



Fall 2024

September 16-November 7*

*Due to the Rosh Hashanah holiday, there will be no class on Thursday, October 3.
Make-up day, Thursday, November 14.

REGISTRATION OPENS August 20 at 9:00 A.M.

Assistance with registration available from 9-10:30 August 20 at LifeQuest.

LifeQuest Fall 2024 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 10 at 11:00 a.m.

LifeQuest: Fall 2024

Table of Contents

Arts & Hobbies	
Acrylic & Oil Painting	8
Beginning Mah Jongg	9
Cardmaking	4
Drawing	6
Games for Fun	11
Intro to Watercolor Pencils	10
Knitting and Sharing	7
Greeting Cards & Paper Crafting	4
Pastels	11
Sculpting	8
Watercolor "A.M."	5
Watercolor "P.M."	6
Zentangle	7
Digital Learning	
Cellphone Photos	10
Health & Science	
Aging, Alzheimer's & Action Plans	7
Central America & the Caribbean	4
LIFE: The Living Entities	5
Everything You Wanted to Know About Life	
Formation & Evolution of the Universe	7
Mental Health Matters	8
History & Politics	
Behind the Headlines	6
European Explorations	10
Hidden Heroines of Natural History	8
Landscape Painting in European Art	8
Napoleon Bonaparte:	11
The Russian Campaign (1812)	
The Clinton Years, Insights	6
U.S. Foreign Policy	6
Veeps Who Never Became President	7
Literature & Language	
Beginning Spanish	7
Conversational Spanish	6
Great Reads Online	4
Great Reads In-person	6
Haiku Mind	5
LQ Book Club	11
<i>Lonesome Dove</i>	11
Poet Laureates & Their Poems	5
Tell Your Own Story	6
<i>Wuthering Heights</i>	9
Menus	
Curbside Meals	12
Lunch & Learn	12
Music & Theater	
Improv for Mind, Body & Spirit	8
Jazz Greats	10
LifeQuest Choir	9
LQ Folkies: Lesser-Known Hidden Gems	8
Notes from the LifeQuest Office	
How to Register for Classes	3
How to Get to Class	3
The Importance of Names	2
LifeQuest Orientation	2
T-shirts	2
Physical Activity	
Advanced Tai Chi	10
Beginning Pickleball "A"	4
Beginning Pickleball "B"	5
Beginning Tai Chi	10
LifeQuest Walks	9
Line Dancing	11
Pilates	4
Tai Chi	4
Yoga	9
Social Topics	
Braver Angels	11
<i>The Chosen: Season 4</i>	11
Grandparenting Today	4
The History of Transcendentalism	5
On Giving to Caesar:	9
An Exploration of Christian Nationalism	
Socrates Café	10
All Sports Considered	11
Support	
Corporate Sponsors	13
Educational Partners	14
Supporting Congregations	14



The LifeQuest Crew
Donna, Heather, Leah & Gina

Notes from the LifeQuest Office

The Importance of Names

"What's in a name? That which we call a rose by any other name would smell as sweet." William Shakespeare used this line in his play *Romeo and Juliet* to suggest that names are irrelevant. I disagree. Both LifeQuest of Arkansas and our parent organization, Shepherd's Centers of America, have changed our names to better reflect and promote our respective missions because names do matter.

LifeQuest of Arkansas was founded in 1981 as Shepherd's Center of Little Rock. In 2003, the board of directors began considering a name change to better describe and distinguish our organization from other similarly named groups and to attract baby boomers. In consultation with Little Rock's Stone Ward advertising firm, the name "LifeQuest of Little Rock" was considered, with potential taglines "Hearts and Minds in Motion" and "Always a Journey." Ultimately, "LifeQuest of Arkansas" was selected, along with the tagline "An endless passion for living and learning."

This fall, as Shepherd's Centers of America celebrates its 50th anniversary, it has unveiled a new name: Aging Forward. This name is a more vibrant reflection of its mission to provide opportunities for older adults to live and age with vitality. "Aging Forward" conveys a sense of progression, aligning with its member affiliates, like LifeQuest, in empowering members to lead healthful, active lives as they age.

Names matter! LifeQuest of Arkansas is proud to be a part of the Aging Forward alliance.

Leah Greenfield



**LifeQuest T-shirts for Sale!!
Get your LifeQuest
t-shirt now!**

**We have a limited supply in stock in the
LifeQuest office.**

**100% cotton navy blue long and short
sleeve options available.**

long sleeve: \$25 and short sleeve: \$20

LIFEQUEST ORIENTATION

**Tuesday, September 10, 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:

- Learning together in-person and online
- Class locations, who's who and more
- How to attend in-person or online
- And more

Optional Zoom link can be found on the LifeQuest website at lifequestofarkansas.org

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

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, August 20.

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.

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.

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.



Volunteers will be available at LifeQuest on Tuesday, August 20, to help anyone who needs assistance in registering online in Room 62/63 from 9:00 a.m. - 10:30 a.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.

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 (eg. 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. A list of personal supplies needed for the first day of class is available in the Materials section of the LifeQuest website. **Prior experience preferred.**

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

GRANDPARENTING TODAY:

The Challenges and Transitions Facing Our Grands

Elizabeth Vines, Facilitator

Format: Online, limit - 15; Not recorded

Join us as we explore the joys and struggles of grandparenting in today's world. As they relate to our grandchildren, these topics will be covered: Social Media & Unplugging from Technology; On the Spectrum; Peer Pressure; Transitioning to 'Big School,' Middle & High School, & College; Helping with Adolescent Changes & Challenges; and Holiday FUN!

Our group is participatory and discussion-based. Online resources relating to our topics will be sent each week in advance of class. Come and join us and learn more about modern grandparenting AND make some great, new friends!

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. - 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.

MONDAY, Cont.

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. - 12:50 P.M.

4 Weeks Only: September 30 - October 21

CARDMAKING WITH CONNIE

Connie Wardell, Instructor

Materials fee: \$20

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. We'll be making some cards for all occasions and some holiday cards using advanced techniques such as embossing, layering, and folding. A list of needed supplies will be emailed to you before class. **Prior experience preferred.**

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

CENTRAL AMERICA AND THE CARIBBEAN

Jerry Hanson, Instructor

Format: Online, no limit; Recorded

This class will address significant questions surrounding this region of the world such as:

- What are the cultural differences between the two?
- Why is Mexico a dominant force in Central America?
- Why was Spain such a cultural influence in this area?
- What has been the United States' impact here?

12:00 P.M. - 1:15 P.M.

BEGINNING PICKLEBALL "A"

Pam Kiser & 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. **Wear appropriate exercise clothing, including court shoes. You will need to provide your own paddle.**

MONDAY, Cont.

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

HAIKU MIND

Shannon Chamberlin & Lynn Senn, Facilitators

Format: Online, limit - 16; Not recorded

Participants will buy the book, "Haiku Mind" by Patricia Donegan, and read the introduction and first 3 haiku prior to the first class. "Haiku mind" is a way to see our everyday world and live our lives with the awareness of the moment, a reminder for us to pause and be present, to be mindful of the ordinary moments of our lives. We will discuss the book and share haiku we have written during the week. Writing is voluntary and guidance is available as needed if writers want help.

1:30 P.M. - 2:45 P.M.

BEGINNING PICKLEBALL "B"

Patty Neumeier & Mary Todd, 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. **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 - 18; 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 before as well as painters with previous painting 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, not both.**

TUESDAY, Cont.

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

THE HISTORY OF TRANSCENDENTALISM AND ITS MAJOR FIGURES

Terry Goddard, Instructor

Format: In-person, limit - 80; Not recorded

Transcendentalism is the quintessential American philosophy. Its creation is attributed to Ralph Waldo Emerson and thrived during the mid-nineteenth century. In this class, we will explore the history of the movement while examining some examples of transcendentalist reforms. Likewise, we will learn about several of the major transcendentalist figures from Emerson to the lesser known, but in many ways equally important, Margaret Fuller.

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

POET LAUREATES AND THEIR POEMS

JoEllen Willis, Instructor

Format: Online, limit - 20; Not recorded

Over 40 poets have served as Chair of Poetry at the at the Library of Congress. The position was renamed in 1985 to Poet Laureate. In this class, we will explore some of these poets. We will consider selected poems, and discover some of their careers, prizes, and influences. How do the poets of the 1930s compare with poets of the 2000s? All poems will be available online. Do you have a poet laureate you would like to discuss? Bring your suggestions to the first class.

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

CONVERSATIONS WITH FRED

LIFE: The Living Entities, Everything You Wanted to Know about Life

Fred Silva, Instructor

Format: Online, no limit; Recorded

- The Real Beginnings: Existence - The ultimate gift? Why is there something rather than nothing? What is time? Does anybody know what time it is? The Big Bang!
- Life: Defining Life; The Origins of Life; and Viruses and Prions
- Life Part 2: The Formation of Our Earth and the Evolution of Life
- Life Part 3: The Patterns of Life; Extremophiles and Other Weird and Wonderful Life Forms
- Life Part 4: Getting to Us from There
- Our Amazing Brain
- Our Human Body
- Medicine and Our Future (including transhumanism, nanotechnology and AI)

TUESDAY, Cont.

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

TELL YOUR OWN STORY

Connie Wardell and JoEllen Willis, Facilitators

Format: Online, limit - 14; Not recorded

Want to leave a legacy for your children and grandchildren? 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 - 18; 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 before as well as painters with previous painting 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, not both.**

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 2024" 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.

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

CONVERSATIONAL SPANISH

¡HABLEMOS MÀS ESPAÑOL!

Dave McAlpine, Instructor

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 various Spanish language newspaper articles each week followed by discussion. We will review some conversational and grammar points as they arise in the articles. Come and learn more about the Spanish-speaking world as you improve your Spanish!

WEDNESDAY, Cont.

9:00 A.M. - 10:50 A.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. Regardless of experience, 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.

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

THE CLINTON YEARS: INSIGHTS

Experts from the Clinton Presidential Library, Instructors

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

Every presidential administration can be said to be a time that changed America but the 1990s--Clinton's Years--were a period of tremendous change. This course will provide views large and small into the decade's events and how the Clinton administration reacted to or created those events.

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.

U.S. FOREIGN POLICY AND THE 2024 PRESIDENTIAL ELECTION

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

Format: Hybrid, In-person limit - 100; Recorded

This term, as in the past, we'll focus on what appears in the national and local press to identify and discuss foreign policy issues from the point of view of the informed citizen. Be warned: It's likely to be more overtly political than has previously been the case, since the last class of this term is the day after the November election. We'll look at questions arising during the campaign, as the candidates present them, with an emphasis on the origin and history of the positions the candidates avow. For example: Characterizing the U.S. role in the world; immigration/deportation; greatness and strength with specific reference to globalization, international organizations, and support for Ukraine/Israel/other countries; and how these attitudes and policies might be implemented through administrative and personnel changes.

WEDNESDAY, Cont.

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

AGING, ALZHEIMER'S AND ACTION PLANS

Jeanne Rollberg, Coordinator

Format: In-person, limit - 80; Not recorded

Managing the challenges of aging, especially as regards brain health of all kinds, is receiving more attention as more than 6 million nationally and 60,000 Arkansans and their families struggle with Alzheimer's. This class will explore an overview of brain health issues including Alzheimer's, senior caregiving, resources, research and new medications, and lobbying at the state and national levels for a brighter future. You can create an action plan for your particular family needs after exposure to community professionals and resources.

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

BEGINNING SPANISH

PARA EMPEZAR:

Interacciones y Exploraciones

Dave McAlpine, Instructor

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

This introductory Spanish class will offer you beginning Spanish language opportunities in order to interact in basic encounters with Spanish speakers as you acquire Spanish for a variety of needs. Greetings and goodbyes, expressions of courtesy, physical and emotional needs, schedules, telling time, describing yourself, and others are a few of the topics we will cover as we explore the cultural varieties of the Spanish-speaking world.

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.

ZENTANGLE

Ann Filiatreau & Lynn Senn, Instructors

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

The Zentangle Method is an easy-to-learn, meditative, and fun way to create beautiful images by drawing structured patterns. You don't need to be artistic, good at drawing, or have any prior art experience at all, just the willingness to try! The patterns may look complicated but once they're broken down and you learn how to do them step by step, you'll see how simple and easy Zentangle really is. There are no mistakes in Zentangle!

WEDNESDAY, Cont.

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

VEEPS WHO NEVER BECAME PRESIDENT

Dick Williams, Coordinator

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

Although the presidency is only a heartbeat away, history seems to suggest that being Vice President doesn't make it any easier to win the top job. Learn about eight vice presidents who lost their bids for the presidency.

(LifeQuest instructors in parentheses)

September 18: Hannibal Hamlin (Jonathan Wolfe)

September 25: Aaron Burr (Judge Larry Vaught)

October 2: Nelson Rockefeller
(Judge Mary McGowan)

October 9: Henry A. Wallace (Sherry Bartley)

October 16: John C. Breckenridge
(Dick Williams)

October 23: Hubert Humphrey (Pat Goss)

October 30: Spiro Agnew (Fred Ursery)

November 6: John C. Calhoun (Dent Gitchel)

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

FORMATION AND EVOLUTION OF THE UNIVERSE

Michael Borrelli, Instructor

Format: Hybrid, In-person limit - 100; Recorded

Covered topics will include:

- How humans have perceived the universe
- Presentation of the current best models for the origin, evolution and future of the universe.
- Big Bang Theory
- Formation and evolution of stars, galaxies and planetary systems
- Mysteries of Dark Matter and Dark Energy
- The latest findings from James Webb, Hubble and other telescopes
- The rapidly developing topic of exoplanets in the Milky Way and other galaxies.

This class will also include optional evening observing sessions at dark-night sky sites near Little Rock.



WEDNESDAY, Cont.

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

LESSER-KNOWN HIDDEN GEMS:

Other Voices

David Allen, Kevin Hays, Joe Lombardi, Ralph McKenna, Micky Rigby, Rich Roy, and Mike Schaefer, Instructors

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

In this class we will continue our theme of Hidden (or lesser-known singer/songwriter) Gems from the folk music revival of the 1950s through the 1970s. However, stemming from participant feedback from previous classes, we will incorporate more live-music presentations by the LifeQuest Folkies themselves. Thus, the "other voices" will be our own renditions these 'lesser-known gems,' and also facilitate class participation. The final two sessions will include a LifeQuest Folkies concert and class hootenanny, respectively.



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

LANDSCAPE PAINTING IN EUROPEAN ART

Floyd Martin, Instructor

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

This class will examine the genre of landscape painting in European art of the 17th, 18th, and 19th centuries. We will explore its origins, and how it came to be one of the most appreciated modes of expression. Included will be figures such as Poussin, Claude, various Dutch masters, Turner, Constable, Friedrich, Hudson River painters, and the Impressionists.

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

4 Weeks Only: September 18 - October 9

HIDDEN HEROINES OF NATURAL HISTORY

Jane Jones-Schulz, Instructor

Format: In-person, limit - 80; Not recorded

Beloved children's author of the Peter Rabbit stories, Beatrix Potter was an expert on mushrooms and an ardent public lands conservationist while defying the social norms of the day. This class will take an in-depth look at her life's challenges and achievements, followed with an overview of other female naturalists throughout history whose achievements have often gone unnoticed. Learn about the resilience and impact of these women who contributed to our understanding of the natural world and paved the way for future generations.

WEDNESDAY, Cont.

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

MENTAL HEALTH MATTERS:

Current Mental Health Issues

Lewis Krain, PhD, Instructor & Coordinator
Format: In-person, limit - 80; Not 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. This class will bring these experts to LifeQuest to present a variety of important topics in current mental health, with a focus on issues relevant to the older population. Planned topics include aging, substance use, depression, dementia, driving, and challenges related to mental health within the justice system. Classes will include opportunities for questions and discussion. This class will be accessible to all participants; no medical background necessary!

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: In-person, limit - 18; Not 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.

WEDNESDAY, Cont.

1:00 P.M. - 3:00 P.M.
October 2 - October 30

LIFEQUEST WALKS WITH CHARLES

Charles Mullins, Facilitator

Format: In-person, limit - 30; 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.

October 2: Arboretum
October 9: Audubon Nature Walk
October 16: The Ranch
October 23: Emerald Park
October 30: Rattlesnake Ridge or Blue Mountain



THURSDAY, Cont.

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

ON GIVING TO CAESAR:

An Exploration of Christian Nationalism

Rev. Dr. Preston Clegg, Instructor

Format: Hybrid, In-person limit - 100; Recorded

The phrase "Christian Nationalism" has entered our public discourse, and what was once considered a fringe ideology is becoming more and more of a mainstream movement, with numerous politicians at various levels of government claiming the title. What is behind the rise of this ideology? What is the proper relationship between Christians and their government, especially in this country which espouses religious liberty for all people? How is Christian Nationalism best resisted?

These questions and more will be explored in this class.



THURSDAY

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

LIFEQUEST CHOIR

Doug Hoffman, Instructor

Format: In-person, limit - 40; 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! Open to music readers and non-music readers.

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

WUTHERING HEIGHTS

Joan Gage, Instructor

Format: In-person, limit - 80; Not recorded

We will revisit this family saga of passion and revenge to examine its compelling characters and its place in the social and literary contexts of its day.

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 rummy-like 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.

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

YOGA WITH BRANDY

Brandy Tinsley, Instructor

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

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.

THURSDAY, Cont.

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

CELLPHONE PHOTOS

*Doris Krain, Nancy Haynes, and
Helen Jones, Instructors*

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

This class is not intended to be an introductory or beginner class. Learn to improve your phone photography by applying the basics of composition, exposure, and lens selection to various photography genres including portraits, landscapes and video.

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 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.

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

INTRODUCTION TO WATERCOLOR PENCILS

Anne Parat, Instructor

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

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.

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

EUROPEAN EXPLORATIONS

Ticu Gamalie, Instructor

Format: In-person, limit - 80; Not recorded

This class will take a journey through time as we explore the good, the bad, the ugly and even the sometimes humorous times in European history.

- Albion's Southern Gate:
From Agincourt to D-Day
- Waltzing Matilda Through the Balkans:
The Habsburg Torch
- The Powder Keg or the Powder Trail:
The Quarrelsome South-Slavs Cousins
- Three Men in a Boat:
The Romanian Passion Play



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

JAZZ GREATS WITH TOM COX

Tom Cox, Instructor

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

The class will examine some of jazz music's greatest performing artists, composers, and styles using an info/performance (jazz pianist class instructor), class discussion format. Some of the most original and influential artists (mostly pianist but not exclusively) composers, and styles from the be-bop era of the 1940s to today's multi-varied styles and global music influences will be performed and discussed.

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.

THURSDAY, Cont.

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

BRAVER ANGELS

David Childs, Kent Myers, and Glen White, Facilitators

Format: In-person, limit - 80; Not recorded

This class will provide teaching and practice in communication and conflict resolution skills with a goal of improving the ability to have civil, respectful conversations with those whose political views differ from ours. We provide information and discussion about political polarization and why civil communication is important; evaluate our own polarizing tendencies and explore ways we can depolarize ourselves; learn and practice skills in hypothetical situations with coaching; and participate in a series of civil conversation sessions on a variety of topics using these skills.

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

LONESOME DOVE

Earl Ramsey, Instructor

Format: In-person, limit - 80; Not recorded

At his death recently, in my judgment, Larry McMurtry was our greatest living novelist and *Lonesome Dove* is his masterpiece. Among the issues we will examine are how much, if at all, the novel affirms the myth of the frontier. The novel is long, but it is not a difficult read. Any text of the novel will work.

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

NAPOLEON BONAPARTE:

The Russian Campaign (1812)

John Giessmann, Instructor

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

This course will cover Napoleon's march to Moscow, the battle of Borodino, the burning of Moscow, and the crossing of the Berezina.

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

ALL SPORTS CONSIDERED

Larry Walton, Facilitator

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

Come join Larry as he invites special guests and leads discussions about the ins and outs of various sports and athletes around Arkansas.

THURSDAY, Cont.

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

THE TELEVISION SERIES *The Chosen*, Season 4

Larry Walton, Instructor

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

The Chosen is a historical drama that examines the life of Jesus through the eyes of his followers. This class will view clips from the series and discuss. This term, we will be examining Season 4.

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! Reading selection will be provided after registration.

12:00 P.M. - 1:50 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

Shirley Anderson, Clarence Cash, 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.

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

- 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 two and \$10 for dessert that serves four to six. Pick up on Thursdays between 11:45 a.m. - 12:15 p.m. If not picked up by 4:00 p.m., they will be held 24 hours before being donated.
- Meals can be ordered online at lifequestofarkansas.org, by calling the LifeQuest office at 501-225-6073 or stopping by the office.

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 18

Vegetable Lasagna, Salad, Rolls,
"Just the Best" cookies

September 25

Chicken Artichoke Casserole, Apricot
Pecan Rice, Rolls, Pineapple Carrot Cake

October 2

Sausage Rigatoni, Salad, Rolls,
Pumpkin Bars

October 9

Pot Roast with Veggies, Rolls,
Coca Cola Cake

October 16

Chicken Enchiladas, Goopy Butter Cake

October 23 - Founders Day Luncheon

Baked Spaghetti Casserole, Caesar Salad,
Lemon Cake

October 30

Chicken Marsala, Pasta, Rolls, Baked
Fudge with Cinnamon Whipped Cream

November 6 - Veteran Recognition Luncheon

Pork Tenderloin, Smashed Potatoes,
Blueberry Cake

Thursday Curbside Menu

September 19

Entrée: Poppy Seed Chicken
Dessert: Strawberry Cake

September 26

Entrée: Beef Tips
Dessert: Cinnamon Rolls

*October 10

Entrée: Ranch Chicken
Dessert: Brownies

October 17

Entrée: Sausage Jambalaya
Dessert: Bread Pudding

October 24

Entrée: Meatloaf
Dessert: Banana Pudding

October 31

Entrée: Chicken Spaghetti
Dessert: Pecan Sticky Buns

November 7

Entrée: Baked Ziti
Dessert: Peach Cobbler

*November 14 - Thanksgiving Meal

Entrée: Turkey, Sweet Potato Casserole,
Green Bean Casserole, Dressing
Dessert: Pumpkin Cake

*Please note we are closed October 3 in observance of Rosh Hashanah. The 8th Meal will be November 14.

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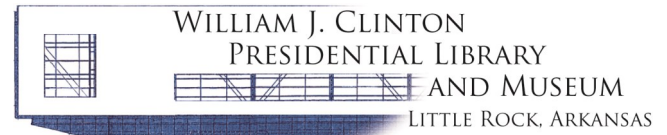
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