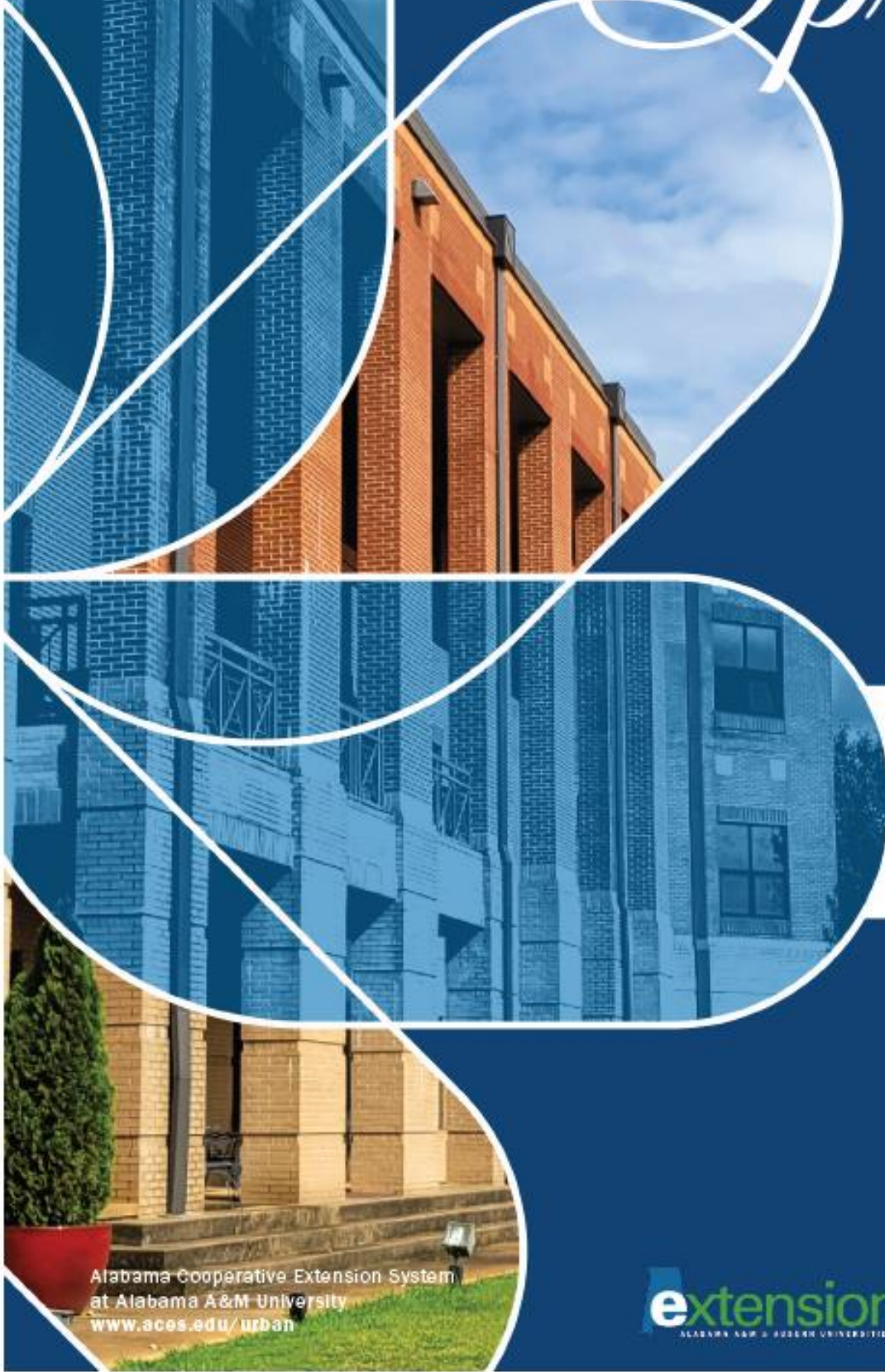




 VIRGINIA CAPLES  
LIFELONG LEARNING INSTITUTE

# Spring 2024



## Courses & Activities

Also available online with



Alabama Cooperative Extension System  
at Alabama A&M University  
[www.aces.edu/urban](http://www.aces.edu/urban)







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## About the VCLLI

The Virginia Caples Lifelong Learning Institute (VCLLI) is housed on the campus of Alabama A&M University (AAMU). The VCLLI operates under the direction of the Alabama Cooperative Extension System at Alabama A&M University. With rapid and swift changes occurring in the ways in which “we do things” in society, there has never been a more relevant time to become a promoter, advocator, and deliverer of lifelong-learning opportunities. Thus, the mission of the VCLLI is to create and sustain a stimulating, state-of-the-art educational, social, and life-enhancing environment for senior adults. This mission is fulfilled through innovative curricula, experiential learning, and intergenerational activities. Further, the Institute engages in research and advocacy that advance its defining theme of “successful aging.”

Noted for its multidimensional platform, the VCLLI has quickly become a highly acclaimed resource for senior adults in Alabama. Led by its Advisory Council, members drive the programs, activities and are the lifeblood of the Institute. The success and growth of the VCLLI is highly dependent on active involvement of its members by serving as volunteers in various capacities.

### **VCLLI MEMBERSHIP IS FREE AND IT'S EASY TO JOIN.**

**To request information on becoming a member:**

Visit us online:

[www.aces.edu/go/VCLLI](http://www.aces.edu/go/VCLLI)

We hope this catalog captures your mind and prompts you to become involved with the VCLLI at Alabama A&M University. Please go to page 24 for registration information.





## About Dr. Virginia Caples

The Virginia Caples Lifelong Learning Institute (VCLLI) is named in honor of the late 1890 Extension Administrator Dr. Virginia Caples, who had a vision to develop a lifelong learning center for older adults. With the opening of the VCLLI, AAMU joined the ranks of its sister Institution, Hampton University, to become only the second Historically Black College and University (HBCU) and the first 1890 land-grant institution, in the nation to address learning and advanced quality of life for the older adult population.

Dr. Caples' tenacity in service and scholarship, advanced her from a plantation in Doddsville, Mississippi to twice fulfilling the role of interim president of Alabama A&M University, in Huntsville, Alabama. Her commitment and devotion to Alabama A&M University was evident over her 38-year career on "The Hill." Oh, the hats she wore...

Dr. Caples served in capacities as provost and vice president for academic affairs, associate dean, distinguished university professor, and 1890 administrator. She left an indelible mark in each role.

As a scholar, Dr. Caples had numerous presentations, articles, and other publications to her credit on such topics as: nutrition education for underserved populations, leadership skills for the twenty-first century, parental guidance and career choices of youth, competencies needed by home health aides, and workplace and professional challenges for women of color, the future of 1890 Extension. In addition to her publications, Dr. Caples conducted workshops and training sessions on developing the quality enhancement plan, meeting and exceeding accreditation standards, leadership, curriculum and program development, strategic planning, and the freshman-year experience. She participated in training sessions and research in Germany, Australia, Tanzania and Sudan in eastern Africa, South Africa, and St. Kitts and Belize in the Caribbean.

Dr. Caples was a member of the Epsilon Gamma Omega Chapter of Alpha Kappa Alpha Sorority, Incorporated, and the Greater Huntsville Chapter of The Links Incorporated. She was married to Hundley Batts, Sr., and together they owned and operated "Your Community Station" WEUP 103.1 FM; WEUZ 92.1 FM (Hip Hop, Rhythm, and Blues); and "Huntsville's Heritage Station" WEUP 1700 and 94.5 FM (Gospel, Inspiration and Talk); WEUP 1600 and WHIY 1190 AM (Delta Blues).

Dr. Virginia Caples' earthly journey ended on February 19, 2018. However, her legacy continues—forward-reaching and everlasting.



## AFA Memory Screenings

AFA’s National Memory Screening Program provides free, confidential memory screenings—administered by qualified professionals to individuals across the country. A memory screening is a simple and safe “healthy brain check-up” that tests memory and other thinking skills. Screenings are for information only and do not serve as a medical diagnosis.

- Day(s):** Thursdays | February 29<sup>th</sup>, March 7<sup>th</sup> & April 4<sup>th</sup>
- Time:** 11:00 a.m. – 1:00 p.m.
- Duration:** *Appointments in 15 minutes intervals*
- Delivery:** Virtual
- Presenter:** VCLLI and TARCOG as trained memory screening sites of Alzheimer's Foundation of America (AFA)

**Number of Sessions:** 3

**Brief Bio of Presenters:** The mission of the Alzheimer’s Foundation of America (AFA) is to provide support, services and education to individuals, families and caregivers affected by Alzheimer’s disease and related dementias nationwide, and fund research for better treatment and a cure.



**Register:** [www.aces.edu/go/MemoryScreening](http://www.aces.edu/go/MemoryScreening)



## Alabama Heirs' Property Alliance (AHPA) Heirs Property Community Education

Through the Alabama Heirs Property Alliance (AHPA), Alabama A&M, Auburn, and Tuskegee Universities are collaborating to engage local citizens in statewide heirs' property education. AHPA is hosting community workshops using Cooperative Extension's *Understanding Heirs Property at the Community Level* curriculum. During these bi-monthly sessions, join with family and friends to learn about heirs' property, the importance of working with an attorney, value of family communication, navigating the local tax office, estate planning, and land use.

<b>Day(s):</b>	Tuesday   March 12 <sup>th</sup> Monday   May 13 <sup>th</sup>
<b>Time:</b>	5:30 p.m.
<b>Duration:</b>	1.5 Hours
<b>Delivery:</b>	Virtual/In-person
<b>Presenter:</b>	Alabama Heirs Property Alliance



**Number of Sessions:** 2

- Topics:** **Understanding Heirs Property at the Community Level**  
*Community Education series*
- 3/12 Heirs' Property Overview & Working with Attorney  
Madison County Extension Office | 819 Cook Avenue • Huntsville, AL
  - 4/13 Family Tree & Family Conversations  
Alabama A&M University | Dawson Building Room 240

**Register:** [www.aces.edu/go/Onsite24](http://www.aces.edu/go/Onsite24)





## Artisan Skin Care Products: It All Begins at Home



Making affordable high-quality skin care products (soap, lotion, and more) can easily be done from home. These products can compete with or exceed the quality of commercial products. Homemade skin care products are also fun to make, take up little time and space, and can be used personally or given away as gifts.

- Day(s):** Tuesdays | March 5<sup>th</sup> & March 19<sup>th</sup>
- Time:** 11:00 a.m.
- Duration:** 2 Hours
- Delivery:** In-person | AAMU Agribition Center  
4925 Moores Mill Road, Huntsville, AL 35811
- Presenter:** Robert Spencer, Retired Extension Specialist

**Number of Sessions:** 2

**Brief Bio of Presenter:** Robert Spencer has over 20 years of experience in producing Artisan Skin Care Products. In his spare time, he made and sold skin care products made from goat milk directly from the farm and online. Spencer also volunteered and shared his expertise with small farmers in countries, such as Central America, Caribbean, Africa, and Southeast Asia. Although retired from the Alabama Cooperative Extension System, raising goats, and producing skin care products, he continues to share his knowledge with others.

**Register:** [www.aces.edu/go/Onsite24](http://www.aces.edu/go/Onsite24)





# Spring 2024

Courses & Activities

## Bulldog Garden Spring Planting & Harvesting

Come get your hands dirty as we kick off the growing season at the AAMU Bulldog Garden. This community demonstration garden produces a variety of fresh fruits, herbs, and vegetables that are shared with individuals in need.



Volunteers are needed to help with planting and harvesting at the garden. To lend a hand, please register.

**Day(s):** Planting | Friday, March 29<sup>th</sup>

**Time:** 7:30 a.m.

**Duration:** 3 Hours

**Presenters:** AAMU Agribition Team

The harvesting schedule will depend on the crop and other conditions. Tentative harvesting days are Tuesdays and Thursdays. Volunteer harvesters will need to register and complete a participant waiver.

**Register:** [www.aces.edu/go/Onsite24](http://www.aces.edu/go/Onsite24)



## Crafty Creations: Jewelry Making

This class is designed for those who are interested in fashion jewelry and DIY. Learn to make a single strand beaded bracelet, anklet, rhinestone earring and or necklace. Also learn about how different sizes of beads, wires, and findings are needed for different projects.

- Day(s):** Thursday | April 18<sup>th</sup>
- Time:** 10:30 a.m.
- Duration:** 1.5 Hour
- Delivery:** In-person | AAMU, Dawson Building, Room 240
- Presenter:** Barbara Dowdell
- Number of Sessions:** 1

**Brief Bio of Presenter:** Barbara Dowdell is participant of the Virginia Caples Lifelong Learning Institute. She has also been a workshop presenter for the Successful Aging Initiative Conference. Mrs. Dowdell enjoys crafts and has a passion for hand beading.

**Register:** [www.aces.edu/go/Onsite24](http://www.aces.edu/go/Onsite24)

## Crafty Creations: Wreath Making

Discover ways to spruce up the look of your home décor and office and learn new gift ideas with custom designed wreaths. Take the skills you learn to switch out wreaths to observe the seasons, holidays, sports teams, awareness campaigns and more.

**Day(s):** Tuesday | March 26<sup>th</sup>

**Time:** 10:30 a.m.

**Duration:** 1.5 Hours

**Delivery:** Virtual

**Presenter:** Sharon Grant, Agent Assistant II, Elmore County

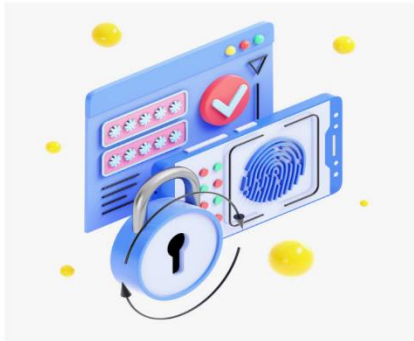
**Number of Sessions:** 1

**Brief Bio of Presenter:** Sharan Grant has served the Elmore County Extension Office for 18 years as an agent assistant. She works diligently to provide education to youth and adults on healthy relationships and marriage.



**Register:** [www.aces.edu/go/Wreaths24](http://www.aces.edu/go/Wreaths24)





## Cybersecurity for Seniors

Learn about ways to protect your identity and personal information online and gain a greater understanding of how to use the latest technology. Making safer and smarter decisions online can be as simple as following the tips presented in this session.

<b>Day(s):</b>	Monday   March 12 <sup>th</sup>
<b>Time:</b>	10:00 a.m.
<b>Duration:</b>	1 Hour
<b>Delivery:</b>	Virtual
<b>Presenter:</b>	Lamar Pryor, Technology Support Coordinator Alabama A&M University
<b>Number of Sessions:</b>	1

**Brief Bio of Presenter:** B. Lamar Pryor is the technology support coordinator for Alabama Extension at Alabama A&M University. Although he has only served in this role for two years, Pryor has 22 years of information technology experience.

**Register:** [www.aces.edu/go/Cyber24](http://www.aces.edu/go/Cyber24)



# Spring 2024

Courses & Activities

## Dementia Memory Café

Offered through Dementia Friendly Alabama, Dementia Memory Cafés are social outings for individuals living with dementia or experiences cognitive declines. A memory café provides respite for caregivers and an engaging activity for care-recipients.



You are sure to have fun as you join in one of the hands-on, sensory stimulating activities planned this semester.

- Day(s):** Tuesdays | February 13<sup>th</sup> & April 16<sup>th</sup>
- Time:** 11:00 a.m.
- Duration:** 2 Hours
- Presenters:** Delane Poague, Dementia Friendly Alabama
- Delivery:** In-person
- Number of Sessions:** 2

- Topics:**
  - 2/13 Cookie Decorating and Fresh Flower Bouquets  
AAMU Agribition Center
  - 4/16 Art and Apps, Location TBD

**Brief Bio of Presenter:** DeLane Poague serves the state of Alabama as the Dementia Friendly Alabama coordinator. She formerly served as a community ombudsman representative for Central Alabama Aging Consortium, Area Agency on Aging.

**Register:** [www.aces.edu/go/Onsite24](http://www.aces.edu/go/Onsite24)



## Greeting Cardmaking

### Family Life Center

Let your creativity flow through the folds, cuts, and embellishments of your uniquely designed greeting card. Using simple low-cost supplies, we will create personalized greetings cards for gifts or keeps.



- Day(s):** Thursdays | February 22<sup>nd</sup> & April 25<sup>th</sup>
- Time:** 1:00 p.m.
- Duration:** 1 Hour
- Delivery:** In-person | Family Life Center, 228-F Binford Drive  
Huntsville, AL 35805
- Presenter:** Danielle Rudolph, VCLLI Site Director
- Number of Sessions:** 2

**Brief Bio of Presenters:** Danielle Rudolph is the site director of the Virginia Caples Lifelong Learning Institute. She has served in this capacity for three years. VCLLI is a program of Alabama Extension at Alabama A&M University that focuses on best management practices to help us age with grace.

**Register:** [www.aces.edu/go/Onsite24](http://www.aces.edu/go/Onsite24)





## Greeting Cardmaking (*Virtual*)

Let your creativity flow through the folds, cuts, and embellishments of your uniquely designed greeting card. Using simple low-cost supplies, we will create personalized greetings cards for gifts or keeps.

- Day(s):** Wednesdays | February 21<sup>st</sup>, March 20<sup>th</sup>, & April 17<sup>th</sup>
- Time:** 10:00 a.m.
- Duration:** 1 hours
- Delivery:** Virtual/In-person | AAMU, Dawson Building, Room 240
- Presenter:** Danielle Rudolph, VCLLI Site Director
- Number of Sessions:** 3

**Brief Bio of Presenters:** Danielle Rudolph is the site director of the Virginia Caples Lifelong Learning Institute. She has served in this capacity for three years. VCLLI is a program of Alabama Extension at Alabama A&M University that focuses on best management practices to help us age with grace.

**Register:** [www.aces.edu/go/VCardmaking](http://www.aces.edu/go/VCardmaking)



## Grounds & Gardens: Spring Gardening

Learn easy-to-understand practices for home gardening as you plan for spring gardening projects and yard maintenance.

- **Container Gardening will discuss** growing produce in containers right on your porch or deck. Learn essential tips on growing plants in different containers for various situations.
- **Pruning 101** will focus on tree and shrub pruning tips for the landscape, including knowing why you are pruning, how to prune, and how to help the tree heal properly.
- **Wildlife in Your Backyard** provides tips on attracting wildlife to your yard like butterflies, hummingbirds, deer, and birds. Also, get advice on preventing wildlife from living in your yard.

**Day(s):** Wednesday | February 7<sup>th</sup>, March 6<sup>th</sup>, April 3<sup>rd</sup>

**Time:** 10:00 a.m.

**Duration:** 1 Hour

**Delivery:** Virtual

**Presenter:** Marcus Garner, Urban Regional Extension Agent

**Number of Sessions:** 3

**Brief Bio of Presenter:** Marcus Garner is an urban regional Extension agent for Alabama Extension at AAMU. He serves Madison and Limestone counties with programs in home grounds, gardens, and home pests.



**Register:** [www.aces.edu/go/GG24](http://www.aces.edu/go/GG24)



# Spring 2024

Courses & Activities

## Meaningful Monday Weekly

### Estate Planning Series



series hosted by Alabama Extension at AAMU, AARP Alabama, and Faulkner University Jones School of Law. These sessions provide insight on preparation for organization and advance planning.

**Day(s):** Mondays | February 26<sup>th</sup>, March 4<sup>th</sup>, March 11<sup>th</sup>, March 18<sup>th</sup> & March 25<sup>th</sup>

**Time:** 4:00 p.m. – 5:00 p.m.



**Duration:** 1 Hours

**Delivery:** Virtual



**Presenter:** John Craft, Clinical Associate Professor of Law  
Director - Elder Law Clinic  
Faulkner University, Thomas Goode Jones School of Law

**Number of Sessions:** 5

**Topics:**

- 2/26 Overview of Estate Planning
- 3/4 Advance Directive for Healthcare
- 3/11 Power of Attorney for Finances
- 3/18 Organizing Important Papers
- 3/25 Last Will and Testament

**Register:** [www.aces.edu/go/3940](http://www.aces.edu/go/3940)





# Spring 2024

Courses & Activities



## Meaningful Monday Estate Planning Series Part II Focus on Caregiving

In this session, you will be introduced to protection methods in caregiving arrangements. Learn about available resources, ways to manage caregiving roles, and how to strengthen caregiving support.

**Day(s):** Mondays | April 1<sup>st</sup>, April 8<sup>th</sup>, April 15<sup>th</sup>, April 22<sup>nd</sup>  
**Time:** 4:00 p.m.  
**Duration:** 1 hour  
**Delivery:** Virtual  
**Presenter:** *John Craft*, Clinical Associate Professor of Law  
Director - Elder Law Clinic  
Faulkner University, Thomas Goode Jones School of Law  
  
*Lydia Weeks*, Alabama Care Coordinator,  
Top of Alabama Regional Council of Governments

**Number of Sessions:** 4

- Topics:**
- 4/1 Guardianship and Conservatorship
  - 4/8 Managing Someone Else’s Money
  - 4/15 Program and Services Available for Family Caregivers
  - 4/22 Gender Difference in Family Caregiving



**Register:** [www.aces.edu/go/3943](http://www.aces.edu/go/3943)



## Nutrition to Support Healthy Aging

There is a clear correlation between proper nutrition and improved health. Engage in an intergenerational experience as students from Alabama A&M's Department of Family and Consumer Sciences provide valuable information on appropriate food consumption to aid the health journey as we age.



**Day(s):** Thursdays | March 21<sup>st</sup> & March 28<sup>th</sup>

**Time:** 11:00 a.m.

**Duration:** 1 hour

**Delivery:** Virtual

**Presenter:** Dr. La-Tonya Dixon

**Number of Sessions:** 2

**Brief Bio of Presenters:** Dr. La-Tonya Dixon currently serves as an assistant professor in Nutrition and Hospitality Management at AAMU. Dixon was selected for the 15-member inaugural cohort of the Postsecondary State Career Technical Education (CTE) Leaders Fellowship at Advance CTE- Sponsored by ECMC Foundation. She received a bachelor's degree from Oakwood University, and a master's degree and doctorate in food science and technology from Alabama A&M University.



**Register:** [www.aces.edu/go/SrNutritionS24](http://www.aces.edu/go/SrNutritionS24)



## Social Security Administration Benefits and Services Updates



This workshop provides updates from the Social Security Administration (SSA) for 2024. Learn about SSA benefits, operations, and more.

<b>Delivery:</b>	<b>Microsoft Teams</b>
<b>Day(s):</b>	Wednesday   February 28 <sup>th</sup>
<b>Time:</b>	10:00 a.m.
<b>Duration:</b>	1 hour
<b>Presenter:</b>	Kyllè McKinney, Public Affairs Specialist
<b>Number of Sessions:</b>	1



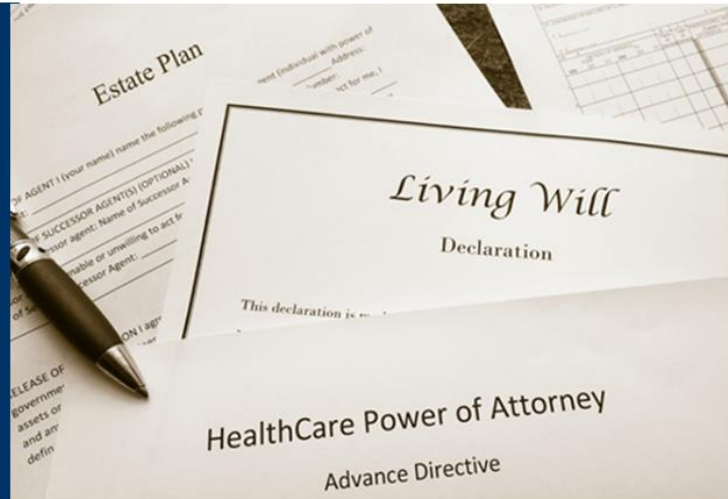
**Brief Bio of Presenter:** Kyllè McKinney is a Social Security Administration public affairs specialist for the state of Alabama. Kyllè has been with the agency for the past 30 years starting off as a claims representative and later being promoted to his current position for the past 14 years.

Kyllè has a Bachelor of Arts degree in radio and television from Alabama State University, a Master of Divinity degree in church ministry, and a doctorate degree in pastoral and Christian care from Minnesota Graduate School of Theology. Kyllè is happily married to Kimberly McKinney and is originally from San Francisco, California.

**Register:** [www.aces.edu/go/24SSAUpdates](http://www.aces.edu/go/24SSAUpdates)



# COMMUNITY PRO BONO ELDER LAW CLINICS



Get your **FREE** Alabama Healthcare Directive and Financial Powers of Attorney prepared on site. **Registration is required.** Space is limited, so register today.

## Elmore County

**April 11th | 9:00 a.m. - 12:00 p.m.**

Tallassee Community Hospital | 805 Friendship Rd • Tallassee, AL 36078

Register: Call 334.567.6301

## Montgomery County

**April 12th | 1:00 p.m. - 4:00 p.m.**

Maggie Street Baptist Church | 642 Maggie St • Montgomery, AL 36106

Register: Call 334.240.4680

## Lowndes County

**April 18th | 9:00 a.m. - 12:00 p.m.**

Whitehall Town Hall | 3315 Hayneville Rd • Whitehall, AL 36752

Register: Call 334.548.2315

## Dallas County

**April 26th | 1:00 p.m. - 4:00 p.m.**

Selma-Dallas County Public Library | 1103 Selma Avenue • Selma, AL 36703

Register: Call 334.875.3200



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. [www.aces.edu](http://www.aces.edu)



## Tai Chi Exercise for Balance and Pain Management

Participate in Tai Chi with a small group at Alabama A&M University. During the weekly sessions, engage in movement aimed at improving balance, preventing falls in older adults, and reducing some sources of pain.

**Day(s):** Mondays (Weekly) | February 26<sup>th</sup> thru April 22<sup>th</sup>

**Time:** 10:00 a.m.

**Duration:** 1 Hour

**Delivery:** In-person | AAMU Wellness Center

**Presenter:** Moses Eben, Program Coordinator



**Number of Sessions:** 10

**Brief Bio of Presenters:** Moses Eben is the program coordinator of the Global Initiative Program at Alabama A&M University.

**Register:** [www.aces.edu/go/Onsite24](http://www.aces.edu/go/Onsite24)



**VIRTUAL DEMENTIA TOUR**  
YOUR WINDOW INTO THEIR WORLD

## Virtual Dementia Tour

During a Virtual Dementia Tour experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks and exercises. The tour enables caregivers to experience the physical and mental challenges those with dementia face with the hope of using this experience to provide better person-centered care.

**Day(s):** Friday | March 8<sup>th</sup>  
Wednesday | April 10<sup>th</sup>

**Time:** 9:00 a.m. – 12:00 p.m.

**Duration:** 2 hours

**Delivery:** In-person

**Presenter:** TARCOG Alabama Cares

**Number of Sessions:** 2

**Location:** March 8<sup>th</sup>: Church Street Cumberland Presbyterian Church  
228 Church Street NW, Huntsville, AL 35801

April 10<sup>th</sup>: St. Bartley Primitive Baptist Church  
3020 Belafonte Avenue NW, Huntsville, AL 35816



**Brief Bio of Presenter:** Alabama Cares, part of the National Family Caregiver Support Program, supports family caregivers with information, assistance, and resources to help them take care of their aging loved ones and themselves.

**Register:** [www.aces.edu/go/VDTSp24](http://www.aces.edu/go/VDTSp24)



# Walk Across the 1890s

Join us as we Walk Across the 1890s! This walking initiative encourages you to make an individual or group goal to move more throughout the course of 10 weeks. The start date is Feb. 26, 2024!

Each team has a goal to walk 1290 miles during the challenge.

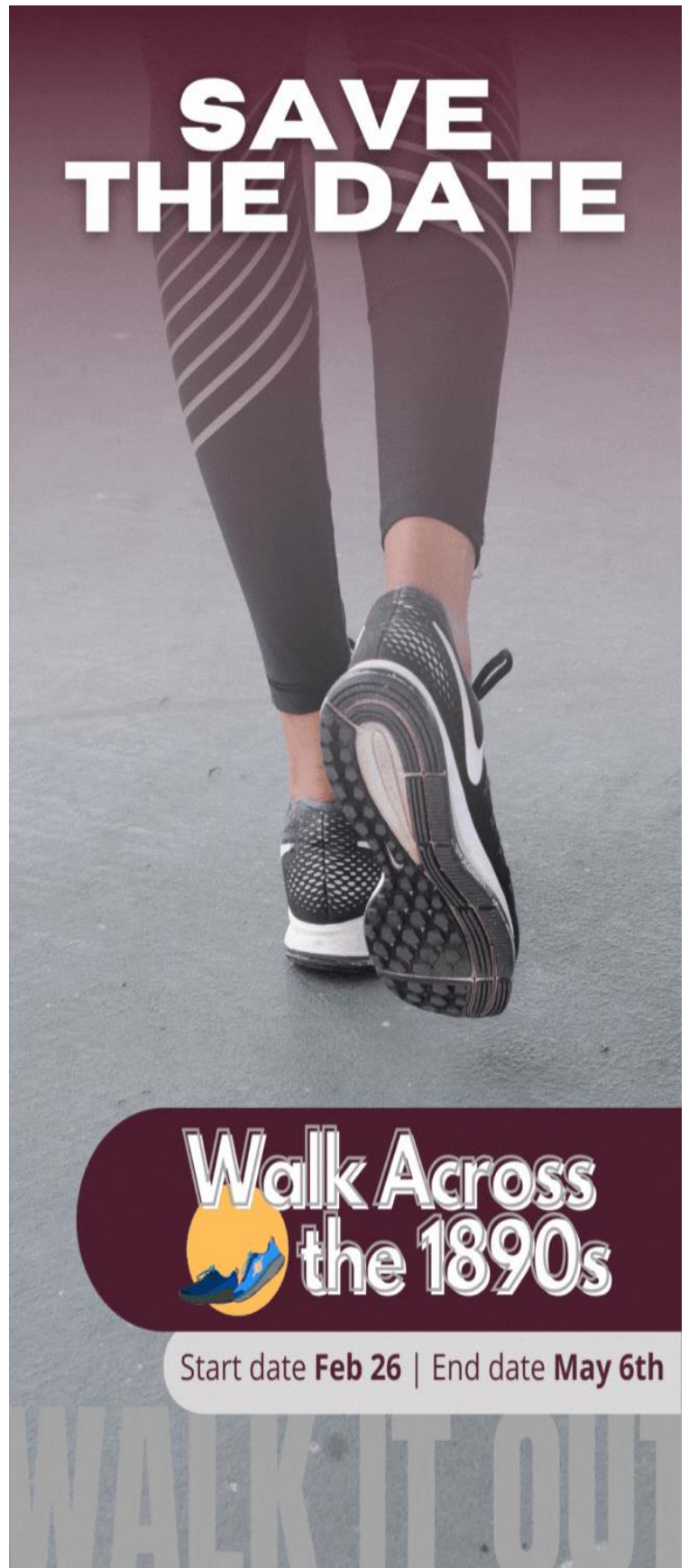
Weekly logs are expected to be reported to your team captain.

Want to participate on a team with other members of VCLLI?

You will need to register with VCLLI only at: [www.aces.edu/go/Walk24](http://www.aces.edu/go/Walk24).

Each team is limited to 10 participants. If your selected team is full, you will be slotted on another team.

Contact Danielle if you want to serve as a team captain.





# *In-Person & Digital Experiences*



# Virtual Field Trips

VCLLI Spring 2024 Courses & Activities



## NPS: Frederick Douglass National Park Digital Experience

"I would unite with anybody to do right and with nobody to do wrong."  
-Frederick Douglass

Frederick Douglass spent his life fighting for justice and equality. Born into slavery in 1818, he escaped as a young man and became a leading voice in the abolitionist movement. People still find inspiration today in his tireless struggle, brilliant words, and inclusive vision of humanity. Douglass's legacy is preserved at Cedar Hill where he spent his last 17 years.

- Day(s):** Friday | February 2<sup>nd</sup>
- Time:** 10:00 a.m.
- Duration:** 1 hour
- Delivery:** Virtual
- Presenter:** Kevin Bryant, Park Ranger
- Number of Sessions:** 1



**Brief Bio of Presenters:** Kevin Bryant, based in Washington, DC, is a park ranger at National Park Service, bringing experience from previous roles at Gettysburg National Military Park, Community of Christ, and National Park Service. Bryant holds a certificate in Diversity & Inclusion Studies from Cornell University. With a robust skill set that includes history, government, American history, community outreach, environmental education and more, Bryant contributes valuable insights to the industry.

**Register:** [www.aces.edu/go/FDouglass](http://www.aces.edu/go/FDouglass)





# Virtual Field Trips

## VCLLI Spring 2024 Courses & Activities



### Discovering Extension Digital Experience

The Alabama Cooperative Extension System is the primary outreach and engagement organization for Alabama A&M University and Auburn University in cooperation with Tuskegee University. Alabama Extension takes the university to the people. As educators, we are partners in every county, bringing practical ways to better our homes, farms, people, and communities. In short, we extend knowledge and improve lives.

<b>Day(s):</b>	Friday   February 16 <sup>th</sup>
<b>Time:</b>	10:00 a.m.
<b>Duration:</b>	1 hour
<b>Delivery:</b>	Virtual
<b>Presenter:</b>	Wendi Williams, Communications & Marketing Coordinator, Alabama Extension at AAMU

**Number of Sessions:** 1

**Brief Bio of Presenter:** Wendi Williams is a comparative literature and technical communication graduate of Indiana University-Bloomington and the Illinois Institute of Technology in Chicago. She has more than 25 years of communications experience, and now serves as the communications and marketing coordinator for Alabama Extension at AAMU.

**Register:** [www.aces.edu/go/DEExtension](http://www.aces.edu/go/DEExtension)



# Virtual Field Trips

## VCLLI Spring 2024 Courses & Activities



### **NHS: Mary McLeod Bethune** **Digital Experience**

Mary McLeod Bethune achieved her greatest recognition at the Washington, DC townhouse that is now this National Historic Site. The Council House was the first headquarters of the National Council of Negro Women (NCNW) and was Bethune's last home in Washington, DC. From here, Bethune and the NCNW spearheaded

strategies and developed programs that advanced the interests of African American women.

- Day(s):** Friday | March 1<sup>st</sup>
- Time:** 10:00 a.m.
- Duration:** 1 hour
- Delivery:** Virtual
- Presenter:** Kevin Bryant, Park Ranger
- Number of Sessions:** 1

**Brief Bio of Presenters:** Kevin Bryant, based in Washington, DC, is a park ranger at National Park Service, bringing experience from previous roles at Gettysburg National Military Park, Community of Christ, and National Park Service. Bryant holds a certificate in Diversity & Inclusion Studies from Cornell University. With a robust skill set that includes history, government, American history, community outreach, environmental education and more, Bryant contributes valuable insights to the industry.

**Register:** [www.aces.edu/go/MMBethune](http://www.aces.edu/go/MMBethune)



# Virtual Field Trips

## VCLLI Spring 2024 Courses & Activities



### **NHS: Carter Godwin Woodson** **Digital Experience**

Known as “the Father of Black History,” Carter G. Woodson was a scholar, author, educator and journalist who dedicated his life to documenting and promoting stories of the African American experience.

- Day(s):** Friday | April 5<sup>th</sup>
- Time:** 10:00 a.m.
- Duration:** 1 hour
- Delivery:** Virtual
- Presenter:** Kevin Bryant, Park Ranger
- Number of Sessions:** 1

**Brief Bio of Presenters:** Kevin Bryant, based in Washington, DC, is a park ranger at National Park Service, bringing experience from previous roles at Gettysburg National Military Park, Community of Christ, and National Park Service. Bryant holds a certificate in Diversity & Inclusion Studies from Cornell University. With a robust skill set that includes history, government, American history, community outreach, environmental education and more, Bryant contributes valuable insights to the industry.

**Register:** [www.aces.edu/go/CGWoodson](http://www.aces.edu/go/CGWoodson)





## COURSES/ACTIVITIES/WORKSHOPS SUMMARY

TITLE	DATE/TIME	MEETING ID	GO URL
AFA Memory Screenings	2/29, 3/7 & 4/4 @ 11:00 am	893 0523 1645	<a href="http://www.aces.edu/go/MemoryScreening">www.aces.edu/go/MemoryScreening</a>
AHPA - Heirs Community Education	3/12 & 5/13 @ 5:30 pm		<a href="http://www.aces.edu/go/Onsite24">www.aces.edu/go/Onsite24</a>
Artisan Homemade Skin Care	3/5 & 3/19 @ 11:00 am	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/Onsite24">www.aces.edu/go/Onsite24</a>
Bulldog Garden Spring Planting & Harvesting	Mons., Weds., & Fris. Beginning 3/29 @ 7:30 am	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/Onsite24">www.aces.edu/go/Onsite24</a>
Crafty Creations: Jewelry Making	4/18 @ 10:30 am	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/Onsite24">www.aces.edu/go/Onsite24</a>
Crafty Creations: Wreath Making	3/26 @ 10:30 am	889 7298 0571	<a href="http://www.aces.edu/go/Wreaths24">www.aces.edu/go/Wreaths24</a>
Cybersecurity for Seniors	3/12 @ 10:00 am	868 9266 7394	<a href="http://www.aces.edu/go/Cyber24">www.aces.edu/go/Cyber24</a>
Dementia Memory Care	2/13 & 4/16 @ 11:00 am	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/Onsite24">www.aces.edu/go/Onsite24</a>
Greeting Cardmaking (Family Life Center)	2/22 & 4/25 @ 1:00 pm	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/Onsite24">www.aces.edu/go/Onsite24</a>
Greeting Cardmaking (Virtual)	2/21, 3/20 & 4/17 @ 10:00 am	860 9113 8181	<a href="http://www.aces.edu/go/VCardmaking">www.aces.edu/go/VCardmaking</a>
Grounds & Gardens	2/7, 3/6 & 4/3 @ 10:00 am	853 4261 5185	<a href="http://www.aces.edu/go/GG24">www.aces.edu/go/GG24</a>
Meaningful Monday Estate Planning Series	2/26, 3/4, 3/11, 3/18, & 3/25 @ 4:00 pm	812 6001 8200	<a href="http://www.aces.edu/go/3940">www.aces.edu/go/3940</a>
Meaningful Monday Estate Planning Series Part II <b>Focus on Caregiving</b>	4/1, 4/8 & 4/15 & 4/22 @ 4:00 pm	0864 1075 0329	<a href="http://www.aces.edu/go/3943">www.aces.edu/go/3943</a>
Nutrition to Support Healthy Aging	3/21 & 3/28 @ 11:00 am	884 1630 5900	<a href="http://www.aces.edu/go/SrNutrition24">www.aces.edu/go/SrNutrition24</a>
Social Security Administration Benefits & Services Updates	2/28 @ 10:00 am		<a href="http://www.aces.edu/go/24SSAUupdates">www.aces.edu/go/24SSAUupdates</a>
Pro Bono Elder Law Clinics <i>(See catalog for details.)</i>	4/11 @ 9:00 am 4/12 @ 1:00 pm 4/18 @ 9:00 am 4/26 @ 1:00 pm		
Tai Chi Exercise for Balance & Pain Management	Mons. 2/26 thru 4/22 @ 10:00 am	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/Onsite24">www.aces.edu/go/Onsite24</a>
Virtual Dementia Tour	3/13 & 4/10 @ 9:00 am	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/VDTSp24">www.aces.edu/go/VDTSp24</a>
Walk Across the 1890s	Starting 2/26 – Ending 5/6	<i>Link is for registration purposes only.</i>	<a href="http://www.aces.edu/go/Walk24">www.aces.edu/go/Walk24</a>
Discovering Extension   <b>Digital Experience</b>	2/16 @ 10:00 am	822 9666 3476	<a href="http://www.aces.edu/go/DEExtension">www.aces.edu/go/DEExtension</a>
NPS: Frederick Douglass National Park   <b>Digital Experience</b>	2/2 @ 10:00 am		<a href="http://www.aces.edu/go/FDouglass">www.aces.edu/go/FDouglass</a>
NHS: Mary McLeod Bethune   <b>Digital Experience</b>	3/1 @ 10:00 am	825 0295 1450	<a href="http://www.aces.edu/ggo/MMBethune">www.aces.edu/ggo/MMBethune</a>
NHS: Dr. Carter Godwin Woodson   <b>Digital Experience</b>	4/5 @ 10:00 am	853 6836 4620	<a href="http://www.aces.edu/go/CGWoodson">www.aces.edu/go/CGWoodson</a>



Dance Your Way to Better Health with Two-Step Tuesday

Every Tuesday | 6–7 PM | Room 240

Alabama A&M University Campus, Dawson Building  
4900 Meridian Street N, Huntsville, Alabama 35811

## IN-PERSON & VIRTUAL

Two-Step Tuesday is a fun, interactive, 1-hour aerobic line dance class for all ages. Groove to the beat, do some fancy footwork, and increase your daily steps!

### Questions?

Nkenge Hyter - (205) 612-7204  
nch0004@aces.edu



### Free Online Registration

Register with the link below or QR code  
<https://www.aces.edu/go/3857>



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs. [www.aces.edu](http://www.aces.edu)



# Eco-Friendly Fridays

Environmental Education Series

Available online with  
 Zoom

Alabama Cooperative Extension System



## Eco Friendly Fridays Environmental Education Series

Join us for training sessions on traditional conservation topics as well as new and emerging issues in environmental education. This free virtual webinar series offers effective best management practices (BMPs) aimed at safeguarding human, animal & environmental health, and practical solutions to help reduce your ecological footprint. Whether you are an educator, an environmental professional, or a nature-lover, tune in to discover how you can become a better steward of the environment and its precious resources. Registration is required.

**Register at: [www.aces.edu/go/EcoFriendlyFridays](http://www.aces.edu/go/EcoFriendlyFridays)**

- **February 9:** Backyard Birding, with A. Mathis
- **March 8:** Citizen Science: Scientific Discovery Across the Lifespan, with Dr. R. Robinson
- **April 12:** "What's My Line" in a Weather-Ready Nation, with B. Jones
- **May 10:** The Basics of Tree Law for Homeowners, with J. Potter

**Second Friday  
of Each Month  
11:00-12:00**

Questions? Contact Allyson Shabel at [ams0137@aces.edu](mailto:ams0137@aces.edu)



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome! Please let us know if you have accessibility needs.





VIRGINIA CAPLES LIFELONG LEARNING INSTITUTE | MEMBERSHIP FORM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_
Address \_\_\_\_\_
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_
Home Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_
Email Address \_\_\_\_\_
Emergency Contact \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

I WOULD LIKE TO BECOME A MEMBER OF THE VCLLI: \_\_\_\_\_

\*Member's photos may be used periodically to promote the VCLLI.

Member Profile

Your response to the following questions will help us better serve you and other members of the VCLLI.

Age Range \_\_\_ Under 50 \_\_\_ 50-59 \_\_\_ 60-69 \_\_\_ 70-79 \_\_\_ Over 80

How did you hear about the VCLLI?

\_\_\_ Radio \_\_\_ Internet \_\_\_ Printed Publication \_\_\_ TV/News \_\_\_ Church \_\_\_ Word of Mouth \_\_\_ Other

Gender \_\_\_ Male \_\_\_ Female Are you retired? \_\_\_ Yes \_\_\_ No

Occupation (current or before retirement) \_\_\_\_\_

Ethnicity: African American \_\_\_ Caucasian \_\_\_ Hispanic \_\_\_ Asian \_\_\_ Other \_\_\_

ARE YOU INTERESTED IN PARTICIPATING IN ANY OF THE FOLLOWING ACTIVITIES (Check all that apply)

- \_\_\_ Developing Courses
\_\_\_ Assisting a facilitator in a class
\_\_\_ Helping with recruitment efforts
\_\_\_ Serving on the VCLLI board/committees
\_\_\_ Providing assistance at special events
\_\_\_ Helping with mailings
\_\_\_ Helping with fundraising
\_\_\_ Volunteering with VCLLI



Would you be interested in facilitating a course? Yes \_\_\_ No \_\_\_

If yes, what topic(s) \_\_\_\_\_

Please return this form to: VCLLI, c/o Cándra Johnson DeBose

P.O. Box 967, Normal, AL 35762

FOR OFFICE USE ONLY

Received by \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Membership Date \_\_\_\_/\_\_\_\_/\_\_\_\_



## Share Your Knowledge and Talents through the VCLLI

With the vibrant, dynamic, skilled, and talented senior adult population in the state of Alabama, we know some of you are just waiting to be asked, “Why not share what you know?”

This is our invitation or bidding for you to be a VCLLI course leader. There are no papers or tests to grade. Just come and share your knowledge with people who have a true “love for learning.”

For more information on how to be added to the VCLLI roster of course leaders, contact us at: **Go to our website at:**

**[www.aces.edu/go/VCLLI](http://www.aces.edu/go/VCLLI) or call 256.372.7022**







**VIRGINIA CAPLES**  
LIFELONG LEARNING INSTITUTE



Alabama Cooperative Extension System  
at Alabama A&M University  
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