



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JANUARY/FEBRUARY 2016

SCAS Lunch N' Life Thursday, Jan. 28th



11:30 AM—1:00 PM

St. Alban's Episcopal Church
6800 Columbia Pike, Annandale, VA. 22003

Cost \$10, which includes Chinese food, fortune cookies, facts about the Chinese New Year, fellowship, and a chance to win a door prize.

ACCA Food Pantry Donations wanted. Drop off any non-perishable food and we will deliver to ACCA.

Please **call the SCAS office** to reserve your seat by Tuesday, January 26th at **703-941-1419** and **send your check** to the office. Our luncheons are catered and we need to pay in advance.

2016 Day Trips

Cost of Day Trips in 2016 will be \$25 unless otherwise specified

Join us for a Day Trip to Colvin Run Mill

Thursday, February 25, 2016

Board the bus at 10:00 am and return about 3:00 pm from Annandale United Methodist Church, 6935 Columbia Pike, Annandale, VA.

Colvin Run Mill has been grinding wheat and corn on it's hugh grind stones starting in 1811 and continuing through 1934. Trip includes tour and demonstration of the grinding process by costumed reenactors.

\$25 for the bus and entry fee. Lunch on your own.

Reserve your seat now-they go fast! Call 703-941-1419.

Winter Adventures in Learning

Classes on Wednesdays

February 24 through March 16, 2016

9:15 AM-1:15 PM

United Baptist Church

7100 Columbia Pike, Annandale, VA 22003

Classes include *Easy Does it Yoga for Seniors*, and a potpourri of speakers and topics. Join in a lively discussion group. Enjoy snacks and conversation between classes.

The cost is only \$30 for the full 4 weeks or \$10 to drop in any one session.

Wednesday Weekly AIL Classes

Yoga 9:15 am to 10:15 am

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



10:45 am – 11:45 pm:

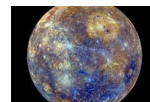
"POTPOURRI of Speakers"

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: **Lewis Tagliaferra** "It Takes All Types"



12:15 pm – 1: 15 pm: DISCUSSION GROUP

Discussions led by Dick Stewart include:

- * Home Alone– Are Many Seniors Are Imprisoned by Their Independence?
- * Out with 'Redskins' - and everything else!
- * The Small Happy Life
- * The GOP's justice reform opportunity

Quote of the month: "Accept what is, let go of what was, and have faith in what will be." unknown

AARP Foundation Tax-Aid



AARP volunteers will return in 2016 to provide free tax help to senior residents of Virginia from February 1st until April 18th at the Mason District Governmental Center, 6507 Columbia Pike, Annandale to low- to moderate-income taxpayers.

The AARP Foundation Tax-Aide has helped people 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.

Become an SCAS Member in 2016

Now is the time to show your support by beginning or renewing your SCAS membership in 2016. 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 also be found on our web site.

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

The Potters House at First Presbyterian Church of Annandale.

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 professional



potters – Rev. Dr. Chris Looker and Ms. Beth Oliver.

Classes starting Wednesday, January 13th. Classes are held from 10:00 am to noon and from 7:00 to 9:00 pm. Just \$15 per 2 hour session. Why not come to 1 session to see what you can make. Call Rev. Chris Looker at 703-409-8955 to sign up.

Recent Events:

The Lunch N' Life on December 3rd at Annandale United Methodist Church was a huge success thanks to The Tallwood Trio and singer Nancy. We heard songs from the past and favorite holiday tunes. A big thank you goes to Alice Snitzer, for set up and clean up of the hall and for helping out everywhere. A *really big* thank you goes out to S. John Davis Career Center for cooking such wonderful lasagna and serving the great meal.

Also, thank you Bill and Lucylle Dubbert for providing the pretty table poinsettias and setting up.

Ms. Gwen Cody called to say she had a 1000% good time. You can't get much better than that!

Thanks to Tom Mulvey from Silver Dragon Studio for providing the jewelry for the jewelry sale and Stephanie Berg for providing the Christmas ornaments for sale to benefit SCAS.

Ron Bishop was the winner of the gift card to Bob Evans. A card is given away at every Lunch N' Life so join us in January 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) as well as the Winter 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 the Board, on committees, and in the office. We could also use help promoting the Shepherd's Center and community outreach. Drivers for our transportation service are always needed. Please call to volunteer or to find out more.

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. All donations are greatly appreciated!

Recycle Electronics

Did Santa bring you a new TV, pc, laptop, or other devices and you want to recycle your old items? Take them to:



Asset Solutions LLC

427 North Maple Avenue, Falls Church, VA 22046
Drop Off Hours: 10 am - 5 pm Monday - Saturday

No appointment necessary. They will help you unload your vehicle! They can recycle almost anything that plugs in or has a battery, and Ink/Toner cartridges.

Telephone: (703) 534-5865 or Toll free: 1-888-832-5865
Email: info@eassetsolutions.com

Shepherd's Center Fairfax-Burke Lunch N' Life

Thursday January 21, 2016 from 12 noon -2 PM
The **Capital Swing Quartet**, a women's a cappella quartet, will sing the old time favorites and popular newer tunes.

The Lutheran Church of the Abiding Presence,
6304 Lee Chapel Road, Burke, VA 22015
Cost is \$10.00 per person.

Contact Faye Quesenberry at 703-620-0161 for a reservation.

Feed Fairfax County Families "Stuff the Bus"

Saturday, January 16 through Monday, February 15, 2016, 9:30 a.m. to 4:30 p.m.

Help refill the food pantry shelves by "Stuffing the Bus," a food pantry giving program that partners with nonprofits, grocery stores, and MV Transportation to restock depleted shelves. Each week a Fastran bus staffed by MV Transportation personnel will park at a different location and collect food donations. Volunteers for local non-profit food pantries will be available at each store to collect donated food. **Saturday, February 13**, The Bus will be at the **Annandale Giant, 7137 Columbia Pike**, and will benefit the **Annandale Christian Community for Action (ACCA)**.

For more information about the program and a list of donation sites, dates, and times, call 703-222-9764; or on the Web site www.fairfaxcounty.gov/living/food/stuffthebus/

Life Line Healthcare Screening at First Presbyterian Church of Annandale

Friday, January 29, 2016

Sign up now for preventive health screenings. All 5 tests for only \$149. If selected separately they would cost \$330.

Limited appointments at 7610 Newcastle Dr. Annandale, VA . Call 1-866-579-5069 for this location.

Screenings are held at other locations and other dates. Call 1-800-449-2350 or see the web site on www.lifelinescreenings.com.



Vivian L. Muccio, M.A., CCC-A, FAAA
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(703) 256-0882

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

UPCOMING EVENTS

1/28 LNL

2/25 Day Trip

2/24—3/16

3/24 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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Email Address:

shepherdscas@vacoxmail.com

Website:

www.shepherdscenter-annandale.org

Telephone: 703-941-1419

Proud member of the Annandale Chamber of Commerce



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