

MOUNT VERNON AT HOME SEPTEMBER 2019 MEMBER EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>LABOR DAY Office Closed</i>	3 11:15 am Chair Yoga at Paul Spring Remember to RSVP for Grand- parent Day Festi- val on Sept. 8th!	4 1:00 pm Scrabble at the Glazier's Home 1:30 pm Learning Lessons— <i>History Alive!</i> Meet "Julia Child" at Paul Spring	5	6 1:00 - 3:00 pm Memory Café at office of: Senior Helpers 7910 Andrus Road, Suite 6, Alex. 22306	7 1:30 pm Learning Lessons— <i>TED Talk Series</i> at Paul Spring
8 11:30 am—2:00 pm Grandparents' Day Festival at Paul Spring	9 2:00 pm MVAH Program Committee Mtg. In Sherwood Library 2nd floor	10 11:15 am Chair Yoga at Paul Spring	11 9:30 am — 12:30 pm Free Workshop on Medicare and Palli- ative Care! Senior Service Vendor Fair & Box Lunch Included —at Mt. Vernon Country Club	12 1:00 pm Bridge at the home of the Edelman's	13 2:00 pm Learning Lessons: <i>The Common- wealth and the Great War</i> at Paul Spring	14 11:00 am Timely Topics at the home of V. Hodgkinson in Montebello
15 3:00 pm "Conversations" Guest Speaker - Andrew Sloan on "The National Museum of the U.S. Army" at Mt. Vernon Unitarian Church	16 Monday Morning Music 10-11:30am at 1st Baptist Church of Alexandria, 2932 King St. This is a Special 7-session series with \$100 due at sign-up) See back of news- letter for details!	17 11:15 am Chair Yoga at Paul Spring	18 12 Noon Lunch & Movie: "RBG" a Documentary at Paul Spring	19 11:00 am Chatters Featuring "Keith Bea" at the Hoven's Home 2:00 pm Membership Committee Mtg Sherwood Hall	20	21 9 am -2 pm St. Luke's 26th Annual Craft & Family Fun Event, 8009 Ft. Hunt Rd., Alex., 22308 17th Annual Old Town King Street Art Festival 10am—7pm
22 17th Annual Old Town King Street Art Festival 10am—5pm 11:00 am Yoga Lecture The Breath in Yoga Harmony and Health at Paul Spring	23 FALL BEGINS 12 Noon Lunch Group Primo Restaurant Belle View Shopping Center <i>Today is "Nat'l. Falls Prevention Awareness Day"</i>	24 10:00 am Bridge Group at the home of V. Hodgkinson 11:15 am Chair Yoga at Paul Spring 1:00 pm Parkinson Support Group at Paul Spring	25 2:15 pm Human Nutrition: What's in Grocery Stores and Why? This will be a virtual trip to the grocery store to examine the origins & reasons for the foods we eat today by Dr. Roger Koment at Paul Spring	26 2:00 pm Chair Yoga with Sandra Reid at Sherwood Reg. Library in 1st floor meeting room	27 2:00 pm Book Club Discus- sion on "Becoming" by: Michelle Obama - at the home of Nancy Powell, 3263 Woodland Ln., Alex., 22308	28 1:30 pm Learning Lessons: Stories Cut from Paper Beatrice Coron at Paul Spring
29	30 Monday Morning Music 10-11:30am at 1st Baptist Church of Alexandria, 2932 King St. 2nd class 2:15pm Music of the 1970's at Paul Spring	<i>Save the Date!</i> <i>Ladies' Tea</i> <i>Monday—Oct 21</i> <i>3:00-4:30 pm</i> <i>Bring a Friend!</i>	Save this Oct. Date! Mon., Oct. 7th 7-9pm at Gum Springs Community Ctr., 8100 Fordson Rd., Alex., 22306 "Come meet the Candidates for the next election!"	Details on Paul Spring courses and lectures are included on back side of calendar!	<i>To RSVP, during regular office hours (10:00 am 4:00 pm), call our office at 703-303-4060</i>	

SEPTEMBER, 2019 CALENDAR EVENT DETAILS



Tuesday, September 3—RSVP for the Grandparents' Day Festival at Paul Spring on Sun., Sept. 8th (see more below).

Wednesday, September 4—**Scrabble** 1:00 pm at the home of Alvin and Jean Glazier, 7619 Leith Place 22307. Please call our office to RSVP.

Wednesday, September 4—**Learning Lessons: History Alive!- Julia Child** 1:30 pm at Paul Spring, 7116 Fort Hunt Road, 22307. Julia's early search to find her life's calling and insight into her struggles at Le Cordon Bleu to develop and publish "Mastering the Art of French Cooking" is portrayed by audience members. Please call our office to RSVP.

Friday, September 6—**Memory Café** 1:00-3:00 pm. This is for caregivers and their loved ones living with memory loss, mild cognitive impairment or dementia to meet with others for support, companionship, engagement, cognition activities and reminiscing. Held at the office of Senior Helpers, 7910 Andrus Road, Suite 6, Alexandria, VA 22306. Seating is limited to only 12, Reservations required, please call our office to RSVP.

Saturday, September 7—**Learning Lessons: TED Talk Series** 1:30 pm at Paul Spring, 7116 Fort Hunt Road, 22307. Debora Mesa Molina will discuss how structures can be made with overlooked materials and unconventional methods in a breathtaking visual tour of her work. Please call our office to RSVP.

Sunday, September 8—**Grandparents' Day Festival.** 11:30 am-2:00 pm at Paul Spring, 7116 Fort Hunt Road, 22307. Join the fun on their back lawn (with or without your Grandchildren) for live entertainment, balloon artist, caricature artist, face painting & more! Beer & Wine for \$3/glass (please RSVP by 9/3).

Tuesday, September 10—**Chair Yoga** 11:15 am at Paul Spring, 7116 Fort Hunt Road, 22307. Call our office to RSVP.

Wednesday, September 11—**Free Community Workshop on Medicare and Palliative Care/Vendor Fair.** 9:30 am-12:30 pm. Mount Vernon Country Club, 5111 Old Mill Road, 22309. Seating Limited ... RSVP to the office by Mon., September 9. **(Box Lunch provided).** We really need MVAH members on hand to speak to prospective New Members! **We have 65 RSVP's for this event already & many new prospective members attending!!!**

Thursday, September 12—**Bridge.** 1:00 pm. At the home of Arnold and Margaret Edelman, 7411 Recard Lane, 22307. Reservations required, please call our office to RSVP.

Friday, September 13—**Learning Lessons: The Commonwealth and the Great War** 2:00 pm at Paul Spring, 7116 Fort Hunt Road, 22307. Speaker Hailey Fenner

Saturday, September 14—**Timely Topics.** 11:00 am. At Virginia Hodgkinson's Montebello home, 5904 Mount Eagle Drive, #308, the assembled group will explore the question: *What is Our Nation's Capacity for Immigration?* Don Peterson will lead the discussion

presenting relevant data. All are welcome, but reservations are required. Please RSVP to the office by Tuesday, September 10. Timely Topics meets the second Saturday of each month.

Sunday, September 15—**Conversations** 3:00 pm. Mt Vernon Unitarian Church, 1909 Windmill Lane, 22307.

Andrew Sloan, our distinguished speaker, is the Director of Major Gifts for The Army Historical Foundation. He will make a presentation on the first "**National Museum of the U.S. Army.**" Andrew will focus on its creation and feature macro-artifacts like the LCVP landing craft (one of the few remaining used in WWII), interactive displays educating patrons of all ages on G-STEM (Geography, Science, Technology, Engineering, and Math) concepts, and he will explain the Army's role in creating and defending our nation, as well as its social initiatives and contributions. The Army's National Museum will be the only landmark conveying the entire story of our nation's oldest service branch.

Wednesday, September 18—**Lunch/Movie.** 12:00 pm at Paul Spring, 7116 Fort Hunt Road, 22307. Group Social Luncheon at noon; movie will follow at 1:00 pm. Movie: RBG, a Documentary—U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a lengthy legal legacy while becoming an unexpected pop culture icon. Her unique personal journey and rise to the nation's highest court has been unknown, even to some of her biggest fans—until now.

Thursday, September 19—**Chatters.** 11:00 am at the home of Morrie and Holly Hoven, 6122 Woodmont Road, 22307. Friend Member and Volunteer, Keith Bea, will speak on "**Disasters and Other Lessons of Life after Capitol Hill.**" *Keith was a researcher and section manager at the Congressional Research Service ... Where were you in the 1960's and early 1970's? Come & join in this lively discussion!*

Monday, September 23—**Lunch Group.** 12:00 Noon. Primo Family Restaurant, 1636 BelleView Boulevard—Belle View Shopping Center, 22307. Please RSVP to the office by Friday September 20.

Tuesday, September 24—**Bridge.** 10:00 am at Virginia Hodgkinson's Montebello home, 5904 Mount Eagle Drive, #308. All are welcome, but reservations are required. Please RSVP to the office.

Friday, September 27: Book Club Review. 2:00 pm. At the home of Nancy Powell, 3263 Woodland Lane, 22308. Book to be discussed is: "Becoming" by Michelle Obama. Reservations required. Please call our office to RSVP.

Tuesday, October 1st: Coffee Social & Membership Drive Info. Session. 10 - 11:30 am at Mt. Vernon Country Club. For this Coffee Social we need you to invite your friends and neighbors to come learn more about our Village! New members will receive a \$100 discount to join in October (& the referring member receives the same discount upon their renewal!)

Wed., October 2nd: MVAH Volunteer Celebration. 1:30—2:30pm in Sherwood Reg. Library 1st floor meeting room. We want to recognize and honor our wonderful Volunteers!

Save the Date ... Monday, October 21st



3-4:30 pm MVAH Ladies' Tea

A Reminder to our Members that Guests and Friends of the Village are Welcome and Encouraged to Participate in all of our Events! Please be sure to pick up your NEW, Super Stylish Blue MVAH Lanyard & Name Badge to wear at our Events! (See back cover of Newsletter for more details.)