

## Calendar of Events

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September 22, 2019

### **Postpartum Yoga & Wine @ Crossfit Ballston**

**Ballston Crossfit**

**1110 N Glebe Rd**

**Arlington, VA**

04:00 PM - 07:00 PM

*Come join us for a postpartum yoga class for new moms (seasoned moms welcome as well)! During this hour long yoga class, we will take some needed time for ourselves to stretch, breathe, strengthen core muscles, and relax. Motherhood is an amazing journey, with its challenges and pure joys. Yoga brings us the peace and calm we need to navigate this journey together.*

*All levels welcome, no experience necessary. Please bring a yoga mat and water.*

*After yoga we'll head next door to SER and enjoy a drink and a few small plates. This event includes the one hour yoga class, one drink and light appetizers at SER.*

*Parking for event: There is ample street parking or park in the garage below Ballston CrossFit & SER for \$2 (with validation).*

**PLEASE ARRIVE 15 MINS EARLY TO SIGN IN AND SET UP**

September 26, 2019

**JW Tumbles 9-26 @ 9am**

**JW Tumbles**

**2499 N. Harrison Street**

**Arlington, VA 22205**

09:00 AM - 10:00 AM

*Please join MONA Outings for a MONA sponsored playgroup at Jumping JW Tumbles in Arlington! Your registration allows your child in for a one hour session.*

**PRICE:**

*\$5 per child*

*(normally \$10 per child)*

*Ages : 1-5 years old*

*Please only register for your children. On the first page, enter your child's name (not yourself. Caregivers do not need to register). On the second Page, enter additional children as guests.*

**DESCRIPTION:**

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*Be sure to bring your socks as they are required for all participants.*

**NOTES:**

*- MONA Outings can not offer refunds or transfers.*

*-Parents/ nannies/ guardians cannot leave the gym and leave their kids unattended and comeback when the playgroup is over. If kids are under 3 they should be in the gym area with their child.*

*-MONA playgroup sessions do not qualify you for the Tumbles open play sessions.*

*As always, please don't contact the vendor. Please email: [monaoutings@gmail.com](mailto:monaoutings@gmail.com) if you have any questions.*

September 27, 2019

**Music Class with Breianne 9/27 9:00 am @ Trinity Presbyterian**  
**Trinity Presbyterian Church - Lewis Room**  
**5533 16th St N**  
**Arlington, VA 22205**  
09:00 AM - 09:45 AM  
*Join us for...*

*Music Class with Breianne*  
*Friday, September 27, 2019 9:00 am*  
*Trinity Presbyterian Church - Lewis Room (Second Floor)*  
*5533 16th St N*  
*Arlington, VA 22205*

*Bring your kids (ages 0-5) to a MONA music playgroup session with Breianne McKinley Zaug. Breianne is a skilled music therapist who brings her guitar, rhythm instruments, puppets, props, & parachute to create a highly interactive 45-minute set of engaging music and movement activities for the whole family.*

*This class is usually \$24 per child. The MONA member price is \$12 per child.*

*Register every child, including babies. Enter your child's name as you'd like Breianne to say it.*

*Please see below rules for parking, entrance, and usage, to ensure we are good stewards of the space:*

- 1. Park properly - not in handicapped spaces, loading area, or taking up two spaces, backing in only if parking by the preschool entrance, but preferably in the large lower parking lot and then walking around to the church office door*
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September 30, 2019

**JW Tumbles 9-30 @ 9am**

**JW Tumbles**

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**Arlington, VA 22205**

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October 4, 2019

**JW Tumbles 10-4 @ 9am**

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October 7, 2019

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October 10, 2019

**JW Tumbles 10-10 @ 9am**

**JW Tumbles**

**2499 N. Harrison Street**

**Arlington, VA 22205**

09:00 AM - 10:00 AM

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October 11, 2019

**JW Tumbles 10-11 @ 9am**

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October 14, 2019

**JW Tumbles 10-14 @ 9am**

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**2499 N. Harrison Street**

**Arlington, VA 22205**

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October 17, 2019

**2019 MONA Preschool Fair - for attendees**  
**Williamsburg Middle School Cafeteria (Door #4)**  
**3600 N Harrison Street**  
**Arlington, VA 22207**

07:00 PM - 09:00 PM

*Join us for our annual preschool fair, where you can meet representatives and parents from nearly 50 local preschools all under one roof.*

*Each attendee will receive via email a list of all preschools and their details. Advance registration preferred and please register only one person per family.*

*Fair is free to attend and we will be offering free onsite babysitting services (in same room as fair) only for pre-registered guests so we are able to have a count of children and overall need prior to the event.*

*Attendees are welcome to arrive anytime from 7-9pm.*



October 18, 2019

**JW Tumbles 10-18 @ 9am**

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October 20, 2019

**The Very Hungry Caterpillar at Imagination Stage Sunday October 20, 2019 1:30PM Ages 3+**

**Imagination Stage**

**4908 Auburn Ave**

**Bethesda, MD 20814**

01:30 PM - 02:30 PM

*A Special Presentation of*

*The Very Hungry Caterpillar Show*

*Based on Eric Carle's Books*

*Best for Ages 3+*

*Beloved by children for generations, Eric Carle's children's books come off the page and onto the stage in an unforgettable theatrical experience. With more than seventy larger-than-life puppets and original music, this special event follows all your favorite characters from Brown Bear, Brown Bear, The Very Lonely Firefly, 10 Little Rubber Ducks, and –of course – The Very Hungry Caterpillar. From a lumbering brown bear, to a curious caterpillar, to a fleet of rubber ducks, to countless other critters, Carle's beautiful illustrations come to life through theatre magic.*

*These tickets are regularly \$37.50 each. MONA members may purchase tickets through MONA for \$28 each.*

October 25, 2019

**Cox Farms Fall Festival - Oct 25 - APS DAY OFF**

**Cox Farms**

**15621 Braddock Rd**

**Centreville , VA 20120**

10:00 AM - 06:00 PM

*The Fall Festival is filled with family-friendly entertainment and attractions including slides, swings, animals, hayrides, rope swings, farm animals, CORNundrum cornfield adventure, straw tunnels, kiddie zone, goat village, apples & cider, food, entertainment, over 90 acres of fun! Everyone gets a small patch pumpkin to take home FREE with paid admission. All ages.*

*Price: \$7 per person (normally \$11) Ticket required for everyone 2 years old and older- under 24 months is free.*

*Fall Festival hours: 10 AM-6 PM (5 PM in November) Last admission is one hour before closing*

*Check in at the ticket booth to receive your tickets.*

*Deadline to purchase tickets is Friday, October 18.*

October 27, 2019

**Elephant & Piggie's "We Are In A Play!" Adventure Theatre 10/27/2019 2PM**

**Adventure Theatre**

**7300 MacArthur Blvd**

**Glen Echo, MD 20812**

02:00 PM - 03:00 PM

*The award-winning, best-selling children's books jumps from page to stage as a musical experience you won't forget! Gerald and Piggie are "bestus" friends, with Gerald taking care of all the worrying and Piggie living her best life. Piggie's even happier and more excited than usual. They're going to a party hosted by the Squirrelles! And so begins a day when anything is possible.*

*Tickets are regularly \$27.50 each including service fees. MONA members may purchase up to 6 tickets for \$17.50 each, for immediate family members only. Friends and extended family may buy tickets directly through Adventure Theatre.*

*For all performances, check in at the Box Office, 7300 MacArthur Blvd (Glen Echo Park), Glen Echo, MD 20812. Please visit Adventure Theater's website for important ticketing policies.*

November 23, 2019

**THE POLAR EXPRESS Train Ride 2019 Saturday November 23 2PM**

**B&O Railroad Museum**

**901 W. Pratt Street**

**Baltimore, MD 21223**

02:00 PM - 04:15 PM

*Santa is busy enjoying summer vacation but still had time to send word that with record numbers of children on the nice list this year, there's no time to waste in booking rides on The Polar Express.*

*Create a Christmas memory that you and your family will treasure forever – a journey to the North Pole via THE POLAR EXPRESS. MONA has reserved one entire coach, that can accommodate 76 guests. Immerse yourself in the classic children's book THE POLAR EXPRESS by Chris Van Allsburg. In this beloved story, a young boy takes a magical Christmas Eve train ride to the North Pole and receives a special gift from Santa. Characters from this award-winning book come to life through this magical holiday journey. The conductor punches your golden ticket on board THE POLAR EXPRESS. Chefs serve you hot chocolate and cookies while you listen to THE POLAR EXPRESS story on board THE POLAR EXPRESS train ride. Santa's helpers provide holiday cheer and every passenger personally receives from Santa, the first gift of Christmas – a silver sleigh bell. Children of all ages will BELIEVE!*

*In the story, all the children taking this magical train ride are awakened from their beds on Christmas Eve. Join the fun by bringing your children in their pajamas. Adults are also welcome to join in the fun. Please note that Baltimore weather can change in an instant, so please bring appropriate weather attire.*

*Regular-priced Tickets are \$50-\$60 including service fees. MONA members may purchase tickets for \$47-57 each through the link below. THE POLAR EXPRESS sells out every year. MONA has only 76 tickets, so plan ahead and reserve your spots now.*

November 30, 2019

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**Baltimore, MD 21223**

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*Santa is busy enjoying summer vacation but still had time to send word that with record numbers of children on the nice list this year, there's no time to waste in booking rides on The Polar Express.*

*Create a Christmas memory that you and your family will treasure forever – a journey to the North Pole via THE POLAR EXPRESS. MONA has reserved one entire coach, that can accommodate 76 guests. Immerse yourself in the classic children's book THE POLAR EXPRESS by Chris Van Allsburg. In this beloved story, a young boy takes a magical Christmas Eve train ride to the North Pole and receives a special gift from Santa. Characters from this award-winning book come to life through this magical holiday journey. The conductor punches your golden ticket on board THE POLAR EXPRESS. Chefs serve you hot chocolate and cookies while you listen to THE POLAR EXPRESS story on board THE POLAR EXPRESS train ride. Santa's helpers provide holiday cheer and every passenger personally receives from Santa, the first gift of Christmas – a silver sleigh bell. Children of all ages will BELIEVE!*

*Regular-priced Tickets are \$50-\$60 including service fees. MONA members may purchase tickets for \$40 each through the link below. THE POLAR EXPRESS sells out every year. MONA has only 76 tickets, so plan ahead and reserve your spots now.*

December 24, 2019

**A Chorus Line, Signature Theatre, December 24 2PM**

**signature theatre**

**4200 Campbell Ave.**

**Arlington, VA 22206**

02:00 PM - 04:00 PM

*Signature continues their tradition of big musicals in intimate spaces with one of the most iconic musicals ever written. Up close in the audition room, feel every heartbeat and heartbreak as hopeful dancers pour out their dreams, memories, loves, and why they dance in a breathtaking display of the tremendous talent it takes to be in a chorus line.*

*Winner of nine Tony Awards® and the Pulitzer Prize, and overflowing with sensational ballet, tap and jazz dance numbers, this non-stop showcase features the acclaimed songs "At the Ballet," "The Music and the Mirror," "What I Did for Love" and more. With one of the largest casts in Signature history, A Chorus Line is the one singular sensation for the holiday season.*

*"One of the greatest musicals ever."*

*– THE NEW YORK TIMES*

*Running time is approximately 2 hours with no intermission.*

*Tickets are regularly \$105 each with fees. We have 50 seats for this performance at the special member-only price of \$55 each. Don't delay, get your tickets now.*

*A Chorus Line contains discussions of adult sexuality during "Dance, Ten; Looks, Three." No sexual acts are depicted on the stage.*

February 1, 2020

**Paw Patrol Live - 2/1 @ 10am EagleBank Arena**

**EagleBank Arena**

**4500 Patriot Circle**

**Fairfax, VA 22030**

10:00 AM - 11:30 AM

*Paw Patrol Live!*

*PLEASE NOTE: Tickets are only available until January 5, 2020 thru MONA at the discounted rate!*

*Tickets will be mailed to your house.*

*It's the day of the Great Adventure Bay Race between Adventure Bay's Mayor Goodway and Foggy Bottom's Mayor Humdinger, but Mayor Goodway is nowhere to be found. PAW Patrol Race to the Rescue! Ryder summons Marshall, Chase, Skye, Rubble, Rocky, Zuma and Everest to rescue Mayor Goodway and to run the race in her place.*

*Two Ticket Price Options: Ages two and older need a ticket.*

**PLEASE MAKE SURE EVERYONE IN YOUR GROUP HAS THE SAME TICKET OPTION**

**\$22 (regularly \$39.30)? - Section 104-113 Rows U-Z**

**\$37 (regularly \$62.30) - Section 102-103, 114-115 Rows DD-E, Sections 107-110 Rows F-L**

*-MONA does not offer refunds or transfers*

*-Please contact [monaoutings@gmail.com](mailto:monaoutings@gmail.com) with questions.*

February 1, 2020

**Paw Patrol Live - 2/1 @ 2pm EagleBank Arena**

**EagleBank Arena**

**4500 Patriot Circle**

**Fairfax, VA 22030**

**02:00 PM - 03:30 PM**

*Paw Patrol Live!*

*PLEASE NOTE: Tickets are only available until January 5, 2020 thru MONA at the discounted rate!*

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*It's the day of the Great Adventure Bay Race between Adventure Bay's Mayor Goodway and Foggy Bottom's Mayor Humdinger, but Mayor Goodway is nowhere to be found. PAW Patrol Race to the Rescue! Ryder summons Marshall, Chase, Skye, Rubble, Rocky, Zuma and Everest to rescue Mayor Goodway and to run the race in her place.*

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**\$37 (regularly \$62.30) - Section 102-103, 114-115 Rows DD-E, Sections 107-110 Rows F-L**

*-MONA does not offer refunds or transfers*

*-Please contact [monaoutings@gmail.com](mailto:monaoutings@gmail.com) with questions.*

February 2, 2020

**Paw Patrol Live - 2/2 @ 2pm EagleBank Arena**

**EagleBank Arena**

**4500 Patriot Circle**

**Fairfax, VA 22030**

**02:00 PM - 03:30 PM**

*Paw Patrol Live!*

*PLEASE NOTE: Tickets are only available until January 5, 2020 thru MONA at the discounted rate!*

*Tickets will be mailed to your house.*

*It's the day of the Great Adventure Bay Race between Adventure Bay's Mayor Goodway and Foggy Bottom's Mayor Humdinger, but Mayor Goodway is nowhere to be found. PAW Patrol Race to the Rescue! Ryder summons Marshall, Chase, Skye, Rubble, Rocky, Zuma and Everest to rescue Mayor Goodway and to run the race in her place.*

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**\$22 (regularly \$39.30) - Section 104-113 Rows U-Z**

**\$37 (regularly \$62.30) - Section 102-103, 114-115 Rows DD-E, Sections 107-110 Rows F-L**

*-MONA does not offer refunds or transfers*

*-Please contact [monaoutings@gmail.com](mailto:monaoutings@gmail.com) with questions.*

February 2, 2020

**Paw Patrol Live - 2/2 @ 10am EagleBank Arena**

**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
10:00 AM - 11:30 AM  
*Paw Patrol Live!*

*PLEASE NOTE: Tickets are only available until January 5, 2020 thru MONA at the discounted rate!*  
*Tickets will be mailed to your house.*

*It's the day of the Great Adventure Bay Race between Adventure Bay's Mayor Goodway and Foggy Bottom's Mayor Humdinger, but Mayor Goodway is nowhere to be found. PAW Patrol Race to the Rescue! Ryder summons Marshall, Chase, Skye, Rubble, Rocky, Zuma and Everest to rescue Mayor Goodway and to run the race in her place.*

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\$37 (regularly \$62.30) - Section 102-103, 114-115 Rows DD-E, Sections 107-110 Rows F-L

*-MONA does not offer refunds or transfers*  
*-Please contact monaoutings@gmail.com with questions.*

February 6, 2020

**Mom's Night Out @ The Olive Oil Boom - FREE**

**The Olive Oil Boom**  
**2016 Wilson Blvd**  
**Arlington, VA 22201**  
07:00 PM - 09:00 PM

*Join fellow MONA moms for a fun evening out, courtesy of The Olive Oil Boom. The store has put together a Valentine-special evening of sipping-n-shopping, exclusively for MONA members & their guests. On offer for the evening, while enjoying a basic introduction to olive oils and vinegar, there will be:*

*Multiple wine tastings*  
*Olive oil and balsamic tastings*  
*Hors d'oeuvres*  
*Softserve with balsamics*  
*Popcorn*  
*Coffee*

*Street parking is available outside the store.*



March 14, 2020

**Trolls Live- 3/14 @ 10am EagleBank Arena**

**EagleBank Arena**

**4500 Patriot Circle**

**Fairfax, VA 22030**

**10:00 AM - 11:30 AM**

*Trolls Live!*

*PLEASE NOTE: Tickets are only available until February 20, 2020 thru MONA at the discounted rate!*

*Tickets will be mailed to your house.*

*Get ready for another hair-raising adventure when Poppy, Branch and their friends come to life on-stage in Trolls LIVE!, their first ever live tour! The journey begins when the Trolls' Hug Time is unexpectedly put at risk. Knowing that the only way to save it is by doing what the Trolls do best, Poppy hosts a toe-tapping, Trolls-tastic show, jam-packed with all the epic music, glitter, humor and happiness that only the Trolls can create. This is one Trolls party you won't want to miss!*

*Two Ticket Price Options: Ages two and older need a ticket.*

**PLEASE MAKE SURE EVERYONE IN YOUR GROUP HAS THE SAME TICKET OPTION**

**\$16 (regularly \$33.40)? - Sections 104-113 Rows U-Z**

**\$36 (regularly \$63.40) - Sections 102-103, 114-115 Rows DD-E, Sections 107-110 Rows F-L**

*-MONA does not offer refunds or transfers*

*-Please contact [monaoutings@gmail.com](mailto:monaoutings@gmail.com) with questions.*

March 14, 2020

**Trolls Live- 3/14 @ 2:30pm EagleBank Arena**  
**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
02:30 PM - 04:00 PM  
*Trolls Live!*

*PLEASE NOTE: Tickets are only available until February 20, 2020 thru MONA at the discounted rate!*

*Tickets will be mailed to your house.*

*Get ready for another hair-raising adventure when Poppy, Branch and their friends come to life on-stage in Trolls LIVE!, their first ever live tour! The journey begins when the Trolls' Hug Time is unexpectedly put at risk. Knowing that the only way to save it is by doing what the Trolls do best, Poppy hosts a toe-tapping, Trolls-tastic show, jam-packed with all the epic music, glitter, humor and happiness that only the Trolls can create. This is one Trolls party you won't want to miss!*

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*-MONA does not offer refunds or transfers*

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March 15, 2020

**Trolls Live- 3/15 @ 10am EagleBank Arena**  
**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
10:00 AM - 11:30 AM  
*Trolls Live!*

*PLEASE NOTE: Tickets are only available until February 20, 2020 thru MONA at the discounted rate!*

*Tickets will be mailed to your house.*

*Get ready for another hair-raising adventure when Poppy, Branch and their friends come to life on-stage in Trolls LIVE!, their first ever live tour! The journey begins when the Trolls' Hug Time is unexpectedly put at risk. Knowing that the only way to save it is by doing what the Trolls do best, Poppy hosts a toe-tapping, Trolls-tastic show, jam-packed with all the epic music, glitter, humor and happiness that only the Trolls can create. This is one Trolls party you won't want to miss!*

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*-Please contact [monaoutings@gmail.com](mailto:monaoutings@gmail.com) with questions.*

March 15, 2020

**Trolls Live- 3/15 @ 2:30pm EagleBank Arena**  
**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
02:30 PM - 04:00 PM  
*Trolls Live!*

*PLEASE NOTE: Tickets are only available until February 20, 2020 thru MONA at the discounted rate!*  
*Tickets will be mailed to your house.*

*Get ready for another hair-raising adventure when Poppy, Branch and their friends come to life on-stage in Trolls LIVE!, their first ever live tour! The journey begins when the Trolls' Hug Time is unexpectedly put at risk. Knowing that the only way to save it is by doing what the Trolls do best, Poppy hosts a toe-tapping, Trolls-tastic show, jam-packed with all the epic music, glitter, humor and happiness that only the Trolls can create. This is one Trolls party you won't want to miss!*

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\$16 (regularly \$33.40)? - Sections 104-113 Rows U-Z  
\$36 (regularly \$63.40) - Sections 102-103, 114-115 Rows DD-E, Sections 107-110 Rows F-L

*-MONA does not offer refunds or transfers*  
*-Please contact monaoutings@gmail.com with questions.*

September 26, 2019

**New Moms: Weekly Meet-up**  
**Le Pain Quotidien**  
**2900 Clarendon Blvd.**  
**Arlington, VA 22201**  
10:00 AM - 11:30 AM EST  
MONA New Moms Group,  
monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

*This event is also open to new moms who're not members but considering joining MONA.*

*Any questions - email monanewmoms@monamoms.org.*

September 27, 2019

**Expectant Moms Meet Up**

**Le Pain Quotidien**

**2900 Clarendon Blvd**

**Arlington, VA 22201**

06:30 PM - 08:00 PM EST

Sara Grawe,

monaexpectantmoms@yahoo.com

*Join the MONA Expectant Moms Group at Le Pain Quotidien in Clarendon. Come and meet other expectant moms to chat about pregnancy, childbirth, breastfeeding, pediatricians, childcare and everything in between as you enjoy a beverage on MONA!*

*Let me know if you plan on attending so that I can save you a seat.*

*Please RSVP to monaexpectantmoms@monamoms.org if you plan on coming so we can save you a seat. Even if you don't RSVP, you're always welcome to drop in!*

*We look forward to seeing you!*

September 27, 2019

**Business Entrepreneurial Network: Cocktails & Conversation**

07:00 PM - 09:00 PM EST

*We are kicking off our fall events with our popular evening of Cocktails and Conversation. We will be talking about our goals as we close out 2019 and prepare for 2020. It's hard to believe we are at the end of the 3rd quarter of this year. It will be a lively evening of comparing notes, sharing ideas and building community.*

*Please bring your favorite bottle of wine or sparkling water.*

*Location: Private home. Once you register the location will be sent to you.*

*We are looking forward to re-energizing with you all.*

*Marybeth and Katie*

*MONA BEN Co-Chairs*

October 3, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

*This event is also open to new moms who're not members but considering joining MONA.*

*Any questions - email monanewmoms@monamoms.org.*

October 4, 2019

**Special Moms Meet-Up**

**Cafe Kindred**

**450 N Washington St**

**Falls Church, VA 22046**

09:30 AM - 11:30 AM EST

Maribel Adydán,

maribelgarz@yahoo.com

*Join other moms of kids with special needs for coffee and conversation. This event is for mom's only. No need to register.*

October 5, 2019

**Disney On Ice presents Road Trip Adventures 10/5 @ 10:30am EagleBank Arena**  
**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
10:30 AM - 12:30 PM EST

October 5, 2019

**Disney On Ice presents Road Trip Adventures 10/5 @ 2:30pm EagleBank Arena**  
**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
02:30 PM - 04:00 PM EST



October 6, 2019

**Disney On Ice presents Road Trip Adventures 10/6 @ 12:30pm EagleBank Arena**  
**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
12:30 PM - 02:00 PM EST

October 6, 2019

**Disney On Ice presents Road Trip Adventures 10/6 @ 4:30pm EagleBank Arena**  
**EagleBank Arena**  
**4500 Patriot Circle**  
**Fairfax, VA 22030**  
04:30 PM - 06:00 PM EST

October 9, 2019

**Rosslyn-Ballston Corridor Working Moms Group Lunch**  
**Northside Social**  
**3211 Wilson Blvd**  
**Arlington, VA 22201**  
12:00 PM - 01:00 PM EST  
Caroline Holt,  
caroline@toyingwiththis.com

*Do you work in the Rosslyn, Courthouse, Clarendon or Ballston area? If so, join our monthly lunch group! Our group is a great combo of MONA work from home and work from work mamas with kids of all ages and at all stages. Come join us during the day while childcare is covered.*

*Never any pressure to attend or even be on time, so this shouldn't add to your weekly stressors.*

*This is a standing lunch on the 2nd Wednesday of the month. You order and pay a la cart! Will we sit outside weather permitting and if not we'll be in the back.*

October 10, 2019

**New Moms: Weekly Meet-up**  
**Le Pain Quotidien**  
**2900 Clarendon Blvd.**  
**Arlington, VA 22201**  
10:00 AM - 11:30 AM EST  
MONA New Moms Group,  
monanewmoms@monamoms.org

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*This event is also open to new moms who're not not members but considering joining MONA.*

*Any questions - email [monanewmoms@monamoms.org](mailto:monanewmoms@monamoms.org).*

October 10, 2019

**October MNO at Meridian Pint**  
07:00 PM - 09:00 PM EST  
*Register*  
*here: [https://mms.monamoms.org/members/evr/reg\\_event.php?orgcode=MONA&evid=18143935](https://mms.monamoms.org/members/evr/reg_event.php?orgcode=MONA&evid=18143935)*

October 12, 2019

**Monthly Social @ Ballston Quarter**

**Ballston Quarter**

**4238 Wilson Blvd**

**Arlington , va 22203**

11:00 AM - 12:00 PM EST

*Bring along your family and friends and enjoy a morning of mixing and mingling, while the kids are entertained.*

*This month's entertainment will be provided by Mr Alan of The Grandsons.*

*Refreshments will be provided by District Doughnut.*

*MONA Socials are open to non-members as well and are a great way to introduce MONA your friends.*

October 17, 2019

**Annual Pre-School Fair 2019**

**Williamsburg Middle School**

**3600 N Harrison Street**

**Arlington, VA 22207**

07:00 PM - 09:00 PM EST

Jill,

Monapreschoolfair@gmail.com

*Annual MONA Preschool Fair*

October 17, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

*This event is also open to new moms who're not not members but considering joining MONA.*

*Any questions - email monanewmoms@monamoms.org.*

October 19, 2019

**Expectant Moms Meet Up**

**Le Pain Quotidien**

**2900 Clarendon Blvd**

**Arlington, VA 22201**

12:00 PM - 01:30 PM EST

Sara Grawe,

monaexpectantmoms@yahoo.com

*Join the MONA Expectant Moms Group at Le Pain Quotidien in Clarendon. Come and meet other expectant moms to chat about pregnancy, childbirth, breastfeeding, pediatricians, childcare and everything in between as you enjoy a beverage on MONA!*

*Let me know if you plan on attending so that I can save you a seat.*

*Please RSVP to monaexpectantmoms@monamoms.org if you plan on coming so we can save you a seat. Even if you don't RSVP, you're always welcome to drop in!*

*We look forward to seeing you!*

October 24, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

*This event is also open to new moms who're not not members but considering joining MONA.*

*Any questions - email monanewmoms@monamoms.org.*

October 31, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

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*This event is also open to new moms who're not not members but considering joining MONA.*

*Any questions - email monanewmoms@monamoms.org.*

November 1, 2019

**Special Moms Meet-Up**

**Cafe Kindred**

**450 N Washington St**

**Falls Church, VA 22046**

09:30 AM - 11:30 AM EST

Maribel Adydan,

maribelgarz@yahoo.com

*Join other moms of kids with special needs for coffee and conversation. This event is for mom's only. No need to register.*

November 7, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

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*Any questions - email [monanewmoms@monamoms.org](mailto:monanewmoms@monamoms.org).*

November 9, 2019

**Monthly Social @ Ballston Quarter**

**Ballston Quarter Mall (Lower Level Plaza)**

**4238 Wilson Blvd**

**Arlington, va 22203**

11:00 AM - 12:00 PM EST

*Bring along your family and friends and enjoy a morning of mixing and mingling, while the kids are entertained.*

*This month's entertainment will be provided by everyone's favorite entertainer - The Great Zucchini.*

*Refreshments will be provided by District Doughnut.*

*MONA Socials are open to non-members as well and are a great way to introduce MONA your friends.*

November 13, 2019

**Rosslyn-Ballston Corridor Working Moms Group Lunch**

**Northside Social**

**3211 Wilson Blvd**

**Arlington, VA 22201**

12:00 PM - 01:00 PM EST

Caroline Holt,

caroline@toyingwiththis.com

*Do you work in the Rosslyn, Courthouse, Clarendon or Ballston area? If so, join our monthly lunch group! Our group is a great combo of MONA work from home and work from work mamas with kids of all ages and at all stages. Come join us during the day while childcare is covered.*

*Never any pressure to attend or even be on time, so this shouldn't add to your weekly stressors.*

*This is a standing lunch on the 2nd Wednesday of the month. You order and pay a la cart! Will we sit outside weather permitting and if not we'll be in the back.*

November 14, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

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November 15, 2019

**Expectant Moms Meet Up**

**Le Pain Quotidien**

**2900 Clarendon Blvd**

**Arlington, VA 22201**

06:30 PM - 08:00 PM EST

Sara Grawe,

monaexpectantmoms@yahoo.com

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*We look forward to seeing you!*

November 21, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

*This event is also open to new moms who're not not members but considering joining MONA.*

*Any questions - email monanewmoms@monamoms.org.*

December 5, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

*This event is also open to new moms who're not not members but considering joining MONA.*

*Any questions - email monanewmoms@monamoms.org.*

December 12, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

monanewmoms@monamoms.org

*Are you a new mom or mom to a baby under 12 months of age and would love to meet others like you? Join members of the MONA new moms group for weekly coffee every Thursday at Le Pain Quotidien in Clarendon. This is a drop in event - so feel free to show up whenever you want. We are all moms and understand the unpredictability of motherhood - esp with infants.*

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*Any questions - email [monanewmoms@monamoms.org](mailto:monanewmoms@monamoms.org).*

December 12, 2019

**Expectant Moms Meet Up**

**Le Pain Quotidien**

**2900 Clarendon Blvd**

**Arlington, VA 22201**

06:30 PM - 08:00 PM EST

Sara Grawe,

monaexpectantmoms@yahoo.com

*Join the MONA Expectant Moms Group at Le Pain Quotidien in Clarendon. Come and meet other expectant moms to chat about pregnancy, childbirth, breastfeeding, pediatricians, childcare and everything in between as you enjoy a beverage on MONA!*

*Let me know if you plan on attending so that I can save you a seat.*

*Please RSVP to [monaexpectantmoms@monamoms.org](mailto:monaexpectantmoms@monamoms.org) if you plan on coming so we can save you a seat. Even if you don't RSVP, you're always welcome to drop in!*

*We look forward to seeing you!*

December 19, 2019

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

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January 2, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

MONA New Moms Group,

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January 4, 2020

**Monthly Social @ Ballston Quarter**

**Ballston Quarter Mall (Lower Level Plaza)**

**4238 Wilson Blvd**

**Arlington, VA 22203**

11:00 AM - 12:00 PM EST

*Bring along your family and friends and enjoy a morning of mixing and mingling, while the kids are entertained.*

*This month's entertainment will be provided by everyone's favorite entertainer - The Great Zucchini.*

*Refreshments will be provided by District Doughnut.*

*MONA Socials are open to non-members as well and are a great way to introduce MONA your friends.*

January 9, 2020

**New Moms: Weekly Meet-up**

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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January 16, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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January 23, 2020

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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January 30, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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February 6, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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February 8, 2020

**Monthly Social @ Ballston Quarter**

**Ballston Quarter**

**4238 Wilson Blvd**

**Arlington , va 22203**

11:00 AM - 12:00 PM EST

*Bring along your family and friends and enjoy a morning of mixing and mingling, while the kids are entertained.*

*This month's entertainment will be provided by Oh Susannah!*

*Refreshments will be provided by District Doughnut.*

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February 13, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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February 20, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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February 27, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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March 5, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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March 12, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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March 14, 2020

**Monthly Social @ Ballston Quarter**

**Ballston Quarter Mall (Lower Level Plaza)**

**4238 Wilson Blvd**

**Arlington, VA 22203**

11:00 AM - 12:00 PM EST

*Bring along your family and friends and enjoy a morning of mixing and mingling, while the kids are entertained.*

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March 19, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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March 26, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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April 2, 2020

**New Moms: Weekly Meet-up**

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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April 9, 2020

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April 11, 2020

**Monthly Social @ Ballston Quarter**

**Ballston Quarter**

**4238 Wilson Blvd**

**Arlington, VA 22203**

11:00 AM - 12:00 PM EST

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April 30, 2020

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May 7, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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May 9, 2020

**Monthly Social @ Ballston Quarter**  
**Ballston Quarter Mall (Lower Level Plaza)**  
**4238 Wilson Blvd**  
**Arlington , va 22203**

11:00 AM - 12:00 PM EST

*Bring along your family and friends and enjoy a morning of mixing and mingling, while the kids are entertained.*

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*Refreshments will be provided by District Doughnut.*

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May 14, 2020

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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May 21, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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May 28, 2020

**New Moms: Weekly Meet-up**

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**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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June 4, 2020

**New Moms: Weekly Meet-up**

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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June 11, 2020

**New Moms: Weekly Meet-up**

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June 13, 2020

**Monthly Social @ Ballston Quarter**

**Ballston Quarter**

**4238 Wilson Blvd**

**Arlington, VA 22203**

11:00 AM - 12:00 PM EST

*Bring along your family and friends and enjoy a morning of mixing and mingling, while the kids are entertained.*

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June 18, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

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**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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June 25, 2020

**New Moms: Weekly Meet-up**

**Le Pain Quotidien**

**2900 Clarendon Blvd.**

**Arlington, VA 22201**

10:00 AM - 11:30 AM EST

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Coming Soon

**Business Entrepreneurs Network Cocktails & Conversation**

07:00 PM - 09:00 PM EST

B.E.N.,

monaben487@gmail.com

*The next Business and Entrepreneurs Network (BEN) monthly meeting is COCKTAILS & CONVERSATION the evening of \_\_\_\_\_ from 7-9pm. Please join us!*

*We'll gather at Marybeth Fraser's home, BEN co-chair. The address will be sent to all registrants the day-of.*