

MOUNT VERNON AT HOME SEPTEMBER 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 Movie Group 3:00 pm On Zoom	2	3	4 Walking Group at Fort Hunt Park Parking Lot C 9:30 am In Person	5
6	7 Labor Day Library Closed Office Closed	8 Ad Hoc Arts Committee 11:00 am On Zoom	9 Lunch Group at Via Veneto 11:30 am In Person	10	11 Walking Group at Fort Hunt Park Parking Lot C 9:30 am In Person	13
13	14	15 Coffee at Brightview Senior Living 10:00 am In Person	16 ProgCmte <u>10:30</u> Lunch & Movie at Paul Spring 12:00 pm	17 Planning Ahead for Medical Procedures at Library 1:00 pm	18 Walking Grp at FH Park <u>9:30 am</u> Card&Games P. Lettuce 5:00 pm	19
20	21	22 Book Group 3:00 pm On Zoom	23	24	25 Walking Group at Hunt Meadow Park 9:30 am In Person	26 Bus Trip to Hillwood Estate 10:00 am In Person
27	28	29 Palliative Care at Library <u>11:00 am</u> Cheers at Swards 5:00-7:00	30			
30	31					<i>To RSVP, call our office at 703-303-4060 during regular office hours on weekdays</i>

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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.

Tuesday, September 1: Movie Group. 3:00 pm. Hosted by Kathi Hanrahan via Zoom. This month's movies are *Local Hero* (1983) and *McFarland, USA* (2015).

Friday, September 4: Walking Group. 9:30 am at Fort Hunt Park Picnic/**Parking Lot C**. Weather permitting. **Please note the change in the meetup location.**

Monday, September 7: Labor Day. MVAH and Sherwood Regional Library are closed.

Tuesday September 8: Ad Hoc Arts Committee. 11:00 am to 12 noon. Via Zoom. All are welcome to check out the article on page 10 to have a say in what happens in our community.

Wednesday, September 9: Lunch Group. 11:30 at Via Veneto. RSVP to the office by Tuesday, September 8, at 12 noon.

Friday, September 11: Walking Group. 9:30 am at Fort Hunt Park Picnic/**Parking Lot C**. Weather permitting. **Please note the change in the meetup location.**

Tuesday, September 15: MVAH Coffee at Brightview Senior Living (6509 Telegraph Road, Alexandria). 10:00 am to 11:30 am. Please RSVP to the office by Monday, September 14, so Brightview can plan accordingly.

Wednesday, September 16: Program Committee. 10:30 am. Hosted by Vikki Bea via Zoom. Open to all. Bring your ideas!

Wednesday, September 16: Lunch & a Movie. At Paul Spring Retirement Community. Lunch begins at 12 noon, followed by the movie *Calendar Girls* (2004). RSVP to the office by Monday, September 14.

Thursday, September 17: Planning Ahead for Medical Procedures: How GLAH Supports You Before, During, & After Recovery. Presentation hosted by MVAH Diamond Sponsor Goodwin Living. 1:00 pm to 2:00 pm at Sherwood Regional Library in the Meeting Room (ground floor). Please RSVP by Tuesday, September 15.

Friday, September 18: Walking Group. 9:30 am at Fort Hunt Park Picnic/**Parking Lot C**. Weather permitting. **Please note the change in the meetup location.**

Friday, September 18: Cards and Games Group. 5:00 pm to 7:00 pm. Hosted by Paula Lettice. RSVP to the office by Wednesday, September 16, to confirm your attendance and receive the event location.

Tuesday, September 22: Book Group. 3:00 pm. Hosted by Laurie Tracy via Zoom.

Friday, September 25: Walking Group. 9:30 am at Huntley Meadows Park. Note the location change from Fort Hunt Park on the last Friday of the month. Meet in the parking lot at the Lockheed Blvd. entrance. Weather permitting.

Saturday, September 26: Bus Trip to Hillwood Estate Museum and Garden. 10:00 am to 4:00 pm. See future *Bulletins* for more information.

Tuesday, September 29: Palliative vs. Hospice Care. Presentation hosted by MVAH Bronze Sponsor The Medical Team. 11:00 am to 12:00 pm at Sherwood Regional Library, Conference Room #4 (second floor). Please RSVP by Monday, September 28, at noon.

Tuesday, September 29: Cheers! 5:00 pm to 7:00 pm. Hosted by the Swards. RSVP to the office by Monday, September 28, to confirm your attendance and receive the event location.

~~ Friendly Chats will go on a brief hiatus in September. It will return on Saturday, October 17.