



CAROLINE CAFE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4	COFFEE & CHAT	5	COFFEE & CHAT	6		7	COFFEE & CHAT
			BOOK CLUB JOURNALING ARTS & CRAFTS WATERMELON NUTRITION FACTS		WII BOWLING EXERCISE W/MARK WORD SCRAMBLE GROCERY TRIP				FRIENDLY FUED ARTS & CRAFTS NUTRITION QUIZ BINGO
10		11	COFFEE & CHAT	12		13		14	COFFEE & CHAT
			BOOK CLUB SENIOR ROCKING PROJECT ARTS & CRAFTS		ART OF AGING AT THE EXPO CENTER LUNCH AT GOLDEN CORRAL				WII BOWLING FATHER'S DAY LUNCH CORNHOLE
17		18	COFFEE & CHAT	19		20		21	COFFEE & CHAT
			BOOK CLUB COLOR ME HAPPY SCATTERGORIES KING GEORGE CLIENTS JOIN US						CAFÉ DJ (JIM) SENIOR SUMMER TIPS TRIVIA KING GEORGE CLIENTS JOIN US BINGO
24		25	COFFEE & CHAT	26	COFFEE & CHAT	27		28	
			BOOK CLUB JOURNALING ARTS & CRAFTS KING GEORGE CLIENTS JOIN US		WII BOWLING EXERCISE W/MARK WORD SCRAMBLE KING GEORGE CLIENTS JOIN US GROCERY TRIP				TRIP OUT LUNCH AT ALADIN RESTAURANT SHOPPING AT WALMART AND OLLIES

If County Schools are closed due to inclement weather, then the café is closed.

Fredericksburg Baptist Church (3rd Floor)
 1019 Princess Anne St., Fredericksburg, VA
 22401
 (540) 220-1035 10AM to 2PM



FREDERICKSBURG CAFE



2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	MORNING MINGLE BOOK CLUB JOURNAL TOPIC CHAIR YOGA	4		5	SUMMER THIS OR THAT COLOR ME HAPPY	6	MORNING MINGLE ARTS & CRAFTS BINGO GROCERY TRIP	7	
10	ATTENDING STAFFORD FOR MATTER OF BALANCE	11		12	ART OF AGING AT THE EXPO CENTER LUNCH AT GOLDEN CORRAL	13	MORNING MINGLE FATHERS DAY LUNCH CORNHOLE	14	
17	MORNING MINGLE BOOK CLUB SENIOR ROCKING PROJECT	18		19		20	MORNING MINGLE ARTS & CRAFTS	21	

King George Citizen Center
 8076 Kings Highway, King George, VA 22485
 (540) 273-8210 10AM to 2PM

KING GEORGE CAFE



JUNE 2024

MONDAY		TUESDAY		WEDNESDAY		FRIDAY	
3		4	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP	5	WELLNESS WEDNESDAY MENS HEALTH VISITOR ART & CRAFTS LUNCH WRAP IT UP	6	
11		11	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	12		13	
17		18	KING GEORGE CAFE WILL BE AT CAROLINE CAFE	19		20	
24		25	KING GEORGE CAFE WILL BE AT CAROLINE CAFE	26	KING GEORGE CAFE WILL BE AT CAROLINE CAFE GROCERY TRIP*	27	
						28	KING GEORGE CAFE CLOSED WILL REOPEN JULY 2

If County Schools are closed due to inclement weather, then the café is closed.

Marshall Center, Main Lounge
 8800 Courthouse Rd, Spotsylvania, VA 22553
 (540) 809-9056 10AM to 2PM

SPOTSYLVANIA CAFE



JUNE 2024

MONDAY		THURSDAY		FRIDAY	
3	MIX & MINGLE MORNING EXERCISE MRS. FREDDIE'S PRAYER IT'S LIBRARY DAY READ A BOOK SENIOR ROCK PROJECT	6	MIX & MINGLE MORNING EXERCISE PAT HOLLAND TO VISIT CAFE FREE STYLE SIP & PAINT GROCERY SHOPPING	7	MIX & MINGLE MORNING EXERCISE MR AVERY " A MOMENT IN TIME JUNETEENTH THE PRICE IS RIGHT
10	MIX & MINGLE MORNING EXERCISE NUTRITION & MEDICINE CABINET MONDAY CONTINUOUS JOURNALING	12	ART OF AGING EXPO CENTER LUNCH SPOTSYLVANIA FOOD COURT	13	FATHER'S DAY PICNIC CAFE CRAFT DAY "BIRD BOOKMARKS" MRS LEE'S POEM GROCERY SHOPPING
17	MIX & MINGLE MORNING EXERCISE GAME DAY KING IN THE CORNER DOMINOS, SKIP BOO, SRABBLE CHECKERS	20	TRIP OUT TO BE DETERMINED	14	CLOSED
24	MIX & MINGLE MORNING EXERCISE MRS. LEE'S POEM MOVIE DAY 	27	MIX & MINGLE MORNING EXERCISE CAFE CRAFT DAY "SMASH NOTEBOOKS" GROCERY SHOPPING	21	MIX & MINGLE MORNING EXERCISE TIME TO SING KARAOKE DAY 
				28	MIX & MINGLE MORNING EXERCISE MRS. FREDDIE'S PRAYER CONTINUOUS SCRAPBOOKING BINGO
				BIRTHDAYS ELAINE CARVER 1 LISA MINOR -3 EASTER THOMPSON 6 DOROTHY WHITE - 8 KATHERINE GONDER - 26 BRENDA HOWE - 30	
					

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STAFFORD CAFE

JUNE 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5				7	
WALK WITH EASE CAFE CHAT TIME CAFE CRAFT DAY " PHOTO ALBUMS "			SIP AND PAINT ACTIVITY CAFE CHAT TIME		GROCERIES SHOPPING			TAI CHI FOR ARTHRITIS CAFE CHAT TIME "THE PRICE IS RIGHT GAME" CAFE OUTREACH PROJECT	
10			12		14				
MATTER OF BALANCE (1) CAFE CHAT TIME WII BOWLING GAME CAFE DJ: MRS. DIANE GROCERIES SHOPPING			ART OF AGING EXPO CENTER LUNCH: SPOTSYLVANIA FOOD COURT		WALK WITH EASE CAFE CHAT TIME FATHER'S DAY PICNIC CAFE CRAFT DAY "BIRD BOOKMARKS"				
17			19		21				
CAFE TRIP OUT KOLH'S DEPARTMENT STORE LUNCH: CRACKER BARREL								TAI CHI FOR ARTHRITIS PINK PANTHER DAY JUNE'S BIRTHDAY CELEBRATION CAFE CHAT TIME DRAWING CLASS 101 "BIRDS" "HOT TOPIC" "IMPORTANCE OF SOCIALIZING"	
24			26		28				
TAI CHI FOR ARTHRITIS CAFE GROUPS QUILLING, TECH, CROCHET, GARDENING, DRAWING		MATTER OF BALANCE (2) CONTINUE JOURNALING CAFE CHAT TIME CAFE BOOK CLUB GROCERIES SHOPPING		WALK WITH EASE CAFE CHAT TIME CAFE CRAFT DAY " SMASH NOTEBOOKS" THIS TIME IN HISTORY					

JUNETEENTH
 FREEDOM
 DAY