

Calendar of Events

July 11, 2025

- November 30, -0001

Moms Night Out: Tacos & Tequila

Upside on Moore

1700 N. Moore St.

Arlington, VA 22209

06:15 PM - 09:00 PM EST

Escape the summer heat and chill with fellow MONA moms with tacos and margaritas (and more) at Upside on Moore - in the heart of Rosslyn. We'll have a private event space reserved for us, and there will be plenty of opportunities to mix and mingle. \$20 / member gets unlimited food and 2 drinks (including beer & wine)! Guests can join for \$30!

Parking Info:

Parking is free after 6:00 pm at the Rosslyn City Center garage (across Moore St. from Compass Coffee). Make sure to validate your ticket at the front desk before leaving. From the garage, take the elevators to Level M2.

Event Details

July 11, 2025

6:15-9:00 pm

Upside on Moore - 1700 N. Moore St.

\$20 / member (and \$30/guest) gets unlimited food and 2 drinks (including beer & wine)!

July 19, 2025
- July 20, 2025

Smithsonian Sleepovers - Natural History Museum, Saturday, July 19 - Ages 8-14
National History Museum
10th Street and Constitution Ave.
Washington, Di 20560
06:30 PM - 09:00 AM EST
Smithsonian Nighttime Adventures at the Natural History Museum are back!

Join fellow adventurers at one of the world's most visited museum as the doors close, the lights dim, and the crowds shuffle out for the day. Wander through the Fossil Hall, where dinosaurs cast giant shadows. Learn about Earth's past, discover the ocean's aquatic wonders, blast off to the moon, visit pollinators, and walk softly past mysterious mammals. Participate in games and challenges, immerse yourself in hand-on crafts and even learn how to eat like a T-rex while playing The Game of Survival.

Cost: \$110/person (normally \$150/person!)

Ages: 8 to 14 years old. There must be at least one adult for every five children in any group that registers. No siblings younger than 8. No adults without children. Every person coming must register.

Date: Saturday, July 19

Schedule: (Previous schedule - subject to change)

*6:30-7p.m. Check-in
7 to 7:30 p.m. Orientation and snack time
7:30 p.m. to 11:00 p.m. Interactive exploration of the museum, hands-on activities, Smithsonian Sleepover T-shirt sales
11:00 p.m. to 11:30 p.m. Get ready to sleep
11:30 p.m. Bedtime
7:30 a.m. Breakfast
8:00 a.m. Family store opens
8:45 a.m. Time to say farewell...*

For more information on the program please go to this website. (Smithsonian Sleepovers - Smithsonian Associates)

PLEASE MAKE SURE EVERYONE IN YOUR GROUP HAS A TICKET.

*-MONA does not offer refunds or transfers
-Please contact outings@monamoms.org with questions.*

July 19, 2025
- November 30, -0001

Sweat with Body Fit Training (BFT)

BFT Tysons

1792 Chain Bridge Road

McLean, VA 22102

09:00 AM - 07:00 PM EST

BFT Tysons is the only group fitness studios in Northern Virginia that truly specializes in strength training. We combine progressive, science-backed strength and cardio workouts so you can train like an athlete—no matter your fitness level. Our strength classes have 2–3 coaches during class, making sure your form is on point and you're being safely pushed to build lean muscle and burn serious calories. The vibe is electric, the programming is next-level, and the community pushes you to be your best. It's the kind of place you try once... and never want to leave! Your \$15 session fee includes the kind of high-level coaching you won't find at most group gyms—with 2–3 coaches in every class to guide, correct, and motivate you throughout.

This class is normally \$35 but MONA members can attend for \$15!

Parking: FREE with validation.

Event Details

July 19, 2025

9:00 am

1792 Chain Bridge Road, McLean, VA 22102

September 25, 2025
- November 30, -0001

2025 MONA School Fair

The Congressional School

3229 Sleepy Hollow Rd

Falls Church, VA

06:30 PM - 08:00 PM EST

We are pleased to announce that MONA's Annual School Fair returns on September 25, 2025 at The Congressional School from 6:30-8:00 pm. Local private schools and preschools - ranging from large independent schools to small local Montessori and faith-based schools -- will be represented.

Schools participating in this year's fair will be updated on the website closer to the event.

Attendance is free, but advanced registration is encouraged.

July 1, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park

Tuckahoe Park

2400 N Sycamore St

Arlington, VA 22207

07:30 PM - 09:00 PM EST

<https://monaforums.groups.io/g/Tennis>,

If you are looking for an opportunity to hit the courts with a nice, fun group of women, please join us for MONA Tennis. Tennis meet-ups typically start with casual rallying and end with friendly match play. We meet on Tuesday nights from 7:30 - 9:00 pm at the Tuckahoe Park courts starting in May. All levels and abilities are welcome. All you need to participate is your racquet! For updates, please join the MONA Tennis subgroup on Groups.io.

July 5, 2025
- November 30, -0001

New Moms and Dads Monthly Park Gathering

Location Varies - Check the subgroup forum

10:30 AM - 11:30 AM EST

MONA New Moms,

Come hang out with other new moms and dads first Saturday of the month at the park (location changes each month)

Updates to these events will be shared in WhatsApp, message the event organizer to be added to the Fall/Winter 2024 babies WhatsApp group if you're not already in it.

May: Quincy Park (1021 N Quincy St, Arlington, VA 22201)

June: Westover Park (1001 N Kennebec St, Arlington, VA 22205)

July: Bluemont Park (329 N Manchester St, Arlington, VA 22203)

July 8, 2025
- November 30, -0001

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Tuckahoe Park

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Arlington, VA 22207

07:30 PM - 09:00 PM EST

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July 10, 2025
- November 30, -0001

Sip, Shop & Sparkle

Eliana Curated

3110 10th Street N.

Arlington, VA 22201

05:00 PM - 07:00 PM EST

Join us Thursday, July 10th from 5–7 PM at Eliana Curated – 3110 10th St N, Suite 112, Arlington, VA for a special Sip & Shop with the Mothers of Northern Arlington!

Enjoy champagne and wine while you browse our signature collection of upcycled vintage designer button earrings, waterproof jewelry, and lab-created sparkle. Plus, receive a free gift with any \$50+ purchase — because you deserve something just for you!

Follow on Instagram @elianacurated for a sneak peek of what's in store!

July 12, 2025
- November 30, -0001

MONA Member Social - Zig Zag the Magician
Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22201
11:00 AM - 12:00 PM EST
Performer Zig Zag the Magician!

11:00 am
Faith Lutheran Church / Fellowship Hall

As always, this event is open to all and free to attend! MONA member socials are a fun and easy way to meet up with other MONA members and their kids. It is also a great way to introduce friends and family to MONA. Partners, grandparents, and friends are all welcome!

July 15, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park
Tuckahoe Park
2400 N Sycamore St
Arlington, VA 22207
07:30 PM - 09:00 PM EST

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July 22, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park
Tuckahoe Park
2400 N Sycamore St
Arlington, VA 22207
07:30 PM - 09:00 PM EST

<https://monaforums.groups.io/g/Tennis>,

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July 22, 2025
- November 30, -0001

July Book Club Meetup: The Three Lives of Cate Kay by Kate Fagan
East West Cafe
07:00 PM - 08:30 PM EST

Join the MONA Book Club for our July Read: The Three Lives of Cate Kay by Kate Fagan

About the Book:

The Seven Husbands of Evelyn Hugo meets First Lie Wins in this electric, voice-driven debut novel about an elusive bestselling author who decides to finally confess her true identity after years of hiding from her past.

Cate Kay knows how to craft a story. As the creator of a bestselling book trilogy that struck box office gold as a film series, she's one of the most successful authors of her generation. The thing is, Cate Kay doesn't really exist. She's never attended author events or granted any interviews. Her real identity had been a closely guarded secret, until now.

As a young adult, she and her best friend Amanda dreamed of escaping their difficult homes and moving to California to become movie stars. But the day before their grand adventure, a tragedy shattered their dreams and Cate has been on the run ever since, taking on different names and charting a new future. But after a shocking revelation, Cate understands that returning home is the only way she'll be a whole person again.

Event Details

July 22, 2025

7:00 pm

East West Cafe, 3101 Wilson Blvd, Arlington, VA 22201

July 26, 2025
- November 30, -0001

Cheers to Volunteers!
Northside Social CLARENDON
3211 Wilson Blvd.
Arlington, VA 22201
10:00 AM - 11:30 AM EST

Join members of the MONA Board for mimosas to kick off the new fiscal year. Learn about ways to get involved with MONA Subgroups. This event is open to current and interested volunteers. We hope to see you there!

July 29, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park
Tuckahoe Park
2400 N Sycamore St
Arlington, VA 22207

07:30 PM - 09:00 PM EST

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August 5, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park
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2400 N Sycamore St
Arlington, VA 22207

07:30 PM - 09:00 PM EST

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August 9, 2025
- November 30, -0001

MONA Member Social - Rocknocerous
Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22201
11:00 AM - 12:00 PM EST
Performer Rocknocerous

Come jam out with Rocknocerous and have a musically awesome time!

11:00 am

Faith Lutheran Church / Fellowship Hall

As always, this event is open to all and free to attend! MONA member socials are a fun and easy way to meet up with other MONA members and their kids. It is also a great way to introduce friends and family to MONA. Partners, grandparents, and friends are all welcome!

August 12, 2025
- November 30, -0001

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Tuckahoe Park
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Arlington, VA 22207

07:30 PM - 09:00 PM EST

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August 19, 2025
- November 30, -0001

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August 26, 2025
- November 30, -0001

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Arlington, VA 22207

07:30 PM - 09:00 PM EST

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September 2, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park
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Arlington, VA 22207

07:30 PM - 09:00 PM EST

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September 9, 2025
- November 30, -0001

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Arlington, VA 22207

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September 13, 2025
- November 30, -0001

MONA Member Social - Good Gollie, It's Mollie w/ bubbles

Faith Lutheran Church

3313 Arlington Blvd.

Arlington, VA 22201

11:00 AM - 12:00 PM EST

Performer Good Gollie, it is Mollie with bubble fun. Ms. Mollie, a favorite performer at our MONA picnics, is with us again for some delightful bubble fun!

11:00 am

Faith Lutheran Church / Fellowship Hall

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September 16, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park

Tuckahoe Park

2400 N Sycamore St

Arlington, VA 22207

07:30 PM - 09:00 PM EST

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September 23, 2025
- November 30, -0001

MONA Tennis @ Tuckahoe Park

Tuckahoe Park

2400 N Sycamore St

Arlington, VA 22207

07:30 PM - 09:00 PM EST

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September 30, 2025
- November 30, -0001

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Tuckahoe Park

2400 N Sycamore St

Arlington, VA 22207

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October 11, 2025
- November 30, -0001

MONA Member Social - Ms. Niki's Music - a NEW to MONA Performer!

Faith Lutheran Church

3313 Arlington Blvd.

Arlington, VA 22201

11:00 AM - 12:00 PM EST

Performer Ms. Niki

Grammy-Nominated Artist & YouTube Trailblazer Ms. Niki is with MONA for a morning of musical fun.

11:00 am

Faith Lutheran Church / Fellowship Hall

As always, this event is open to all and free to attend! MONA member socials are a fun and easy way to meet up with other MONA members and their kids. It is also a great way to introduce friends and family to MONA. Partners, grandparents, and friends are all welcome!

October 19, 2025
- November 30, -0001

MONA Family Concert with Collective

Lacey Woods Park

03:00 PM - 05:00 PM EST

More information to come soon.

@ Lacey Woods Park

November 8, 2025
- November 30, -0001

MONA Member Social - Captain All-Star

Faith Lutheran Church

3313 Arlington Blvd.

Arlington, VA 22201

11:00 AM - 12:00 PM EST

Performer Captain All-Star

11:00 am

Faith Lutheran Church / Fellowship Hall

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November 13, 2025
- November 30, -0001

Holiday Market 2025

TBD

More information to come soon!

December 13, 2025
- November 30, -0001

MONA Member Social - Kidsinger Jim
Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22201
11:00 AM - 12:00 PM EST
Performer Kidsinger Jim

Kidsinger Jim, a MONA favorite, is back with us for our December member social!

11:00 am
Faith Lutheran Church / Fellowship Hall

As always, this event is open to all and free to attend! MONA member socials are a fun and easy way to meet up with other MONA members and their kids. It is also a great way to introduce friends and family to MONA. Partners, grandparents, and friends are all welcome!

January 10, 2026
- November 30, -0001

MONA Member Social - Erik Energy
Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22201
11:00 AM - 12:00 PM EST
Performer Erik Energy

Join us for the science wonder of Erik Energy, a MONA favorite!

11:00 am
Faith Lutheran Church / Fellowship Hall

As always, this event is open to all and free to attend! MONA member socials are a fun and easy way to meet up with other MONA members and their kids. It is also a great way to introduce friends and family to MONA. Partners, grandparents, and friends are all welcome!

February 14, 2026
- November 30, -0001

MONA Member Social - Go Bananas Dancing!
Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22201
11:00 AM - 12:00 PM EST
Performer Go Bananas Dancing

Come join us for this special Valenatine's Day event. Get your wiggles out and GO BANANAS!

11:00 am
Faith Lutheran Church / Fellowship Hall

As always, this event is open to all and free to attend! MONA member socials are a fun and easy way to meet up with other MONA members and their kids. It is also a great way to introduce friends and family to MONA. Partners, grandparents, and friends are all welcome!

March 14, 2026
- November 30, -0001

MONA Member Social - Marsha and the Positrons
Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22201
11:00 AM - 12:00 PM EST
Performer Marsha and the Positrons

Learn some cool science facts while jamming with Marsha and the Positrons!

11:00 am
Faith Lutheran Church / Fellowship Hall

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