

April 13-17, 2020

Mac Brownell Adult Day Center

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



Exercise

[YouTube - 30min Chair Exercise](#)

Trivia

[Jeopardy - Spring](#)

Audiobooks

[LibriVox](#)



Virginia Finds Virtual Tours & Live Cams

[Georgia Aquarium](#)

[National Parks](#)

[San Diego Zoo](#)



Nicole's Food Service Suggestions

[Harris Teeter](#)

[Amazon - Whole Foods](#)

[Instacart](#)

[FullCart](#)

Welcome to the first edition of Mac Brownell Adult Day Center's electronic newsletter! We hope that you will find the articles and links helpful as we practice social distancing. We cannot wait to see you all again!

April 13 "All Shook Up" Day

On this day in 1957, this Elvis Presley song rose to the top of the Billboard charts, staying there for eight weeks! [YouTube - All Shook Up](#)

April 14 International Moment of Laughter

Laughter is the best medicine! According to the Mayo Clinic, laughter has short-term and long-term benefits. [Mayo Clinic - Stress Relief from Laughter](#)
Have you heard of Laugh Yoga? [YouTube - Laughter Yoga](#)

April 15 Sinking of the Titanic Anniversary

In 1912, the "unsinkable" luxury liner *Titanic* sank after hitting an iceberg the night before. The *Titanic* was heading to New York from Southampton, England. Did you hear about the *Titanic II*? This close replica of the original is scheduled to set sail sometime in 2022. [LittleThings - Titanic II](#)

April 16 Pajama Day

Celebrate pajama day with a day in your pajamas (unless you have already been celebrating). The word pajama comes from the Hindi "pae jama" or "pai jama", meaning leg clothing. Its usage dates back to the Ottoman Empire. Check out how pajamas have changed throughout the years. [YouTube - 100 Years of Pajamas](#)

April 17 "Hail! Hail!" Day

The song "Hail! Hail! The Gang's All Here" was copyrighted on this day in 1917. Do you know the lyrics to the original song? Check it out: [TheCelticWiki - History of the song Hail Hail](#)

Magie's Upcycling Idea

Do you have leftover plastic Easter eggs? Try this crafty idea!



Materials:

- Bottom halves of plastic eggs
- Paint/spray paint specifically for plastic
- Scrap wood
- Glue (i.e – E6000)
- Tea lights

Directions:

- Paint the entire bottom half of eggs and let dry completely.
- Put a dot of glue on the bottom of the egg and attach to the piece of wood. Continue this process until all egg halves are glued down.
- Wait 24 hours before placing tea lights inside of the egg.



Virtual Caregiver Support Group

The Loudoun County Area Agency on Aging's caregiver support group will be held virtually on the 3rd Saturday of the month at least through July. The next virtual support group meeting (for caregivers of people with memory loss) will be held on Saturday, April 18th. You must pre-register by contacting Erin Nesbitt by phone at 703-777-0257 or erin.nesbitt@loudoun.gov



Happy Birthday!



Anna is **101** on 4/13! We hope you have a wonderful day filled with music, love, and laughter! Celebrate her big day by cooking up one of her favorites at home – grilled cheese sandwiches!

[FoodNetwork - 50 Grilled Cheese Recipes](#)

Don't forget to pair it with a good bowl of tomato soup!

[FoodNetwork - Creamy Tomato Soup](#)

Heather's Mocktail

Sparkling Cucumber Limeade

- Ingredients
 - 1 cup sugar
 - 1 tablespoon lime zest
 - 1 cup water
 - ¼ cup fresh mint
 - 1 cup lime juice
 - 1 medium cucumber
 - 2 cups sparkling water, chilled
- Instructions
 - Combine the sugar, lime zest and water in a medium saucepan over medium heat. Bring to a simmer, stirring constantly, until the sugar is dissolved. Remove from the heat and stir in the mint leaves. Let cool.
 - Strain the lime syrup through a fine mesh sieve. Combine the syrup with the lime juice and cucumber. Refrigerate for at least 1 hour. When ready to serve, add in the sparkling water. Serve over ice and enjoy!

