



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

NOVEMBER/DECEMBER 2017

SCAS Lunch N' Life



**Thursday, December 7th
11:30 am - 1:00 pm**

Annandale United Methodist Church
6935 Columbia Pike., Annandale, VA 22003

Join us to hear music from the Annandale High School Choir

Open to the public—all are welcome!

Cost is \$10 for lunch, music, and fun.

Support the **ACCA coat drive**: by bringing a new or used coat, warm hat, gloves or mittens, or scarf. Please put gloves in clear plastic bag.

Please **call the SCAS office** to reserve your seat by Monday, December 4th, at **703-941-1419** and send your check to the SCAS office. Pre-payment is required.

The NOVA-Annandale Symphony Orchestra



The Shepherd's Center of Annandale Springfield, in conjunction with the Reunion Music Society, are selling tickets to the Annual Fall concert performed by the NOVA -Annandale Symphony. **Friday, Nov. 10th, at 8:00 p.m.**, at the Ernst Community Cultural Center, NOVA -Annandale Campus. The orchestra, under the direction of Christopher Johnston, will present *An Autumn Potpourri*.

Ticket prices: Adults - \$15; Students - \$10; children under 12 – free.

Buy yours now from SCAS and we will receive a percentage of our ticket sales.

Memory Care



**JOIN US TO LEARN MORE
ABOUT MEMORY**

Would you like to learn more about memory and cognitive decline? Please join us for upcoming workshops sponsored by the Shepherd Center of Annandale/Springfield and Ravensworth Baptist Church in Annandale.

Second in the series: Healthy Living for Your Brain and Body. Tips from the Latest Research.

This workshop will cover four areas of lifestyle habits that are associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition, and social engagement.

Saturday, December 2, 2017, 10 a.m. - 12 noon
Jane Priest of the Alzheimer's Association will be the presenter for the workshops which will be held at **Ravensworth Baptist Church, 5100 Ravensworth Road, Annandale, VA 22003. There is no charge for the workshops**; no registration required; just come. **Coffee and light refreshments 30 minutes prior to presentations. For more information, call Ravensworth Baptist Church 703-941-4113.**

The Potters House at First Presbyterian Church of Annandale



Would you like to learn how to make pottery? Learn a rewarding hobby. Lessons given by professional potter Pastor Chris Looker.

Classes are held every Wednesday, from 10 am to Noon. Just \$15 per 2 hour session. Why not come to 1 session to see what you can make. To sign up or to get more information call the church office at 703- 941-3300.

View pieces already made at First Presbyterian Church of Annandale or commission a homemade piece of pottery. They make great gifts for any reason or any season. Everyone loves a handmade gift. Get one here.

In Memory of our beloved volunteer

MARY LOU FRY 1928-2017

On August 9, 2017, SCAS lost one of our most dedicated, long-term volunteers, Mary Lou Fry, who died of a brain tumor. She spent her last days at home, cared for by her loving family, with help from Hospice.

In the very early days of SCAS, Mary Lou and her ever-faithful husband, Ed, became volunteers. AND WHAT VOLUNTEERS THEY HAVE BEEN! They could be called upon to do most anything that was needed and did it willingly and cheerfully. They helped with Adventures in Learning, doing everything from planning, finding speakers, and providing refreshments. As participants in the AIL Writing Program they shared their life stories, how they met, married and raised a family in the D.C. area. They helped to organize many Lunch N' Life programs, especially at Parkwood Baptist Church in Springfield and have served on the SCAS Board of Directors. They were always gracious hosts and reliable volunteers.

Mary Lou will be missed by all of us at SCAS, especially by our AIL participants. Ed assures us that he will continue to support our programs. The family has made a request that, in lieu of flowers, donations be made to SCAS in honor of Mary Lou.

Donations Needed

To keep our programs running, we need donations from people like you. Please help.

Volunteers Needed at SCAS

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

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 the SCAS office to volunteer.

Newsletter by Email?

Please send us your **email address** so we can save 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 Event:



The Oktoberfest at The American Legion #1976 Post was a huge success thanks to The Alte Kumpel German Band. They played some great German songs throughout the day. What a great band! Thank you all for the great entertainment.

Thank you Diane Ramsey and the American Legion for the use of the beautiful hall. Thanks to the bartenders for keeping the beer flowing.

A BIG thanks goes out to Barry Uhlig for catering the wonderful lunch of German Potato salad, bratwurst, and red cabbage with apples.

A big thanks to Beth Mason for set up and clean up. Thanks to all the volunteers for your help in setting up and cleaning up. What a great job you all did! Thanks to Teddy and Margo for taking pictures for Facebook.

If you missed this Oktoberfest, you missed a great time. We gave 3 German beer mugs away as door prizes. Check out our future events on Facebook or our website. We have some interesting luncheons planned for 2108. You may win a door prize so join the fun.

ECHO

It's that time of year– the giving time!

Let's help those in need in our own backyard.

Ecumenical Community Helping Others (ECHO) serves the residents of Burke and Springfield who are experiencing emergency financial needs or who struggle with long-term low income.

ECHO, an all-volunteer independent organization, distributes clothing and household goods, and gives emergency food. ECHO is at 7205 Old Keene Mill Road, Springfield. Those wishing to offer donations, volunteer, or simply learn more, call 703-569-7972.



Brightview Woodburn Assisted Living

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Come see how Brightview brings it all together. For information or to visit, contact: 703-462-9998
Toll-Free 877-280-3578
www.BrightviewWoodburn.com

Shepherd's Center Oakton- Vienna A Bountiful Harvest

**When: Tuesday, November 14th,
12 noon-2 pm**

**Where: Our Lay of Good Council Church,
8601 Wolftrap Rd. Vienna, VA**
Enjoy turkey and all the trimmings followed by the Fairfax Jubilaires Antiques Roadshow Quartet
Cost: \$10 per person.

**Deadline: reservation and prepayment required call by Nov. 3rd to
703-281-0538**



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Prepare for Flu Season!

A flu shot can help minimize the chance of getting or spreading the flu virus.

Those over 65 should consider the high-dose flue shot.

First Presbyterian Church of Annandale Concert

Come hear Felipe Dominguez play the antique Bach organ.

November 26, 2017 at 4:00 pm

First Presbyterian Church of Annandale,
Virginia, 7610 Newcastle Drive, Annandale,
VA 22003

Free. Goodwill donations are gratefully accepted.

Quote of the month:

Don't cry over the past,
It's gone
Don't stress about the future,
It hasn't arrived
Live In The Present
And make it beautiful! (author unknown)



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Memory Care Community

UPCOMING EVENTS

12/7/17 LNL



Our thanks to Greenspring Village
for printing this newsletter.



Proud member of the
Annandale Chamber of
Commerce



SCAS supports the transportation initiatives of Fairfax County's 50+ Community Action Plan. Find out more at 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
Brightview Woodburn Assisted Living
Fairfax Agency on Aging
Greenspring
Hearing Solutions of Fairfax
Home Instead
Leewood Healthcare Center
Lifematters
Serving Together
Silver Dragon Studio
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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

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