

June 22-30 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday, June 22

11:00am - Interactive Tour of Philadelphia w/ Leesburg ADC

2:00pm - Random Trivia w/ Ann & Dave

Tuesday, June 23

11:00am - Interactive Tour of the Zoo w/ Leesburg ADC

2:00pm - Sing-along with Emily & Dave

Wednesday, June 24

11:00am - Interactive Tour of Charleston w/ Leesburg ADC

2:00pm - Family Feud w/ Leesburg ADC

Thursday, June 25

11:00am - Morning Circle & Exercise

2:00pm - Virginia's Musical Experience

Friday, June 26

11:00am - Morning Circle & Exercise

2:00pm - Carole on the Piano

Monday, June 29

11:00am - Morning Circle & Exercise

2:00pm - Beth on the Ukulele

Tuesday, June 30

11:00am - Morning Circle & Exercise

2:00pm - Outdoor Adventure w/ Leesburg ADC

June 22 Blue Butterfly Day

If you see a blue butterfly today, it will bring you luck! Check out some fun facts about butterflies! Norfolk, VA has a butterfly house where you can take a virtual tour. Lavender, marigold, sage, and oregano are only a few plants that you can grow to attract butterflies.

June 23 Pink Day

We are tickled pink to announce that today is National Pink Day. See how many pink items you can list or see if you can decipher these pink sayings. Have you heard of the Pink Lady of Hollywood? She talked about how the color pink makes her so happy that she filled her life with it. Take an in-depth tour of her pink house. Do you think you could live in a pink house like that?

June 24 Flying Saucer Day

The first documented UFO sighting occurred on this day in 1947. A pilot, Kenneth Arnold, reported nine UFOs over Mount Rainier, Washington. He described them as being similar to saucers skipping across water, which inspired a newspaper reporter to name them "flying saucers."

June 25 Bomb Pop Day

This treat is celebrated annually on the last Thursday in June. The Bomb Pop was invented in 1955. Its red, white, and blue colors make it a favorite at patriotic celebrations. Try to this homemade recipe. These tasty popsicles take us back to childhood when we used to hear the ice cream truck bell ringing around the neighborhood!

June 26 Row, Row, Row Your Boat

Today is National Canoe Day. This is a great hobby for those who love the outdoors (not to mention it is a great upper body workout!). Try some rowing motions today and sing rounds of the classic song "Row, Row, Row Your Boat." Take a virtual tour paddling down a river in Canada.

June 29 Tropical Getaway

Today is the International Day of the Tropics, sponsored by the United Nations. The tropics are home to many unique plant and animal species, such as mangrove trees. Learn about the tropical biodiversity!

June 30 Happy Birthday, Corvette

On June 30, 1953, the first Corvette rolled off the assembly line at Chevrolet Plant #35 near Flint, MI. The sticker price was just over \$3,000. Share some Corvette history with the family today.

Heather's Craft

Instant pressed flowers! Spring is in full bloom and there are a ton of uses for dried or pressed flowers. Combine this craft with a nature walk, picnic, or quick garden trip to make it a day of activity!

Material:

- Flowers and leaves
- Paper towels
- Microwave safe ceramic plate

Optional for bookmarks or cards:

- Cardstock (Plain white printer paper also works)
- Modge podge (or Elmer's glue thinned out with a small amount of water)
- Foam brush or small paint brush

Instructions:

- Pick your favorite flowers and some leaves.
- Arrange flowers and leaves on a paper towel, when finished cover with another paper towel.
- Place in the microwave with a heavy microwave safe plate on top.
- Microwave for 30 to 60 seconds or until the flowers are flat and dry.

To use as bookmark or card:

- Paint a thin layer of modge podge onto your cardstock.
- Place your pressed flowers gently down and allow to dry.
- Once dry paint another thin layer of modge podge over your flowers and let dry.
- You can use this method for bookmarks, cards, wall art, or anywhere you want to save a bit of that beautiful Spring color!



Virginia Finds Local Cavern Tours

[YouTube - Luray Caverns Cave Music](#)

[YouTube - Luray Caverns Tour](#)

[YouTube - Shenandoah Caverns Tour](#)

[YouTube - Skyline Caverns Tour](#)

[YouTube - Virginia Caverns Tour](#)

Nicole's Game

Name that Cake!

1. What kind of cake do you find at a fabric store?
2. What kind of cake do you order at a seafood restaurant?
3. Children can make this type of cake outside?
4. What kind of cake should be eaten in bed?
5. What kind of cake will you get in heaven?
6. What kind of cake does a Monkey like?
7. What kind of cake goes with a saucer?
8. What kind of cake is found on the ocean floor?
9. What kind of cake is the heaviest?
10. What kind of cake is the opposite of #5?
11. What kind of cake is upended?
12. What kind of cake can you have for breakfast?

Answers:

- cake
1. Red Velvet Cake
 2. Crab Cake
 3. Patty Cake
 4. Sheet Cake
 5. Angel Food Cake
 6. Banana Cake
 7. Cupcake
 8. Sponge Cake
 9. Pound Cake
 10. Devil Food Cake
 11. Upside Down Cake
 12. Pancake



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** from 4pm – 5pm and will now be using the GoToMeeting online platform so you can either join in online or via telephone. For the telephone number or GoToMeeting Link, contact Jaimee Conner at 703-771-5334. The next meeting will be held **Wednesday, July 1**.

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 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. The next virtual support group meeting will be held on **Saturday, July 18th**.

Carver Center Caregiver Support Group

Meets virtually using Zoom on **the fourth Thursday of every month** from 3:00PM to 4:00 PM. To participate, email Bobbi Carducci at bcarducci@comcast.net and she will send you the meeting ID#, link, and password. You will need to download Zoom, it can be accessed at: www.zoom.us The next meeting will be held **Thursday, June 25th**.

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.

Senior Cool Care Summer Program

Fans and limited summer cooling assistance is available for persons aged 60 years and older who are income eligible June 1-September 30. Please call: Loudoun County Area Agency on Aging 703-777-0257 or email: aaa@loudoun.gov

Loudoun County Parks and Recreation Creating Community During COVID-19

Please check out the Loudoun County PRCS site for additional activity resources. <https://www.loudoun.gov/prcscreatingcommunity>