



Presents Lunch N' Life

Join us to be part of

Bonnie Kendrick's Seated Yoga Class Start the year out with gentle healthy exercise!



Thursday, February 26th, 2026

11:00 am – 1:00 pm

Yoga 11:30 am

Lunch 12:30 pm to 1:00 pm

The United Baptist Church

7100 Columbia Pike, Annandale, Virginia 22003

Cost of Lunch and class: \$20 per person

To Register: Call the SCAS Office at (703) 941-1419 by Tuesday, February 23rd
or send an email to shepherdscas@vacoxmail.com

Our lunches are catered so pre-payment is appreciated.

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