

MOUNT VERNON AT HOME OCTOBER 2021 MEMBER EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>To RSVP, call our office at 703-303-4060 during regular office hours on weekdays 10:00-4:00.</i>		Livestream Events— George Washington's Mount Vernon: Daily Monday to Friday at Noon			1	2
3	4 Meditation each Monday 9:30 am On Zoom	5	6 The Six Pillars of Brain Health 12:00 pm On Zoom	7 Cheers! 4:00 pm <i>In Person!</i>	8	9 Timely Topics 11:00 am On Zoom
10	11 No Meditation Today	12 MovieClub 3:00 pm <u>On Zoom</u> The Six Pillars of Brain Health 7:00 pm Zoom	13	14 BookClub 3:00 pm On Zoom	15	16
17 Conversations 3:00 pm On Zoom: connect at 2:45 to be ready by 3 pm	18 No Meditation Today Program Committee Meeting 2:00 pm On Zoom	19	20 Safety at Home Program Launch 11:00 am On Zoom	21	22	23 2nd Cup 11:00 am On Zoom
24	25 Meditation each Monday 9:30 am On Zoom	26 Getting the Most Out of a Doctor's Appointment 2:30 pm On Zoom	27	28	29	30
31					Livestream Events— George Washington's Mount Vernon: Daily Monday to Friday at Noon	

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Upcoming Events

All events are on Zoom and you can either join with video or phone. To RSVP, please call our office at 703-303-4060, or send an email to info@mountvernonathome.org. We will send the Zoom information out the week of the event (usually the day before the event).

Meditation Monday: 10/4, 9:30 – 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

AARP Event, Pillars of Brain Health: Wednesday 10/6 at 12:00 or Wednesday 10/12 at 7:00 pm (see Highlights for details and registration)

Cheers! In-person, outside: Thursday, 10/7, 4:00 - 5:00 pm. At the home of Franki Roberts, Hollin Hills, 2203 Whiteoaks Dr. Please bring a snack to share and a beverage. Franki will make a pitcher of Sangria too! RSVP to our office for this event as we will have limited space to ensure everyone's safety.

Timely Topics: Saturday, 10/9, 11:00 am – 12:00 pm. What have learned from the pandemic and what policy changes need to be made, if any, from what we have learned. Hosts Virginia Hodgkinson and Holly Hoven. Dial in: 301 715 8592 Meeting ID: 819 4625 9324

Meditation Monday: 10/11. Cancelled for Indigenous Peoples' Day Holiday. *Office is closed.*

MovieClub: Tuesday, 10/12, 3:00 – 4:00 pm. Dial in: 301 715 8592 Meeting ID: 857 1454 6055

BookClub: Thursday, 10/14, 3:00 – 4:00 pm. Dial in: 301 715 8592 Meeting ID: 859 3795 6749

Conversations: Sunday, 10/17, 3:00 – 4:00 pm. Unveiling of the new WWI Memorial on the downtown mall. Dial in: 301 715 8592 Meeting ID: 652 213 4276

Meditation Monday: 10/18. *Cancelled*

MVAH Program Committee: Monday, 10/18, 2:00 – 3:00 pm. Bring your ideas for November activities! Dial in: 301 715 8592 Meeting ID: 853 5941 7508

Goodwin House/MVAH Safely at Home Program Launch: Wednesday, 10/20, 11:00 am – 12:00 pm. Get more information about this important evaluation and home modifications service. Register here: <https://register.gotowebinar.com/register/610091932363313677>

2nd Cup Coffee Chat: Saturday, 10/23, 11:00 am – 12:00 pm. Dial in: 301 715 8592 Meeting ID: 874 3274 7520

Meditation Monday: 10/25, 9:30 – 10:00 am, Dial in 301 715 8592, Meeting ID: 898 5120 1430

Getting the Most Out of a Doctor's Appointment: Tuesday, 10/26, 2:30 - 3:30 pm (see Event Highlights for details and registration)