



ADVENTURES IN LEARNING

SummerQuest 2014

July 9 - July 31

501-225-6073 / info@lifequestofarkansas.org

REGISTRATION FEE: \$30.00

Note: Registration covers all Wednesday & Thursday classes for the entire 4 week term.

WEDNESDAY MORNING CLASSES:

9:00 a.m.

MAGIC FOR GRANDPARENTS (1 hr; 9:00—10:00)

Bill Fulton, Instructor

Learn the basic skills of magic to share with your grandchildren. Improve your hand motor skills and dexterity, circulation, and mental focus. Increase problem-solving abilities and build self-confidence. Create lasting memories for your family.

KNITTING & SHARING (2 hrs; 9:00—11:00)

Share your knitting knowledge and learn from others.

WATERCOLOR INSTRUCTION (3 hrs 9:00—12:00)

Shirley Brainard, Instructor; Marietta Kehler, Coordinator

Painting instruction for experienced painters. Bring your own table cover, paper towels, water cup, and painting supplies.

WATERCOLOR STUDIO (3 hrs 9:00—12:00)

No Instructor

Marietta Kehler, Coordinator

Paint with friends. Bring your own table cover, paper towels, water cup, and painting supplies.

10:00 a.m.

GREAT EUROPEAN TRIALS (1 hr; 10:00 - 11:00)

Garrett McAinsh, Instructor; Shelley Wold, Coordinator

Learn about the trials of Joan of Arc, Socrates, John Wilkes, and Alfred Dreyfus.

11:00 a.m.

GLUTEN INTOLERANCE (1 hr; 11:00 - 12:00)

Anne Luther & Paula Dempsey, Instructors

Learn the basics and how to live (and thrive) gluten free.

July 9	Introduction to G I	—Anne Luther
July 16	Foods, Labels, and Moore	—Anne Luther
July 23	Gluten Free Cooking	—Paula Dempsey
July 30	Food Sensitivities	—Paula Dempsey

LOCAL MUSEUMS & PARKS (1 hr; 11:00 - 12:00)

Janet Elwood, Coordinator

July 9	Old State House - Ian Beard
July 16	What's Inside Women's Handbags - Anita Davis, Esse Museum
July 23	Indian Literary Treasures - Dan Littlefield, Sequoyah Research Ctr.
July 30	Nature Downtown - Holly Sanders, AGFC

ARKANSAS & WORLD WAR I (1 hr; 11:00 - 12:00)

Steve Teske, Instructor

July 9	Before America entered the war
July 16	Wartime registration & activity
July 23	Arkansas battlefield heroes
July 30	Aftermath

LUNCH ON YOUR OWN

(We will use Room 68 for sack lunches)



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SLICE OF LIFE and the
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class brochure.*

WEDNESDAY AFTERNOON CLASSES:

1:00

YOUR CONNECTED LIFE (1 hr; 1:00—2:00)

Verizon Presenters: Mandi Sears, James Eaton, and James Turner

Everything you wanted to know about using smartphones and tablets but didn't know to ask:

- Smartphones (any brand, carrier, operating system)
- Tablets (any brand, carrier, operating system)
- Apps
- And all other questions you have every week!

THE BIRDS AND THE BEES (2 hrs; 1:00—3:00)

Coleman Little, UCA, and Dr. Dan Scheiman, Audubon Arkansas, Instructors

July 9	Introduction to Native Bees
July 16	Community Dynamics of Bees
July 23	Birding Basics
July 30	Backyard Birds & Beyond

GAMES FOR FUN (2 hrs; 1:00—3:00)

Play Bridge, Mah Jongg, or Scrabble.

OIL PAINTING INSTRUCTION (3 hrs; 1:00—4:00)

Diana Shearon and Sheila Castin, Instructors;
Nancy I. Smith, Coordinator

This is oil painting for all levels. Come with your table cover, paints and supplies and find that inner artist!

WEDNESDAY EVENING CLASS:

DINNER WITH CHEF (2 hrs; 5:30—7:30 p.m.)

Ann West & Aaron Lubin, Coordinators;

Enjoy fine dining, good company, and conversation with a chef or restaurant owner. Three course fixed price dinner includes dessert, tax, and tip.

(Limited to 16)

July 9	Brave New Restaurant - \$35 Peter Brave, Chef/owner
July 16	Trios - \$42 Capi Peck, Chef/owner
July 23	Chi's Dim Sum & Bistro - \$25 Lu Lu Chi, Owner
July 30	Acadia - \$33 James Hale/Owner

THURSDAY MORNING CLASSES:

9:00

LIFEQUEST BOOK CLUB (1 hr; 9:00—10:00))

Allan Ward, Instructor

A continuation of discussions from the book:

The Company We Keep.

MAH JONGG REFRESHER (2 hrs; 9:00—11:00)

Ellen Lowitz, Instructor

Review your Mah Jongg skills. Students must already know how to play Mah Jongg.

(limited to 16)

MOVIES WITH PHILIP MARTIN (2 hrs; 9:00-11:00)

Philip Martin, Instructor; Ann West, Coordinator

Discuss films with our favorite Arkansas film critic and journalist.

10:00

SPECTRUM OF KNOWLEDGE (1 hr; 10:00—11:00)

Allan Ward, Instructor

A continuing discussion on the origins of sayings, words, phrases, and more.

BASIC GENEALOGY (1.5 hrs; 10:00—11:30)

Russell Baker, Instructor

Enjoy the pursuit of finding your family's history.

PAPER CRAFTING (2 hrs; 10:00—12:00)

Sandy Hanson, Instructor

July 10	Fun Birthday Cards
July 17	Cool Thank You Cards
July 24	Doily Day
July 31	Gift Giving Suite

11:00

YOGA (1 hr; 11:00—12:00)

Lorene Megee, Instructor; Art Gillum, Coordinator

Enjoy basic yoga.

THURSDAY AFTERNOON CLASS:

COOKING WITH KAROL (2 hrs; 4:00 - 6:00 p.m.)

Ann West, Coordinator

Watch and learn from chef Karol Zoeller who will prepare a 3-course meal each week at the historic home of Ann West, 1821 S. Gaines. **Supply fee = \$60** which includes food, wine, and summer-themed recipes for all four weeks. (Limited to 16)