

August 10-14 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday, August 10

11:00am - Morning Exercise

2:00pm - Beth on the Ukulele

Tuesday, August 11

11:00am - Morning Exercise

2:00pm - Songs from the Heart

Wednesday, August 12

11:00am - Morning Exercise

2:00pm - Scattergories

Thursday, August 13

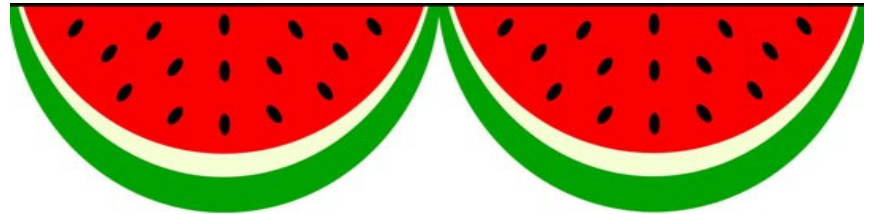
11:00am - Morning Exercise

2:00pm - Behind the Scenes: Haunted House Tour w/ Heather

Friday, August 14

11:00am - Morning Exercise

2:00pm - What is it?



August 10 World Lion Day

Today is a day to honor the “King of the Jungle,” even though this animal doesn’t live in the jungle. Learn more about [World Lion Day](#). Have a “roaring” good time with some basic facts about the [lion](#). Check out some of these [virtual zoos](#). How about a [paw print cookie](#)?

August 11 Shooting Stars Days

August 11-12 is expected to be this year’s peak of activity for the [Perseid Meteor Shower](#). Look up in the sky and “wish upon a falling star.” As many as 50-100 Falling Stars may be seen from late night until dawn. Want to learn more about the stars and constellations? Try downloading this free [SkyView Lite App](#) and have an evening stargazing. This app allows you to point your phone and learn about the star/constellation you’re pointing toward.

August 12 Celebrate Puerto Rico Day

On this day in 1508, Ponce de Leon arrived in Puerto Rico. He had been sent by the Spanish to colonize the island. Today, Puerto Rico has its own vibrant culture. Here are [10 things you probably didn't know about Puerto Rico](#). How about celebrating with some [traditional Puerto Rican Music](#) and a [traditional drink](#)?

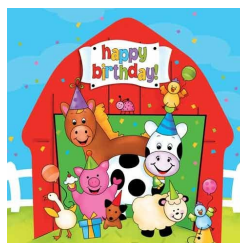
August 13 Happy Birthday Cindy R!

Wishing you the best on your birthday and everything good in the year ahead!



August 14 Happy Birthday Janice B!

May your special day be full of happiness, fun and cheer!



Heather's DIY Feathered Cat Toys

Much of the state may have shut down but animal shelters and rescues are still going strong. Shelters are always in need of supplies and toys for the animals in their care. Try making some cat toys to help out during the busy kitten season!



Supplies:

- Wine Corks
- Ribbon
- Large Feathers
- Scissors
- Hot Glue Gun and Sticks

Directions:

- Plug in the hot glue gun and allow to warm up
- Cut ribbon into 8 to 10 inch pieces
- Tie one end of the ribbon around a small bundle of 3 or 4 feathers. Add a drop of hot glue to hold it together
- Wrap the other end of the ribbon around the cork a few times, tie and secure with some hot glue.
- Repeat until your cork has a short tail of 3 to four ribbons with feathers.
- Allow to cool and repeat until you have enough toys

Donations can be dropped off at your favorite local rescue group or animal shelter. Always call ahead to check times for drop offs, due to Covid some sites may not be accepting donations without scheduling a drop off time. Other high demand items include towels, cleaning supplies, and unopened food or treats. If you'd like to donate to the Loudoun County Animal Shelter Call 703-777-0406. They are located at 39820 Charles Town Pike in Waterford, VA 20197

Nicole's Travel Spots

Here are some places to check out in Virginia.



1. Maymont Gardens & Wildlife Habitats in Richmond, VA:

<https://maymont.org/visit/>

Or take a virtual tour of the garden and mansion:

[YouTube - Maymont Garden](#)

[YouTube - Maymont Mansion: West Hall](#)



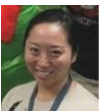
2. County of Bath:

<https://discoverbath.com/what-to-do/outdoor-recreation/>



Magie's Odd Couples Game

Stock and Ernie Pyle, Corn and Ty Cobb—these are really some “odd couples.” Below are more twosomes with their last names deleted. Can you complete them? **Note:** Some are fictional characters and spellings of names might differ.



1. Kissing and John Wilkes
2. Wild and Mae
3. Blueberry and Benny
4. Pearly and Bill
5. Bank and Billie
6. Cow and Alexander Graham
7. Strawberry and Sally
8. Lovers' and Lois
9. Cold, hard and Johnny
10. Ballpoint and William
11. Sledge and Mike
12. Second-degree and George
13. Oil and H.G
14. Out and Vern
15. Pleasure and Tom

Answers:

1. Booth
2. West
3. Hill
4. Gates
5. Holiday
6. Bell
7. Field
8. Lane
9. Cash
10. Penn
11. Hammer
12. Burns
13. Wells
14. Law
15. Cruise

Caregiver Support Resources

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, September 2**.

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, 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 & 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>