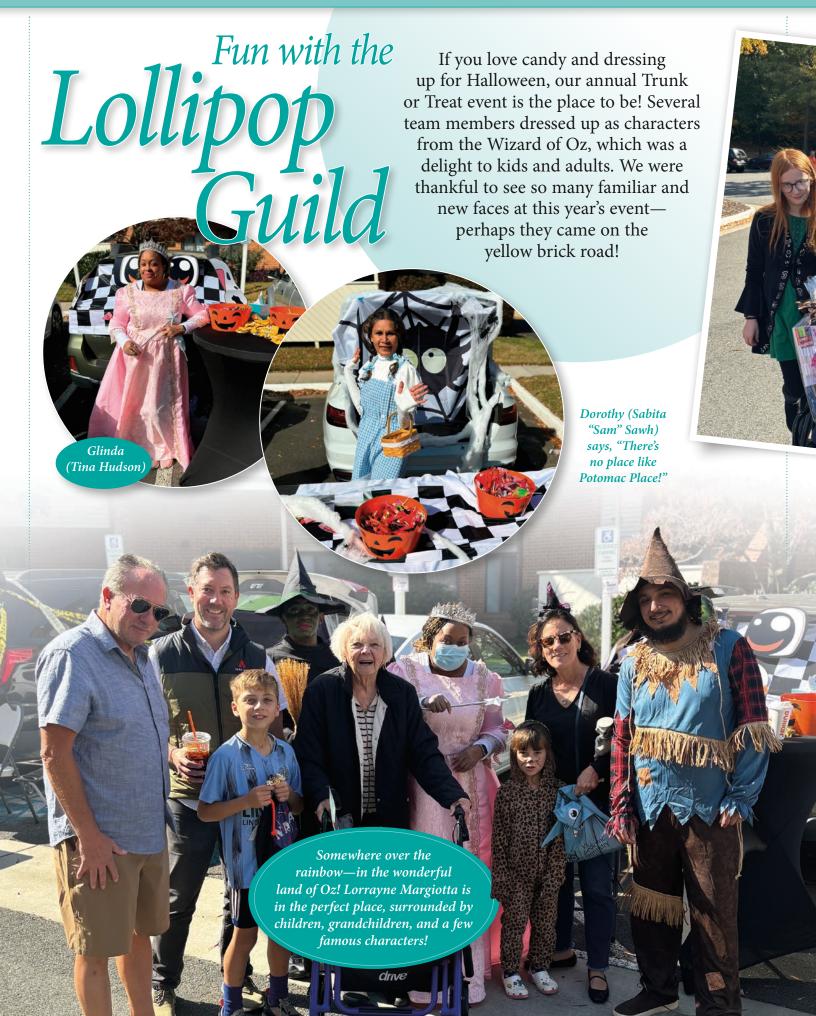


2133 Montgomery Avenue, Woodbridge, VA

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Laurie Boyce poses for a photo with her visiting grandchildren.

Irmigard Clemons with the Scarecrow (Business Office Manager Alex Aleman).



From Chef Unisa's Kitchen

Loaded with fresh ingredients, this salad is full of flavor, nutrients, and crunch. Plus, it's a fun way to incorporate fruit into your winter diet.

Merry Berry Salad

DIRECTIONS

INGREDIENTS

- 10 oz baby greens
- 1 cup fresh blueberries
- 1 cup fresh strawberries, quartered
- ½ cup crumbled feta cheese (or blue cheese/ goat cheese)
- 1 cup candied walnuts
- White balsamic vinaigrette dressing

Mix your baby greens
in a large bowl. Top
them with the berries,
crumbled feta (or blue
cheese/goat cheese, if you
prefer), and candied walnuts.
Add the dressing (to taste) and toss
just before serving.



The Coordinated Services Management Community Family

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Kathy Spriggs (left) and Antoinette "Toni" Cope.

Residents love to experience the beauty of the autumn season. Our wonderful, wooded location is ideal for watching the seasons change and the leaves fall. The foliage has inspired artists in our painting class, producing lovely new works of art!

Capturing Fall







ASSISTED LIVING & MEMORY CARE

2133 Montgomery Avenue Woodbridge, VA 22191

