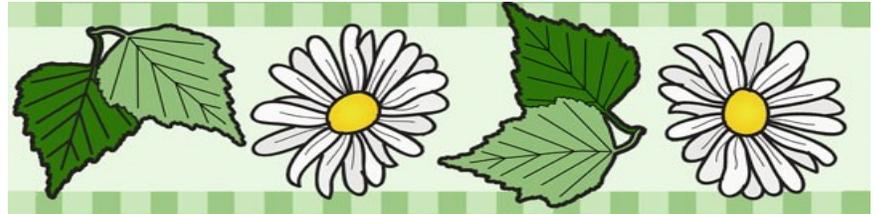


April 27-May 1, 2020

Mac Brownell Adult Day Center

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



Exercise

[SilverSneakers - 4 Daily Exercises](#)

[YouTube - Chair Zumba](#)

Try this on April 29's International Dance Day

Trivia

[Jeopardy - States](#)



[Virginia Finds Unusual](#)

[Music](#)

[YouTube - Music with Wine Glasses & Robots](#)

[YouTube - Kalimba \(The Sound of Silence\)](#)

"Your hardest times often lead to the greatest moments of your life. Keep going. Tough situations build strong people in the end."

~Roy Bennett

April 27 Classic Television Animals

Rin Tin Tin, Lassie, and Mr. Ed are just a few of the animals that have remained in our hearts through the years. Who was your favorite? [Lassie?](#) [Mr. Ed?](#) [Rin Tin Tin?](#) Check out some other [television animals](#).

April 28 Happy Birthday, Maryland!

Maryland became the seventh state on this day in 1788. [Maryland](#) is named in honor of England's Queen Henrietta Maria. The state capital is Annapolis, which is also the home of the U.S Naval Academy. [Crab cakes](#) anyone?

April 29 International Dance Day

Today brings together dancers across the globe in a celebration of the popular art form that is dance. How many kinds of dance can you list? Salsa, ballet, swing, square, etc. Watch the [evolution of dance](#) from the 20s to the 00s.

April 30 Poem in Your Pocket

National Poetry Month started in 1996 by the Academy of American Poets as a reminder that poetry matters! Learn all about National [Poetry](#) Month and celebrate with your own poem.

*"Amid pleasures and palaces
Though we may roam,
Be it ever so humble,
There's no place like HOME."
~Author Unknown*

May 1 Celebrating Mother Goose

Who was [Mother Goose](#)? Play a game using Mother Goose characters (Little Miss Muffet, Little Bo Peep, Little Boy Blue, Humpty Dumpty, etc.) or guess the [nursery rhyme](#) when given the first or last line only. For a greater challenge, read only the last two words of the nursery rhyme. Good luck!

Nicole Finds DIY Mask Tutorials

Need a mask? Learn how you can make your own!

No Sew: [YouTube - No Sew Mask](#)

Sew: [YouTube - Sew a Mask](#)



Heather's Newspaper Pots

With everyone practicing social distancing, all of our gardens and lawns are going to be "the best it has ever been" this year! If you have not started your garden, try this idea for seed-starting pots.

Material

- Newspaper
- 10-15oz can
- Seed starting soil



Directions

- Fold one sheet of newspaper (approx. 22"x12") lengthwise to create a strip.
- Place the newspaper about 2 inches below the cut edge and roll the newspaper around the can to create a cylinder.
- Fold the newspaper inward to create the base of the pot.
- Slip the newspaper off the can and fold the top 1 inch of the pot inward to create a rim.
- Add moistened seed starting soil and plant a seed in each pot.
- Once ready to plant, dig a hole large enough for the pot and watch the seed grow!

Full directions: [Newspaper Pots](#)

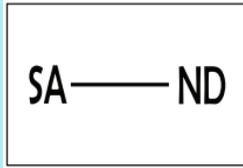


Magie's Wacky Words

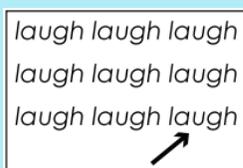
Each puzzle provides a visual representation of a common word or phrase. Can you decipher the clues in each puzzle box?



1. 

2. 

3. 

4. 

5. 

6. 

Answers:

Box
1. Do the Right Thing 2. Line in the Sand 3. The Proof is in the Pudding 4. The Last Laugh 5. Start Off on the Wrong Foot 6. Think Outside the

Virtual Programs with Mac Brownell and Leesburg Adult Day Center Staff

All programs will be from 2:00pm - 3:00pm. We hope you can join!

Monday - Move It Monday (*Sit in a chair with space to move arms and legs*)

Tuesday - Great Game Tuesday

Thursday - "Alpaca My Bag" for a "Llama Fun"!

Friday - Musical Fun Friday

(**Virtual program links sent to participants**)