



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JULY/AUGUST 2016

SCAS Lunch N' Life **Thursday, July 28th**



11:30 AM—1:00 PM

Saint Barnabas' Episcopal Church
4801 Ravensworth Rd. Annandale, VA. 22003

Join us to hear PFC Kathleen O'Leary, Crime Prevention Officer, give seniors ideas on how to stay safe in our neighborhoods and prevent fraud and scams. All are welcome!

Cost \$10, which includes food, fellowship, lecture, 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, July 26th at **703-941-1419** and **send your check** to the office. Our luncheons are catered.

SCAS Lunch N' Life **Thursday, August 11th**

11:30 AM—1:00 PM

Greenspring Retirement Community
Accotink Room at 7470 Spring Village Dr.
Springfield, VA. 22150

Join us to hear Dan Ancona speak about "Wind Power for Mid-Atlantic States?". All are welcome!

Cost \$10, which includes food, fellowship, lecture, 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, August 9th at **703-941-1419** and **send your check** to the office. (Free to Greenspring residents but you must register). This luncheon will be catered by Greenspring.

Day Trip to **Dar Al-Hijrah** **Islamic Center** **in Falls Church, VA**



Thursday, August 25th, 2016
Board the bus at 10:40 am and return about 2:30 pm from Annandale United Methodist Church, 6935 Columbia Pike, Annandale, VA. 22003

Learn about the rituals and practices of worship both in the Mosque and in the daily life of a Muslim. Learn how the center is involved in our community.

\$25 for the transportation, tour, and lunch. Reserve your seat now-they go fast! Call 703-941-1419.

Quote of the month: "Keep your face always toward the sunshine and the shadows will fall behind you". Walt Whitman



Hooray for **Hollywood** **Concert SCAS** **fundraiser**



The NOVA-Annandale Symphony Orchestra, under the direction of Christopher Johnston, will present a program of musical themes from the silver screen entitled "**Hooray for Hollywood.**"

The concert will be performed Sunday, July 17th, 7:30 pm, in the Richard J. Ernst Community Cultural Center Theater located on the NOVA-Annandale campus, 8333 Little River Turnpike, Annandale, VA.

Buy your tickets from SCAS! Ticket prices are \$15 for adults; \$10 for students with ID; NOVA students and children 12 and under are free. Parking in the campus lots is free. Call the office at 703-941-1419 and reserve your seat now!

Annandale Women's Club Indoor Yard Sale



Buyers wanted on Saturday, August 6th. Come in and browse. Lots of books and gently used treasures to see. Stop by and see what is for sale.

9:00 to 1:00 pm
United Baptist Church Hall
7100 Columbia Pike, Annandale, VA 22003

Stop Unwanted Mail

You can take several actions to stop the delivery of unwanted mail in your mailbox.

Tell companies you do business with to remove your name from customer lists they rent or sell to other companies. Look for information on how to opt-out of marketing lists on sales materials, order forms, and websites.

Contact the Direct Marketing Association to sign up for their mail preference service. This will allow you to remove your name from most national telemarketing, mail, and e-mail lists. You can register for free online at www.dmachoice.org or by sending the registration form and \$1 fee through postal mail at P.O. Box 643, Carmel, NY 10512.

Register with the Consumer Credit Reporting Industry's Opt-Out Program to stop receiving credit card and insurance offers. The major credit reporting agencies (Equifax, Experian, Innovis, and TransUnion) participate in this program. Call 1-888-567-8688 or register online to opt-out of receiving these offers for five years. To opt-out of these offers permanently, you must register online.

If you have previously completed a request to opt-out from receiving firm offers, you must complete a request to opt-in to begin receiving offers again.

Remember, opting-out will not end all mail solicitations. Local merchants, religious and charitable associations, professional and alumni associations, politicians, and companies with which you do business may still send you mail.

Newsletter by Email

Please give us your email address so we can save some paper as well as printing and mailing costs. Get the news faster and in color.

The Shepherd's Center of Annandale Springfield (SCAS)

SCAS is a non-profit interfaith organization sponsored by area congregations and community groups to serve seniors 50 and older in the Annandale and Springfield areas of Northern Virginia. Since 2004, SCAS has been providing programs for transportation, socialization and learning for senior adults.

Recent Lunch N' Life:

The Lunch N' Life on May 26th at St. Mark's Lutheran Church was a huge success thanks to St. Mark's Lutheran Church, the Ohana of Polynesia dancers, and the many helping hands of our volunteers.

St. Mark's Pastor Albert Triolo started our day with a few words of wisdom and prayer. The Polynesian dancers entertained and educated us on dances from different countries. We even had a few laughs when we had audience participation in dancing the hula. It was great fun!

Many thanks go to Barry Uhlig for making a wonderful Polynesian pork, chicken, and rice lunch. It was delicious!

Our thanks go to Leewood Healthcare Center of Annandale, VA for sponsoring the luncheon. Kevin Kline, health care liaison, graciously gave his time to make this a great luncheon.

The winner of the gift card to McDonald's was Maurice Drury. A card is given away at every Lunch N' Life so join us in May and maybe you will be the next lucky winner.

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? Volunteers are needed on committees. We could also use help promoting the Shepherd's Center.

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!

**Protect Your Credit Rating
and Guard against Fraud**

Check your credit report for FREE.

You can request your report from each of the big three credit reporting agencies: Equifax, Experian, and TransUnion. You can get your free credit reports every 12 months. You can verify that the information about your credit history is correct, and if it is not you can dispute erroneous information. This is an excellent way to guard against Identity Theft.

To get your report immediately on-line go to:
annualcreditreport.com.

To request your report by telephone call 1-877-322-8228.

To get your report in the mail go on-line to
annualcreditreport.com and request the form.

Mail it in and you should receive your written reports within 15 days.

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

July 21st from noon until 2:00 p.m.
Hear Capital Swing Quartet, a Women's a cappella group
Burke Presbyterian Church,
5690 Oak Leather Drive, Burke, VA
For reservations, call Faye Quesenberry at
703-620-0161, by July 15th.

The cost is \$10.00.
See www.scfbva.org for more information

SCAS Fall Adventures in Learning –Save the Dates

Classes on Wednesdays

October 5th through November 9th, 2016

9:15 AM-1:15 PM

United Baptist Church

7100 Columbia Pike, Annandale, VA 22003

We are lining up some interesting speakers.
Get ready to start your day with seated Yoga.
Join in the lively discussion group for stimulating conversations.

Thanks to Reverend Dr. J. Wayne Yawn and United Baptist Church for hosting the Spring and Fall 2016 Adventures in Learning (AIL) . The generous use of the Fellowship Hall and Yoga room is very much appreciated. Thanks for UBC's continuous support.

Annandale American Legion

Do you know the proper way to discard an American flag? The Annandale American Legion Post 1976 conducts flag retirement ceremonies. If you have a worn American Flag, you can deposit it with the American Legion at any time for proper disposal.

4206 Daniels Avenue, Annandale, VA 22003
One block north of Columbia Pike behind the Bank of America.

Call 703-941-9460 for questions.



Vivian L. Muccio, M.A., CCC-A, FAAA
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UPCOMING EVENTS

7/28 Lunch N' Life

8/11 Lunch N' Life

8/25 Day Trip to Islamic Center



Proud member of the Annandale Chamber of Commerce



Our thanks to Greenspring for printing this newsletter.



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
Mount Pleasant Baptist 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

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