





# CAROLINE CAFE

**APRIL 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	APRIL FOOLS DAY			3	GOOD FRIDAY
				MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH PASSOVER TAKE ME HOME				MORNING MESSAGES WALK WITH EASE BRAIN TEASER MENTAL HEALTH AMERICA PRESENTATION LUNCH TAKE ME HOME	
		7	MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH MEDICINE CABINET CHECK IN NUTRITION/COOKING CLASS GROCERY TRIP TAKE ME HOME	8	MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME			10	TRIP OUT
								BURLINGTON 1845 Carl D Silver Pkwy Fredericksburg, VA OLIVE GARDEN 2811 Plank Rd, Fredericksburg 	
		14	MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH COLOR ME HAPPY GROCERY TRIP TAKE ME HOME	15	MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME			17	MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH LIBRARY TAKE ME HOME
		21	MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH GROCERY TRIP TAKE ME HOME	22	MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME			24	MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH WII GAMES TAKE ME HOME
		28	MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH MEDICARE PRESENTATION GROCERY TRIP TAKE ME HOME	29	MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME				


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

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

# KING GEORGE CAFE

**APRIL 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
				1	WELLNESS WEDNESDAY NEW BUSINESS/CALENDARS	2		3	GOOD FRIDAY		
					WALK WITH EASE SELF DIRECTED ACTIVITY LUNCH WRAP IT UP			MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY		ARTS & CRAFTS LUNCH WRAP IT UP	
6		7	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	8	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTED ACTIVITY			10	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY		GAME DAY LUNCH WRAP IT UP
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		ARTS & CRAFTS LUNCH WRAP IT UP						
13		14	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	15	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTED ACTIVITY			17	MORNING MESSAGES		SHOWTIME: THE BUTLER
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		ARTS & CRAFTS LUNCH WRAP IT UP						LUNCH WRAP IT UP
20		21	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	22	TRIP OUT NATIONAL MUSEUM OF MARINE CORPS 1775 Semper Fidelis Wy, Triangle, VA			24	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY		ARTS & CRAFTS LUNCH WRAP IT UP
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		LUNCH KFC 1307 Devils Reach Rd, Woodbridge, VA						
27		28	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	29	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTED ACTIVITY						
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		MEDICARE OPTIONS PRESENTATION ARTS & CRAFTS LUNCH WRAP IT UP						



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






# 2026

MONDAY		THURSDAY		FRIDAY	
		2		3	
<b>CELEBRATE BIRTHDAYS</b>  JEAN HERNDON - 21 SANDIE BARRIE - 26  		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>BINGO</b>  <b>GROCERY SHOPPING</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>BRAIN TEASERS</b>  THINGS THAT MAKE YOU SAY WOW !!!	
6		9		10	
<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>GAME DAY</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>CAFE CRAFT DAY</b> <b>SENIOR ROCKING</b> <b>(FLOWER PAINTING)</b>  <b>GROCERY SHOPPING</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>COLOR ME HAPPY</b> <b>SMASH BOOKS</b>	
13		16		17	
<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>MR. JESSE PRAYER</b>  <b>SIP &amp; PAINT</b>  <b>WORD SEARCH ACTIVITY</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>MR. AVERY</b> <b>"A MOMENT IN TIME"</b>  <b>GROCERY SHOPPING</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>LET'S PLAY</b>  	
20		23		24	
<b>TRIP OUT</b> <b>SHOPPING</b> <b>BEALL'S DEPT. STORE</b> <b>205 N. WASHINGTON</b> <b>ASHLAND, VA</b> <b>LUNCH</b> <b>GOLDEN CORRAL</b> <b>23866 ROGERS-CLARK BLVD</b> <b>RUTHER GLEN, VA</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>CAFE CRAFT DAY</b> <b>CELEBRATING EARTH DAY</b> <b>(WILDFLOWER PLANTING)</b>  <b>GROCERY SHOPPING</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>BINGO</b>  <b>MRS. LEE'S POEM</b>	
27		30			
<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>VICAP PRESENTATION</b> <b>MEDICINE CABINET MONDAY</b> <b>SENIOR TRIVIA</b>		<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>MISCELLANEOUS</b> <b>CRAFT DAY</b>  <b>GROCERY SHOPPING</b>		<b>CELEBRATE BIRTHDAYS</b>  <b>JEAN HERNDON - 21</b> <b>SANDIE BARRIE - 26</b>	

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

# STAFFORD CAFE

April 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <a href="https://i.pinimg.com/originals/7d/18/40/7d18">https://i.pinimg.com/originals/7d/18/40/7d18</a>				1 TAI CHI				3 WALK WITH EASE	
				WALK WITH EASE				CAFE CHAT TIME	
				CAFE CHAT TIME				CAFE ANNUAL	
				CAFE BOOK CLUB SHOW & TELL				EASTER BRUNCH	
				GROCERY SHOPPING				EGG DECORATING	
				8 TAI CHI				EASTER EGG HUNT	
				WALK WITH EASE					
6 WALK WITH EASE				CAFE CHAT TIME				10 WALK WITH EASE	
CAFE CHAT TIME				WALK WITH EASE				CAFE CHAT TIME	
JOURNALING				CAFE CHAT TIME				CAFE CRAFT DAY	
SCRAPBOOKING				CAFE BOOK CLUB				SENIOR ROCKING	
SMASH BOOKS				PEN PAL ACTIVITY				(FLOWER PAINTING)	
				GROCERY SHOPPING					
13 WALK WITH EASE				15 TAI CHI				17 WALK WITH EASE	
CAFE CHAT TIME				WALK WITH EASE				CAFE CHAT TIME	
CAFE GROUPS				CAFE CHAT TIME				CAFE CRAFT DAY	
CROCHET				CAFE BOOK CLUB				CELEBRATING EARTH DAY	
DRAWING				SIP AND PAINT				(WILDFLOWER PLANTING)	
QUILLING				GROCERY SHOPPING					
GARDENING				22 TAI CHI				24 WALK WITH EASE	
20 WALK WITH EASE				WALK WITH EASE				CAFE CHAT TIME	
CAFE CHAT TIME		 <small>This Photo by Unknown Author is licensed</small>		CAFE CHAT TIME				CAFE CRAFT DAY	
WII BOWLING GAME				CAFE BOOK CLUB				CANVAS ART	
COLOR ME HAPPY				PINK PANTHER DAY				(MIXED STYLE)	
WATER COLOR & TRACING PART 2				APRIL'S BIRTHDAY CELEBRATION					
				GROCERY SHOPPING					
27 CAFE TRIP OUT				29 TAI CHI					
DOLLAR TREE				WALK WITH EASE					
3061 PLANK RD, FREDERICKSBURG				CAFE CHAT TIME				<a href="https://i.pinimg.com/736x/8f/3d/bc/8f3dbcd50b">https://i.pinimg.com/736x/8f/3d/bc/8f3dbcd50b</a> Editorial credit: Ridex Official / Shutterstock.com	
GABES DEPARTMENT STORE				CAFE BOOK CLUB					
3501 PLANK ROAD, FREDERICKSBURG				GROCERY SHOPPING					
LUNCH									
EL CHARRO									
5825 PLANK ROAD, FREDERICKSBURG									