

Calendar of Events

April 6, 2025
- April 6, 2025

Ringling Brothers! - 4/6 @ 12:30pm @ Eagle Bank Arena
Eagle Bank Arena
12:30 PM - 02:00 PM EST
Ringling Brothers- The Show!

Please note: MONA discounted tickets are available for purchase until 2/21/25 at 11am. Tickets will be transferred to your email the week before the event. Please include best email for your personal Ticketmaster account when submitting order so the tickets can be transferred to the correct location.

Ringling Brothers- The Greatest Show On Earth!

Enter a World of Thrilling Fun
Ringling Bros. and Barnum & Bailey® presents The Greatest Show On Earth® is the modern reinvention of the classic circus spectacle that has toured the globe for over 100 years. The long-reigning Greatest Show On Earth swung back into the center ring starting in 2023, and their latest exhibition features many of their most familiar, crowd-pleasing acts along with plenty of new surprises and stunts. The current troupe is composed of 75 performers representing over 18 countries in a thrill-pumping showcase of highwire acts, trapeze artists, acrobats, dancers and more. Accompanied by state-of-the-art special effects, Ringling Bros. and Barnum & Bailey presents The Greatest Show On Earth offers a fresh and unforgettable take on the time-honored, all-ages circus experience.
PLEASE make sure everyone in your party has the same ticket option. Pay attention to dates/time/locations.

Ringling Brothers- at Eagle Bank Arena
\$25 – Front of sections 105-106, 111-112, 120-121, 126-127 OR top of sections 103-104, 113-114, 118-119, 128-129 (normally \$39 + fees)
\$40 – middle of sections 128-104 and 113-119 (normally \$57 + fees)

All MONA Outings registrations are final. No refunds, returns, or exchanges.

April 8, 2025
- April 8, 2025

MONA Mahjong & Margaritas

Clare & Don's

130 N Washington St.

Falls Church, VA 22046

07:00 PM - 09:00 PM EST

Join Talk Tiles to Me for Mahjong and margaritas at Clare & Don's Beach Shack on April 8, 2025, starting at 7:00 pm!

This will be a fun night filled with beachy vibes, Mahjong, light bites and margaritas! One margarita per person is included in your registration fee. All levels welcome!

We will be offering Mahjong 101 and open play.

Pricing:

\$65 for beginners (typically \$75) - 16 spots available

\$40 for open play (typically \$50) - 24 spots available

April 9, 2025
- April 9, 2025

College 101

Virtual

07:00 PM - 08:00 PM EST

There are so many things to consider when applying to college: affordability, standardized testing, early decision - the list goes on! Join us for College 101, a virtual speaker event, to learn the ins and outs of applying to college as an educational consultant (and MONA mom!) Katherine Rieder walks you through each step of the process, starting in middle school and ending the summer before senior year. A former college professor and admissions officer, Katherine has demonstrable experience in the field, including spearheading local STEM nonprofit Rosie Riveters' high school programs that aim to encourage and prepare young women to pursue STEM careers. To learn more about her, please visit <https://www.krcollegecounseling.com/>.

April 12, 2025

MONA Littles 5th Annual Egg Hunt

Oak Grove Park

4012 17th Street N

Arlington, VA 22207

09:00 AM - 10:00 AM EST

Join us for our annual MONA Littles Egg Hunt at Oak Grove Park.

We'll meet near the entrance off of 17th Street. MONA Littles will provide eggs and treats to hide.

We also welcome donations to hide/share. If you are able, please drop the items off at 1201 N Taylor Street the week before. You can place it on the porch or hang it on the gate. Items on the day of the event are welcome too!

Volunteers to help hide eggs at the beginning are needed. Please plan to arrive by 9:00 to help hide the eggs.

The hunt itself will begin at 9:30.

The hunt is specifically for children ages 1-5. Older children are welcome to help hide candy/eggs.

April 23, 2025

April Book Club: "A Thousand Times Before" by Asha Thanki

TBD

07:00 PM - 08:30 PM EST

Join the MONA Book Club for our April read: "All We Were Promised" by Ashton Lattimore

Event Details:

April 23, 2025

7:00 - 8:30 pm

Location TBD

About the book:

Philadelphia, 1837. After Charlotte escaped from the crumbling White Oaks plantation down South, she'd expected freedom to feel different from her former life as an enslaved housemaid. After all, Philadelphia is supposed to be the birthplace of American liberty. Instead, she's locked away playing servant to her white-passing father, as they both attempt to hide their identities from slavecatchers who would destroy their new lives.

Longing to break away, Charlotte befriends Nell, a budding abolitionist from one of Philadelphia's wealthiest Black families. Just as Charlotte starts to envision a future, a familiar face from her past reappears: Evie, her friend from White Oaks, has been brought to the city by the plantation mistress, and she's desperate to escape. But as Charlotte and Nell conspire to rescue her, in a city engulfed by race riots and attacks on abolitionists, they soon discover that fighting for Evie's freedom may cost them their own.

September 25, 2025

2025 MONA School Fair

The Congressional School

3229 Sleepy Hollow Rd

Falls Church, VA

06:30 PM - 08:00 PM EST

We are pleased to announce that MONA's Annual School Fair returns on September 25, 2025 at The Congressional School from 6:30-8:00 pm. Local private schools and preschools - ranging from large independent schools to small local Montessori and faith-based schools -- will be represented.

Schools participating in this year's fair will be updated on the website closer to the event.

Attendance is free, but advanced registration is encouraged.

April 2, 2025

Wednesday Baby Walk

Bon air park rose garden

850 N Lexington St.

Arlington, VA 22205

10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air. Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

April 3, 2025

MONA New Moms - Coffee Meetup

5155 Langston Blvd.

Arlington, VA

10:30 AM - 12:00 PM EST

New Moms Subgroup,

Join other MONA New Moms at Starbucks (5155 Langston Blvd) at 10:30 am. Look forward to seeing you there!

Be sure to check the New Moms forum to any event

updates: <https://monaforums.groups.io/g/NewMoms>.

April 5, 2025

New Member Social - The Crossing @ Clarendon (The Loop Playground)

The Crossing @ Clarendon

2800 Clarendon Blvd

Arlington, VA 22201

03:00 PM - 04:30 PM EST

Kerry Wong,

vicepresident@monamoms.org

Join Kerry, a MONA board member, at The Crossing Clarendon (the grassy loop - 2800 Clarendon Blvd., Arlington, VA 22201) for a casual member meetup. Come meet other members, let the kids get some wiggles out, and enjoy the spring weather. No RSVPs necessary. Be on the lookout for more information closer to the date.

April 9, 2025

Wednesday Baby Walk

Bon air park rose garden

850 N Lexington St.

Arlington, VA 22205

10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air.

Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

April 10, 2025

MONA New Moms - Coffee Meetup

5155 Langston Blvd.

Arlington, VA

10:30 AM - 12:00 PM EST

New Moms Subgroup,

Join other MONA New Moms at Starbucks (5155 Langston Blvd) at 10:30 am. Look forward to seeing you there!

Be sure to check the New Moms forum to any event

updates: <https://monaforums.groups.io/g/NewMoms>.

April 10, 2025

Fed Govt: How Can We Alleviate the Panic? - Q&A with Financial Advisor Amy Cousins **Virtual**

07:00 PM - 08:00 PM EST

Join us for an informative session with Amy Cousins, an expert on federal employee/veteran benefits and financial planning. This session will cover key benefits, updates, and common questions to help you maximize your entitlements.

Event Details

April 10, 2025

7:00 pm

Virtual (link will be sent with confirmation email)

Amy Cousins is a U.S. Naval Academy graduate and served as a Marine CH-53E pilot with tours in Iraq and Afghanistan before becoming a flight instructor. She later led Separations and Retirement at Quantico, helping service members in transition with their benefits (TSP, SBP, Pensions, etc.). After retiring in 2015, Amy became a financial advisor with New York Life and BluePoint Financial, LLC. She specializes in working with veterans and Federal Employees, explaining benefits and assisting with financial planning. Now in Haymarket, VA, she enjoys the outdoors with her husband (also a Marine), 9-year-old son, and their dog, Ranger.

To ensure the discussion is as relevant as possible, we invite you to submit any questions in advance. Please send your questions by April 7th to events@monamoms.org.

Below is an example of some topics that may be of interest. We look forward to seeing you there!

TSP/Retirement Accounts:

Am I allocated properly to meet my goals? Should I keep it or move it? What are my options?

FEGLI, SGLI, VGLI (Life Insurance)

Should I keep it? How expensive will it become?

Can I convert it to something else?

Is personal life insurance better?

SBP (Survivor Benefit Plan)

How does it work?

Can I get out of it?

Is it a good option for my personal situation?

Retirement

How can I be sure that I am ready to retire?

Am I on track?

How do I catch up?

New Career Choices

Find Careers in line with your Strengths, Values and Goals

April 12, 2025

MONA Member Social - Soaring Starts

Faith Lutheran Church

11:00 AM - 12:00 PM EST

Performer: Soaring Starts

April 12, 2025

11 am

Faith Lutheran Church

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!

Our monthly socials need volunteers! Consider volunteering for the April social here. Two volunteers are needed for every social - one to open the building and help the entertainer set up and another to clean-up and close up the building. Please consider donating your time!

April 16, 2025

Wednesday Baby Walk

Bon air park rose garden

850 N Lexington St.

Arlington, VA 22205

10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air. Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

April 17, 2025

MONA New Moms - Coffee Meetup

5155 Langston Blvd.

Arlington, VA

10:30 AM - 12:00 PM EST

New Moms Subgroup,

Join other MONA New Moms at Starbucks (5155 Langston Blvd) at 10:30 am. Look forward to seeing you there!

Be sure to check the New Moms forum to any event updates: <https://monaforums.groups.io/g/NewMoms>.

April 23, 2025

Wednesday Baby Walk

Bon air park rose garden

850 N Lexington St.

Arlington, VA 22205

10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air. Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

April 24, 2025

MONA New Moms - Coffee Meetup

5155 Langston Blvd.

Arlington, VA

10:30 AM - 12:00 PM EST

New Moms Subgroup,

Join other MONA New Moms at Starbucks (5155 Langston Blvd) at 10:30 am. Look forward to seeing you there!

Be sure to check the New Moms forum to any event

updates: <https://monaforums.groups.io/g/NewMoms>.

April 27, 2025

MONA Discounted Headshot Session with Rachel Naft Photography

4401 Fairfax Dr

4401 Fairfax Dr

Arlington, VA 22203

09:30 AM - 11:30 AM EST

Join us for an exclusive Discounted Headshot Session with Rachel Naft Photography to support our amazing MONA members! Whether you're updating your LinkedIn profile, personal branding, or team directory, this is the perfect opportunity to get a high-quality professional headshot—at a fraction of the cost.

Date: April 27th

Location: 4401 Fairfax Dr , Arlington, VA 22203

Time: 9:30-11:30 (5-minute photography sessions)

Special Rate: \$40 p.p. for a minimum of 2-4 hi-resolution digital images to choose from (Note: This rate offers a discount from Rachel Naft Photography and another from MONA!)

Limited spots available! After signing up, you will receive an email with your 5-minute time slot. Please ensure you arrive 15 minutes before your assigned time on the event day.

April 30, 2025

Wednesday Baby Walk

Bon air park rose garden

850 N Lexington St.

Arlington, VA 22205

10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air.

Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

April 30, 2025

Yoga for Mothers of Northern Arlington

07:30 PM - 08:30 PM EST

Save the date and join us for yoga with MONA on April 30, 2025!

Life as a mom can be overwhelming, and in today's fast-paced world, stress is at an all-time high. That's why we're bringing the many benefits of yoga to the MONA community this April!

Yoga isn't just about movement—it's about stress relief, mood-boosting, mindfulness, and self-care. It enhances flexibility, reduces pain, and creates a space for you to breathe, reset, and reconnect with yourself.

Give yourself the gift of one hour dedicated to your well-being. Step onto the mat, let go of stress, and join us for a rejuvenating yoga session. You deserve it!

Event Details

April 30, 2025

7:30 - 8:30 pm

Location: TBD

\$10 / member

May 1, 2025

MONA New Moms - Coffee Meetup

5155 Langston Blvd.

Arlington, VA

10:30 AM - 12:00 PM EST

New Moms Subgroup,

Join other MONA New Moms at Starbucks (5155 Langston Blvd) at 10:30 am. Look forward to seeing you there!

Be sure to check the New Moms forum to any event updates: <https://monaforums.groups.io/g/NewMoms>.

May 3, 2025

New Member Social - The Crossing @ Clarendon (The Loop Playground)

The Crossing @ Clarendon

2800 Clarendon Blvd

Arlington, VA 22201

03:00 PM - 04:30 PM EST

Kerry Wong,

vicepresident@monamoms.org

Join Kerry, a MONA board member, at The Crossing Clarendon (the grassy loop - 2800 Clarendon Blvd., Arlington, VA 22201) for a casual member meetup. Come meet other members, let the kids get some wiggles out, and enjoy the spring weather. No RSVPs necessary. Be on the lookout for more information closer to the date.

May 3, 2025

New Moms and Dads Monthly Park Gathering

Location Varies - Check the subgroup forum

10:30 AM - 11:30 AM EST

MONA New Moms,

Come hang out with other new moms and dads first Saturday of the month at the park (location changes each month)

Updates to these events will be shared in WhatsApp, message the event organizer to be added to the Fall/Winter 2024 babies WhatsApp group if you're not already in it.

May: Quincy Park (1021 N Quincy St, Arlington, VA 22201)

June: Westover Park (1001 N Kennebec St, Arlington, VA 22205)

July: Bluemont Park (329 N Manchester St, Arlington, VA 22203)

May 4, 2025

Mobility for Moms

Bodymass Gym

2000 15th St. N.

Arlington, VA 22201

10:00 AM - 11:00 AM EST

Join Dr. Rosalie of Performance Care Clinics for a specialized mobility class designed for moms looking to improve flexibility, strength, and overall movement. This class focuses on safe, effective exercises that cater to the unique needs of mothers, helping them regain mobility and reduce pain or tension. Whether recovering from childbirth or simply wanting to feel better in daily life, Dr. Rosalie's class will provide expert guidance and a supportive environment.

Event Details

May 4, 2025

10:00 am

Bodymass Gym; 2000 15th St. N.

\$15/member

May 7, 2025

Wednesday Baby Walk

Bon air park rose garden

850 N Lexington St.

Arlington, VA 22205

10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air. Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

May 8, 2025

MONA New Moms - Coffee Meetup

5155 Langston Blvd.

Arlington, VA

10:30 AM - 12:00 PM EST

New Moms Subgroup,

Join other MONA New Moms at Starbucks (5155 Langston Blvd) at 10:30 am. Look forward to seeing you there!

Be sure to check the New Moms forum to any event updates: <https://monaforums.groups.io/g/NewMoms>.

May 10, 2025

MONA Member Social - Crickett The Entertainer
Faith Lutheran Church
3313 Arlington Blvd.
Arlington, VA 22203
11:00 AM - 12:00 PM EST
Crickett The Entertainer

May 10, 2025
11am
Faith Lutheran Church

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!

Our monthly socials need volunteers! Consider volunteering for the May social here. Two volunteers are needed for every social - one to open the building and help the entertainer set up and another to clean-up and close up the building. Please consider donating your time!

May 14, 2025

Wednesday Baby Walk
Bon air park rose garden
850 N Lexington St.
Arlington, VA 22205
10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air. Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

May 15, 2025

MONA New Moms - Coffee Meetup
5155 Langston Blvd.
Arlington, VA
10:30 AM - 12:00 PM EST
New Moms Subgroup,

Join other MONA New Moms at Starbucks (5155 Langston Blvd) at 10:30 am. Look forward to seeing you there!

Be sure to check the New Moms forum to any event updates: <https://monaforums.groups.io/g/NewMoms>.

May 21, 2025

Wednesday Baby Walk
Bon air park rose garden
850 N Lexington St.
Arlington, VA 22205
10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air. Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

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May 28, 2025

Wednesday Baby Walk

Bon air park rose garden

850 N Lexington St.

Arlington, VA 22205

10:30 AM - 11:30 AM EST

Come with your baby in a stroller or carrier for a morning walk and get that fresh air. Dogs welcome. We'll start at Bon Air Park Rose Garden, meet up in the garden circle, and head out on the bike paths at 10:35. There is easy parking beside the garden. Rain or shine.

Any updates to this event will be posted in the New Moms groups.io forum.

May 31, 2025

MONA Annual Picnic

Bluemont Park

11:00 AM - 03:00 PM EST

May 31st is MONA's annual member picnic. Bring your family for a fun day at Bluemont Park. Event starts at 11am as our first performer takes the stage. Don't forget to register your family (\$5 and only one registration is needed per family). More information to come soon!

The details:

Bluemont Park

May 31, 2025

11 AM - 3 PM

\$5 per family (only one registration needed per family)

Performer Schedule:

11:00 am: Bubbles with Milly

12:00 pm: TBD

1:00 pm: TBD

2:00 pm: TBD

Pack a picnic and enjoy the day!

We need volunteers! Help out while meeting new members! Volunteer here.

June 7, 2025

New Moms and Dads Monthly Park Gathering

Location Varies - Check the subgroup forum

10:30 AM - 11:30 AM EST

MONA New Moms,

Come hang out with other new moms and dads first Saturday of the month at the park (location changes each month)

Updates to these events will be shared in WhatsApp, message the event organizer to be added to the Fall/Winter 2024 babies WhatsApp group if you're not already in it.

May: Quincy Park (1021 N Quincy St, Arlington, VA 22201)

June: Westover Park (1001 N Kennebec St, Arlington, VA 22205)

July: Bluemont Park (329 N Manchester St, Arlington, VA 22203)

July 5, 2025

New Moms and Dads Monthly Park Gathering

Location Varies - Check the subgroup forum

10:30 AM - 11:30 AM EST

MONA New Moms,

Come hang out with other new moms and dads first Saturday of the month at the park (location changes each month)

Updates to these events will be shared in WhatsApp, message the event organizer to be added to the Fall/Winter 2024 babies WhatsApp group if you're not already in it.

May: Quincy Park (1021 N Quincy St, Arlington, VA 22201)

June: Westover Park (1001 N Kennebec St, Arlington, VA 22205)

July: Bluemont Park (329 N Manchester St, Arlington, VA 22203)

September 25, 2025

MONA School Fair - 2025

The Congressional School

06:30 PM - 08:00 PM EST

We are pleased to announce that MONA's Annual School Fair returns on September 25, 2025 at The Congressional School from 6:30-8:00pm. Local private schools and preschools - ranging from large independent schools to small local Montessori and faith-based schools -- will be represented.

Closer to the event, we will update the list with schools participating in this year's fair.

Attendance is free, but advanced registration is encouraged. Registration will open in late March 2025.