## **Calendar of Events**

admin@monamoms.org

January 13, 2026

# Hormone Harmony: Navigating Midlife with Confidence Virtual

07:00 PM - 07:00 PM EST

What to Expect:

Join Dr. Sara Black, owner of Zia Physiotherapy, on Tuesday, January 13 at 7 pm for an informative and practical discussion on navigating the physical and hormonal changes of perimenopause and menopause. We'll talk about how shifting hormones can affect everything from muscle and joint health to digestion, sleep, and mood, and explore realistic lifestyle and movement strategies to help you feel steady, strong, and more like yourself through midlife.

#### About the presenter:

Dr. Sara Black is a pelvic health and orthopedic physical therapist and the owner of Zia Physiotherapy. Her work focuses on helping women understand the "why" behind their symptoms and find strategies that support long-term physical and hormonal health.

February 3, 2026

# An Intro to Body Literacy & Menstrual Health for Young Girls Virtual

07:00 PM - 08:00 PM EST

Join Maureen Hilleary, CFNC of Well Rooted Holistic Health Coaching on February 3, 2026 at 7pm for an introductory presentation on menstrual health and body literacy for young girls and teens (ages 10-17). Maureen is a FEMM-Certified Cycle Educator and teaches girls and women of all ages how to chart their menstrual cycles to assess hormone and overall health, fertility and why it's important. This intro class will give attendees (daughters and moms!) a solid introduction to basic reproductive anatomy, the main hormones and their roles in the body, what's happening during puberty and how charting works.

This is a virtual event that includes Q & A time.

In addition to her FEMM training, Maureen is a Board Certified Functional Nutrition Practitioner, Master Health and Wellness Coach and Metabolic Health Coach. She owns a private virtual Women's Wellness practice in Alexandria that uses Functional Nutrition and holistic living practices to optimize health, hormones and the cycle.

November 27, 2025

### **Arlington Turkey Trot MONA Group**

#### **Lyon Park Community Center**

08:00 AM - 10:00 AM EST

MONA is thrilled to be a sponsor this year of the 20th annual Arlington Turkey Trot!

Join us, Thursday, November 27, 2025, near Lyon Park Community Center as Arlington trots through the streets of Lyon Park and Ashton Heights on Thanksgiving morning to give thanks for all we have to give. Official start time is 8:00 am.

Use this link to register for the MONA

team! https://runsignup.com/Race/Register/RaceGroup-1936209?raceId=187919 Already registered for the race? Not a problem! You can add yourself to the MONA team on the RunSignUp platform.

#### **REGISTRATION FEES:**

Adults - \$50 Children (6-17) - \$25 Children (5 & under) - no charge (Run Sign UP is the registration platform.)

The race could also use volunteers. Please reach out if you are interested in volunteering!

December 4, 2025

#### **MONA New Moms Coffee Meetup**

02:00 PM - 03:30 PM EST

Join other MONA New Moms (and babies!) at Tatte Clarendon (2805 Clarendon Blvd) weekly on Thursdays at 2:00 pm. Look forward to seeing you there! Any event updates will be posted in the New Mom forum.

Want to be in the know about other New Mom subgroup events? Join the subgroup at: https://monaforums.groups.io/g/NewMoms.

December 6, 2025

### Mona Special Moms We Rock The Spectrum Party

We Rock the Spectrum 7601 Airpark Dr Ste E Gaithersburg, MD 20879 10:00 AM - 12:00 PM EST

MONA will be sponsoring a MONA Special Moms & Kids Meetup on Saturday December 6th from 10:00AM-12:00PM. The event will be held at We Rock the Spectrum (7601 Airpark Dr Ste E, Gaithersburg, MD 20879). MONA is kindly subsidizing the vast majority of the expenses for the event; we are asking for a nominal fee of \$5/kid for MONA members and \$10/kid for non-MONA members. Please register separately for each child attending. We can have up to 26 kids and will maintain a waitlist, in the event that more people sign up.

Looking forward to seeing many of you there!

December 6, 2025

**MONA Private Orangetheory Fitness Class** 

Orangetheory Fitness 4201 Wilson Blvd Arlington, VA 22203

12:15 PM - 01:15 PM EST

Private MONA Orangetheory Fitness Class! Only \$8 a member!

Backed by science, tracked by technology.

Orangetheory is a dynamic blend of strength and cardio training scientifically designed to give you the most efficient and energizing 1-hour total body workout. All elements of the class work together to supercharge your metabolism so you're burning calories and body fat while also building lean muscle.

Please note Orangetheory asks each person to arrive 15-20 minutes prior to the start of class to complete intake forms.

Event Details
December 6, 2025
12:15 pm (arrive by 12:00 pm to complete intake forms)
4201 Wilson Blvd, Arlington, VA 22203

December 10, 2025

**Mahjong Night** 

**Talk Tiles to Me Studio** 

113 Rowell Ct.

Falls Church, VA 22046

07:00 PM - 09:00 PM EST Night of playing Mahjong!

First Drink on MONA; additional drinks are BYOB

December 10 from 7:00-9:00 PM Beginners: \$75 (8 spots available)

Experienced: \$25

Location: Talk Tiles to Me Studio; 113 Rowell Ct, Falls Church, VA 22046

December 11, 2025

MONA and TriVistaUSA Design + Build Present: Wine About Your House! TriVistaUSA Design + Build

3113 Tenth St N

Arlington, VA

06:30 PM - 08:00 PM EST

MONA and TriVistaUSA Design + Build Present: Wine About Your House!

Have you been thinking about a remodel? Let our talented designers help you figure out how to make it the home of your dreams. Join us for a fun evening of wine, cheese, and great ideas about how to fix those issues that have been troubling you. Include pictures and a description of what's bothering you in your home and we'll prepare solutions in advance! Or just join us, and we can discuss it together!

To have your design challenges reviewed in advance, kindly RSVP by 12/4.

Please call 703.243.3171 with any questions.

Event Details

Thursday, December 11, 6:30 PM 3113 Tenth St N, Arlington, VA

Parking: There is street parking around the building but for easy access to the garage, use GPS address 1021 North Hudson St. Upon entering, go down the ramp to the wall marked in red "Office Visitor Parking." The elevator is next to the ramp and will take you to our office suite (#200).

December 11, 2025

#### **MONA New Moms Coffee Meetup**

02:00 PM - 03:30 PM EST

Join other MONA New Moms (and babies!) at Tatte Clarendon (2805 Clarendon Blvd) weekly on Thursdays at 2:00 pm. Look forward to seeing you there! Any event updates will be posted in the New Mom forum.

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December 12, 2025

**December Shalom MONA Chat** 

Virtual

12:00 PM - 12:30 PM EST

Join us for a quick and casual monthly Zoom meetup—just 30 minutes to say hello, share a chat, and build community. Moms, dads, kids, and whole families are all welcome!

Each month, we'll have a fun and light topic to spark conversation, but the real goal is simply to connect and get to know one another. Times and days will vary to give more people a chance to join. Your feedback on future topics and scheduling is always welcome!

Upcoming Topics & Dates:

Tuesday, October 21 at 12:00 PM – What brings you joy?

Wednesday, November 12 at 8:00 PM – Favorite holiday food?

Friday, December 12 at 12:00 PM – How do you celebrate? / Favorite holiday traditions?

Link to join the Zoom is in your confirmation email. See you on Zoom!

December 12, 2025

Merry & Bright: A Moms Over 40 Secret Santa Social Immigrant Food - Ballston 4245 Fairfax Dr Arlington, VA 22203 07:00 PM - 09:00 PM EST

Join Moms Over 40 subgroup for a relaxed and festive evening at Immigrant Food Ballston on Friday, December 12th, from 7–9 PM. This gathering is an opportunity for moms to enjoy a pleasant night out, meet new faces, and share in the warmth of the season. We will be hosting a Secret Santa gift exchange, and guests are kindly asked to bring a wrapped gift valued at \$15–\$25. Light appetizers will be provided, and additional food and beverages will be available for purchase. We look forward to welcoming you for a comfortable and enjoyable holiday celebration.

December 13, 2025

MONA Member Social - Kidsinger Jim Faith Lutheran Church 3313 Arlington Blvd. Arlington, VA 22201 11:00 AM - 12:00 PM EST Performer Kidsinger Jim

Kidsinger Jim, a MONA favorite, is back with us for our December member social!

11:00 am

Faith Lutheran Church / Fellowship Hall

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!

December 17, 2025

MONA Book Club's December Meeting: Comfort & Joy Central Library Meeting Room 1015 N. Quincy Street Arlington, VA 22201 06:30 PM - 08:00 PM EST

Join the MONA Book Club for our December Read: Comfort & Joy by Kristin Hannah

About the Book:

Joy Candellaro once loved Christmas more than any other time of the year. Now, as the holiday approaches, she is at a crossroads in her life; recently divorced and alone, she can't summon the old enthusiasm for celebrating. So without telling anyone, she buys a ticket and boards a plane bound for the beautiful Pacific Northwest. When an unexpected detour takes her deep into the woods of the Olympic rainforest, Joy makes a bold decision to leave her ordinary life behind—to just walk away—and thus begins an adventure unlike any she could have imagined.

In the small town of Rain Valley, six-year-old Bobby O'Shea is facing his first Christmas without a mother. Unable to handle the loss, Bobby has closed himself off from the world, talking only to his invisible best friend. His father Daniel is beside himself, desperate to help his son cope. Yet when the little boy meets Joy, these two unlikely souls form a deep and powerful bond. In helping Bobby and Daniel heal, Joy finds herself again.

But not everything is as it seems in quiet Rain Valley, and in an instant, Joy's world is ripped apart, and her heart is broken. On a magical Christmas Eve, a night of impossible dreams and unexpected chances, Joy must find the courage to believe in a love—and a family—that can't possibly exist, and go in search of what she wants . . . and the new life only she can find.

Event Details December 17, 2025 at 6:30 pm

Location: Central Library Meeting Room 1015 N. Quincy Street Arlington, VA 22201

December 18, 2025

#### **MONA New Moms Coffee Meetup**

02:00 PM - 03:30 PM EST

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December 20, 2025

THE POLAR EXPRESS Train Ride - December 20 @ 10 am B&O Railroad Museum 901 W. Pratt Street Baltimore, MD 21223 10:00 AM - 12:00 PM EST

All aboard for THE POLAR EXPRESS™!Create a Christmas memory that you and your family will treasure forever – a journey to the North Pole via THE POLAR EXPRESS™. Immerse yourself in the classic children's book, THE POLAR EXPRESS™ by Chris Van Allsburg. In this beloved story, a young boy takes a magical Christmas Eve train ride to the North Pole and receives a special gift from Santa.

Characters from this award-winning book come to life through this magical holiday journey. The conductor punches your golden ticket on board THE POLAR EXPRESS<sup>TM</sup>. Chefs serve you hot chocolate and cookies while you listen to THE POLAR EXPRESS TM story on board THE POLAR EXPRESS<sup>TM</sup> train ride. Santa's helpers provide holiday cheer and every passenger personally receives from Santa, the first gift of Christmas – a silver sleigh bell. Children of all ages will BELIEVE!

BRONZE- December 20th @ 10 AM - Individual Seats 30 Adult Tickets Available: \$55 per ticket for MONA members (normally \$75 plus fees!) 30 Children Tickets Available: \$50 per ticket for MONA members (normally \$65 plus fees!)

These heated rail cars provide comfortable, upholstered seating. Chefs serve passengers hot chocolate and cookies. All children receive a golden ticket and silver sleigh bell from Santa while on their magical journey. Children 2 years old and younger who are sitting in a parent's lap do not need a ticket.

THE POLAR EXPRESS sells out every year, so plan ahead and reserve your spots now.

December 31, 2025

**MONA's Inaugural NOON YEAR'S EVE PARTY!** 

Upside on Moore 1700 N Moore St Arlington, VA 22209

10:00 AM - 01:00 PM EST

Ring in the New Year Early with MONA!

Join MONA at Upside on Moore for a family-friendly Noon Year's Eve Celebration, complete with a 'ball drop' at Noon!

When: December 31, 10 AM – 1 PM Where: Upside on Moore in Rosslyn

Enjoy a fun-filled party complete with: Food & drink specials for kids and adults A kid-friendly DJ Balloon artist & glitter tattoos Some 'celebrity' mascot appearances Activities for all ages

#### Tickets:

\$5 per person (ages 2+) for MONA members — available through December 1 \$10 per person for MONA members and non-members — available starting December 2

Children 2 and under are free!

MONA members receive priority access and discounted pricing until December 1. Tickets will open to the community after that date — and they'll go fast, so don't wait to grab yours!

January 10, 2026

**MONA Member Social - Erik Energy** 

Faith Lutheran Church 3313 Arlington Blvd. Arlington, VA 22201 11:00 AM - 12:00 PM EST Performer Erik Energy

Join us for the science wonder of Erik Energy, a MONA favorite!

11:00 am

Faith Lutheran Church / Fellowship Hall

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!

January 17, 2026

#### Winery Tour with All ABoard VA

10:00 AM - 05:30 PM EST

You've asked — and it's finally happening!?

We're thrilled to offer you a relaxing, worry-free afternoon of wine tasting at some of Loudoun County's most beautiful wineries.

MONA has partnered with All ABoard VA to host a series of wine-country tours in the next few months. I took a practice run in September, so I know first-hand how special it will be — a cozy day visiting charming vineyards, enjoying great wines, and taking in the views while someone else does the driving!

Each tour includes comfortable round-trip transportation for up to 10 guests aboard All ABoard's sightseeing bus. We'll visit three of Loudoun's most charming wineries and enjoy plenty of time to relax, unwind, and have some fun!

How much will it be?

?Winery Tour, Lunch & Snack plus Tasting Fees: \$199 per person, a \$224 value. Pricing includes discounts made available exclusively for MONA members. What's included?

Discounted Winery tour pricing

Discounted Wine Tasting Fees, and a personalized, guided tasting, at each winery Winery-specific discounts and perks, including wine bottle purchases Boxed snack/lunch

Bottled water

Note: While at the winery, if anyone would like to purchase an additional glass of wine or a bottle to go, individuals can pay the wineries directly.

February 7, 2026

Georgetown Hoyas Men's Basketball vs Villanova Capital One Arena 601 F St NW Washington, DC 20004 12:00 PM - 02:00 PM EST

Come cheer on the Georgetown Hoyas Men's Basketball Team as they play the Villanova Wildcats. Georgetown vs Villanova is the Hoyas' highest demand ticket of the season. We have reserved fifty seats in Section 118 for the MONA-exclusive price of \$23 each.

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.

February 14, 2026

**MONA Member Social - Go Bananas Dancing!** 

Faith Lutheran Church 3313 Arlington Blvd. Arlington, VA 22201 11:00 AM - 12:00 PM EST

Performer Go Bananas Dancing

Come join us for this special Valenatine's Day event. Get your wiggles out and GO BANANAS!

11:00 am

Faith Lutheran Church / Fellowship Hall

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March 14, 2026

**MONA Member Social - Marsha and the Positrons** 

Faith Lutheran Church 3313 Arlington Blvd. Arlington, VA 22201

11:00 AM - 12:00 PM EST

Performer Marsha and the Positrons

Learn some cool science facts while jamming with Marsha and the Positrons!

11:00 am

Faith Lutheran Church / Fellowship Hall

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April 11, 2026

MONA Family Social - King Bullfrog

Faith Lutheran Church 11:00 AM - 12:00 PM EST Performer: King Bullfrog

11:00 am

Faith Lutheran Church / Fellowship Hall

As always, this event is open to all and free to attend! MONA family 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 9, 2026

**MONA Family Social** 

Faith Lutheran Church / Fellowship Hall

11:00 AM - 12:00 PM EST

Performer: TBD

11:00 am

Faith Lutheran Church / Fellowship Hall

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!

November 14, 2026

MONA Family Social - Mr. Jon and Friends Faith Lutheran Church / Fellowship Hall

11:00 AM - 12:00 PM EST Performer: Mr. Jon and Friends

11:00 am

Faith Lutheran Church / Fellowship Hall

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!