

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 May 28, 2021

Manager's Note

**In the words of Bob Dylan,
"The Times They Are A Changing" here at the Senior Center at
Cascades**

• **RETURN TO REGULAR HOURS** - as of Tuesday, June 1, the center will return to our regular hours of operation 9am-5pm, Monday through Friday.

• **ALL ROOMS OPEN - BILLIARDS ANYONE?** The billiards room, computer lab, ceramics room—all rooms will be open for your use.

• **NO SCREENINGS** - We no longer require screening to enter the center or ride the bus.

• **NO DISTANCING** - We no longer require social distancing, but please be aware that some members may still be more comfortable at a distance

• **NO MASKS FOR THOSE FULLY VACCINATED** – those fully vaccinated (two weeks after your second 2-shot vaccine or two weeks after your 1-shot vaccine) may enter the facility without a mask (but continue to wear a mask if you prefer).

• **NOT FULLY VACCINATED?**

PLEASE WEAR A MASK - If you are not yet fully vaccinated, we request that you wear a mask while inside the building.


• **BUSES ON REGULAR OPERATIONS** - Buses return to their regular operations, payment of \$1 per day is required. Buses will pick up in the morning and depart at 2pm. Call the center at least 24-hours in advance to reserve your seat! PLEASE NOTE: the last day for bus transportation from Ashburn to Cascades will be June 16.

• **NEW ACTIVITIES ADDED** – check out the calendar for new activities added and call the center for more information/availability

We miss you! We can't wait to see you!

*Come gather 'round people,
wherever you roam
And admit that the waters
around you have grown
And accept it that soon
you'll be drenched to the
bone
And if your breath to you
is worth savin'
Then you better start
swimmin' or you'll sink
like a stone
For the times they are
a-changin'*

ACTIVITIES SCHEDULE

MON 5/31	TUES 6/1	WED 6/2	THURS 6/3	FRI 6/4
<p>NO ACTIVITIES TODAY</p> <p>Senior Center Closed</p> 	<p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Conversational Spanish (Virtual)</p> <p>3:00pm-5:00pm Pickle Ball (Indoor)</p>	<p>10:00am-11:00am Tai Chi (Indoor)</p> <p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Yoga Class (Virtual)</p> <p>12:00pm-2:00pm Movie Day "Terms of Endearment" (Indoor)</p>	<p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Learn Mandarin (Virtual)</p> <p>1:00pm-2:00pm Current Events (Indoor)</p>	<p>9:30am-11:30am Knit & Crochet (Indoor)</p> <p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>1:00pm-2:00pm Safe Bingo (Indoor)</p> <p>1:00pm-2:00pm Yoga Class (Virtual)</p>

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.

MON 6/7	TUES 6/8	WED 6/9	THURS 6/10	FRI 6/11
<p>9:30am-10:30am Beginner Line Dancing (Indoor)</p> <p>9:30am-10:00am Walking Group (Outdoor)</p> <p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am ESL Class (Virtual)</p> <p>1:00pm-2:00pm Yoga Class (Virtual)</p> <p>1:00pm-2:00pm Safe Bingo (Indoor)</p> <p>2:30pm-3:30pm Teen Tech (Virtual)</p>	<p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Conversational Spanish (Virtual)</p> <p>1:00pm-2:00pm Ukulele Jam Session (Indoor)</p> <p>3:00pm-5:00pm Pickle Ball (Indoor)</p>	<p>10:00am-11:00am Tai Chi (Indoor)</p> <p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Yoga Class (Virtual)</p> <p>12:00pm-2:41pm Movie Day "Space Cowboys" (Indoor)</p>	<p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>10:30am-11:30am Learn Mandarin (Virtual)</p> <p>1:00pm-2:00pm Current Events (Indoor)</p>	<p>9:30am-11:30am Knit & Crochet (Indoor)</p> <p>10:00am-11:00am Aerobics Video (Indoor)</p> <p>1:00pm-2:00pm Safe Bingo (Indoor)</p> <p>1:00pm-2:00pm Yoga Class (Virtual)</p>

ACTIVITY DESCRIPTION

Mondays

9:30am Line Dancing (Indoor) – Beginner Line Dancing. Instructor: Vinny Mullally

9:30am Walking Group (Outdoor) - A 25-30 minute walk on level terrain. Dress appropriately and bring water. Leader: Brenda, Paul or Haley

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

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

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

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

1:00pm Book Club (Indoor, 3rd Monday's only)—Monthly discussions, new members welcome. Leader: Mary Rudiak

Tuesdays

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

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

1:00pm Ukulele Jam Session (Indoor) Must bring your own ukulele. This is not a class. **No meeting on 6/1.** Leader: Joanie Hall

3:00pm Pickle Ball (Indoor)

Wednesdays

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

10:00am Tai Chi (Indoor) - Gentle physical exercise embracing the mind, body and spirit. Instructors: Mabel Chin and Marlene Burkgren

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

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

Thursdays

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

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

Fridays

9:30am Knit & Crochet (Indoor)—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)—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen


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

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What's for lunch at Cascades?

REMINDER:

If you are in need of a lunch meal or food in general, please call the center at 571-258-3280.

MON 5/30	TUES 6/1	WED 6/2	THURS 6/3	FRI 6/4
COUNTY HOLIDAY 	Slice Turkey/Gravy Stuffing Mashed Potato Green Peas Bread, Fruit & Milk Vegetarian meal Available	Ham/Noodle Casserole Malibu Vegetable Blend Fruit, Bread & Milk Vegetarian meal Available	Swedish Meatballs Rice Mixed Vegetables Fruit, Bread & Milk Vegetarian meal Available	Baked Fish Baked Potato Vegetable Blend Fruit, Bread & Milk Vegetarian meal Available



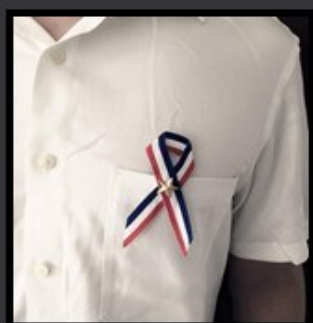
DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)

MON 6/7	TUES 6/8	WED 6/9	THURS 6/10	FRI 6/11
Lasagna Malibu Blend Vegetables Fruit & Milk Vegetarian meal Available	Baked Chicken Delmonico Potatoes 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	Sefood Casserole (Contains Shellfish) Malibu Blend Veggies Fruit, Bread & Milk Vegetarian meal Available





This weekend, Americans honor the military personnel who have fallen while in service to our country. There will be a ceremony to honor those who have lost their lives in the line of duty at the Loudoun County Courthouse, 18 E. Market Street, Leesburg, VA. on Monday, May 31st at 10:00am. The ceremony will be highlighted with a guest speaker and the reverent laying of the wreaths at several war memorials.



Members who come to Cascades Senior Center for lunch and activities on Friday, May 28th will receive a patriotic ribbon in remembrance of our fallen, courtesy of the Cascades Advisory Board.

JUNETEENTH

At CLAUDE MOORE PARK

21544 Old Vestals Gap Rd, Sterling, VA

JUNE 19, 2021 | 12:00 Noon - 7:00 PM EST

THEME: PROSPERITY THROUGH JUNETEENTH
LOUDOUN'S 1ST CELEBRATION!



Flag Raising by the Buffalo Soldiers

Speeches

Poetry: Michael Crabbe

Gospel: Rev. Isaac Howard & Howard Harmonizers

Blues: Johnny Rawls

Jazz & Funk: Funkativity Band

Food vendors: Fish, BBQ, Soul Food & Much More!

Activities: Fishing - Card Games - Kid's Games - Juneteenth Classes

Free entry and free parking.

Bring your own blanket/chair. Mask wearing optional outside.

Note

11:00 AM - Juneteenth Caravan from Belmont Country Club to Claude Moore

To volunteer or for more information:

email: info@juneteenthloudoun.org or call 571-207-5528.

www.juneteenthloudoun.org

Sponsored by the Loudoun County Juneteenth Committee

Design by Corey Hampton

Line Dancing returns to Cascades Senior Center!

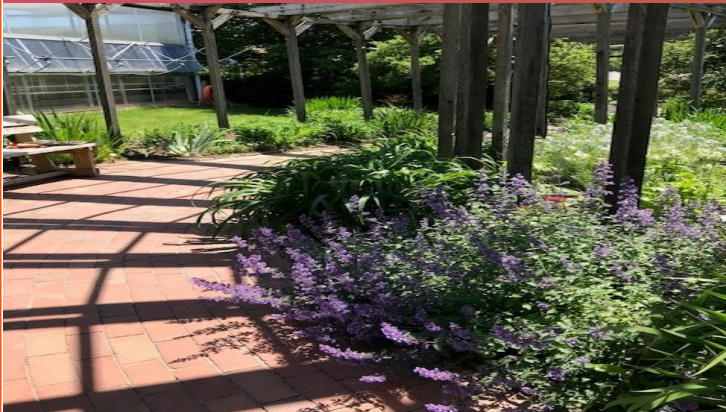


Line Dancing will be back in June! More information will follow as we start setting up different class times. Stay tuned for more details!



CASCADES WALKING GROUP

MONDAYS AT 9:30 A.M.



Join member Steve Creskoff for a stroll through the gardens and civil war memorial at NOVA College on Monday, June 14 – we will meet in the parking lot and begin the walk promptly at 9:30am!

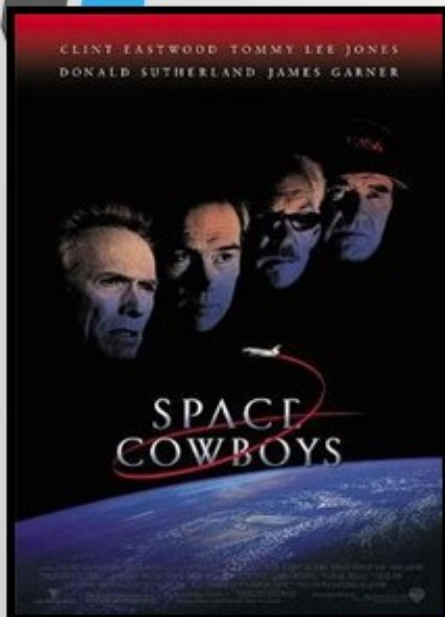
On the Big Screen

@ Cascades Senior Center
free for senior center members



Wednesday June 2nd @ 12:00pm **"Terms of Endearment"** **1983 (PG)**

Widow Aurora Greenway (Shirley MacLaine) and her daughter, Emma (Debra Winger), have a strong bond, but Emma marries teacher Flap Horton (Jeff Daniels) against her mother's wishes. When the marriage grows sour due to Flap's cheating, Emma eventually splits from him, returning to her mother, who is involved with a former astronaut (Jack Nicholson). Soon, Emma learns that she has terminal cancer. In the hospital, supported by Aurora, she tries to make peace with Flap and her children.



Wednesday June 9th @ 12:00pm

"Space Cowboys" 2000 (PG-13)
Clint Eastwood, Tommy Lee Jones, Donald Sutherland and James Garner star as a group of pilots whose time has come to serve their country and fulfill their dream of going to space.

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REGISTER NOW! WELCOME TO MEDICARE VIRTUAL FAIR



JUNE 23, 2021 | OPEN FROM 3:00 PM TO 7:00 PM ET

Learn about signing up for Medicare! Go to www.shiphelp.org for more details, to see the agenda, and to register.

This fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend. Join us online for any length of time!

Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.

There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. Chat with exhibitors from your state health insurance assistance programs (SHIP) for answers to your individual questions.



SPONSORED BY:



State Health Insurance Assistance Programs (SHIPs) are in all 50 states, Washington DC, Puerto Rico, and the U.S. Virgin Islands.

**The Virginia SHIP is called VICAP
Loudoun County VICAP Helpline
703-737-8036**

www.shiphelp.org

✉ info@shiphelp.org

☎ 877-839-2675

This project was supported, in part, by grant number 90SATC0002 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

¡REGÍSTRESE HOY! PARA UN EVENTO VIRTUAL DE BIENVENIDA A MEDICARE



23 DE JUNIO DE 2021

DE LAS 3:00 P. M. HASTA LAS 7:00 P. M., HORA DEL ESTE

¡Aprenda cómo inscribirse a Medicare! Visite www.shiphelp.org para obtener más detalles, ver el programa y registrarse.

Esta feria virtual de Medicare es para las personas que van a cumplir 65 años de edad o que se van a inscribir en Medicare debido a una discapacidad. Obtenga información sobre Medicare, y todas sus partes, para ayudarle con tus decisiones iniciales de inscripción. Asistir no tiene costo alguno. Únase a nosotros en línea durante el tiempo que guste.

Obtenga educación imparcial y de confianza sobre Medicare para ayudarle a tomar las decisiones sobre Medicare que mejor se adapten a tus necesidades.

Habrá presentadores nacionales expertos que hablarán sobre la elegibilidad, la inscripción y las opciones de cobertura de Medicare. También habrá expositores de Programas Estatales de Asistencia sobre Seguro Médico (SHIP, por sus siglas en Inglés) que podrán contestar sus preguntas individuales.



Los Programas Estatales de Asistencia sobre Seguro Médico (SHIP, por sus siglas en Inglés) están en los 50 estados, Washington DC, Puerto Rico y las Islas Vírgenes de los EE. UU.

**Su SHIP en el condado de Loudoun: VICAP
703-737-8036**

PATROCINADO POR:



www.shiphelp.org

✉ info@shiptacenter.org

☎ 877-839-2675

Este proyecto recibió apoyo parcial del número de subvención 90SATC0002, de parte de la Administración de Vida Comunitaria de EE. UU. del Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se insta a los beneficiarios que llevan a cabo proyectos con el patrocinio gubernamental a expresar libremente sus hallazgos y conclusiones. Por lo tanto, los puntos de vista o las opiniones no necesariamente representan la política oficial de la Administración de Vida Comunitaria.

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



June is LGBTQ Pride Month



Lesbian, Gay, Bisexual, Transgender and Queer Pride Month commemorates the events of June 1969 and works to achieve equal justice and equal opportunity for LGBTQ Americans.

In June of 1969, patrons and supporters of the Stonewall Inn in New York City staged an uprising to resist the police harassment and persecution to which LGBTQ Americans were commonly subjected.

This uprising marks the beginning of a movement to outlaw discriminatory laws and practices against LGBTQ Americans.

In 1998, President Clinton issued Executive Order 13087 expanding equal opportunity employment in the Federal government by prohibiting discrimination based on sexual orientation.

On June 1, 2009, President Obama issued Proclamation No. 8387 for Lesbian, Gay, Bisexual and Transgender Pride Month. In this proclamation the President pointed to the contributions made by LGBTQ Americans both in promoting equal rights to all regardless of sexual orientation or gender identity and in broader initiatives such as the response to the global HIV pandemic. The President ended the proclamation by calling upon the people of the United States to "turn back discrimination and prejudice everywhere it exists."



Source: Library of Congress

While Reston Pride operates year-round to fulfill its mission, it is the host of the annual Reston Pride Festival, a single day community event traditionally held at Washington Plaza at Lake Anne in Reston, VA.



To accommodate this mission, Reston Pride is planning to hold a hybrid festival event offering both in-person activities as well as an online program to reach an even broader audience than we have been able to reach in the past. We are constantly monitoring public health guidance and restrictions to ensure confidence in our in-person event, while targeting creative new programs on our virtual platform that engage our community:

Virtual - Saturday, June 5, 2021

In-Person - Saturday, June 19, 2021

WHERE: Lake Anne Plaza

For more information, visit www.restonpride.org.



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



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





EARLY BIRDS

IN THE PARK



BLES PARK

MONTHLY, 10A-11A
2ND THURSDAYS
MAY – SEPTEMBER

A FREE PROGRAM FOR EARLY-STAGE PERSONS & CARE PARTNERS

Individuals newly diagnosed with a cognitive disorder and their care partners will experience:

- A safe, accepting social environment
- Therapeutic physical activities and creative stimulation guided by professional staff
- A spirit of community through fun and friendship

BLES PARK
44830 BLES PARK DR
ASHBURN, VA 20147

Hosted by Eastern Loudoun Adult Day Center
Loudoun County Area Agency on Aging
Advance registration required. Call 571-258-3232.
Bring a chair, water, hat & bug spray!



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES
LOUDOUN.GOV/PRCS
FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711

your LIBRARY

LOUDOUN COUNTY PUBLIC LIBRARY NEWS AND HAPPENINGS

Weekly PROGRAM SCHEDULE

TUESDAY (6/1)

12:00 PM — Mid-Day Meditation: Take a short break to breathe and center the mind so you are more focused in the afternoon. Led by certified instructor Gretchen Schutte.

4:00 PM — Teen Readers' Advisory: A beginner's guide with book suggestions for shonen manga.

THURSDAY (6/3)

7:00 PM — Culinary Herbs: Start your herb garden with the help of VCE Loudoun Master Gardeners. You will get the specifics for a dozen herbs including how best to plant, cultivate, harvest, preserve and use them.

SATURDAY (6/5)

11:00 AM — Rainforests: Discover the exciting world of a tropical rainforest with the help of jungle animal puppets. Listen to funny animal tales including the story of a hungry tegu lizard who tried to steal the eggs from a crocodile! Presented by Kids Nature Shows.

MONDAY (5/31)

Memorial Day — All branches are closed.

WEDNESDAY (6/2)

11:00 AM — Bilingual Storytime: Ms. Elizabeth from Lovettsville Library reads *La araña muy ocupada* by Eric Carle.

1:00 PM — Gardening: Learn how to plant and care for seedlings.

FRIDAY (6/4)

11:00 AM — Baby Storytime: Ms. Kathleen from Cascades Library reads *Dance!* by Carol Thompson.

4:00 PM — Watercolor Workshop: Gain experience painting with watercolors in a loose, fluid style. Instructor is Jyotsna Umesh.

Links for these online programs are available from the Event Calendar at library.loudoun.gov

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

BRAMBLETON LIBRARY (June 1 - June 30)

The Seals on the Bus by Lenny Hort

GUM SPRING LIBRARY (June 1 - June 15)

Over in the Garden by Jennifer Ward



SUMMER READING PROGRAM

June 16 - Aug. 16

Get ready to go wild this summer with reading, fun challenges and online events for all ages! To join the adventure, sign up online and track your progress. Everyone who completes the journey by Aug. 16 will receive an entry into a grand-prize drawing and a free book, available at your local library.



library.loudoun.gov/SRP

New virtual programs premiere every Wednesday at 1 p.m.



****HEALTH & WELLNESS****

10 Things the Fully Vaccinated Need to Know

Here's what you should and shouldn't do post-vaccination, according to health experts

by Michelle Crouch, [AARP](#), **Updated May 14, 2021**

If it has been at least two weeks since you received your [last dose of the COVID-19 vaccine](#), congratulations! You are now considered “fully vaccinated.” You are armed with our best weapon against a virus that has killed more than 3.3 million people worldwide and upended our lives in unimaginable ways.

That is truly something worth celebrating.

But before you throw caution to the wind (or throw a party), it's important to remember that the coronavirus is still spreading and the majority of Americans have yet to be vaccinated — so some precautions continue to be necessary to protect yourself and the people around you.

The U.S. Centers for Disease Control and Prevention (CDC) has published specific guidance about what the fully vaccinated can do and cannot do, and AARP has asked experts to answer other common questions about life after vaccination. Here are 10 things you should know now that you've been jabbed.

1. You still need a mask — but only in some situations

2. You could still catch COVID-19

3. You could infect someone else

4. You can visit friends and family

5. You don't have to quarantine after exposure

6. You should keep your vaccine record card handy

7. Pack your bags: You can travel

8. It's a good time to go to the doctor or dentist

9. You may need a booster shot

10. A return to normal hinges on herd immunity

For full
article click
[here!](#)

****KITCHEN CORNER****

BROCCOLI SALAD



The great thing about a broccoli salad recipe is how easy it is to customize. Raw broccoli forms the bulk of this salad and bacon, dried fruit, cheese and seeds are usually involved. But you can tweak each of those to your personal dietary preference.

HOW TO MAKE THIS EASY BROCCOLI SALAD

1 broccoli head, approx 5 cups of florets
8 slices bacon
1/3 cup red onion, diced
1/2 cup dried cranberries
1/2 cup sunflower seeds
1/4 cup goat cheese, crumbled

BROCCOLI SALAD DRESSING

1/2 cup mayonnaise
1/4 cup plain yogurt

The only thing that requires cooking in this salad is the bacon. The rest comes together easy! Here's how you make it:

Cook the bacon in the oven (it's way easier) and when that's done, blot it dry with a paper towel. While the bacon is cooking, slice the florets off a large head of broccoli and add them to a mixing bowl.

Dice up some red onion and add that to the bowl along with the sunflower seeds, dried cranberries and goat cheese.

Once the bacon is cooked and cooled, crumble the bacon in the bowl and mix it all together.

In a separate small bowl make the dressing by stirring together the mayonnaise and yogurt. Then add that to the salad and stir everything together for the most delicious, flavorful, highly addictive, healthy broccoli salad recipe.

The typical dressing for a broccoli salad is a creamy, mayonnaise-based dressing. I don't add any extra sugar to my dressing, but I do up the creaminess by adding a little homemade yogurt to the dressing. It adds just the right sweetness and tang. And of course, I use my homemade mayonnaise as the starting point.

CAN YOU MAKE THIS BROCCOLI SALAD DAIRY-FREE?

Absolutely. You can omit the goat cheese or use a dairy-free cheese and swap in dairy-free yogurt in the dressing. It'll still be delicious!

****WORD SEARCH****

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

****WORD SEARCH****

American	annual	anonymous
blessed	blue	brave
by	celebrating	ceremonious
civic	committed	constant
courageous	decorated	devote
earnest	esteemed	fearless
foreverremembered	fun	gallant
generously	grateful	graveside
happy	heart	heroic
honoring	impassioned	indebted
inspired	intrepid	ironhearted
loyal	national	nationalist
nationalistic	noble	of
outdoor	passionate	patriotic
persevering	proud	proudly
red	resolute	respectful
served	soldierly	solemn
steadfast	superpatriotic	thankful
triumphant	true	unafraid
undaunted	unfearing	unflinching
united	valiant	white