

Loudoun County  
Senior Center at  
Cascades  
21060 Whitfield Place  
Sterling, VA 20165

571-258-3280  
[www.loudoun.gov/  
seniors-cascades](http://www.loudoun.gov/seniors-cascades)



**Staff:**

**Manager:**  
*Brenda Davis*

**Assistant Manager:**  
*Judith Mangilin*

**Café Supervisor:**  
*Carrie Randolph*

**Recreation  
Programmer:**  
*Paul Torrible*

**Customer Service:**  
*Haley Moore*

**Vehicle Operator:**  
*Felix Duran*

**Vehicle Operator:**  
*Satish Sharma*

**Center Hours:**  
**Mon.-Fri.**  
**9:00am-5:00pm**  
**Saturdays/Sundays**  
**CLOSED**  
**(Available for Rental)**

**The center is  
CLOSED on:  
Monday, July 5, 2021**

# CASCADES SENIOR CENTER

## E-NEWS June 25, 2021

### Manager's Note

### WELCOME BACK VOLUNTEERS!!

We are thrilled to begin welcoming back volunteers on **Tuesday, July 6** for front desk, kitchen and in-person activity/programming positions.

We know it's been a long time since we've all worked together, so we want to give you a proper WELCOME BACK on **Monday, July 12** to answer any questions you might have and offer a refresher on all things volunteer.




Open to all current volunteers and anyone interested in learning more about volunteer opportunities.

Please RSVP by Thursday, July 8 to Haley in person or by phone at 571-258-3280.

# **\*\*CASCADES ACTIVITIES SCHEDULE\*\***

<b>MON</b> <b>6/28</b>	<b>TUES</b> <b>6/29</b>	<b>WED</b> <b>6/30</b>	<b>THURS</b> <b>7/1</b>	<b>FRI</b> <b>7/2</b>
<b>9:30a-10:30a</b> Beginner's Line Dancing  <b>9:30a-10:00a</b> Walking Group (Outdoor)  <b>10:00a-11:00a</b> Aerobics Video  <b>10:30a-11:30a</b> ESL Class (Virtual)  <b>1:00p-2:00p</b> Bingo  <b>1:00p-2:00p</b> Yoga Class (Virtual)  <b>2:30p-3:30p</b> Teen Tech (Virtual)	<b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-11:30a</b> Open Painting  <b>10:30a-11:30a</b> Conversational Spanish  <b>1:00p-2:00p</b> Ukulele Jam Session  <b>3:00p-5:00p</b> Pickle Ball	<b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-11:00a</b> Tai-Chi  <b>10:00a-12:00p</b> O'Heck  <b>10:15a-11:30a</b> Beginner's Line Dancing  <b>10:30a-11:30a</b> Yoga Class (Virtual)  <b>12:00p-2:00p</b> Movie Day "Mamma Mia"  <b>1:00p-4:00p</b> Party Bridge	<b>9:00a-10:00a</b> Line Dance Step Prep  <b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-11:00a</b> Intro to Line Dancing  <b>10:30a-11:30a</b> Learn Mandarin (Virtual)  <b>10:30a-11:30a</b> Bingo  <b>11:00p-1:00p</b> Pinochle  <b>1:00p-2:00p</b> Current Events  <b>1:00p-3:30p</b> Game Time*  <b>3:00p-5:00p</b> Pickle Ball	<b>9:30a-11:30a</b> Knit & Crochet  <b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-12:00p</b> Canasta  <b>1:00p-2:00p</b> Bingo  <b>1:00p-2:00p</b> Yoga Class (Virtual)  <b>1:15p-2:30p</b> Improver/Low Intermediate Line Dancing  <b>2:00p-4:00p</b> Game Time*

Billiards Room **NOW OPEN**  
Exercise Room **NOW OPEN**  
Computer Room **NOW OPEN**  
Ceramics Room **NOW OPEN**

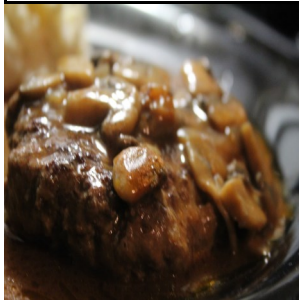
<b>7/5</b>	<b>7/6</b>	<b>7/7</b>	<b>7/8</b>	<b>7/9</b>
<b>Senior Center</b>  <b>Closed</b>  <b>in observance of</b>  <b>Independence Day</b>  	<b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-11:30a</b> Open Painting  <b>10:30a-11:30a</b> Conversational Spanish  <b>1:00p-2:00p</b> Ukulele Jam Session  <b>3:00p-5:00p</b> Pickle Ball	<b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-11:00a</b> Tai-Chi  <b>10:00a-12:00p</b> O'Heck  <b>10:15a-11:30a</b> Beginner's Line Dancing  <b>10:30a-11:30a</b> Yoga Class (Virtual)  <b>12:00p-2:00p</b> Movie Day "As Good As it Gets"  <b>1:00p-4:00p</b> Party Bridge	<b>9:00a-10:00a</b> Line Dance Step Prep  <b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-11:00a</b> Intro to Line Dancing  <b>10:30a-11:30a</b> Learn Mandarin (Virtual)  <b>10:30a-11:30a</b> Bingo  <b>11:00p-1:00p</b> Pinochle  <b>1:00p-2:00p</b> Current Events  <b>1:00p-3:30p</b> Game Time*  <b>3:00p-5:00p</b> Pickle Ball	<b>9:30a-11:30a</b> Knit & Crochet  <b>10:00a-11:00a</b> Aerobics Video  <b>10:00a-12:00p</b> Canasta  <b>1:00p-2:00p</b> Bingo  <b>1:00p-2:00p</b> Yoga Class (Virtual)  <b>1:15p-2:30p</b> Improver/Low Intermediate Line Dancing  <b>2:00p-4:00p</b> Game Time*

The Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need a reasonable accommodation in order to participate in PRCS activities, please contact the location/program manager (or PRCS administrative office at 703-777-0343/TTY-711). Three business days advance notice is requested.

\*Game Time: Poker, Canasta, Dominoes, etc.

# What's for lunch at Cascades?

<b>MON 6/28</b>	<b>TUES 6/29</b>	<b>WED 6/30</b>	<b>THURS 7/1</b>	<b>FRI 7/2</b>
Salisbury Steak Macaroni/Cheese Mixed Vegetable Bread, Fruit & Milk  Vegetarian meal Available	Sweet & Sour Pork Seasoned Yellow Rice Vegetable Medley Bread, Fruit & Milk  Vegetarian meal Available	Baked Fish Baked Potatoes Green Beans Fruit, Bread & Milk  Vegetarian meal Available	Swedish Meatballs Rice Mixed Vegetables Fruit, Bread & Milk  Vegetarian meal Available	Hot Dogs Baked Beans Vegetable Blend Fruit, Bread & Milk  Vegetarian meal Available



**DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)**

<b>MON 7/5</b>	<b>TUES 7/6</b>	<b>WED 7/7</b>	<b>THURS 7/8</b>	<b>FRI 7/9</b>
CENTERS CLOSED TODAY  COUNTY HOLIDAY	Baked Chicken Delmonico Potato Collard Greens Fruit, Bread & Milk  Vegetarian meal Available	Broccoli Quiche Corn Green Beans Fruit, Bread & Milk  Vegetarian meal Available	Pork Chops Fettuccini Spiced Applesauce Fruit, Bread & Milk  Vegetarian meal Available	Seafood Casserole Veggie Blend Fruit, Bread & Milk  Vegetarian meal Available







**Join us Friday, July 2<sup>nd</sup> at 11:45am!**

**It's lunch and a salute to Independence Day!**

**Enjoy live music with "Joanie & The Silver Uki's," a virtual fireworks display, and an American Classic for lunch:  
Hot Dogs!**

**See you then!**

*Must sign up for lunch to participate.*

**HAPPY**  
**4<sup>TH</sup> OF JULY**



# IT'S BACK!!!



## CURIO SALE



## LOTS OF ITEMS FOR SALE!

Wednesday, July 14, 2021  
CASCADES SENIOR CENTER LOBBY  
9:00 AM - 11:30 AM

# On the Big Screen

## @ Cascades Senior Center

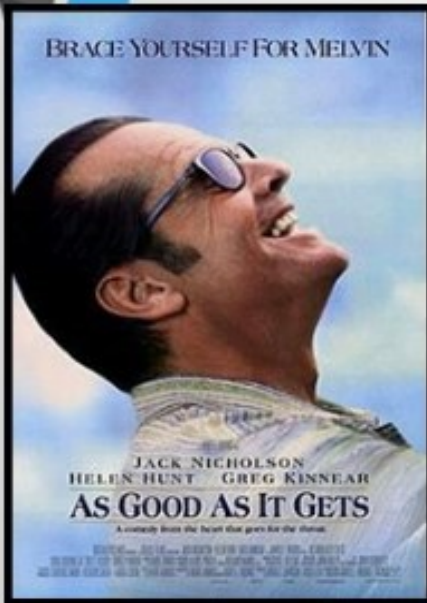
### free for senior center members



**Wednesday June 30th @ 12:00pm**

### **"Mamma Mia!" 2008 (PG-13)**

**Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.**



**Wednesday July 7th @ 12:00pm**

### **"As Good As It Gets" 1997 (PG-13)**

**Melvin Udall (Jack Nicholson) is an obsessive-compulsive writer of romantic fiction who's rude to everyone he meets, including his gay neighbor Simon (Greg Kinnear), but when he has to look after Simon's dog, he begins to soften and, if still not completely over his problems, finds he can conduct a relationship with the only waitress (Helen Hunt) at the local diner who'll serve him.**

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call the appropriate community center/program area at least 3 business days prior to the start of the activity.





Just as America celebrates its independence on July 4<sup>th</sup>, Canada Day is a celebration of a united Canada and its independence.

## Very Timely Memes



Returning to the office after working from home for a year





## CASCADES WALKING GROUP

MONDAYS AT 9:30 A.M.

### **\*\*CASCADES SENIOR CENTER ADVISORY BOARD\*\***

*The Cascade Senior Center Advisory Board –  
needs you!*

As the Cascade Senior Center re-opens the current members of the Cascade Senior Center Advisory Board would appreciate your consideration to become part of the board. This will be an exciting year as we return to our normal activities at the Senior Center and the current board members are excited about the opportunity to be a part of the re-opening.

Visit the Advisory Board webpage for more information and a board member application form – Click [here!](#)





# OUTDOOR MOVIES IN THE PARK

(All ages) Franklin Park Arts Center presents an outdoor movie series featuring movies you forgot you loved! Movies will be shown on the outside back wall of the Arts Center. Bring your lawn chairs, blankets and picnic baskets for socially distanced outdoor seating in the grass. Movies are rated PG and will begin at dusk.

Tickets: \$3/person Purchase online:  
[www.franklinparkartscenter.org](http://www.franklinparkartscenter.org) 540-338-7973



## **COCO** Friday - May 21 8:30pm

Coco is a story about a boy who journeys into the Land of the Dead to seek forgiveness from his ancestors and lift a curse. 2017 Disney Pixar film rated PG. 109 minute

## **Racing Stripes** Friday, June 18 8:45pm

Racing Stripes is a winsome kid-win movie about a zebra (voice of Frankie Muniz) that wants to be a racehorse. 2005 Warner Bros film rated PG. 94 minute



## **The War with Grandpa** Saturday, July 3 8:45pm

Sixth-grader Peter is pretty much your average kid—he likes gaming, hanging with his friends and his beloved pair of Air Jordans. But when his recently widowed grandfather Ed (Robert De Niro) moves in with Peter's family, the boy is forced to give up his most prized possession of all, his bedroom. 2020 film by 101Studios rated PG, 94 minutes

## **Babe** Friday, July 16 8:45pm

After being separated from his family, a young pig learns to herd sheep in an effort to save his own life. 1995 Universal Studios film rated G. Running time: 92 minutes



## **The Secret Garden** Friday, Aug 6 8:30pm

A young orphan stumbles upon a whimsical garden while living with her domineering uncle. She then experiences a series of fantastical adventures in her newfound playground. 2020 film released by STXEntertainment, rated PG. Running time: 99 minutes.

## **The Goonies** Friday, Sept 10 7:30 pm

A group of teenagers finds a map leading to a hidden treasure. They must overcome booby traps, natural obstructions, and a gang of desperate thieves in their race for the loot. A 1985 film by Warner Bros, rated PG. 114 minutes



## **Frankenstein** Friday, Oct 8 7:00 pm

A scientist assembles corpses to create a monster, who incurs the wrath of the local villagers when he impulsively kills a little girl. Subsequently seeking out his creator, the creature flees with him to a nearby windmill. Released in



FRANKLIN PARK ARTS CENTER  
36441 Blueridge View Lane, Purcellville, VA 20132

# Super Senior Discount

## for Loudoun County Recreation Centers

### What is a Super Senior Discount?

- It's a discount pass that is good at any Loudoun County Recreation Center (currently two in Loudoun - Dulles South and Claude Moore)
- A third Recreation Center is being planned for Ashburn
- Discount pass is good for full use of the Recreation Center during the same hours the senior center is open:
  - Monday through Friday from 9:00 to 5:00.
  - No evenings or weekends

### Who qualifies for a Super Senior Discount?

- Anyone 55 years of age and over who is currently a member at any Loudoun County Senior Center

### How much does it cost?

- Super Senior discounted annual membership:
  - \$245 for a single senior (*non-member of a senior center*) \$350)
  - \$420 for 2 seniors who live in the same *household* (*non-member of a senior center*) \$600)

### Where can I purchase a Super Senior Discount?

Passes can be purchased in person at any senior center or recreation center  
The passes cannot be purchased on-line



#### **CLAUDE MOORE RECREATION CENTER**

46105 Loudoun Park Ln, Sterling, VA 20164

**Phone:** (571) 258-3600

#### **DULLES SOUTH RECREATION CENTER**

24950 Riding Center Dr, South Riding, VA 20152

**Phone:** (571) 258-3456





# SUMMER SENIOR COOLING PROGRAM

Fans and limited summer cooling assistance is available for persons aged *60 years and older* who are *income eligible in Loudoun County*.

The Senior Cooling Program runs  
from  
June 1 – September 30

Please call:  
Loudoun County  
Area Agency on Aging

Phone: (703) 777-0257  
Email: [aaa@loudoun.gov](mailto:aaa@loudoun.gov)



The Area Agency on Aging is a Division of Loudoun County Parks, Recreation and Community Services



## **\*\*HEALTH & WELLNESS\*\***

### **5 Reasons to Get Your Blood Pressure Checked Now**

Research shows lower is better — even lifesaving — when it comes to blood pressure  
by Rachel Nania, [AARP](#), June 3, 2021

Hypertension, or high blood pressure, is one of the most common health conditions plaguing American adults. And as a key risk factor for heart disease — the world's leading killer — it's also one of the most dangerous. In the U.S. alone, more than 500,000 deaths each year are linked to high blood pressure, according to the Centers for Disease Control and Prevention (CDC). Globally, the death toll tops 7 million. But there is good news: High blood pressure is both preventable and treatable once diagnosed. Here are five reasons why you shouldn't delay getting your blood pressure checked.

#### **What is high blood pressure?**

Category	Systolic Blood Pressure	Diastolic Blood Pressure
Normal	<120 mm Hg	<80 mm Hg
Elevated	120-129 mm Hg	<80 mm Hg
Stage 1 Hypertension	130-139 mm Hg	80-89 mm Hg
Stage 2 Hypertension	≥140 mm Hg	≥90 mm Hg

Source: CDC

1. The 'silent killer' rarely comes with symptoms
2. Your risk for high blood pressure increases with age
3. The 'new normal' may be lower than you think
4. Risks are low when it comes to lowering blood pressure
5. Lower blood pressure is a boon for the brain

Click [here](#) to read the full article.

#### **What the top and bottom numbers measure**

Systolic pressure: The top number is a measurement of the force exerted by your heart each time it beats on the walls of your arteries.

Diastolic pressure: The bottom number is a measurement of the force exerted by your heart between beats on the walls of your arteries.

mm Hg: The letters that follow the systolic and diastolic numbers — mm Hg — stand for millimeters of mercury, which is how pressure is measured in medicine.

Source: Mayo Clinic

*Rachel Nania writes about health care and health policy for AARP. Previously she was a reporter and editor for WTOP Radio in Washington, D.C. A recipient of a Gracie Award and a regional Edward R. Murrow Award, she also participated in a dementia fellowship with the National Press Foundation.*

#### **More on Hypertension**

[Easy ways to lower your blood pressure](#)

[Superfoods for heart health](#)

[Meditation is good for physical and mental health](#)



## Weekly Program Schedule

### Virtual Programs

#### Monday, June 28

**11 a.m. — Online Storytime:** Ms. Bethany from Rust Library reads *Someone Bigger* by Jonathan Emmett.

**2 p.m. — Advanced ESOL English Practice:** Work on your English in this conversation-based program.

**7 p.m. — Common Threads:** Discuss the use of color in crafting while you work on your fiber art project.

#### Tuesday, June 29

**Noon — Midday Meditation:** Take a break to breathe and center your mind with instructor Gretchen Schutte.

**2 p.m. — Sewing Basics:** Learn how to thread a needle and sew basic stitches. Limited number of supply kits available at Gum Spring Library. For Grades 3-5.

**4 p.m. — DIY Teens:** Create a kite using simple supplies.

#### Wednesday, June 30

**1 p.m. — Bio, Bio, Diversity:** Billy B uses songs, dances, theatrical backdrops and improv comedy to present the beauty, abundance and complexity of the biodiversity around us. *Sponsored by the Loudoun Library Foundation.*

**6:30 p.m. — Writing Workshop: Self-Publishing:** It is possible to publish your own work and connect with a wide audience. Writer David Hazard shares important basics and resources to help you with the process.

**Subscribe to our YouTube channel to access recordings of our virtual programs.**



#### Wednesday, June 30 (continued)

**6:30 p.m. — U.S. Citizenship Preparation:** This six-session class outlines the process for becoming a U.S. citizen. Maximum of 12 attendees, first come, first served at Session 1. For more information, including details about where to pick up free class materials, email [eqols411@gmail.com](mailto:eqols411@gmail.com) prior to this session.

#### Thursday, July 1

**6:30 p.m. — The Colorful History of Tartan:** Once a colorful pattern woven and worn by Scottish Highlanders, tartan was outlawed by the British government after the Jacobite Rebellion in 1745. Melissa Weaver-Dunning shares the stories of how tartan came to be both fashionable and a national symbol of Scotland. *Co-sponsored by The Fiber Guild of the Blue Ridge.*

#### Friday, July 2

**11 a.m. — Online Storytime:** Join Ms. Christine from Cascades Library for puppet play and songs.

**4 p.m. — Watercolor Workshop:** Gain experience painting with watercolors using a loose, fluid style with instructor Jyotsna Umesh.

#### Saturday, July 3

**11 a.m. — How to Make Oobleck:** Create this gooey substance with Ms. Heather from Ashburn Library.

*Links for these virtual programs and the complete calendar are available at [library.loudoun.gov/calendar](https://library.loudoun.gov/calendar).*



## In-Person Programs

### Monday, June 28

10 a.m. — Outdoor Family Storytime, Cascades Library  
10:15 a.m. — Family Storytime, Purcellville Library  
10:45 a.m. — Outdoor Family Storytime, Cascades Library  
Noon — Homeless Outreach Drop-In, Rust Library  
1 p.m. — Adult Book Club, Lovettsville Library  
2 p.m. — Make and Take Craft Drop-In for Kids: Sunflowers, Gum Spring Library  
6:30 p.m. — Grupo de Discusión de Libros en Español, Sterling Library  
7 p.m. — Adult Book Club, Brambleton Library  
7 p.m. — Make and Take Craft Drop-In for Adults and Teens: Tropical Leaves Painting, Ashburn Library

### Tuesday, June 29

10 a.m. — ESOL: Beginning English Conversation Group, Rust Library  
10:30 a.m. — Outdoor Family Storytime, Middleburg Library  
2 p.m. — StoryWalk®: Reading Makes You Feel Good, Purcellville Library  
2 p.m. — Tech Tuesday, Rust Library  
2 p.m. — Teen Tuesday: Scratch Art Competition, Sterling Library

### Wednesday, June 30

10:15 a.m. — Outdoor Family Storytime, Purcellville Library  
10:30 a.m. — ESOL: English Conversation Group, Rust Library  
11 a.m. — ESOL: English Conversation Group, Brambleton Library  
11 a.m. — Outdoor Family Storytime, Rust Library  
2 p.m. — Make and Take Craft Drop-In for Kids: Kites, Brambleton Library  
2 p.m. — DIY Teens: Wild Boho Mobile, Ashburn Library  
2 p.m. — Teen Book Box Club, Gum Spring Library

*For complete details, visit  
[library.loudoun.gov/calendar](http://library.loudoun.gov/calendar).*

To request a reasonable accommodation for a disability, call 703-777-0368. Three days' notice is requested.

### Wednesday, June 30 (continued)

3 p.m. — Make and Take Craft Drop-In for Kids, Sterling Library  
4 p.m. — Dream Catcher Crafts for Teens and Adults, Cascades Library  
7 p.m. — Adult Book Club, Rust Library  
7 p.m. — Coloring Club for Adults, Sterling Library  
7 p.m. — Story Stroll, Gum Spring Library

### Thursday, July 1

10 a.m. — ESOL: English Conversation Group, Ashburn Library  
10 a.m. — Take and Make for Teens and Adults: Japanese Bookbinding, Purcellville Library  
10:15 a.m. — Bilingual Storytime/Hora de Cuentos Bilingüe, Purcellville Library  
2 p.m. — Tech Thursday, Rust Library  
2 p.m. — Dungeons and Dragons Club, Rust Library  
7 p.m. — Nonfiction Book Club, Gum Spring Library  
7 p.m. — Strategy Gaming for Adults, Cascades Library  
7 p.m. — Teen Chess Night, Lovettsville Library

### Friday, July 2

10 a.m. — Bar Exam Networking and Study Session, Law Library  
10 a.m. — Sidewalk Science, Purcellville Library  
10:15 a.m. — Outdoor Family Storytime, Ashburn Library  
1 p.m. — Teen Photo Scavenger Hunt, Ashburn Library  
2 p.m. — Front Yard Friday, Rust Library

### Saturday, July 3

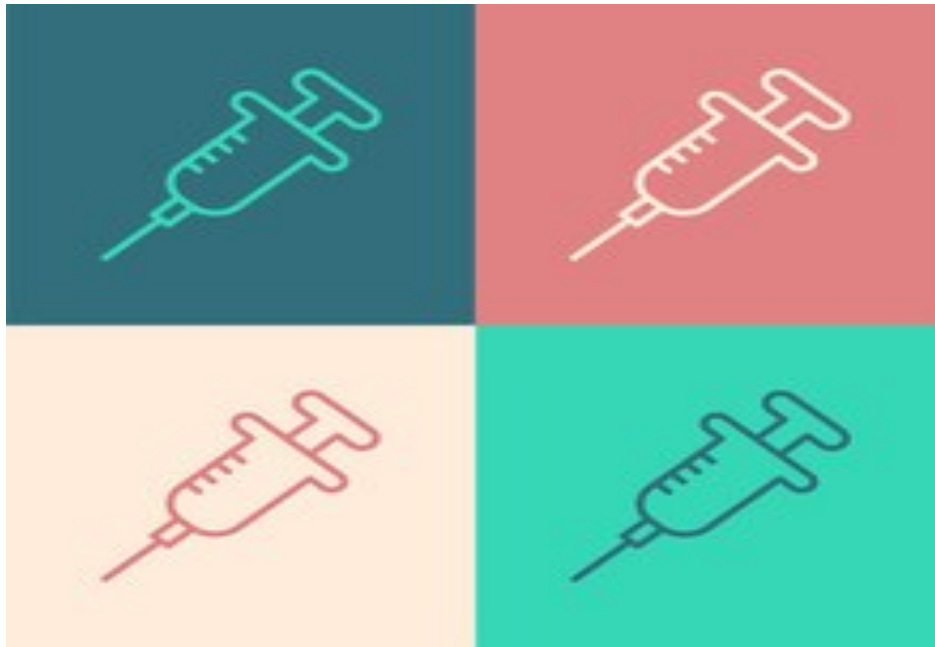
2 p.m. — Guitarist Cristian Perez, Purcellville Library



**Morven Park, June 18-30**  
17195 Southern Planter Lane, Leesburg

**Trailhead Park at Belmont Ridge, July 5-18**  
42555 Sungrove Terrace, Ashburn





## Community-Based Vaccination Events

**JUNE 27**

**JULY 10 & 11**

**AUGUST 7**

**These events will be using the Pfizer vaccine. Translators will be onsite to assist individuals who speak Spanish. The events are free and are open to anyone regardless of health insurance or immigration status.**

**Individuals may [preregister](#) if they want to reserve a time, or may choose to walk in on the date of the event.**

### **June 13<sup>th</sup>**

11:00 a.m.-7:00 p.m.

Leesburg Elementary  
323 Plaza Street N.E.  
Leesburg, VA 20176

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### **June 27<sup>th</sup>**

11:00 a.m.-7:00 p.m.

Rolling Ridge Elementary  
School  
500 E. Frederick Dr.  
Sterling, VA 20164

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### **July 10<sup>th</sup>**

11:00 a.m.-7:00 p.m.

Lovettsville Elementary  
49 S Loudoun St.  
Lovettsville, VA 20180

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### **July 11<sup>th</sup>**

11:00 a.m.-7:00 p.m.

Meadowland  
Elementary  
729 Sugarland Run  
Sterling, VA 20164

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### **August 7<sup>th</sup>**

11:00 a.m.-7:00 p.m.  
Bluemont Community  
Center  
33846 Snickersville  
Turnpike Bluemont, VA  
20135

## **\*\*KITCHEN CORNER\*\***

### **Red, White and Blueberry Coleslaw**



### **Ingredients**

1 small or 1/2 large head green cabbage, cut into 1/4-inch wide strips (about 6 cups)  
1 small red onion, halved and thinly sliced (about 1/2 cup)  
6 strips bacon, crisp-cooked and crumbled (reserve 1 tablespoon for garnish)  
1/2 cup dried blueberries (reserve 1 tablespoon for garnish)  
1/2 cup mayonnaise  
2 tablespoons apple cider vinegar  
1 tablespoon sugar  
1/2 cup toasted chopped pecans (reserve 1 tablespoon for garnish)  
Kosher salt and freshly ground black pepper

### **Directions**

Toss the cabbage, onion, bacon, blueberries, mayonnaise, vinegar and sugar in a large bowl and toss to coat with the dressing. Cover and refrigerate 1 to 4 hours.

Stir in the pecans and season with salt and pepper just before serving. Sprinkle with reserved the bacon, berries and nuts.



## **\*\*WORD SEARCH\*\***

O O A W U S W N S L E Y E Y F E Y T L J F V Y D Y Y S I Y Z  
E Y N C P X A T O T L A N M R N E D N O U R A E O R Y L U J  
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A L G K U E R Z S N N B I R T H D A Y A D M O D E E R F B E  
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L R R D N T A G A L A N N I V E R S A R Y J Y E X B I N Z P  
Y T L N M C Y A W F I Q O T B T D F C E S B O N T N T U I E  
S O E R I L Y L W N T T X S R U U L B H A T L D D G U M T W  
S R S R T B Y F S A A E A I B P T H S A Y C O E F L A E I L  
S C E X S T T S A C T M B R Y H Y E T L C T P N S M L N C E  
I M R I H V H U L I M U A R Y X O V Q G V E R C I S M T Y T  
A H O L I D A Y U R T W Y A D E C N E D N E P E D N I I S U  
F E S T I V A L T E R E S P E C T B O D S E A P B N C N G L  
D X N C C O M M E M O R A T I O N A E R I A R X R I I A G A  
R K M E H T N A L A N O I T A N F N S Q F P A T T O L X M S  
N A T I O N A L H O L I D A Y S C J A Q B E D R S F M Y R C  
O S B U W Z N O I T A R B E L E C L A I N N E T N E C F Y B

## **\*\*WORD SEARCH\*\***

America	Americanflag	Americanindependence
Americanspirit	Americantribute	anniversary
artillery	banners	barbecue
baseball	battalion	battles
birthday	blessings	bravery
celebrations	centennialcelebration	ceremony
citizen	commemoration	cornerstone
country	countrymen	courage
declaration	DeclarationofIndependence	dignity
duty	eagle	esteem
event	excellence	fanfare
festival	firecracker	flag
foundingfathers	FourthofJuly	freedom
glory	heritage	history
holiday	honor	hope
independence	IndependenceDay	July
land	liberty	loveofcountry
loyalty	memorial	military
monument	nation	nationalanthem
nationalholiday	observance	of
parade	patriotism	picnic
respect	Revolution	rite
ritual	sacrifice	salute
salute	soldier	sparklers
speech	spirit	stars
strength	stripes	summer
th	tribute	UnitedStates
USFlag	victory	war