



# shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MAY/JUNE 2017

## ***SCAS Lunch N' Life Thursday, May 25th***

***11:30 am –2:00 pm***

**Annandale United Methodist  
Church**

**6935 Columbia Pike, Annandale , VA**



## ***SCAS Lunch N' Life and Annual Volunteer Appreciation Luncheon***

Join us to hear The Deep Crater Boys, a Country and Western band. Wear your boots, jeans, hats, and dance or just come listen to the music.

Also, help us honor our volunteers who help provide services to our location Senior citizens.

**ACCA Food Pantry Donations** wanted. Bring in any non-perishable food and we will deliver to ACCA.

Please **call the SCAS office** to reserve your seat by Monday, May 22nd. Call **703-941-1419** and send your check **for \$10** to the office. Pre-payment is required as our luncheons are catered.

## ***Day Trip To Rippon Lodge***

**Thursday, June 15th. Board the bus at 10:00 am and return around 4 from Annandale United Methodist Church. 6935 Columbia Pike.**

Rippon is one of the oldest standing houses in Prince William County.

The cost is \$50 for bus, entrance fee, and lunch.

## ***Aldi's is here***

The Aldi grocery store at 7000 Columbia Pike in Annandale is open as of May 4th.

Store hours will be 9 a.m.-9 p.m. Monday through Friday, 9 a.m.-8 p.m. on Saturday, and 9 a.m.-7 p.m. on Sunday.

## ***CARS—Donate your vehicle and help raise funds for SCAS!***

Do you have a vehicle you no longer use or just want to get rid of? Vehicles include autos, boats, RV's, motorcycles, or trucks. You may donate your vehicle whether it is running or not.

Donate your vehicle to SCAS by calling 1-855-500-RIDE (7433). You will need the title, but call anyway if you don't have it, as arrangements can be made. Once you call about the donation, you will receive a return call within 24 hours to schedule the pick-up of your vehicle within a week.

Since SCAS is a 501c3 non-profit organization, you will receive the paperwork for tax purposes after the vehicle has been towed and processed.

## ***SCAS "Young At Heart" Vaudeville show***



***Friday, June 23rd, 2017***

***11:30 am -1:00 pm***

***United Baptist Church***

**7100 Columbia Pike**

**Annandale, VA 22003**

## ***SCAS Lunch N' Life and Fundraiser***

Join us to see and hear characterizations of Betty Boop, Mae West, Davy Crockett, Baby Rose Marie, songs and dancing and a great many one liners. Come see dancing, singing and a great deal of comedic acting.

Cost is \$15 for lunch and fun. All are welcome!

**ACCA Food Pantry Donations** wanted. Bring in any non-perishable food and we will deliver to ACCA.

Please **call the SCAS office** to reserve your seat by Thursday, June, at **703-941-1419** and send your check to the office. Pre-payment is required.

## ***Big Plant Sale at Green Spring Gardens***

**Saturday, May 20, 2017, from 9 a.m. - 3 p.m.**

More than 40 local garden vendors descend on Green Spring Gardens with beautiful and unusual plants to purchase. Growers and Master Gardeners are on hand to help with plant selections and gardening advice. Free admission. For more information, call Green Spring Gardens at 703-642-5173. 4603 Green Spring Road, Alexandria, VA 22312. [www.fairfaxcounty.gov/parks/greenspring](http://www.fairfaxcounty.gov/parks/greenspring)

## ***Revolution Meds***



Introducing Revolution Meds, a new approach to pharmacy. Managing multiple medications can be a challenging, let us do it for you!

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## ***Volunteers Needed at SCAS***

**Do you have a few hours a month you can spare to help SCAS?** Volunteers are needed:

**Adventures in Learning** committee—help set up and clean up, locate speakers

**Lunch N' Life** committee— help set up and clean up, locate speakers

**Board of Directors**— help guide SCAS

**Outreach**— contact churches and businesses

**Drivers** for our transportation service are always needed.

Please call to volunteer or for more information.

## ***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 by email.

If you do not wish to receive this newsletter, please let us know.

## ***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 United Baptist Church on March 23rd** was a huge success thanks to Reverend Dr. Chris Looker, Ron Freeman, and Jerry Hagen. Pastor Looker's lecture on his time in Belfast, No. Ireland was very funny yet poignant. His "Irish Rover" song got the luncheon off to a fun start. We were treated to opera music by Jerry Hagen. He sang arias in his wonderful tenor voice in Italian, German, and English; some old, some new. What a treat! Ron Freeman accompanied Jerry on piano and played beautifully. Thank you all for the great entertainment.

Thank you Pastor Wayne Yawn for the use of the beautiful hall. Thanks to Luis Ponce and all the volunteers for your help in setting up and cleaning up. What a great job you all did!

Thanks also goes out to Lavern McGrail and the students of S. John Davis Culinary School for catering the wonderful lunch buffet. The Shepherd's Pie was delicious and plentiful. The Irish cookies were great. The winner of the gift card to I Hop was Ms. Barbara Laun. A card is given away at every Lunch N' Life, so join us in May and maybe you will be the next lucky winner.

## ***ANNANDALE BED RACE***

**Saturday, May 20, 2017**

The Annandale Hospital Bed Race is a community-event that raises funds for local projects and Virginians with Intellectual Disabilities, including a group home in Annandale.

Businesses gather teams of 5 for this whacky relay race using pediatric hospital beds that have been decorated for the event. Awards for best decorated bed, most enthusiastic team, and the fastest team will be presented at the end of the race.

If you are interested being part of this madcap event, please go to the Annandale Chamber's website for registration information at: [http://](http://www.annandalechamber.com/hospital_bed_race.rhtml)

[www.annandalechamber.com/hospital\\_bed\\_race.rhtml](http://www.annandalechamber.com/hospital_bed_race.rhtml)

### Gift Cards

Do you have old unused Gift Cards sitting in your wallet or drawer that you don't want or won't use? If so, send them in to the Shepherd's Center. We would love to use them for you.

### Yoga

The Shepherd's Center Yoga teacher offers group and private Yoga classes at her home in Annandale. Various times, am, pm, and afternoon for all ages and conditions. Good for body, mind, and spirit and relaxation. Bonnie Kendrick has taught Yoga since 1982 and loves it. You will too! Call Bonnie on 703-208-1479 for information.

### Friendly Callers

CareRing now provides a free service of Friendly Callers for residents of Fairfax County aged 60+. Do you know someone that would like to have someone.

CareRing provides social and emotional support, as well as medication reminders and a variety of other services over the telephone.

If you or someone you know is interested in the CareRing program, please call (703) 516-6769 or visit online at <https://prsinc.org/crisislink/services/caring/> to download an application.

### Farmer's Markets Opening in May

The Farmer's Market, hosted by the Fairfax County Park Authority countywide, will be open every Thursday morning, beginning May 4, until November 16, 2017, from 8 a.m. until 12 noon at Mason District Park, 6621 Columbia Pike in Annandale. Offers include vine-ripe produce, fresh baked goods, herb plants, and much more for your spring and summer time enjoyment. For a complete schedule, and other information about the Farmer's Markets visit [www.fairfaxcounty.gov/parks/farmersmarkets/](http://www.fairfaxcounty.gov/parks/farmersmarkets/), or call 703-642-0128; TTY 703-803-3354.

### Shepherd's Center Fairfax-Burke

#### Fashion Show and Luncheon

Thursday May 18, 2017 noon – 2:00 PM

Church of the Good Shepherd  
9350 Braddock Road, Burke, VA 22015

Tickets are \$30.00 per person

Please contact Bea Stephenson for reservations:  
703- 273 - 5730

Deadline for reservations May 12, 2017

*Soft Surroundings*  
*my time. my place. my self.*

### The 275th Anniversary of Fairfax County

Celebrate the 275th anniversary of the County's founding with a daylong event at the Historic Fairfax Courthouse on Saturday, June 17 from 10 AM to 4 PM. Live entertainment, living history, and family-friendly activities are all free and open to the public. See the events on <http://www.fxva.com/275/>.

### Quote of the month:

"Try not to become a man of success but rather try to become a man of value"  
unknown author



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

5/25/17 Lunch N' Life and  
Appreciation Luncheon  
6/15/17 Day Trip  
6/23/17 Vaudeville Show and  
Luncheon



Our thanks to Green-  
spring for printing  
this newsletter.



Proud member of the An-  
nandale Chamber of Com-  
merce



SCAS supports the transpor-  
tation initiatives of Fairfax  
County's 50+ Community  
Action Plan. Find out more  
at [fairfaxcounty.gov/Older  
Adults](http://fairfaxcounty.gov/OlderAdults).



7610 Newcastle Drive  
Annandale, VA 22003

## SUPPORTING ORGANIZATIONS

AARP  
ACCA  
Annandale Women's Club  
Ar Rahman Foundation  
Arden Courts Memory Care Community  
Fairfax Agency on Aging  
Greenspring  
Hearing Solutions of Fairfax  
Home Instead  
Leewood Healthcare Center  
Serving Together  
Silver Dragon Studio  
Shepherd's Center of Fairfax Burke  
Shepherd's Center of Oakton Vienna  
Shepherd's Center of McLean Arlington FC  
Shepherd's Center of Western Fairfax  
Shepherd's Center of America  
Tina Williams Photography

## BOARD OF DIRECTORS

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Dolores Vestrich  
Nellie Al-Saigh  
Nancy DeVera  
Barbara Gatorian

## SUPPORTING CHURCHES

Annandale United Methodist Church  
Capital Baptist 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

## OFFICE STAFF

Barbara Gatorian, Office Director  
Tony Wonkovich  
Marge Miller  
Patsy Vandiver  
Diane Levesque

### Email Address:

[shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com)

### Website:

[www.shepherdscenter-annandale.org](http://www.shepherdscenter-annandale.org)

**Telephone: 703-941-1419**



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OLDER. SEE OUR WEB SITE FOR OUR ANNUAL REPORT.