

Calendar of Events

April 12, 2026

Barre3 45 Minute Signature Class

Barre3

818 North Quincy Street, Suite A

Arlington, VA 22203

12:15 PM - 01:15 PM EST

Date/Time: Sunday, April 12 @ 12:15pm

Location: 818 N Quincy Street, Suite A, Arlington, VA 22203

Phone: 703.217.6492

Parking/Access: There is a metered street parking, a public parking garage across the street, and the Ballston Quarter Parking garage is also available. The studio is a 10 minute walk from either Virginia Square or Ballston metro stops.

The Workout: Our efficient and effective barre3 Signature workout combines strength, cardio, and mindfulness. You'll experience a balanced workout guided by an expert instructor, providing modifications every step of the way for you to feel successful and empowered. The class will be 45 minutes and all props will be provided. Please plan to arrive 10-15 minutes before class ready to move in comfortable clothing with a refillable water bottle. You may workout either bare foot or wear sticky socks. After class, you will be treated to some light refreshments and the opportunity to shop the retail/class package selections at a discount.

April 17, 2026

MONA Moms Over 40 ? Spring Happy Hour

Buena Vida

2900 Wilson Blvd Suite 103

Arlington, VA

04:00 PM - 06:00 PM EST

MONA Moms Over 40 is having a Spring Happy Hour! Please come along to meet some friendly new faces and casually connect with local moms. The first drink is on us!

Date: Friday, 17th April

Venue: Happy Hour @ Buena Vida, 2900 Wilson Blvd Suite 103, Arlington

Time: 4-6pm

May 16, 2026

Nourishing Your Post-Baby Body with Chinese Medicine

Arlington Mills Community Center, Room 412

909 S Dinwiddie St.

Arlington, VA 22204

10:00 AM - 11:00 AM EST

Simple Ways to Nourish Your Post-Baby Body with Chinese Medicine & Acupressure: A hands-on workshop with Kate Pope of Alleva Acupuncture

Saturday, May 16 at 10:00 AM

Arlington Mills Community Center, Room 412

909 S Dinwiddie St, Arlington, VA 22204

Birthing a baby places tremendous demands on a mother's body. In this talk, we'll explore simple, practical ways to support healing and restore energy during the postpartum year—and beyond—using principles from Chinese Medicine.

You'll learn easy techniques you can implement at home, including nourishing teas and foods made from common pantry herbs, gentle acupressure points, and small daily practices that help restore energy, support recovery, and care for your body while caring for your baby.

We'll also briefly touch on how acupuncture can further support postpartum health—including sleep, mood, energy, lactation, and more.

Babies are welcome. Please note that the space will not have a designated play area for older children. If you plan to bring a child who may need entertainment during the talk, we recommend bringing a few quiet activities to help keep them occupied.

About the Presenter

Kate Pope is the owner and acupuncturist at Alleva Acupuncture, a women's health-focused acupuncture clinic. She has worked in and around the birthing world for over 10 years and is passionate about supporting postpartum healing. Kate believes that how women recover after birth plays an important role not only in the months following delivery, but in women's long-term health and well-being. To learn more about Kate and her practice, visit www.allevaacu.com.

Logistics: Event is free. Event space as parking garage that is free for the first 4 hours.

May 16, 2026

Cirque Kids Club Parents' Night Out

Aerial Candy

2801 Merrilee Drive, Suite I

Fairfax, VA 22032

05:00 PM - 07:00 PM EST

AerialCandy will give your children a one-hour intro to aerial silks class, followed by an hour of open gym with aerial silks or aerial hoop at our Merrifield, VA, location.

This is a drop off class, which gives parents two hours kid-free!

Space for up to 12 children (ages 6 to 12 ideal, but older is fine) with 2 instructors. \$37 per child (a 14% discount from our one-class rate). Both the parent and the child must sign a waiver before the class.

We hope to see you and your children on Saturday, May 16. Please plan to arrive in enough time to sign the waivers before the 5:00 pm start time.

June 30, 2026

Menopause, Continued: Understanding Hormone Therapy

Virtual

07:00 PM - 08:00 PM EST

Please join Dr. Sara Black, PT, DPT, founder of Zia Physiotherapy, on Tuesday, June 30 at 7 pm as she continues the discussion surrounding perimenopause/menopause. In our first conversation, we explored the body-wide changes during this stage of life and how lifestyle strategies can help support you through them. This follow-up session dives into another important piece of the puzzle: Menopause Hormone Therapy. We'll break down what hormone therapy actually is, who it may be appropriate for, common myths and fears, and how it can work alongside lifestyle changes, not replace them. The goal is clarity so you can make informed, confident decisions about your care. See you there!

July 10, 2026
- July 10, 2026

Smithsonian Sleepovers - American History Museum, Friday, July 10 - Ages 8-14
National History Museum
10th Street and Constitution Ave.
Washington, DC 20560
06:30 PM - 09:00 AM EST
NEW this year! Smithsonian Sleepover - American History Museum

*Salute the country's 250th birthday by taking an all-American road trip at the Smithsonian's National Museum of American History. Unfold your map, turn on the engine, and follow the road through the museum's galleries. Along the way, immerse yourself in the new exhibit *Life, Liberty and the Pursuit of Happiness*. You'll play *I-Spy* and the license plate game, make a pit stop, test your knowledge—and even become a presidential candidate—in a memorable overnight adventure.*

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

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

Date: Friday, July 10

Schedule: (Previous schedule - subject to change)

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

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

PLEASE MAKE SURE EVERYONE IN YOUR GROUP HAS A TICKET.

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

July 31, 2026
- July 31, 2026

Smithsonian Sleepovers - Natural History Museum, Friday, July 31 - Ages 8-14

National History Museum

10th Street and Constitution Ave.

Washington, DC 20560

06:30 PM - 09:00 AM EST

Smithsonian Nighttime Adventures at the Natural History Museum are back!

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

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

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

Date: Friday, July 31

Schedule: (Previous schedule - subject to change)

6:30-7p.m. Check-in

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Smithsonian Sleepover T-shirt sales*

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April 12, 2026

Expecting and New Parent Coffee Meet-up

Northside Social - Clarendon

(3211 Wilson Blvd

Arlington, VA 22201

03:00 PM - 05:00 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

Tuesdays 10:30 am-12:30 pm at Roggenart Ballston (4401 Wilson Blvd UNIT 103, Arlington, VA 22203)

Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

April 14, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

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April 16, 2026

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2055 15th St N Suite 1B

Arlington, VA 22201

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April 16, 2026

The 6-Week Myth: Postpartum Return to Exercise

Virtual

07:00 PM - 07:00 PM EST

You've probably heard it: "Wait until 6 weeks."

But the 6-week checkup is not a strength test. It's not a pelvic floor assessment. And it's not a personalized return-to-exercise plan.

For many women, safe, intentional movement can begin sooner than you think. For others, 6 weeks is far too early for impact. The key isn't a date on the calendar — it's understanding what your body needs and how to progress strategically.

Join us for this free virtual workshop on Thursday, April 16, at 7:00 PM to learn what current evidence actually says about postpartum recovery and return to exercise. In this practical, evidence-informed session, you'll learn:

- What's happening to your core and pelvic floor after birth*
- Why the 6-week rule is often misunderstood*
- What movement can safely begin earlier than you think*
- How to progress from early recovery to strength training and impact*
- How to interpret leakage, heaviness, or pain*
- When to modify, when to move forward, and when to seek individualized support*

This workshop is hosted by Carrie Pagliano Physical Therapy, an Arlington, VA-based practice specializing in advanced pelvic floor and orthopedic care for active women and moms who want to return to running, lifting, and sport without leaks or pain.

About the Speaker

Dr. Carrie Pagliano is a double board-certified physical therapist in Orthopaedics and Women's Health with over 25 years of experience. She is based in Arlington, Virginia, and specializes in helping active women navigate pregnancy, postpartum, perimenopause, and return to sport with evidence-based, strength-informed care. Dr. Pagliano is a 23+ year resident of Arlington and a fellow MONA mom of 2.

April 16, 2026

Careers & Networking Co-working Time

Central Library

10:00 AM - 12:00 PM EST

Join the Careers & Networking (formerly Working Moms) subgroup for co-working time at Central Library every other Thursday!

For moms currently out of work, looking to transition to a new role, or who simply want to some accountability buddies while working remotely, we will meet every other week starting on Thursday, January 8 from 10:00 am - 12:00pm. We have a room booked at Central Library for each session (first session is in Little Falls room) and is open to Mona members looking for a quiet space to apply for jobs or work along with some friendly co-working and accountability buddies.

Drop by if you can, even if only for a few minutes. Hope to see some of you there! Reach out with any questions!

April 18, 2026

MONA x RTR PILATES
2449 North Harrison St., Suite L1
Arlington, VA 22207

02:45 PM - 04:00 PM EST

Join us for a free RTR Pilates class on Saturday, April 18th at 3:00 PM! This 50-minute reformer Pilates class is perfect for beginners, and no prior experience is needed—just bring your energy, curiosity and grip socks!! :) RTR Pilates is dedicated to helping clients of all levels build strength, flexibility, and confidence through mindful movement. Only 15 spots available, so RSVP today!

The day of the event:

- Parking is available onsite*
- Arrive at least 10 minutes before class start time*
- Bring grip socks (or purchase them in the studio)*

Can't make it to the April 18th free class? No worries!

We're excited to offer you \$20 off our 14-Day Intro Offer! This special promotion includes 14 classes in 14 days for only \$79. Email northarlington@rtrpilates.com if you would like to set this up!

April 19, 2026

Expecting and New Parent Coffee Meet-up
Northside Social - Clarendon
(3211 Wilson Blvd
Arlington, VA 22201

03:00 PM - 05:00 PM EST

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Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

April 21, 2026

Expecting and New Parent Coffee Meet-up
Roggenart Ballston
4401 Wilson Blvd UNIT 103
Arlington, VA 22204

10:30 AM - 12:30 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

Tuesdays 10:30 am-12:30 pm at Roggenart Ballston (4401 Wilson Blvd UNIT 103, Arlington, VA 22203)

Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

April 23, 2026

Expecting and New Parent Coffee Meet-up

**Maman Court House
2055 15th St N Suite 1B
Arlington, VA 22201**

02:00 PM - 04:00 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

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Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

April 26, 2026

Expecting and New Parent Coffee Meet-up

**Northside Social - Clarendon
(3211 Wilson Blvd
Arlington, VA 22201**

03:00 PM - 05:00 PM EST

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Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

April 28, 2026

Expecting and New Parent Coffee Meet-up

**Roggenart Ballston
4401 Wilson Blvd UNIT 103
Arlington, VA 22204**

10:30 AM - 12:30 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

Tuesdays 10:30 am-12:30 pm at Roggenart Ballston (4401 Wilson Blvd UNIT 103, Arlington, VA 22203)

Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

April 30, 2026

Expecting and New Parent Coffee Meet-up

Maman Court House
2055 15th St N Suite 1B
Arlington, VA 22201

02:00 PM - 04:00 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

April 30, 2026

Careers & Networking Co-working Time

Central Library

10:00 AM - 12:00 PM EST

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For moms currently out of work, looking to transition to a new role, or who simply want to some accountability buddies while working remotely, we will meet every other week starting on Thursday, January 8 from 10:00 am - 12:00pm. We have a room booked at Central Library for each session (first session is in Little Falls room) and is open to Mona members looking for a quiet space to apply for jobs or work along with some friendly co-working and accountability buddies.

Drop by if you can, even if only for a few minutes. Hope to see some of you there! Reach out with any questions!

May 1, 2026

MONA Night Out - Clare & Don's

Clare & Don's Beach Shack

130 N Washington St
Falls Church, VA 22046

06:30 PM - 09:30 PM EST

Get ready for a fantastic night out at our favorite beach shack! Join MONA for a laid-back evening filled with laughter, music, delicious food, and a few drinks! Don't miss the fun!

Event Details

Clare & Don's

May 1, 2026

6:30 - 9:30 PM

\$20 per member / \$30 per guest

RSVP includes a two-course meal and tickets for two drinks. Any additional drinks will be at Happy Hour prices.

May 3, 2026

Expecting and New Parent Coffee Meet-up

Northside Social - Clarendon

(3211 Wilson Blvd

Arlington, VA 22201

03:00 PM - 05:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

May 5, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

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Tuesdays 10:30 am-12:30 pm at Roggenart Ballston (4401 Wilson Blvd UNIT 103, Arlington, VA 22203)

Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

May 5, 2026

MONA Tennis

Tuckahoe Park Tennis Courts

6559 24th St N

Arlington, VA 22207

07:30 PM - 09:00 PM EST

If you are looking for an opportunity to hit the courts with a nice, fun group of women, please join us for MONA Tennis. We meet on Tuesday nights from 7:30 - 9:00 pm at the Tuckahoe Park courts starting in May, weather permitting. All levels are welcome and no signup is required. We typically start with casual rallying and end with friendly match play. All you need to participate is your racquet! For updates, please join the MONA Tennis subgroup on Groups.io.

May 7, 2026

Expecting and New Parent Coffee Meet-up

Maman Court House

2055 15th St N Suite 1B

Arlington, VA 22201

02:00 PM - 04:00 PM EST

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May 8, 2026
- May 10, 2026

MONA Mother's Day Family Retreat
Caroline Furnace Camp & Retreat Center
2239 Camp Roosevelt Rd
Fort Valley, VA 22652

May 8 (4:00 pm) to May 10 (10:00 am)

Make this Mother's Day unforgettable at MONA's first-ever Family Retreat in the beautiful Shenandoah Valley!

We'll spend the weekend at Caroline Furnace Retreat Center, a gorgeous property with miles of wooded trails, a peaceful lake, and plenty of room for kids to run, explore, and play. Moms will be treated to a special Mother's Day dinner and s'mores by the fire, and all meals and drinks are included. Adults are only \$234 and children over the age of 2 are \$199 for the weekend!

Enjoy a relaxing weekend filled with:

*Hiking & light trail running
Canoeing on the lake
Outdoor games for all ages
Crafts & creative activities
Time to unwind, unplug, and connect*

Celebrate Mother's Day in nature, with family, fun, and fresh air. We'd love to have you join us!

Where is it?

Our retreat will be held at Caroline Furnace Camp & Retreat Center in Fort Valley, VA. Travel time from Arlington is typically about 1 hour and 40 minutes, depending on traffic.

What are the dates and times?

Check-in: Friday, May 8, any time after 4:00pm

Check-out: Sunday, May 10, by 10:00am

Guests are welcome to enjoy the property until noon on Sunday.

What are the sleeping arrangements?

We will be staying in the Farmhouse on the CF property.

Downstairs:

6 private bedrooms + 4 bathrooms - Only two private rooms left! Plenty of room for kids!

Mix of full-size beds, twins, and bunk beds

Room selection is based on registration date and preference.

Upstairs:

3 shared bedrooms for older kids

During registration, you will indicate your top three choices for your family.

Floor plans below.

Is food included?

Yes! All meals, snacks, and drinks are covered. Before the retreat, MONA will send a dietary preferences and restrictions questionnaire.

Expect simple, shared meals with plenty of coffee and tea available.

What will we be doing?

Activities will be tailored to the group and ages of kids attending. Options include:

Hiking on ~6 miles of trails

Light trail running (optional)

Canoeing on the lake

Outdoor games (flag football, soccer, sharks & minnows, etc.)

Board games, crafts, and more

There's lots of space to run, play, and explore!

Is there Wi-Fi?

Yes — free Wi-Fi is available.

That said, we encourage everyone to unplug as much as possible.

There is a TV in the farmhouse for movies, but kids will be asked to leave iPads/devices behind.

How will we celebrate Mother's Day?

MONA loves our moms! We'll have:

A chance for kids to make special gifts

A Mother's Day dinner and s'mores on Saturday night

What should we pack?

Bedding and pillows are provided, but you're welcome to bring your own

Toiletries and towels

Layers for cool mornings

Shoes that can get dirty + shoes for trail running/hiking

Extra clothes for kids – they will get messy!

The farmhouse is heated, but nights in the country can be chilly — pack accordingly.

What about parking?

There is ample parking immediately next to the Farmhouse, surrounded by open fields.

No need to worry about finding a spot.

May 9, 2026

MONA Family Social - King Bullfrog

Faith Lutheran Church / Fellowship Hall

11:00 AM - 12:00 PM EST

Performer: King Bullfrog

11:00 am

Faith Lutheran Church / Fellowship Hall

Come join us for musical fun with King Bullfrog! "KING BULLFROG is a indie rock trio that plays high-energy tunes that are developmentally appropriate for kids and grownups actually like." We will also have Brightside Blend with us again, selling their amazing coffee drinks!

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

May 10, 2026

Expecting and New Parent Coffee Meet-up

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Central Library

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May 18, 2026

Transition to Motherhood

Virtual

07:00 PM - 08:15 PM EST

"Matrescence," a term coined by Dana Raphael, describes the process of a woman's transition into motherhood through birth, surrogacy, or adoption. It is a physical, hormonal, emotional change that spans from pre-conception to postpartum, and beyond. Despite the total transformation occurring in our bodies, relationships, and identities, there is little time available, and few resources offered to mothers to process the emotional experience of this change. This free virtual event, invites participants to do just that.

Join us on Monday, May 18th at 7 PM for a workshop hosted by Serena Anand-Bruttig, a licensed psychologist who supports individuals and couples through the transition to parenthood. During this interactive 75-minute event, Dr. Anand-Bruttig will lead participants through an exploration of:

- The definition and lived experience of matrescence*
- The expectations vs. realities of motherhood*
- The range of emotional experiences, and when/how to seek help*
- Levels of support (emotional, social, practical, professional)*
- Building a coping/care plan*

You are encouraged to bring a journal, notes app, or open word doc, as we will use reflection prompts in several of these topics.

May 19, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

Tuesdays 10:30 am-12:30 pm at Roggenart Ballston (4401 Wilson Blvd UNIT 103, Arlington, VA 22203)

Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

May 19, 2026

MONA Tennis

Tuckahoe Park Tennis Courts

6559 24th St N

Arlington, VA 22207

07:30 PM - 09:00 PM EST

If you are looking for an opportunity to hit the courts with a nice, fun group of women, please join us for MONA Tennis. We meet on Tuesday nights from 7:30 - 9:00 pm at the Tuckahoe Park courts starting in May, weather permitting. All levels are welcome and no signup is required. We typically start with casual rallying and end with friendly match play. All you need to participate is your racquet! For updates, please join the MONA Tennis subgroup on Groups.io.

May 21, 2026

Expecting and New Parent Coffee Meet-up

Maman Court House

2055 15th St N Suite 1B

Arlington, VA 22201

02:00 PM - 04:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

May 24, 2026

Expecting and New Parent Coffee Meet-up

Northside Social - Clarendon

(3211 Wilson Blvd

Arlington, VA 22201

03:00 PM - 05:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

May 26, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

Tuesdays 10:30 am-12:30 pm at Roggenart Ballston (4401 Wilson Blvd UNIT 103, Arlington, VA 22203)

Thursdays 2-4 pm at Maman Court House (2055 15th St N Suite 1B, Arlington, VA 22201)

Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

May 26, 2026

MONA Tennis

Tuckahoe Park Tennis Courts

6559 24th St N

Arlington, VA 22207

07:30 PM - 09:00 PM EST

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May 28, 2026

Expecting and New Parent Coffee Meet-up

Maman Court House

2055 15th St N Suite 1B

Arlington, VA 22201

02:00 PM - 04:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

May 28, 2026

Careers & Networking Co-working Time

Central Library

10:00 AM - 12:00 PM EST

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Drop by if you can, even if only for a few minutes. Hope to see some of you there! Reach out with any questions!

May 31, 2026

Expecting and New Parent Coffee Meet-up

Northside Social - Clarendon

(3211 Wilson Blvd

Arlington, VA 22201

03:00 PM - 05:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

June 2, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

We have three opportunities every week to meet up with new and expecting moms and babies over coffee. Running late? No problem! Come when you can, come as you are!

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June 2, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207

07:30 PM - 09:00 PM EST

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June 4, 2026

Expecting and New Parent Coffee Meet-up
Maman Court House
2055 15th St N Suite 1B
Arlington, VA 22201

02:00 PM - 04:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

June 7, 2026

Expecting and New Parent Coffee Meet-up
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(3211 Wilson Blvd
Arlington, VA 22201

03:00 PM - 05:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

June 9, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

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June 9, 2026

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June 11, 2026

Expecting and New Parent Coffee Meet-up

Maman Court House

2055 15th St N Suite 1B

Arlington, VA 22201

02:00 PM - 04:00 PM EST

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June 11, 2026

Careers & Networking Co-working Time

Central Library

10:00 AM - 12:00 PM EST

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June 14, 2026

Expecting and New Parent Coffee Meet-up

Northside Social - Clarendon

(3211 Wilson Blvd

Arlington, VA 22201

03:00 PM - 05:00 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

June 16, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

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Sundays 3-5 pm @ Northside Social - CLARENDON (3211 Wilson Blvd, Arlington, VA 22201)

June 16, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207

07:30 PM - 09:00 PM EST

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June 18, 2026

Expecting and New Parent Coffee Meet-up
Maman Court House
2055 15th St N Suite 1B
Arlington, VA 22201

02:00 PM - 04:00 PM EST

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June 21, 2026

Expecting and New Parent Coffee Meet-up
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(3211 Wilson Blvd
Arlington, VA 22201

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June 23, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

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June 23, 2026

MONA Tennis

Tuckahoe Park Tennis Courts

6559 24th St N

Arlington, VA 22207

07:30 PM - 09:00 PM EST

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June 25, 2026

Expecting and New Parent Coffee Meet-up

Maman Court House

2055 15th St N Suite 1B

Arlington, VA 22201

02:00 PM - 04:00 PM EST

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June 25, 2026

Careers & Networking Co-working Time

Central Library

10:00 AM - 12:00 PM EST

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June 28, 2026

Expecting and New Parent Coffee Meet-up

Northside Social - Clarendon

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Arlington, VA 22201

03:00 PM - 05:00 PM EST

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June 30, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

10:30 AM - 12:30 PM EST

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June 30, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207
07:30 PM - 09:00 PM EST

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July 7, 2026

MONA Tennis
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Arlington, VA 22207
07:30 PM - 09:00 PM EST

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July 9, 2026

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Central Library
10:00 AM - 12:00 PM EST

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July 14, 2026

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Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207
07:30 PM - 09:00 PM EST

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July 21, 2026

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Tuckahoe Park Tennis Courts
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Arlington, VA 22207
07:30 PM - 09:00 PM EST

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July 23, 2026

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Central Library
10:00 AM - 12:00 PM EST

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July 28, 2026

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Tuckahoe Park Tennis Courts
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Arlington, VA 22207
07:30 PM - 09:00 PM EST

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August 4, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207
07:30 PM - 09:00 PM EST

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August 11, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207

07:30 PM - 09:00 PM EST

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August 18, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
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Arlington, VA 22207

07:30 PM - 09:00 PM EST

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August 25, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207

07:30 PM - 09:00 PM EST

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September 1, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207

07:30 PM - 09:00 PM EST

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September 8, 2026

MONA Tennis
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Arlington, VA 22207
07:30 PM - 09:00 PM EST

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September 15, 2026

MONA Tennis
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Arlington, VA 22207
07:30 PM - 09:00 PM EST

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September 22, 2026

MONA Tennis
Tuckahoe Park Tennis Courts
6559 24th St N
Arlington, VA 22207
07:30 PM - 09:00 PM EST

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September 29, 2026

MONA Tennis
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Arlington, VA 22207
07:30 PM - 09:00 PM EST

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November 12, 2026

Holiday Market 2026

Knights of Columbus

5115 Little Falls Rd.

Arlington, VA 22207

07:00 PM - 09:00 PM EST

Event Details:

MONA Holiday Market 2026

Thursday, November 12

7:00 - 9:00 PM

Knights of Columbus - 5115 Little Falls Rd.

Join us November 12, 2026 for the Annual MONA Holiday Market -- 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! The list of past participating vendors can be seen [here](#). Please note that this list will be updated with those participating in the 2026 market closer to the event.

Registration is free but an "all you can drink" bracelet is just \$7!

PLEASE NOTE: Drinks bracelets will cost \$10 at the door so please register in advance if you plan on drinking!

Reminder: If you plan to drink, always plan for a safe ride home.

MONA Members: We need volunteers for this event. You can sign up to volunteer to help with check-in and drink bracelets [here](#). Shifts are 30 minutes. Volunteers receive free drink bracelets for the night, so sign up today!