



Try our online registration option at:
marketplace.fitchburgstate.edu/alfa

MAIL-IN REGISTRATION FORM – SPRING 2023

Please complete **ONE** registration form for **EACH** person.
ALL COURSES ARE \$40 UNLESS OTHERWISE INDICATED.

Courses in **BOLD** are held IN-PERSON (check description for locations & details) All other courses are online.

Please **HIGHLIGHT** in color, or **CIRCLE** the courses below for which you would like to register.

SESSION 3: JANUARY – FEBRUARY

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Barre Stretch & Tone	Not Your Kids Colored Pencils	An Introduction to the Practice of Mindfulness Meditation (10 weeks \$60)	Gentle Yoga for Every Body	Posture Workout
What's Happening to Our Water? Examining Water Resources in the Era of Climate Change	Native American Basketry: Tradition and Innovation	5-Part <u>Series Course</u> : Things to Know About Science	Walk or Snowshoe About	Great American Short Stories, Past and Present
Lichen Identification for Beginners (in-person & online 10 weeks \$80)	Beginner Conversational French (10 weeks \$80)	Advanced Zentangle	Hootenanny	Beginner/Intermediate Tai Chi (10 weeks FREE)
Data & Society		Russia and Ukraine in Conflict	Art from Intuition	Contemporary Art
Skid Row: Author Discussion and Exploration				SATURDAY
Bird Portrait in Stitch				Classic American Drama: On the Page and on the Screen

SESSION 4: MARCH – APRIL

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Spring Birding	Declutter Room by Room	Ukulele: Expanding Horizons	Gentle Yoga for Every Body	Naturally Curious Nature Walks East of Fitchburg
Barre Stretch & Tone	Not Your Kids Colored Pencils	5-Part <u>Series Course</u> : Armchair Adventure and Art	Dining to Learn: History and Ingredients	Posture Workout
Nobel Laureates in Literature		Harmonica	Art from Intuition	
Venice: History of Italy's Most Beautiful City (FREE)				

SPECIAL PROGRAMS

ALFA SALON: CONTINUING THE CONVERSATION
 Wednesdays: 10:30 AM - 12:00 PM
 Jan 25; Feb 8, 22; Mar 22,
 Apr 7 (Fri @1pm), 19
FREE / ONLINE

EXPLORE THE HISTORIC ROLLSTONE HILL "ROCK WALK" TRAIL
 Saturday, April 15
 10 AM - 1 PM
 Boulder Art Gallery
FREE / IN-PERSON

ALFA BIKING GROUP
 Thursdays: 10 - 11:30 AM
 May 11, 18, 25
 North Central Pathway
 Winchendon, MA
FREE / IN-PERSON

PLEASE SEE REVERSE SIDE FOR PAYMENT INFORMATION ▶

REGISTRATION OPENS DECEMBER 6, 2022 — PLEASE REGISTER ONLINE, if possible!

All paper registration forms and payment must be **MAILED** to:
ALFA Office, Fitchburg State University, 160 Pearl Street, Fitchburg, MA 01420

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail: _____ Date of Birth: _____

Have you taken ALFA classes before? Yes No Are you an Alum of Fitchburg State? Yes No

How do you get your ALFA Brochure? Mail Email Website I pick it up at: _____ Other: _____

How did hear about ALFA? _____

CAR INFORMATION FOR PARKING PERMIT — Provide the follow information to help expedite the parking permit process.

Make/Model: _____ Color: _____ Year: _____ Plate #: _____ State: _____

WANT TO KNOW INSTANTLY IF YOU GOT INTO A COURSE? REGISTER ONLINE AT: marketplace.fitchburgstate.edu/alfa

I AM SENDING PAYMENT FOR:

_____ Course(s) @ \$40/course (All courses unless otherwise indicated) = \$ _____

_____ 10-Week Course(s) @ \$80/course = \$ _____

_____ 10-Week Course: Intro to Mindfulness Meditation @ \$60/course = \$ _____

- Venice: History of Italy's Most Beautiful City (Sponsored by CIC) = **FREE**
- Beg./Intermediate Tai Chi | 10 weeks (Sponsored by Friends of LPL) = **FREE**
- Discussion Group - ALFA Salon: Continuing the Conversation = **FREE**
- Explore the Historic Rollstone Hill "Rock Walk" Trail = **FREE**
- ALFA Biking Group = **FREE**

PAYMENT INFORMATION:

CREDIT CARD (PREFERRED): MasterCard Visa Discover

Credit Card #: _____

Exp. Date: _____ CVC (3 digit code): _____

Signature: _____

ACH DEBIT (use a check made payable to Fitchburg State) amount enclosed: \$ _____

Please note that we **DO NOT deposit paper checks**. We use your account and routing number to debit the charge from your account. It will show up as an **ACH debit** on your statement. Please see "Payment Instructions" on what we do if the amount on your check does not match the order total (for example: A class is full, etc.). **Please note that if you need a refund** using this option, you will be asked to fill out an I-9 which asks for your social security number. **We HIGHLY recommend paying by credit or debit card above.**

Shirley Pick Scholarship Program (contact the ALFA Office for details: alfa@fitchburgstate.edu or 978-665-3706)

Courses are free for members over 90 years of age. If over 90, please send verification of age with your registration.

*Students may initially register for up to six classes. After **December 7, 2022**, students may select additional courses if seats are still available.*

TOTAL = \$ _____