



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MARCH/APRIL 2026

SCAS March Lunch N' Life

Join us to learn about healthy nutrition and wellness from Mara Davis, a registered dietician.

Thursday, March 26th, 2026

11:00am to 1:00 pm. 11-11:30 socialization, 11:30-12 lunch, 12-1 lecture

Little River United Church of Christ
8410 Little River Turnpike, Annandale, VA 22003

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 **Tuesday, March 24th** or send an email to shepherdscas@vacoxmail.com.

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

Coffee for sale for \$20 each.

SCAS April Lunch N' Life

Come hear about Geology and our shared history through the rocks underneath our feet from Christine DeVera.

Thursday, April 23rd, 2026

11:00am to 1:00 pm. 11-11:30 socialization, 11:30-12 lunch, 12-1 lecture

St. Barnabas' Episcopal Church
4801 Ravensworth Blvd, 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.

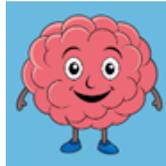
To Register: Call the office at 703-941-1419 or send an email by **Tuesday, April 21st** to shepherdscas@vacoxmail.com.

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

Coffee for sale for \$20 each.

SCAS January Lunch N' Life

We enjoyed a lively discussion about the 6 pillars of brain health – be social, engage your brain, manage stress, ongoing exercise, restorative sleep, eating right - with Deb Cohen, AARP.



Thank you First Presbyterian Church of Annandale for letting us use your Activities Building. Thank you Barry Uhlrig for making the meal we enjoyed.

Save the Date for Future Lunch N' Life

May 28th— Volunteer Appreciation luncheon with special performance by the OCEAN Celtic Quartet at St. Mark's Lutheran Church.

June 25th—Sing along with Bonnie Kendrick Summer Songs at the United Baptist Church.

July 16th—At the American Legion Post 1976, in honor of the Nation's 250th anniversary, Mary Lipsey will talk about the Ladies of the American Revolution, focusing on Virginia women.

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.

Used Book Reuse & Recycling Program

Residents can now drop off unwanted hardcover, paperback, and textbooks in the green donation bins at the I-66 Transfer Station in Fairfax. In partnership with [New Legacy Books](#), the county's Solid Waste Management Program is launching a program to keep used books out of the landfill. Only books with an ISBN barcode are accepted for collection.



New Legacy Books will resell the books with a portion of the sales supporting county residential recycling services. Books with lower value go to wholesale book companies for resale. Remaining books that cannot be resold will be recycled.

The program offers the public a practical way to divert waste and supports the county's long-term zero waste goal, which aims to divert 90 percent of the overall waste stream away from disposal.

For more information on this program and other sustainable recycling and disposal options, visit fairfaxcounty.gov/publicworks/recycling-trash/.

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 parts of Alexandria. 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 2nd and 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 LRUC 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!

Our work would not be possible without your generous and dedicated support. We want you to 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 are our “Top 3” drivers and the number of drives they took in 2025:

- Ted Torsch - 210
- Thomas Kane - 102
- Brian Alberts – 86

Thank you Ted, Thomas, and Brian!

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.

Meet our new Office Manager, Margo H.

In January, Margo Schulze-Haugen joined SCAS as our new office manager in January. We are calling her Margo H. to distinguish her from our long-standing Board member and Treasurer, Margo Bendery. Margo H. lives in Dunn Loring with her husband and large Anatolian shepherd. She has 2 adult children, volunteers with the Lost Dog and Cat Rescue Foundation, and is an active gardener currently waiting for spring!

File of Life



The File of Life is a form that is kept on your refrigerator door that provides emergency contact information and critical medical information to first responders at times when you may not be able to provide that information yourself.

The File of Life provides areas to list:

1. Current Medical Data
2. Medications
3. Allergies
4. Recent surgeries
5. Medical conditions

Having a File of Life gives first responders easy access to potentially life-saving information for prompt and quality care when every second counts. Each individual in the home who has a known medical or physical condition that could require emergency care needs to have their own File of Life. **Keep all information current.** Use a pencil to fill out the information so that the medical information can be kept updated.

Help Stuff the Bus to Fight Hunger!



On Saturday, March 14, 2026, the Annandale Christian Community for Action (ACCA) is working with Fairfax County at their Stuff the Bus food drive at the Giant Food at 7137 Columbia Pike from 10 a.m. to 3 p.m.

Purchase much-needed items at the store and place them in the ACCA carts at the checkout. ACCA volunteers will be on hand with grocery needs.

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 benefit SCAS. Get that old car, motorcycle, or boat out of your driveway or garage, **running or not.**



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- GUIDANCE ON WHETHER TO RENOVATE OR NOT
- REFERRAL TO EXPERT FOR FINDING BEST SENIOR LIVING
- UNIQUE MARKETING FOR BEST PRICE AND TERMS
- NEGOTIATING AND ADVOCATING FOR YOUR BEST INTERESTS

I HAVE OVER 50 YEARS EXPERIENCE AND AM A "SENIOR REAL ESTATE SPECIALIST" WITH MANY SATISFIED CLIENTS! I LOOK FORWARD TO WORKING



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Website:

www.shepherdscenter-annandale.org

Telephone: 703-941-1419

Visit Us on Facebook

Office hours 10-1 Mon-Fri



Real Possibilities



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 Margo Bendery
Denise Campbell Honora Daly
Beth Barns Margo Schulze-Haugen
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

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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.