



January at NDU

Inside this issue:

NDU Updates	1
Holidays	2
Museums and Outdoor Activities	3,4
ISMO Holidays and Family Programs	5

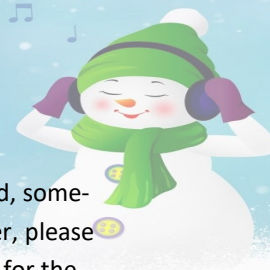
- 4 January- Spring classes begin
- Tuesdays at 1000 - Ruth's English Conversation Class
- ◆ Fridays at 1000 - SpICE Zoom Meetings
(See Facebook page for more information)
- ◆ 18 January- MLK Jr. Day
- ◆ 20 January- Inauguration Day



The turn of the calendar year is often a welcomed time to reflect on the last 12 months and to begin planning for the next dozen. For many of us, 2020 was a year that makes a fresh start particularly appealing. At this time, Americans often make resolutions to adopt healthy habits—be it for their bodies, minds, or finances. According to [America's Top New Year Resolutions for 2021](#), 44% of participants who said they were making new year's resolutions, want to exercise more. After almost a year of social distancing, 34% of participants say they want to spend more time with family and friends. Are you making a resolution for 2021?

*If you have any suggestions or recommendations for next month's newsletter,
email me at ISMO@ndu.edu!*

January Holidays



DISCLAIMER: Due to COVID-19, many events might be canceled, postponed, or changed, sometimes with short notice. If you plan to visit any of the events described in this newsletter, please check with the event's website for the latest updates. Additionally, you can visit [HERE](#) for the latest updates regarding attractions, museums, venues, events, and more.



Martin Luther King Jr. Day

January 18, 2020

MLK Jr. Day honors the work of civil rights activist Dr. Martin Luther King Jr., who fought for equal rights for the African American community in the United States until his assassination in 1968. It is a time to remember the injustices that Dr. King fought. It is also the only national holiday designated as a national day of service to encourage Americans to volunteer to improve their communities. You can honor his memory by visiting the MLK Jr Memorial, attending the Washington National Cathedral where he preached his last sermon, or by watching the MLK Holiday DC Parade.

Inauguration Day

January 20, 2020

The 46th President of the United States will be sworn in on January 20, 2021 on the West Lawn of the U.S. Capitol. Both the vice president-elect and president-elect will take Oaths of Office, which usually takes place at noon, followed by an inaugural address. This year, the in-person gathering will likely have limited capacity and COVID-19 safety protocols. Details are still being announced. Please note that a large parade event is highly unlikely this year. However, after being sworn in, the president typically goes on a ceremonial parade down Pennsylvania Avenue from the U.S. Capitol to the White House. Thousands of spectators line up along Pennsylvania Avenue during the parade. Check here for the most recent updates and information as it becomes available: <https://washington.org/dc-guide-to/inauguration-day-frequently-asked-questions-washington-dc>



Open Museums

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ARTECHOUSE

At the crossroads of art, science and technology, ARTECHOUSE introduces an innovative platform for experiential, genre-bending multimedia art exhibitions and explorations. Founded in 2015 by arts advocates Sandro and Tati, ARTECHOUSE is a new age art destination dedicated to showcasing works by groundbreaking artists who work with new technology and new forms of creative expression.



ARTECHOUSE DC

General Admission - Adults (Ages 16 - 64) - \$24

Students, Seniors (65+), Military & First Responder - \$20

Children (Ages 4 - 15) - \$17

Tickets must be booked 48 hours in advance



President Lincoln and Soldier's Home National Monument

Is open for exterior tours on Fridays
-Mondays—tickets [here](#)

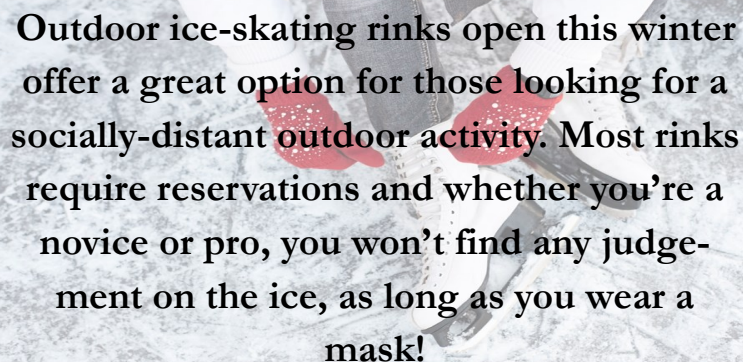


George Washington's Mount Vernon

Is open daily—tickets [here](#)



Things to do on a sunny day

Outdoor ice-skating rinks open this winter offer a great option for those looking for a socially-distant outdoor activity. Most rinks require reservations and whether you're a novice or pro, you won't find any judgement on the ice, as long as you wear a mask!

Ice & Lights: the Winter Village at Cameron Run

Ice Skating will be open Saturdays, Sundays, and federal holidays from 1100 to 1700.

Price: \$12.19

Click [here](#) to purchase tickets

Silver Spring Ice Skating

Open daily and stocked with 400 pairs of ice hockey and figure skates!

Click [here](#) to purchase tickets

Pentagon Row Ice

Skating

The largest rink in NOVA features a dual-sided stone fireplace for lounging during skating breaks.

Rockville Ice Skating

Rockville's Town Square rink will be operating with county precautions.

Click [here](#) to purchase tickets

Dumbarton Oaks, Georgetown

The house is a fine example of Federal period architecture that features 18th- and 19th-century furniture and decorative arts (paintings, textiles, silver and ceramics) made and used during the Republic's formative years.

Joseph Nourse, first Register of the U.S. Treasury, and his wife Maria made this their home from 1804 to

1813. The next resident, Charles Carroll, offered shelter to First Lady, Dolley Madison, in August 1814 after she fled the White House as British troops marched on the city. Since 1932, Dumbarton House has been the headquarters of the NSCDA, a non-profit organization founded in 1891 that is dedicated to historic preservation, public service and education.

Explore the house with a reserved self-guided tour Fridays-Sundays or the grounds and adjoining Dumbarton Oaks Park every day from dawn to dusk.



Happy Holidays to the Following Countries!

Sudan: Independence Day on January 1st

Australia: Australia Day on January 26th



ISMO Family Programs

Join SpICE - the Spouses International Cultural Exchange Group

This social group, open to all spouses affiliated with NDU, meet in-person or online weekly. The full schedule of events is posted to [the Facebook page](#).

Online Tutoring for your Children

ISMO Family Programs is cognizant that many of you are experiencing the challenges of helping your children adapt to online learning. In a bid to bring a little bit of light relief and support to your family, free, online tutoring is available for your school-aged children.

Weekly English Conversation Classes

Join our group of spouses who meet weekly online to chat with one another and discuss a variety of topics with an English teacher.

For all questions about

Family Programs,

**please contact Ms. Laura
Garvie at ISMO:**

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