



# Summer 2024

**July 8 - August 1 | REGISTRATION OPENS June 11**  
Assistance with registration available from 9-10:30 June 11 at LifeQuest

LifeQuest 2024 offers In-person, Online, and Hybrid Classes

**Registration Fee: \$45**

The registration fee covers all classes for the 4-week term.

Some classes require an additional fee.

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

**Connect with LifeQuest, Connect with LIFE!**

# LifeQuest: Summer 2024

## MONDAY

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

### **GREETING CARDS & PAPER CRAFTING**

*Judy Langford-Brodie, Instructor*

**Materials fee: \$20**

**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 at least a year of cardmaking experience. This class will include new techniques and expand your skills. Each week, we will make two 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. (Same content as in-person.)

### **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.

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.

## TUESDAY

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

### **DRAWING WITH STEPHEN**

*Stephen Lanford, Instructor*

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

This is a class that can improve anyone's drawing skills. Whether you have previous drawing experience or not, you are welcome. We will discuss and explore the knowledge necessary to learn drawing skills. This course is flexible enough to accommodate beginners who've never drawn before, as well as artists with previous drawing experience.

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

### **PLAY BALL ... PICKLEBALL, THAT IS!**

**No instructor**

**THIS CLASS IS HELD OFF CAMPUS!**

**Class held at Pleasant Valley Church of Christ,  
10900 N. Rodney Parham Road**

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

The more the merrier! For those who have attended any LifeQuest Pickleball class. Must have own paddle. Come to compete! Flexible playing schedule with air conditioning and no gale force winds! The gym is reserved for 3 hours at Pleasant Valley. Pay \$7 at PVCoC directly and get membership card for the month (weights and indoor walking trail included) and additional court time during the week.

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

### **SACRED NATURE: A Book Discussion Group**

*Terry Goddard, Instructor*

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

In this class we will read *Sacred Nature* by Karen Armstrong. You will need to obtain a copy of this book, a "practical guide on how to rekindle our spiritual bond with nature, drawing on the wisdom of the world's religious traditions."

### **ARKANSAS HISTORY IN SONGS & STORIES**

*Charley Sandage, Instructor*

**Format: Online, no limit; Recorded**

A recipient of the Arkansas Arts Council Lifetime Achievement Award, Charley Sandage will be sharing the history of Arkansas in a unique and captivating way through original Americana and Country songs, stories and commentary.

## TUESDAY, Cont.

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

### CANCER BIOLOGY: The Basics

**Bob Burns, Instructor**

**Format: Online, no limit; Recorded**

Topics presented will be:

- How does a neoplasm (new formation) begin, grow, invade and metastasize?
- Why is there no pain associated with early tumor growth?
- What are the differences between benign vs. malignant?
- How and why do clinicians STAGE a patient's tumor burden but pathologists GRADE it and are charged with identifying the tissue of origin?
- Are the diagnostic imaging techniques medicine uses capable of seeing all of the tumor cells in a patient?
- What is meant when a clinician says "you are free of cancer"?

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

### ART IN MOTION

**DeNee Knight, Instructor**

**THIS CLASS IS HELD OFF CAMPUS!**

**Class held at Mosaic Templars Cultural Center, 501 W. Ninth St.**

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

Participants will express themselves through a painting session (supplies provided) followed by a 30-minute yoga session based on inspirational intentions. This promises to be a transformative experience, blending creativity, mindfulness, and self-expression. Bring yoga mat and towel to the Mosaic Templars Cultural Center.

## WEDNESDAY

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

### WATERCOLOR

**Stephen Lanford, Instructor**

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

Whether or not you have previous painting experience, you are welcome in this class. We will also 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 who would like a refresher in the basics of watercolor.

## WEDNESDAY, Cont.

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

### TRAIL OF TEARS

**Jodi Morris, Instructor**

**Format: Hybrid, no limit; Recorded**

After the Louisiana Purchase, the United States enforced the Indian Removal Act of 1830. This law compelled Native nations in the southeastern U.S. to relocate west of the Mississippi River to "Indian Territory." Thousands of Cherokees, Choctaws, Chickasaws, Creeks, and Seminoles crossed Arkansas on their way to present-day Oklahoma. We will explore how this difficult history was part of Arkansas' transition from territory to statehood, the question of slavery, and the attempt to force assimilation on indigenous cultures.

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

### SOUTHERN FRIED CHAT

**Rex Nelson, Instructor**

**Format: Hybrid, no limit; Recorded**

In his folksy style, Rex Nelson, senior editor and columnist for the *Arkansas Democrat-Gazette*, will lead us in a discussion of Arkansas culture ranging from the state's history to its food and music and will include its interesting people and places.

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

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

### CHANGE LIVES THROUGH LITERACY ACTION!

**Dana Venhaus, Instructor**

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

If you have been looking for an impactful way to give back to our community, here's your chance! Join Literacy Action, a team of volunteer tutors who have been helping to change the lives of adults and their families in central Arkansas since 1986. In four short weeks, you will be trained to teach Adult Basic Literacy (ABL) and English Language Learners (ELL), so you can tutor from anywhere! All materials provided, no teaching experience necessary. Learn more about Literacy Action of Central Arkansas at: [www.literacyactionar.org](http://www.literacyactionar.org)

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

## WEDNESDAY, Cont.

11:00 A.M. - 11:50 A.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! Reading selection will be provided after registration.

### REFLECTIONS ON THE PSYCHOLOGY OF EVERYDAY LIFE: Appreciating the Human Experience

*Shannon Greenfield, Ph.D., Instructor*

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

In this class, we will examine the workings of the human mind, how to perceive the world more accurately, and how to respond to life events more authentically. A sampling of intended topics:

- What is psychotherapy and how does it work?
- When is a life experience a "problem"?
- How can we harmonize thoughts, feelings, and actions?
- How do we balance striving with acceptance?
- What is the role of spirituality in the process of change?

This class is for students who are willing to challenge their existing views, explore the importance of emotions, and take small, concrete actions outside their comfort zones in the general direction of peace.

**Please note: This class is intended to be educational, not a group therapy experience. Questions will be warmly encouraged, but so will discretion in the sharing of personal information in such a format.**

### FINANCIAL MATTERS

**Format: In-person, limit - 40; Not recorded**

- July 10 Merrill Lynch Wealth Management:  
History of financial markets and how to avoid investment mistakes
- July 17 Armistead Wealth:  
Budgeting in retirement and how to plan for when disasters strike
- July 24 Primewell Health Services:  
Part I - Medicare plans that best fit your needs
- July 31 Primewell Health Services:  
Part II - Medicare supplements and extras

## WEDNESDAY, Cont.

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

### NOTABLE BLACK WOMEN IN ARKANSAS HISTORY

**Format: Hybrid, no limit; Recorded**

Arkansas has a long history of inspirational black women who have served as change makers and pioneers in the areas of law and civil rights, science and engineering, education, music and the arts. This class will focus on the lasting contributions of four amazing women who have left an indelible mark on our state. (Speaker in parentheses)

July 10 Raye Montague (David Montague)

July 17 Daisy Bates (Dick Williams)

July 24 Sister Rosetta Tharpe (Pat Goss)

July 31 Sue Cowan Williams (Brian Rodgers)

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

### ACRYLIC AND OIL PAINTING

*Clarence Cash, Instructor*

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

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

## THURSDAY

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

### OPEN STUDIO

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

Draw, paint or craft with friends. No instruction.

### MAH JONGG FOR FUN

*Ellen Lowitz, Instructor*

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

Play for fun! Summer is a great time for a Mah Jongg refresher. Come, improve your game and enjoy time with friends!

9:00 A.M. - 11:50 A.M.

### MOVIES WITH PHILIP MARTIN

*Ann West, Coordinator*

*Philip Martin, Instructor*

**THIS CLASS IS HELD OFF CAMPUS!**

**Class is held at Riverdale 10 VIP Cinema  
2600 Cantrell Road**

**Doors open at 8:30 A.M.**

**Format: In-person, no limit; Not recorded**

View and discuss movies at Riverdale 10 movie theater with film critic and journalist Philip Martin. Selected movies will be announced the first day of class.

\*Please do not bring food or drink into the theater. Concessions will be available for purchase.

<b>THURSDAY, Cont.</b>
<b>10:00 A.M. - 10:50 A.M.</b>
<p><b>PHYSICAL THERAPY AND YOU</b>  <i>Stephen Crawford, Andrew Davis, DPT, Kelsey Moix, Jovie Murtha, Daisy Webster, Instructors</i>  <b>Format: In-person, limit - 40; Not recorded</b>  Join specialists from Advanced Physical Therapy to learn more about how to safely strength-train and improve balance as we age while avoiding injury and conditions such as sciatica and plantar fasciitis; how to build strong bones after a diagnosis of osteopenia or osteoporosis; how to tell if you might be a candidate for pelvic health physical therapy.</p>
<p><b>SOCRATES CAFE</b>  <i>Rudy Rieple, Facilitator</i>  <b>Format: In-person, limit - 14; Not recorded</b>  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 topic. This is a safe space to pose the questions that come with life.</p>
<b>11:00 A.M. - 11:50 A.M.</b>
<p><b>INTRODUCTION TO WATERCOLOR PENCILS</b>  <i>Anne Parat, Instructor</i>  <b>Format: In-person, limit - 18; Not recorded</b>  Watercolor pencils go on paper like colored pencils but are water-soluble. Learn techniques to transform your drawings into paintings or cards. Bring any watercolor pencils you have to class. However, if you don't have any supplies, wait until after the first class to purchase so you can make an informed decision.</p>
<p><b>TAI CHI</b>  <i>Suzanne Yung, Instructor</i>  <b>Format: In-person, limit - 20; Not recorded</b>  Learn the slow, rhythmic movements of Northern Wu Tai Chi, the 13 Golden Postures and the Tai Chi walk.</p>
<p><b>THE ANGLO-ZULU WAR OF 1879</b>  <i>John Giessmann, Instructor</i>  <b>Format: Hybrid, In-person limit - 80; Recorded</b>  This class will cover the rise of the Zulu Nation under Shaka, the battle of Isandhlwana, the battle of Rorke's Drift, plus additional incidents from the war.</p>

<b>THURSDAY, Cont.</b>
<b>12:00 P.M. - 12:50 P.M.</b>
<p><b>THE SEASONED PALETTE: Cooking through the Ages</b>  <i>Liam Hankins-Hull, Instructor</i>  <b>Materials Fee: \$10</b>  <b>Format: In-person, limit - 12; Not recorded</b>  <i>This class is sponsored by the Arkansas Hunger Alliance.</i>  We will make recipes to serve two or less. Each recipe will be healthy, delicious, and quick. Liam Hankins-Hull will show us how to substitute ingredients, simplify a recipe, repurpose leftovers, and use ingredients already in your pantry.</p>
<p><b>LINE DANCING</b>  <i>Rose Virgil, Instructor</i>  <b>Format: In-person, limit - 40; Not recorded</b>  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 old classics. With all the easy steps, you won't even realize you're getting some great exercise.</p>
<p><b>SO YOU THINK YOU WANT TO DO PASTELS</b>  <i>Anne Parat, Instructor</i>  <b>Format: In-person, limit - 18; Not recorded</b>  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.</p>
<b>1:00 P.M. - 1:50 P.M.</b>
<p><b>SO YOU THINK YOU WANT TO PAINT OILS AND ACRYLICS</b>  <i>Anne Parat, Instructor</i>  <b>Format: In-person, limit - 18; Not recorded</b>  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.</p>

***DINNER WITH CHEF***  
***Thursdays 6:00 p.m. - 8:00 p.m.***

**Join us for one dinner or all as we enjoy special menus and presentations from each location's chefs.**

**July 11 (Limit 20)**

The Pantry West

Cost: \$65-\$70 (Exact TBD)

11401 N. Rodney Parham Road

3-course menu, chef's choice

**July 18 (Limit 16)**

YaYa's Euro Bistro

Cost: \$63

17711 Chenal Parkway

3-course menu, chef's choice

**July 25 (Limit 20)**

The Oyster Bar

Cost: \$70

3003 W. Markham Street

4-course menu, chef's choice

**Aug. 1 (Limit 22)**

Brave New Restaurant

Cost: \$70

Wine Pairing: \$15

2300 Cottondale Lane, Suite 105

3-course menu, chef's choice

**Meal prices include tax and tip.** Please note that if you want to purchase alcohol, you will be responsible for that expense.

**Please include the meal price with your LifeQuest registration.**

**Wednesday Summer Lunch 2024**

***\*Simple Salad & Sandwiches\****

Served in-person at noon on Wednesday

\$10 per meal includes:

Sandwich, Salad, Chips & Cookies

**Orders must be made at least one week in advance.**

**July 10**

Club Sandwich with Fruit Salad

**July 17**

Chicken Salad on Croissant with

Green Salad

**July 24**

Pimento Cheese on Wheat with

Broccoli Salad

**July 31**

Roast Beef & Cheddar on Hoagie

Roll with Pasta Salad

**Curbside Meals Summer 2024**

Pick up at Second Presbyterian Church,

600 Pleasant Valley Drive, Little Rock

**Thursday between 11:45 - 12:15**

**Orders must be made at least one week in advance.**

LifeQuest's chef-prepared meals are ready for you to reheat at home.

- Each meal is \$16 and provides two servings.
- Desserts are \$10 each and provide four to six servings.
- Use registration form to order meals, order online or call the LifeQuest office at 501-225-6073.

**July 11**

Entrée: Ranch Chicken

Dessert: Peach Cobbler

**July 18**

Entrée: Meatloaf

Dessert: Brownies

**July 25**

Entrée: Tuscan Chicken

Dessert: Banana Pudding

**Aug. 1**

Entrée: Pot Roast

Dessert: Blueberry Cobbler

# LifeQuest Gives: Donors 2024

This year, our budgeted goal for LifeQuest Gives was \$36,000, and we raised **\$45,580!**

LifeQuest thrives because of the generous donations from our members, volunteers, and friends.

***Thank you!***

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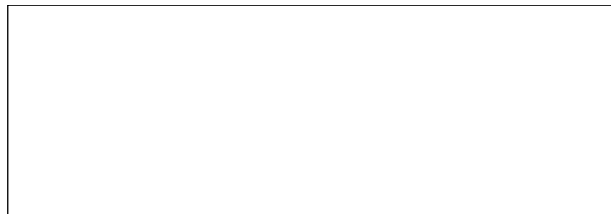


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**REGISTRATION  
OPENS  
JUNE 11**



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### FOR REGISTRATION & SCHOLARSHIPS

Contact us by mail:

LifeQuest of Arkansas  
P.O. Box 25523  
Little Rock, AR 72221

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

*Dorothy P. Sitton Scholarships are available.*  
Call the LifeQuest office at 501-225-6073 to apply.

