

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*



# CASCADES SENIOR CENTER

✠ E-NEWS March 8, 2021 ✠

## What Older Adults Need to Know about COVID-19 Vaccines



The risk of severe illness from COVID-19 increases with age. This is why CDC recommends that adults 65 years and older are one of the first groups to receive COVID-19 vaccines. You can help protect yourself and the people around you by getting the vaccine when it is available.

Studies show that COVID-19 vaccines are safe and effective in preventing severe illness from COVID-19. To get a COVID-19 vaccine:

- Contact your state or local health department for more information.
- Ask a family member or friend to help with scheduling an appointment.
- Ask your doctor, pharmacist, or community health center if they plan to provide vaccines and ask them to let you know when vaccines are available.

Even after getting the COVID-19 vaccine, you should still wear a well-fitting mask that covers your nose and mouth when around others, stay at least 6 feet away from others, avoid crowds and poorly ventilated spaces, and wash your hands often.

For more information about what older adults need to know about COVID-19 vaccines click [here](#).



# COVID-19 TESTING

**Multiple  
Locations**

**MARCH 2021**

**Tuesdays & Thursdays  
10:00 a.m. - 2:00 p.m.**

Drive-thru only. Free & open to everyone.

LOUDOUN  
COUNTY  
VIRGINIA

**[loudoun.gov/COVID19testing](https://www.loudoun.gov/COVID19testing)**

## **Event Dates and Locations**

**•March 9 and 11, 10:00 a.m. - 2:00 p.m.**

Philip A. Bolen Memorial Park, 42405 Claudia Drive, Leesburg (Enter the park from Sycolin Road onto Crosstrail Boulevard).

**•March 16 and 18, 10:00 a.m. - 2:00 p.m.**

Cascades Library, 21030 Whitfield Place, Potomac Falls (Access the testing location in the back parking lot, near the senior center)

**•March 23 and 25, 10:00 a.m. - 2:00 p.m.**

Dulles South Recreation & Community Center, 24950 Riding Center Drive, South Riding

**You must fill out a registration form and bring it to the testing site. Click below for registration form and additional information.**

**<https://www.loudoun.gov/>**



# COVID-19 VACCINE SCAMS

## WHAT YOU NEED TO KNOW TO AVOID THEM



Now that the FDA has approved a Coronavirus Monoclonal Antibody Vaccine, fraudsters have already started thinking of ways to scam unsuspecting people out of their money. Here are some things you need to know.



You will likely not need to pay anything out of pocket to get the vaccine during this public health emergency.



You cannot pay to get early access to the vaccine.



No one from the vaccine distribution site or health care payer, like a private insurance company will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.



No one from Medicare or the Health Department will contact you.



You cannot pay to put your name on a list to get the vaccine.



If you get a call, text, email - or even someone knocking on your door - claiming they can get you early access to the vaccine, **STOP!** That's a scam!



Beware of providers offering other products, treatments, or medicines to prevent the virus.



Check with your health care provider before paying for or receiving any COVID-19 related treatment.

If you feel that you've been targeted or a victim of a scam, call the Virginia Senior Medicare Patrol Fraud Hotline


**1-800-938-8885**

VIRGINIA  
**SMIP**  
Senior Medicare Patrol

The mission of the Senior Medicare Patrol is to empower Medicare beneficiaries, family members and caregivers to prevent, detect and report healthcare fraud, errors and abuse through education, outreach and counseling.




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

MON 3/8	TUES 3/9	WED 3/10	THURS 3/11	FRI 3/12
<b>10:30am-11:30am</b> ESL Class (Virtual)	<b>10:00am-11:00am</b> Aerobics Video (Indoor)	<b>10:30am-11:30am</b> Yoga Class (Virtual)	<b>10:30am-11:30am</b> Learn Mandarin (Virtual)	<b>10:00am-12:00pm</b> Knit & Crochet (Indoor & Outdoor)
<b>1:00pm-2:00pm</b> Yoga Class (Virtual)	<b>10:30am-11:30am</b> Conversational Spanish (Virtual)	<b>12:00pm-2:00pm</b> Movie Day "What Happened to Miss Simone?" (Indoor)	<b>1:00pm-2:00pm</b> Current Events (Indoor & Outdoor)	<b>1:00pm-2:00pm</b> Safe Bingo (Indoor)
<b>2:30pm-3:30pm</b> Teen Tech (Virtual)	<b>1:00pm-2:30pm</b> Intermediate Spanish 2 (Virtual)	<b>2:00pm-3:00pm</b> Special Presentation "Famous Women in History" (Virtual)		<b>1:00pm-2:00pm</b> Yoga Class (Virtual)

*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.*

Registration required 24 hours in advance for all activities. Call 571-258-3280 to register.

MON 3/15	TUES 3/16	WED 3/17	THURS 3/18	FRI 3/19
<b>10:30am-11:30am</b> ESL Class (Virtual)	<b>10:00am-11:00am</b> Aerobics Video (Indoor)	<b>10:30am-11:30am</b> Yoga Class (Virtual)	<b>10:30am-11:30am</b> Learn Mandarin (Virtual)	<b>10:00am-12:00pm</b> Knit & Crochet (Indoor & Outdoor)
<b>1:00pm-2:00pm</b> Yoga Class (Virtual)	<b>10:30am-11:30am</b> Conversational Spanish (Virtual)	<b>12:00pm-2:00pm</b> Movie Day "Feminists - What Were They Thinking?" (Indoor)	<b>1:00pm-2:00pm</b> Current Events (Indoor & Outdoor)	<b>1:00pm-2:00pm</b> Safe Bingo (Indoor)
<b>1:00pm-2:00pm</b> Book Club (Indoor Activity)	<b>1:00pm-2:30pm</b> Intermediate Spanish 2 (Virtual)	<b>2:00pm-3:00pm</b> Special Presentation "St Patty's Trivia" (Virtual)	<b>2:00pm-3:00pm</b> Special Presentation "Traditional to Art Quilter" (Virtual)	<b>1:00pm-2:00pm</b> Yoga Class (Virtual)
<b>2:30pm-3:30pm</b> Teen Tech (Virtual)				

# ACTIVITY DESCRIPTION

## Mondays

**10:30am ESL Class (Virtual Activity)** – English as a second language class. Instructor: Judy Villedrouin

**1:00pm Yoga (Virtual Activity)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

**1:00pm Book Club (Indoor Activity, 3<sup>rd</sup> Monday's only)**—Monthly discussions, new members welcome. This month—"Beartown" by Fredrik Leader: Mary Rudiak

**2:30pm Teen Tech (Virtual Activity)**— Knowledgeable teens give pointers and instruction on how to use smartphones, computers and other technology. Instructor: Aidan Comie

## Tuesdays

**10:00am Aerobics Video (Indoor Activity)**—light exercise featuring Richard Simmons and the Silver Foxes DVD

**10:30am Conversational Spanish (Virtual Activity)**— Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney

**1:00pm Intermediate Spanish 2 (Virtual Activity)** – New students will have to purchase a textbook for \$20. Prerequisites necessary. Instructor: Lea Nigon. Email [Paul.torrible@loudoun.gov](mailto:Paul.torrible@loudoun.gov) for details and registration.

**Registration required 24 hours in advance for all activities.**

**Call 571-258-3280 to register.**

*The Loudoun County Department of Parks, Recreation & Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343) three business days prior to the start of the activity.*

## Wednesdays

**10:30am Yoga (Virtual Activity)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev

**12:00pm- Movie Day (Indoor Activity)**—Free movie presentation. Bring your own snacks.

**"What Happened to Miss Simone?" 2015 (March 10th)**

**"Feminists-What Were They Thinking?" (March 17th)**

**2:00pm Special Presentation "Famous Women in History" (March 10th)** (Virtual)- presented by Priscilla Godfrey.

## Thursdays

**10:30am Learn Mandarin (Virtual Activity)** This class is for all levels and is informal. Instructor: Susan Xiaoping

**1:00pm Current Events (Indoor & Outdoor Activity)** Current, local and global events discussions. Come join in, new members always welcome. Leader: Steven Cresskoff.

**2:00pm-Special Zoom Presentation "My Journey from Traditional to Art Quilter"** presented by Priscilla Godfrey.

## Fridays

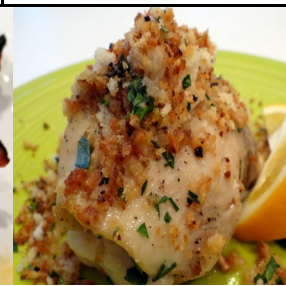
**10:00am Knit & Crochet (Indoor & Outdoor Activity)**— Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. **Leader: Velinda Sutton.**

**1:00pm Safe Bingo (Indoor Activity)**—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen

**1:00pm Yoga (Virtual Activity)**—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish & Kailash Sachdev.

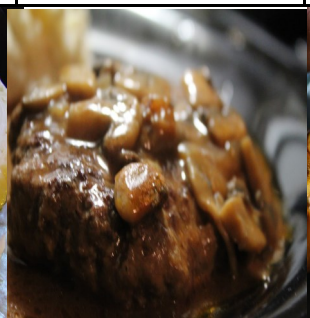
# What's for lunch at Cascades?

<b>MON 3/8</b>	<b>TUES 3/9</b>	<b>WED 3/10</b>	<b>THURS 3/11</b>	<b>FRI 3/12</b>
Lasagna Malibu Blend Vegetables Fruit, Bread & Milk  Vegetarian meal Available	Baked Chicken Strips Succotash Collard Greens Fruit, Bread & Milk  Vegetarian meal Available	Turkey Casserole Broccoli Sweet Potato Fruit, Bread & Milk  Vegetarian meal Available	Pork Chops Fettuccini Alfredo Spiced Applesauce Fruit, Bread & Milk  Vegetarian meal Available	Baked Fish Baked Potato Vegetable Blend Fruit, Bread & Milk  Vegetarian meal Available



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

<b>MON 3/15</b>	<b>TUES 3/16</b>	<b>WED 3/17</b>	<b>THURS 3/18</b>	<b>FRI 3/19</b>
Stuffed Cabbage Mashed Potato Vegetable Blend Fruit, Bread & Milk  Vegetarian meal Available	Hot Dog/Bun Baked Beans Caribbean Blend Vegetable Fruit & Milk  Vegetarian meal Available	Corned Beef Cabbage Parslied Potato Fruit, Bread & Milk  Vegetarian meal Available	Salisbury Steaks Vegetable Blend Macaroni & Cheese Fruit, Bread & Milk  Vegetarian meal Available	Baked Ham Scalloped Potato Mixed Vegetables Fruit, Bread & Milk  Vegetarian meal Available





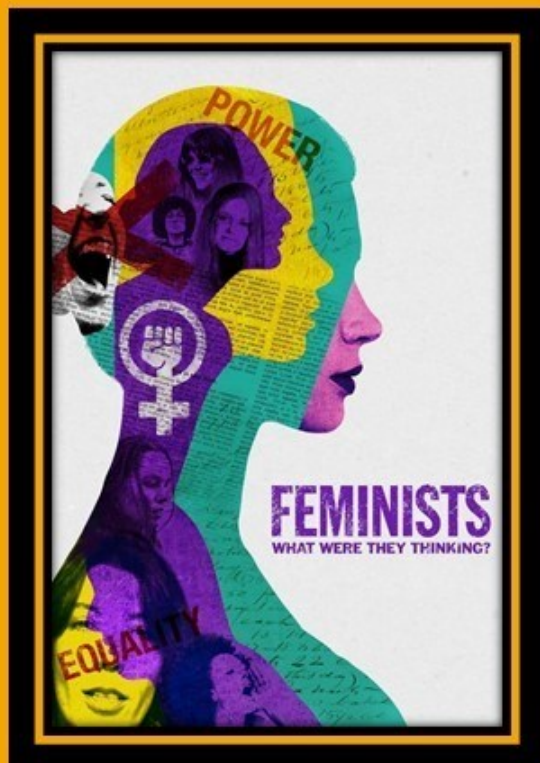


We will present  
**“What Happened to Miss Simone?”**

(2015, Documentary)

Wednesday, March 10th at  
 12:00pm.

The movie is free to senior  
 center members.



We will present  
**“Feminists-What Were They Thinking?”**

(2018, Documentary)

Wednesday, March 17th at  
 12:00pm.

The movie is free to senior  
 center members.



**March is Women's History Month. To celebrate, we have virtual Zoom presentations featuring Priscilla Godfrey**

**Wednesday, March 10<sup>th</sup> at 2:00pm**

*"Famous Women in History and the Suffragette Movement"*

Join us as we discover women trailblazers from the past, the present and the future with this virtual presentation.

**Click below to join presentation**

[Join Meeting](#)

**Meeting ID: 732 7568 1892    Passcode: Gw0SRr**

**Thursday, March 18<sup>th</sup> at 2:00pm**

*"My Journey from Traditional to Art Quilter"*

Come delight in the color and design of the quilts made by Priscilla Godfrey, local quilt artist. Enjoy discussion and a question-and-answer period during the presentation.

**Click below to join presentation**

[Join Meeting](#)

**Meeting ID: 730 0355 5890    Passcode: mhLBM7**

*Priscilla Godfrey has been a member of the League of Women Voters Loudoun County since 2013. She served as President of the organization from 2015-2019. She is also a member of the National Capital Area League and the Virginia state League of Women Voters. She ran a forum for Lucketts/Catoctin District candidates for the 2019 local election for the Board of Supervisors. She served as the Blue Ridge District representative to the Loudoun County School Board from 2004 to 2012.*





# SPRING FORWARD

Don't forget to turn your clocks forward

SUNDAY MARCH 14th

Join in the fun with  
these quilting links:

National Quilt Museum

<https://quiltmuseum.org/>

Quilt Alliance

<https://quiltalliance.org/>

Facebook

<https://www.facebook.com/>



## National Quilting Day

*Snuggle up on Saturday March 20<sup>th</sup> for National Quilting Day! Around the country, enjoy special quilting shows, classes, open museums and much more to celebrate the day. It also appreciates and recognizes quilt makers and their labor, their love, and skill that goes into making each quilt.*



# HAPPY ST. PATRICK'S DAY!

**Join in the fun on March 17<sup>th</sup> at 2:00pm. The Loudoun Youth Advisory Council will host a virtual St. Patrick's Day Trivia Game. Jeopardy style Zoom Trivia and prizes! Sign up in advance is required. Call Paul at the senior center to sign up! 571-258-3280.**



**Everyone who signs up for drive-thru pickup or dine-in lunch gets traditional Irish fare:  
Corned Beef and Cabbage with  
Parslied Potatoes!**



# March is Nutrition Awareness Month



## The New Nutrition Facts Label – US Food and Drug Administration (FDA)

*What's in it for you?*

[Click here!](#)

## Using the Nutrition Facts Label: For Older Adults – US Food and Drug Administration (FDA)

[Click here!](#)

For more nutrition articles [Click here!](#)

# your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

## Weekly PROGRAM SCHEDULE

### TUESDAY (3/9)

**4:00 PM — Dream and Affirmation Jars:** Create jars filled with your hopes, dreams and words that affirm you and others.

**6:00 PM — Intro to Yoga:** A gentle yoga practice focusing on the benefits of mindful movement and breath that benefit sleep, stress and anxiety.

### THURSDAY (3/11)

**6:00 PM — Photography Workshop:** DC-area fine art photographer Frank Stopa will break the myth that mobile photography isn't serious photography. He'll discuss phone cameras, capabilities, accessories and apps, and show you his own shots taken with an iPhone.

### SATURDAY (3/13)

**11:00 AM — We Can Do It: American Women in History:** Learn about incredible and groundbreaking women like Amelia Earhart, Sacajawea and Susan B. Anthony through a performance by Bright Star Touring Theatre.

### MONDAY (3/8)

**11:00 AM — Online Storytime:** Ms. Kathleen from Cascades Library reads *Pokko and the Drum* by Matthew Forsythe.

**12:00 PM — Mid-Day Meditation:** Relax and renew yourself through meditation. Led by instructor Laura Banks.

**2:00 PM — Advanced ESOL English Practice:** A conversation-based program.

### WEDNESDAY (3/10)

**11:00 AM — Toddler Storytime:** Ms. Liesl from Brambleton Library reads *A Soup Opera* by Jim Gill.

**11:30 AM — Coffee with a Career Counselor:** Q&A with Loudoun's Workforce Resource Center.

**1:00 PM — Scratch Art:** DIY paper to create colorful art.

**5:00 PM — Teen Online Book Club:** *Bone Gap* by Laura Ruby.

**6:30 PM - Stories Virginia's Rocks Tell Us:** Learn about rocks with JMU Geologist Lynn Fichter.

### FRIDAY (3/12)

**11:00 AM — Baby Storytime:** Join Ms. Bethany from Rust Library for rhymes, songs, tickles and bounces.

**4:00 PM — Watercolor Workshop:** Paint tulips in a realistic style. Instructor is award-winning artist Megha Mehra.

Links for these online programs are available from the Event Calendar at [library.loudoun.gov](http://library.loudoun.gov)



# Take a STROLL around THE LIBRARY ON a **STORYWALK®!**

## **Rust Library**

*A Beginner's Guide to Bear Spotting* by Michelle Robinson

Feb. 23 - March 22

## **Cascades Library**

*If You're Happy and You Know It!* by Jane Cabrera

Feb. 24 - March 21

## **Brambleton Library**

*Good Night Owl* by Greg Pizzoli

March 4 - March 31



## ADVANCED ESOL PRACTICE

**LIVE ONLINE**

*Mondays*

*March 1, 8, 15, 22 & 29, 2 PM*

Use this link to join the program:  
<http://bit.ly/LCPL-ESOL>



**CREATE**  
at Home!

Ask a librarian about  
Take and Make programs.

LOUDOUN COUNTY  
PUBLIC LIBRARY  
[library.loudoun.gov](http://library.loudoun.gov)





## How to Slim Down Your Email Inbox — and Why It Matters

**Gmail, other popular free services are starting to charge for file storage**

**by Jefferson Graham, AARP, January 25, 2021**

"Free" email programs from AOL, Google, Microsoft, Yahoo and others, more likely than not, now have limits.

Google, the [most used email program](#), along with Microsoft's Outlook.com and Yahoo Mail, could end up costing you in 2021. Beginning in June, Google is discontinuing its policy of free [photo uploads to the Google Photos](#) app beyond the 15 gigabytes of storage it automatically allots. But that 15 GBs includes Google Photos, Google's Drive backup service and Gmail. Go over 15 GBs, and you'll have to pay. Or worse, you'll wake up in the morning to this error message from Google about your Gmail.

If you run out of space in Gmail, you won't be able to send or receive messages." Messages sent to you will be returned to the sender.

Houston photographer Rob Greer doesn't mind paying Google for the extra storage space. He doesn't have time to go through his inbox and delete emails to make room.

"I pay \$1.99 a month now," says Greer, 50. Gmail is "really inexpensive when you think about it. They could charge me \$9.99 a month and I'd still pay it."

Google charges \$1.99 a month, \$19.99 annually for 100 GB of storage; \$2.99 a month, \$29.99 annually for 200 GB of storage; or \$9.99 monthly, \$99.99 annually for two terabytes of storage. Think about how important email is to you. Could you live without it?





## Other services also levy fees

Because our inboxes are stuffed with endless sale offers, newsletters, notifications, updates and all those personal emails (especially the ones with big photo and PDF attachments), your inbox will be growing this year — unless you tame it.

Google won't be alone in enforcing storage rules in 2021. An email account on your [Apple phone](#) isn't free. The company offers 5 GB of storage and charges if you go over: 99 cents monthly for 50 GB or \$2.99 for 200 GB.

On Android phones, such as the Samsung Galaxy series or the Google Pixel, most email defaults to Gmail since Google makes Android software.

Microsoft's Outlook.com, at one time called Hotmail, lets you keep 15 GB of free storage but urges you to upgrade to 1 TB of storage for \$6.99 a month, or \$69.99 annually. The subscription includes online backup files; access to a more secure, ad-free email program; and the use of Excel, OneNote, PowerPoint and Word.

Yahoo and AOL's mail programs, while still free, are littered with ads. AOL users can skip the ads by upgrading to a paid version for \$8.99 a month. Yahoo, which like AOL, is also owned by Verizon, this month made it harder for Yahoo Mail users to continue using the service for free. Forwarding emails from Yahoo now is unavailable unless you pay \$3.49 a month.

## Use an app or delete manually

Meanwhile, what can you do if your inbox has gotten out of hand but you don't want to pay for more storage? You could do it the hard way and delete like crazy. Or you could pay to have an app do it for you.

The app Mailstrom starts with a free two-week trial, no credit card required, to delete up to 2,500 emails for you. After that it's \$14 a month to keep the deleting going. In other words, Mailstrom does the deleting so you don't have to.

The app finds the emails that show up most frequently — Google alerts, offers from local stores and the like. Once rounded up, you get to approve their bulk deletion.

Or you could try it the free-way, searching for your most frequent emailers such as Google alerts and stores that nag you about their latest sale. Once displayed, click select all and delete them all.

What makes it hard is that Google lets you look at only 100 emails at a time, Greer says. Many people have way more email in their inbox, including this author, who has more than 60,000 unread ones.

## Tips to trim your Gmail box

1. Find out how much you're using. Log in to your Google account, then visit the [Google One](#) site. Under the Storage heading, you'll see how much you have stowed now.

2. Tackle the biggest items first. Google suggests typing “has: attachment larger:10M” into the search bar to find the emails with the largest attachments. Emails with videos, PDFs and large photos should show up. Download any attachments you want to keep onto your computer's hard drive. Then select and delete the emails.

If you have thousands of emails, you'll have to do this several times. On a personal computer, you'll also need to go to the left side of the page, click Menu | Trash | Empty Trash Now.

3. Search by sender or more than two dozen other specifics with tips from Google's [Gmail support page](#). Don't forget to click Select All in the spam folder, promotions and social tabs to get rid of those.

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

### **FRIED IRISH CABBAGE WITH BACON**



#### **REMINDER:**

*If you are in need of a lunch meal or food in general, please call the center at 571-258-3280 so that we can assess the situation and figure out the best way to meet your needs.*

#### **INGREDIENTS:**

- ☐ 1 (12 ounce) package bacon
- ☐ ¼ cup bacon drippings
- ☐ 1 small head cabbage, cored and finely chopped
- ☐ ground black pepper to taste

#### **Directions**

##### **✓ Step 1**

Cook bacon in a deep skillet over medium heat until crisp, 5 to 7 minutes. Remove bacon from skillet and drain on a paper towel-lined plate. Reserve 1/4 cup drippings in skillet.

##### **✓ Step 2**

Cook and stir cabbage in hot bacon drippings over medium heat until cabbage wilts, 5 to 7 minutes.

##### **✓ Step 3**

Crumble bacon over cabbage. Stir and simmer until bacon is warmed, 2 to 3 minutes. Season with black pepper.





# WOMEN'S HISTORY MONTH WORD SEARCH

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

# WOMEN'S HISTORY MONTH WORD SEARCH

AltheaGibson

AnneFrank

BenazirBhutto

DrMaeCJemison

EllaFitzgerald

GraceHopper

HillaryClinton

JKRowling

KathrynBigelow

MerylStreep

NaomiParker

RitaMoreno

SandraDayOConnor

SimoneBiles

TeglaLoroupe

AmyTan

AvaDuVernay

CeliaCruz

ElizabethTaylor

GermaineGreer

HedyLamarr

JaneGoodall

KatherineGJohnson

MargaretSanger

MiriamMakeba

QueenElizabethII

SallyRide

ShirleyChisholm

TammyDuckworth

AmeliaEarhart

ArethaFranklin

BettyFriedan

EleanorRoosevelt

FridaKahlo

HalleBerry

IndiraGandhi

JunkoTabei

LucilleBall

MichelleKwan

OprahWinfrey

RosaParks

SherlySwoopes

SoniaSotomayer

## ★★★ WOMEN'S HISTORY MONTH ★★★

**Our History is Our Strength**

Learning about women's tenacity, courage,  
and creativity throughout the centuries.

**Amelia Earhart, Aviator**

