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 its 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!
**ACTIVITIES SCHEDULE**

<table>
<thead>
<tr>
<th>MON 5/31</th>
<th>TUES 6/1</th>
<th>WED 6/2</th>
<th>THURS 6/3</th>
<th>FRI 6/4</th>
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<tbody>
<tr>
<td><strong>NO ACTIVITIES TODAY</strong></td>
<td><strong>Senior Center Closed</strong></td>
<td><strong>MEMORIAL DAY</strong></td>
<td><strong>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.</strong></td>
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<tr>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
<td>10:00am-11:00am Tai Chi (Indoor)</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
<td>9:30am-11:30am Knit &amp; Crochet (Indoor)</td>
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<td>10:30am-11:30am Conversational Spanish (Virtual)</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
<td>10:30am-11:30am Learn Mandarin (Virtual)</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
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<tr>
<td>3:00pm-5:00pm Pickle Ball (Indoor)</td>
<td>10:30am-11:30am Yoga Class (Virtual)</td>
<td>1:00pm-2:00pm Current Events (Indoor)</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
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<tr>
<th>MON 6/7</th>
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<th>THURS 6/10</th>
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<tr>
<td>9:30am-10:30am Beginner Line Dancing (Indoor)</td>
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<td>9:30am-11:30am Knit &amp; Crochet (Indoor)</td>
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<tr>
<td>9:30am-10:00am Walking Group (Outdoor)</td>
<td>10:30am-11:30am Conversational Spanish (Virtual)</td>
<td>10:00am-11:00am Aerobics Video (Indoor)</td>
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<td>10:00am-11:00am Aerobics Video (Indoor)</td>
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<tr>
<td>10:30am-11:30am ESL Class (Virtual)</td>
<td>12:00pm-2:41pm Movie Day “Space Cowboys” (Indoor)</td>
<td>1:00pm-2:00pm Safe Bingo (Indoor)</td>
<td>1:00pm-2:00pm Yoga Class (Virtual)</td>
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<tr>
<td>2:30pm-3:30pm Teen Tech (Virtual)</td>
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<tr>
<td><strong>Mondays</strong></td>
<td><strong>Wednesdays</strong></td>
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<tr>
<td>9:30am Line Dancing <em>(Indoor)</em> – Beginner Line Dancing. Instructor: Vinny Mullally</td>
<td>10:00am Aerobics Video <em>(Indoor)</em>—light exercise featuring Richard Simmons and the Silver Foxes DVD</td>
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<tr>
<td>9:30am Walking Group <em>(Outdoor)</em> - A 25-30 minute walk on level terrain. Dress appropriately and bring water. Leader: Brenda, Paul or Haley</td>
<td>10:00am Tai Chi <em>(Indoor)</em> - Gentle physical exercise embracing the mind, body and spirit. Instructors: Mabel Chin and Marlene Burkgren</td>
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<tr>
<td>10:00am Aerobics Video <em>(Indoor)</em>—light exercise featuring Richard Simmons and the Silver Foxes DVD</td>
<td>10:30am Yoga <em>(Virtual)</em>—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev</td>
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<tr>
<td>10:30am ESL Class <em>(Virtual)</em> – English as a second language class. Instructor: Judy Villedrouin</td>
<td>12:00pm- Movie Day <em>(Indoor)</em>—Free movie presentation. Bring your own snacks.</td>
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<td>1:00pm Yoga <em>(Virtual)</em>—Light stretching and breathing exercise to improve your health and happiness. Instructors: Jagdish &amp; Kailash Sachdev</td>
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<tr>
<td>1:00pm Safe Bingo <em>(Indoor)</em>—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen</td>
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<tr>
<td>1:00pm Book Club <em>(Indoor, 3rd Monday’s only)</em>—Monthly discussions, new members welcome. Leader: Mary Rudiak</td>
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<table>
<thead>
<tr>
<th><strong>Tuesdays</strong></th>
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<tbody>
<tr>
<td>10:00am Aerobics Video <em>(Indoor)</em>—light exercise featuring Richard Simmons and the Silver Foxes DVD</td>
<td>10:30am Learn Mandarin <em>(Virtual)</em> This class is for all levels and is informal. Instructor: Susan Xiaoping</td>
</tr>
<tr>
<td>10:30am Conversational Spanish <em>(Virtual)</em>—Practice your Spanish while conversing current topics while improving your grammar skills. Instructor: Ana Mahoney</td>
<td>1:00pm Current Events <em>(Indoor)</em> Current, local and global events discussions. Come join in, new members always welcome. Leader: Steven Cresskoff.</td>
</tr>
<tr>
<td>1:00pm Ukulele Jam Session <em>(Indoor)</em> Must bring your own ukulele. This is not a class. No meeting on 6/1. Leader: Joanie Hall</td>
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<tr>
<td>3:00pm Pickle Ball <em>(Indoor)</em></td>
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<tr>
<th><strong>Fridays</strong></th>
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<tbody>
<tr>
<td>9:30am Knit &amp; Crochet <em>(Indoor)</em>— Group activity. No instruction provided. Outdoor participants bring your own chair. Knit and crochet products donated to local charities. Leader: Velinda Sutton.</td>
</tr>
<tr>
<td>1:00pm Safe Bingo <em>(Indoor)</em>—Bingo game with social distancing and disposable cards. Caller: Bill Kalteissen</td>
</tr>
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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.
<table>
<thead>
<tr>
<th>MON 5/30</th>
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<th>WED 6/2</th>
<th>THURS 6/3</th>
<th>FRI 6/4</th>
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</thead>
<tbody>
<tr>
<td>COUNTY HOLIDAY</td>
<td>Slice Turkey/Gravy Stuffing Mashed Potato Green Peas Bread, Fruit &amp; Milk</td>
<td>Ham/Noodle Casserole Malibu Vegetable Blend Fruit, Bread &amp; Milk</td>
<td>Swedish Meatballs Rice Mixed Vegetables Fruit, Bread &amp; Milk</td>
<td>Baked Fish Baked Potato Vegetable Blend Fruit, Bread &amp; Milk</td>
</tr>
<tr>
<td>REMINDER:</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
<td>Vegetarian meal Available</td>
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**DRIVE-THRU PICKUP (11:00am-11:30am) & DINE-IN (11:45am-12:30pm)**

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<thead>
<tr>
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<th>WED 6/9</th>
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</thead>
<tbody>
<tr>
<td>Lasagna Malibu Blend Vegetables Fruit &amp; Milk</td>
<td>Baked Chicken Delmonico Potatoes Collard Greens Fruit, Bread &amp; Milk</td>
<td>Broccoli Quiche Corn Green Beans Fruit, Bread &amp; Milk</td>
<td>Pork Chops Fettuccini Spiced Applesauce Fruit, Bread &amp; Milk</td>
<td>Sefood Casserole (Contains Shellfish) Malibu Blend Veggies Fruit, Bread &amp; Milk</td>
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<tr>
<td>Vegetarian meal Available</td>
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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!
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!
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.
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.

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 adaptan 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@shipcenter.org  877-839-2675
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
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](http://www.restonpride.org).
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!
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.

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.

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.

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.

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.

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.
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!
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**

American  
blessed  
by  
civic  
courageous  
earnest  
foreverremembered  
generously  
happy  
honoring  
inspired  
loyal  
nationalistic  
outdoor  
persevering  
red  
served  
steadfast  
triumphant  
undaunted  
united

annual  
blue  
celebrating  
committed  
decorated  
estimated  
fun  
grateful  
heart  
impassioned  
intrepid  
national  
noble  
passionate  
proud  
resolute  
soldierly  
superpatriotic  
true  
unfearing  
valiant

anonymous  
brave  
ceremonious  
constant  
devote  
fearless  
gallant  
graveside  
heroic  
indebted  
ironhearted  
nationalist  
of  
patriotic  
proudly  
respectful  
solemn  
thankful  
unafraid  
unflinching  
white