

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
November 2021



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, November 3, 2021: *David M. Brown Planetarium*

The David M. Brown Planetarium has been teaching Arlington's students and residents about the sky for more than 50 years. Jennifer Bartlett, Friends of the Planetarium, will talk about its history, programs, and how you can get involved with preserving this wonderful facility.

Wed, November 10, 2021: *Memorials in Washington*

A memorial is created space to remember, commemorate, instruct, inspire and heal. This program will virtually visit memorials in Washington including FDR and MLK Memorials, Titanic Memorial, Native American Veterans Memorial and the Confederate Memorial at Arlington Cemetery. Dr. Kathleen Bashian, Certified Master Guide in Washington, will teach us why a memorial was created and how to interpret what it does for those who visit.

Wed, November 17, 2021: *Climate Change*

The effects of climate change are all around us: rising seas, unpredictable weather, hotter than normal temps. But how is climate change affecting us in Arlington and how can we help to mitigate these changes? Demetra McBride, Bureau Chief, Arlington Office of Sustainability and Environmental Management, will discuss Arlington's climate and energy initiatives.

Wed, November 24, 2021: *Mindfulness*

Practicing mindfulness is being present to the current moment. Dwight Rodgers, Coordinator of Encore Learning's Mindfulness Club, will talk about meditation and various approaches to being present, as well as the health and wellness benefits associated with mindfulness.

**More information and how to join via Zoom can be
found in the online calendar below**

For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit arlnvil.org



Happy Thanksgiving!

