shepherd's center of Northern Virginia

Catching Up With SCNOVA

September 15, 2026

In this Issue: Still Quilting at 101 Years Young, Stay Sharp and Learn Mahjong, Elvis is Coming!

Five Years, One Quilt and the Power of Connection at Any Age

Dorothy and Wanda have stitched together a meaningful friendship thanks to the Friendly Visitor Program

Dorothy just turned 101. Wanda, a longtime SCNOVA volunteer, has been visiting her every week for five years.

The pair met through our Friendly Visitor program and bonded over quilting. Theirs is one of the longest-

A weekly connection like Wanda and Dorothy's pushes back against CDC data showing that 1 in 3 adults reported feeling lonely in the last year.

In 2025 alone, Shepherd's Center volunteers made more than 500

running Friendly Visitor matches at the Shepherd's Center of Northern Virginia, and now, one handmade quilt later, it's also one of the best examples of why the program is so special.

Quilting gave Dorothy and Wanda their first common ground. Quilting is the kind of patient hobby that takes hours of handiwork, and Dorothy and Wanda did it side by side, planning, choosing fabric, and talking while their hands stayed busy.

Wanda has spent her life helping others, both in the classroom as a teacher and in the community as an SCNOVA volunteer for more than a decade.

When the chance came to visit Dorothy regularly, Wanda took it, in no small part because of the quilting connection.

Her own mother was a quilter, and now she's one, too.

connections through our Friendly Visitor and Friendly Caller programs, in person and by phone.

If you have an hour a week and are willing to show up and be good company, you already have what it takes. We make matches thoughtfully, based on shared interests, personality, and location. Visit our website to learn more about volunteering, or call us at (703) 281-0538.

Photo caption: Wanda and Dorothy show off the queen-sized quilt they made together.

Read Dorothy and Wanda's story on our blog

Elvis is in the Building This Weekend!

SCNOVA's Rock and Roll for Golden Souls Annual Fundraiser is this weekend! Shake, rattle and roll on over to the Arlington-Fairfax Elks Lodge on Sunday, September 20 for live music, cold drinks and great company. Doors open at 2:00 pm.

During the event, you'll also have the opportunity to bid during our Silent Auction, which includes incredible getaways to places like Belize, Charleston, Outer Banks, and so much more. Keep your eyes peeled for our announcement when bidding opens! See you this weekend!

Get your tickets now!

Curious about Mahjong?
Learn To Play with SCNOVA this Fall

Mahjong is everywhere right now, and the appeal goes beyond the social hour! Research supported by the National Institutes of Health found that older adults who played cards or Mahjong nearly every day showed stronger executive function and memory, and a lower risk of developing dementia, than those who didn't play.

Join SCNOVA for a five-week, instructor-led American Mahjong series. Learning and playing Mahjong over several weeks will give you the opportunity to build your skills and get comfortable with the game. Both beginners and returning players are welcome.

Games will be held on Wednesdays, Oct. 7 through Nov. 4, 1:00–3:00 p.m. at Cocoa Vienna, 120 Church Street NE. Suggested donation: $50 for the series. Space is limited to 16 players.

Reserve your seat here or call 703-281-0538 to register.

In a study following more than 10,000 older adults for a decade, those who regularly played games, cards, or chess had a measurably lower risk of developing dementia. *(Source: Australian ASPREE cohort, JAMA Network Open, 2023)*

Calendar of Events

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 7, 2026 - American Mahjong, 1:00-3:00 p.m.

Join SCNOVA for a five-week, instructor-led American Mahjong series. Both beginners and returning players are welcome. Suggested donation is $50 for the series and space is limited to 16 players. Click here to reserve your spot or call 703-281-0538 to register. *Wednesdays, Oct. 7 – Nov. 4, 1:00–3:00 p.m. Cocoa Vienna, 120 Church Street NE.*

October 15, 2026 - "Dying for Chocolate" 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. Special Thanks to our Sponsor LSIN (Loudon Senior Interest Network). $20. Register here. *Floris United Methodist Church, 13600 Frying Pan Rd, Herndon, VA 20171.*

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.

*Forwarded this email from a friend? Sign up for newsletters **here**.*

WWW.SCNOVA.ORG

Shepherd's Center of Northern Virginia | 111 Church St NW Suite 202 | Vienna, VA 22180 US

Unsubscribe | Update Profile | Our Privacy Policy | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!