

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
December 2025



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, December 3, 2025: *George Marshall True American Hero*

Soldier, statesman, and humanitarian, Marshall spearheaded the Allied Victory in World War II, created the Marshall Plan for the recovery of Europe, and won the Nobel Peace Prize in 1953. The George Marshall Foundation is a fully private non-profit, that offers a world-class research library, public programs, educational initiatives, and a host of digital offerings documenting George Marshall's visionary ideas and achievements. In this presentation, Melissa Davis, the Marshall Foundation's Director of Library and Archives, will explain how the Foundation is promoting and preserving Marshall's legacy.

Wed, December 10, 2025: *World War One Living History Journey of Naval Engineer Michael Bosworth*

Mike will highlight his living history journey for the WWI Centennial. He will focus on the U.S. involvement late in the war and the U.S. Marine Corps. 5th Regiment. Mike is a living history volunteer who does historical lectures and reenactments. He founded the very popular Ship's Company Chanteymen sea & tavern music performing troupe. a naval architect and marine engineer with degrees from the U.S. Naval Academy and MIT, Mike spent his career as a U.S. Navy civil service engineer.

Wed, December 17, 2025: *Smart Supplement Use for Healthy Aging*

Many older adults turn to vitamins, minerals, and herbal supplements to support their health-but not all supplements are safe or effective. Kathy Cameron is a retired, Senior Director of Health Promotion at National Council on Aging. Her presentation explores the role of dietary supplements in promoting health and wellness among older adults, including easy-to-understand guidance on questions to ask doctors and pharmacists, choosing common supplements wisely, avoiding harmful interactions, and recognizing when supplements may or may not be needed.

Wed, December 24, 2025: *No Coffee and Conversation*

Wed, December 31, 2025: *No Coffee and Conversation*



HAPPY
Holidays!



More information and how to join via Zoom can be found at
ANVashington.org/events

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 ANVashington.org