of course, we will share our work from beginning to end.

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

NAPOLEON BONAPARTE:

The Invasion of France

John Giessmann, Instructor

Format: Hybrid; Recorded

In this session, we will discuss the allied invasion of France in the winter and spring of 1814. We will cover the battles of Laon, Vauchamps, Montmirail, and Champaubert. We will then discuss Napoleon's first abdication.

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

DOING ANTHROPOLOGY IN THE PACIFIC

Julie Flinn, Instructor

Format; Not recorded

Have you ever wondered what it's like to be an anthropologist? To learn about another way of life through living with local people for an extended period of time? Explore the experience of participant observation through fieldwork conducted by the instructor on a tropical atoll in Micronesia. Through slides, stories, readings, discussions, and simulation games, learn about life on a remote island where local people rely on fishing and gardening, family relationships revolve around related women, and rituals structure much of daily life.

THURSDAY, Cont.

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

ADVANCED TAI CHI

Suzanne Yung, Instructor

THIS CLASS IS HELD OFF CAMPUS!

**Class held at St. James United Methodist Church,
321 Pleasant Valley Drive, Entrance 6**

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 parameters of proper timing.

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

WATERCOLOR PENCILS

Anne Parat, Instructor

Format: In-person, limit - 8; 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.



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

ARKANSAS POTTERY

Edwin Gifford, Instructor

Format: In-person; Not recorded

This class will explore the histories of three commercial manufacturers of pottery in Arkansas. The focus is from 1900 to 1950. Beginning with Ouachita Pottery in Hot Springs and wrapping up with Camark Pottery in Camden, we will also be sure to take a look at Niloak Pottery in Benton. This class promises to inspire the casual collector and the studios. Come learn from the foremost authority of modern Arkansas ceramic manufacturing.

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.

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 *When the Stars Go Dark* by Paula McLain.** If you would like to contact Mary Sha for more information, you can get her contact information by calling or emailing the LifeQuest office.

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

GAMES FOR FUN

No Instructor

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

Bring a friend and play some of your old favorites or try something new. Bring a game from home or check out the ones we have on hand, such as Scrabble, Mah Jongg, Mexican Train, cards or chess.

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

PASTELS

Clarence Cash, Caprise Cooper, 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.

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April 9, 2025

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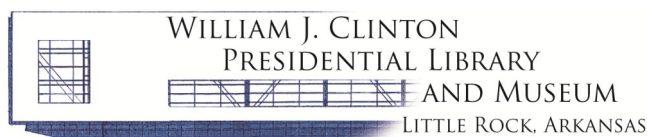
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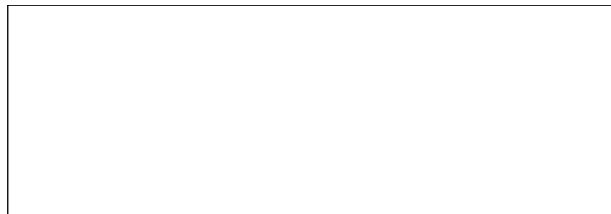


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