

Calendar of Events

February 8, 2026

Private OrangeTheory Class
Orangetheory Fitness
4201 Wilson Blvd.
Arlington, VA 22203
01:00 PM - 02:15 PM EST
Private MONA OrangeTheory Class!
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.

Just \$8 for MONA members!

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

Event Details

February 8, 2026
1:15 pm (arrive by 1:00 pm to complete intake forms)
4201 Wilson Blvd, Arlington, VA 22203

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.

January 22, 2026

Careers & Networking Co-working Time

Central Library (specific room may vary)

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!*

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.

February 5, 2026

Careers & Networking Co-working Time

Central Library (specific room may vary)

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.

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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 Valentine's Day event. Get your wiggles out and GO BANANAS!

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!

February 19, 2026

Careers & Networking Co-working Time

Central Library (specific room may vary)

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!

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

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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

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

Faith Lutheran Church / Fellowship Hall

11:00 AM - 12:00 PM EST

Performer: TBD

11:00 am

Faith Lutheran Church / Fellowship Hall

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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

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