



Academy for Lifetime Learning (A.L.L.) Fall, 2019 Registration

Check each class for which you would like to sign up. Read the course schedules carefully. Check the "Schedule" tab on the website to make certain you do not have a schedule conflict.



NOTE: * indicates classes held in the community, others at ESCC

ART AND PHOTOGRAPHY

- Art: Drawing/Working with Tonal Studies
- Art: Create Art with a Deck of Cards
- Art: Determining Point of View in Art
- Art: Surrealistic Games
- Mat your Art
- Model Railroad Scenery Making*
- Photography: Getting to Know your Camera
- Photography: The Art of Seeing in Photography
- Photography: Nature Photography

GREAT OUTDOORS

- Golf 101*
- Golf 102*
- Kayaking Day Trip*
- Walk through Cypress Swamp Forest*

LITERARY PASTIMES

- Bite Size Book Club
- Creative Writing
- Writing your Memoirs
- Poetry: Beginning Poetry Workshop

MIND CANDY

- Current Events: What in the World?
- Eastern Shore History
- Maritime History of the Eastern Shore
- Medicare Explained
- Psychobabble:Coping with Anger/Resentment*
- Strategic Board Games*
- Travel Talk: By Sea to Southern France
- Under the Sea 3: Ecology and Relationships

MUSIC

- Exploring Harmony in Singing
- History of Jazz*

SKILLS AND CRAFTS

- Car Care: Make your Car Last Forever
- Flower Arranging 101*
- Flower Arranging A.L.L. Stars*
- Paint and Recover an Old Chair*
- Quilting: Basics
- Quilting: Make a Table Runner*
- Sewing: Basic Tote Bag*
- Sewing Intermediate: Zippered Bag*
- Sewing/Quilting: Mini Fabric Wallet*
- Yogurt Making Workshop*

YOGA AND MINDFULNESS

- Yoga: Everyday Yoga*
- Chair Yoga: Seated Yoga Practice*
- Yoga Retreat: Yoga for Healthy Aging*
- Yoga Retreat: Yoga for Caretakers*
- Yoga: Understanding Chakras
- Yoga: Pranayama, Yoga of Breathing
- Yoga: Discussion Group, Lifestyle Medicine

We recommend signing up online at www.allesva.org. If you prefer to register by mail, be sure you've put a check mark next to each class for which you wish to register. Then complete the information requested on the next page.

Academy for Lifetime Learning (A.L.L.) Registration Information

1) Include membership fee of \$25 (check made payable to ALLESVA) \$ 25.00
(NOTE: If there is a materials fee it is paid to the instructor. Do NOT include with registration.)

2) Include these two pages with your course selections and information

3) To make a donation to the ALL Scholarship Fund include with your Membership check. \$ _____

TOTAL \$ _____

Mail check and registration form to:
The Academy for Lifetime Learning
PO Box 509
Exmore, VA 23350

Please print clearly. Keep a copy for your records:

Your Name _____ Date of Birth ___/___/___ (ESCC requirement)
MM/DD/YYYY

Address _____

Email _____ Phone _____

ESCC does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Dean of Learning Resources, 29300 Lankford Hwy. Melfa, VA 23410; 757.789.1723.