



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL MARCH/APRIL 2015

Lunch N' Life Thursday, March 26th

The next **Lunch N' Life** will be on **Thursday, March 26th**. Join us to hear John Mendez, award winning landscape photographer, speak on photography and his art. Art exhibit will have photographs available for purchase.

11:30 AM—1:00 PM

- Sleepy Hollow Church
- 3435 Sleepy Hollow Rd, Falls Church, VA.
- Cost \$10 which includes lunch, fun, fellowship, and chance to win a door prize.
- Silent Auction—bid on items such as: specialty honey, Restraunts.com gift card, chocolate.

Bidding starts now on the Silent Auction items so call in your bids to start the fun. Just call the office for details.

- Please call the SCAS office to reserve your seat by Tuesday, March 24th at 703-941-1419 and send your check to the office. Our luncheons are catered by the S. John Davis Career Center and we need to pay in advance.

Join us for a Day Trip on April 23rd to Sully Historic Site in Chantilly, VA

Board the bus on **Thursday, at 10:00 am and return about 3:00 pm**. Take a guided tour of the 1799 house and grounds.

Tickets are \$20 for the bus transportation.

Lunch will be on your own at a local restaurant.

Reserve your seat soon, they go fast! So call the office at 703-941-1419.

Winter Adventures in Learning

**Classes on Wednesdays
through March 18th, 2015**

9:15 AM-1:30 PM

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

Winter classes include *Easy Does it Yoga for Seniors*, and a potpourri of speakers and topics. Enjoy snacks and conversation between classes.

The cost is \$35 for the full 6 week session or only \$10 to drop in any one session.

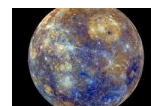
Give your body and spirit a lift with this gentle, seated yoga. Bonnie Kendrick and Pamela Wilson lead the class.

Wednesday Weekly AIL Classes

Yoga 9:15 am to 10:15 am

Morning session 10:45 am to
11:45 pm

Afternoon session 12:15 pm to
1:30 pm



10:45 am – 11:45 pm: “UP IN SPACE, AROUND THE WORLD, AND AT HOME”

- ♦ Mar. 4 **Mary Wuest** “The Thirty Year War”
- ♦ Mar. 11 **Nellie Al Saigh** “Islam Customs, Koran”
- ♦ Mar. 18 **Roberta Head** “Trip to India”
- ♦ Mar. 25 Classes extended topic TBD

12:15 pm – 1:30 pm: World Affairs/ Sharing Interests/Group Discussion

Spring Adventures in Learning

Spring will be here soon so mark your calendar for Spring Classes on Wednesdays, starting April 1st, 2015.

9:15 AM-1:30 PM at The United Baptist Church.

Quote of the month: “Be who you are and say what you feel because those who mind don’t matter and those who matter don’t mind.” Dr. Seuss

The NOVA-Annandale Symphony Orchestra

Hear the orchestra perform their annual spring concert on Friday, April 17, 2015, at 8:00 pm.

Richard J. Ernst Cultural Center, The Theater, Annandale Campus, Northern Virginia Community College, 8133 Little River Turnpike, Annandale, VA

Tickets just \$15 per person. Help SCAS raise funds and enjoy the music. Call the office for tickets 703-941-1419.

Yard Sale/Craft Fair/Bake Sale

Clean out your attics and basements! Sell your treasures! Sell your crafts!

**SCAS Yard Sale/Craft Fair/Bake Sale
Saturday, May 2nd**

Location In Annandale, VA. to be determined

**9:00 am and 1:00 pm
Only \$20 per space.**

Sign up now for spaces!

If you want to donate gently used household items, toys, games, clothing, or tools bring them at 8:00 am and we will sell them. All proceeds will benefit the Shepherd's Center of Annandale-Springfield. To reserve space complete a Yard Sale Registration Form. Form available on the web site shepherdscenter-annandale.org

Join Us! Become an SCAS Member in 2015 SCAS

Now is the time to show your support by beginning or renewing your SCAS membership in 2015. Your Membership dues help support our transportation program, Lunch N' Life, Adventures in Learning, Day Trips, Special Events and other programs. The cost of an annual membership is only \$15.

Just return the enclosed [membership form](#) to the Shepherd's Center along with your check. Please fill in the form to update your contact information. A copy can be found on our web site.

Thanks for your faithful support! We could not do it without you!

Recent Events:

The Lunch N' Life on January 22 was a big success. Thanks to Nellie Al-Saigh. Nellie's animated story telling was very entertaining. Thank you staff and students of the S. John Davis School for cooking and serving the delicious food! It was good and plentiful.

Thanks to St. Alban's Episcopal Church for hosting the Lunch N' Life on January 22nd. The hall and stage were a perfect place to have Nellie narrate "Grandfather Tales". We greatly appreciated the hard work from Fred Chatelain. Thanks for your dedication and help!

A gift card is given away at every Lunch N' Life so join us and maybe you will be the next lucky winner.

Thanks for the participants in the Silent Auction. Enjoy your new items.

Thanks to Reverend Dr. J. Wayne Yawn and United Baptist Church for hosting the Winter 2015 Adventures in Learning (AIL). The generous use of the Fellowship Hall and Yoga room are very much appreciated as is your continued support.

Volunteers Needed at SCAS

Do you have a few hours a month you can spare to help SCAS? Do you like to talk to people? We have openings on various committees such as Business Development, Marketing, and Grant Writing. We could use help promoting the Shepherd's Center and community outreach.

SCAS offers free services for individuals 50+ which include: transportation to medical appointments and weekend shopping transportation. Volunteer drivers are always in demand. **Please call to volunteer.**

Shepherd's Center Fairfax-Burke Fundraiser March 19, 2015 Fashion Show, Luncheon and Market-place

10 am to noon **Spring Market Shopping** - attendees are invited to shop at our market where several local vendors (Avon, Pampered Chef, Emily's Teas, Cameron's Chocolates, Tupperware, Tastefully Simple, Silpada Jewelry) will sell their products.

Luncheon and Fashion Show by *Draper's & Damon's* of Fairfax at noon. There will be a special luncheon with door prizes, raffles and coupons.

Church of the Good Shepherd 9350 Braddock Road, Burke, VA 22015. \$25.00 per person. Call 703-620-0161 to reserve a ticket for this event **by March 12th.**

Free Health and Wellness Fair Saturday, April 11th, 10am-1pm

For Mature Adults age 55+ at the Vienna Community Center.

Attendees will benefit from medical screenings and educational opportunities from over 30 local vendors providing a wide range of resources to enhance the physical and mental well-being of older adults.

There will be free instructor-led demonstrations offered in Yoga, Zumba Tai Chi and Chair-assisted Exercise. This Health and Wellness Fair will provide a wonderful environment to nurture personal interest, learn something new, foster friendships and gather vital information. Those caring or responsible for aging adults will also find the Health and Wellness Fair helpful.

The 2015 World Police & Fire Games June 26th through July 5th

Meet people from around the world, Fairfax County, and the National Capital Region at this exciting international event. The 2015 World Police & Fire Games will feature 12,000 public safety athletes from 70 countries taking part in 61 sports in 53 area venues. And it will take over 3,000 volunteers backing them up to make it all happen. Sign up to volunteer, be an athlete, or just enjoy the show.

Check the website: <http://to www.fairfax2015.com> or send an email to: info@fairfax2015.com

AARP Foundation Tax-Aid

AARP volunteers will return in 2015 to provide free tax help to senior residents of Virginia from February 1st until April 15th at the Mason District Governmental Center, 6507 Columbia Pike, Annandale to low- to moderate-income taxpayers.

The AARP Foundation Tax-Aide has helped individuals for more than 40 years in every state.

Walk-in service will be available Monday through Saturday. Times vary so call for details.

For more information call 1-888-227-7699.



Thank You SCAS Supporters!

Shepherd's Center of Oakton- Vienna Lunch N' Life

March 9th at noon. Hear blue grass music by The Hunter Mill Bogtrotters.

Cost is \$10. Call by March 2nd to reserve your seat. Payment in advance.

Call 703-281-0538 for more information.



Vivian L. Muccio, M.A., CCC-A, FAAA
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UPCOMING EVENTS

3/26 Lunch N' Life

Adventures in Learning
(Wednesdays) through March 25

4/17 Concert

4/23 Day Trip

SAVE THE DATES

5/2 Yard Sale/Craft Sale/Bake Sale

5/28 Lunch N' Life

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
Hearing Solutions of Fairfax
Home Instead
Juke Box Diner
Silver Dragon Studio
Shepherd's Center of Fairfax Burke
Shepherd's Center of Oakton Vienna
Shepherd's Center of America
Tina Williams Photography

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Proud member of the Annandale Chamber of Commerce



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