



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

SEPTEMBER/OCTOBER 2025

SCAS September Lunch N' Life

Join us to hear Vince Borelli sing popular songs to us in Italian and English while we enjoy an Italian lunch.

When: September 18th (Thursday)

11:15 am to 1:00 pm

Where: St. Mark's Lutheran Church
5800 Backlick Rd., Springfield, VA

Cost is \$15 per person for lunch and music
Bring a new friend and both of you get in free

Open to the public. All are welcome.

To Register: Call the office at 703-941-1419 by
Monday, September 15th or send an email to
shepherdschas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive,
Annandale, VA 22003.

**Please bring a non-perishable food for the
local food pantries.**

Locations change monthly.

SCAS Oktoberfest



Join us for an
Oktoberfest with the
renowned King's Park German Band. We will
even do the "Chicken Dance".

Enjoy some German brats, German potato salad,
red cabbage with apples, sauerkraut, and Spice
cake or German Chocolate cake.

When: October 11th (Saturday)

Where: Bethlehem Lutheran Church
8922 Little River Tpke Fairfax, VA

Cost is \$20 per person for German food and
entertainment.

Open to the public. All are welcome.

To Register: Call the office at 703-941-1419 or
send an email by Monday, October the 6th
to shepherdschas@vacoxmail.com.

Send Check To: SCAS, 7610 Newcastle Drive,
Annandale, VA 22003.

Pre-payment is appreciated.

July Lunch N' Life



We enjoyed a special coffee tasting
that was brought to us by Beanetics Coffee Roasters
in Annandale.

We enjoyed some brunch foods while learning
more about roasted coffee. We tasted 3 different
types plus their decaffeinated by the Swiss water
method. Go try their wonderful coffee.

Jason Llorenz and Sao Petcharoen from Beanetics
of Annandale gave everyone a \$5 coupon for a free
cup of coffee from Beanetics for attending.

Thank you Pastor Pam from The United Baptist
Church, in Annandale for having us again.

August SCAS Lunch N' Life

What an interesting interactive luncheon we had
with myofascial therapist, Nancy Shaw, director of
the Myofascial Pain Treatment Center. Do you have
any aches, pains, headaches, or leg cramps? Nancy
taught us why we feel pain, where we feel it, and
how to combat it.

Thank you Barry for fixing our summer lunch. We
look forward to the fall menus.

Thank you Pastor Pam for saying the opening
prayer and the use of the lovely big hall at The
United Baptist Church in Annandale.

If you are looking for a hall to rent, call their office
at (703) 256-5900.

Pennies



Starting early next year, the Treasury Department announced that it will end the production of new pennies, leading to an eventual disappearance of the first-ever coin in the United States. The penny has been used for 233 years.

Ballooning manufacturing costs is the cause. It costs 3.7 cents to produce a coin worth just 1 cent. In the 2024 fiscal year, around 3.2 billion pennies were manufactured

The nickel will become the smallest denomination used in cash transactions. Nickels are also produced at a loss, costing about 13.8 cents to make a nickel. So who knows if that coin will be targeted next.

Even after production stops, pennies will remain legal tender in the U.S. That means businesses can accept them for payment, and most will, especially as long as people still have them in circulation (which could be years).

Businesses are not required to accept any specific form of payment under federal law, including coins. Any business can opt for cashless-only payments, or even state, "we don't take pennies anymore."

Pennies will remain legal tender, so you've got several options for putting them to good use: Cash them in: Most banks will accept rolled pennies, and coin-counting machines at grocery stores (like Coinstar) offer cash, gift cards, or donation options. Just keep in mind: some charge a fee for cash payouts.

Spend them: if you've got exact change, go ahead and use them, especially while they're still in circulation.

Donate them: Local charities, schools, and community causes often accept spare change. A handful of pennies may not seem like much, but together, they can add up.

Hold on to a few: with production ending, today's common penny might become tomorrow's nostalgic keepsake — or even a collector's item.

An October quote for you

"Listen! The wind is rising, and the air is wild with leaves, We have had our summer evenings, now for October eves!" — Humbert Wolfe

The Shepherd's Center of Annandale Springfield (SCAS)

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

Volunteer Opportunities with SCAS

Do you have a few hours a month you can spare to help SCAS as a volunteer?

Drivers—volunteer transportation services

Lunch N' Life committee—help set up and clean up, locate LNL speakers and plan fun events

Board Members—help guide SCAS

Outreach—liaise with churches and businesses

Fundraiser/grant writer— help raise funds

Administrative Assistant Wanted. Paid Position. Will be available starting January 2026.

Call the SCAS office today to begin giving back.
Call 703-941-1419 for details.

Knitting for the Needy

Have you always wanted to learn how to knit?

Or would you just like to join a group to knit and socialize at the same time in a lovely setting instead of your living room?

Join the knitting group on the second Wednesday of each month at 2 pm at the Little River United Church of Christ, 8410 Little River Turnpike, Annandale, VA. Join other knitters from the Shepherd's Center of Annandale Springfield, the Rotary, and members of LRUCC while helping to make hats, scarves, or mittens for the needy. No need to call ahead, just show up.

Supplies have been generously donated by the Rotary, District 76 of Annandale.

Thank You for Your Support

We realize that much of our work would not be possible without your generous and dedicated support. We would like to let you know how much we recognize and appreciate your continuing monetary contributions. 100% of all contributions stay within SCAS and pay for our programs.

2025 Document Shred Events

Marian Homes is hosting free community shred events. See below for the dates and locations of a few of the shredding events.

Open to the public. 10 am to 12 pm

Complimentary but donations graciously accepted

The events help provide homes where every adult with intellectual disabilities has access to a safe, affordable, and supportive place to call home.

9/20 at Nativity Parish 6400 Nativity Lane Burke VA

9/27 at St. Veronica Catholic Church

3460 Centreville Road Chantilly, VA. 20151

10/4 at St. Raymond of Peñafort Parish,

8750 Pohick Rd, Springfield, VA 22153

10/11 at St. Timothy Church

13807 Poplar Tree Road Chantilly, VA 20151

10/18 at St. Elizabeth Ann Seton Parish

12807 Valleywood Dr. Lake Ridge VA 22192

10/25 at Holy Spirit Parish,

5121 Woodland Way, Annandale, VA 22003

11/1 at Blessed Sacrament Parish

1427 W Braddock Rd. Alexandria, VA. 22302

Taste of Annandale

The annual Taste of Annandale is almost here!

The [Taste of Annandale](#), will be held on Sept. 20, 10:30 a.m.-6 p.m., at the Eileen Garnett Civic Space and adjoining Annandale Firehouse social hall. 7200 Columbia Pike Annandale, VA 22003 on the grounds of the ACCA Child Development Center.

This huge annual festival will have lots of food from diverse cultures, local brews, a pet contest, a 5K race, a chili cookoff, fun activities for children and teens, and lots of vendor booths. Free admission.

There will be plenty of food vendors, live music and dance performances, a pet parade, costume contest, beer sales, a full schedule of children's activities, and a community art project. There are two new features this year: a petting zoo and an eating contest.



PAT SAWHNEY
RE/MAX 100

703.395.9214
PATSAWHNEY42@GMAIL.COM
SEE MY VIDEO: GETMOVINGWITHPAT.COM



HERE'S WHAT PAT SAWHNEY CAN DO FOR YOU:

- GUIDE THE ORGANIZING AND RENOVATING AS NEEDED
- ADVISE ON TYPES OF HOUSING FOR DOWNSIZING
- PROVIDE UNIQUE MARKETING FOR BEST PRICE AND TERMS
- NEGOTIATE AND ADVOCATE FOR YOUR BEST INTERESTS

I HAVE OVER 45 YEARS EXPERIENCE AND AM A "SENIOR REAL ESTATE SPECIALIST" WITH MANY SATISFIED CLIENTS! I LOOK FORWARD TO WORKING WITH YOU OR THOSE WHO YOU REFER TO ME!

NutureCare

NutureCare has been referring caregivers to families in Northern VA for over 24 years.

NutureCare is here to assist and support you and your loved ones to live safely and independently, and selects the highest caliber caregivers in the marketplace.

NutureCare believes in consumer directed care, where you determine the days and hours of service, the tasks to be performed and the caregiver who will deliver the care.

Only one in twenty applicants is selected to be referred by NutureCare and all caregivers have a minimum of two years of geriatric experience. Rigorous background checks include national criminal check, social security trace, credit check, DMV record review, sex offender check, professional reference checks and TB screening. Both hourly and live-in care is available. Scheduling is flexible, and staff and services are available 24 hours a day, 7 days a week. Services include bathing, dressing, personal care, lifting and transferring, meal prep, light housekeeping, laundry, medication reminders, errands and companionship. Please call 703-525-5900 and mention that you are a member of the Shepherd Center.

Karen A. Brody, Account Executive
O: 703-383-9300, C: 703-389-5735
kbrody@thriveathome.com

Urgent Need for Type O Blood Donors

Inova is facing a critical shortage of Type O blood due to multiple traumatic incidents and medical emergencies. While all blood types are needed, Type O is especially needed to help patients in critical need.

Schedule an appointment by calling BLOOD-SAVES 1-866-256-6372. Find out more on inovablood.org.

Cars for SCAS! Donate Your Vehicle!



Help SCAS by calling 1-855-500-RIDE (7433) to pick up your car for free. All vehicle sale proceeds will benefit SCAS. Get that old car, motorcycle, or boat out of your driveway or garage, **running or not.**



7610 Newcastle Drive
Annandale, VA 22003

ADDRESS SERVICE REQUESTED

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

Email Address:

shepherdscas@vacoxmail.com

Website:

www.shepherdscenter-annandale.org

Telephone: 703-941-1419

Visit Us on Facebook



Office hours 10-1 Mon-Fri



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.

OFFICE VOLUNTEERS/STAFF

Tony Wonkovich
Denise Campbell
Beth Barns
Ted Gatorian

Margo Bendery
Honora Daly
Barbara Gatorian

SUPPORTING CHURCHES

Annandale United Methodist Church
Bethlehem Lutheran Church
Capital Baptist Church
First Presbyterian Church of Annandale
Grace Presbyterian Church
Holy Spirit Catholic Church
Hope Lutheran Church
Little River United Church of Christ
Mount Pleasant Baptist Church
Ravensworth Baptist Church
Parkwood Baptist Church
Prince of Peace Lutheran Church
St. Alban's Episcopal Church
St. Barnabas Episcopal Church
St. Mark's Lutheran Church
St. Matthews United Methodist Church
The United Baptist Church

BOARD OF DIRECTORS

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Denise Campbell
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SUPPORTING ORGANIZATIONS

AARP
ACCA
Aging Forward (Formerly SCA)
American Legion Post #1776
Annandale Women's Club
Ar Rahman Foundation
Brightview Senior Living—Woodburn
Elmer Timberman Masonic Lodge
Fairfax Agency on Aging
NV Rides
Serving Together
Silver Dragon Studio

Newsletter by Email!

Please send us your email address so we can save paper, printing, and mailing costs. Get the news faster and in color by email. If you do not wish to receive the newsletter, please let us know.