



Fall 2022

September 19 – November 11 | REGISTRATION OPENS **AUGUST 22**

LifeQuest 2022 has *In-person, Online, and Hybrid Classes
Registration Fee: \$65

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 "Orientation With LifeQuest," September 13, at 11:00 a.m.
See inside for details.

**Please note that proof of vaccination (emailed or mailed to LifeQuest) is required to attend classes held at Second Presbyterian Church.*

LifeQuest: Fall 2022

MONDAY

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

PAPER CRAFTING

Judy Langford-Brodie, Instructor

Materials fee: \$40

Format: In-person

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 two projects using die cuts, punches, rubber stamps and a variety of paper folds. Paper, envelopes and large equipment provided. A list of personal supplies needed will be emailed to you.

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

GRANDPARENTING TODAY

Elizabeth Vines, Facilitator

Format: Online

Zoom limit - 12

Not recorded

Sharing the joys and concerns of grandparenting, this participatory, discussion-based group focuses on the fun times, challenges and frustrations of being a grandparent in today's world with a special emphasis on building fellowship among the group.

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

GREAT BOOKS ONLINE

Rosemary Rogers, Facilitator

Materials fee: \$15

Format: Online

Zoom limit - 18

Not recorded

Read and discuss selections of literature by classic and modern authors.

MONDAY, Cont.

10:00 A.M. - 11:50 A.M. (OCT. 24 ONLY)

INTRO TO WINDOWS FILE MANAGEMENT

Bill Owens, Instructor

Materials fee: \$10

Format: In-person

In-person limit - 8

Not recorded

This two-hour session will provide a comprehensive understanding of Windows file management.

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

YOGA

Brandy Tinsley, Instructor

Format: Hybrid

In-person limit - 20; Zoom, Facebook limit - none

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.

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

CRAFTING WITH CONNIE

Connie Wardell, Instructor

Materials fee: \$40

Format: In-person

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. We will make two projects each week. Cardstock, envelopes and necessary tools will be available. A list of other needed supplies will be emailed to you before class.



MONDAY, Cont.

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

COMMONWEALTH OF INDEPENDENT STATES:

What Is Putin's Next Target?

Jerry Hanson, Instructor

Format: Online

Zoom, Facebook limit - none

Recorded

In 1991, the Soviet Union dissolved amid economic collapse and internal dissatisfaction with the political leadership. Twelve states left the Soviet Union and became independent countries. The current political leadership headed by Vladimir Putin seeks to reintegrate these countries back into Russia, beginning with Ukraine. What do we know about these countries? Might they resist Putin's plan? This fall, let's find out more about these states!

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

SURVEY OF WORLD MUSIC

Karen Griebeling, Instructor

Format: Online

Zoom limit - none

Not recorded

Come and travel the world through music and dance on this eight-week journey.

9/19: India: Raga, Tala, and Temple Dance

9/26: Middle East: Raqs Sharqi and Sema

10/3: China: The Teahouse and Beijing Opera

10/10: Bali and Java: Gamelan and Shadow Puppets

10/17: Africa: The Talking Drum and the Dance Drum

10/24: Caribbean: Samba, Salsa, and Son

10/31: Native South America: Carnival

11/7: Native North America: Powwow

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

LQ ARTISTS

John Mize, Facilitator

Format: Online

Zoom limit - none

Not recorded

Gather online with other LifeQuest creatives to draw, sketch, paint and share your projects with others.

No instruction, no experience necessary, no required medium and no judgment! Enjoy being together to gain inspiration and support.

MON. & TUE.

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

BEGINNING SPANISH

Karen Sherman, Instructor

Format: In-person

In-person limit - 16

Not recorded

This class will meet twice a week on Monday and Tuesday. Beginning with the alphabet, useful phrases and question words, we will be making simple sentences by the end of our time together. Whether it's greetings, telling time or talking about ourselves, the weather, seasons and months, join us *para conversar el español* and share Latina culture.

TUESDAY

9:30 A.M. - 11:00 A.M.

CONVERSATIONAL SPANISH

Marci Smith, Instructor

Format: In-person

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.

THE BIBLICAL FOUNDATIONS OF SOCIAL JUSTICE

Reverend Steve Hancock, Instructor

Format: Online

Zoom, Facebook limit - none

Not recorded

It is commonly thought in secular society that the Bible is one of the greatest hindrances to doing justice. Isn't it full of regressive views? Doesn't it condone slavery? Why look to the Bible for guidance on how to have a more just society? In this class, we will challenge these preconceived beliefs and present the Bible as a fundamental source for promoting justice and compassion for those in need. We will explore a life of justice empowered by an experience of grace: a generous, gracious justice.

TUESDAY, Cont.

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

SCATTERGORIES

LQ Staff Facilitator

Format: Online

Zoom limit - none

Not recorded

This is a game anyone can play! No experience necessary. After rule explaining, we'll present various categories. Have a scratch pad and pencil handy. You'll be given a letter to quickly come up with items for each category. Use your brain, meet some new friends, and join the fun!

2:00 P.M. - 3:30 P.M.

TELL YOUR OWN STORY

Connie Wardell & JoEllen Willis, Facilitators

Format: Online

Zoom 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 - 100; Facebook limit - none

Recorded

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest FALL 2022" 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. Masks and proof of vaccination required to attend in-person.

WEDNESDAY, Cont.

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

WATERCOLOR

(Class will run 9/28 - 11/16)

Stephen Lanford, Instructor

Format: In-person

In-person limit - 12

Not recorded

This class is an introduction to watercolor painting and the basic skills needed to paint in watercolor. We will begin with an introduction to the basic components of painting: hue, value, chroma and their application, as well as basic composition of a painting. This class is structured in two parts: instruction/demonstration followed by student participation, where the student will attempt to paint as demonstrated, with appropriate feedback from instructor. Our goal is that by the end of the eight-week course, students will be able to complete a watercolor painting using a limited color palette. Supply list available on the "Materials" section of the LifeQuest webpage.

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

INTRO TO ASTRONOMY

Michael Borrelli, Instructor

Format: Hybrid

In-person limit - 20; Zoom, Facebook limit - none

Recorded

Let's explore astronomy from early Arab and Egyptian astronomers to current discoveries. We'll review theories of the origin, evolution and the future of our universe, the formation of stars including neutron stars, as well as supernovae, black holes, quasars, etc. Next, planetary science and the development of the solar system will be presented plus the exciting and ever-expanding study of exoplanets (planets orbiting other stars). The class will finish with a discussion of lunar and solar eclipses with a focus on where and how to observe the 2024 total solar eclipse viewable from Little Rock and many other places in Arkansas. Optional evening field trips are planned to dark-sky sites near Little Rock.

WEDNESDAY, Cont.

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

GREAT BOOKS IN-PERSON

Jon Poteet, Facilitator

Materials fee: \$15

Format: In-person

In-person limit - 12

Not recorded

Read and discuss selections of literature by classic and modern authors. (Same content as online class)

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

U.S. FOREIGN POLICY

Alan Eastham, U.S. Ambassador, Ret., Instructor

Format: Hybrid

In-person limit - 100; Facebook limit - none

Recorded

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest FALL 2022" Facebook group to discuss current events and newsworthy topics, interspersed with historical themes and foreign policy theory. Be sure to join the private Facebook group BEFORE the first day of class.

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

SWINGIN' DOWN THE LANE:

Vocalists of the Big Band Era

David Miller, Instructor

Format: In-person

In-person limit - 30

Not recorded

We will learn about the great singers of the Big Band Era such as Frank Sinatra and Ella Fitzgerald. We will watch some of their greatest performances. Come and experience the music and stories of this incredible time in history.

WEDNESDAY, Cont.

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

NAVIGATING THE HEALTHCARE SYSTEM

Various Instructors; Melanie Pilcher, Coordinator

Format: Hybrid

In-person limit - 100; Facebook limit - none

Recorded

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest FALL 2022" Facebook group.

Navigating the complex healthcare system for yourself or a loved one can be exhausting and confusing. We all need to understand the resources and options available in order to make educated and informed decisions, or at least know who to ask for help. By understanding all the components and players (services, providers and specialists) affecting your care and how you can improve your own health literacy, you can become a competent advocate for yourself or a loved one to reduce frustrations and potentially improve outcomes.

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

FOUNDING MOTHERS

Various Instructors

Format: In-person

In-person limit - 30

Not recorded

While the men referred to as the Founding Fathers are commonly attributed to have helped form our nation, the Founding Mothers are the women, often the wives, daughters and mothers of those men, who also played vital roles in supporting the separation from England and the American Revolutionary War. Learn about a portion of American history you may have missed through the stories of the following formidable women:

(LifeQuest instructors in parentheses)

9/21: Peggy Shippen Arnold (Dick Williams)

9/28: Abigail Adams (Dent Gitchel)

10/5: Theodosia Bartow Burr (Jonathan Wolfe)

10/12: Martha Washington (Annabell Imber Tuck)

10/19: Elizabeth Hamilton (Sherry Bartley)

10/26: Martha Jefferson (Pat Goss)

11/2: Lucy Knox (Fred Ursery)

11/9: Sally Hemings (Jonathan Wolfe)

WEDNESDAY, Cont.

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

NAPOLEON BONAPARTE:

The First Italian Campaign (1796-1797)

John Giessmann, Instructor

Format: In-person

In-person limit - 20

Not recorded

This class will cover the events of the first Italian campaign from April 1796 to its conclusion with the Peace of Leoben in 1797. We'll review the various writings that influenced Bonaparte's conduct and the composition and doctrines of the armies involved, as well as the major battles of the campaign.

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

JAZZ PIANO WITH TOM

Tom Cox, Instructor

Format: In-person

In-person limit - 100

Not recorded

Through jazz piano performance and discussion, this class examines our human spirit's need for openness, resilience, risk taking and aesthetic beauty for a continued vibrant and meaningful life. Jazz piano and jazz artists as well as visual art and movement may be required viewing on YouTube between classes for further understanding and class discussion.

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

SCULPTING

John Deering, Instructor

Format: In-person

In-person limit - 10

Not recorded

Watch and learn from this artist and teacher who will guide you through the steps to create your own small works in clay. Using armature when possible, you'll explore the creation and expression of 3D natural forms and anatomy. A supply list will be provided upon registration.

WEDNESDAY, Cont.

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

CONVERSATIONS WITH FRED

Truths and Consequences:

What Science Knows That the General Public Doesn't, and What Could Harm Humankind

Fred Silva, Instructor

Format: Hybrid

In-person limit - 20; Zoom, Facebook limit - none
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 general public:
 - * Biological Evolution
 - * Global Warming/Climate Change
 - * The E's: ESP, ET/UFOs, Ectos (ghosts) and Ecto (out) of body experiences
 - * GMOs, Organic and Natural Things
- The challenges to humankind:
 - * Global Warming/Climate Change
 - * Nuclear Warfare
 - * Emerging Viruses
 - * Asteroids, Comets and Meteorites

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

ACRYLIC AND OIL PAINTING WITH SEAN

Sean LeCrone, Instructor

Format: Hybrid

In-person limit - 12; Zoom, Facebook limit - none
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. - 9:50 A.M.

JUDAISM FOR FUN AND PROPHET

Rabbi Gene Levy, Instructor

Format: Hybrid

In-person limit - 100; Facebook limit - none

Recorded

Join us at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, or in the "LifeQuest FALL 2022" Facebook group. This two-part class will look at the meaning and background of Jewish humor. We will then enjoy selections from such comedians as Jackie Mason, Mel Brooks, Lenny Bruce, Buddy Hackett, Woody Allen, Joan Rivers, Gilda Radner and Jerry Seinfeld. Other types of Jewish humor will conclude this half of the course.

The second half of the class will cover the ideas of prophets and prophecy, specifically the divisions of pre-exilic, explicit and post-exilic from Amos and Hosea to Isaiah, Jeremiah, Malachi and Zechariah. Come for the fun and stay for the learning.

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

WATER MEDIA

John Mize, Instructor

Format: In-person

In-person limit - 10

Not recorded

Bring your choice of pencils, graphite, watercolor pencils, watercolors, gouaches, acrylics, a table cover and your creativity!

9:30 A.M. - 10:50 A.M.

BEGINNING ENNEAGRAM

Catherine Lowry & Mary Jane Cole, Instructors

Format: Online

Zoom limit - 12

Not recorded

The Enneagram is an ancient spiritual wisdom tool that describes nine distinct personality types and is a wonderful companion to a faith tradition. The Enneagram describes ways we are broken and ways we can find healing by inviting us to connect with the deeper, truer parts of ourselves. Please obtain *The Enneagram Journey Curriculum Participant Guide* (\$20) found at www.lifeinthetrinityministry.com. The Participant Guide comes with a link to videos. You will need this for class.

THURSDAY, Cont.

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

ARKANSAS HEART HOSPITAL PRESENTS: TAKE IT TO HEART

Various Instructors

Format: Online

Zoom, Facebook limit - none

Recorded

Healthcare providers from Arkansas Heart Hospital share their knowledge and medical expertise on a variety of cardiovascular topics. Arkansas Heart Hospital patients have access to advanced technology and interventional techniques in a hospital specifically designed for their treatment and recovery.

Topics: Peripheral Artery Disease; Minimally Invasive Heart Surgery; Inflammation of the Heart; Cardiovascular Risk Reduction; Heart Rhythms and Arrhythmias; Cardiovascular Imaging; Cardiovascular Testing; Your Heart and COVID; Bariatric Surgery; and Diabetes and the Heart.

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

SO YOU THINK YOU KNOW LITTLE ROCK?

Charles Feild, Instructor

Format: Hybrid

In-person limit - 20; Zoom, Facebook limit - none

Recorded

Where was the Calaboos, the arch for which Arch Street is named, and best spot to get rid of a dead cow or a corpse? Learn more about this, and how a few rowdy, unwashed bachelors developed a town and then a city. Discover how sin and religion, politics and corruption, boom and bust, fun and games, law and lynching, free and enslaved, and a myriad of other factors, contributed to Little Rock's history. Some of the class information from the instructor's personal history, spanning eight generations, will be made public for the first time in 150 years.

THURSDAY, Cont.

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

LQ BOOK CLUB

Mary Sha Moriarty, Facilitator

Format: In-person

In-person limit - 12

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. We will start with *Where the Wind Leads* by Vinh Chung. Please read this prior to the first class.

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

DOMESTIC VIOLENCE

Jacqueline Burse, PhD, LMSW, Instructor

Format: In-person

In-person limit - 30

Not recorded

This class will provide a broad review of domestic violence in the United States from basic terms and definitions to its impact on families (including children and older adults), and the criminal justice system. As assistant professor in the School of Social Work at the University of Arkansas at Little Rock, this class instructor is a domestic violence researcher specializing in Intimate Partner Violence (IPV), particularly women and children. She is currently the president of Arkansas Homeless Coalition and past board member of the Michigan Coalition Against Domestic and Sexual Violence (MCADSV).

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

MAH JONGG

Ellen Lowitz, Instructor

Format: In-person

In-person limit - 20

Not recorded

Learn to play Mah Jongg! Please purchase your 2022 Mah Jongg card by contacting 212-246-3052 or go to www.nationalmahjonggleague.org

***If COVID numbers are HIGH, this class will be cancelled.**

THURSDAY, Cont.

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

WHAT'S ON YOUR MIND?

Bob Alexander, Facilitator

Format: In-person

In-person limit - 20

Not recorded

Not your typical teacher-led class, but a completely unstructured, moderator-led discussion of various topics and ideas. Come speak your mind!

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

INTIMACY ISSUES FOR SENIORS

Rickie Lockwood, LCSW, Instructor

Format: In-person

In-person limit - 20

Not recorded

Intimacy is a state of extreme interpersonal and emotional closeness in which each individual's personal space can be entered without causing discomfort and by respecting each other's space and vulnerability. Seniors, especially, need many different types of intimacy which will be explored through these classes. Intimacy is an affectionate or loving personal relationship where a deep understanding of each other develops. We will look at areas of trust, vulnerability, and emotional, intellectual and spiritual intimacy, among others. Human beings need intimate relationships to thrive. According to evidence-based research, seniors are healthier physically and emotionally if they have intimate relationships in their lives. The class will discuss how to develop, maintain and attract intimate relationships.

THURSDAY, Cont.

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

TAI CHI

Suzanne Yung and June Brown, Instructors

Format: In-person

In-person limit - 20

Not recorded

Tai Chi is back at LifeQuest! 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.

BOOK DISCUSSION GROUP

Lynn Senn, Facilitator

Format: Online Only

Zoom limit - 16

Not recorded

Participants will obtain a copy of *The Creative Age* by Dr. Gene D. Cohen and read the introduction and first chapter to discuss during the first class. Cohen debunks harmful myths about aging and illuminates the biological and emotional foundations of creativity. He interweaves history, scientific research, inspiring true-life stories and his own fresh insights to take us into the exciting territory of human potential in the "second half" of life.

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

LINE DANCING

Rose Virgil, Instructor

Format: In-person

In-person limit - 40

Not recorded

Plan on having loads of fun in this class! The wait is over! Line Dancing involves movement, music and merriment! Learn the Cotton-Eyed Joe to the Cupid Shuffle and even a little routine in between. With each learned step 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.

You don't ever need a partner but you can get your friends to join in the fun. Cowboy boots optional, but a good time is mandatory!

THURSDAY, Cont.

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

MINDFULNESS AND COMPASSION

Dent Gitchel Jr., PhD, LPC, Instructor

Format: In-person

In-person limit - 20

Not recorded

Well-known and respected for past classes on Compassion Cultivation Training and Meditation and Gratitude, Dr. Gitchel is back this fall to lead a new class on Mindfulness-certainly a topic much needed in today's world!

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

PASTELS

Various Instructors

Format: Hybrid

In-person limit - 12; Zoom, Facebook limit - none
Recorded

Join this fun class to learn about various pastel supplies and techniques, and hone your skills through guided demonstrations.

1:15 P.M. - 2:00 P.M.

YOGA

Courtney Parnell, Instructor

Format: In-person

In-person limit - 20

Not recorded

Build strength, flexibility and stability through Iyengar yoga. In this class, we will use the chair as our primary prop to help support, align and teach the body. Yoga is for everyone, regardless of age, health status or fitness experience.

ORIENTATION

Tuesday, September 13, 11:00 A.M.

There will be a LifeQuest orientation for everyone, whether you are a long-time member or just beginning with us. We will review:

- The fun of being in-person this term
- Learning together in-person and online
- COVID protocols

You can attend this in-person or online. We hope to see you there!

DIGITAL LEARNING WORKSHOPS

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

Thursday, September 22

BASICS OF EDGE BROWSER

Bill Owens, Instructor

Materials fee: \$10

Format: In-person limit - 8

A hands-on introduction to Edge browser including web searching, using tabs, creating favorites and browser extensions.

Thursday, September 29 & October 6

HAVING FUN WITH YOUR MOBILE PHONE'S CAMERA

Doris Krain, Instructor

Format: In-person limit - 16

Bring your phone (any type) to this interactive class. We will focus on how to take the best photos, concentrating on photo settings, composition and such technical issues as backups.

Thursday, October 13 - November 10

GETTING THE MOST OUT OF YOUR iPHONE

Charlie Frith, Instructor

Materials fee: \$15

Format: In-person limit - 8

This class will consist of five 2-hour sessions that will teach how to set up and use many of the amazing features of your iPhone. This will include email, apps, camera and more.

A Few Disclaimers

- The opinions and statements of instructors/presenters are their own and not necessarily those of LifeQuest of Arkansas.
- Please note that LifeQuest's recorded classes are for educational use. LifeQuest reserves the rights to these recordings, and by attending, you are giving your consent to being recorded.
- To read the full Privacy Policy, Opinion Disclaimer and Recording Disclaimer, go to: https://www.lifequestofarkansas.org/who_we_are/privacy_policy.html

LifeQuest of Arkansas COVID-19 Policy

Revised: June 27, 2022

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

Up-to-date proof of vaccination will be required to attend in-person classes. 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.

COVID Guidelines

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.

Additionally, LifeQuest will implement the following guidelines for community levels that are described as High, Medium, or Low.

Community Level High: Masks are required and individuals are required to maintain 6 feet social distancing. Food will not be served. When possible, class will transition to online format.

Community Level Medium: Masks are optional. Instructors may request masks for participants at their discretion. Seating is limited to two-thirds capacity. Food may be served.

Community Level Low: Masks are optional. Food may be served.

This link, updated weekly by the CDC, identifies the community level by county: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>

NOTE: CDC COVID-19 guidelines for community levels can change on a weekly basis. LifeQuest will monitor, and if the level changes, LifeQuest will implement the requirements for that level as updated by CDC and inform the participants, if needed.

Reason for the Policy

To establish clear regulations and guidelines for all LifeQuest staff, participants, volunteers, instructors and vendors as well as 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.

Slice of Life: Fall 2022

SAVE THE DATE!



Founders Day Awards Celebration

Thursday, October 20

Cocktail Reception and Silent Art Auction, 5:30 p.m.
Dinner and Awards Ceremony, 7:00 p.m.

Honorees: Dick Williams, W. Jay Jernigan Award
Mike Watts, Dedicated Service Award

Temple B'nai Israel
3700 N. Rodney Parham Rd., Little Rock, AR 72212

Individual seats: \$65
Look for your invitation in mid-September!

Art graciously created and donated by LifeQuest
members, instructors and friends

TRIBUTE GIFTS

Tribute gifts provide a way to donate to an organization in someone's memory or honor. A gift made in someone's honor allows you to support your (or a loved one's) favorite cause while answering the question "what do you get for the person who already has everything?"

At LifeQuest, we consider these gifts extremely meaningful. They make an impact and touch multiple people: the person making the gift, the person honored by the gift, and those who benefit from the gift. It is truly a win-win-win.

Give a tribute gift by going to the LifeQuest website lifequestofarkansas.org and clicking the DONATE tab under the LifeQuest logo.

When making a donation, be sure to include your name and contact information so that we can thank you for your tax-deductible gift, as well as the name and contact information of the person you are honoring. We want to send a card to them, or their family, to let them know about your meaningful tribute.

VOLUNTEERS NEEDED!

LifeQuest depends on many wonderful volunteers to make our program operate smoothly. We invite you to consider volunteering your time and talents this fall!

- Teach a class or offer a lunch program
- Join the Mail Crew to get brochures ready to mail each term
- Help answer the phone in the LifeQuest office
- Monitor the snack/coffee area between classes
- Help put nametags together before each term
- Give tours for Member Orientation each term
- Write thank you notes to instructors after each term
- Get trained on how to monitor a class on Zoom

We would love to add you to the list of LifeQuest's AMAZING volunteers! Contact Donna Elkey in the LifeQuest office to get involved: 501-225-6073 or delkey@lifequestofarkansas.org

Calling LQ Artists

LIFEQUEST ART SHOW
St. James United Methodist Church
321 Pleasant Valley Drive
Little Rock, AR 72212

LifeQuest will have its own art show in a newly renovated gallery located inside St. James United Methodist Church beginning October 9 and running through Thanksgiving.

Open to all LifeQuest members, instructors and friends, this show is a wonderful opportunity to have your beautiful works available for viewing and sale at the perfect time for holiday shopping.

There are space limitations and we will be filling space on a first come, first served basis.

For more information on how you can be a part of this wonderful opportunity or to get an application for submission, contact the LifeQuest office.

Phone: 501-225-6073 or
info@lifequestofarkansas.org



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P.O. Box 25523
Little Rock, AR 72221

ADDRESS SERVICE REQUESTED

**Fall 2022
In-person,
Hybrid
AND Online**



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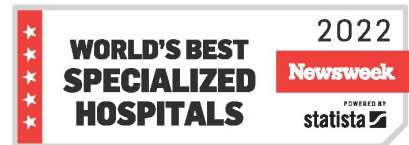
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