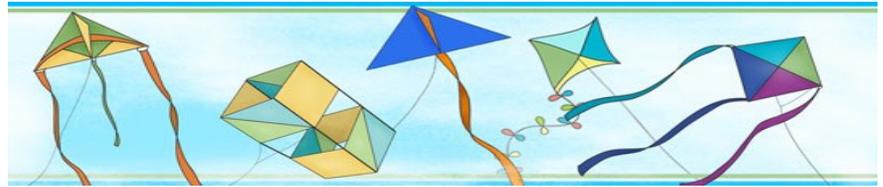
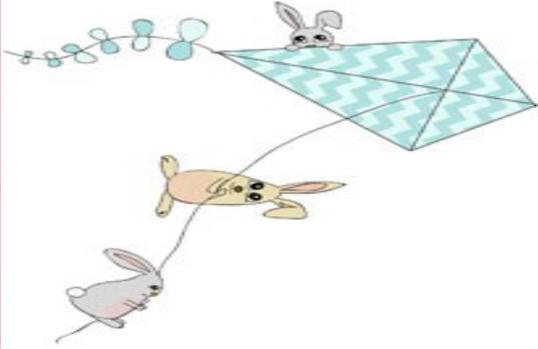


April 20-24, 2020

# Mac Brownell Adult Day Center

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



## **Exercise**

[Healthline - Exercise Plan](#)

[YouTube - Standing Exercise](#)

## **Trivia**

[Jeopardy - Food](#)

[TrivaPlaza](#)



## **Virginia Finds Virtual Tours & Live Cams**

[Louvre Museum](#)

[The Great Wall of China](#)

## **Music & Arts**

[YouTube - Susie Q Sing Along](#)

[All Arts - Musical Performances](#)

[The Kennedy Center - Digital Stage](#)

## **April 20 Marathon Monday**

The world's oldest annual marathon, the [Boston Marathon](#) would have taken place today (rescheduled to September 14). In celebration of the Boston Marathon, commit to walking a marathon this month! If you walk 0.86 mile (just under a mile) every day for 30 days, you will have walked the distance of a marathon.

## **April 21 Happy Birthday Queen Elizabeth**

Today is [Queen Elizabeth's](#) birthday! She will be 94 today. Have an English tea party and share [63 Facts](#) about her royal majesty.

## **April 22 Earth Day**

It is the 50<sup>th</sup> anniversary of Earth Day! The first Earth Day in 1970 launched a wave of action, including the passage of landmark environmental laws in the United States. The Clean Air, Clean Water and Endangered Species Act were created in response to the first Earth Day, as well as the creation of the Environmental Protection Agency (EPA).

## **April 23 English Muffin Day**

Today is a day to celebrate the classic breakfast bread, English muffins. Whip up some English muffins either from [Scratch](#) or from a package, and try some [Recipes](#) using English muffins. Do you know why they are called [English Muffins](#)?

## **April 24 Happy Anniversary, Library of Congress**

On this day in 1800, the [Library of Congress](#) was established. Since then, it has grown to be the largest library in the world with more than 187 million books!

## Heather's At-Home Activity

### Famous Duos



How many famous duos do you know? Let's see how many matches you can make! There are a few ways you can play this game at home with your family.

Printable Version:

1. Print and cut out the names in the "Famous Duos Game Printable" file.

2. Place one half of "duo" face up on a table so you can see each name.

3. Place the second half of the "duo" in a pile face down.

Pick up a name from the pile and have your family find or name the match.

Non-Printable Version:

Use the "Famous Duos List" file and name one half of the "duo" and see if your family can name their second half.

Bonus – See if you can add a few more famous duos. They do not have to be people but food or items that go well together. For example, salt & pepper; pen & paper; milk & cookies; etc.

## Magie Tries To Make You Laugh

*Ed:* Does this spring weather disagree with your mother?

*Ned:* It wouldn't dare!

*Wife:* I'm homesick!

*Husband:* But you're at home!

*Wife:* Yes, and I'm sick of it!

*Granddad:* Doc, my leg aches all the time.

*Doctor:* Oh, that's just old age.

*Granddad:* Well, the other leg's exactly the same age and it feels fine!

How can you tell that you have a slow dog?

*He brings you yesterday's newspaper.*

Knock, knock

Who's there?

Olive.

Olive who?

Olive me, why not take olive me...



## Nicole's Healthy Breakfast Frittata

Serves 2



Ingredients

- ½ medium onion, minced
- 4 medium clogs garlic, chopped
- ¼ lb ground lamb or turkey
- 1 + 2 TBS chicken broth
- 3 cups rinsed and finely chopped kale
- 5 eggs
- Salt and pepper to taste

Directions

- Preheat broiler on low.
- Heat 1 TBS broth in a 9-10in skillet. Sauté onion over medium heat, for about 3 minutes, stirring often.
- Add garlic, ground meat, and cook for another 3 minutes.
- Add kale and 2 TBS broth. Reduce heat to low and continue to cook covered for about 5 minutes. Season with salt and pepper.
- Beat eggs, season with a pinch of salt and pepper, and pour on top of mixture. Cook on low for another 2 minutes without stirring.
- Place skillet under broiler in middle of oven. As soon as the eggs are firm, about 2-3 minutes, remove from oven and enjoy!

## Theresa's Note

The Loudoun County Sheriff's Office (LCSO) is offering a prescription pick-up and delivery service for Loudoun County senior residents and those who are more vulnerable to Coronavirus. Members of the LCSO will pick up medication from pharmacies and deliver the medication to the person's home wearing a sheriff's office uniform. They will utilize personal protective equipment and will maintain social distancing based on CDC guidance. To participate residents need to contact the LCSO at 703-777-1021.



*"Kites rise highest against  
the wind, not with it"*

~Winston Churchill

