



# shepherd's center

OF ANNANDALE SPRINGFIELD

## THE SHEPHERD'S CALL SEPTEMBER/OCTOBER 2015

### **Oktoberfest** **Saturday** **September 19th**



Come enjoy German music and food!

**12:00 noon—3:00 PM**

**At the American Legion Bicentennial Post #1976**

- 4206 Daniels Ave., Annandale, VA.
- Cost \$15, which includes food, fun, fellowship, and a chance to win a door prize.
- Cash bar

Please call the SCAS office to reserve your seat by Thursday, September 17th 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 Udvar** **Hazy Air & Space Museum**

Board the bus on **Thursday, October 22nd at 9:30 am and return about 3:00 pm.**

See three floors of aircraft, rockets, and spacecraft. Take the tour to see it all. Save time to see the Visitors Center and gift store.

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

Lunch on your own at McDonald's on site.

### **Quote of the month:**



Yesterday is history. Tomorrow is a mystery.  
Today is a gift. That's why it's called the present.

### **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.

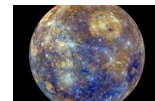
### **Wednesday Weekly AIL Classes**

**Yoga 9:15 am to 10:15 am**



**10:45 am – 11:45 pm:**  
**"POTPOURRI"**

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: **Mary Patrick** "A Tap Dance Demonstration"

Oct. 28: **Mary Lipsey** "A Christmas Flight: Aviation Pioneer"

Nov. 4: **Dr. Kenneth E. Nidiffer** "The Voice of Military families"

**12:15 pm – 1: 15 pm: DISCUSSIONS OF CURRENT ISSUES**

Discussions led by Dick Stewart.  
Join this lively group discussion!

## ***Annandale Women's Club Fashion Show***

Wednesday, Sept. 23rd 11:AM - 2PM at  
Draper's and Damon's 10258 Main St., Fairfax, VA  
\$20 for show and lunch.

Get 20% off entire purchase that day. Proceeds will  
go to "Aleethia Fountain" which supports our  
Veterans!

Call for info: Ann Kilian 703-750-9132

Send check in advance by Sept. 15th to:

Jean Rackowski, 7006 Raleigh Rd., Annandale, VA  
22003

## ***The 2015 Northern Virginia Senior Olympics***

Competition takes place Sept. 12-25 at 23 venues.  
Events include track and field, rowing, swimming,  
diving, tennis, table tennis, racquetball, bocce, golf,  
ten pin bowling, Wii bowling, pool, horseshoes,  
men's basketball, women's basketball free throw/  
field goals, frisbee throw, football throw, bunco, bad-  
minton, volleyball, cycling, scrabble, cribbage, dupli-  
cate bridge, softball hit/throw and dominoes.  
find more information at [www.nvso.us](http://www.nvso.us).

## ***Looking for the Perfect Holiday Gift?***

See what **The Potters House** at First Presbyterian  
Church of Annandale has to offer.

They make great gifts for any reason or any season.  
Everyone loves a handmade gift. Get one here.

View pieces already made at First Presbyterian Church  
of Annandale or commission a homemade piece of  
pottery. Call office 703-941-1419 for more information.



### **Would you like to learn how to make pottery?**

Learn a rewarding hobby. Lessons given by a professional  
potter- Dr. Chris Looker. Just \$10 per 2 hour session.  
Why not come to 1 session to see what you can make.  
Call Dr. Looker at 703-409-8955 to sign up.

## ***Recent Events:***

**The Lunch N' Life on July 23rd** was a huge success  
thanks to Elaine Flynn who portrayed Alice Roosevelt  
Longworth. Ms. Flynn was smart, funny, and very  
entertaining. She even dressed the part. We learned  
and were entertained at the same time. She really  
engaged the audience.

Does your organization need an entertainer? You will  
want to call Elaine Flynn at 703-282-4211.

A very big thank you goes out to Barry Ulhig for  
cooking and serving a great meal. A special thanks  
goes to Karen Hogaboom for taking such good care of  
everyone and keeping the coffee flowing.

**Thanks to Hope Lutheran Church for hosting the  
Lunch N' Life on July 23rd.** The beautiful hall was  
a perfect place for our special luncheon. Thank you to  
Rev. Wayne Shelor for your generous hospitality. We  
also greatly appreciated the hard work from our volun-  
teers for setting up and cleaning up. Thanks for your  
dedication and help!

Abby Sternberg was the winner of the gift card to the  
Olive Garden. 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 Unit-  
ed Baptist Church for hosting the Fall 2015 Adven-  
tures in Learning (AIL).** The generous use of the  
Fellowship Hall and Yoga room are very 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 committees. We could use help  
promoting the Shepherd's Center and community out-  
reach. Please call to volunteer.

## ***Exercise Classes?***

Would you be interested in attending any of the  
following classes?

- ♦ Yoga
- ♦ Tai Chi
- ♦ Gentle Core
- ♦ Dance

Times to be determined. Location to be local  
(Annandale or Springfield). Please call the office with  
your preferences. 703-941-1419.

### ***The Springfield-Franconia Lions Club***

The club is always looking for dedicated men and women willing to contribute time and energy to making their community a better place to live. They are best known to collect and redistribute used eye-glasses and hearing aids but they do so much more. Want to help?

Volunteer at the Lions Recycling Center  
601 S Carlin Springs Rd, Arlington, VA 22204  
Call (703) 671-1919 for details.

Visit their Flea Market and purchase goods to help raise funds that help others. You never know what you may find.

Sept 5, 12 & 26    Oct 3, 10, 17 & 24  
8:00 to 4:00 each day.

VRE Commuter Rail Parking Lot,  
5701 Backlick Rd., Springfield, VA.

### ***Fairfax County Board of Elections Volunteers Needed***

It takes over 2,000 Election Officers to run a Fairfax County general election on Election Day! You could help and earn up to \$175 for a full day service.

Requirements: You must be 1) U.S. Citizen and a Virginia registered voter

2) 18 years old by the General Election

3) Comfortable using basic technology

4) Attend a three hour training class

For more information go online to the Office of Elections at [fairfaxcounty.gov/elections](http://fairfaxcounty.gov/elections) or call 703-324-4735.



Vivian L. Muccio, M.A., CCC-A, FAAA  
Audiologist/Hearing Aid Specialist  
Board Certified

3930 Pender Drive, Suite 140    Office: (571) 432-0640  
Fairfax, Virginia 22030    Fax: (571) 432-0642

### ***Shepherd's Center Fairfax-Burke Lunch N' Life***

Thursday September 17, 2015 12 noon - 2 PM  
Detective Tom Polhemus, Fairfax County Police  
"Avoiding Scams"

Location: Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax

Call Bea for reservations, at 703-273-5730, no later than Sept 11th.

\$10.00 for catered lunch and speaker.

### **FREE BROCHURE**

**45 PAGES** that add up to a remarkable retirement

Call **1-800-788-0811** to request your **FREE** Guide to Retirement Living at Greenspring.



7410 Spring Village Drive, Springfield, VA



*To us, it's personal.*  
HomeInstead.com

We're by your side so your loved one can stay at home.

Home Instead Senior Care  
7058 Columbia Pike  
Annandale, VA 22003  
703.750.6644

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

Monday, September 21, 2015 12 noon  
Our Lady of Good Counsel DeSales Hall  
8601 Wolftrap Road, Vienna

See a performance by "The Cameo Jewels", a multi-talented performers entertain with songs, dances, impersonations and audience participation  
Please call office (703-281-0538) by Sept 14th.

\$10.00 for catered lunch and speaker.

### **Memory Care**

**We know. We understand. We can help.  
It's all we do.**



**Arden Courts**   
Memory Care Community

7104 Braddock Road  
Annandale, VA 22003  
(703) 256-0882

Call today to speak with one of our dementia specialists and ask about our respite program.

## UPCOMING EVENTS

9/19 Oktoberfest

10/22 Day Trip

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

## SAVE THE DATES

12/3 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

## BOARD OF DIRECTORS

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Nellie Al-Saigh

## OFFICE STAFF

Barbara Gatorian, Office Manager  
Tony Wonkovich  
Marge Miller  
Patsy Vandiver

## Email Address:

shepherdscas@vacoxmail.com

## Website:

www.shepherdscas-annandale.org

**Telephone: 703-941-1419**

Proud member of the Annandale Chamber of Commerce



7610 Newcastle Drive  
Annandale, VA 22003

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