

# Academy for Lifetime Learning (A.L.L.) Form for Fall 2023 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. Check the "Schedule" tab on our website ([www.allesva.org](http://www.allesva.org)) and read the course schedule carefully to make certain you do not have a schedule conflict.

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

## **SATISFYING YOUR ARTISTIC APPETITE**

- Beginner Knitting
- Bite-Sized Book Club
- Discovering Your Own Voice
- Fabulous French Film
- Music and Art from the Baroque: 1600-1750
- Photography: Taking Control of Your Digital Camera
- Fun with Watercolor
- Wax Worx
- Studio Visits: Chatham Flower Farm & Milby Barn Studio
- Studio Visits: Is It Too Late To Create?
- Studio Visits: Storytelling
- Studio Visits: An Afternoon at the Simply Fresh Flower Shop
- Studio Visits: Introduction to Sculpture

## **EXPLORING NEW PLACES AND PERSPECTIVES**

- Exploring Reiki and GIM
- Tour of Invisible History Sites of African Americans in Cape Charles
- Overview of Eastern Shore Regional Library & Heritage Center

- The Power of a Positive Mindset

## **FOOD FOR THOUGHT**

- "Can We Talk?"
- Grief and Grieving
- Meditation as a Natural State of Being
- Untwist Your Thinking

## **SCIENCE AND TECHNOLOGY**

- Apple iPhone Tips and Techniques
- The Electric Vehicle Revolution
- Know Your Enemy: Ticks of the Eastern Shore
- The Scientific Naming of Plants

## **FUN FOR MIND AND BODY**

- American Mahjonn for Beginners
- Bocce Ball 101
- Kayaking Day Trip: Blackwater Paddling on the Upper Pocomoke River
- Line Dancing Beginner, Section 1
- Line Dancing Beginner, Section 2
- Line Dancing Experienced Beginner, Section 1
- Line Dancing Experienced Beginner, Section 2
- Mexican Train Dominoes

**(Fun for Mind and Body continued)**

Pickleball 101

Seated Yoga for Everyone

Medicare Part D: Prescription Coverage

Starting a Small Business: Activate the Vision

Starting a Small Business: The Plain Vision

**PLAN FOR THE FUTURE**

Estate Planning for Everyone

Medicare Parts A, B, Supplements and Part C  
Explained

*Be sure you've put a check mark 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 \_\_\_\_\_

**PAYMENT DETAILS**

1) Include membership fee of \$25 (check made payable to ALLESVA). \$ 25.00

2) Total additional amount due for Materials or Facility Fees if you are registering for any of the following classes: \$ \_\_\_\_\_

- Fun with Watercolor (\$45)
- Is It Too Late To Create(\$5)
- Line Dancing Beginner, Section 1 (\$10)
- Line Dancing Beginner, Section 2 (\$10)
- Line Dancing Experienced Beginner, Section 1 (\$10)
- Line Dancing Experienced Beginner, Section 2 (\$10)
- Pickleball 101 (\$10)

2) If you wish to make a donation to the ALL Scholarship Fund, enter the amount here. \$ \_\_\_\_\_

**TOTAL PAYMENT DUE** \$ \_\_\_\_\_

**Make check payable to ALLESVA and mail to The Academy for Lifetime Learning PO Box 509, Exmore VA, 23350**

*Please remember that registration is not official until we receive your payment. Once your check arrives, we will contact you to confirm your registration status.*