



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

JULY/AUGUST 2018

SCAS Lunch N' Life

Thursday, July 19th 11:30
am - 1:00 pm



Join us to hear Mr. Robert Booth, Retired State Department Counterintelligence, talk about his experience and his book "Leaks, Spies and Lies".

St. Mark's Lutheran Church,
5800 Backlick Rd., Springfield, VA 22150

Open to the public—all are welcome!

Cost is \$10 for lunch and lecture.

Support **ACCA Food Bank** and **ECHO** by bringing a non-perishable food. In a 2015 survey it was revealed that 67,190 Fairfax County residents were "food insecure". Let's help fill the food bank.

Please call the SCAS office at 703-941-1419 or send an email to shepherdscas@vacoxmail.com to reserve your seat by Monday, July 16th.

Send your check to the SCAS office. Our meals are catered so pre-payment is required.

Living with Alzheimer's

The on-going **caregivers support group**, meets the 2nd Tuesday of each month at 7:00 p.m. Join the group on July 10 and August 14th.

The meetings are conducted by trained facilitators at Ravensworth Baptist Church
5100 Ravensworth Rd. Annandale, VA 22003
in the annex building. Call for details 703-941-4113.

- Develop a support system
- Share feelings
- Talk through issues
- Exchange practical information
- Learn about community resources

Would you like to learn how to make a necklace or bracelet?

Take a class to learn the Spiral Rope Stitch beadweaving on July 18th, at the Packard Center. Class is from 10-12 Noon. \$5 materials fee. There is room for 12 "students". Magnifying spectacles greatly encouraged, or table-based magnifiers. Hand held magnifiers are no good because you need both hands for beading. Call SCAS to sign up.

Day Trip to The George Washington Masonic National Memorial

Wednesday, August 15, 2018

Board the bus at 11:00 to go to Alexandria, VA to see the Masonic Temple and learn about the Masons and their history.

A narrated guided tour of the museum will show you the many floors of the Temple. Save some time to visit the gift shop.

Lunch will be on your own at a local restaurant. Return around 3:00 pm. Cost is \$30 for transportation and tour. Call to reserve your seat now!

AARP Smart Driving Class



SCAS is sponsoring the AARP Smart Driving Class for seniors at St. Alban's Episcopal Church on Wednesday, August 1st and Thursday 2nd.

Classes are from 9:00 am to 1:00 pm each day. You must attend both days to earn a certificate which may save you some money on your car insurance.

\$15 for AARP members (bring your AARP card)
\$20 for nonmembers

Pre-registration is required. (Maximum of 35 participants)

Bring a check payable to AARP or cash at the door

To Register: Call the Shepherd's Center of Annandale Springfield at 703-941-1419.

What is National Night Out?

It's An Opportunity:

- For fun, food and fellowship in your community;
- To get to know your Police and Public Safety team better;
- To heighten crime and drug prevention awareness;
- To send the message your neighborhood is organized against crime.

Whether a simple ice cream party or an all-out festival, NNO is an opportunity to gather with your neighbors, get better acquainted and talk about issues of common concern.

So find your community gathering on August 7th and enjoy the evening.

Senior Metro Cards

Metro gives seniors 65+ in age a discount of 50% off its rail and bus fares. Get the Senior SmarTrip® Card.

To purchase the card, seniors need to show a valid government issued photo ID with proof of age at either the Metro sales office at Metro Center station or commuter stores. For additional information, call SmarTrip® Customer Service at 1-888-762-7874.

They are not sold in vending machines located in Metro stations.

Commuter stores can be found on Metro website: <https://www.wmata.com/fares/smartrip/senior.cfm>

Donations of Gift Cards

Do you have any gift cards you don't want? Just send them to SCAS, we will gladly use them. You will receive a gift donation letter for your taxes.

Need a Notary?

Notarial services are available from 8:30 a.m. to 4 p.m. in the Office of Mason District Supervisor Penny Gross, located in the Mason District Governmental Center, 6507 Columbia Pike in Annandale.

Please call 703-256-7717 in advance to ensure the notary is available to assist you when you arrive.

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, Springfield, and sections in Alexandria, Virginia. Since 2004, SCAS has been providing programs for transportation, socialization and learning for senior adults.

Recent Event:

The May 24th Lunch N' Life /Volunteer Appreciation luncheon, held at United Baptist Church, on Columbia Pike in Annandale, was a wonderful afternoon.

The Dixieland Express band played upbeat Dixieland jazz on traditional instruments of cornet, trombone, clarinet, tuba, drums and banjo. They are a great band!

Visit the Shepherd Center's Facebook page to see the crowd and the band in action.

Thank you Reverend Wayne Yawn for the use of the hall at United Baptist Church. Thanks to Pam Moyer for taking such good care of us.

Thanks goes out to the Barry Uhlig for a wonderful New Orleans lunch of Dirty Rice, green beans, and rolls.

Thanks to Teddy, and a special thanks to Gina Cocomello, from NV Rides, for taking pictures for our Facebook page.

Thanks to all the volunteers for helping. What a great job you all did!

If you missed this luncheon, you missed a fun time. So come to the next lunch, join the fun, and you may win a door prize.

Venture Into Volunteering Save the Date

See what volunteer opportunities are available to you.

September 13th
10:00—12:00 noon

United Baptist Church
7100 Columbia Pike, Annandale, VA 22003

Free Diabetes Self-Management Program

Thursdays, July 12- August 16
10 a.m.-12 :00 Noon
Lorton Senior Center, 7722 Gunston Plaza, Lorton. 703-550-7195
To register, visit
www.fairfaxcounty.gov/OlderAdults
and click on Chronic Disease Self-Mgmt. Or call the Senior Center.

The Social Security office in Arlington closed

The office located at 1401 Wilson Blvd., Suite 200, Arlington, VA closed June 21st.
The next-nearest offices are: 6295 Edsall Road, Alexandria, VA 22312 and 11212 Waples Mill Rd., Fairfax, VA 22030.

Keep in mind that the closing of the Arlington office will create an increased workload for the other Northern Virginia offices. This will create longer wait times.

Social Security Administration spokeswoman Nicole Tiggemann said the General Services Administration, which handles federal office leases, has been "unable to find suitable replacement space" in Arlington and had to close the office because of an expiring lease.

Cars for SCAS!



Do you have a vehicle you no longer use or just want to get rid of?
Vehicles include autos, boats, RV's, motorcycles, or trucks. You may donate your vehicle whether it is running or not. No title, no problem.

Donate your vehicle to help SCAS by calling 1-855-500-RIDE (7433).




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If you do not wish to receive this newsletter, please let us know.

RMS/NOVA Concert



Buy your tickets from SCAS to hear "Hooray For Hollywood", musical selections from the silver screen.

NOVA-Annandale Symphony Orchestra summer pops concert, **July 15th**, starting **7:30 pm**, at the Ernst Community Cultural Center Theater, NOVA-Annandale Community College campus.

Ticket prices: Adults \$15.00; Students with ID \$10.00; NOVA students and children free.

Quote of the month:



"Be helpful, when you see a person without a smile, give them yours."

Zig Ziglar

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UPCOMING EVENTS

7/19 Lunch N' Life

8/1 + 8/2 AARP Driving Class

8/15 Day Trip



Real Possibilities

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 Village

Hearing Solutions of Fairfax

Home Instead

Leewood Healthcare Center

NV Rides

Serving Together

Silver Dragon Studio

Shepherd's Center of Fairfax Burke

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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

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Visit us on Facebook

Office hours 10-1 Mon-Fri

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