



CAROLINE CAFE

March 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		3	BRAIN TEASER WWE NUTRITION CLASS/COOKING LUNCH Grocery Shopping Day TAKE ME HOME	4	BRAIN TEASER EXERCISE WITH MARK ARTS/CRAFTS LUNCH SIP&CHAT HOT CHOCOLATE TAKE ME HOME			6	BRAIN TEASER WWE ALLSTARS BOWLING (WTD) LUNCH CROSS WORD CHALLENGE TAKE ME HOME
									
		10	BRAIN TEASER WWE NUTRITION CLASS/COOKING LUNCH Grocery Shopping Day TAKE ME HOME	11	BRAIN TEASER EXERCISE WITH MARK ARTS/CRAFTS LUNCH CORN HOLE TAKE ME HOME			13	BRAIN TEASER WWE MOVIE/POPCORN LUNCH TAKE ME HOME
		17	BRAIN TEASER WWE NUTRITION CLASS/COOKING ST. PATRICK'S DAY LUNCH Grocery Shopping Day TAKE ME HOME	18	BRAIN TEASER EXERCISE WITH MARK ARTS/CRAFTS LUNCH COMPLETE CRAFTS HOT CHOCOLATE TAKE ME HOME			20	ALL STARS TRIP OUT BUFFALO WILD WINGS WALMART/OLLIES TAKE ME HOME
		24	BRAIN TEASER WWE NUTRITION CLASS/COOKING LUNCH Grocery Shopping Day TAKE ME HOME	25	BRAIN TEASER EXERCISE WITH MARK ARTS/CRAFTS LUNCH HOT CHOCOLATE TAKE ME HOME			27	BRAIN TEASER WWE OPEN GAMES LUNCH COLOR ME HAPPY CROSS WORD CHALLENGE TAKE ME HOME
		31	BRAIN TEASER WWE NUTRITION CLASS/COOKING LUNCH Grocery Shopping Day TAKE ME HOME						

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

KING GEORGE CAFE



MARCH 2026

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3	MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	4	WELLNESS WEDNESDAY (NEW BUSINESS/CALENDAR) WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	5	A JOURNEY OF A 1000 MILES BEGINS WITH ONE STEP 	6	MORNING MESSAGES BLOW YOUR MIND TRIVIA LUNCH WRAP IT UP
9		10	MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	11	WELLNESS WEDNESDAY WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	13		MORNING MESSAGES SHOWTIME: MOVIE LUNCH WRAP IT UP	
16		17	HAPPY BIRTHDAY RODNEY MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	18	WELLNESS WEDNESDAY WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	20		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	
23		24	MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	25	WELLNESS WEDNESDAY WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	27		KING GEORGE OPEN HOUSE WRAP IT UP	

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

STAFFORD CAFE

March 2026

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
2	WALK WITH EASE			4	TAI CHI			6	WALK WITH EASE		
	CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME		
	WII GAME BOWLING				CAFE BOOK CLUB				CAFE CRAFT DAY		
	COLOR ME HAPPY "ALL ABOUT THE RAINBOWS"				"RECYCLE PROJECTS"				ST PATRICK'S HAT BOXES TRINKETS		
9	WALK WITH EASE				GROCERY SHOPPING						
	CAFE CHAT TIME				11		TAI CHI			13	WALK WITH EASE
	JOURNALING SCRAPBOOKING SMASH BOOKS						CAFE CHAT TIME				CAFE CHAT TIME
							CAFE BOOK CLUB				CAFE CRAFT DAY
							HOT TOPIC (PURPOSEFUL LIVING)				WOOD BUTTERFLY SHELVES
							GROCERY SHOPPING				
16	WALK WITH EASE				18		TAI CHI			20	WALK WITH EASE
	CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME		
	ST PATRICK'S PARTY				CAFE BOOK CLUB					CAFE CRAFT DAY	
	GAMES ACTIVITIES MINUTE CRAFTS				CHEF FOR A DAY					BUNNY TABLE DECOR	
23	WALK WITH EASE				GROCERY SHOPPING						
	CAFE CHAT TIME			25	TAI CHI				27	WALK WITH EASE	
	CAFE GROUPS				CAFE CHAT TIME					CAFE CHAT TIME	
	CROCHET DRAWING QUILLING GARDENING				CAFE BOOK CLUB					DISNEY DAY ADVENTURE	
					PINK PANTHER DAY					STEP INTO THE MAGIC	
					MARCH'S BIRTHDAY CELEBRATION						
					GROCERY SHOPPING						
30											
	CAFE TRIP OUT										
	WALMART GOOD WILL LUNCH PANDA EXPRESS										

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

Lee Hill Community Center
 1 HCC Drive Fredericksburg, VA 22408
 (540) 809-9056 10AM to 2PM

SPOTSYLVANIA & FREDERICKSBURG CAFE



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MARCH 2026

MONDAY		THURSDAY		FRIDAY	
2	WALK WITH EASE MIX AND MINGLE SELF GUIDED ACTIVITY MEDICINE CABINET MONDAY OPEN CHAT	5	MORNING EXERCISE MIX AND MINGLE CAFE CRAFT DAY ST PATRICK'S HAT BOXES TRINKETS GROCERY SHOPPING DAY	6	WALK WITH EASE MIX AND MINGLE CAFE CRAFT DAY CONT. SELF GUIDED ACTIVITY MRS. FREDDIE PRAYER OR SMASH BOOKS
9	WALK WITH EASE MIX AND MINGLE BINGO SELF GUIDED ACTIVITY MRS. LEE POEM	12	MORNING EXERCISE MIX AND MINGLE SPRING FEVER EXTRAVAGANZA PROJECT GROCERY SHOPPING DAY	13	WALK WITH EASE MIX AND MINGLE SPRING PROJECT CONT. SELF GUIDED ACTIVITY OR COLOR ME HAPPY
16	WALK WITH EASE MIX AND MINGLE COLOR ME HAPPY SELF GUIDED ACTIVITY SENIOR TRIVIA	19	MORNING EXERCISE MIX AND MINGLE CAFE CRAFT DAY WOOD BUTTERFLY GROCERY SHOPPING DAY	20	WALK WITH EASE MIX AND MINGLE CAFE CRAFT DAY CONT. OR SELF GUIDED ACTIVITY JOURNALING
23	TRIP OUT BEALLS DEPARTMENT STORE ASHLAND, VA GOLDEN CORRAL RUTHER GLEN	26	MORNING EXERCISE MIX AND MINGLE CAFE CRAFT DAY BUNNY TABLE DECOR GROCERY SHOPPING DAY	27	WALK WITH EASE MIX AND MINGLE SELF GUIDED ACTIVITY NAME THAT TUNE  OPEN CHAT
30	WALK WITH EASE MIX AND MINGLE SELF GUIDED ACTIVITY WORD SEARCH CHALLENGE AVERY A MOMENT IN TIME	26	WALK WITH EASE MIX AND MINGLE SELF GUIDED ACTIVITY GAME DAY GROCERY SHOPPING DAY		CELEBRATE BIRTHDAYS VIVIAN ROGERS - 7 BARBARA JOHNSON - 15 JESSE BARNES - 18 EARL JOHNSON - 23



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