Catching Up With SCNOVA

August 28, 2026

In this Issue: Make a Difference Without Leaving Home, Action! For our Annual Fundraiser

Connection Goes Both Ways: Inside SCNOVA's Friendly Caller Program

Technology can do a lot these days — but it still can't replace the simple joy of a good, old-fashioned phone call.

In a world of texts, apps, and AI, there's still nothing quite like the sound of a familiar voice on the other end of the line.

When In-Person Time Fits Better

SCNOVA also hosts the Friendly Visitor Program alongside Friendly Caller. Visitors may share a meal, read together, play a game, or plan a social visit — whatever the two people actually enjoy

The “Friendly Caller” Program is simple. Just two people keeping in regular touch. That’s it! Last year, those relationships resulted in over 500 connections made by phone and in person. It's not a service so much as a time for two people to look forward to catching up and swapping stories.

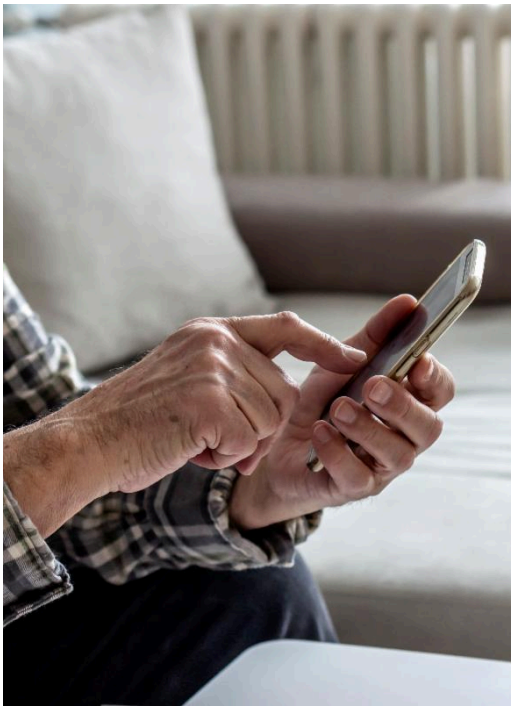
The Friendly Caller program doesn't require a car or even leaving the house. There's no script and no required experience. Calls simply become part of two people's week, the way a standing coffee date would.

If getting out to an event or volunteering as a driver for our program isn’t realistic right now, that doesn't shut the door on staying engaged — or on giving something back. Placing a call is something anyone can do!

For anyone who's chosen to give up driving or to leave a job or a routine that used to be their main source of daily contact with others, exchanging weekly phone calls is a simple, meaningful way to find purpose and connection.

doing together. The benefits go both ways: it's a great way for people to stay connected and build relationships they wouldn't have otherwise had.

Get Matched: Call (703) 281-0538



Read the full story and sign up online

Action! It's nearly time to Rock and Roll!

Photo caption: Doug White getting his 15 seconds of fame ahead of our annual fundraiser.

Mark your calendars — we're about to be All Shook Up! SCNOVA's Rock and Roll for Golden Souls Annual Fundraiser hits the stage on September 20, and we are in full prep mode (blue suede shoes optional, but encouraged). We've even been filming behind-the-scenes videos we can't wait to share with you — because for this event, it's "a little less conversation, a little more action."

A huge thank you to our talented volunteer Bob Kovacs, a local award-winning filmmaker, writer, and photographer, for lending his videography expertise to interview some of our volunteers for the big reveal. We can't help falling in love with this community.

Get your tickets now!

Bingo is Back at Foster's Grille

Join us on Monday, Aug 31st at Foster's Grille in Vienna for a fun afternoon of Bingo, snacks, and refreshments. When you come to play, your donation helps support older adults in our community living independently and staying connected. Games start at 4:00 PM, and no registration is required. We suggest a $10 donation for 4 Bingo cards. Elvis will even be in the building! Test your knowledge of the King's silver-screen hits, and you could win a ticket to our annual fundraiser, Rock & Roll for Golden Souls on Sept. 20, 2026.

97% of SCNOVA participants reported feeling more positive, more secure, and more connected to their community through SCNOVA's programs and volunteer engagement in 2025.

Calendar of Events

August 31, 2026 - Bingo at Foster's Grille, 4:00-6:00 p.m.
Join us at Foster's Grille for our SCNOVA Bingo night! Stop by, eat some great food, play with friends, and win some sweet prizes! $10 donation suggested. Register at the door. Special thanks to Foster's Grille Vienna for

donating 20% of all refreshment proceeds on Bingo days to the Shepherd's Center of Northern Virginia! Fosters Grille, *138 – A Maple Ave W, Vienna, VA 22180.*

September 20, 2026 - Annual Fundraiser: Rock & Roll for Golden Souls, 3:00-5:00 p.m.

Shake, rattle, and roll on over for a fun-filled afternoon featuring a live Elvis tribute performance. Enjoy classic hits from the King, great company, and refreshing drinks while raising funds to help our local seniors live independently and with dignity. Tickets on sale now! Doors open at 2:00 p.m. *Arlington-Falls Church Elks Lodge #2188, 8421 Arlington Blvd, Fairfax, VA. 22031.*

October 3, 2026 - Vienna Oktoberfest, 11:00-7:00 p.m.

Visit us at Vienna's traditional Oktoberfest Festival, featuring local beer, wine, food, entertainment, craft vendors, and games and activities for kids and families. Admission is free. *131 Church St NE, Vienna, VA.*

October 15, 2026 - Murder Mystery Lunch, 12:00-2:00 p.m.

Save the Date for our annual murder-mystery lunch-and-life! Enjoy delicious food and fellowship as you try to solve a live-action whodunnit. *Floris United Methodist Church, 13600 Frying Pan Rd, Herndon, VA 20171. Registration opens Sept. 15, 2026.*

Scan the QR Code to get tickets for our 2026 annual fundraiser!

SCNOVA Program Dates

***Active Aging Wellness -** Every Wednesday 10:45 am-11:45 am via Zoom. Next session begins 10/7/26. Contact Casey Tarr to register: **Meileentarr1@gmail.com**

***Caregiver Support Group -** 1st and 3rd Tuesdays, 10:00 am to 11:30 am via Zoom. Contact Jack Tarr to register: **Tarrjack5@gmail.com**

***Tai Chi Qi Gong -** Mondays at Emmanual Lutheran Church, 2589 Chain Bridge Rd, Vienna, VA 22181 and Thursdays at the Unitarian Universalist Church of Fairfax, 2709 Hunter Mill Rd, Oakton, VA 22124 from 9:30 am - 10:15 am. Fill out **this sign-up form** if you are interested!

***Walking Club with Casey Tarr -** Every Tuesday at 2:00 pm. **Click here to register!**

If you have had a great experience with SCNOVA, please help others find us by leaving us a Google review here.

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