



shepherd's center

OF ANNANDALE SPRINGFIELD

THE SHEPHERD'S CALL

MAY/JUNE 2019

SCAS Lunch N' Life and Volunteer Appreciation Luncheon

Thursday, May 23rd, 11:30 am to 1:00 pm
St. Mark's Lutheran Church
5800 Backlick Rd., Springfield, VA 22150

Put on your dancing shoes and dance to the music of the Nitehawks Swing Band, or just sit back and enjoy the music.

Join us to honor our volunteers too.

Open to the public—all are welcome!
Cost is \$10 for lunch and music.

Support **ACCA Food Bank** by bringing a non-perishable food.

Please **call the SCAS office at 703-941-1419** or send an email to shepherdscas@vacoxmail.com to reserve your seat by Monday, May 22nd.

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

Day Trip to Montpelier Mansion

Wednesday, May 15th

Board the bus at 9:30 am to see the historic house and grounds in Laurel, MD.
Bus pick up is at United Baptist Church
7100 Columbia Pike, Annandale, VA 22003

Start the day with a 1 hour guided tour in the historic Georgian plantation home built in the 1780's. Stroll over 70 acres. Lunch will be on your own at a local restaurant.

Return around 3:30 pm.
Cost is \$30 for transportation and tour. Call to reserve your seat now!

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 May 14th and June 11th.

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

SCAS Lunch N' Life

Thursday, June 27th, 2019 11:30 am– 1:00 pm
Join us to hear Ron Wiersma, Founder and President of Friend 2 Friend International, on the topic of "loneliness".

St. Alban's Episcopal Church
6800 Columbia Pike, Annandale, VA 22003

Open to the public—all are welcome!
Cost is \$10 for lunch and lecture.

Please **call the SCAS office at 703-941-1419** or send an email to shepherdscas@vacoxmail.com to reserve your seat by Monday, June. 24th.

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. 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).

Northern Virginia Farmer's Markets Open

The Farmer's markets operated by the Fairfax County Park Authority are opening this month.

SPECIAL EVENT: Several Fairfax County Farmers Markets will have free bike maps and special giveaways during Bike to Market Week, June 16 – 22.

Wednesday's

McCutcheon/Mount Vernon, Sherwood Library,

8:00–Noon (May 1 – Dec 18)

Oak Marr Recreation Center, 3200 Jermantown Rd,

8:00 – Noon (May 1 – Nov 13)

Wakefield Park, 8100 Braddock Road, 2:00 – 6:00

pm (April 17 – Oct 30)

Thursday's

Annandale, Mason District Park, 6621 Columbia

Pike, 8:00 – Noon (May 2 – Nov 7)

Fairfax County Government Center, 12000 Govern-

ment Ctr Pkwy, 3:00 – 7:00 pm (May 2 – Oct 24)

Friday's

Kingstowne, 5935 Kingstowne Towne Center,

4:00 – 7:00 pm (May 4 – Oct 26)

McLean, Lewinsville Park, 1659 Chain Bridge Road,

8:00 – Noon (May 3 – Nov 15)

Saturday's

Burke, VRE parking Lot, 5671 Roberts Parkway,

8:00 – Noon (April 13 – Dec 21)

Fairfax Community Farmers Market, 10500 Page

Ave., 8:00 – 1:00 (May 11 – Oct 26)

NOVA Farmers Market, 300 Park Ave., 8:30 – 1:00

(year round)

Oakton Community Foodworks Farmers Mkt, 2854

Hunter Mill Rd, 9:00 – 1:00 (year-round)

Springfield Community Foodworks Farmer's Mkt,

6699 Spring Mall Dr., 10:00 – 2:00 (Apr – Nov)

Fairfax Community Farmers Market, 10500 Page

Ave., 10:00 – 2:00 (May 12 – Oct 20)

Lorton, VRE parking lot, 8990 Lorton Station Blvd,

9:00 – 1:00 (May 5 – Nov 17)

Fresh Farm Farmers Market, Mosaic District Shop-

ping Center, year-round (9:30 – 2:30 Apr – Dec 29)

Tysons Community Foodworks Farmer Markets,

8400 Westpark Dr., 9:00 – 1:00 (May – Nov)

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

Recent Event:

The LNL of April 25th was a big success thanks to Supervisor John Cooke who spoke to us about senior issues in Fairfax County. Mr. Cook is such an engaging speaker. He will be sorely missed after he retires at the end of this year.

Thank you Reverend David Lindsey for the use of the hall in your beautiful Little River Church of Christ.

Thanks for all the helpers for setting up and cleaning up. Thanks to Bill and Lucylle Dubbert for the pretty pink flowers.

Thanks goes out to the S. John Davis Culinary School for the lunch of Frittata, fruit cup, salad, and the world's best carrot cake. Lavern, John, and the students are great to work with. Good luck to John who is also retiring and will also be missed. He makes great rolls.

If you missed this luncheon, you missed a lot of good information. We also gave away a \$25 gift card to Ruby Tuesday's.

So come to the next lunch, join the fun, and you may win a door prize.

Donating IRA Funds to a charity in 2019

If you are 70 1/2 and above and are required to take your RMD you can rollover IRA funds as a donation. Retirees can give up to \$100,000 to charity tax-free from an IRA anytime during the year and have it count as their required minimum distribution for the year. The money isn't included in your adjusted gross income.

Ask your IRA administrator and the charity (**such as SCAS**) about making a direct transfer, or you can have the IRA administrator send a check from your account to the charity.

Hidden Oaks Nature Center

The 10-foot trunk of a huge tulip poplar that was cut down at the Hidden Oaks Nature Center in Annandale will become a work of art. Chainsaw artist Andrew Mallon, who has transformed tree trunks into dragons, wizards, and cats other in Annandale and nearby communities, will carve woodland creatures into the 10-foot remains of the tulip poplar.

The Friends of Hidden Oaks Nature Center is planning a fundraiser for **June 1, 1-3 p.m.**, with a puppet show, Ivory soap carving, nature walks, and a chance to meet the artist. There will also be a craft activity with the thin circular slices, or "tree cookies," from the tulip poplar. Fun for kids and adults. Bring your grandkids!

Join the fun at 7701 Royce Street Annandale, Virginia.

Seniors Discounts in 2019

Here are some senior discounts at popular area restaurants:

- Applebee's: 10% discount
- Burger King: 10% discount and discounts on drink items
- Chick-fil-A: 20% off during breakfast hours and 10% off during lunch/dinner hours
- Denny's: senior menu with discounted prices
- IHOP: senior as well as 10% off
- Sonic: 10% discount
- Golden Corral: discounted menu prices for 60 and over
- Subway: 10% discount
- Wendy's: free drink (or 10% at some locations)
- Outback Steakhouse: 10% off for AARP members
- White Castle: 10% off for 55 and over



Pat Sawhney

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Greenspring Preferred Realtor

What does it mean to list your house with a Greenspring Village Preferred Realtor when you are planning a move?

You will have the benefit of an experienced Realtor who specializes in working with Seniors. Additionally, you will receive the benefits of assistance with your move, credit for moving costs, help with organizing the space for our furnishings, referral for renovations if needed.

I will accompany you to all of your appointments and help guide you in the decision making.

Call Pat Sawhney for more information.

Office Volunteer wanted

Do you have Monday's free? We need one volunteer from 10 am to 1 pm every Monday to answer phones, input data into the computer, and other office duties. Call us!

Companion Shopping

If you no longer drive, SCAS has drivers to take you shopping on weekends. Call for details.



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UPCOMING EVENTS

5/15/19 Day Trip

5/23/19 Lunch N' Life

6/27/19 Lunch N' Life



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
Assisting Hands Home Care
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
Shepherd's Center of Oakton Vienna
Shepherd's Center of America

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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
Little River Church of Christ
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

OFFICE VOLUNTEERS

Tony Wonkovich
Diane Levesque
Margo Bendery


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 **Visit us on Facebook**

Office hours 10-1 Mon-Fri

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