



## America 250 Events in Washington, D.C. & Northern Virginia

The Washington, D.C. and Northern Virginia region is serving as a major hub for America 250 celebrations this year. Visitors can enjoy the Great American State Fair on the National Mall, featuring exhibits and cultural displays from all 50 states, as well as the Salute to America celebration and fireworks on July 4. Throughout Northern Virginia, communities are hosting special commemorative events, including Fairfax City's Independence Day Parade and Hometown Celebration, America 250 programs in Alexandria highlighting the city's Revolutionary War history, events at George Washington's Mount Vernon, and local exhibitions, historical tours, and family-friendly activities throughout Fairfax and Loudoun Counties. These celebrations offer opportunities to explore our nation's history, honor the people and events that shaped America, and participate in a once-in-a-generation milestone marking 250 years of independence.



## Independence Day Quiz

1. What year did the United States declare its independence from Great Britain?  
A. 1774 B. 1776  
C. 1781 D. 1789
2. On which date is Independence Day celebrated each year?  
A. July 1 B. July 2  
C. July 4 D. July 14
3. Which document announced the American colonies' independence from Great Britain?  
A. The Constitution B. The Bill of Rights  
C. The Articles of Confederation  
D. The Declaration of Independence
4. Who is credited as the primary author of the Declaration of Independence?  
A. George Washington B. Benjamin Franklin  
C. Thomas Jefferson D. John Adams
5. What are some common ways Americans celebrate Independence Day?  
A. Fireworks and parades B. Trick-or-treating  
C. Exchanging gifts D. Building snowmen

Key: 1. B, 2. C, 3. D, 4. C, 5. A

## Stay Connected

We'd love to stay connected beyond the newsletter! Follow us on social media for helpful resources, updates, and ongoing encouragement:

Instagram: @rcwcare

Facebook: RCW Virginia

If you're interested in scheduling an appointment — virtual or in person— the quickest way to reach us is by emailing [info@rcw.care](mailto:info@rcw.care). You can also visit our website to learn more about our services.

Please remember that email and social media are not confidential platforms. To protect your privacy, we encourage reaching out through our secure channels when discussing personal or care-related concerns.

As always, we invite you to lead with self-compassion. Healing is not linear, and taking things one step at a time is more than enough.