



## Academy for Lifetime Learning (A.L.L.) Spring, 2020 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

- Beginning Photography: Getting to Know your Camera
- Nature Photography Workshop\*
- Photographing Wildlife with a Candid Camera

### GREAT OUTDOORS

- Barrier Islands of the E.S.: History and Ecology
- Birding at Chincoteague NWR: Winter Birds\*
- Birding at Chincoteague NWR: Water and Land Birds\*
- Birding on the Farm During Spring Migration\*
- Kayaking Day Trip\*

### LITERARY PASSTIMES

- Bite-Size Book Club
- Creative Writing
- Writing your Memoirs

### MIND CANDY

- Better Listening and Better Communication\*
- Effects of Childhood Trauma
- Know the Shore\*
- Medicare Explained
- Spice, Taste and History
- Sudoku Puzzle Solving
- Travel Talk: Explorations in the Southwest U.S.

### MUSIC

- American Pop Music: An Overview Back Through Time, 1956-1900\*
- Harmony Singing: Making Beautiful Music Together\*

### SKILLS AND CRAFTS

- Building a Butterfly Hatching House
- Car Care: How to Make your Car Last Forever
- Flower Arranging Part 1\*
- Flower Arranging A.L.L.-Stars\*
- Painting: Hot Mess Painted Wall Art\*
- Quilting: Basic Free-Motion Machine Quilting\*
- Sewing: Beginner Project Pajama Pants\*
- Sewing: Cork Purselet with Zipper\*
- Sewing: Embellished Zipper Pouch\*
- Sewing: Jelly Roll Rug\*
- Sewing: Machine Appliqué Placemat and Cloth Napkins\*
- Weaving: Crafting a God's Eye

### YOGA AND FITNESS

- Bocce Ball\*
- Chair Yoga: Seated Yoga Practice\*
- Golf Lessons: Learn About and Play Golf 101\*
- Golf Lessons: Learn About and Play Golf 102\*

We recommend signing up online at [www.allesva.org](http://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 it 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.