



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MARCH/APRIL 2016

SCAS Lunch N' Life **Thursday, March 24th**

11:30 AM—1:00 PM

United Baptist Church
7100 Columbia Pike,
Annandale, VA.

Join us for some Celtic music.

Cost \$10, which includes food, fellowship, music,
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, March 22nd at **703-941-1419** and **send your**
check to the office. Our luncheons are catered and
we need to pay in advance.



Day Trip to Ladew Topiary Gardens and **Manor House** **in Monkton, MD**

Thursday, April 28, 2016

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

View the intricate topiaries of people, animals, and
objects set among the extensive grounds with walk-
ways, a rose garden, and colorful flower gardens.
Visit the manor house and tour the converted rustic
farmhouse that was turned into a comfortable and
luxurious country home.

\$25 for the bus and entry fee.
Lunch in the on-site café (on your own)

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

Winter Adventures in Learning

Classes on Wednesdays
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.

\$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”

Mar.2: **Jennifer Katt** “Nutrition”

Mar 9: **Jennifer Katt and Rob Robertson**

“Fitness and balance”

Mar 16: **Lewis Tagliaferro** “It Takes All Types”



12:15 pm – 1:15 pm: DISCUSSION GROUP

Discussions led by Dick Stewart include:

Out with ‘Redskins’ - and everything else!

The Small Happy Life

The GOP's justice reform opportunity

Spring Adventures in Learning –save the **dates**

Classes on Wednesdays
April 6th through May 11, 2016

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

AARP Foundation Tax-Aide

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.



First Presbyterian Church of Annandale March Concerts

United States Army Chorus will sing on Sunday, March 6th at 3:00 pm.

Come hear this world class male chorus.

Free and open to the public.

The Ron Freeman Chorale will sing on Sunday, March 13th at 3:00 pm. "The Seven Days of Passion", a beautiful romantic work by Alexander Grechaninov.

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, single or family.

Just download the [membership form](#) from our web site and send to the Shepherd's Center along with your check.

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

SCAS Indoor Yard Sale & Bake Sale

Sellers and buyers wanted!

Saturday, April 30th

9:00 am-1:00pm

United Baptist Church

7100 Columbia Pike, Annandale, VA 22003



Clean out your closets and garage and turn those unwanted items into cash. Or just clean out your house and donate items to the Shepherd's Center to sell for SCAS to raise funds. What a great way to get your spring cleaning started, or finished.

Spaces 8 x 10 for only \$20. Proceeds to go SCAS

Call for your space now.

Bake sale items will be sold. Come in and enjoy a brownie, cookie or buy a whole cake.

Breakfast with the Easter Bunny

Saturday, March 26th. Join the Easter Bunny and nibble your way through Magill's famous breakfast buffet, followed by photos. 9:00- 11:30am.
7201 Little River Turnpike, Annandale, VA 22003

Recent Lunch N' Life:

The Lunch N' Life on February 11th at Saint Alban's Episcopal Church was a huge success thanks to Mr. Sam and Mrs. Ruth Wong. We learned about the Chinese Calendar, traditions, and saw an authentic wedding dress.

A big thank you goes to Carlos Guzman, for set-up and clean-up of the hall and for helping out everywhere. A *really big* thank you goes out to the Wong's for taking care of the great Chinese food.

One of our first time participants was the winner of the gift card to Bob Evans. A card is given away at every Lunch N' Life so join us in March and maybe you will be the next lucky winner.

Thanks to Reverend Dr. J. Wayne Yawn and United Baptist Church for hosting the Winter 2015 Adventures in Learning (AIL) as well as the Spring session. The generous use of the Fellowship Hall and Yoga room is very appreciated. Thanks for UBC's continuous 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!

Spring Concerts and Fundraiser
Come hear some beautiful music and raise funds for Shepherd's Center.
Buy your tickets from us!

Annandale Brass on Sunday April 3rd at 4:00 pm.
 Spring Fling concert program music from grand opera, the theatre, and the movies.
 The Forum in the Richard J. Ernst Community Cultural Center, NOVA-Annandale Campus
 8333 Little River Turnpike, Annandale, VA
 Tickets: \$10.00
 Parking is free

NOVA-Annandale Symphony Orchestra
 Friday, April 29th at 8:00 pm
 Beethoven's Symphony No. 6 (Pastoral); Antonio Vivaldi's Spring Concerto from the Four Seasons; Jean Sibelius - Finlandia.
 The Richard J. Ernst Community Cultural Center Theater
 (Same address as above)
 Tickets: \$15.00
 Parking is free

Shepherd's Center Fairfax-Burke
Lunch N' Life

March 17th from noon until 2:00 p.m.
 Supervisor Cook will be speak about future plans
 Jubilee Christian Church
 4650 Shirley Gate Road in Fairfax.
 For reservations, call Faye Quesenbery at 703-620-0161, by March 11th.
 The cost is \$10.00.
 See www.scfbva.org for more information

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

Monday, March 14th at 12 noon
 Jocelyn Jackson will sing hits from the 40's
 Our Lady of Good Counsel, DeSales Hall
 8601 Wolfrap Road, Vienna, VA
 Cost: \$10.00 per person; reservation and prepayment required by March 7.
 See www.office@scov.org for more information

Annandale Christian Community for Action (ACCA)

The Furniture Program is in need of dining room chairs, kitchen chairs, dressers and chests of drawers. These items are currently in short supply.

Volunteers will happily come by and pick up your donations.

Just contact Don or Mary Lee Di Spirito at (703) 256-9513 or ddmld@verizon.net to schedule a pickup.



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

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



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

3/24 LNL

4/28 Day Trip

4/6—5/11 Spring AIL

5/26 Lunch N' Life and Volunteer
Appreciation Luncheon



Proud member of the Annandale Chamber of Commerce



shepherd'scenter
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
St. Matthews United Methodist Church
Sleepy Hollow United Methodist Church
United Baptist Church

SUPPORTING ORGANIZATIONS

AARP
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

BOARD OF DIRECTORS

Dick Stewart, Chair
Fred Chatelain, Treasurer
Gail Fewell, Assistant Treasurer
Bill Lewis
Martha Lowe
Beth Mason
Dolores Vestrich
Nellie Al-Saigh
Nancy DeVera
Janet Gadon

OFFICE STAFF

Barbara Gatorian, Office Manager
Tony Wonkovich
Marge Miller
Patsy Vandiver

Email Address:

shepherdscas@vacoxmail.com

Website:

www.shepherdscenter-annandale.org

Telephone: 703-941-1419

ADDRESS SERVICE REQUESTED

Non-Profit Org
US Postage Paid
Permit No. 7264
Annandale, VA

A NON-PROFIT INTERFAITH ORGANIZATION TO SUPPORT AND ENRICH THE LIVES OF ADULTS 50 and OLDER. SEE OUR WEB SITE FOR OUR ANNUAL REPORT.