

# MOUNT VERNON AT HOME OCTOBER 2022 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  Tai Chi Class 1:30 pm <i>In Person</i>	3	4  MovieClub 3:00 pm On Zoom	5  Chair Yoga Class 1:30 pm <i>In Person</i>  <i>(Meets every Wednesday)</i>	6	7	8  Timely Topics 11:00 am On Zoom
9  Tai Chi Class 1:30 pm <i>In Person</i>	10  Program Committee Meeting 2:00 pm On Zoom	11  Lunch at The Haven 11:30 am <i>In Person</i>	12  Men's Group at The Haven 11:30 am <i>In Person</i>	13	14	15  Financial and Legal Preparedness for Retirees 1:30 pm <i>In Person</i>
16  Tai Chi Class 1:30 pm <i>In Person</i>  Conversations 3:00 pm On Zoom	17	18	19  Everly Wheatley Funerals and Cremations 1:30 pm <i>In Person</i> Craft and Chat 2:00 pm	20	21	22
23  Tai Chi Class 1:30 pm <i>In Person</i> Classical Guitar Recital 3:00 pm <i>In Person</i>	24	25  Dinner at Mama's Kitchen 5:30 pm <i>In Person</i>	26  Lunch and Movie 12:00 pm Paul Spring <i>In-Person</i>	27	28	29
30  Tai Chi Class 1:30 pm <i>In Person</i>	31				Livestream Events— George Washington's Mount Vernon: Daily Monday to Friday at Noon	

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## Upcoming Events

All events which are on Zoom 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](mailto:info@mountvernonathome.org). We will send the Zoom information out the week of the event (usually the day before the event).

**Tai Chi Class: In-person.** Sunday, 10/2, 1:00 - 2:00 pm at Sherwood Meeting Room, Sherwood Regional Library. **Meets every Sunday at this time.**

**MovieClub:** Tuesday, 10/4, 3:00-4:00 pm, Dial in 301 715 8592 Meeting ID: 838 2459 4617

**Chair Yoga Class: In-person.** Wednesday, 10/5, 1:30 - 2:15 pm at Sherwood Meeting Room, Sherwood Regional Library. **Meets every Wednesday at this time.**

**Timely Topics:** Saturday, 10/8, 11:00 am–12:00 pm, Dial in 301 715 8592 Meeting ID: 819 2715 9573

**Program Committee Meeting:** Monday, 10/10, 2:00- 3:00 pm, Dial in: 301 715 8592 Meeting ID: 838 2459 4617.

**MVAH Lunch Group: In-person.** Tuesday, 10/11, 11:30 am at The Haven, 1401 Belle Haven Road.

**Men's Group: In-person.** Wednesday, 10/12, 11:30 am at The Haven, 1401 Belle Haven Road.

**Financial and Legal Preparedness for Retirees: In-person.** Saturday, 10/15, 1:30– 3:00 pm, Sherwood Regional Library

**Conversations:** Sunday, 10/16, 3:00– 4:00 pm, Dial in 301 715 8592 Meeting ID: TBD

**Everly Wheatley Funerals and Cremation: In-person.** Wednesday, 10/19, 1:30 pm - 3:00 pm, at Mount Vernon Unitarian Church.

**MVAH Dinner Group: In-person.** Monday, 10/25, 5:30 pm at Mama's Kitchen, 7601 Fordson Road.

**Lunch and Movie: In-person.** Wednesday, 10/26, 12:00– 2:30 pm, Paul Spring Retirement Community, 7116 Fort Hunt Road