



# shepherd's center

OF ANNANDALE SPRINGFIELD

## THE SHEPHERD'S CALL

### **SCAS January Lunch N' Life**

Join us to start the new year out getting healthy by hearing a speaker on brain health entitled "Six Pillars of Brain Health".

Thursday, January 22nd  
11:00am to 1:00 pm. 11-11:30 socialization,  
11:30-12 lunch, 12-1 lecture

First Presbyterian Church of Annandale,  
Activities Building  
7610 Newcastle Dr., Annandale, VA

Cost is \$20 per person for lunch and lecture.  
Pre-payment is appreciated.

**Open to the public. Ages 18 to 100 welcome.**

**To Register:** Call the office at 703-941-1419 by **Monday, January 19th** or send an email to [shepherdscas@vaxoxmail.com](mailto:shepherdscas@vaxoxmail.com).

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

**Coffee for sale for \$20 each.**

### **SCAS November Lunch N' Life**

We enjoyed a fun time with Mary Ann Jung, professional actress, portraying Rosie the Riveter.



We learned a lot and even had audience participation. Thanks to Dick Stewart (who played Walter Pidgeon) Tony DeVera (who play a WWII Flying Ace), and Pat Sawhney (who played Eleanor Roosevelt).

Thank you First Presbyterian Church of Annandale for letting us use your Activities Building.

Thank you Barry Uhlig for making the meal we all enjoyed.

## JANUARY/FEBRUARY 2026

### **SCAS February Lunch N' Life**

Keep the healthy habits going and join Yoga Teacher Bonnie Kendrick's Seated Yoga class.

Thursday, February 26th, 2026  
11:00am to 1:00 pm. 11-11:30 socialization,  
11:30-12 lunch, 12-1 gentle yoga

The United Baptist Church  
7100 Columbia Pike, Annandale, VA 22003

Cost is \$20 per person for lunch and yoga.  
Pre-payment is appreciated.

**Open to the public. Ages 18 to 100 welcome.**

**To Register:** Call the office at 703-941-1419 or send an email by Monday, February 23rd to [shepherdscas@vaxoxmail.com](mailto:shepherdscas@vaxoxmail.com).

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

**Coffee for sale for \$20 each.**

### **SCAS December Lunch N' Life**



Holiday seasonal with songs by the Annandale High School Choirs. They were back by popular demand so you know they are good!

We enjoyed a wonderful lunch by the S. John Davis Culinary School of Falls Church then sat back and enjoyed the wonderful music.

Thank you Annandale United Methodist Church for letting us use your perfect hall. Thank you Pete and Alice Snitzer for all the work you do there. And thank you helpers.

## ***Coffee, Coffee, Coffee***

Need gifts for family or friends? Want a really good cup of coffee?



Buy a 9 oz. bag of our specially blended coffee from Beanetics Coffee Roasters. This is not your grocery store coffee.

We have both regular ground Colombian and Mayan Decaffeinated.

Both are roasted and ground for us to enjoy and to help SCAS raise a little money. So help us raise funds and pick up some gifts at the same time.

Come to the Lunch N' Life and buy a bag for \$20, by cash or check payable to SCAS.

## ***Need Senior Living?***

Finding the right senior living option can feel overwhelming for families. Between balancing careers, caregiving, and daily responsibilities, it's hard to know where to start—or which communities truly fit your loved one's needs, budget, and lifestyle. Many families spend months researching on their own, only to feel more stressed and uncertain.

**Oasis Senior Advisors** makes the process easier. We provide personalized, local guidance to help you explore senior living options such as independent living, assisted living, memory care, and additional resources. Our advisors take time to understand your loved one's medical needs, preferences, and goals, then match you with trusted communities that fit. Best of all, our services are free for families.

If you're noticing changes in safety, health, or ability to live independently, don't wait until a crisis happens. Reach out to Oasis Senior Advisors today—we'll help you navigate every step with compassion, expertise, and confidence. Let us make this transition smoother for you and your loved one. Call 703-638-8629 or visit [OasisSeniorAdvisors.com/DMV](http://OasisSeniorAdvisors.com/DMV). By Harby Tran

## ***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

*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 4th 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.

## **Giving the Gift of a Ride**

Thank you volunteers for your time, care and dedication to driving seniors to medical appointments.



Below is how active our drivers were to mid December 2025:

- 915 One way rides given to our seniors
- 8083 miles driven
- 1058 hours of time donated total

The Transportation Program is our primary mission. Can you help out with just a few hours per month? It's easy; just drive a senior to medical appointments or grocery shopping. You can get your shopping done at the same time.

You would be helping people over 50 years old who no longer drive. It is so hard for them to get around when they need to. Your help would be so appreciated and you may make a new friend.

## **American Legion Post #1976**

Are you looking for a hall to use for parties, family gatherings, or meetings? The American Legion has the perfect hall for you to use. It has tables, a private entrance, and a sunny view during the day. It holds up to 90 people.

There is no need to be a Legion member to use the hall. It is open to the public for a very affordable rent.

If you are not a member but are eligible to join, contact Post Manager Diane Ramsey at 703-408-9123. Join Veterans and others in a friendly atmosphere.

4206 Daniels Ave, Annandale, VA 22003. See more details at <https://www.post1976.org>

**PAT SAWHNEY**  
**RE/MAX 100**



703.395.9214  
[PATSAWHNEY42@GMAIL.COM](mailto:PATSAWHNEY42@GMAIL.COM)  
SEE MY VIDEO: [GETMOVINGWITHPAT.COM](http://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!



## **Sherwood Regional Library**

Need help with Tech? The TechLab on the second floor is open to the public where staff and volunteers provide hands-on technology classes and one-on-one computer tutoring sessions.

They also hold **free seated Chair Yoga classes**. For joint release, stretching & range of motion. Find stability, alignment and integrity for stretches and safe movement for the entire body. Wednesdays at 1:30pm - 2:30pm in the Meeting Room. Great for Older Adults, even newbies.

Want to **buy a used book** at great prices?

Check out their book sales upstairs and downstairs. Big selections. Why pay big bucks for books? The "Book Rooms" are open daily.

Check the times on <https://www.fairfaxcounty.gov/library/branches/friends-of-sherwood-regional>.

Go once and you will keep going back.

2501 Sherwood Hall Ln, Alexandria, VA.

## **Save the Date for Future Lunch N' Life**

**March 26th**— Nutritionist Amy Daniels

**April 23rd**—Christina DeVera speaking on US Geological Survey, Geoheritage Sites of the Nation project.

**May 28th**—OCEAN Celtic Quartet puts a refreshing spin on traditional British and Irish songs as well as Cutting's original compositions, from soaring ballads and stirring sea chanteys to blazing fiddle and accordion tunes.

## **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  
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Merrifield, VA

**Email Address:**  
shepherdscas@vaxomail.com  
**Website:**  
www.shepherdsccenter-annandale.org  
**Telephone:** 703-941-1419  
**Visit Us on Facebook**  
Office hours 10-1 Mon-Fri



Proud member of the Annandale Chamber of Commerce



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

#### OFFICE VOLUNTEERS/STAFF

Tony Wonkovich	Margo Bendery
Denise Campbell	Honora Daly
Beth Barns	
Ted Gatorian	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

Barbara Gatorian, Chair  
Margo Bendery, Treasurer  
Pat Sawhney, Vice Chair  
Dick Stewart  
Nancy DeVera  
Tom Eversole  
Beth Barns  
Denise Campbell  
Honora Daly

#### 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.