



ADVENTURES IN LEARNING

Fall 2008

September 17 - November 6

Adventures in Learning Classes - 2nd Presbyterian Church, 600 Pleasant Valley Drive
Computer Classes - Neighborhood Resource Center, 3805 W. 12th Street, Rm 107
501-225-6073 / info@lifequestofarkansas.org

New Member Coffee and Orientation
Wednesday, September 10 9:30 - 10:30 am 600 Pleasant Valley Dr., Rm 68

REGISTRATION FEE: \$35.00 by Sept. 5 / \$40 after Sept. 5

Note: Registration covers all Wed. & Thurs. classes for all 8 weeks. Some classes require an extra fee.

LUNCH: Lunch is available each Wednesday for \$7.00

Note: Please reserve lunch in advance on registration form, or by calling each week no later than Noon the preceding Monday.

WEDNESDAY CLASSES:

8:30 - 9:50 a.m.

ADVANCED SPANISH (1 hr 20 min)

Marcie Smith, Instructor; Phil Wittman Coordinator
For people with level 3+ skills (book, CD, & flash cards available at an additional cost).
Enrollment limited to 20.

9:00 - 9:50 a.m.

BEHIND THE HEADLINES (50 min)

John Brummett, Instructor
Stimulating discussion of late breaking news

GREAT BOOKS A.M. (50 min)

William E. Moore, Ph.D., Instructor; Bob Moore, Coord.
This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach.
Materials fee, \$15. Enrollment limited to 20.
Same class is also offered at 1:15 p.m.

9:00 - 10:50 a.m.

BEGINNING BRIDGE (1 hr 50 min)

Jim Awalt, Instructor (ACBL Instructor & ABTA Master)
Learn to play bridge! Introduction to bidding.
Class fee, \$55. Book fee, \$20.

KNITTING & SHARING (1 hr 50 min)

Winnie Kittrell, Instructor
For beginners and those who want to improve.
Bring #8 or #10 needles & a ball of cotton or worsted yarn.
Enrollment limited to 20.

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

INTERMEDIATE / BEGINNER WATERCOLOR (2 hrs 50 min)

Jane Peterson, Instructor
Enrollment limited to 20.

10:00 - 10:50 a.m.

SWINGIN' DOWN THE LANE (50 min)

David Miller, Instructor; Phil Wittman, Coord.
Take a walk down memory lane. Come enjoy the music you remember from the Big Band Era.

PUBLIC SERVICE - CIVIC DUTY (50 min)

Jack Holt, Coordinator
Sept. 17 Electoral College - Regnant Bo Bo, Ernie Dumas
Sept. 24 Office of Prosecuting Attorney, Larry Jegley
Oct. 1 Duties & Responsibilities of AR State Police, Director AR. State Police Winford E. Phillips
Oct. 8 Our County Jail & Much More, Sheriff Doc Holiday
Oct. 15 Fire Fighters, Fire Chief Rhoda Kerr
Oct. 22 Consumer Protection, Jimmie Lou Fisher
Oct. 29 Visiting Our Wonder State, Richard Davies
Nov. 5 TBA

SOCRATES CAFÉ (50 min)

Cagle Harrendorf, Instructor / Coordinator
Socrates Cafe hosts 8 weeks of round table discussions of the philosophies and gifts of life.

SILK RIBBON EMBROIDERY (50 min)

Carolyn York, Instructor
Common stitches & a few new ones to embellish fabrics. No previous experience necessary. Students can purchase supplies locally (list will be mailed after registration).
Enrollment limited to 12.

10:00 - 10:50 a.m. (continued)

A HEALING JOURNEY (50 min)

Mary Ann Ginnette, LCSW, Instructor; Ann West, Coord.
Join us as we explore dream interpretation, meditation, and the concepts of intent and centering. Learn how to bring balance, insight, and opening to the healing powers that we all hold within us. Guest speakers will be included to enhance our studies.

HISTORIC PLACES IN PULASKI COUNTY (50 min)

Rachel Silva & Rachel Miller, Instructors;
Betty French, Coordinator
Sept. 17 Park Hill / Pulaski Heights
Sept. 24 Historic Churches
Oct. 1 Arkansas Historic Architecture
Oct. 8 Charles Thompson Structures
Oct. 15 Historic Schools
Oct. 22 Arkansas Haunted Historic Sites
Oct. 29 Sculptures of Dionicio Rodriguez
Nov. 5 Cemetary Iconography - Mt. Holly and National Cemetary

BOOK REVIEW (50 min)

Shelley Wold, Coordinator
Sept. 17 Son of the South by Willie Morris, Maribeth Murray (presenter)
Sept. 24 Same Kind of Different as Me by D. Moore and R. Hall (Robert Johnson)
Oct. 1 Red Rover by D. McNamer, (Dana Steward)
Oct. 8 Never Have Your Dog Stuffed and Things I Overheard While Talking to Myself by Alan Alda (Jeslyn McCleary)
Oct. 15 The Kabul Beauty School by D. Rodriguez (Earline Satterfield)
Oct. 22 In Defense of Food by M. Pollan (Maureen James-Barnes)
Oct. 29 What's More Fun Than a Funeral? by N. Russ (Nancy Russ)
Nov. 5 Alice (biography of Alice Roosevelt Longworth) by S. Cordery (Anne Fulk)

11:00 - 11:50 a.m.

HEALTHY LIVING (50 min)

Ginger Goodman, Coordinator
Sept. 17 The Healthy Mind Body Connection, Tammy Pearce
Sept. 24 The Diabetic Foot, Gary Owens
Oct. 1 The Agony of de Feet, Dr. H.F. "Bunny" Brown, III, D.P.M.
Oct. 8 Staying Sharp: Mental & Emotional Fitness, Dr. Lewis P. Krain
Oct. 15 Warning Signs & Risk Factors of Heart Disease, Vicki Wingfield
Oct. 22 CARTI:Bringing the Fight to Cancer, Sharon Hankins

11:00 - 11:50 a.m. (continued)

HEALTHY LIVING (continued)

Oct. 29 Reflexology: The Art of Relaxation & Healing, Stephenie Cooke, M.T.I.
Nov. 5 Understanding Memory Decline, Dr. A.J. Zolten

A NATION OF IMMIGRANTS (50 min)

C. Fred Williams, Instructor
Sept. 17 Give Me Your Tired, Your Poor, Your Yearning to be Free
Sept. 24 Germans & Irish: The First Wave of Non-British Immigrants, 1815-1870
Oct. 1 Chinese & Japanese: The First Asian Immigrants, 1865 - 1915
Oct. 8 Norwegian Bachelor Farmers: The Emergence of Northern Europe, 1870 - 1900
Oct. 15 The Eastern Europeans: The Salad Bowl Days, 1885 - 1915
Oct. 22 Closing the Door: The Advent of the Quota System and Limited Immigration
Oct. 29 The Bracero Program and its Aftermath, 1948 - 1985
Nov. 5 The New Immigrants: Policies and Problems since 1885

TRAVELOGUE (50 min)

Betty Valachovic, Coordinator
Sept. 17 Heifer International, Sandi Aung
Sept. 24 Trek in the Himalayas, Jarol & Sally Garrison
Oct. 1 Earth Watch Expedition & Olduvai Gorge in Tanzania, John & Shannon Chamberlin
Oct. 8 St. Petersburg & Siberia, Glenna Cook
Oct. 15 Arkansas State Parks, Jay Miller
Oct. 22 Gene & Lynn Blagg
Oct. 29 Hadrian's Wall, Ron & Ann Eddy
Nov. 5 North Korea, Linda Bell

WOMEN AND SOCIETY (50 min)

Ann West & Shelley Wold with Sarah Beth Estes, Coord.
Faculty members from UALR will focus on the changing roles of women in society. Speakers and topics will include:

- * The Women of Central High, Johanna Lewis Miller and Laura Miller
- * Women in the Middle East, Clea Bunch
- * Women in the Progressive Era, Barbara L'Eplattenier
- * Women, Reproduction, and Mothering, Marcia Smith
- * Women and Domestic Violence, Shannon Collier-Tenison
- * Women in Science Fiction, Juliana Flinn

11:00 - 11:50 a.m. (continued)

SPORTS TALK (50 min)

Phil Wittman, Coordinator

Guest speakers will include: Doyle Jackson, Richard Davenport, Wes Moore, Wally Hall, Steve Sullivan, Joe Kleine, Aaron Nolan, and David Raath. Dates to be determined.

BEGINNING SPANISH (50 min)

Marvalyn Stevens, Instructor

It's what you've all been waiting for! A Spanish class just for beginners.

Enrollment limited to 20.

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

LUNCH PROGRAMS (1 hr)

Phil Wittman, Coordinator

- Sept. 17 Songs of Tin Pan Alley, Bob Boyd
- Sept. 24 Transition to Digital TV, Richard Farrester
- Oct. 1 Vocal Trio, Don Stecks
- Oct. 8 Honey Bees, Ed Lezi
- Oct. 15 Wesley Trio, Elizabeth Minton
- Oct. 22 New Age of TV, Craig O'Neill
- Oct. 29 Musical Favorites, Jerry Jacobson
- Nov. 5 Natural Inspiration, Ray Scott

1:15 - 2:15 p.m.

ODDS & ENDS (1 hr)

Janet Elwood, Coordinator

- Sept. 17 Old Time Radio & Cracker Jack Prizes, Rob Richardson
- Sept. 24 The Other Side of the Coin, Chaplain John Brown
- Oct. 1 Over the Jumps Carousel, Mary Copeland
- Oct. 8 My Feet Hurt! What Can I Do? Richard Bronfman, DPM
- Oct. 15 Scrapbooking Made Easy, Paula Beckius or Lana Cantrell
- Oct. 22 Coffee From Around the World, Daniel Burrell
- Oct. 29 What the Vet Says, Cliff Peck, D.V.M.
- Nov. 5 Is It Time to Buy or Time to Sell Stocks? Mary Ellen Guise

SING ALONG & BAND (1 hr)

Alice Rodgers, Leader

Have fun singing "golden oldies" from word sheets. Instrumentalists are welcome to play along, too.

GREAT BOOKS P.M. (1 hr)

William E. Moore, Ph.D., Instructor; Bob Moore, Coord.

This course provides an opportunity to read and discuss selections of great literature by classic and modern authors using a group discussion approach. Materials fee, \$15. Enrollment limited to 20.

1:15 - 2:15 p.m. (continued)

TELLING YOUR STORY (1 hr)

Evalena Berry, Instructor, Shelley Wold, Coord.

Recalling and writing the stories from your life can result in a legacy for your children. As you harvest your memories, you may find a new appreciation of the life you have lived!

1:15 - 3:15 p.m.

GAMES (2 hrs)

Come join us and play Bridge for Fun, Mah Jongg, and Scrabble.

Open play; no instruction.

BRIDGE INSTRUCTION

Jim Awalt, ACBL Instructor & ABTA Master

Play of the Hand in the 21st Century, Declarer play; guidelines for defense and bidding.

Class fee = \$55, Book Fee = \$20

WOODBURNING (2 hrs)

Carroll McKinney, Instructor; Bob Moore, Coord.

Expand your creative talents through the art of woodburning. A basic woodburning kit is needed.

Note: Starts Sept. 24 and ends Nov. 12.

1:15 - 4:00 p.m.

OIL PAINTING (2 hrs 45 min)

Instructors include: Heike Talbert, Bill Lewis, David Cook, Sharon Franke, Nell Johnson, and Barry Thomas; Nancy I. Smith, Coordinator

This class is for beginners and intermediate level painters.

Enrollment limited to 12.

THURSDAY CLASSES:

9:00 - 9:50 a.m.

JAZZ GOES ON (50 min)

Pat Henry, Instructor; Ann West & Phil Wittman, Coord.

We will continue our discussion of jazz and the musicians who made it great. Each week Pat will surprise us with rare film footage, selections from his personal jazz collection, or play for us himself.

MOVEMENTS FOR DAILY LIVING (50 min)

Barbara McKinney, Instructor; Bob Moore, Coord.

This program of gentle exercise helps improve strength, flexibility, and balance. The movements are based on the BODY RECALL program.

Note: Starts Sept. 25 and ends Nov. 13.

9:00 - 9:50 a.m. (continued)

LQ BOOK CLUB (50 min)

Allan Ward, Instructor

Sept. 17 - Oct. 8

Blink, Malcom Gladwell

Oct. 15 - Nov. 5

Lee: The Last Years,

Charles Bracelen Flood

9:00 - 10:50 a.m.

TAI CHI (1 hr 50 min)

Carroll McKinney, Instructor; Bob Moore, Coordinator

Learn slow rhythmic movements of Tai Chi; Northern Wu- 13 golden postures; & the Tai Chi walk.

Note: Starts Sept. 25 and ends Nov. 13.

9:00 a.m. - 12:00 p.m.

BASIC DRAWING WITH WATERCOLOR PENCILS (3 hrs)

Donald Bersuder, Instructor

Learn basic drawing skills with watercolor pencils.

10:00 - 10:50 a.m.

COMMUNICATIONS OF SPIRITUAL SYMBOLS

Allan Ward, Instructor

The exploration of origins and meanings of symbolism used by diverse groups around the world.

SELF-HYPNOSIS TECHNIQUES (50 min)

Don Clemons, Instructor; Cagle Harrendorf, Coord.

Enhance your mind/body connection skills for the purpose of eliminating stress and/or pain.

10:00 a.m. - 12:00 p.m.

METROPOLITAN MUSEUM OF ART (2 hrs)

George Bolton, Instructor

Sept. 18 The Making of the Museum, and Ancient Greek, Roman, & Egyptian Art

Sept. 25 Asian Art, Ancient Near East & Islamic Art, European Painting - Renaissance

Oct. 2 European Painting: 16th century - 19th century

Oct. 9 Drawings & Prints, Photographs, and European Decorative Arts.

Oct. 16 European Sculpture, African & Oceania Art, Ancient New World

Oct. 23 Musical Instruments, Arms & Armor, Costumes & Textiles, American Art 1600-1865

Oct. 30 American Art 1865 - 1900, 20th Century Art - Pre & Post WWII

Nov. 6 The Robert Leitman Collection 1400 - 1960, The People of the Museum

10:30 a.m. - 12:00 p.m.

BEADING 101 (continued)

Jamie Elliot, Instructor

Just in time for the Holidays! Glam up your party outfits, accessories, and even shoes. Great for personal gifts too. Supply list will be mailed.

11:00 a.m. - 12:00 p.m.

YOGA / MEDITATION (1 hr)

Carroll McKinney, Instructor; Bob Moore, Coord.

Learn some basic Hatha Yoga poses in addition to meditation. Bring a yoga mat or a blanket. Bring a yoga strap and block if you have them. Dress comfortably. This class is meditation designed to follow and enhance the preceding Tai Chi experience

Note: Starts Sept. 25 and ends Nov. 13.

COMPUTER CLASSES:

LifeQuest Computer Classes fill quickly; please call for availability before sending in registration form.

INTERMEDIATE COMPUTER - SEPT. 16 - OCT. 2 TUESDAYS AND THURSDAYS, 12:00 - 1:30 p.m.

Charlie and Charlotte Frith, Instructors

Word processing, email, and other applications in depth. Basic computer skills needed.

Registration fee, \$30

Enrollment limited to 11.

DIGITAL PHOTOGRAPHY - SEPT. 16 - OCT. 14 TUESDAYS, 10:00 - 11:30 a.m.

Bob Spencer, Instructor

An introduction to digital photography on your computer.

Registration fee, \$21 (includes CD)

Enrollment limited to 11.

BASIC COMPUTER - OCT. 21 - NOV. 6 TUESDAYS AND THURSDAYS, 10:00 - 11:30 a.m.

Bill Lyford, Instructor

From "how do I turn it on?" to saving a file and sending an attachment by email!

Registration fee, \$20

Enrollment limited to 11.

TRIPS:

THE ARKANSAS REPERTORY THEATRE: "It's a Wonderful Life" December 18, 10:30 a.m.

Cost: \$10

BILTMORE HOUSE CHRISTMAS TOUR, Dec. 1 - 4

Call Jo Ann at 225-6467 for details.