

Calendar of Events

July 11, 2020

HAIR The American Tribal Love-Rock Musical Saturday, July 11 2020 2pm Sig Theatre signature theatre

The MAX

arlington, va 22206

02:00 PM - 04:00 PM

The sensational, groundbreaking rock musical bursts with the jubilant spirit, raging rebellion and psychedelic color of the 1960s.

A tribe of long-haired bohemian hippies on the cusp of adulthood embrace freedom, pacifism and joy, but have their world thrown into chaos when one of their own receives a draft notice for the Vietnam War.

With chart-topping hits such as "Aquarius," "Let the Sun Shine In," "Good Morning, Starshine" and the title song, Hair's vibrant, groovy celebration of peace, love and life changed Broadway forever.

"I dare anyone with a pulse to see Hair and not want to get up and dance, sing, clap hands, or kiss your neighbor. The hypnotic energy on stage and in the aisles is impossible to resist."

– WASHINGTONIAN

Orchestra Left Row D and E tickets, regularly \$110+taxes and fees. MONA-exclusive price: \$75 each. Very limited availability, register ASAP.

Running time approximately 2 hours, including one 15-minute intermission. Contains nudity, smoking (herbal), and theatrical haze.

July 11, 2020

HAIR The American Tribal Love-Rock Musical Saturday, July 11 2020 8pm Sig Theatre signature theatre

The MAX

arlington, va 22206

08:00 PM - 10:00 PM

The sensational, groundbreaking rock musical bursts with the jubilant spirit, raging rebellion and psychedelic color of the 1960s.

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July 15, 2020

VIRTUAL SPEAKER SERIES: Anxiety & Stress in a Time of Uncertainty

08:00 PM - 09:00 PM EST

Please join us for a talk covering all things anxiety and stress. You'll learn simple, science-backed techniques to help disempower negative thoughts and find your calm, along with tools to combat the common mental traps that can lead to depression and anxiety disorders over time. We'll have an honest and vulnerable conversation about the stressors of this strange and upsetting year, and how to keep afloat while parenting under circumstances you would likely have never chosen. Come take a breath, connect, and find clarity.

Andrea Bonior, Ph.D., is a licensed clinical psychologist on the faculty of Georgetown University. For fifteen years she was the voice behind the popular "Baggage Check" advice column and live chat in the Washington Post, and she is a mental health contributor to several national media outlets. Her latest book, "Detox Your Thoughts: Quit Negative Self-Talk for Good and Discover The Life You've Always Wanted" was just released, as was her course for LinkedIn Learning about maintaining sanity while working from home with kids at home too. She lives in Bethesda with her husband, three children, and constantly jumping dog.

You can learn more about Dr. Bonior at her website: <https://drandreabonior.com/>

To Join the Meeting:

<https://us02web.zoom.us/j/85289537410?pwd=eU9vRjg1L3czenpUaDNLU0pHNitVQTO9>

Meeting ID: 85289537410

Meeting Password is Required: MONAtalk

Dial In Numbers: Chicago +1 3126266799, Houston +1 3462487799, New York +1 6465588656, San Jose +1 6699009128, Tacoma +1 2532158782, Germantown +1 3017158592

August 7, 2020

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.

September 2, 2020

Happy Hours @ TTT
TTT Mexican Diner
2900 Wilson Blvd VA
Arlington, VA
07:00 PM - 09:00 PM EST

Join MONA moms for our May happy hours night out at TTT in Clarendon. Enjoy a variety of cocktails, sangria, beer and wine from their extensive happy hours menu.

Registration Fee: \$10

This is a members only event.

September 4, 2020

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.

September 17, 2020

BEN Monthly Meeting
07:00 PM - 09:30 PM EST
monaben487@gmail.com
BEN Monthly Meeting - Save The Date.
Topic: TBD.
Time: 7:00 - 9:30pm

*Any questions, contact the MONA BEN email at:
monaben487@gmail.com or Katie Jefcoat at 202-494-7230*

September 26, 2020

New Moms Social
Great Smiles of Northern Virginia
80 E. Jefferson Street
Falls Church, VA 22046
09:30 AM - 11:00 AM EST
newmoms@monamoms.org

Join your fellow MONA New Moms at our Quarterly Social at Great Smiles of Northern Virginia from 9:30-11:00 AM. No need to register, but you can email newmoms@monamoms.org to let us know you're coming or ask any questions.

*Great Smiles of Northern Virginia
80 E. Jefferson Street
Suite 400B
Falls Church, VA. 22046*

October 15, 2020

BEN Monthly Meeting

07:00 PM - 09:30 PM EST

monaben487@gmail.com

BEN Monthly Meeting - Save The Date.

Topic: TBD.

Time: 7:00 - 9:30pm

Any questions, contact the MONA BEN email at:

monaben487@gmail.com or Katie Jefcoat at 202-494-7230

November 12, 2020

Sip n' Shop 2020

Knights of Columbus

5115 Little Falls Road

ARLINGTON, VA 22207

06:30 PM - 09:30 PM EST

Sip n' Shop Coordinator,

monasipnshop@gmail.com

Join us November 12, 2020 for the Annual MONA Sip-n-Shop -- a showcase of dozens of local vendors -- and get your holiday shopping done under one roof while enjoying wine and nibbles with your friends. We'll have a variety of products available: apparel and accessories, skin- and bodycare, cosmetics, home products, ceramics, art, books, jewelry, food, wine, supplements, and more! There are also several local businesses who will be partnering with us to give you info about their services (and some discounts) in your FREE tote bags that all attendees receive. So don't forget to grab a bag and check out what's in there!

November 19, 2020

BEN Monthly Meeting

07:00 PM - 09:30 PM EST

monaben487@gmail.com

BEN Monthly Meeting - Save The Date.

Topic: TBD.

Time: 7:00 - 9:30pm

Any questions, contact the MONA BEN email at:

monaben487@gmail.com or Katie Jefcoat at 202-494-7230

December 3, 2020

Business Entrepreneurs Network (BEN) Annual Holiday Party

07:00 PM - 10:00 PM EST

B.E.N.,

monaben487@gmail.com

Details to come...

December 12, 2020

New Moms Social
Great Smiles of Northern Virginia
80 E. Jefferson Street
Falls Church, VA 22046

09:30 AM - 11:00 AM EST
newmoms@monamoms.org

Join your fellow MONA New Moms at our Quarterly Social at Great Smiles of Northern Virginia from 9:30-11:00 AM. No need to register, but you can email newmoms@monamoms.org to let us know you're coming or ask any questions.

Great Smiles of Northern Virginia
80 E. Jefferson Street
Suite 400B
Falls Church, VA. 22046