

MOUNT VERNON AT HOME APRIL 2026 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</i>			1	2	3 Walking Group at Fort Hunt Park 10:00 am <i>In Person</i>	4
5	6	7 Movie Group 3:00 pm On Zoom	8 Lunch Group at The Haven 11:30 am <i>In Person</i>	9	10 Walking Group at Fort Hunt Park 10:00 am <i>In Person</i>	11
12	13	14	15 ProgCmte 10:30 Lunch & Movie at Paul Spring 12:00 pm	16 Card&Games Kathi Hanrahan 5:00-7:00 pm <i>In Person</i>	17 Walking Group at Fort Hunt Park 10:00 am <i>In Person</i>	18 Friendly Chats 11:30 am On Zoom
19	20 Caregiver Self-Care Presentation Sher Library 2:00 pm <i>In Person</i>	21 Coffee at Brightview Senior Living 10:00 am <i>In Person</i>	22	23 Cheers! Hosted by The Beas 5:00 pm <i>In Person</i>	24 Walking Group at Hunt Meadow Park 10:00 am <i>In Person</i>	25
26	27	28 Book Group 3:00 pm On Zoom	29 Planet Word Museum Trip	30		
						<i>To RSVP, call our office at 703-303-4060 during regular office hours on weekdays</i>

MOUNT VERNON AT HOME APRIL 2026 MEMBER EVENTS

When calling the office to RSVP, please let the MVAH office know if you will need a ride. Reminders and links for Zoom events will be sent out prior to each event. All RSVPs should be directed to the office at 703-303-4060 or by email to info@mountvernonathome.org. Please carpool when possible.

Friday, April 3: Walking Group. 10:00 am at Fort Hunt Park Picnic/Parking Lot A. Weather permitting.

Tuesday, April 7: Movie Group. 3:00 pm. Hosted by Kathi Hanrahan via Zoom. This month's movies are *The Great Santini* (1979) and *Ghost Town* (2008).

Wednesday, April 8: Lunch Group. 11:30 am at The Haven. RSVP to the office by Tuesday, April 7, at noon.

Friday, April 10: Walking Group. 10:00 am at Fort Hunt Park Picnic/Parking Lot A. Weather permitting.

Wednesday, April 15: Program Committee. 10:30 am. Hosted by Vikki Bea via Zoom. Open to all. Bring your ideas!

Wednesday, April 15: Lunch & a Movie. At Paul Spring Retirement Community. Lunch begins at noon, followed by the movie *Bottle Shock*. RSVP to the office by Monday, April 13.

Thursday, April 16: Cards and Games Group. 5:00 pm to 7:00 pm. Hosted by Kathi Hanrahan. RSVP to the office by Tuesday, April 14, to confirm your attendance and receive the event location.

Friday, April 17: Walking Group. 10:00 am at Fort Hunt Park Picnic/Parking Lot A. Weather permitting.

Saturday, April 18: Friendly Chats. 11:30 am. Hosted by Michele Calhoun via Zoom, with member John Peak as facilitator. This month's topic is *Everything you need to know about retirement communities but were afraid, or did not know, to ask*. Open to all!

Monday, April 20: Caregiver Self-Care and Resilience Presentation. 2:00 pm in Sherwood Regional Library's Main Conference Room. Please RSVP to the office by Friday, April 17.

Tuesday, April 21: MVAH Coffee at Brightview Senior Living (6509 Telegraph Road, Alexandria). 10:00 am to 11:30 am. Please RSVP to the office by Monday, April 20, so Brightview can plan accordingly.

Thursday, April 23: Cheers! 5:00 pm to 7:00 pm. Host-ed by the Beas. RSVP to the office by Tuesday, April 21, to confirm your attendance and receive the event location.

Friday, April 24: Walking Group. 10:00 am at Huntley Meadows Park. Meet in the parking lot at the Lockheed Blvd. entrance. Weather permitting.

Tuesday, April 28: Book Group. 3:00 pm. Hosted by Laurie Tracy via Zoom.

Wednesday, April 29: Planet Word Museum Trip. See the article and future *Bulletins* for more details