

Calendar of Events

January 19, 2019

Music Class with Breianne McKinley 1/19 9:15

Clarendon United Methodist Church - Corry Hall

606 N. Irving Street

Arlington, VA 22201

09:15 AM - 10:00 AM

Music Class with Breianne McKinley

Saturday, January 19

9:15 AM - 10:00 AM

Clarendon United Methodist Church - Corry Hall

606 N. Irving Street

Arlington, VA 22201

Bring your kids (ages 0-5) to a MONA music playgroup session with Breianne McKinley. Breianne is a certified Music Together instructor and private music therapist who brings her guitar, rhythm instruments, & props 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.

January 19, 2019

Music Class with Breianne McKinley 1/19 10:15

Clarendon United Methodist Church - Corry Hall

606 N. Irving Street

Arlington, VA 22201

10:15 AM - 11:00 AM

Music Class with Breianne McKinley

Saturday, January 19

10:15 AM - 11:00 AM

Clarendon United Methodist Church - Corry Hall

606 N. Irving Street

Arlington, VA 22201

Bring your kids (ages 0-5) to a MONA music playgroup session with Breianne McKinley. Breianne is a certified Music Together instructor and private music therapist who brings her guitar, rhythm instruments, & props 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.

January 25, 2019

Music Class with Breianne 1/25 10:15
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201
10:15 AM - 11:00 AM
Music Class with Breianne McKinley Zaug
Friday, January 25
10:15 AM - 11:00 AM
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201

Bring your kids (ages 0-5) to a MONA music playgroup session with Breianne McKinley Zaug. Breianne is a certified Music Together instructor and private music therapist who brings her guitar, rhythm instruments, & props 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.

January 26, 2019

Music Class with Breianne 1/26 11:15
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201
11:15 AM - 12:00 PM
Music Class with Breianne McKinley Zaug
Saturday, January 12
11:15 AM - 12:00 PM
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201

Bring your kids to a MONA music playgroup session with Breianne McKinley Zaug. Breianne is a certified Music Together instructor and private music therapist who brings her guitar, rhythm instruments, & props to create a highly interactive 45-minute set of engaging music and movement activities for the whole family.

This mixed age (0-10) session is especially geared to children with special needs, but everyone is welcome to participate in class! If you have questions about specific accommodations, please email Breianne at breianne@mckinleymusictherapy.com.

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.

January 26, 2019

Music Class with Breianne 1/26 9:15
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201
09:15 AM - 10:00 AM
Music Class with Breianne McKinley
Saturday, January 26
9:15 AM - 10:00 AM
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201

Bring your kids (ages 0-5) to a MONA music playgroup session with Breianne McKinley. Breianne is a certified Music Together instructor and private music therapist who brings her guitar, rhythm instruments, & props 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.

January 28, 2019

Jumping Joey's - Jan 16, 2019 - 1-3pm - APS No School!

Jumping Joey's

402 W Broad St, Suite 200

Falls Church, VA 22046

01:00 PM - 03:00 PM

Join MONA Outings at Jumping Joeys at the Falls Church location (addresses below).

PLEASE NOTE NEW POLICY:

- 1. ALL MONA registrations allows your child a TWO HOUR duration of Open Bounce time between the scheduled time. This is similar to all other patrons during holiday days, MONA members however get a discounted group rate. You can ONLY attend during your scheduled time and remember that bounce time starts at the top of the hour, so arrive on time to get your full hour.*
- 2. All children who will be bouncing need to register and buy a spot with MONA even those under 4.*
- 3. Cut off for signing up is the day before the event.*

Check in with The Jumping Joeys Team when you arrive and say you are with MONA. They will have the full registration list.

PRICE:

Ages 4+ - \$7 per child (normally \$10.60per child)

Ages 1-3 years old - \$4 (normally \$10.60 per child)

LOCATIONS: ARLINGTON LOCATION IS CLOSED!!

Falls Church:

402 W Broad St, Suite 200, Falls Church, VA 22046

Above PNC Bank.

REGISTRATION:

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:

Let your Joeys Bounce!

Jumping Joeys is a kid's gym center that promotes health and wellness through play and physical activity. Children will develop basic motor skills, social skills, muscle tone, and self-confidence. Jumping Joeys provides extensive activity for children to play and explore while bouncing on multiple inflatables. Free WIFI and a café for the parents.

NOTES:

--No re-entries.

--All participants require an active electronic waiver to be completed online to help save time when you arrive.

--No outside food or drinks are allowed to be brought into Jumping Joeys. Food and drink items are available on-site at our concession stand.

--Socks must be worn at all times while playing on the equipment. If your Joey needs or forget socks, we will have socks available for purchase.

--Please ensure your Joey does not have any buttons or jewels on their back pockets which may get caught on the inflatables and cause damage.

-- MONA Outings can not offer refunds or transfers.

Please don't contact the vendor. Please email: monaoutings@gmail.com if you have any questions

January 29, 2019

{B.E.N.} Intentions Workshop - Get Clear on Your Intentions BEFORE You Set Your Goals. 1-2

Katie Jefcoat's House

Sent to Registrants Day of Event

Arlington, VA 22205

07:00 PM - 09:00 PM

Join us for a fun and interactive experience where you can create and begin to design your ideal year. Intend: Design Your Future is an interactive, hands-on experience for those who want effective tools to create a fulfilled year for their business, career, and life. It is led by MONA mom/entrepreneur Danielle Droitsch who is a certified life/career coach and BEN member. It is practical, offering a completely new way to achieve personal goals.

This isn't a goal-setting workshop or even a place to make New Year's resolutions. It's a refreshing opportunity to take a step back and get clear about what you want in life. It's about harnessing the power of intention to propel you forward. It is about tapping into your imagination and creativity to help you take action on what really matters to you.

Learn how intention is essential to your reaching goals.

Take a step back and ground yourself so you can create a vision for the future

Form deeper connection for sharing, inspiration, and fun

Build your ideal future by constructing your personal set of intentions to people goal setting and action planning

About the workshop: The workshop is 2 hours long. It is dynamic, featuring a presentation, interaction, introspective work, and creative visioning. Participants receive a workbook that leads them through the process of creating intentions, as well as the tools and advice they need to honor and carry their intentions forward. Every participant will craft their own intentions on beautiful paper to take home. The workshop is a refreshing opportunity to take a step back and get clear about what you want in life.

Cost of the workshop includes a workbook, paper/envelope for writing intentions, pen, and a glass of wine (it is at my house ;)).

My address will be sent the day-of to all registrants.

p.s. I did this workshop and it was SO GOOD - I can't wait to share it with you. You'll love it.

February 1, 2019

Music Class with Breianne 2/1 10:15
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201
10:15 AM - 11:00 AM
Music Class with Breianne McKinley Zaug
Friday, February 1
10:15 AM - 11:00 AM
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201

Bring your kids (ages 0-5) to a MONA music playgroup session with Breianne McKinley Zaug. Breianne is a certified Music Together instructor and private music therapist who brings her guitar, rhythm instruments, & props 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.

February 2, 2019

PAW Patrol Live! - 2/2 @ 10am
EagleBank Arena
4500 Patriot Circle
Fairfax, VA 22030
10:00 AM - 11:30 AM

PAW Patrol Live!:

Come roll with the PAW Patrol as everybody's favorite heroic pups race to the rescue on the day of the Great Adventure Bay Race. When Mayor Goodway goes missing, Chase, Marshall, Skye and the rest of the PAW Patrol will need to team up with Ryder to save Adventure Bay's mayor and stop Foggy Bottom's Mayor Humdinger from winning the race.

Ticket Options - Make sure everyone in your party has the same ticket option- ages one and older need a ticket.

\$15 (normally \$33.15) – Sections 103-114 Rows W-Z

\$36 (normally \$56.70) – Sections 103-114 Rows F-Q

February 2, 2019

PAW Patrol Live! - 2/2 @ 2pm

EagleBank Arena
4500 Patriot Circle
Fairfax, VA 22030
02:00 PM - 03:30 PM

PAW Patrol Live!:

Come roll with the PAW Patrol as everybody's favorite heroic pups race to the rescue on the day of the Great Adventure Bay Race. When Mayor Goodway goes missing, Chase, Marshall, Skye and the rest of the PAW Patrol will need to team up with Ryder to save Adventure Bay's mayor and stop Foggy Bottom's Mayor Humdinger from winning the race.

Ticket Options - Make sure everyone in your party has the same ticket option- ages one and older need a ticket.

\$15 (normally \$33.15) – Sections 103-114 Rows W-Z

\$36 (normally \$56.70) – Sections 103-114 Rows F-Q

February 3, 2019

PAW Patrol Live! - 2/3 @ 10am

EagleBank Arena
4500 Patriot Circle
Fairfax, VA 22030
10:00 AM - 11:30 AM

PAW Patrol Live!:

Come roll with the PAW Patrol as everybody's favorite heroic pups race to the rescue on the day of the Great Adventure Bay Race. When Mayor Goodway goes missing, Chase, Marshall, Skye and the rest of the PAW Patrol will need to team up with Ryder to save Adventure Bay's mayor and stop Foggy Bottom's Mayor Humdinger from winning the race.

Ticket Options - Make sure everyone in your party has the same ticket option- ages one and older need a ticket.

\$15 (normally \$33.15) – Sections 103-114 Rows W-Z

\$36 (normally \$56.70) – Sections 103-114 Rows F-Q

February 9, 2019

Georgetown Hoyas Men's Basketball vs Butler Sat • Feb 09, 2019 • 12:00 PM

Capital One Arena
601 F St NW
Washington, DC 20004
12:00 PM - 02:00 PM

Come cheer on the Georgetown Hoyas Men's Basketball Team as they play the Butler Bulldogs. \$26 per ticket, everyone needs a ticket, 4 ticket limit per family. NO REFUNDS OR EXCHANGES, ALL REGISTRATIONS ARE FINAL. Tickets will be emailed to you. Use monamarketplace if you need to find/pass on tickets.

February 16, 2019

Disney on Ice Worlds of Enchantment- 2/16 @ 10:30am
Capital One Arena (Previously Verizon Center)
601 F St NW, Washington
Washington, Di 20004
10:30 AM - 12:30 PM

Disney on Ice Worlds of Enchantment

PLEASE NOTE: Tickets are only available until December 15, 2018 thru MONA at the discounted rate! Tickets will be mailed to your house.

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

\$34 ticket – 100 level, regularly \$47.25 + fees & taxes

\$29 ticket – 200 level, regularly \$42.50 + fees & taxes

\$17 ticket – 400 level, regularly \$30.50 + fees & taxes

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

Disney on Ice: Worlds of Enchantment

See Lightning McQueen, Mater and the Disney•Pixar's Cars race across the ice! Dive into undersea fun with Ariel in The Little Mermaid's kingdom. Experience the adventures of Buzz, Woody, and the Toy Story gang as they race for home. Join sisters Anna and Elsa, Olaf and Kristoff from Disney's Frozen as they learn true love comes from within. From wheels to waves, icy wonderlands to infinity and beyond, your family's beloved Disney moments will come to life

-MONA does not offer refunds or transfers

-Please contact monaoutings@gmail.com with questions.

February 17, 2019

Disney on Ice Worlds of Enchantment- 2/17 @ 12:30pm
Capital One Arena (Previously Verizon Center)
601 F St NW, Washington
Washington, Di 20004
12:30 PM - 02:30 PM

Disney on Ice Worlds of Enchantment

PLEASE NOTE: Tickets are only available until December 15, 2018 thru MONA at the discounted rate! Tickets will be mailed to your house.

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

\$34 ticket – 100 level, regularly \$47.25 + fees & taxes

\$29 ticket – 200 level, regularly \$42.50 + fees & taxes

\$17 ticket – 400 level, regularly \$30.50 + fees & taxes

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

Disney on Ice: Worlds of Enchantment

See Lightning McQueen, Mater and the Disney•Pixar's Cars race across the ice! Dive into undersea fun with Ariel in The Little Mermaid's kingdom. Experience the adventures of Buzz, Woody, and the Toy Story gang as they race for home. Join sisters Anna and Elsa, Olaf and Kristoff from Disney's Frozen as they learn true love comes from within. From wheels to waves, icy wonderlands to infinity and beyond, your family's beloved Disney moments will come to life

-MONA does not offer refunds or transfers

-Please contact monaoutings@gmail.com with questions.

February 17, 2019

Disney on Ice Worlds of Enchantment- 2/17 @ 4:30pm
Capital One Arena (Previously Verizon Center)
601 F St NW, Washington
Washington, Di 20004
04:30 PM - 06:30 PM

Disney on Ice Worlds of Enchantment

PLEASE NOTE: Tickets are only available until December 15, 2018 thru MONA at the discounted rate! Tickets will be mailed to your house.

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

\$34 ticket – 100 level, regularly \$47.25 + fees & taxes

\$29 ticket – 200 level, regularly \$42.50 + fees & taxes

\$17 ticket – 400 level, regularly \$30.50 + fees & taxes

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

Disney on Ice: Worlds of Enchantment

See Lightning McQueen, Mater and the Disney•Pixar's Cars race across the ice! Dive into undersea fun with Ariel in The Little Mermaid's kingdom. Experience the adventures of Buzz, Woody, and the Toy Story gang as they race for home. Join sisters Anna and Elsa, Olaf and Kristoff from Disney's Frozen as they learn true love comes from within. From wheels to waves, icy wonderlands to infinity and beyond, your family's beloved Disney moments will come to life

-MONA does not offer refunds or transfers

-Please contact monaoutings@gmail.com with questions.

February 18, 2019

Jumping Joey's - Feb 18, 2019 - 2-4pm - APS No School!

Jumping Joey's

402 W Broad St, Suite 200

Falls Church, VA 22046

02:00 PM - 04:00 PM

Join MONA Outings at Jumping Joeys at the Falls Church location (addresses below).

PLEASE NOTE NEW POLICY:

- 1. ALL MONA registrations allows your child a TWO HOUR duration of Open Bounce time between the scheduled time. This is similar to all other patrons during holiday days, MONA members however get a discounted group rate. You can ONLY attend during your scheduled time and remember that bounce time starts at the top of the hour, so arrive on time to get your full hour.*
- 2. All children who will be bouncing need to register and buy a spot with MONA even those under 4.*
- 3. Cut off for signing up is the day before the event.*

Check in with The Jumping Joeys Team when you arrive and say you are with MONA. They will have the full registration list.

PRICE:

Ages 4+ - \$7 per child (normally \$10.60per child)

Ages 1-3 years old - \$4 (normally \$10.60 per child)

LOCATIONS: ARLINGTON LOCATION IS CLOSED!!

Falls Church:

402 W Broad St, Suite 200, Falls Church, VA 22046

Above PNC Bank.

REGISTRATION:

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:

Let your Joeys Bounce!

Jumping Joeys is a kid's gym center that promotes health and wellness through play and physical activity. Children will develop basic motor skills, social skills, muscle tone, and self-confidence. Jumping Joeys provides extensive activity for children to play and explore while bouncing on multiple inflatables. Free WIFI and a café for the parents.

NOTES:

--No re-entries.

--All participants require an active electronic waiver to be completed online to help save time when you arrive.

--No outside food or drinks are allowed to be brought into Jumping Joeys. Food and drink items are available on-site at our concession stand.

--Socks must be worn at all times while playing on the equipment. If your Joey needs or forget socks, we will have socks available for purchase.

--Please ensure your Joey does not have any buttons or jewels on their back pockets which may get caught on the inflatables and cause damage.

-- MONA Outings can not offer refunds or transfers.

Please don't contact the vendor. Please email: monaoutings@gmail.com if you have any questions

February 21, 2019

Training on Infant & Child CPR/AED and Child and Infant choking rescue

JW Tumbles Arlington

2499 N. Harrison Street

Arlington, 22207

07:00 PM - 09:00 PM

Training on Infant & Child CPR/AED and Child and Infant choking rescue

It takes two hours of your time to learn skills that could save your child's life. Experienced Intensive Care Registered Nurses (and MONA mom!) will teach this class.

During this class you will learn Infant and Child CPR, AED, and what to do if your infant or child is choking. These are skills everyone caring for an infant or child should have so that they will know what to do in an emergency situation.

This is the perfect class for parents. It's also a great class for your nanny, babysitter, or family member who might be caring for your child. Please note that this class is an adults-only class.

Member Fee: MONA is being offered a 15% group discount, bringing the cost down to \$60 (normally \$69.00).

Please note: MONA does not offer refunds or transfers. Email monaoutings@gmail.com with questions.

March 7, 2019

Jumping Joey's - March 7, 2019 - 2-4pm - APS Early Release!

Jumping Joey's

402 W Broad St, Suite 200

Falls Church, VA 22046

02:00 PM - 04:00 PM

Join MONA Outings at Jumping Joeys at the Falls Church location (addresses below).

PLEASE NOTE NEW POLICY:

1. ALL MONA registrations allows your child a TWO HOUR duration of Open Bounce time between the scheduled time. This is similar to all other patrons during holiday days, MONA members however get a discounted group rate. You can ONLY attend during your scheduled time and remember that bounce time starts at the top of the hour, so arrive on time to get your full hour.
2. All children who will be bouncing need to register and buy a spot with MONA even those under 4.
3. Cut off for signing up is the day before the event.

Check in with The Jumping Joeys Team when you arrive and say you are with MONA. They will have the full registration list.

PRICE:

Ages 4+ - \$7 per child (normally \$10.60per child)

Ages 1-3 years old - \$4 (normally \$10.60 per child)

LOCATIONS: ARLINGTON LOCATION IS CLOSED!!

Falls Church:

402 W Broad St, Suite 200, Falls Church, VA 22046

Above PNC Bank.

REGISTRATION:

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:

Let your Joeys Bounce!

Jumping Joeys is a kid's gym center that promotes health and wellness through play and physical activity. Children will develop basic motor skills, social skills, muscle tone, and self-confidence. Jumping Joeys provides extensive activity for children to play and explore while bouncing on multiple inflatables. Free WIFI and a café for the parents.

NOTES:

--No re-entries.

--All participants require an active electronic waiver to be completed online to help save time when you arrive.

--No outside food or drinks are allowed to be brought into Jumping Joeys. Food and drink items are available on-site at our concession stand.

--Socks must be worn at all times while playing on the equipment. If your Joey needs or forget socks, we will have socks available for purchase.

--Please ensure your Joey does not have any buttons or jewels on their back pockets which may get caught on the inflatables and cause damage.

-- MONA Outings can not offer refunds or transfers.

Please don't contact the vendor. Please email: monaoutings@gmail.com if you have any questions

March 8, 2019

Jumping Joey's - March 8, 2019 - 2-4pm - APS No School!

Jumping Joey's

402 W Broad St, Suite 200

Falls Church, VA 22046

02:00 PM - 04:00 PM

Join MONA Outings at Jumping Joeys at the Falls Church location (addresses below).

PLEASE NOTE NEW POLICY:

- 1. ALL MONA registrations allows your child a TWO HOUR duration of Open Bounce time between the scheduled time. This is similar to all other patrons during holiday days, MONA members however get a discounted group rate. You can ONLY attend during your scheduled time and remember that bounce time starts at the top of the hour, so arrive on time to get your full hour.*
- 2. All children who will be bouncing need to register and buy a spot with MONA even those under 4.*
- 3. Cut off for signing up is the day before the event.*

Check in with The Jumping Joeys Team when you arrive and say you are with MONA. They will have the full registration list.

PRICE:

Ages 4+ - \$7 per child (normally \$10.60per child)

Ages 1-3 years old - \$4 (normally \$10.60 per child)

LOCATIONS: ARLINGTON LOCATION IS CLOSED!!

Falls Church:

402 W Broad St, Suite 200, Falls Church, VA 22046

Above PNC Bank.

REGISTRATION:

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:

Let your Joeys Bounce!

Jumping Joeys is a kid's gym center that promotes health and wellness through play and physical activity. Children will develop basic motor skills, social skills, muscle tone, and self-confidence. Jumping Joeys provides extensive activity for children to play and explore while bouncing on multiple inflatables. Free WIFI and a café for the parents.

NOTES:

--No re-entries.

--All participants require an active electronic waiver to be completed online to help save time when you arrive.

--No outside food or drinks are allowed to be brought into Jumping Joeys. Food and drink items are available on-site at our concession stand.

--Socks must be worn at all times while playing on the equipment. If your Joey needs or forget socks, we will have socks available for purchase.

--Please ensure your Joey does not have any buttons or jewels on their back pockets which may get caught on the inflatables and cause damage.

-- MONA Outings can not offer refunds or transfers.

Please don't contact the vendor. Please email: monaoutings@gmail.com if you have any questions

March 13, 2019

Jumping Joey's - March 13, 2019 - 2-4pm - APS Early Release!

Jumping Joey's

402 W Broad St, Suite 200

Falls Church, VA 22046

02:00 PM - 04:00 PM

Join MONA Outings at Jumping Joeys at the Falls Church location (addresses below).

PLEASE NOTE NEW POLICY:

1. ALL MONA registrations allows your child a TWO HOUR duration of Open Bounce time between the scheduled time. This is similar to all other patrons during holiday days, MONA members however get a discounted group rate. You can ONLY attend during your scheduled time and remember that bounce time starts at the top of the hour, so arrive on time to get your full hour.
2. All children who will be bouncing need to register and buy a spot with MONA even those under 4.
3. Cut off for signing up is the day before the event.

Check in with The Jumping Joeys Team when you arrive and say you are with MONA. They will have the full registration list.

PRICE:

Ages 4+ - \$7 per child (normally \$10.60per child)

Ages 1-3 years old - \$4 (normally \$10.60 per child)

LOCATIONS: ARLINGTON LOCATION IS CLOSED!!

Falls Church:

402 W Broad St, Suite 200, Falls Church, VA 22046

Above PNC Bank.

REGISTRATION:

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:

Let your Joeys Bounce!

Jumping Joeys is a kid's gym center that promotes health and wellness through play and physical activity. Children will develop basic motor skills, social skills, muscle tone, and self-confidence. Jumping Joeys provides extensive activity for children to play and explore while bouncing on multiple inflatables. Free WIFI and a café for the parents.

NOTES:

--No re-entries.

--All participants require an active electronic waiver to be completed online to help save time when you arrive.

--No outside food or drinks are allowed to be brought into Jumping Joeys. Food and drink items are available on-site at our concession stand.

--Socks must be worn at all times while playing on the equipment. If your Joey needs or forget socks, we will have socks available for purchase.

--Please ensure your Joey does not have any buttons or jewels on their back pockets which may get caught on the inflatables and cause damage.

-- MONA Outings can not offer refunds or transfers.

Please don't contact the vendor. Please email: monaoutings@gmail.com if you have any questions

March 21, 2019

Training on Infant & Child CPR/AED and Child and Infant choking rescue

JW Tumbles Arlington

2499 N. Harrison Street

Arlington, 22207

07:00 PM - 09:00 PM

Training on Infant & Child CPR/AED and Child and Infant choking rescue

It takes two hours of your time to learn skills that could save your child's life. Experienced Intensive Care Registered Nurses (and MONA mom!) will teach this class.

During this class you will learn Infant and Child CPR, AED, and what to do if your infant or child is choking. These are skills everyone caring for an infant or child should have so that they will know what to do in an emergency situation.

This is the perfect class for parents. It's also a great class for your nanny, babysitter, or family member who might be caring for your child. Please note that this class is an adults-only class.

Member Fee: MONA is being offered a 15% group discount, bringing the cost down to \$60 (normally \$69.00).

Please note: MONA does not offer refunds or transfers. Email monaoutings@gmail.com with questions.

March 23, 2019

Marvel Universe LIVE! Age of Heroes

EagleBank Arena

4500 Patriot Circle

Fairfax, VA 22030

11:00 AM - 01:00 PM

Don't miss Marvel Universe LIVE! Age of Heroes is an all-new, EPIC, live-action arena experience! Fans will be immersed in the Marvel Universe through the non-stop action, pyrotechnics, aerial stunts, cutting-edge technology, motorcycles, and see over 25 of your favorite super heroes. The show includes Spider-Man, Iron Man, Captain America, Hulk, Black Panther, Black Widow, Doctor Strange, Guardians of the Galaxy, and more!

PLEASE NOTE: Tickets are only available until January 21, 2019 thru MONA at the discounted rate! Tickets will be mailed to your house.

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

\$18 (normally \$30 + taxes & fees) – Sections 107-110 Rows N-T, Sections 101-106, 111-116 Rows U-Z

\$28 (normally \$50 + taxes & fees)– Sections 107-110 Rows F-M, Sections 101-104, 113-116 Rows N-V, Sections 105-106, 111-112 Rows N-U

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

-MONA does not offer refunds or transfers

-Please contact monaoutings@gmail.com with questions.

March 23, 2019

Marvel Universe LIVE! Age of Heroes 3/23 @ 3pm

EagleBank Arena

4500 Patriot Circle

Fairfax, VA 22030

03:00 PM - 05:00 PM

Don't miss Marvel Universe LIVE! Age of Heroes is an all-new, EPIC, live-action arena experience! Fans will be immersed in the Marvel Universe through the non-stop action, pyrotechnics, aerial stunts, cutting-edge technology, motorcycles, and see over 25 of your favorite super heroes. The show includes Spider-Man, Iron Man, Captain America, Hulk, Black Panther, Black Widow, Doctor Strange, Guardians of the Galaxy, and more!

PLEASE NOTE: Tickets are only available until January 21, 2019 thru MONA at the discounted rate! Tickets will be mailed to your house.

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

\$18 (normally \$30 + taxes & fees) – Sections 107-110 Rows N-T, Sections 101-106, 111-116 Rows U-Z

\$28 (normally \$50 + taxes & fees)– Sections 107-110 Rows F-M, Sections 101-104, 113-116 Rows N-V, Sections 105-106, 111-112 Rows N-U

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

-MONA does not offer refunds or transfers

-Please contact monaoutings@gmail.com with questions.

March 30, 2019

Marvel Universe LIVE! Age of Heroes 3/30 @ 3pm

EagleBank Arena

4500 Patriot Circle

Fairfax, VA 22030

03:00 PM - 05:00 PM

Don't miss Marvel Universe LIVE! Age of Heroes is an all-new, EPIC, live-action arena experience! Fans will be immersed in the Marvel Universe through the non-stop action, pyrotechnics, aerial stunts, cutting-edge technology, motorcycles, and see over 25 of your favorite super heroes. The show includes Spider-Man, Iron Man, Captain America, Hulk, Black Panther, Black Widow, Doctor Strange, Guardians of the Galaxy, and more!

PLEASE NOTE: Tickets are only available until January 21, 2019 thru MONA at the discounted rate! Tickets will be mailed to your house.

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

\$18 (normally \$30 + taxes & fees) – Sections 107-110 Rows N-T, Sections 101-106, 111-116 Rows U-Z

\$28 (normally \$50 + taxes & fees)– Sections 107-110 Rows F-M, Sections 101-104, 113-116 Rows N-V, Sections 105-106, 111-112 Rows N-U

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

-MONA does not offer refunds or transfers

-Please contact monaoutings@gmail.com with questions.

March 30, 2019

Marvel Universe LIVE! Age of Heroes 3/30 @ 11am

EagleBank Arena

4500 Patriot Circle

Fairfax, VA 22030

11:00 AM - 01:00 PM

Don't miss Marvel Universe LIVE! Age of Heroes is an all-new, EPIC, live-action arena experience! Fans will be immersed in the Marvel Universe through the non-stop action, pyrotechnics, aerial stunts, cutting-edge technology, motorcycles, and see over 25 of your favorite super heroes. The show includes Spider-Man, Iron Man, Captain America, Hulk, Black Panther, Black Widow, Doctor Strange, Guardians of the Galaxy, and more!

PLEASE NOTE: Tickets are only available until January 21, 2019 thru MONA at the discounted rate! Tickets will be mailed to your house.

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

\$18 (normally \$30 + taxes & fees) – Sections 107-110 Rows N-T, Sections 101-106, 111-116 Rows U-Z

\$28 (normally \$50 + taxes & fees)– Sections 107-110 Rows F-M, Sections 101-104, 113-116 Rows N-V, Sections 105-106, 111-112 Rows N-U

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

-MONA does not offer refunds or transfers

-Please contact monaoutings@gmail.com with questions.

April 18, 2019

Training on Infant & Child CPR/AED and Child and Infant choking rescue

JW Tumbles Arlington

2499 N. Harrison Street

Arlington, 22207

07:00 PM - 09:00 PM

Training on Infant & Child CPR/AED and Child and Infant choking rescue

It takes two hours of your time to learn skills that could save your child's life. Experienced Intensive Care Registered Nurses (and MONA mom!) will teach this class.

During this class you will learn Infant and Child CPR, AED, and what to do if your infant or child is choking. These are skills everyone caring for an infant or child should have so that they will know what to do in an emergency situation.

This is the perfect class for parents. It's also a great class for your nanny, babysitter, or family member who might be caring for your child. Please note that this class is an adults-only class.

Member Fee: MONA is being offered a 15% group discount, bringing the cost down to \$60 (normally \$69.00).

Please note: MONA does not offer refunds or transfers. Email monaoutings@gmail.com with questions.

January 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

MONA Expectant Moms Meet Up

January 21, 2019

Monthly Social

Clarendon United Methodist Church (Cory Hall)

606 N. Irving Street

Arlington, VA 22201

10:30 AM - 11:30 AM EST

Enjoy a morning of musical entertainment provided by the Morales Brothers - Will & Marco and have some coffee and snacks on us, while the kids are entertained.

Open to all and free to attend, a MONA social is a fun and easy way to meet up with other MONA moms and their kids. It is also a great way to introduce your friends to MONA - non-members are welcome. Dads and grandparents are welcome too.

RAFFLE: Don't forget to sign in! You will be in the running to win an electric toothbrush from Growing Smiles of Northern Virginia! Thank you Dr. Galliani - a fellow MONA mom!

January 21, 2019

Jumping Joey's - Jan 21, 2019 - 12-2pm (switched from 1-3)- APS No School!

Jumping Joey's

402 W Broad St, Suite 200

Falls Church, VA 22046

12:00 PM - 02:00 PM EST

Join MONA Outings at Jumping Joeys at the Falls Church location (addresses below).

PLEASE NOTE NEW POLICY:

1. ALL MONA registrations allows your child a TWO HOUR duration of Open Bounce time between the scheduled time. This is similar to all other patrons during holiday days, MONA members however get a discounted group rate. You can ONLY attend during your scheduled time and remember that bounce time starts at the top of the hour, so arrive on time to get your full hour.

2. All children who will be bouncing need to register and buy a spot with MONA even those under 4.

3. Cut off for signing up is the day before the event.

Check in with The Jumping Joeys Team when you arrive and say you are with MONA. They will have the full registration list.

PRICE:

Ages 4+ - \$7 per child (normally \$10.60per child)

Ages 1-3 years old - \$4 (normally \$10.60 per child)

LOCATIONS: ARLINGTON LOCATION IS CLOSED!!

Falls Church:

402 W Broad St, Suite 200, Falls Church, VA 22046

Above PNC Bank.

REGISTRATION:

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:

Let your Joeys Bounce!

Jumping Joeys is a kid's gym center that promotes health and wellness through play and physical activity. Children will develop basic motor skills, social skills, muscle tone, and self-confidence. Jumping Joeys provides extensive activity for children to play and explore while bouncing on multiple inflatables. Free WIFI and a café for the parents.

NOTES:

--No re-entries.

--All participants require an active electronic waiver to be completed online to help save time when you arrive.

--No outside food or drinks are allowed to be brought into Jumping Joeys. Food and drink items are available on-site at our concession stand.

--Socks must be worn at all times while playing on the equipment. If your Joey needs or forget socks, we will have socks available for purchase.

--Please ensure your Joey does not have any buttons or jewels on their back pockets which may get caught on the inflatables and cause damage.

-- MONA Outings can not offer refunds or transfers.

Please don't contact the vendor. Please email: monaoutings@gmail.com if you have any questions

January 24, 2019

{B.E.N.} Charting the Course for 2019: Thinking Strategically, Setting Goals, and Taking Action
Clarendon United Methodist Church - Corey Hall

606 N Irving St
Arlington, VA 22201
07:00 PM - 08:30 PM EST

B.E.N.,
monaben487@gmail.com

Join us for our January Business Entrepreneurs Network Meeting with special guests, Jennifer Meder and Jessica Kohnen.

I can't get enough of these two ladies. The value they are providing us in this seminar is off-the-charts. Jennifer's task management seminar was life changing for me -- so many ah-ha moments! I can't wait to hear what she and Jessica have created in this new seminar.

Charting the Course for 2019: Thinking Strategically, Setting Goals, and Taking Action

January is the perfect time to "look up" and see where we are and where we want to go. This session provides a framework to help us get a different view – to enhance strategic thinking and explore tools and techniques to set goals and chart a course for action.

Speakers

Jessica Kohnen and Jennifer Meder are managing partners at hyve, a consulting firm that supports organizations and people doing work that matters. They believe that, with the right tools, insights, and practices, organizations can have a bigger impact and move great missions forward faster.

January 25, 2019

Music Class with Breianne 1/25 11:15
Clarendon United Methodist Church - Corry Hall

606 N. Irving Street
Arlington, VA 22201
11:15 AM - 12:00 PM EST

Music Class with Breianne McKinley Zaug
Friday, January 25

11:15 AM - 12:00 PM
Clarendon United Methodist Church - Corry Hall
606 N. Irving Street
Arlington, VA 22201

Bring your kids (ages 0-5) to a MONA music playgroup session with Breianne McKinley Zaug. Breianne is a certified Music Together instructor and private music therapist who brings her guitar, rhythm instruments, & props 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.

January 27, 2019

Eating for Energy
Clarendon United Methodist Church
606 N Irving St
Arlington, VA 22201

01:00 PM - 03:00 PM EST

Liz Aboudan,
monanewmoms@monamoms.org

Is low energy holding you back from living? Do you find yourself sluggish in the afternoon turning to caffeine or sugar to get you through the day? If so, join fellow Mona mom and Integrative Nutrition Health Coach, Tara O'Brien, for some top tips on eating for energy, self care and creating your own energy road map. Learn how to renew that invaluable resource that is your energy.

For more information on Tara, please visit her website, www.liveloveandthrivecoaching.com

Join us on Sunday, January 27th from 1-3

February 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.

February 2, 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

MONA Expectant Moms Meet Up

February 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 mammamas 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.

February 14, 2019

Board Meeting

10:00 AM - 11:00 AM EST

10am

Corry Hall, CUMC

All are welcome.

February 18, 2019

Monthly Social

Clarendon United Methodist Church (Cory Hall)

606 N. Irving Street

Arlington, VA 22201

10:30 AM - 11:30 AM EST

Enjoy a morning of musical entertainment provided by the Morales Brothers - Will & Marco and have some coffee and snacks on us, while the kids are entertained.

Open to all and free to attend, a MONA social is a fun and easy way to meet up with other MONA moms and their kids. It is also a great way to introduce your friends to MONA - non-members are welcome. Dads and grandparents are welcome too.

RAFFLE: Don't forget to sign in! You will be in the running to win an electric toothbrush from Growing Smiles of Northern Virginia! Thank you Dr. Galliani - a fellow MONA mom!

March 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.

March 8, 2019

Monthly Social

Clarendon United Methodist Church (Cory Hall)

606 N. Irving Street

Arlington, VA 22201

10:00 AM - 11:00 AM EST

Enjoy a morning of musical entertainment provided by the Morales Brothers - Will & Marco and have some coffee and snacks on us, while the kids are entertained.

Open to all and free to attend, a MONA social is a fun and easy way to meet up with other MONA moms and their kids. It is also a great way to introduce your friends to MONA - non-members are

welcome. Dads and grandparents are welcome too.

RAFFLE: Don't forget to sign in! You will be in the running to win an electric toothbrush from Growing Smiles of Northern Virginia! Thank you Dr. Galliani - a fellow MONA mom!

March 8, 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

MONA Expectant Moms Meet Up

March 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 mammamas 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.

March 14, 2019

Board Meeting

10:00 AM - 11:00 AM EST

10am

Corry Hall, CUMC

All are welcome.

April 1, 2019

Monthly Social

Clarendon United Methodist Church (Cory Hall)

606 N. Irving Street

Arlington, VA 22201

10:30 AM - 11:30 AM EST

Enjoy a morning of musical entertainment provided by the Morales Brothers - Will & Marco and have some coffee and snacks on us, while the kids are entertained.

Open to all and free to attend, a MONA social is a fun and easy way to meet up with other MONA moms and their kids. It

is a great way to introduce your friends to MONA - non-members are

welcome. Dads and grandparents are welcome too.

RAFFLE: Don't forget to sign in! You will be in the running to win an electric toothbrush from Growing Smiles of Northern Virginia! Thank you Dr. Galliani - a fellow MONA mom!

April 6, 2019

Expectant Moms Meet Up

Le Pain Quotidien

2900 Clarendon Blvd

Arlington, VA 22201

12:00 PM - 01:30 PM EST

Sara Gawe,

monaexpectantmoms@yahoo.com

MONA Expectant Moms Meet Up

April 11, 2019

Board Meeting

10:00 AM - 11:00 AM EST

10am

Corry Hall, CUMC

All are welcome.

May 10, 2019

Expectant Moms Meet Up

Le Pain Quotidien

2900 Clarendon Blvd

Arlington, VA 22201

06:30 PM - 08:00 PM EST

Sara Gawe,

monaexpectantmoms@yahoo.com

MONA Expectant Moms Meet Up

May 11, 2019

Monthly Social

Clarendon United Methodist Church (Cory Hall)

606 N. Irving Street

Arlington, VA 22201

10:00 AM - 11:00 AM EST

Enjoy a morning of musical entertainment provided by the Morales Brothers - Will & Marco and have some coffee and snacks on us, while the kids are entertained.

Open to all and free to attend, a MONA social is a fun and easy way to meet up with other MONA moms and their kids. It is also a great way to introduce your friends to MONA - non-members are welcome. Dads and grandparents are welcome too.

RAFFLE: Don't forget to sign in! You will be in the running to win an electric toothbrush from Growing Smiles of Northern Virginia! Thank you Dr. Galliani - a fellow MONA mom!

May 16, 2019

Board Meeting

10:00 AM - 11:00 AM EST

10am

Corry Hall, CUMC

All are welcome.

June 1, 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

MONA Expectant Moms Meet Up

June 13, 2019

Board Meeting

10:00 AM - 11:00 AM EST

10am

Corry Hall, CUMC

All are welcome.