



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

NOVEMBER/DECEMBER 2015

## *SCAS Lunch N' Life Dec. 3rd*

Enjoy holiday music, dancing, and good food! You will be entertained by The Tallwood Trio with signer Nancy Riley.



**11:30 AM—1:00 PM**

**Annandale United Methodist Church**

- 6935 Columbia Pike, Annandale, VA.
- Cost \$10, which includes food, music, fellowship, and a chance to win a door prize.
- Jewelry and ornament sale

Please call the SCAS office to reserve your seat by Tuesday, December 1st 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 Cherry Hill Farmhouse in Falls Church*

Board the bus on Wednesday, December 9th at 10:30 am and return about 2:00 pm.

See the historic house and enjoy high tea which includes sandwiches, assorted sweets, warm scones and a bottomless cup of tea.



Tickets are \$40 for the bus transportation and High Tea. Wear your best bonnet. Reserve your seat now! Call the office at 703-941-1419.

## *Winter Adventures in Learning*

Classes on Wednesdays

February 24 through March 16, 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 \$30 for the full 4 weeks or \$10 to drop in any one session.

Give your body and spirit a lift with this gentle, seated yoga. Professional yoga teachers 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:**

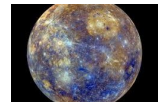
### **“POTPOURRI of Speakers”**

Feb. 24: Carol Webber “ACCA in your neighborhood”

Mar.2: Jennifer Katt “Nutrition”

Mar 9: Jennifer Katt and Rob Robertson “fitness and balance”

Mar 16: To be determined



### **12:15 pm – 1:15 pm: DISCUSSION GROUP**

Discussions led by Dick Stewart include:

- \* At Home, Many Seniors Are Imprisoned by Their Independence
- \* Out with ‘Redskins’ — and everything else!
- \* What’s the purpose of education in the 21st century?
- \* The GOP’s justice reform opportunity

**Quote of the month:** “It isn’t what we say or think that defines us but what we do.” Jane Austen

***The NOVA-Annandale  
Symphony Orchestra  
Fall Concert  
"Let Freedom***

***Ring"***

**Buy your tickets from SCAS for only \$20.  
Enjoy an evening of Orchestra and three chorales  
Friday, November 13th at 8 pm.  
Schlesinger Concert Hall**



***Recent Events:***



**The Oktoberfest on September 19th at the American Legion 1976 Bicentennial Post** was a huge success thanks to Mount Vernon German Band. We heard three hours of great German music. A big thank you goes to Diane Ramsey, manger of the Post #1976 for the use of the hall and for helping out. A *really big* thank you goes out to Barry Uhligh for cooking such wonderful German food and serving the great meal.

A "yummy" thank you goes to Betty Wonkovich for baking three German chocolate cakes that were devoured in no time.

Also, thank you Beth Mason for providing the wrist bands and table decorations.

Deena Mackert was the winner of the gift basket full of goodies and Fred Billups was the winner of the gift card to Bob Evans. A card is given away at every Lunch N' Life so join us in December and maybe you will be the next lucky winner.

If you missed it, we will do it again next year so watch for more information.

**Thanks to Reverend Dr. J. Wayne Yawn and United Baptist Church for hosting the Fall 2015 Adventures in Learning (AIL).** The generous use of the Fellowship Hall and Yoga room are very

***Leewood Healthcare Center***

After a year of renovations, the Leewood Center held an open house on Tuesday, October 27th and unveiled their freshly updated modern facility.

Leewood is a skilled nursing, assisted living and rehabilitation facility right here in Annandale, VA. The staff is so friendly, the food is so delicious, and the facility is so open yet cozy you would want your loved ones to stay here. They even have a "birthday room" to if you want to celebrate a special day while they are there. Call 703-256-9770 for information, or

***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.

***Volunteers Needed at SCAS***

You may have heard a volunteer say, "I get more from my volunteer work than I give!" Shepherd's Centers' volunteers experience more than the satisfaction of giving back to the community.

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 outreach.

***Consider SCAS in your estate Planning***

Your donation will be put to work to provide services that assist senior adults (50+) in our area to live independently.

## ***Tis the season—Beware of Fraud and Identity Theft and Scams***



It's time to think like the crooks that come out during the holidays.

- Shred financial documents with personal information
- Protect your Social Security number.
- Don't give out personal information on the phone unless you know who you are dealing with
- Never click on links sent in unsolicited emails
- Use firewalls, anti-spyware, and anti-virus software
- Keep your personal information hidden when other people are in your home, such as outside help, workers, or roommates

Get a free copy of your credit report once per year to check for accounts opened in your name.

Go to [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) or call 1-877-322-8228 to order your credit report from all

## ***First Presbyterian Church of Annandale Concert***



The Prince George's Choral Society will perform on November 15th at 3:00 pm.

This is the oldest established choral group in Prince George's County, MD. They have even performed at the White House, National Cathedral, the Shrine of the Immaculate Conception, and the Kennedy Center.



**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 November 19th, 12 noon - 2 PM  
Speaker - Retired, Executive White House Pastry Chef, Roland Mesnier, will be signing and selling his new book: *The White House in Gingerbread: Memories and Recipes*

Location: Lord of Life Lutheran Church,  
5114 Twinbrook Dr., Fairfax, VA  
Call for reservations, at 703- 620-0161, no later than

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



Friday, December 11, 2—4pm  
Our Lady of Good Counsel DeSales Hall  
8601 Wolftrap Road, Vienna  
Holiday Tea—tea, snacks and dancing to the Tallwood Trio  
Please call office (703-281-0538) to reserve your seat. Cost is only \$10.00.

## **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.



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*To us, it's personal.*  
[HomeInstead.com](http://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

## **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

11/13 Concert

12/3 LNL

12/6 Concert

12/9 Day Trip

## SAVE THE DATES

1/27 Lunch N' Life

## SUPPORTING CHURCHES

Annapdale 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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Marge Miller  
Patsy Vandiver

## Email Address:

shepherdscas@vacoxmail.com

## Website:

www.shepherdscas-center-annandale.org

## Telephone: 703-941-1419

Proud member of the Annandale Chamber of Commerce



shepherd'scenter  
OF ANNANDALE SPRINGFIELD

7610 Newcastle Drive  
Annandale, VA 22003

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