

MARCH, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>(703) 303-4060 Info@MountVernonAtHome.org</p>	<p>Thank You for RSVPing to our office for ALL Activities noted in this Calendar that you'd like to Attend!</p>	<p>All Mount Vernon At Home (MVAH) Sponsored Events are Highlighted in Yellow in this Calendar!</p>			<p>1</p>  <p>1:00-2:00pm Tai Chi Beginner's Class in Sherwood Reg. Library 1st Flr. Conf. Rm.</p>
<p>2</p>	<p>3</p>  <p>SUPER TUESDAY Get out & VOTE! Polls in Virginia open at 6:00am and remain open until 7:00pm!</p>	<p>4</p>  <p>1:00pm Scrabble at the home of Al & Jean Glazier, 7619 Leith Pl., 22307</p> <p>You Don't Want To Miss This ... 2:00-3:00pm "Consumer Affairs 101: Your Rights & Resources" presented by Fairfax Cty. in Sherwood Reg. Library, 1st Flr. Conf. Rm.—Learn about resources to fight scams, fraud & unfair business practices!</p>	<p>5</p>	<p>6</p> <p>1:30—2:15pm Chair Yoga at Sherwood Library </p> <p>1—3pm "Memory Café" at Senior Helpers (a Support Group for families dealing with dementia) 7910 Andrus Rd., Ste. #6 (RSVP to insure a seat.)</p>	<p>7</p>	<p>8</p>  <p>2:00am Daylight Savings Time Begins — Remember to Turn your Clocks Ahead 1 Hour!</p> <p>3:00pm Matinee Performance of "Moonlight & Magnolias" at The Little Theatre of Alex. \$24/person (limited seats available—we must pre-purchase tickets.)</p>
<p>9</p>  <p>2:00pm Program Committee Meeting ... All MVAH Members are encouraged to attend & give us YOUR ideas of events, trips & programs! In Sherwood Reg. Library, 2nd Flr. Conf. Rm.</p>	<p>10</p>	<p>11</p> <p>10:30-11:30am "How to Google Drive" in Tech Lab at Sherwood Reg. Library 2nd Flr.—Ltd. Seating must RSVP!</p> <p>4—5:30pm MVAH Board Mtg. in Sherwood Reg. Library 2nd Flr.</p>	<p>12</p>  <p>1:00pm Bridge at the Home of Virginia Hodgkinson, Montebello, 5904 Mt. Eagle Dr. #308</p>	<p>13</p> <p>1:30—2:15pm Chair Yoga at Sherwood Library </p>	<p>14</p> <p>11:00am —"Timely Topics" at the Home of Virginia Hodgkinson in Montebello (Topic: "Should All Americans Be Receiving Health Care?")</p> <p>7:30-9:30pm Get Ready for St. Patrick's Day & Celebrate with The Mollyhawks —Traditional Irish & Celtic Maritime Music at St. Luke's Church, 8009 Ft. Hunt Rd. Tickets purchased at door: \$15/adults \$10/students (includes Refreshments). Proceeds Benefit UC, Rising Hope, Good Shepherd Housing & other local charities!</p>	<p>15</p> <p>3:00—3:50pm Barbershop Chorus Concert in Chapel at Unitarian Church. Don't Miss this annual concert of patriotic & popular music by the Harmony Heritage Singers!</p> <p>4:00—5:30pm "CONVERSATIONS" will occur after the above Concert at Unitarian Church, 1909 Windmill Ln. (in Mason Hill) & feature: Thomas Hargrove, Founder of the Nonprofit "Murder Accountability Project" — Tracking America's Unsolved Homicides.</p>
<p>16</p>	<p>17 Happy St. Patrick's Day! </p> <p>12 Noon Extensive, Delicious & Fresh Buffet Lunch at Montebello Condominium Community Center Lounge (\$20 per person paid in cash or check the day of). Organizing host is: Janet Damron — RSVP Req'd. to get on list for gate entry!</p>	<p>18</p>  <p>12—1pm Meet & Greet Spring Tea (& Tea Sandwich Exchange) ... Calling all MVAH Members ... Bring a 1/2 doz. of your favorite tea sandwiches to share with other members and meet/greet/speak with MVAH NEW Members who have joined our organization over the past 12 mos. RSVP & Join us in the Sherwood Reg. Library 1st flr. Conf. Rm.!</p>	<p>19</p>  <p>12 Noon Lunch & Movie at Paul Spring. Enjoy a complimentary Lunch & Movie to follow: "Annie Hall"</p>	<p>20</p> <p>11:00am "Chatters" at the home of Virginia Hodgkinson in Montebello. Virginia will talk about her recent trip to Cuba with The Kettering Foundation!</p> <p>1:30—2:15pm Chair Yoga at Sherwood Library </p>	<p>21</p>	<p>22</p>  <p>1:00-2:00pm Tai Chi Beginner's Class in Sherwood Reg. Library 1st Flr. Conf. Rm.</p>
<p>23</p>	<p>24</p> <p>10:00am Bridge at the Home of Virginia Hodgkinson </p> <p>5:00pm Let's Dine Together at the NEW "Revel" Wine & Craft Beer Bar, 1600A Belle View Blvd. (formerly Unwined). View their menu at: www.Revelava.com/food/</p>	<p>25</p>	<p>26</p>  <p>10—11:30am "Coffee Social" at Paul Spring Retirement in Bistro, 7116 Ft. Hunt Rd., 22307</p>	<p>27</p>  <p>"Just Mercy" by: Bryan Stevenson Book Club discussion will take place at 2pm in Sherwood Library, 2nd Flr. Conf. Rm. 3</p>	<p>28</p>	<p>29</p>  <p>1:00-2:00pm Tai Chi Beginner's Class in Sherwood Reg. Library 1st Flr. Conf. Rm.</p>
<p>30</p>	<p>31</p> <p>10:30—11:30am Are you familiar with the NEW "Dementia Friendly" Initiative in Alexandria? Join us here in the Sherwood Reg. Library, 1st Flr. Conf. Rm. & learn how we can help our Mt. Vernon Community to become "Dementia Friendly!"</p> <p>2:00pm "How to Kick the Sugar Habit" at Paul Spring. Free seminar.</p>	<p>April 1st</p>  <p>5—6:30pm "Cheers" at the home of Betsy Stephens, in Tauxemont, 1147 Westmoreland Rd., Alex., 22308</p>	<p>SAVE THESE DATES:</p> <p>Thur., April 23rd Trip together to "SMITHSONIAN CRAFT SHOW" (depart in carpools from Mt. Vernon RECenter at 9:30am & return at approx. 4:00pm). Produced by the Smithsonian Women's Committee, this will include 121 premier American craft artists and designers, which were selected by a panel of expert jurors from a competitive pool of applicants nationwide and will showcase ceramics, glass art, jewelry, furniture, wearables and accessories in the National Building Museum's Great Hall, 401 F. Street, NW, Wash. DC (also avail. via Metro Red Line—Judiciary Square Station, F Street Exit). Ticket cost for a group of 10+ = \$15/person. Lunch together in DC to be determined.</p> <p>Thur., April 30th at 8:00pm Enjoy "Blue Stockings" Live Performance at The Little Theatre of Alexandria (Ticket Cost Only \$18/person if we purchase 15 or more seats) Don't Delay — Call Office Now: (703) 303-4060 to Reserve your Seat(s)!!!</p>			