

## Calendar of Events

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February 18, 2020

### **JW Tumblers 2-18 @ 9:15am**

#### **JW Tumblers**

**2499 N. Harrison Street**

**Arlington, VA 22205**

09:15 AM - 10:15 AM

*Please join MONA Outings for a MONA sponsored playgroup at Jumping JW Tumblers 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:*

*JW Tumblers goal is to make learning not only a great experience, but also a rewarding one. Our unique programs help build upon social and developmental skills in a confident and comfortable environment. As you watch your child develop a more confident, capable mind and body, you'll understand why JW Tumblers truly is "a learning playground".*

*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 Tumblers open play sessions.*

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

February 19, 2020

**JW Tumbles 2-19 @ 11:45am**

**JW Tumbles**

**2499 N. Harrison Street**

**Arlington, VA 22205**

**11:45 AM - 12:45 PM**

*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:**

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*Ages : 1-5 years old*

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February 20, 2020

**Training on Infant & Child CPR/AED and Child and Infant choking rescue - 2/20/20**

**JW Tumbles Arlington**

**2499 N. Harrison Street**

**Arlington, 22207**

**06:30 PM - 08:30 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) PER PERSON.*

*Please note: MONA does not offer refunds or transfers. Email [monaoutings@gmail.com](mailto:monaoutings@gmail.com) with questions.*

February 21, 2020

**JW Tumbles 2-21 @ 9am**

**JW Tumbles**

**2499 N. Harrison Street**

**Arlington, VA 22205**

09:00 AM - 10:00 AM

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**PRICE:**

*\$5 per child*

*(normally \$10 per child)*

*Ages : 1-5 years old*

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**NOTES:**

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February 21, 2020

**Music Class with Breianne 2/21 10:00 am @ Trinity Presbyterian**  
**Trinity Presbyterian Church - Lewis Room**  
**5533 16th St N**  
**Arlington, VA 22205**  
10:00 AM - 10:45 AM EST  
*Join us for...*

*Music Class with Breianne*  
*Friday, February 21, 2020 10:00 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*
- 2. Only use the church office entrance, NOT the preschool entrance EVER*
- 3. Do not use the preschool playground on Fridays, it is in use by the school*
- 4. Quietly walk to the classroom and back out, just as you would in church or school (which is what the location is)*
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February 22, 2020

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**Trinity Presbyterian Church - Lewis Room**  
**5533 16th St N**  
**Arlington, VA 22205**  
09:00 AM - 09:45 AM EST  
*Join us for...*

*Music Class with Breianne*  
*Saturday, February 22, 2020 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.*

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February 25, 2020

**JW Tumbles 2-25 @ 9:15am**

**JW Tumbles**

**2499 N. Harrison Street**

**Arlington, VA 22205**

09:15 AM - 10:15 AM

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**PRICE:**

*\$5 per child*

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*Ages : 1-5 years old*

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**DESCRIPTION:**

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

**NOTES:**

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*-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.*

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February 26, 2020

**JW Tumbles 2-26 @ 11:45am**

**JW Tumbles**

**2499 N. Harrison Street**

**Arlington, VA 22205**

**11:45 AM - 12:45 PM**

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February 27, 2020

**JW Tumbles 2-27 @ 9am**

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**Arlington, VA 22205**

09:00 AM - 10:00 AM

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February 28, 2020

**JW Tumbles 2-28 @ 9am**

**JW Tumbles**

**2499 N. Harrison Street**

**Arlington, VA 22205**

09:00 AM - 10:00 AM

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February 28, 2020

**Music Class with Breianne 2/28 10:00 am @ Trinity Presbyterian**  
**Trinity Presbyterian Church - Lewis Room**  
**5533 16th St N**  
**Arlington, VA 22205**  
10:00 AM - 10:45 AM EST  
*Join us for...*

*Music Class with Breianne*  
*Friday, February 28, 2020 10:00 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:*

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March 7, 2020

**Georgetown Hoyas Men's Basketball vs Villanova Sat, Mar 7 Noon**  
**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 Villanova Wildcats. \$55 per upper level ticket, \$30 per lower level ticket.*

*Georgetown vs Villanova is the Hoyas' highest demand ticket of the season, so we're offering two pricing options this year.*

*We have reserved fifty seats in the first four rows of Section 105 for the MONA-exclusive price of \$50 each.*

*Or, go for upper level seats in Section 403 for \$30 each.*

*Your ticket also gives you access to exclusive game-day perks, including halftime photo opportunities and a commemorative t-shirt.*

*Children 2 years old and younger do not need a ticket. NO REFUNDS OR EXCHANGES, ALL REGISTRATIONS ARE FINAL. Tickets will be emailed to you. Use monamarketplace if you need to find/pass on tickets.*

*View a map of the arena [here](#).*

March 12, 2020

**SPEAKER: Keep Calm and Carry On: Tools and strategies to help parents with scared or anxious children**  
**Sycamore School**  
**4600 Fairfax Drive, Suite 300**  
**Arlington, VA 22205**  
07:00 PM - 08:00 PM EST

*Description: Join life coach and best selling author, Tonya Crombie, Ph.D. as she discusses tools and techniques she uses herself and teaches her clients to help manage their children's and more importantly their own fears and anxiety. She will cover concepts from her book, Stop Worrying About Your Anxious Child that apply to all parents and their preschool to college-aged kids.*

*Short Bio: Tonya Crombie is a certified life coach who likes nothing better than helping parents manage their children's and their own anxiety. Tonya has an MBA and a doctorate in Industrial/Organizational psychology. She founded her coaching practice after leaving a successful corporate career to have more time with her family. She lives just outside of New Orleans, LA with her awesome husband, two amazing kids - including a beautifully perfect anxious child -and two extremely barky dogs.*

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!*

*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 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!*

*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 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!*

*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 19, 2020

**Training on Infant & Child CPR/AED and Child and Infant choking rescue - 3/19/20**

**JW Tumbles Arlington**

**2499 N. Harrison Street**

**Arlington, 22207**

**06:30 PM - 08:30 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) PER PERSON.*

*Please note: MONA does not offer refunds or transfers. Email [monaoutings@gmail.com](mailto:monaoutings@gmail.com) with questions.*

March 21, 2020

**Harlem Globetrotters at Capital One Arena - 3/21 @ 1pm**  
**Capital One Arena (Previously Verizon Center)**  
**601 F Street NW**  
**Washington, DC 20004**  
01:00 PM - 03:00 PM

*Please note: MONA discounted tickets are available for purchase until 2/28/20. Tickets will be mailed to you before the event.*

*Harlem Globetrotters Pushing the Limits World Tour:*

*The world-famous Harlem Globetrotters, featuring larger than life entertainers, will bring their ALL-NEW show, "Pushing the Limits" to Capital One Arena. Don't miss your chance to get up close and personable with a star-stuffed roster including Big Easy Lofton, Hi-Lite Bruton, and woman stars TNT Lister, Swish Sutton, and Torch George\*. Every show features a blend of hilarious hijinks and incredible basketball skills including ball handling, high flying dunks, and a new record-breaking attempt. The Harlem Globetrotters are a one-of-a kind experience putting a new spin on family time. You won't want to miss these memories worth repeating, so get your ticket today!*

*Be one of the first one hundred people to purchase to receive a pregame Meet and Greet with the Globetrotters!*

*3 Options - PLEASE make sure everyone in your party has the same ticket option.*  
*\$22 (regularly \$46.20 + taxes & fees) – Sections 105-106/116-117*  
*\$34 (regularly \$57.45 + taxes & fees) – Sections 104/107/115/118*  
*\$54 (regularly \$94.30 + taxes & fees) – Section 103/108/114/119*

April 30, 2020

**Annual Private School Fair 2020**  
**Congressional School**  
**3229 Sleepy Hollow Rd**  
**Falls Church, VA**  
06:30 PM - 08:00 PM

*We are pleased to announce that MONA's 4th Annual Private School Fair returns this year at Congressional School. Over 40 local private schools - ranging from from large independent schools to small local Montessori and faith-based schools -- will be represented.*

*Attendance is free, but we ask that you register.*

*Questions: [monaprivateschoolfair@gmail.com](mailto:monaprivateschoolfair@gmail.com)*

June 27, 2020

**mamma mia! at The Anthem - 22 of ABBA's Greatest Hits Saturday June 27, 2020 8PM**

**The Anthem at District Wharf**

**901 Wharf St., SW**

**Washington, DC 20024**

08:00 PM - 10:00 PM

*For two weeks only, you can dance, you can jive and have the time of your life at this fun and fabulous party! The wedding of the year is missing one thing – the father of the bride. After Sophie snoops in her mother’s diary, she secretly invites three possible fathers to their Greek island home – with hilarious and touching results.*

*Set to the soundtrack of ABBA’s greatest songs, including “Dancing Queen,” “Take a Chance on Me,” “Waterloo,” “S.O.S.,” “The Winner Takes It All” and more, this joyful and heartwarming celebration of family and friendship will have you dancing in the aisles.*

*Starring in Signature’s all new production of Mamma Mia! will be some of your favorite Signature actors, and the production will be directed by Artistic Director Eric Schaeffer and choreographed by Associate Artistic Director Matthew Gardiner.*

*This performance is NOT at Signature Theatre. It is at The Anthem at the Wharf in SW DC.*

*MONA has secured the last 25 Premium Floor seats for this performance. Normally \$136 including Ticketmaster fees - this will go up closer to the date - tickets are available through MONA for \$105 each. Registration closes May 26, 2020.*

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.*

*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.*

February 20, 2020

**New Member Social**

**VK Pediatric Dentistry**

**5001 Lee Hwy**

**Arlington, VA 22207**

07:00 PM - 09:00 PM EST

*Have you joined MONA in the past 12 months?*

*Don't know what MONA is all about?*

*Trying to figure out how you can get the most out of your membership?*

*Feel MONA is too big and would like to meet others like you?*

*If you answered yes to any of these questions, the MONA New Member Social is where you'll find the answers.*

*Hang out with other new (or old) MONA members and have all your questions answered by MONA volunteers, while enjoying wine and snacks.*

February 22, 2020

**MONA Federal Employees Meet and Greet**

**Le Pain Quotidien**

**2900 Clarendon Blvd**

**Arlington, VA 22201**

10:00 AM - 12:00 PM EST

Erika Chiang,

erikacchiang@gmail.com

*Location: Le Pain Quotidien*

*2900 Clarendon Blvd*

*Arlington, VA 22201*

*Contact Person: MONA Federal Employees Coordinator - Erika Chiang erikacchiang@gmail.com*

*Details: The MONA Federal Employees Subgroup will meet on Saturday, February 22nd from 10am to noon. Join fellow MONA moms who work for the federal government. This will be a meet and greet event. Can't make it this time? No worries. There will be more to come! No registration required, but let me know if you plan on attending so I can save you a seat.*

February 23, 2020

**South American Music Concert**

10:30 AM - 11:15 AM EST

*Please join us for a special music concert sponsored by MONA's Spanish-English Bilingual Families Subgroup and featuring MONA mom Tatiana Cakici on Sunday February 23 at 10:30am! Tatiana will share some of her favorite Spanish-language songs on the acoustic guitar. All are welcome.*

*Tatiana, previously released the album, Gotas de Miel, with original songs inspired in traditional folk music from South America. Whenever she has a chance, she enjoys having the opportunity to share her music with family and friends. Tatiana Cakici is a mother of two little girls and consultant who lives in Arlington, VA.*

*Cost of this event is \$5 per family. Only one registration is required per family.*

*Cherrydale Volunteer Fire Department*

*Upstairs Banquet Hall*

*3900 Lee Hwy, Arlington, VA 22207*

February 28, 2020

**Encore Stage & Studio presents The Three Musketeers**

**Thomas Jefferson Community Theatre**

**125 S. Glebe Rd**

**Arlington, VA 22204**

07:30 PM - 09:30 PM EST

Yvette, 202-802-1933

MONA outings

*In this story, set in 17th-century France, a poor young nobleman named D'Artagnan leaves home to join the famous Musketeers of the Guard – defenders of the King and masters of the rapier! On his journey, D'Artagnan befriends three famous Musketeers: Athos, Porthos, and Aramis. As the foursome roams the countryside, they encounter a dastardly plot to kidnap the King's favorite dog...and realize they'll need the help of three swashbuckling ladies to save the day.*

*Adapted for the stage by Matthew Heap. Based on the novel by Alexandre Dumas.*

*We recommend this production for ages 6 and older.*

February 29, 2020

**Expectant Moms Meet Up**

**Le Pain Quotidien**

**2900 Clarendon Blvd**

**Arlington, VA 22201**

12:00 PM - 01:30 PM EST

Sara,

monaexpectantmoms@monamoms.org

Event Name: *Expectant Moms Meet Up*

*Location: Le Pain Quotidien*

*2900 Clarendon Blvd*

*Arlington, VA 22201*

*Contact Person: MONA Expectant Moms Coordinator- Sara*

*Grawe monaexpectantmoms@yahoo.com*

*Details: The MONA Expectant Moms Group will meet at Le Pain Quotidien in Clarendon. Please come & meet other expecting 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.*

March 1, 2020

**Encore Stage & Studio presents The Three Musketeers**

**Thomas Jefferson Community Theatre**

**125 S. Glebe Rd**

**Arlington, VA 22204**

03:00 PM - 05:00 PM EST

Yvette, 202-802-1933

MONA outings

*In this story, set in 17th-century France, a poor young nobleman named D'Artagnan leaves home to join the famous Musketeers of the Guard – defenders of the King and masters of the rapier! On his journey, D'Artagnan befriends three famous Musketeers: Athos, Porthos, and Aramis. As the foursome roams the countryside, they encounter a dastardly plot to kidnap the King's favorite dog...and realize they'll need the help of three swashbuckling ladies to save the day.*

*Adapted for the stage by Matthew Heap. Based on the novel by Alexandre Dumas.*

*We recommend this production for ages 6 and older.*

March 6, 2020

**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.*

March 6, 2020

**Learn to Ski or Snowboard at Liberty Resort (7+)**

**Liberty Mountain Resort**

**78 Country Club Trail**

**Fairfield, PA 17320**

10:30 AM - 09:00 PM EST

Yvette Zaragoza, 2028021933

yvettezaragoza@gmail.com

*Don't know what to do with your kiddos on this day off school? Enjoy a day in the snow while learning to Ski or Snowboard at Liberty Mountain Resort, only about 1.5 hours away from Arlington. If you are interested, register as soon as possible, since we need to reach a minimum attendance of 20 people to keep this special group pricing. You can choose one of the following options (descriptions below):*

*Learn to Ski (beginner only, 7+)*

*\$60, regular price \$79-95*

*Learn to Snowboard (beginner only, 7+)*

*\$60, regular price \$79-95*

*All Mountain Pass (7+)*

*\$85, regular price \$95-132*

*Lift ticket (6+)*

*\$53, regular price \$73*

*Meal*

*\$10*

*Please note that the day of the outing, you need to arrive between 10:30am and 11am to pick up the tickets from the MONA coordinator. She will depart promptly at 11AM to ski with her family.*

*Learn To Ski OR Learn to Snowboard Package: includes All Day Lift ticket valid on First Class Quad, Dipsy Quad & Moving Carpet, Rental Equipment & Helmet, Beginner class lesson (available every hour from 10am to 7pm) and a Mountain pass available for \$45 to ski all day next day.*

*All Mountain Package: includes a 1 day lift ticket for the entire mountain (generally between 9am and 10pm), rentals including helmet, and a one hour lesson based on your ability level (lesson times are 10am, Noon, 2pm, 4:30pm, 5:45pm & 7pm.*

*Lift Ticket Only: provides access to all open lifts and trails, generally between 9am and 10pm. Does not include rentals.*

*Meal at Liberty's Alpine Market Food Court includes: (1) Choice of: Cheeseburger, Hot Dog, Bowl of Soup, Personal Pizza or Turkey or Ham Sandwich, (2) Choice of 2 Sides: French Fries, Side Salad, Chips, Cookie or Fruit, and (3) A Small Drink*

*For All Packages renting equipment: print a rental form [here](#) and complete it before your visit or get it the day of. All participants under age 18 need a signature from a parent or guardian.*

*For children under 7, visit Liberty's Children's Learning Center page and book separately. No exceptions. If a package is purchased, the child under 7 will be turned away at the lesson check-in.*

*iframe#\_hjRemoteVarsFrame {display: none !important; width: 1px !important; height: 1px !important; opacity: 0 !important; pointer-events: none !important;}*

March 7, 2020

**Encore Stage & Studio presents The Three Musketeers**

**Thomas Jefferson Community Theatre**

**125 S. Glebe Rd**

**Arlington, VA 22204**

11:00 AM - 01:00 PM EST

Yvette, 202-802-1933

MONA outings

*In this story, set in 17th-century France, a poor young nobleman named D'Artagnan leaves home to join the famous Musketeers of the Guard – defenders of the King and masters of the rapier! On his journey, D'Artagnan befriends three famous Musketeers: Athos, Porthos, and Aramis. As the foursome roams the countryside, they encounter a dastardly plot to kidnap the King's favorite dog...and realize they'll need the help of three swashbuckling ladies to save the day.*

*Adapted for the stage by Matthew Heap. Based on the novel by Alexandre Dumas.*

*We recommend this production for ages 6 and older.*

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.*

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

*Refreshments provided by Bright Horizons, Ballston (opening early 2020).*

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

March 25, 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*

March 28, 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*

April 3, 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.*

April 11, 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.*

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

April 23, 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*

April 25, 2020

## **Family Turkish Experience**

**Yayla Bistro**

**2201 N Westmoreland St**

**Arlington, VA 22213**

10:30 AM - 12:00 PM EST

Yvette, 2028021933

yvettezaragoza@gmail.com

*This is a family event geared for elementary aged children (all children must attend with a parent). Class size is restricted to 25 children only and MONA price is available until March 8. Register today to ensure your seat at the table!*

*Join MONA and Open Kitchen D.C. as we embark in our first ever family experience hosted at Yayla Bistro. This hands-on, one and a half hour event, invites families to explore Turkish food, history, and culture together.*

*At the beginning of the event children will learn to make pide, a boat shaped Turkish version of pizza. As the pide bakes, the brothers who own Yayla will share what it was like growing up in Turkey and teach the guests several Turkish words. Adults and children will appreciate learning how shepherd's salad is made and the story behind this traditional dish.*

*For lunch, adults will enjoy pita wraps (with a choice of chicken, falafel, or kofte), shepherd's salad, Turkish tea, and baklava (Mimosas, coffee, and other beverages may be purchased directly from the restaurant). Children will be pleased to eat the pide they made, have the opportunity to taste traditional Turkish tea, and choose baklava or ice cream for dessert.*

*At the conclusion of this Open Kitchen D.C. event, guests receive a Yayla Bistro original recipe and a coupon to use during a return visit to the restaurant.*

*Love the concept and can't wait to experience a similar adult only experience? Open Kitchen D.C. is offering a discount of 15% for MONA members in all their current programs (<https://www.openkitchendc.com/>). Please use the discount code "MONA15" when registering.*

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.*

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

*Refreshments provided by Bright Horizons, Ballston (opening early 2020).*

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

May 21, 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*

June 11, 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*

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.*

*This month's entertainment will be provided by Groovy Nate.*

*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.*

June 27, 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*

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*