

LIFEQUEST: SUMMER 2023 REGISTRATION

NAME(S) _____
 FACEBOOK NAME(S) _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 EMAIL _____ PHONE _____
 BIRTHDATE MM/DD/YYYY _____ CONGREGATION _____
 EMERGENCY CONTACT NAME: _____
 RELATIONSHIP TO YOU: _____ CONTACT PHONE: _____

PLEASE MARK CLASSES. (If registering for 2, please initial each class)

MONDAY
9:00 A.M. - 10:50 A.M.
 Greeting Cards & Paper Crafting
 ___ *In-person*
10:00 A.M. - 10:50 A.M.
 Great Books Online
 ___ *Online*
 Pilates
 ___ *In-person*
11:00 A.M. - 11:50 A.M.
 Tai Chi
 ___ *In-person*

TUESDAY
9:00 A.M. - 10:50 A.M.
 Drawing with Stephen
 ___ *In-person*
9:00 A.M. - 12:00 P.M.
 Play Pickleball
 ___ *Offsite at Pleasant Valley CoC*
10:00 A.M. - 10:50 A.M.
 Sacred Nature Book Discussion
 ___ *In-person*
 Arkansas History in Story & Song
 ___ *Online*
11:00 A.M. - 11:50 A.M.
 Cancer Biology
 ___ *Online*
1:00 P.M. - 3:00 P.M.
 Art in Motion
 ___ *Offsite at Mosaic Templar Cultural Center*

WEDNESDAY
9:00 A.M. - 10:50 A.M.
 Watercolor
 ___ *In-person*
 Trail of Tears
 ___ *In-person* ___ *Online*
10:00 A.M. - 10:50 A.M.
 Southern Fried Chat
 ___ *In-person* ___ *Online*
 Great Books In-person
 ___ *In-person*
10:00 A.M. - 11:30 A.M.
 Change Lives Through Literacy
 ___ *In-person*

WEDNESDAY, Cont.
11:00 A.M. - 11:50 A.M.
 LQ Book Club
 ___ *In-person*
 Psychology in Everyday Life
 ___ *In-person*
 Financial Matters
 ___ *In-person*
 Notable Black Women in Arkansas
 ___ *In-person* ___ *Online*
1:00 P.M. - 3:00 P.M.
 Acrylic and Oil Painting
 ___ *In-person*

THURSDAY
9:00 A.M. - 10:50 A.M.
 Open Studio
 ___ *In-person*
 Mah Jongg for Fun
 ___ *In-person*
9:00 A.M. - 11:50 A.M.
 Movies with Philip Martin
 ___ *Offsite at Riverdale Theater*
10:00 A.M. - 10:50 A.M.
 Health Topics
 ___ *In-person*
 Socrates
 ___ *In-person*
11:00 A.M. - 11:50 A.M.
 Watercolor Pencils
 ___ *In-person*
 Tai Chi
 ___ *In-person*
 The Anglo-Zulu War of 1879
 ___ *In-person* ___ *Online*
12:00 P.M. - 12:50 P.M.
 Cooking Through the Ages
 ___ *In-person*
 So You Think You Want - Pastels
 ___ *In-person*
1:00 P.M. - 1:50 P.M.
 So You Think You Want - Painting
 ___ *In-person*

Dinner With Chef
Thursdays
6:00 P.M. - 8:00 P.M.
Please include meal cost with your registration.
Cost includes food and tip. Alcohol is extra.

July 11
 The Pantry West - Cost \$60
 11401 N. Rodney Parham
July 18
 YaYas - Cost \$63
 1711 Chenal Parkway
July 25
 The Oyster Bar - Cost \$70
 3003 W. Markham
August 1
 Brave New Restaurant - Cost \$70
 Wine Paring - Cost \$15
 2300 Cottdonale Lane, First Floor

**WEDNESDAY
SUMMER LUNCH**
\$10 per meal includes:
Sandwich, Salad, Chips & Cookies

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

August 1
Roast Beef & Cheddar on Hoagie Roll with Pasta Salad

THURSDAY CURBSIDE MEALS
Can be picked up between
11:45 A.M. - 12:15 P.M.
\$16 per entrée (2 servings),
\$10 desserts 4-6 servings

July 11
Entrée: Ranch Chicken
Dessert: Peach Cobbler

July 18
Entrée: Meatloaf
Dessert: Brownies

July 25
Entrée: Tuscan Chicken
Dessert: Banana Pudding

August 1
Entrée: Pot Roast
Dessert: Blueberry Cobbler

Registration, Fees, Meals, Library Access and Donations/Tributes

- _____ \$45 Registration
- _____ \$20 Greeting Cards
- _____ \$10 Cooking Through the Ages
- _____ \$60 Dinner with Chef at The Pantry West
- _____ \$63 Dinner with Chef at YaYas
- _____ \$70 Dinner with Chef at The Oyster Bar
- _____ \$70 Dinner with Chef at Brave New Restaurant
- _____ \$15 Wine Paring

- _____ Total for Wednesday Lunch (\$10 per meal)
- ___7/10 Club Sandwich & Fruit Salad
- ___7/17 Chicken Salad with Green Salad
- ___7/24 Pimento Cheese with Broccoli Salad
- ___7/31 Roast Beef & Cheddar with Pasta Salad

- _____ Total for Curbside Meals (\$16 per meal)
- ___7/11 Ranch Chicken
- ___7/18 Meatloaf
- ___7/25 Tuscan Chicken
- ___8/1 Pot Roast

- _____ Total for Curbside Desserts (\$10 per dessert)
- ___7/11 Peach Cobbler
- ___7/18 Brownies
- ___7/27 Banana Pudding
- ___8/3 Blueberry Cobbler

- _____ \$50 Library Access (through Dec. 31, 2023)

- _____ Donations/Tributes

- _____ **Total Fees**

Mail form and check to: LifeQuest of Arkansas P.O. Box 25523 Little Rock, AR 72221	Register and Pay Online: Lifequestofarkansas.org info@lifequestofarkansas.org	Questions? 501-225-6073
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