

July 27-31, 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday, July 27

11:00am - Morning Exercise

2:00pm - What Slogan is That?

Tuesday, July 28

11:00am - Morning Exercise

2:00pm - Virtual Tour w/ Leesburg
ADC

Wednesday, July 29

11:00am - Morning Exercise

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

Thursday, July 30

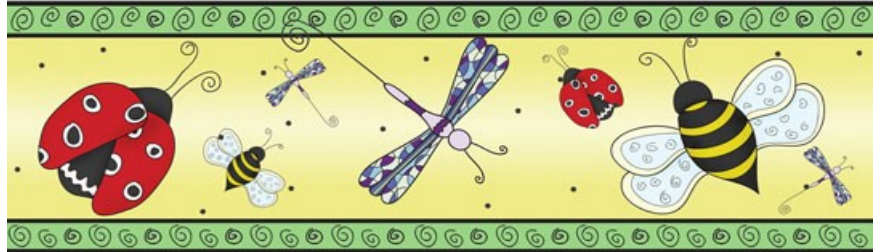
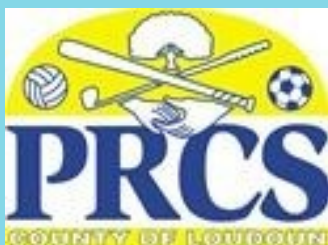
11:00am - Morning Exercise

2:00pm - Trivia w/ Heather

Friday, July 31

11:00am - Morning Exercise

2:00pm - Who Wants to be a
Millionaire?



July 27 Bugs Bunny's Birthday

On this day in 1940, the "true" [Bugs Bunny](#) was "born." It was in [A Wild Hare](#) that he first emerged from his rabbit hole to ask Elmer Fudd, "What's up, Doc?" Although variations of the Bugs Bunny character appeared in previous films, this is considered the first fully developed appearance of the character we know today as Bugs Bunny.

July 28 Over the Rainbow Day

Judy Garland's first commercial recording of the song "[Over the Rainbow](#)" took place on this day in 1939. It became her signature song. See how many [Judy Garland songs](#) you can list.

July 29 Earn Your Stripes

Today is [Global Tiger Day](#), an international event dedicated to raising awareness about and promoting conservation of wild tigers. Learn about the [different tiger species](#) or check out the [Tiger Facts slideshow](#). Have your cake and eat it too when you make this [Tiger Cake](#).

July 30 Paperback Books Day

Although books bound in soft covers were first introduced in 1841 in Leipzig, Germany, the modern paperback revolution dates to the publication of the first Penguin paperback by Sir Allen Lane in London in 1935. The first Penguin paperback was a biography of Percy Bysshe Shelley by Andre Maurois. Are you familiar with book exchanges? For the cost of shipping a book, you could exchange used books for other used books. paperbackswap.com is one website that offers the service.

July 31 World Ranger Day

Today is a day to appreciate the work a forest ranger does day in and day out. Have you ever wondered, [How Does a Forest Ranger Spend a Work Day](#)? Spend some time in the words or visit a park today! Do you remember Ranger Smith from cartoon *Yogi Bear*? Enjoy this clip of [Yogi Bear trying to escape Jellystone National Park](#) and see which ranger's life seems more fun.

Nicole's Peach Fritter Recipe

Try this fun summer peach recipe!



Ingredients:

- 2 cups flour
- 2/3 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 cup buttermilk
- 2 eggs, lightly beaten
- 3 tablespoons butter, melted
- 1 teaspoon vanilla
- 2 cups peeled, diced fresh peaches
- 3 cups powdered sugar
- 1/2 cup milk
- 1 teaspoon vanilla
- vegetable oil



Instructions:

- Place oil in a deep skillet or a stockpot over medium heat (fill the pot with about 3 inches of oil). Heat the oil to about 360 degrees.
- In a large bowl, combine the flour, sugar, baking powder, and salt.
- In a separate bowl, whisk together the buttermilk, eggs, butter, and vanilla
- Stir wet ingredients into dry ingredients just until combined; fold in peaches.
- Drop a spoonful of batter into the hot oil, taking care to avoid overcrowding the pot.
- Fry the fritter for 1-2 minutes or until golden, flip and fry the second side.
- When fritters are golden brown, remove them to a paper towel-lined baking sheet to drain.
- Repeat until all the batter has been used.
- For the glaze, whisk together the sugar, milk, and vanilla.
- Dip each fritter into the glaze, coating completely. Allow the glaze to set
- Store fritters in an airtight container

Recipe Here: <https://greatcountryfarms.com/>

Heather's Watermelon Coasters



Material:

- Small wooden coasters
- Pencil
- Acrylic paint in bright green, white, red, and black
- Paint brush
- Modge Podge (glitter or original)

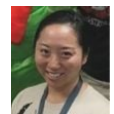
Directions:

- With a pencil, draw two rings around the outside edge of the coaster.
- Paint the outside ring green, the next ring white, the center red.
- Allow a few minutes to dry.
- Paint a few black seeds on the center of your coaster.
- Once fully dry coat both sides with Modge Podge and allow to dry for a few hours.

Enjoy and set a nice cold summer beverage on top!



Magie's Word Game



Summertime Pass It On—After answering each clue, use the last letter of the answer for the first letter of the next answer.

1. Woodland activity Camping
2. Horticulture _____
3. Astroturf alternative _____
4. Beach shoes _____
5. Source of snack seeds _____
6. Huckleberry Finn's transport _____
7. Journey _____
8. Frozen product on a birch stick _____
9. Zoo animal _____
10. After-pool accessory _____
11. Whistle-blower at a beach _____
12. Going by Car _____

Answers:

8. Popsicle 9. Elephant 10. Towel 11. Lifeguard 12. Driving
2. Gardening 3. Grass 4. Sandals 5. Sunflower 6. Raft 7. Trip

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, 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. 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, August 15th**.

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, August 27th**.

Information & Assistance and 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](http://alz.org)
alz.org - [National Capital Area Chapter Virtual Programs](http://alz.org)

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>