

Mac Brownell Adult Day Center

May 18-22 , 2020

200 Willie Palmer Way Purcellville, VA 20132 571-258-3402

Schedule of Virtual Programs

Monday

11:00am - Morning Circle & Exercise

2:00pm - Games w/ Mac Brownell

Tuesday

11:00am - Morning Circle & Exercise

2:00pm - Games with Ann

Wednesday

2:00pm - Afternoon Circle & Exercise

Thursday

11:00am - Morning Circle & Exercise

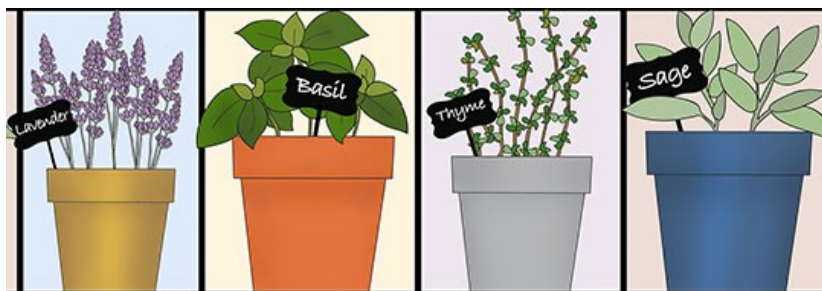
2:00pm - Ida Lee Walking Tour w/
Leesburg ADC

Friday

11:00am - Morning Circle & Exercise

2:00pm - Carole on the Piano

(Virtual program links sent
directly to all participants**)**



May 18 Happy Birthday, Perry Como

Perry Como, born in 1912, was an American singer, actor and television personality. During his career he had hit songs such as [Catch a Falling Star](#), [Don't Let the Stars Get in Your Eyes](#), [Hot Diggity](#), and [Round and Round](#). Check out the [list of songs](#) recorded by Perry and play a little finish the song title.

May 19 Ice Cream in the House

On this day in 1810, Dolly Madison, wife of president James Madison, supposedly served the first ice cream at the White House. Not that we need an excuse to eat this delicious frozen treat, but let's celebrate with an [ice cream social](#) at home. No ice cream machine? No problem! Try one of these [no churn recipes](#).

May 20 Fleet Week Begins

Held in New York City to honor sea services (the Marines, Navy, Coast Guard, and others). This weeklong celebration includes events such as live music, food and ceremonies. [Nautical Food](#) anyone? Thank you for your service!

May 21 Anniversary of Earhart's Solo Flight

Amelia Earhart became the second person and first woman to fly solo across the Atlantic on this day in 1932. The aviatrix flew from Harbor Grace, Newfoundland, to Londonderry, Northern Ireland, in her Lockheed Vega. She made the trip in less than 15 hours. Earhart was dubbed "Lady Lindy" following this history feat. Check out some other [women in aviation](#).

May 22 Goodbye, Johnny

It's hard to believe that it's been 28 years since Johnny Carson stepped down from the *Tonight Show*. Check out a few clips of the [best of Johnny Carson](#).

Nicole's DIY Tea

Do you have an abundance of herbs and do not know to what to do with them? Try making your own herbal tea! There are 10 blends you can make with left over herbs.



Make Your Own Tea



Magie's Riddles

1. When things go wrong,
what can you always count on?
2. What is always in front of you but can't be seen?
3. Where can you find cities, towns, shops and streets
but no people?
4. What has a neck but no head?
5. What happens once in a lifetime, twice in a moment,
but never in one hundred years?
6. What has hands but does not clap?
7. What has to be broken before you can use it?
8. What goes up but never comes back down?
9. What begins with T, finishes with T, and has T in it?
10. How can a leopard changes its spots?

Answers:

1. Your fingers 2. The future 3. A map 4. A bottle
5. The letter "M" 6. A clock 7. An egg 8. Your age
9. A teapot 10. By moving from one spot to another.

Happy Birthday Cindy!



Cindy celebrates her birthday on May 22!
We hope your birthday is as wonderful and
extraordinary as you are!



Exercise

[HelpGuide - Exercise Tips](#)

[NurseNextDoor - 6 Exercises for Seniors](#)



Virginia's Musical Gems

[YouTube - Evolution of Piano](#)

[YouTube - Evolution of Music](#)

[YouTube - Evolution of Dance](#)

Virtual Performance

[The Metropolitan Opera](#)

Check out their performances every night at 7:30pm

Caregiver Support Resources

One-on-One Virtual Meeting with Mac Brownell Adult Day Center Staff

If you or your loved one would like to chat or just say hello to the staff at Mac Brownell Adult Day Center please email us at DEPT-PRCS-MBADC@loudoun.gov with time and date you are available and we will schedule and respond with a GoToMeeting link. We would love to see you and hear how you are doing!

Coffee Chat with Lori

If you are a caregiver for a loved one or if you are an older adult (60+) in need of support during this difficult time, connect virtually (FaceTime or by phone) over coffee with Lori. To sign-up, send an email to aaasupport@loudoun.gov or call 571-233-2583

Leesburg Adult Day Center Alzheimer's Association Caregiver Support Group

Meets the **first Wednesday of the month** and will be held by telephone on Wednesday, May 6th from 4pm – 6pm. Join by telephone at [+1 402-726-1279](tel:+14027261279) (PIN: 378847717). For more information contact Jaimee Conner at 703-771-5334

Loudoun County Area Agency on Aging Caregiver Support Groups for caregivers of people with memory loss will meet virtually on the **third Saturday of the month** with multiple time slot options in May, June and July. If you are interested in attending, you must pre-register in advance by contacting Erin Nesbitt at erin.nesbitt@loudoun.gov. Each support group will be limited to 8 participants and, to ensure we are meeting with everyone who needs it, there will be multiple time slot options for each group. The next virtual support group meeting will be held on Saturday, May 16th.

Carver Center Caregiver Support Group is meeting virtually using Zoom on the **fourth Thursday of every month** from 3:00PM to 4:00 PM. To participate, email the facilitator, Bobbi Carducci at bcarducci@comcast.net and she will send a reply email to you with the meeting ID# link and password. You will need to download zoom and the free version works fine. It can be accessed at: www.zoom.us

Loudoun County Sheriff's Office Prescription and Delivery Service

For Loudoun County senior residents who need prescription delivery services please contact the Loudoun County Sheriff's Office at 703-777-1021.

Information & Assistance & Case Management Services

If you need to speak with someone regarding available services or need assistance connecting to services, you can reach an aging program specialist at 703-777-0257. To reach the Loudoun County Area Agency on Aging case manager, please contact Lori at lori.stahl@loudoun.gov or via phone at 703-737-8741. Please check www.loudoun.gov/aaa for information as well as the site is updated regularly with resources and information to assist older adults and their caregivers.

Medicare Counseling

Help with Medicare is available via the Loudoun County Area Agency on Aging Medicare Helpline: 703-737-8036. If you would like to be added to the Virginia Insurance Counseling and Assistance Program (VICAP) Medicare Memo email list for any Medicare updates or VICAP presentations, please email jane.bretzin@loudoun.gov.

Alzheimer's Association Help & Support

alz.org - **National Capital Area Information and Resources**

alz.org - **National Capital Area Chapter Virtual Programs**

The Alzheimer's Foundation of America

Alzfdn.org <https://alzfdn.org/> is providing virtual activity sessions, community classes, activity tips as well as resources and helpful information for caregivers. Their National Toll-Free Helpline is 866-232-8484. Check out their Events Calendar here: <https://alzfdn.org/event/> and you can see videos of their previously recorded activity sessions through the link there to their Facebook page.