



Winter 2025

January 13 - March 6

REGISTRATION OPENS [December 10 at 9:00 A.M.](#)

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

LifeQuest Winter 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," [January 8 at 11:00 a.m.](#)

LifeQuest: Winter 2025

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Volunteers will be available

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

Notes from the LifeQuest Office

Inclement Weather Policy

In the event of inclement weather this winter, we follow the Little Rock School District policy. If the schools are closed, our offices and in-person classes will be cancelled. Check the LifeQuest Winter 2025 Private Group on Facebook for more information.



Looking Forward with Leah



As Shepherd's Centers of America celebrated its 50th anniversary last year, it embraced a new name: Aging Forward Alliance. Now, LifeQuest of Arkansas is proud to be a part of the Aging Forward Alliance, and beginning this year, I have the honor of serving on the Aging Forward Board of Directors.

In September at the Aging Forward National Conference in scenic Lake Junaluska, NC, I had the opportunity to connect with and learn from representatives of affiliate organizations across the United States. Currently, there are 50 Aging Forward affiliates in the U.S., with LifeQuest distinguished as the **largest lifelong learning program in the country!**

With the start of a new year, we're excited to launch several initiatives designed to enhance the experiences of LifeQuest members and volunteers. Last fall, our new (2025) board Chair, Martha Hunt, and new Curriculum Committee Chair, Elizabeth Vines, participated in a Vision Planning Workshop with LifeQuest members and volunteers to outline our priorities for the future. As we put these plans into action, we also welcome your ideas — especially those focused on attracting and retaining new members — to keep our programs vibrant and strong, ensuring LifeQuest's continued leadership within the Aging Forward Alliance.

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, January 8, 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, December 10.

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

In a discussion-based environment with a participatory group, join us online as we discuss struggles facing our grands, as well as ways of sharing our legacies. Online resources relating to our topics will be sent each week in advance of class. Learn more about modern grandparenting AND make some great new friends!

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

- * What our grands need to hear from us;
- * Passing on our legacies and values;
- * Creative tips for preserving memories for future generations;
- * Helpful Apps for grandparents;
- * Best actual gifts you have given your grands;
- * Budget-friendly activities to do with grands;
- * Helping our grands deal with divorce and its aftermath; and
- * Over the river and through the woods — long distance grandparenting

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.

PASO A PASO* INTO SPANISH

Jenni Duncan, Instructor

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

Spanish for beginners starts with letter sounds and moves to basic verbs to talk about family, community, and getting acquainted. No books needed; handouts will be posted on the LifeQuest Materials page. Take your first steps into Spanish!

*Step by step!

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.

MONDAY, Cont.

11:00 A.M. - 12:30 P.M.

BEGINNING PICKLEBALL "A"

Sponsored by The Athletic Clubs of Little Rock

Mary Todd, Instructor

Format: In-person, limit - 10; 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.**



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

4 Weeks Only: January 13 - February 3

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 using advanced techniques such as embossing, layering, and folding. A list of needed supplies will be emailed to you before class.

Prior experience needed.

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

CHAIR YOGA

Karin Bara, Instructor

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

Love yoga but need something that doesn't involve getting up and down from the floor? Then chair yoga is for you. Breathing, stretching and even strength building can all be done using a chair so come and join us.

MONDAY, Cont.

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

BOOK DISCUSSION

The Mature Mind: The Positive Power of the Aging Brain

Lynn Senn, Facilitator

Format: Online, limit - 14; Not recorded

Participants will obtain a copy of *The Mature Mind: The Positive Power of the Aging Brain* by Dr. Gene D. Cohen and read the introduction and first chapter to discuss during the first class. Cohen delivers good news for those in the second half of life. With cutting-edge neuroscience, groundbreaking psychology, fascinating vignettes from history and case studies, and practical advice for personal growth strategies, he challenges the belief that our brain power inevitably declines as we age and shows that there are actually positive changes taking place.

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

BEGINNING PICKLEBALL "B"

Sponsored by The Athletic Clubs of Little Rock

Anthony Dillard, Instructor

Format: In-person, limit - 10; 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 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.**

TUESDAY, Cont.

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

One-Time Workshop: February 11 Only

WATERCOLOR MOUNTAIN LANDSCAPES

David Paul Cook, Instructor

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

Guided by the instructor, the students will use pencil, watercolor paper, newsprint, and watercolors to create a monochromatic Landscape Painting of the Arkansas Ozark Mountains. The instructor will also discuss this manner of painting, and show examples. Beauty, simplicity, and serenity will be discussed. Supplies provided.

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

WHO WAS JESUS?

Terry Goddard, Instructor

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

Throughout the centuries, people have asked, who was Jesus? Was Jesus simply a man; a God; a God-Man or a/the Son of God? We Jesus an angel or possibly an apocalyptic prophet; a zealot; a magician; or perhaps a spirit person? To complicate the issue, some folks have questioned whether or not he even existed. This class will explore the enigma that was Jesus of Nazareth. The instructor will present claims of who Jesus was from the perspectives of a variety of scholars of the New Testament and early Christianity. We'll discuss authors such as Bart D. Ehrman, Marcus J. Borg, N.T. Wright, John Dominic Crossan, and more.

10:00 A.M. - 12:00 P.M.

Two Weeks Only: January 14 & January 21

CHANGE LIVES THROUGH LITERACY

ACTION! Session 1

Roger Hawkins, Instructor

This class is sponsored by Literacy Action of Central Arkansas.

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

Did you know that 1 in 5 adults in central Arkansas reads at a very low level? 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 two 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

This class is free and open to the public.

TUESDAY, Cont.

10:00 A.M. - 12:00 P.M.

Two Weeks Only: January 28 & February 4

CHANGE LIVES THROUGH LITERACY

ACTION! Session 2

Roger Hawkins, Instructor

This class is sponsored by Literacy Action of Central Arkansas.

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

Did you know that 1 in 5 adults in central Arkansas reads at a very low level? 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 two 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

This class is free and open to the public.

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

POET LAUREATES AND THEIR POEMS

JoEllen Willis, Instructor

Format: Online, limit - 20; Not recorded

Poets have a champion in the Library of Congress, which has sponsored a Consultant in Poetry since the 1930s. The position was renamed and reimagined in 1985, designated as Poet Laureate. We will explore the history of poetry at the Library of Congress, as well as biographical information about some of the poets. Classes will include recordings of poets reading their work. We will discuss selected poems each week, and all poems will be available online. This will be new material, not a repeat of the fall term.

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

FOSSE: "Life is a Cabaret My Friends"

Wayne Chapman, Instructor

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

Let's celebrate the choreography of the dancer/choreographer who has won more Tony awards (7) than any other choreographer- Bob Fosse! Chicago, Sweet Charity and Cabaret are just a few of the musicals that will be reviewed. The class will explore the Fosse style and celebrate dancers like Gwen Verdon, Ben Vereen and Liza Minnelli.

TUESDAY, Cont.

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

DRIVING: What Cars Tell Us About Our Society and Ourselves

Jeff Nash, Instructor

Format: Online, no limit; Recorded

This class explores the effects that automobiles have had and are having on the organization of society, our social values and our environment. Topics include the history of the car culture, the political and economic forces that shape car culture, social class and cars, and road politics. Both positive and negative consequences are identified, and trends for the future of car dependency are depicted.

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

A POTPOURRI: Primers and Updates of Interesting Topics

Fred Silva, Instructor

Format: Online, no limit; Recorded

A Potpourri of Interesting Topics

- Time: What is it and where does it go? Does anybody know what time it is?
- Viruses and Emerging Infectious Diseases
- Nuclear Power Plants and Nuclear War
- Genetics and Ethics: Genetic Testing and Genetic Engineering
- Multiverses: Why only one?
- Neurosciences and the Brain: Getting Ahead
- Science and Sci-Fi: From Reel to Real
- Artificial Intelligence



TUESDAY, Cont.

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 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.**



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

CONSCIOUSLY LIVING AT THE END OF LIFE

Dr. Patricia Kohler and Wayne Chapman, Instructors

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

The beginning of life and the end are so similar; the intensity of it, the mystery and all of the unknowns. You have to relinquish your sense of control and agenda and ride it out, and be super attentive in the moment. This class will explore ways to make our last days ecstatic. Dr. Kohler is an End-of-Life Doula and trained with Barbara Karnes (author of the little blue book *Gone from My Sight*), and the director of the Center for Conscious Living and Dying.

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 Winter 2025" 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.

WEDNESDAY, Cont.

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.

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

TWO RECENT AMERICAN NOVELS INSPIRED BY CLASSIC NOVELS

Chuck Chappell, Instructor

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

Percival Everett published *James* in 2024, and this novel draws form and content from *The Adventures of Huckleberry Finn* by Mark Twain, published in 1884-1885. Barbara Kingsolver published *Demon Copperhead* in 2022, and this novel draws form and content from *David Copperfield* by Charles Dickens, published in 1849-1850. The focus of our discussions during this course will be on the two current novels, examining *James* during the first four weeks and *Demon Copperhead* the last four weeks.

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

WORLD WAR II BATTLES AND HEROES

Pat Goss and Dick Williams, Instructors

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

This class will take a look back 80 years to the important and strategically significant battles of World War II and the heroes who fought them.

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.

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.)

WEDNESDAY, Cont.

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

GARDENING: The How and Why of Native Plants

Leslie Cooper, Janet Lanza, and Wendy Shoffner, Instructors

Format: In-person, limit - 60; Not recorded

- What is the problem?
- Monarch Butterfly and Bee Biology
- Creating and Managing Pollinator Habitats
- Benefits of Native Plants
- Replacing Invasives with Replacements
- Arkansas Wild Spaces
- Conservation-Friendly Yards
- Wrapping It All Up

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

WHAT TO LISTEN FOR IN CLASSICAL MUSIC

Nancy Fleming, Instructor

Ansley Fleming, Pianist

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

All human beings listen and respond to music. But how do we listen, and what do we hear? Although the focus will be on classical music, this course is designed to improve your listening skills and your enjoyment of music, regardless of your previous experience or musical preferences. Musical examples played in class will include recorded and live performances.

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

CON ARTISTS

Dick Williams, Coordinator

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

Con artist: a person who cheats or tricks others by persuading them to believe something that is not true. This class will take a look at some of history's most notorious con artists.

(LifeQuest instructors in parentheses)

January 15: William Rockefeller Sr.
(Dent Gitchell)

January 22: Ferdinand Ward
(Judge Larry Vaught)

January 29: Ferdinand Demara
(Judge Mary McGowan)

February 5: Jho Low (Dick Williams)

February 12: Elizabeth Holmes (Fred Ursery)

February 19: Anna Anderson (Jon Wolfe)

February 26: Frank Abagnale Jr. (Pat Goss)

March 5: Billie Sol Estes (Jim McHaney)

WEDNESDAY, Cont.

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

ZENTANGLE

Ann Filiatreau, Instructor

Materials Fee: \$7

Format: In-person, limit - 24; 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!

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

SERIAL KILLERS: A Dying Breed?

Gail Laster, Instructor

Format: In-person, limit -60; Not recorded

Are you a fan of True Crime? The recent decline in serial killers has no single known cause but is attributed to a number of factors. As we examine these factors, we will look at recently caught serial killers and their careers, and how they were caught, as well as some of the older serial killers. Dennis Rader (BTK), Joseph James DeAngelo (Golden State) and Rex Heuermann (Gilgo Beach) are a few of the recently caught serial killers whose lives we will explore. Join us as we explore this dark side of the human psyche.

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.

ACRYLIC AND OIL PAINTING

Bob Snider and Patricia Bueter Donnelly, 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!

THURSDAY

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

Six Weeks Only: January 30 - March 6

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!



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.



THURSDAY, Cont.

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

SKETCHING

Ken Williams, Instructor

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

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.

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.



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

ON SCREEN WITH PHILIP MARTIN

Philip Martin, Instructor

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

Join film critic Philip Martin to view and discuss various films and/or TV series. Selections will be announced the first day of class.

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.

- When Mona Lisa Smiled: Explore the stories of Pisa and Florence and their sometimes "unbrotherly" love.
- The City Where Buildings Speak for Themselves: An homage to Barcelona and Catalonia
- All Roads Lead to Rome: Understanding why Rome is so important in the history of the world.
- Between the Rock and a Hard Place: One last patch of former imperial nostalgia and the unexpected consequences of the Brexit vote.

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

EUROPEAN BAROQUE ART & ARCHITECTURE

Floyd Martin, Instructor

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

This class will examine art and architecture of the 17th-century Baroque period. Among the major artists will be Caravaggio, Bernini, Velazquez, Rubens, Hals, Rembrandt, Poussin and others. How Baroque artists looked back to antiquity and the Renaissance for inspiration, and how they laid foundations for art of later times will be discussed.

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.

SO YOU THINK YOU KNOW ARKANSAS

Charles Feild, Instructor

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

Arkansas is known as The Natural State and the home of the Razorbacks but what else do you know about Arkansas? A medley of topics might include: Arkansas Transportation, Public Health: Illness and Medicine, New Madrid Earthquake, Baseball and Secession.



THURSDAY, Cont.

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

A BROAD HISTORY OF HUMANITY:

Where Did We Come From? Where Are We Going?

John Slater, Instructor

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

The fascinating science of our story: the formation of our home, the planet Earth, and the advent of life and its evolution into various life forms leading to the eventual arrival of Homo sapiens (that's us!). Then we'll take a look at what lies ahead.

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

NAPOLEON BONAPARTE:

The War of German Liberation

John Giessmann, Instructor

Format: Hybrid, In-person limit - 60; Recorded

This class will examine how the allied nations of Europe finally took steps to defeat Napoleon and drive him from Germany. We will cover the battles of Lutzen, Bautzen, Dresden, and the Battle of the Nations (Leipzig).

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 perimeters of proper timing.

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

CAPTURING YOUR IMAGINATION ON PAPER:

The Art and Craft of Writing

Jill Jones, Instructor

Format: In-person, limit - 12; Not recorded

If you've always wanted to capture the novel you want to write or the poetry, play or memoir you have inside you, this class is for you. Everyone wants to tell a story whether it's fiction or nonfiction. In this class, presented by a published author and Road Scholar lecturer, you will learn about writing and capturing your imagination in a nonthreatening, encouraging and supportive environment. It's not about grammar and it will be fun!

THURSDAY, Cont.

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

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 will need to have read *All the Lonely People*, by Mike Gayle. 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. - 1:50 P.M.

YOGA WITH JESSICA

Jessica Durand, 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.

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

PASTELS

Clarence Cash, Caprise Cooper, Susan Hurst and Debbie Strobel, Instructors

Format: Hybrid, In-person limit - 18; 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. Meals generally include a main dish, vegetable, salad and dessert. Water and coffee provided. 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

January 15

Hearty Beef Stew, Cornbread,
Apple Crisp

January 22

Lasagna, Caesar Salad, Rolls,
Chocolate Cake

January 29

Minestrone Soup, Garlic Rolls, Salad,
Cookies

February 5

Chicken Pot Pie, Salad,
Brownies

February 12

Red Beans and Rice, Cornbread,
Cherry Cobbler

February 19

Ranch Chicken, Au Gratin Potatoes,
Lemon Cake

February 26

Baked Ziti, Salad, Herbed Rolls,
Blueberry Cobbler

March 5

Beef Tips, Rice, Salad,
Banana Pudding

Thursday Curbside Menu

January 16

Entrée: Chili
Dessert: Chocolate Cake

January 23

Entrée: Chicken Spaghetti
Dessert: Cinnamon Rolls

January 30

Entrée: Spaghetti & Meatballs
Dessert: Brownies

February 6

Entrée: BBQ Chicken
Dessert: Banana Pudding

February 13

Entrée: Parmesan Chicken
Dessert: Strawberry Shortcake

February 20

Entrée: Chicken Enchiladas
Dessert: Pecan Sticky Buns

February 27

Entrée: Pork Chops
Dessert: Apple Crisp

March 6

Entrée: Beef Brisket
Dessert: Bread Pudding

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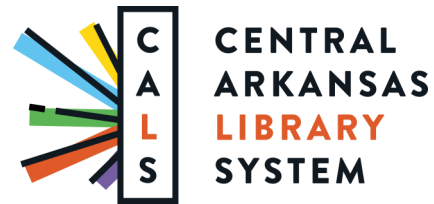
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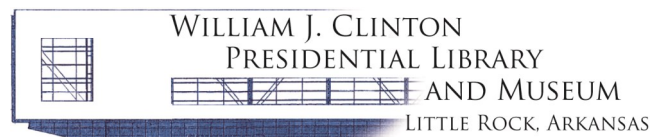
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