



CAROLINE CAFE



2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	1	COFFEE & CHAT	2	COFFEE & CHAT	3		4	COFFEE & CHAT	
	BOOK CLUB BOOK CLUB Q&A WII BOWLING JOURNAL		GET UP & MOVE EXERCISES ATTENDING FRED CAFE GROCERY SHOPPING				TRIP OUT SHOPPING LUNCH AT OLIVE GARDEN		
7	8	COFFEE & CHAT	9	COFFEE & CHAT	10		11	COFFEE & CHAT	
		BOOK CLUB BOOK CLUB Q&A WII BOWLING COLOR ME HAPPY		GET UP & MOVE EXERCISES ATTENDING FRED CAFE GROCERY SHOPPING				ARTS & CRAFTS BINGO	
14	15	COFFEE & CHAT	16	COFFEE & CHAT	17		18	COFFEE & CHAT	
		BOOK CLUB BOOK CLUB Q&A WII BOWLING WORD SCRAMBLE		GET UP AND MOVE EXERCISES ATTENDING FRED CAFE PAINT & SIP GROCERY SHOPPING				ARTS & CRAFTS	
21	22	COFFEE & CHAT	23	COFFEE & CHAT	24		25	COFFEE & CHAT	
		BOOK CLUB BOOK CLUB Q&A WII BOWLING RECIPE OF THE MONTH		ATTENDING FRED CAFE GET UP & MOVE EXERCISES GROCERY SHOPPING				ARTS & CRAFTS BINGO	
28	29	COFFEE & CHAT							
		BOOK CLUB BOOK CLUB Q&A WII BOWLING SENIOR ROCKING PROJECT							

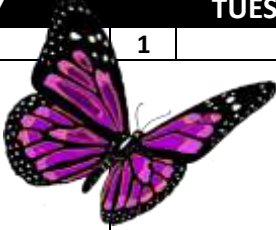

If County Schools are closed due to inclement weather, then the café is closed.

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

FREDERICKSBURG CAFE



2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2	MORNING MINGLE	3		4	
				GET UP & MOVE! EXERCISES CAROLINE ATTENDING		TRIP OUT TO BE DECIDED			
				7	MORNING MINGLE	8			
CAFE BUSINESS BOOK CLUB BOOK CLUB Q&A JOURNAL TOPIC				GET UP & MOVE! EXERCISES CAROLINE ATTENDING		ARTS & CRAFTS GROCERY TRIP			
14	MORNING MINGLE	15		16	MORNING MINGLE	17	MORNING MINGLE	18	
BOOK CLUB BOOK CLUB Q&A SENIOR ROCKING PROJECT				GET UP & MOVE! EXERCISES PAINT & SIP CAROLINE ATTENDING		ARTS & CRAFTS GROCERY TRIP			
21	MORNING MINGLE	22		23	MORNING MINGLE	24	MORNING MINGLE	25	
BOOK CLUB BOOK CLUB Q&A WII BOWLING, CORNHOLE GAME OF YOUR CHOICE CAFE DJ				GET UP & MOVE! EXERCISES CAROLINE ATTENDING		ARTS & CRAFTS GROCERY TRIP			
28	MORNING MINGLE	29		30	MORNING MINGLE				
TRIP OUT TO BE DECIDED				GET UP & MOVE! EXERCISES CAROLINE ATTENDING					

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



KING GEORGE CAFE



APRIL 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		MORNING MESSAGES NEW BUSINESS/CALENDAR ARTS & CRAFTS LUNCH WRAP IT UP		NATIONAL WALKING DAY GROCERY TRIP				MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	
7		8		9		10		11	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY GAME DAY LUNCH WRAP IT UP GROCERY TRIP				"I DIG IT" NATIONAL GARDENING WKND	
14		15		16		17		18	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				MORNING MESSAGES WRAP IT UP	
20		21		22		23		24	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY GROCERY TRIP				MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	
27		28		29		30			
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		TRIP OUT LUNCH: IHOP					

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

SPOTSYLVANIA CAFE





APRIL 2025

MONDAY		THURSDAY		FRIDAY	
		3	MORNING EXERCISE MIX & MINGLE	4	MORNING EXERCISE MIX & MINGLE
				LIBRARY DAY COLOR ME HAPPY EASTER	
7 MORNING EXERCISE MIX & MINGLE CAFÉ CRAFT DAY "EASTER BUNNIES" MR. AVERY "A MOMENT IN TIME"		GROcery SHOPPING 10 MORNING EXERCISE MIX & MINGLE 		11 MORNING EXERCISE MIX & MINGLE MRS. FREDDIE PRAYER CAFÉ CRAFT DAY "EASTER CERAMICS"	
14 MORNING EXERCISE MIX & MINGLE MEDICINE CABINET MONDAY NUTRITION DAY		GROcery SHOPPING 17 TRIP OUT MUSEUM IN RICHMOND LUNCH TBD		18 MORNING EXERCISE MIX & MINGLE CAFÉ CRAFT DAY "EASTER BASKETS" MRS. FREDDIE PRAYER	
21 MORNING EXERCISE MIX & MINGLE SMASH BOOKS CONTINUOUS JOURNALING		24 MORNING EXERCISE MIX & MINGLE MRS LEE POEM GROcery SHOPPING		25 MORNING EXERCISE MIX & MINGLE LET'S TALK TRIVIA & WORD SCRABBLE MR. AVERY A MOMENT IN TIME	
28 MORNING EXERCISE MIX & MINGLE TRIVIA DOMINOS, CHECKERS MONOPLY, JENGA, SKIP BOO MRS LEE POEM					

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STAFFORD CAFE

APRIL 2025

MONDAY		WEDNESDAY		FRIDAY	
		2	TAI CHI WALK WITH EASE CAFE CHAT TIME CAFE BOOK CLUB CAFE GROCERIES SHOPPING	4	DANCE CLASS CAFE CHAT TIME CAFE CRAFT DAY "EASTER BUNNIES"
7	WALK WITH EASE CAFE CHAT TIME CAFE CRAFT DAY "EASTER CERAMICS" CAFE DJ: MR. TOM	9	TAI CHI WALK WITH EASE CAFE CHAT TIME CAFE BOOK CLUB CAFE GROCERIES SHOPPING	11	 PINK PANTHER 10 YEAR ANNIVERSARY
14	WALK WITH EASE CAFE CHAT TIME CAFE CRAFT DAY "EASTER BASKETS" USE, RECYCLE, REPURPOSE ACTIVITY	16	TAI CHI WALK WITH EASE CAFE CHAT TIME CAFE BOOK CLUB CAFE GROCERIES SHOPPING	18	CAFE EASTER BRUNCH EGG DECORATING CLASS EASTER EGG HUNT
21	WALK WITH EASE CAFE CHAT TIME SCRAPBOOKING JOURNALING SMASH BOOKS ACTIVITIES	23	TAI CHI WALK WITH EASE CAFE CHAT TIME CAFE BOOK CLUB CAFE GROCERIES SHOPPING	25	DANCE CLASS CAFE CHAT TIME Wii BOWLING GAME COLOR ME HAPPY ACTIVITY "ALL ABOUT EASTER"
28	CAFE TRIP OUT DOLLAR TREE SALVATION ARMY LUNCH: UMI RESTAURANT	30	TAI CHI WALK WITH EASE CAFE CHAT TIME CAFE BOOK CLUB CAFE GROCERIES SHOPPING		 HAPPY EASTER



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