



# SPRING 2017

April 5 - May 25

501-225-6073 / [info@lifequestofarkansas.org](mailto:info@lifequestofarkansas.org)

Classes held at Second Presbyterian Church, 600 Pleasant Valley Drive, Little Rock, AR 72227

**REGISTRATION FEE: \$65 by March 24—\$75 afterward**

*Note: Registration covers all Wednesday & Thursday classes for the entire 8 week term.*

*Some classes require an additional class fee.*

*Register AND pay online at [www.lifequestofarkansas.org](http://www.lifequestofarkansas.org)*

## NEW MEMBER ORIENTATION:

**March 29, 9:30-10:30 a.m. in Second Hall at Second Presbyterian Church**

---

## WEDNESDAY CLASSES:

8:30 a.m. - 9:50 a.m.

### **ADVANCED SPANISH (1.5 hrs)**

*Marcie Smith, Instructor; Charlie Frith, Coordinator*

For people with some experience speaking Spanish.  
(A book may be ordered at an additional cost.)

9:00 a.m. - 9:50 a.m.

### **BEHIND THE HEADLINES**

*John Brummett, Instructor*

Lively commentaries on state and national politics  
with this popular Arkansas Dem-Gaz, op-ed  
columnist.

9:00 a.m. - 10:50 a.m.

### **KNITTING & SHARING (2 hrs)**

Share your knitting knowledge and learn from others.  
No instruction. *Enrollment limited to 20.*

9:00 a.m. - 11:50 a.m.

### **BASIC DRAWING (3 hrs)**

*Bill Fulton, Instructor; Marietta Kehler, Coordinator*

Open to beginners & experienced artists and may be  
repeated. Topics remain the same, but the lessons  
change to keep your interest. The instructor will  
present demos in each class. You will learn drawing  
techniques, engage in a social event with others, and  
have fun! Bring pictures of personal interests to draw,  
paper, pencil, and eraser to class.

### **EXPERIENCED WATERCOLOR INSTRUCTION (3 hrs)**

*Judy Smithey, Instructor; Marietta Kehler, Coordinator*

This class is for experienced students. All water  
media is acceptable. There will be individual  
instruction and critiques with a focus on composition.  
*Enrollment limited to 22.*

10:00 a.m. - 10:50 a.m.

### **SPANISH—LEVEL II**

*Isabel Adams, Instructor; Shelley Wold, Coordinator*

Learn new vocabulary, increase your conversational  
skills and comprehension, and know more about the  
culture of the Spanish-speaking countries. Text—  
“Spanish Conversation” by Jean Yates (McGraw-Hill).

### **THE DRAGON RETURNS: CHINA SINCE 1949**

*David Larson, Ph.D., Instructor; Garrett McAinsh, Coord.*

Explore developments on the Chinese mainland from  
1949, when a struggling nation underwent yet another  
revolution, to the present, when one of the major pow-  
ers of the globe confronts an uncertain future. To put  
modern China into proper context, we'll devote a lec-  
ture or two to earlier Chinese history.

### **ARCHAEOLOGY**

*Jane Anne Blakney-Bailey, Ph.D., Instructor;*

*Elvon Lloyd, Coordinator*

The first half of this course will begin with lessons  
relating to the prehistoric and historic archaeological  
sites in Arkansas and the southeastern United States.  
The second half will focus on how archaeologists  
uncover information, including from sites in challeng-  
ing environments such as the ocean!

### **MODERN EUROPEAN DRAMA**

*Joan Gage & Barry Hardin, Instructors;*

*Shelley Wold, Coordinator*

This course involves readers' theatre and directed  
discussion of three modern European plays: Ibsen's  
“The Wild Duck”, Chekhov's “The Seagull” and  
Ionesco's “Rhinoceros”. Participants will need to bring  
their own copies.

***Instructors Bios are now available online at  
[lifequestofarkansas.org](http://lifequestofarkansas.org)***

**(Wednesday classes continued)**  
**10:00 a.m. to 10:50 a.m.**

**HISTORY OF THE CELTS**

*David H. Dyer, D. Min., Instructor*

From the Galatians and the Gauls to the Scots, Irish and Welsh, the Celtic civilization and culture has shaped both the English-speaking world and the culture of the global community. Explore how the roots of the Celtic culture, arts, languages, religions and heritage are seen in today's society.

**SWINGIN' DOWN THE LANE**

*David Miller, Instructor*

Host of the popular NPR show will explore the biographical profiles and music compositions of some of the giants of the era: Goodman, Ellington, Krupa, Basie, etc. accompanied by movie clips highlighting the bands in concert.

**11:00 a.m. - 11:50 a.m.**

**FROM OTC TO RX**

*Various pharmacists; Melanie Pilcher, Pharm. D., Coord.*

Ever wonder what product to pick at the pharmacy and why there are so many options? We will help you make practical, appropriate, safe and cost-effective choices.

- |          |                       |
|----------|-----------------------|
| April 5  | Introduction/Overview |
| April 12 | Bone Health           |
| April 19 | Stomach Issues        |
| April 26 | Pain Management       |
| May 3    | Vitamins              |
| May 10   | Sleep Aids            |
| May 17   | Herbals               |
| May 24   | Cough, Cold & Allergy |

**FOLK MUSIC HEROES**

*The LifeQuest Folkies: Joe Lombardi, Micky Rigby, Rich Roy, and Ralph McKenna; Ralph McKenna, Coordinator*

Songs and memories from masters of this genre: John Denver, Tom Paxton, Utah Phillips, The Kingston Trio, Guy Clark, Townes Van Zandt, and Peter, Paul & Mary. We'll pick & grin a little, recall social dilemmas of times past, and groove to the good vibes of those who worked passionately to define American folk music.

**FAMOUS SPIES**

*Various presenters; Dick Williams, Coordinator*

- |          |   |
|----------|---|
| April 5  | James Angleton—Dick Williams            |
| April 12 | Aldrich Ames—Bob Cabe                   |
| April 19 | Mata Hari—Phil Kaplan                   |
| April 26 | Kim Philby—Pat Goss                     |
| May 3    | William Colby—Bill Wilson               |
| May 10   | Moe Berg—Fred Ursery                    |
| May 17   | Robert Hanssen—Bob Brown                |
| May 24   | Julius and Ethel Rosenberg—Dent Gitchel |

**PORTRAIT OF NIXON**

*Steve Teske, Instructor; Elvon Lloyd, Coordinator*

A sympathetic portrait of President Richard Nixon, from his childhood, rise in politics, the Vietnam war, Watergate, and the post-presidential years.

**(Wednesday classes continued)**  
**11:00 a.m. to 11:50 a.m.**

**MONEY MATTERS**

Instructors from Simmons Wealth Management, AARP Arkansas, and the Office of Arkansas Treasurer

- |          |   |
|----------|---|
| April 5  | Your Digital Assets                       |
| April 12 | What if You're Named Trustee              |
| April 19 | Today's Social Security Issues            |
| April 26 | Estate Planning – Part I                  |
| May 3    | Estate Planning – Part II                 |
| May 10   | Don't Outlive Your Nest Egg               |
| May 17   | Is Long Term Care Insurance Worth Buying? |
| May 24   | Section 529 College Savings Plans         |

**12:00 p.m. - 1:00 p.m.**

**LUNCH & LEARN**

*Noon to 1:00 on Wednesdays. Buy a prepared lunch or bring a sack lunch and enjoy the program! Cost is \$8 paid in advance or reserved by noon Monday of each week.*

- |          |  |
|----------|--|
| April 5  | Arkansas Heart Hospital, Speaker TBA   |
| April 12 | David Burkett, Congregational Relations, Baptist Health  |
| April 19 | Janis Kearney, author and presidential diarist   |
| April 26 | Volunteer Appreciation Week: Dedicated Service Awards honoring Darrel Meyerdirk & Phil Wittman |
| May 3    | Central High Jazz Band   |
| May 10   | Senator Joyce Elliot   |
| May 17   | CareLink, Michelle Gilbert   |
| May 24   | LifeQuest Folkies  |

**1:15 p.m. - 2:15 p.m.**

**GAMES FOR FUN**

Bridge for Fun, Scrabble, and Mah Jongg!  
*No instruction.*

**TELL YOUR OWN STORY**

*Joy Jones & Tina Coffin, Instructors; Shelley Wold, Coordinator*

Everyone has lived an interesting life, although sometimes it doesn't seem so to the writer. Surprise yourself and write it all down. We'll show you how. Your family will love and appreciate it!  
*Enrollment limited to 16.*

**MOVIN' WITH THE OLDIES**

*Rose Virgil, Instructor*

Learn synchronized, simple moves to music to inspire your soul to soar and your feet to tap! Moves may be done sitting or standing.



(Wednesday classes continued)  
1:15 p.m.—2:15 p.m.

### **BIG QUESTIONS IN SCIENCE AND RELIGION**

*Fred Silva, Instructor; Sandra Hanson, Coordinator*

For the length of humankind, we have had essential questions of how the universe came about, our place in the universe and why we are here. Philosophy, religion/theology and science have all intersected in attempt to answer some of these questions: Why exist? What is time and where does it go? How many multiple universes are there and us? Why are we in the dark? Animal and extraterrestrial intelligence? how can we see reality with our 3 lb. brain? And finally, did god invent man or man invent god? In this completely new series we will approach these myriad but important issues.

1:15 p.m. - 4:00 p.m.

### **OIL PAINTING INSTRUCTION (3 hrs)**

*Anne Presley and Sean LeCrone, Nancy I. Smith, Coord.*

Oil painting instruction geared toward those with experience. Come with medium size canvas, a tablecloth, and your supplies. Initial supplies will cost approximately \$50 - \$75. *Enrollment limited to 16.*

## **THURSDAY CLASSES:**

9:00 a.m. - 9:50 a.m.

### **U.S. FOREIGN POLICY**

*Alan Eastham, Retired U.S. Ambassador and current Hendrix Professor; Instructor; Art Gillum, Coordinator*

An open-ended, participatory discussion based on topics in the news. Explore how and why foreign policy decisions are made and their success or failure.

9:00 a.m. - 10:50 a.m.

### **MAH JONGG FOR BEGINNERS (2 hrs)**

*Ellen Lowitz, Instructor; Mary Ann Brown, Coordinator*

Learn to play Mah Jongg! Plan to stay both hours for instruction and play-time. You may purchase your 2017 Mah Jongg card by contacting 212-246-3052 or [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org).

9:00 a.m. - 11:50 a.m.

### **WATER MEDIA (3 hrs)**

*Joy Jones, Instructor; Marietta Kehler, Coordinator*

Bring your choice of pencils, graphite, water color pencils, water color, gouache, acrylic, a table cover, and your creativity. *Enrollment limited to 20.*

(Thursday classes continued)  
9:00 a.m.—11:50 a.m.

### **GREETING CARDS (3 hrs)**

*Sandra Hanson & Connie Wardell, Instructors*

"Especially for you," that's the sentiment of handmade greeting cards. Join us to make birthday & thank you cards, note cards, gift enclosures & tags, sympathy cards and special occasion cards. Three fully designed projects each week give you 25 cards/paper projects for the \$25 materials fee. All materials and tools supplied; just bring willingness to exercise the creative part of your brain.

Materials fee = \$25      Enrollment limited to 12.

10:00 a.m.—10:50 a.m.

### **TAI CHI**

*Suzanne Yung, Instructor; Art Gillum, Coordinator*

Learn the slow rhythmic movements of Tai Chi Northern Wu, the 13 Golden Postures and the Tai Chi walk. *Enrollment limited to 25.*

### **AMERICAN POETRY: MORE RHYMES OF THE TIMES**

*Chuck Chappell, Ph.D., Instructor*

Discussions of selected modern and contemporary American poems. Participants will receive electronic copies or photocopies of all poems discussed.

April 6	Robert Penn Warren
April 13	Fred Chappell
April 20	Sylvia Plath
April 27	Rita Dove
May 4	Billy Collins
May 11	Miller Williams
May 18	Miller Williams and Jack Butler
May 25	Hope Coulter

### **MY INTERACTIONS WITH MUSLIMS IN AFRICA AND THE UNITED STATES**

*Rich Corby, Instructor; Garrett McAinsh, Coordinator*

Using the instructor's personal experiences and observations, this class provides an opportunity to explore insights into Muslim beliefs and activities on two continents: Africa and North America.

### **MOVIES IN POLITICS**

*Art English, Instructor*

Films are a wonderful lens through which presidential, congressional, and judicial politics and policies may be analyzed. Discussions will revolve around current topics; movie clips and issues will relate to American presidents and the judicial system.

11:00 a.m. - 11:50 a.m.

### **WHAT'S ON YOUR MIND?**

*Ron Winters, Moderator; Art Gillum, Coordinator*

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

(Thursday classes continued)  
11:00 a.m.—11:50 a.m.

## WHAT MAKES US LAUGH? THE SOCIAL DIMENSIONS OF HUMOR

Jeff Nash, Instructor

What is humor? Is it universal, or specific to cultures and social contexts? In this course, explore the varieties of humor, understand the conditions under which people laugh, and describe what purposes humor may serve.

## YOGA - ALL LEVELS

Linda King, Instructor

Beginning to Intermediate Yoga. Learn basic Hatha yoga poses for balance, strength, and flexibility. Bring a yoga mat or blanket. Dress comfortably. *Limit 20.*

## CLIMATE CHANGE

Bill Melchior, Instructor

The earth's changing climate represents one of the few present threats (along with nuclear war and perhaps overpopulation) to our *entire* way of life, so it's critical to understand it from both scientific and societal viewpoints. Class topics will include how weather works; how the climate is changing; how climate changes affect community & political events and possible solutions.

11:00 a.m.—12:30 p.m.

## TIPS & TRICKS FOR IPHONES & IPADS (1.5 hrs)

Charlie Frith and John Mize, Instructors;

Walter Nunn, Coordinator

Designed for the absolute beginner, this class will be completely hands-on with demonstrations and detailed instructions. Participants need to bring with them their own iPhone or iPad.

12:00 p.m. on Thursdays

## THURSDAYS IN THE PARKS (1.5 hrs)

Dina Nash, Facilitator

Enjoy spring in Arkansas! Pack a lunch and explore our city's beautiful area parks and trails. Hikes are 20-30 minutes and are considered light to moderate in difficulty. Transportation is on your own. No fee, but a waiver is required.

## LIFEQUEST CORPORATE SPONSORS:

### DIAMOND

Arkansas Heart Hospital

### PLATINUM

Snell Prosthetic & Orthotic  
Laboratory  
Arkansas BlueCross

### SILVER

AARP Arkansas  
The Charlotte John Co.  
Friday, Eldredge & Clark  
Simmons Wealth  
Management  
Visiting Angels

## CRYSTAL BRIDGES TRIP

Sunday, April 30, 2017 — Monday, May 1, 2017  
*Limit of 30*

Join us for an exciting LifeQuest on-the-road learning adventure! We'll leave Sunday, April 30 and travel to Bentonville to visit the E. Fay Jones-designed Cooper Chapel and Walmart visitors' center before dining together at an area restaurant.

On Monday, we'll tour the grounds of Crystal Bridges including the newly installed Frank Lloyd Wright House, enjoy lunch on the mezzanine, and join a guided tour. Jody Musgrove, LifeQuest Instructor and trip coordinator, will lead us through the galleries for a more in-depth examination of selected pieces.

**\$360 Per Couple**

**\$240 Single person, single room**

**\$180 Single person, willing to share room**

*\*Price includes transportation, hotel, lunch at Crystal Bridges on Monday and a docent-guided tour.*

Reservations are on a first-come, first-serve basis. Online registration for this trip is **not** available. You must register in person or by mail. The LifeQuest office can accept cash, checks, and credit card payments.

## LUNCH MENU—\$8

### April 5

Roast turkey on marble  
Lemon slaw  
Caramel pecan cookie

### April 12

Chicken broccoli  
casserole  
Spring salad  
Wheat rolls  
Lemon bar

### April 19

Spinach quiche  
Greek salad  
Pumpnickel rolls  
Angel food cake with  
strawberries

### April 26

Tuna salad  
Pasta salad  
Lemon poppy seed  
muffin  
Brownie

### May 3

Bowtie w/ meat sauce  
Garlic bread  
Caesar salad  
Cherry bar

### May 10

Chicken & wild rice soup  
Garden salad  
Rolls  
Cherry bar

### May 17

Ham & Swiss croissant  
Baked potato salad  
Pickle  
Chocolate chip cookie

### May 24

Grilled chicken  
Salade Nancy  
Cheesy bread  
Key lime pie



# LIFEQUEST: SPRING 2017 REGISTRATION

NAME(S) \_\_\_\_\_

☐ I'm New!    ☐ No changes    ☐ My information has changed:

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_ PHONE (h) \_\_\_\_\_ (c) \_\_\_\_\_

BIRTHDATE (for statistics only) \_\_\_\_\_

CONGREGATION \_\_\_\_\_

EMERGENCY CONTACT NAME(S) \_\_\_\_\_

Relationship: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

**If TWO people are using this form, please use INITIALS to indicate who will take each class.**

**\*\*Registrations will be accepted starting March 6\*\***

## WEDNESDAY CLASSES:

**8:30**

\_\_\_ A. Hablamos Mas Espanol—1.5 hrs

**9:00**

- \_\_\_ B. Behind the Headlines  
\_\_\_ C. Knitting & Sharing—2 hrs  
\_\_\_ D. Watercolor Instruction—3 hrs  
\_\_\_ E. Basic Drawing—3 hrs

**10:00**

- \_\_\_ F. The Dragon Returns: China since 1949  
\_\_\_ G. Archaeology  
\_\_\_ H. Spanish II  
\_\_\_ I. Modern European Drama  
\_\_\_ J. Celtic History  
\_\_\_ K. Swingin' Down the Lane

**11:00**

- \_\_\_ L. Famous Spies  
\_\_\_ M. Money Matters  
\_\_\_ N. Portrait of Nixon  
\_\_\_ O. From OTC to RX  
\_\_\_ P. Folk Music Heroes

**1:15**

- \_\_\_ Q. BIG Questions in Science & Religion  
\_\_\_ R. Games for Fun:  
    ☐ Bridge    ☐ Mah Jongg    ☐ Scrabble  
\_\_\_ S. Tell Your Own Story  
\_\_\_ T. Movin' with the Oldies  
\_\_\_ U. Oil Painting Instruction—3 hrs

## THURSDAY CLASSES:

**9:00**

- \_\_\_ TH1 U.S. Foreign Policy  
\_\_\_ TH2 Beginning Mah Jongg—2 hrs  
\_\_\_ TH3 Greeting Cards—3 hrs  
\_\_\_ TH4 Water Media—3 hrs

**10:00**

- \_\_\_ TH5 Tai Chi  
\_\_\_ TH6 American Poetry  
\_\_\_ TH7 Muslims in Africa  
\_\_\_ TH8 Movies in Politics

**11:00**

- \_\_\_ TH09 What's On Your Mind?  
\_\_\_ TH10 Yoga—All Levels  
\_\_\_ TH11 Climate Change  
\_\_\_ TH12 What Makes us Laugh  
\_\_\_ TH13 iPads & iPhones—1.5 hrs

**12:00 noon**

- \_\_\_ TH14 Thursdays in the Parks—1.5 hrs

## TRIP TO CRYSTAL BRIDGES

Sunday, April 30—Monday, May 1  
Limit of 30

Price includes bus, hotel, lunch and museum tour. Dinner on your own.

## LUNCHES (\$8 each):

Lunches can be paid for in advance with class registration or reserved by noon on Monday of each week.

\_\_\_ I usually bring my own.  
\_\_\_ Pay NOW for all 8 (\$64)

Pay for these select dates (\$8 each):

April 5	May 3
April 12	May 10
April 19	May 17
April 26	May 24

## ENCLOSED FEES:

\$ \_\_\_\_\_ Registration Fee = **\$65**  
(covers multiple classes!)  
\$75 after March 24

(Sitton Scholarships available)

\$ \_\_\_\_\_ DONATION: tax-deductible

\$ \_\_\_\_\_ Total for lunches (\$8 each)

Additional Fees:

\$ \_\_\_\_\_ Greeting Cards (\$25)

Crystal Bridges

\$ \_\_\_\_\_ Per Couple (\$360)

\$ \_\_\_\_\_ Single Person/One rm (\$240)

\$ \_\_\_\_\_ Single - will share rm (\$180)

\$ \_\_\_\_\_ **TOTAL**

## MORNING COFFEE BREAK

☐ Yes! I can deliver a pre-packaged snack (cookies, pretzels, granola bars, etc.) to the LifeQuest office during the first week of class.

All classes are held at Second Presbyterian Church, 600 Pleasant Valley Drive

**Please mail form and check to: LifeQuest, PO Box 25523, Little Rock, AR 72221**

**Or enroll and pay by credit card on our website: [www.lifequestofarkansas.org](http://www.lifequestofarkansas.org)**

**Instructor bios on back!**