



# shepherd's center

OF ANNANDALE SPRINGFIELD

## JANUARY/FEBRUARY/MARCH 2014 NEWSLETTER

### *Lunch N' Life*

Our next **Lunch N' Life** will be on **Thursday, January 23rd**, when we will hear Reverend Dr. Clarence Brown Jr. speak about Black History. Join us in remembrance of important people and events in the history of the U.S.

Rev. Brown is known for his strong preaching, his expertise in church revitalization, community engagement, and his mentoring of young pastors. He holds a B.A. degree from Georgia State University.



- 11:30 AM—1:00 PM
- Mt. Pleasant Baptist Church, 6477 Lincolnia Rd, Alexandria, VA
- Cost \$10 which includes lunch, learning, fellowship, and the chance to win a door prize.
- Please call the SCAS office to reserve your seat by Tuesday, January 21st. 703-941-1419

### *Recent Events:*

The December **Lunch N' Life** with Kings Park Concert Band was very entertaining. The flute section gave a particularly interesting composition of Christmas tunes. The crowd gave them a standing ovation at the end of their performance. Lucille and Bill Dubbert helped organize, set up and clean up. Their help and generosity is wonderful. They also provided the lovely poinsettia for each table centerpiece. Each one was won by a lucky winner to take home. The door prize, a gift card to Bob Evans, was won by first time participant Ms. Sisson— beginner's luck at work. So come to the next Lunch N' Life – you may be a winner too.

### *Adventures in Learning*

**Classes on Wednesdays,  
February 5 - March 26, 9:15 AM-1:00 PM**

**United Baptist Church  
7100 Columbia Pike, Annandale, VA 22003**

The cost is only \$45 for *all* eight weeks or \$10 to drop in for a session during the eight weeks.

Winter classes include *Easy Does it Yoga for Seniors*, and a potpourri of speakers and topics (details on page 3). Enjoy provided snacks and lunch between classes.

**Registration Day/Open House  
Wednesday, February 5, 9:00 AM-1:00 PM**

Come early on February 5th, 2014 to participate in **free** *Easy Does It Yoga* from 9:15 – 10:15 AM, then stay to register for classes, hear speakers, and partake of good food and fellowship.

Book Swap/Book Sale- check out the book table during the breaks. Bring your books for the Book Swap or purchase a book to take home, there's plenty to choose from.

### *Annandale Area Food Services*

**Food for Others**, the largest distributor of free food to people in need in Northern Virginia, provides the assistance needed by unemployed and low-income people. A great safety net for people who suddenly face unforeseen emergencies such as a family illness or the loss of a job or a spouse. Call 703- 207-9173.

**Annandale Christian Community for Action (ACCA)** provides no-cost services to local residents. Call 703-256-0100 for info and 703-256-1378 for food and family emergency assistance.

Quote of the month: "True Friendship is a plant of slow growth" by George Washington 1783

## ***Join us for a Day Trip on Thursday, February 27th***



Join your friends from SCAS on **Thursday, February 27th from 10:00 am to 3:00 pm** on a visit to College Park Aviation Museum.

The museum is on the grounds of the world's oldest continuously operating airport. The airport was founded in 1909 by Wilbur Wright when he gave flight instruction to the first military aviators. The Museum displays unique aircraft and artifacts along with historic and reproduction aircraft which outline the history of flight of the time. You can also view take offs and landings of aircraft through the glass window to the airstrip.

Tickets are \$20 for admission and bus transportation. Lunch will be on your own at a nearby-by Restaurant. Reserve your seat by February 25th. Call 703-941-1419 to register.

### ***Volunteers Wanted:***

#### ***Would you like to serve on a committee?***

Do you have a few hours a month you can spare? Do you like to talk to people? We have openings on various committees such as Business Development, Marketing, and Grant Writing. We could use a hand promoting the Shepherd's Center and community outreach. If you are experienced in these areas, please call the office.

### ***Shepherd's Center Services***

SCAS offers free services for individuals 50+ which include: transportation to medical appointments, weekend shopping transportation, handy helpers, friendly callers or friendly visitor, and record-keeping assistance. If you know anyone who could benefit from any of these services or **if you want to volunteer** please call the office at 703-941-1419.

### ***Like to dance?***

Jane Franklin Dance, a professional modern dance company, offers dance workshops, performances and classes designed for older adults. Call 703-933-1111 or see <http://www.janefranklin.com> for more information. Studio is located at 3700 S Four Mile Run Drive Arlington VA.

## ***Volunteer Corner***

**We would like to welcome our new volunteer drivers:** Gail Tannenbaum and Beverly Harris. Welcome and thanks for joining the SCAS team! We are so grateful for your assistance.

### **Thanks to Annandale United Methodist Church for hosting the Lunch N' Life on December 12th.**

The hall was very nicely decorated for Christmas and was just the right size for the 20 piece band. We greatly appreciated the help from Alice Snitzer who helped set up, made sure the coffee kept flowing, and cleaned up. Thanks for your dedication and help!

### **Thanks to The Kings Park Concert Bank and Bill Stetson, the band leader, for bringing their great holiday music to us at the December Lunch N' Life.**

**Thanks to S. John Davis Career Center** for providing the excellent lunch at the Lunch N' Life. It was so tasty and the servers were so friendly and helpful.

## ***Around Town***

### **Shepherd Center of Fairfax-Burke Lunch N' Life March 20, 2014 12 noon - 2 PM \$10**

Fairfax Presbyterian Church, 10723 Main Street,  
Fairfax, VA 22030 703- 323-4788  
Harmony Heritage Singers

### **Shepherd Center of Oakton-Vienna Lunch N' Life March 10, 2014 \$10 12 noon**

Emmanuel Lutheran Church 2589 Chain Bridge Rd,  
Vienna, VA 703-281-5088  
Ric Edleman

### **Annandale United Methodist Church Events**

**Saturday, Feb. 15, 8:45 a.m. – 12 p.m.,** Stop Hunger Now Meal Packaging event. 6935 Columbia Pike, Annandale, VA. For details visit [www.annandale-umc.org](http://www.annandale-umc.org) or call 703-256-8330.

**Thursday, Feb. 27, 7 p.m., Friday, Feb. 28, 7 p.m., and Saturday, March 1, 2 p.m. and 7 p.m.,** **The Wizard of Oz**, presented by Annandale United Methodist Church Music Ministry (children, youth and adults). For details visit [www.annandale-umc.org](http://www.annandale-umc.org) or call 703-256-8330.

## What's in Store for ALL this Winter

### Easy Does It Yoga For Seniors



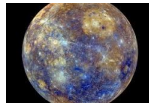
Give your body and spirit a lift with this gentle, seated yoga. Bonnie Kendrick and Pamela Wilson return to lead this class from 9:15–10:15 am each Wednesday morning. They are offering a FREE Yoga session on Open House/Registration Day, February 2nd.

#### Wednesday Weekly Classes

Morning session 10:30 AM to 11:30 AM

Afternoon session 12:00 PM to 1:00 PM

### 10:30 AM – 11:30 AM: “UP IN SPACE, AROUND THE WORLD, AND AT HOME”



Feb. 5 “New Views of an Old Moon and the Planet Mercury from Lunar Orbiter and Messenger” Jim Zimbleman, Geologist with NASM (National Air & Space Museum)

Feb. 2 “Civil War in Northern VA 1861” William Conner, The History Guy, Author

Feb. 19 “Waging Peace” in Israel G. J. Tarazi, Retired Educator

Feb. 26 “My Russian Trip” Bill Lewis

Mar. 5 “My Experiences Living in Pakistan, with the Foreign Service”, Dolores Vestrich

Mar. 12 “Native American History” Roberta Head, retired teacher

Mar. 9 “Rescuing Animals in Crisis” including during Katrina and bringing home the dogs of the VETS Bev Westerman Volunteer with “No Buddy Left Behind”

Mar. 26 “Air and Space Explorations” Bill Lewis

### 12:00 PM – 1:00 PM: Sharing our Interests, Stories and Talents

Feb. 5 – Mar 26 “Sharing and Writing our Stories”, led by Bea Fones

**AARP Foundation Tax-Aide.** Tax-Aide is a tax service available free to low and moderate income taxpayers with special attention to those 60 and older. This service is offered in cooperation with the IRS. See the AARP.org or call 888-687-2277.



## Space Exploration

We have enjoyed hearing from NASA experts on space many times at our Adventures in Learning classes. Here is another way to keep up with what is happening in space.

The following are two extraordinarily excellent lectures on space exploration. These lectures were presented and video recorded at the National Air and Space Museum in Washington, D.C.

50 Years of Solar System Exploration: New Worlds, New Discoveries by Dr. James L. Green, Director, Planetary Science, NASA Headquarters, at <http://www.ustream.tv/recorded/34303287>

The Voyager Journey to the Edge of Interstellar Space by Dr. Edward C. Stone at <http://www.ustream.tv/recorded/31562365>. Dr. Stone is a professor of physics at the California Institute of Technology and the chief scientist of the Voyager Mission since 1972.

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## UPCOMING EVENTS

1/23 Lunch N' Life with Rev. Dr. Brown

2/5 Adventures in Learning through March 26

2/27 Day Trip to College Park Aviation Museum

3/27 Lunch N' Life with Supervisor Pat Herryty

## SAVE THE DATE

4/24 Day Trip to the National Arboretum for the Azalea Display

## SUPPORTING CHURCHES

Annandale United Methodist Church  
First Presbyterian Church of Annandale  
Grace Presbyterian Church  
Holy Spirit Catholic Church  
Hope Lutheran Church  
John Calvin Presbyterian Church  
Ravensworth Baptist Church  
Parkwood Baptist Church  
St. Alban's Episcopal Church  
St. Barnabas Episcopal Church  
St. Mark's Lutheran Church  
Sleepy Hollow United Methodist Church  
United Baptist Church

## SUPPORTING ORGANIZATIONS

ACCA  
Annandale Women's Club  
Ar Rahman Foundation  
Arden Courts  
Fairfax Agency on Aging  
Greenspring  
Home Instead  
Juke Box Diner  
Shepherd's Center of Oakton Vienna  
Shepherd's Center of America  
Tina Williams Photography

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