






**CAROLINE CAFE**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	COFFEE & CHAT
									WORD SCRAMBLE CAFE DJ/BEVERLY DRAW WITH ME! BINGO
5		6	COFFEE & CHAT	7	COFFEE & CHAT	8		9	COFFEE & CHAT
			BOOK CLUB ARTS & CRAFTS		WII BOWLING EXERCISE W/MARK COLOR ME HAPPY GROCERY TRIP				CONNECT 8 WORD GAME NUTRITION FACTS AND INFO CAFE DJ/TRACY SCATTERGORIES
12		13	COFFEE & CHAT	14	COFFEE & CHAT	15		16	COFFEE & CHAT
			BOOK CLUB ARTS & CRAFTS		WII BOWLING EXERCISE W/MARK JOURNAL GROCERY TRIP				2 TRUTHS & A LIE CHEF FOR A DAY!  CORNHOLE
19		20	COFFEE & CHAT	21	COFFEE & CHAT			23	COFFEE & CHAT
			BOOK CLUB ARTS & CRAFTS		WII BOWLING EXERCISE W/MARK COLOR ME HAPPY GROCERY TRIP				MOVIE & POPCORN  BINGO
26		27	COFFEE & CHAT	28	COFFEE & CHAT	29		30	
			BOOK CLUB PAINT & SIP		WII BOWLING EXERCISE W/MARK SENIOR ROCKING PROJECT GROCERY TRIP				TRIP OUT

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	MORNING MINGLE	2	
							HEAL PROGRAM W/ PAT HOLLAND		
							CORNHOLE		
5	MORNING MINGLE	6		7	MORNING MINGLE	8	MORNING MINGLE	9	
	BOOK CLUB JOURNAL COLOR ME HAPPY				ARTS & CRAFTS CAFE DJ/BARBARA GROCERY TRIP		HEAL PROGRAM W/ PAT HOLLAND		
							BINGO		
12	MORNING MINGLE	13		14	MORNING MINGLE	15	MORNING MINGLE	16	
	BOOK CLUB JOURNAL DRAW W/ ME				ARTS & CRAFTS CAFE DJ/ MRS MARIE GROCERY TRIP		HEAL PROGRAM W/ PAT HOLLAND		
							WII BOWLING		
19	MORNING MINGLE	20		21	MORNING MINGLE	22	MORNING MINGLE	23	
	BOOK CLUB JOURNAL NUTRITION TIPS & INFO				MOVIE & POPCORN GROCERY TRIP		WORD SCRAMBLE CHEF FOR A DAY! SENIOR ROCKING PROJECT		
							BINGO		
26	MORNING MINGLE	27		28	MORNING MINGLE	29		30	
	BOOK CLUB CONNECT 8 WORD GAME SIP & PAINT HOSTING STAFFORD FRIENDS				ARTS & CRAFTS GROCERY TRIP HOSTING STAFFORD FRIENDS		TRIP OUT		



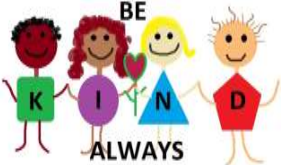

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King George Citizen Center  
 8076 Kings Highway, King George, VA 22485  
 (540) 273-8210 10AM to 2PM

# KING GEORGE CAFE



AUGUST 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
<b>BACK TO SCHOOL MONTH</b>						1							
						2							
		6		7		<b>SEE YOU TOMORROW</b>		9					
		12		13				14		15			
		19		20				21		22		23	
		26		27				28		29		30	
													

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

# SPOTSYLVANIA CAFE

**AUGUST 2024**




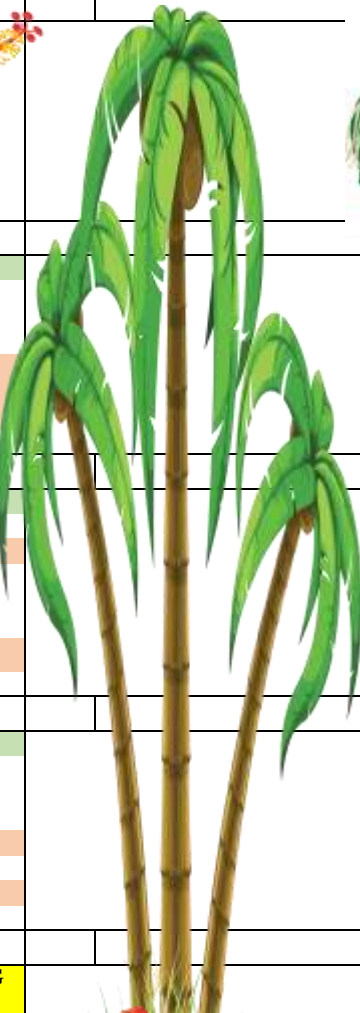

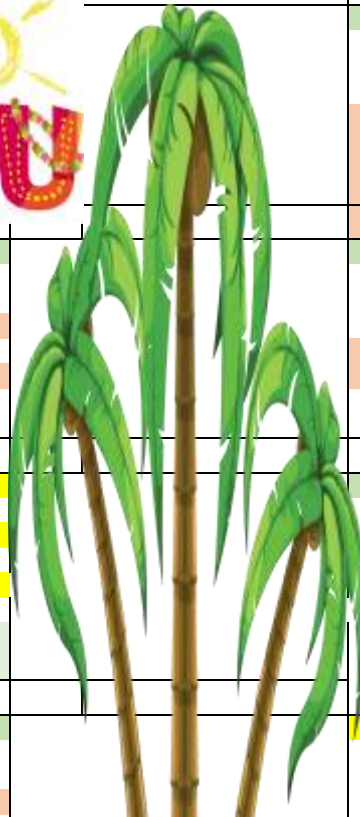


MONDAY				THURSDAY		FRIDAY	
				1		2	<b>CELEBRATE BIRTHDAYS</b>
<b>HAPPY BIRTHDAY</b> ARLENE WILLIAMS - 3 PAULINE LOMAX - 4 SHIRLEY COLE - 13  COLLECT ITEMS FOR THE THURMAN BRISBEN SHELTER DELIVERY ON AUG 27TH				MIX & MINGLE MORNING EXERCISE <b>WATERMELON DAY</b>  <b>"SAFETY KEYCHAINS"</b>  NUTRITION DAY GROCERY SHOPPING DAY		MIX & MINGLE MORNING EXERCISE  CONTINUOUS SCRAPBOOKING SUBJECT BELOW <b>NATIONAL FRIENDSHIP DAY</b> <b>MRS LEE'S POEM</b> COLOR ME HAPPY	
5				8		9	
MIX & MINGLE MORNING EXERCISE  <b>GAME DAY</b> KINGS IN THE CORNER, DOMINOS CHECKERS, WII BOWLING SKIP BOO AND LOTS OF MUSIC				MIX & MINGLE MORNING EXERCISE  <b>CAFÉ CRAFT</b> <b>"TREASURE BOXES":</b>  GROCERY SHOPPING DAY		<b>FAMILY DAY</b> AT THE CENTER <b>10-10:30am</b> <b>10:15am</b> MRS. LEE POEM  SIP & PAINT	
12				15		16	
MIX & MINGLE MORNING EXERCISE  MOVIE DAY  				MIX & MINGLE MORNING EXERCISE  <b>CAFÉ CRAFT TIME</b> <b>"NAUTICAL WIND CHIMES"</b>  GROCERY SHOPPING DAY		MIX & MINGLE MORNING EXERCISE KARAOKE DAY LET'S START SINGING  <b>MRS FREDDIE'S PRAYER</b> <b>NATIONAL JOKE DAY</b> <b>MAKE SOMEONE LAUGH</b>	
19		22		23			
MIX & MINGLE MORNING EXERCISE  						MIX & MINGLE MORNING EXERCISE  LIBRARY DAY LET'S READ A BOOK  <b>MR AVERY</b> <b>A MOMENT IN TIME</b>	
26		29		30			
MIX & MINGLE MORNING EXERCISE  MEDICINE CABINET MONDAY  CONTINUOUS JOURNALING  <b>MRS FREDDIE'S PRAYER</b>						MIX & MINGLE MORNING EXERCISE  <b>PRICE IS RIGHT</b> <b>GAME DAY</b>  GROCERY SHOPPING DAY	
DELIVER ITEMS TO THE THURMAN BRISBEN SHELTER		DELIVER ITEMS TO THE THURMAN BRISBEN SHELTER		FAMILY DOLLAR LUNCH TBD JIMMY T'S ICE CREAM SHOP			

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# STAFFORD CAFE



## AUGUST 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								2	TAI CHI SELF-DIRECTED-ACTIVITY CAFÉ CHAT TIME
									JOURNALING SCRAPBOOKING SMASH BOOKS ACTIVITIES
5	WALK WITH EASE CAFÉ CHAT TIME CAFÉ CRAFT TIME " NAUTICAL WIND CHIMES"			TAI CHI SELF-DIRECTED ACTIVITY CAFÉ CHAT TIME COLOR ME HAPPY ACTIVITY " SUMMER PAGES" CAFÉ BOOK CLUB GROCERIES SHOPPING				9	TAI CHI SELF-DIRECTED-ACTIVITY CAFÉ CHAT TIME CAFÉ CRAFT " TREASURE BOXES":
12	WALK WITH EASE CAFÉ CHAT TIME CAFÉ GROUPS: TECH, DRAWING, GARDENING, QUILTING LEI MAKING CLASS GROCERIES SHOPPING			14	CAFE 11TH ANNUAL LUAU GAMES,MUSIC,ACTIVITY MUSIC, ACTIVITIES			16	TAI CHI SELF-DIRECTED ACTIVITY CAFÉ CHAT TIME PINK PANTHER DAY WII GAME BOWLING BIRTHDAY CELEBRATIONS
19	WALK WITH EASE CAFE CHAT TIME CAFÉ CRAFT TIME "SAFETY KEYCHAINS"			21	TAI CHI SELF-DIRECTED ACTIVITY CAFÉ CHAT TIME CAFÉ BOOK CLUB CHEF FOR A DAY ACTIVITY NUTRITION AND YOU GROCERIES SHOPPING			23	TRIP OUT RAPPAHANNOCK LIBRARY LUNCH: PANCHO VILLA
26	VISITING FREDERICKSBURG CAFE CAFÉ CHAT TIME SIP AND PAINT ACTIVITY			28	VISITING FREDERICKSBURG CAFE CAFÉ CHAT TIME CAFÉ BOOK CLUB GROCERIES SHOPPING			30	TRIP OUT DOLLAR TREE GABES STORE LUNCH: RED LOBSTER RESTAURANT

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