



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

SEPTEMBER/OCTOBER 2016

SCAS Lunch N' Life **Thursday, October 27th**



11:30 AM—1:00 PM

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

Join us to hear Vivian Muccio, audiologist from Hearing Solutions of Fairfax, speak about "How your hearing affects your whole life".

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, Oct 25th at **703-941-1419** and send your check to the office. Our luncheons are catered.

AARP Smart Driver Course **Sponsored by SCAS**



Real Possibilities

Tuesday, September 6th and
Thursday, September 8th

9:00 to 1:00 pm each day (must attend both days)
At Service Source
10467 White Granite Dr., Oakton, VA 22124

Cost is \$15 for AARP members (bring your AARP card)
\$20 for nonmembers

Pre-registration is required. Maximum 35 participants so call quickly to register.
All fees collected go to AARP. Checks and cash accepted at the door. Checks payable to AARP.

To register call SCAS at 703-941-1419.

Day Trip to **Gunston Hall in Lorton, VA**

Thursday, November 3rd, 2016
Board the bus at 10:00 am and return about 3:00 pm from Annandale United Methodist Church, 6935 Columbia Pike, Annandale, VA. 22003

Gunston Hall is the home of George Mason, author of the Virginia Bill of Rights. Begin your day with an introductory film highlighting the life of George Mason at the Visitor's Center. Then continue with a tour of the house. Also explore the 18th Century plantation, slave and servant quarters and various outbuildings. Grounds have massive boxwoods, and view of the Potomac River and family graveyard. Don't forget to visit the Museum Shop

\$25 for the transportation and tour. Lunch will be on your own at a local restaurant. Reserve your seat now -they go fast! Call 703-941-1419.

Fall Adventures in Learning

Classes on Wednesdays
October 5 through November 9, 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 \$35 for the full 6 weeks or \$10 to drop in any one session.

Wednesday Weekly AIL Classes

Yoga 9:15 am to 10:15 am

Taught by professional yoga teachers Bonnie Kendrick and Pamela Wilson lead the class.

10:45 am – 11:45 pm:

"Potpourri of Speakers" See our website for details

12:15 pm – 1:15 pm: DISCUSSION GROUP

Discussions led by Dick Stewart on timely topics.

First Presbyterian Church of Annandale Events

Potters House: Classes resume on September 21st at 10:00 am. Learn how to make pottery from a master.

Concert: The Phoenix Woodwind Quintet will perform a music concert at 3:00 pm on October 16th.

All will be held at 7610 Newcastle Dr., Annandale, VA 22003. *All are welcome.*

Surround Fitness—Change Your Patterns, Change Your Life

Now is the perfect time to commit to getting in shape. And no, you don't need to join a gym or eat special food. Jennifer Katt, a Certified Personal Fitness Trainer and Weight Management Specialist, will design a fitness and nutrition program tailored to your goals and capabilities and meet (and work out) with you weekly in your home. Get started on the new you. Visit her website at www.surroundfitness.com and call her today for a free consultation on 703-491-8489.



Rob Robertson, a certified personal trainer and corrective exercise specialist, from the National Academy of Sports Medicine will speak at the Fall AIL on October 5th. Join us to meet this West Point graduate who retired twenty years later as a Lieutenant Colonel. Rob earned his Master Degree in Exercise Science and Health Promotion and started teaching Tai Chi in 2009. Rob is fascinated by human movement and has dedicated himself to helping people maintain their ability to move. Posture, gait, and balance are focus areas for his practice. He blends the science of exercise with the art of Tai Chi in programs he develops to help his clients maintain an active and healthy lifestyle.

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 at St. Barnabas' Episcopal Church on July 28th was a huge success thanks to PFC Kathleen O' Leary, Crime Prevention Officer of Fairfax County. Ms. O'Leary gave us many good tips on how to stay safe from fraud and scam artists. It was invaluable information.

The many helping hands of our volunteers like Nancy DeVera and Ming Cribbs, made set up fast and easy. Many thanks for Claire Dubas for setting up the av equipment. She made it look easy.

Many thanks go to Barry Uhlig for making a wonderful summer lunch. It was delicious!

The winner of the gift card to was Diane Levesque, her first time at a Lunch N' Life. A card is given away at every Lunch N' Life so join us in October and maybe you will be the next lucky winner.

Quote of the month: "Always end your day with a positive thought. No matter how bad things are, tomorrow is another chance to make things better".
Goodnight from Ireland Calling

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 for more information.

Consider SCAS in your estate Planning or IRA payout.

Over 70 1/2 and taking funds from your IRA? If you need to make donations SCAS could use your help. 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!

50+ Expo in Springfield VA

The Beacon 50+ Expo is a free annual event featuring expert speakers, health speakers, and informative resources for older adults and their families. Sunday, September 25th from 12:00 noon to 4pm at Springfield Town Center (aka Springfield Mall), Springfield, VA.

The keynote speaker will be Lt. Joe Kenda, star of "Homicide Hunter," the #1 TV show on the Investigation Discovery channel. Kenda is a retired homicide detective and will share highlights from the cases he investigated. He will also offer personal safety tips.

The expos will also feature free health screenings including blood pressure, bone density, balance, vascular and glaucoma screenings, exercise demonstrations, and flu vaccines, free with a Medicare card.

More than 100 exhibitors including government agencies, nonprofits and local businesses will offer information and answer questions about retirement communities, home remodeling, financial planning, healthcare, travel, fitness, senior services and more.

Giveaways and door prizes will be plentiful including a door prize drawing for a 10 day trip for two to China.

Shepherd's Center Oakton-Vienna Lunch N' Life



When: Monday, Sept. 19th
12 Noon to 2 PM

Where: Our Lady of Good Counsel DeSales Hall
8601 Wolftrap Road, Vienna, VA

Program: Capital Swing Quartet— A female a cappella group that will be singing classic swing and barbershop tunes for your listening pleasure.

Cost: \$10 per person. Reservation and prepayment required by Sept. 14th. Call 703-281-0538 to register. See www.scfbva.org for more information.

Shepherd's Center Fairfax-Burke Lunch N' Life



When: September 15th
12 noon - 2 PM

Where: The Lutheran Church of the Abiding Presence,
6304 Lee Chapel Rd., Burke VA 22015.

Program: Sharon Lynn, Director Area Agency on Aging, Fairfax County, will be the guest speaker.

Cost is \$10.00 per person. Please contact Bea Stephenson at 703-273-5730 for a reservation.

Thank You for Your Support

We realize that much of our work would not be possible without your generous and dedicated support, and we would like to let you know how much we recognize and appreciate your continuing contributions.

In Memorium

Clint Hall, a long time driver of SCAS, passed away July 27th. Our sympathy goes out to his wife Katherine. He was a gentle, kind, and caring gentleman. He liked to attend Lunch N' Life and drive seniors to appointments. We will all miss him dearly.



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

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UPCOMING EVENTS

9/6 and 9/8 AARP Driving Class

10/5 AIL begins

10/ 27 Lunch N' Life

11/3 Day Trip to Gunston Hall



Proud member of the Annandale Chamber of Commerce



Our thanks to Greenspring for printing this newsletter.



7610 Newcastle Drive
Annandale, VA 22003

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Ravensworth Baptist Church
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St. Mark's Lutheran Church
St. Matthews United Methodist Church
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United Baptist Church

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