

July 13-17, 2020

# Mac Brownell Adult Day Center

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

## Schedule of Virtual Programs

### Monday, July 13

11:00am - Morning Circle & Exercise

2:00pm - Beth on the Ukulele

### Tuesday, July 14

11:00am - Morning Circle & Exercise

2:00pm - Virtual Tour of Raflo Park

### Wednesday, July 15

11:00am - Morning Circle & Exercise

2:00pm - Sing-along w/ Emily & Dave  
& Cooking Club w/ Ann

### Thursday, July 16

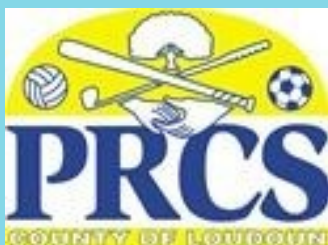
11:00am - Morning Circle & Exercise

2:00pm - Carole on the Piano

### Friday, July 17

11:00am - Morning Circle & Exercise

2:00pm - Famous Couples



### July 13 Cat's Meow Day

The first official cat show in Great Britain took place at the Crystal Palace in London on July 13, 1871. It was organized by writer, artist, and cat lover Harrison Weir. Check out this [funny cat video](#)! Want to test your knowledge on cats? Use this [cat facts](#) site to create a trivia game.

### July 14 Shark Awareness Day

Sharks play a vital role in maintaining the ecosystem of the ocean. One way is by eating sick and weak fish. By eliminating the sick and the weak, they prevent the spread of diseases. Learn some [basic facts about sharks](#), the [Shark Conservation Act](#) of 2010 and how [fisheries](#) play a role in shark conservation. Did you ever watch the show [Card Sharks](#)?

### July 15 Gladys Knight Gets Discovered

On this day in 1952, a soulful sounding seven-year-old girl won a contest for singing "Too Young" on the [Ted Mack Amateur Hour](#). The little girl's name was Gladys Knight. Soon after, she formed "the Pips" with her brother, sister, and cousins. Within five years, she became an established recording artist. Turn up the music to some of [Gladys Knight's greatest hits](#) and other [Motown greatest hits](#).

### July 16 Orville Redenbacher Day

[Orville Redenbacher](#) was born on July 16, 1907, in Indiana. He "burst" into the popcorn business at an early age to earn extra money. Ever wonder [what makes popcorn pop](#)? Now that you know, try one (or all) of these [recipes](#). Learn how to make your own [classic red and white popcorn boxes](#). If you have extra popcorn, why not share it with the birds by making this [DIY bird feeder wreath](#). It calls for cranberries, but you can use any berry treat you have. It's also a perfect day for a movie marathon!

### July 17 "Wrong Way" Corrigan Day

On this day in 1938, pilot Douglas Corrigan took off from Brooklyn, NY. His stated intention as to fly to Los Angeles, CA. About 28 hours later, he arrived in Ireland, having flown the "wrong way" Corrigan was actually an accomplished pilot who grew tired of government red tape and made the flight without governmental approval. Although he never admitted it, experts know he flew in the direction he intended. Learn about the [rules of international flight planning](#) and see if you better understand why Corrigan did what he did.

## Heather's Blueberry Ginger Cooler

Blueberry ginger sugar syrup combines with lemon sparkling water in this refreshing non-alcoholic blueberry ginger cooler!



### **Ingredients:**

- 1 liter water
- 1 1/4 c fresh blueberries
- 1 heaping tablespoon grated ginger
- 4-5 tablespoons sugar or adjust to taste

### **To serve:**

- 2-3 cans of lemon lime sparkling water unsweetened
- Ice cubes
- Mint leaves

### **Instructions:**

- To a pan on medium-high heat, add water, blueberries and grated ginger. Let it all come to a boil.
- Once the mixture starts boiling, add sugar and mix till it dissolves.
- Lower the heat and using the back of your spatula, mash the blueberries. Mash all of it and let the mixture simmer for another 10-15 minutes.
- Remove from heat and once the syrup has cooled down, cover it with plastic wrap and let it sit at room temperature for 2-3 hours. This is important so the flavors mix-in well.
- After 2-3 hours, strain the syrup into a bowl. At this point you can cover and keep it refrigerated until ready to use.
- To serve the blueberry ginger cooler, fill 2/3 cup of the glass with the syrup, add ice cubes.
- Add the lemon-lime sparkling water on top and stir so the soda and syrup combines well.
- Garnish with fresh blueberries and mint leaves

Enjoy!



## Magie's Finish the Sayings

These well known sayings have had all the vowels (A, E, I, O, and U) removed. Can you replace them and reveal the sayings?



1. BSNC MKS TH HRT GRW FNDR
2. HR TDY, GN TMRRW
3. TH GRSS S LWYS GRNR N TH THR SD F TH FNC
4. DN'T CNT YR CHCKNS BFR THY R HTCHD
5. LK BFR Y LP
6. TH HNDWRTNG S N TH WLL

### **Answers:**

1. Absence makes the heart grow fonder
2. Here today, gone tomorrow
3. The grass is always greener on the other side of the fence
4. Don't count your chickens before they are hatched
5. Look before you leap
6. The handwriting is on the wall



## Nicole's Outing Idea

## **DRIVE-TRU MOVIE NIGHT!!**

Check out the Stephen City Family Drive-in Theatre!

<http://www.thefamilydriveintheatre.com/>

**SHOWINGS ON FRIDAYS, SATURDAYS,  
SUNDAYS, WEDNESDAYS, &  
THURSDAYS**



### **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](mailto: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, August 5**.

### **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](mailto: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](mailto: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](http://www.zoom.us) The next meeting will be held **Thursday, July 23rd**.

### **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](mailto:lori.stahl@loudoun.gov) or via phone at 703-737-8741. Please check [www.loudoun.gov/aaa](http://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](mailto:jane.bretzin@loudoun.gov).

### **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](mailto: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>

### **Tax Assistance \*\*FEDERAL TAXES DUE JULY 15\*\***

Many in person Tax Aide sites operated by AARP on a no charge basis in Loudoun County have been closed during the coronavirus. For updates on their sites you go to their website at [www.aarp.org/money/taxes/aarp\\_taxaide/](http://www.aarp.org/money/taxes/aarp_taxaide/) or call the tax aide line at 1-888-227-7669. AARP has a tax aide prep help form you can complete online for online/phone assistance at: [www.aarp.org/forms/tax-prep-assistance-request.html](http://www.aarp.org/forms/tax-prep-assistance-request.html).

Virginia state taxes were due June 1 but they are allowing an automatic 6 month extension with interest and penalties. Federal taxes are due **July 15**.

On the IRS webpage there is a listing of free online tax software services that you can use for certain income levels and ages. The website to use these free tax software programs are located at: [www.irs.gov/filing/free-file-do-your-federal-taxes-for-free](http://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free). For private for fee tax preparation services, you can do a general internet search on tax preparation in Loudoun County or use the White Pages. For questions or additional services you can call the Loudoun County Area Agency on Aging at 703-777-0257 or email us anytime at [aaa@loudoun.gov](mailto:aaa@loudoun.gov)