



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL JULY/AUGUST 2015

Lunch N' Life Thursday, July 23rd

The next **Lunch N' Life** will be on **Thursday, July 23rd**. Join us to hear Elaine Flynn portray Alice Roosevelt 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!"

11:30 AM—1:00 PM

- Hope Lutheran Church
- 4604 Ravensworth Rd., Annandale, VA.
- Cost \$10, which includes lunch, fun, fellowship, and a chance to win a door prize.

Please call the SCAS office to reserve your seat by Tuesday, July 21st at 703-941-1419 and send your check to the office. Our luncheons are catered and we need to pay in advance.

Join us for a Day Trip to Brookside Gardens

Board the bus on **Thursday, July 30th at 10:00 am and return about 3:00 pm**. Brookside Gardens is a 500 acre park full of gardens, woodland walks, and two conservatories with tropical plants in Wheaton, Md. A special treat in July is the "Wings of Fancy" live butterfly exhibit. See the Visitors Center and gift store.

Tickets are \$20 for the bus transportation and included admission to the exhibit.

Lunch on your own at a local Restaurant.

Reserve your seat now! Call the 703-941-1419.

Fall Adventures in Learning

Classes on Wednesdays

September 30 through November 4th, 2015

9:15 AM-1:15 PM

United Baptist Church

7100 Columbia Pike, Annandale, VA 22003

Fall 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 \$35 for the full 6 weeks or \$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

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



Sep. 30: **Tony Esteve** "Cuba: Past, Present, Future"

Oct. 7: **Tony Esteve** "Cuba: Past, Present, Future"

Oct. 14: **Rev. Sharon Stanley-Rea** "Immigration Reform"

Oct 21, Oct. 28, and Nov. 4 To be determined



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

"Summer Pops" concert: Reunion Music Society and The NOVA-Annandale Symphony Orchestra will perform their annual "Summer Pops" concert on Sunday, July 19th, 2015, at 7:30 pm. The program, entitled "**Hooray for Hollywood**," will focus on musical themes from some of Hollywood's most popular motion pictures. Light refreshments for sale. **Free parking. 8333 Little River Turnpike, Annandale.** Tickets only \$15. Call the Shepherd's Center office on 703-941-1419 to purchase tickets.

Annandale Women's Club

Yard Sale

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

Come see the treasures for sale!

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.

SCAS Craft Fair/Yard Sale/Bake Sale

The SCAS Craft Fair/Yard Sale/Bake Sale on May 2 was fun. The weather was just perfect for this outdoor event at St. Matthews Methodist Church parking lot. If you did not stop by you missed the wonderful goods sold.

Check out these websites:

Sandy's Kreations—hand made 18" doll clothes, purses, hand knits. <https://sites.google.com/site/crafty4231/>. Perfect for gifts.

Merry Mary's Original Creations—original jewelry creations for both men and women. Jewelry repair—do you have pieces in pieces? Mary can fix them. www.merrymaryjewelry.com or email her on melamar7@hotmail.com

Reliv -Vic & Annabelle Linden, independent Reliv Distributors, would love to tell you about Reliv health products. Go to www.reliv.com for details. Email them on valinden@verizon.net.

If you are interested in signing up as vendor for our April 30, 2016 Craft Fair call or email the SCAS office.

Quote of the month: "Keep your face to the sunshine and you can not see a shadow." Helen Keller

Recent Events:

The Lunch N' Life/Appreciation Luncheon on May 28th was a huge success thanks to The Nitehawks Sing Band. The 13 piece band and lovely vocalist made the music sound so good. A courageous couple even got up and danced. A big thank you goes out to Barry Ulhig for cooking and also to Samantha, his daughter, for serving the delicious food! It made for a great indoor picnic. Thanks to Mike Collins, Fairfax Outreach Director, Office of Congressman Gerry Connolly for joining us.
Thank you Arden Courts for sponsoring this luncheon and providing gifts to each attendee.

Thanks to Bethlehem Lutheran Church for hosting the Lunch N' Life on May 28th. The beautiful hall was a perfect place for our special luncheon. Thank you to Rev. Gerry Johnson for hosting it and for his kind words. We greatly appreciated the hard work from our volunteers for setting up and cleaning up. Thanks for your dedication and help! Mary Patrick was the winner of the gift card to the Pancake House. A card is given away at every Lunch N' Life so join us and maybe you will be the next lucky winner.

Thanks to Reverend Dr. J. Wayne Yawn and United Baptist Church for hosting the Spring and Fall 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.

Please call to volunteer.



Oktoberfest, Saturday, September 19th—save the date!

Mark your calendars!
Come enjoy German music and food at American Legion Bicentennial Post #1976, 4206 Daniels Ave, Annandale, VA. 12 to 3 pm.

Ravensworth Bristow Civic Association National Night Out August 4th

Join your neighbors at Ravensworth Baptist Church, 5100 Ravensworth Rd, Annandale, from 6:00 pm to 8:30. Learn about Public Safety and Awareness, Meet Fairfax County delegates, enjoy light refreshments, and see a Karate demonstration.

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 for individuals or family.

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 Lunch N' Life



Thursday July 16, 2015 12 noon - 2 PM
Speaker Topic: Senior Travel with Victoria Stark of AAA Mid-Atlantic

Location: Burke Presbyterian Church
5690 Oak Leather Drive Burke, VA

Call Bea for reservations, at 703-273-5730, no later than July 10th.
\$10.00 for catered lunch and speaker.

Shepherd's Center of Oakton-Vienna Movie Day on July 15th

Movie day at the Cinema Arts Theater in Fair City Mall, 9650 Main St., Fairfax, VA
Wed. July 15th for a morning movie. The cost is \$5. Check local listings for movie titles. After the movie we will meet for lunch at First Watch restaurant in Fair City Mall. Bring a friend!
Call Dorothy Flood for questions on 703-281-1275.

Thank You SCAS Supporters!

First Presbyterian Church of Annandale

2015 Concert Series

"Music for Woodwinds" by Phoenix Woodwind Quintet

Sunday, August 16th at 4:00 pm

Free admission. Free will offering (donations) would be appreciated.

7610 Newcastle Dr., Annandale, VA



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UPCOMING EVENTS

7/23 Lunch N' Life

7/30 Day Trip

9/30 Adventures in Learning
(Wednesdays) through Nov 4th

SAVE THE DATES

9/19 Oktoberfest LNL

10/22 Day Trip

12/3 Lunch N' Life

12/9 Day Trip

Proud member of the Annandale Chamber of Commerce



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OF ANNANDALE SPRINGFIELD

7610 Newcastle Drive
Annandale, VA 22003

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
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Arden Courts
Fairfax Agency on Aging
Greenspring
Hearing Solutions of Fairfax
Home Instead
Juke Box Diner
Silver Dragon Studio
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