



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL MAY/JUNE 2015

Lunch N' Life Thursday, May 28th

The next **Lunch N' Life/Appreciation Luncheon** will be on **Thursday, May 28th**. Join us to hear The Nitehawks Swing Band and enjoy an outdoor picnic lunch while honoring our volunteers.

11:30 AM—1:00 PM

- Bethlehem Lutheran Church Pavilion
- 8922 Little River Turnpike, Fairfax, VA.
- Cost \$10 which includes lunch, fun, fellowship, and chance to win a door prize.

Please call the SCAS office to reserve your seat by Tuesday, May 26th 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 to The Franciscan Monastery in Wash, DC.

Board the bus on **Thursday, June 25th at 10:00 am and return about 3:00 pm**. Known as the Oasis of Peace, this Monastery is covered in intricate colorful mosaics. Join the (optional) tour to see replicas of holy sites. Save time to visit the gift store.

Tickets are \$20 for the bus transportation.

Bring a bag lunch for a picnic in the grotto.
Reserve your seat now! Call the 703-941-1419.

Spring Adventures in Learning

Classes on Wednesdays
through May 20th, 2015

9:15 AM-1:30 PM

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

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

The cost is 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”

- ♦ May 6 **G.J. Tarazi** “Palestine Christians”
- ♦ May 13 **Liz Hoefer** “Anti Human Sex Trafficking”
- ♦ May 20 **Roberta Head** “Western Native Americans”

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



NEW SHEPHERD'S CENTER NOW OPEN IN WESTERN FAIRFAX COUNTY!

This is the 5th Shepherd's Center in Northern Virginia. It serves the Clifton, Centreville and Chantilly areas of Fairfax County. They offer transportation for both medical and dental appointments, therapy sessions, Rx pickup, food bank driving, and other services that help seniors. Call 703-266-3548 for info.

Quote of the month: “All our dreams can come true, if we have the courage to pursue them.”
Walt Disney

The Annandale Woman's Club Yard Sale—Save the Date!

The Annandale Woman's Club annual yard sale will be held August 1st,
8AM - 2PM at
The United Baptist Church,
7100 Columbia Pike,
Annandale, VA

Looking for a professional in Northern Virginia?

A new search engine, "Find a Professional", allows users to search for local experts who suit their needs and easily find their contact information. Need a doctor, dentist, plastic surgeon, lawyer or financial adviser? You can find them all at northernvirginiamag.com/find-a-professional.

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 [membership form](#) found on the web site to the Shepherd's Center along with your check. Please fill in the form to update your contact information.

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

Shepherd's Center Fairfax-Burke Family Bingo

Saturday June 6, 2015 All Ages Welcome

Doors Open at 12:30 Bingo 1 PM– 3:30 PM

Tickets — \$10.00 each — Includes:

2 Bingo Cards that can be played for the entire event

Complimentary Beverages and Snacks

Additional Cards \$1.00 Per Card Per Game

Prizes for each game, 50/50 Raffle and Door Prizes!

For tickets contact the SCFB office at 703-426-2824

Held at this location:

St. Leo the Great Catholic Church (Parish Center Gym) 3700 Old Lee Highway Fairfax, VA 22030

Recent Events:

The Lunch N' Life on March 26th was a big success. Thanks to Mr. John Mendez. John showed his breathtakingly beautiful pictures. He humorously described how he took some of his most interesting photographs. He 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 Sleepy Hollow Methodist Church for hosting the Lunch N' Life on March 26th. The hall was a perfect place for John to show his photographs and his slide show. We greatly appreciated the hard work from Al and Barbara Gilbert for setting up and cleaning up. Thanks for your dedication and help! Kay Anderson was the winner of the gift card. A 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 Spring 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

Lunch N' Life Thursday, July 23-save the date!

Mark your calendars to join us to hear Elaine Flynn portray Alice Roosevelt Longworth in "Scandals In The City". If the headlines of today's political scandals make you shake your head in disbelief, wait until you hear Alice "dish the dirt!"

Hope Lutheran Church, Annandale, VA

50+ Employment Expo

The Jewish Council for the Aging (JCA) is hosting a northern Virginia 50+ Employment Expo for Job Seekers over the age of 50 on **May 26th**. Attend the expo from 10 am—2 pm at the Sheraton Premier at Tyson's Corner. Free to all job seekers for fulltime, part time, or seasonal employment. Meet employers and recruiters, attend job searching seminars, receive resume writing assistance, search job listings online at the internet café.

Free parking on the Silver Line to Springhill Metro is only 1 block from the hotel at 8661 Leesburg Pike, Vienna, Virginia.

Be sure not to miss the Keynote Speaker:
Bob Levey, prize-winning journalist.

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://www.fairfax2015.com>
or send an email to: info@fairfax2015.com

Arden Courts Memory Care

Arden Courts is dedicated to meeting your loved one's unique needs in a safe and comfortable environment while maintaining his or her dignity and quality of life. Your loved one will have the freedom to pursue his or her own interest and enjoy the new surroundings with just the right amount of assistance and structure to maximize their capabilities. Arden Courts was the first to develop specialized care and communities designed specifically for people with memory care issues and we are proud to have been delivering this care for more than 20 years.

Thank You SCAS Supporters!

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

Monday, June 8 12Noon — 2PM at
Emmanuel Lutheran Church, 2589 Chain
Bridge Rd., Vienna, VA

Program: Russkie Musikanti performing
Russian & Eastern European music on
authentic Russian folk instruments. \$10 per
person. Reservation and prepayment re-
quired. Call to register, 703-281-0538.



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and ask about our respite program.

UPCOMING EVENTS

5/28 Lunch N' Life/Appreciation Luncheon

Adventures in Learning
(Wednesdays) through May 20th

6/25 Day Trip

SAVE THE DATES

7/23 Lunch N' Life

9/23 Oktoberfest LNL

9/22 Day Trip

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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