

July 20-24, 2020

Mac Brownell Adult Day Center

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

Schedule of Virtual Programs

Monday, July 20

11:00am - Morning Exercise
2:00pm - Two Truths and a Lie

Tuesday, July 21

11:00am - Morning Exercise
2:00pm - Bingo w/ Leesburg ADC

Wednesday, July 22

11:00am - Morning Exercise
2:00pm - Name that Tune

Thursday, July 23

11:00am - Morning Exercise
2:00pm - Reminiscing w/ Ray

Friday, July 24

11:00am - Morning Exercise
2:00pm - Family Feud Rematch!



July 20 Anniversary of the Moon Landing

On July 20, 1969, the lunar module *Eagle* carrying astronauts Neil Armstrong and Edwin Aldrin touched down in the Sea of Tranquility. Armstrong became the first human to set foot on the moon, Aldrin was the second. Feeling crafty? Try your hand at [crochet star and moon pillows](#).

July 21 Rail Travel Day

It was on July 21, 1904, that the Trans-Siberian railway was finally completed. The 13-year-long project culminated in a [railway](#) over 5,000 miles in length. If you have ever wondered what it would be like to ride on the railway, find out [today](#). Have you ever traveled by rail? Can you imagine what it would be like to take one of these [luxurious trains](#).

July 22 Hammock Day

Picture this: it's mid-July, the sun is shining, and you feel completely relaxed. This is the essence of [Hammock Day](#). It exists to remind us to slow down, relax, and enjoy summer because it won't be long before it's over. Whether you have a hammock or not (they make great stand-alone ones now), take a few minutes to chill out, enjoy a summer beverage, and pay homage to Hammock Day. If you have an old hammock stand, or just two perfect trees, this tutorial will show you how to [make your own rope hammock](#). Make sure you do not end up as a [hammock fail!](#)

July 23 Ice Cream Cone Anniversary

According to some accounts, Charles E. Menches of St. Louis invented the ice cream cone and sold it to his customers at the [St Louis World's Fair](#) on this day in 1904. The story goes that he ran out of dishes, so a nearby waffle vendor began to roll his waffles into the shape of a cone to hold the ice cream. As a tribute to this wonderful discovery, celebrate with ice cream in a cone. You can try your hand at [homemade cones](#).

July 24 Tell An old Joke Day

We love our jokes here! Celebrated annually on July 24 today is Tell an Old Joke Day! Check out the [joke of the day](#) page for new jokes every day! Share some of Magie's jokes on page 2 of the newsletter! Have a good laugh!



Heather's Mask Craft

Tire of boring plain masks? Make a mask with your favorite pattern bandana with no sewing or patterns!



Materials:

- Bandana, old t-shirt, or square cotton cloth (cut approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

1. Fold bandana in half.
2. Fold top down. Fold bottom up.
3. Place rubber bands or hair ties about 6 inches apart.
4. Fold side to the middle and tuck.
5.
6.

Full directions here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

Nicole's Tribonds Game!

What does each set of three have in common?



1. Car—Tree—Elephant =
2. Candy—Crab—Caramel =
3. Blue—Goose—Black =
4. Turtle—M&M—Ocean =
5. Tent—Baseball—Horseshoes =
6. Fortune—Bank—Story =
7. Surprise—Search—Slumber =
8. Dime—Pluto—Rhode Island =
9. Ford's Motor Company—Nebraska—US \$5 Dollar Bill =
10. School—Skate—Dart =

Answers:

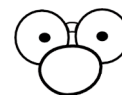
1. They all have trunks
2. They are all types of apples
3. They are types of berries
4. They all have shells
5. They are all pitched
6. They all have tellers
7. They are all types of parties
8. They are all the smallest of their kind
9. They all have Lincoln's
10. They all have boards

Magie's Joke Corner



What do you call a lazy bull?

A bulldozer!



What did one eye say to the other?

Between us, something smells.

When are riptides dangerous?

Current-ly!



How do you communicate with a fish?

You drop it a line.

What falls down but never gets hurt?

Snow



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 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, July 23rd**.

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>