



## Academy for Lifetime Learning (A.L.L.) Form for Spring 2022 Mail-In Registration

We recommend signing up online at [www.allesva.org](http://www.allesva.org). However, if you prefer to register by mail, complete **both** pages of the form below. Read the course schedules carefully. Check the "Schedule" tab on our website ([www.allesva.org](http://www.allesva.org)) to make certain you do not have a schedule conflict.

**Check each class for which you would like to sign up.**

### ART AND SKILLS

- Ideas for Preserving Photographs and Memories
- Paint the Spring Landscape
- Beginning Watercolor

### GET MOVING!

- Learning Bocce
- Kayak Day Trip: Blackwater Paddling on the Upper Pocomoke River
- Beginning Line Dancing Section 1
- Beginning Line Dancing Section 2
- Pickleball 101
- Pickleball 102
- Seated Yoga Practices: Staying Stronger Longer Section 1
- Seated Yoga Practices: Staying Stronger Longer Section 2
- Yoga for Advanced Beginners and Intermediate Students Section 1

- Yoga for Advanced Beginners and Intermediate Students Section 2

### MIND CANDY

- Bite-Size Book Club
- Bugs: A Casual Introduction
- Eastern Shore History
- Ethical Dilemmas
- Lunch and Learn
- In-Town Yoga Retreat: Embracing Change and Transition Section 1
- In-Town Yoga Retreat: Embracing Change and Transition Section 2
- In-Town Yoga Retreat: Medical Advocacy, Self-Care, and Providing Care for Others

### PHOTOGRAPHY AND CAMERAS

- Nature Photography Workshop
- Photography: Taking Control of Your Digital Camera
- Processing Your Photographs

*Be sure you've put a check mark on the previous page next to each class for which you wish to register. Then complete the information requested below.*

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