

Calendar of Events

June 7, 2026

Annual Picnic @ Hayes Park

Hayes Park

1516 N Lincoln St

Arlington, VA 22201

11:00 AM - 03:00 PM EST

If you are registering after 9:00 am on June 7, 2026, please let the check-in desk know. We will look up your registration online as it will not be on the check in sheets.

June 7th is MONA's annual member picnic. Bring your family for a fun day at Hayes park. Event starts at 11am and our first performer takes the stage at 11:15 am. Don't forget to register your family (\$5 and only one registration is needed per family) and pick up your tickets for free treats from the frozen treat/ice cream truck!

The details:

Hayes Park

June 7, 2026

11 AM - 3 PM

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

Food trucks, face painters, glitter tattoo artists, and a lineup of wonderful performers.

Performer Schedule:

TBD

Pack a picnic or enjoy a meal from the food truck (TBD)

We will also have Scoops2U, an ice cream treat truck. Every family that registers will receive tickets for treats from truck!

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

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-Please contact outings@monamoms.org with questions.

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

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 28, 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!

May 31, 2026

DONA - Dad's Playground Meet-up

Quincy Park

901 N Liberty Street

Arlington, VA 22201

09:00 AM - 10:30 AM EST

Dads bring the kids out to Quincy Park Playground to burn off some energy and enjoy getting to know some other dads! All are welcome!

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

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

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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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 20, 2026

New & Expecting Parents Park Hangout

Quincy Park
1021 N Quincy St
Arlington, VA 22201

10:30 AM - 12:30 PM EST

Calling all new and expecting MONA parents. Come hang out, swap stories, and find your village. We are gathering at Quincy Park in Ballston for a casual, fun morning to meet new friends and build community. Whether you are currently expecting or navigating the beautiful chaos of early parenthood, you are welcome here. Quincy Park has fantastic amenities including a massive shaded picnic shelter, a great playground, tennis courts, and plenty of open grass. Pack a blanket, grab your favorite morning beverage, and come join the fun. We cannot wait to connect with you.

Event Details

June 20, 2026

10:30 am - 12:30 pm

Quincy Park

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
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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 30, 2026

Expecting and New Parent Coffee Meet-up

Roggenart Ballston

4401 Wilson Blvd UNIT 103

Arlington, VA 22204

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June 30, 2026

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July 7, 2026

MONA Tennis

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Arlington, VA 22207

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July 9, 2026

Careers & Networking Co-working Time

Central Library

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July 14, 2026

MONA Tennis

Tuckahoe Park Tennis Courts

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Arlington, VA 22207

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July 21, 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 23, 2026

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Central Library

10:00 AM - 12:00 PM EST

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July 28, 2026

MONA Tennis

Tuckahoe Park Tennis Courts

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Arlington, VA 22207

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August 4, 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 11, 2026

MONA Tennis

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August 18, 2026

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Arlington, VA 22207
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August 25, 2026

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September 1, 2026

MONA Tennis
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Arlington, VA 22207
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September 8, 2026

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September 15, 2026

MONA Tennis

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September 22, 2026

MONA Tennis

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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!