














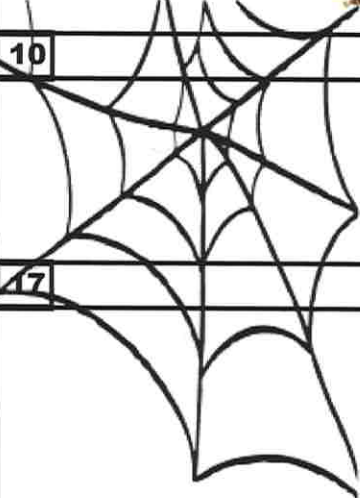
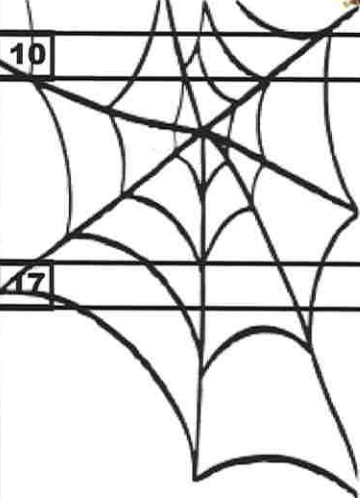



# October '23

# Stafford Café

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 BINGOCIZE(7) CAFE CHAT TIME WII BOWLING GAME CONTINUING JOURNALING	3 <i>Hello autumn</i> 	4 CLOSED MOB CONFERENCE	5 	6 BINGOCIZE(8) CAFE CHAT TIME CRAFT DAY "FALL WALL/DOOR DECOR"
9 CLOSED FOR 	10 	11 BINGOCIZE(9) CAFE CHAT TIME CAFE BOOK CLUB "QUILLING ACTIVITY" GROCERY SHOPPING	12 	13 BINGOCIZE(10) CAFE CHAT TIME CRAFT DAY "LUMINARY WOOD BOX" MEDITATION
16 BINGOCIZE(11) CAFE CHAT TIME THIS DAY IN HISTORY PINK PANTHER DAY	17 	18 BINGOCIZE(12) CHAT TIME CAFE BOOK CLUB COLOR ME HAPPY GROCERY SHOPPING	19 	20 CAFE CHAT TIME CRAFT DAY "MICKEY MOUSE PUMPKIN" CHAIR YOGA
23 CAFE CHAT TIME CAFE GROUPS CAFE DJ "MRS. INDIRA" OUTREACH PROJECT GROCERY SHOPPING	24 TECH GROUP GARDENING GROUP QUILLING GROUP CROCHET GROUP	25 TRIP OUT CARTE'S MOUNTAIN  LUNCH: TBD	26 	27 CAFE CHAT TIME CRAFT DAY "FALL ROCKS" SENIOR ROCKING PROJECT
30 CAFE CHAT TIME CAFE FALL FEST GAMES AND CRAFTS "TRUNK A TREAT" COSTUME CONTEST	31 			

# October '23 Fredericksburg Café




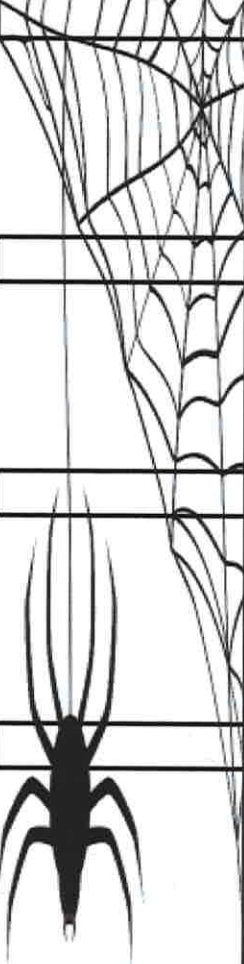






MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	MORNING MINGLE BOOK CLUB FALL CROSSWORD PUZZLE COGNITIVE SKILLS WORKSHEET EXERCISE	3		4	CLOSED MOB CONFERENCE 	5	MORNING MINGLE CDSMP CLASS SESSION 5 BINGO	6	
9	CLOSED IN OBSERVATION OF COLUMBUS DAY	10		11	MORNING MINGLE EXERCISE CRAFT PAINT & SIP	12	MORNING MINGLE CDSMP CLASS SESSION 6 GRADUATION!	13	
16	MORNING MINGLE BOOK CLUB FALL TRIVIA HALLOWEEN WORD FIND HALLOWEEN BRAIN GAMES EXERCISE	17		18	MORNING MINGLE CRAFT SCRAPBOOKING SENIOR ROCKING PROJECT JOURNAL DJ HOUR	19	MORNING MINGLE HALLOWEEN WORD SCRAMBLE PUMPKIN RECIPES EXERCISE BINGO	20	
23	MORNING MINGLE BOOK CLUB (SPOOKY STORIES) HALLOWEEN TRIVIA HALLOWEEN THIS OR THAT NUTRITION	24		25	MORNING MINGLE HALLOWEEN MOVIE & POPCORN EXERCISE	26	MORNING MINGLE TRUE OR FALSE NUTRITION QUIZ FALL SCATTERGORIES BINGO		
30	MORNING MINGLE FALL PARTY HALLOWEEN SCATTERGORIES HALLOWEEN SCAVENGER HUNT	31							

# October '23



# Caroline Café















MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3	COFFEE & CHAT COGNITIVE SKILLS WORKSHEET SCRAPBOOKING NUTRITION BOOK CLUB HALLOWEEN TRUE OR FALSE	4	COFFEE & CHAT WII BOWLING EXERCISE WITH MARK COLOR ME HAPPY  GROCERY TRIP	5		6	COFFEE & CHAT CRAFT?? SIP & PAINT BINGO
9		10	COFFEE & CHAT JOURNAL FALL WORD SCRAMBLE HALLOWEEN MOVIE & POPCORN	11	COFFEE & CHAT WII BOWLING EXERCISE WITH MARK LIBRARY DAY BOOK CLUB GROCERY TRIP	12		13	COFFEE & CHAT CRAFT?? FRIENDLY FUED (HALLOWEEN EDITION)  NAME THAT TUNE?
		17	COFFEE & CHAT COGNITIVE SKILLS WORKSHEET HALLOWEEN WORD FIND BOOK CLUB FALL TRIVIA HALLOWEEN SCATTERGORIES	18	COFFEE & CHAT WII BOWLING EXERCISE WITH MARK COLOR ME HAPPY  GROCERY TRIP	19		20	COFFEE & CHAT CRAFT?? PUMPKIN RECIPES BRAIN GAMES FALL SCATTERGORIES BINGO
23		24	COFFEE & CHAT JOURNAL HALLOWEEN WORD SCRAMBLE BOOK CLUB (SPOOKY STORIES) HALLOWEEN TRIVIA	25	COFFEE & CHAT WII BOWLING EXERCISE WITH MARK SENIOR ROCKING PROJECT GROCERY TRIP	26		27	 TRIP OUT TO CARTER MOUNTAIN APPLE ORCHARD
		31	COFFEE & CHAT FALL PARTY, GAMES, HALLOWEEN SCAVENGER HUNT						

# October '23



# Spotsylvania Café



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
2	MIX & MINGLE MORNING EXERCISE BINGO  AFTER LUNCH WALK			5	MIX & MINGLE MORNING EXERCISE DIY LUMINARY WOOD BOX  GROCERY SHOPPING	6	MIX & MINGLE MORNING EXERCISE LIBRARY DAY  AFTER LUNCH WALK
9	CLOSED FOR Columbus Day 			12	MIX & MINGLE MORNING EXERCISE ROUND FALL DOOR DECOR  GROCERY SHOPPING	13	MIX & MINGLE MORNING EXERCISE GAME DAY CARDS, DOMINOS WII BOWLING, CORNHOLE PUZZLES, CONNECT 4
16	MIX & MINGLE MORNING EXERCISE 			19	TRIP OUT TBD	20	MIX & MINGLE MORNING EXERCISE COLOR ME HAPPY  AFTER LUNCH WALK
23	MIX & MINGLE MORNING EXERCISE FAMILY FUED 			26	MIX & MINGLE MORNING EXERCISE FALL SENIOR PROJECT  GROCERY SHOPPING	27	MIX & MINGLE MORNING EXERCISE JOURNALING 
30	MIX & MINGLE MORNING EXERCISE 