



Academy for Lifetime Learning (A.L.L.) Form for Spring 2021 Mail-In Registration

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

MIND CANDY

- Alaskan Adventure
- Better Listening and Better Communication
- The Eastern Shore's Evaporating Business
(Using Special Microbes)
- Ethical Dilemmas, Moral Quandaries, and
Value Differences
- Medicare: Choosing Between Traditional and
Advantage Plans
- Healthy Living for Your Brain and Body: Tips
from the Latest Research
- Understanding Alzheimer's and Dementia

OUR ENVIRONMENT *(Presentations by the Staff of The Nature Conservancy's Virginia Coast Reserve, Eastern Shore of Virginia)*

- 50 Years at the Volgenau Virginia Coast
Reserve
- Using Nature Based Solutions to Solve an
Eroding Marsh Problem
- Connections Across the Hemisphere:
Shorebird Conservation on Virginia's Eastern
Shore
- Sea Level on the Eastern Shore
- Birding Tips and Tools
- Exploring The Nature Conservancy's Volgenau
Virginia Coast Reserve Using Leave No Trace
Principles
- Helping Nature Help People

FUN IN THE GREAT OUTDOORS

- Boat America (A Nationally Approved Boating
Safety Course)
- Introduction to Fishing on the Eastern Shore
of Virginia
- Bocce Ball
- Learn About and Play Golf 101
- Learn About and Play Golf 102

SKILLS AND CRAFTS

- Cooking: Four Yummy Appetizers
- Designing Your Garden
- Flowers Part 1: Flower Arranging Anyone Can
Do—The Basics
- Flowers Part 2: A.L.L.-Stars—More Fun with
Flowers
- Flowers Part 3: A.L.L.-Stars—Asian Influence
- Nature Photography Workshop
- Photography: Taking Control of Your Digital
Camera
- Sewing Project: Cork Portfolio Cover

*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.*



Please print clearly. Keep a copy for your records:

Your Name _____

Mailing Address _____

Email _____ Phone _____

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) 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