




# CAROLINE CAFE



**MAY 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Morning Messages Walk With Ease Brain trivia Wii Bowling  Take Me Home
4		5	Morning Messages Walk With Ease Brain trivia Arts/Crafts Lunch Grocery Shopping at 1:30pm  Take Me Home	6	Morning Messages Exercise w/Mark Brain trivia Arts/Crafts Lunch  Take Me Home	7		8	Morning Messages Walk With Ease Brain trivia Cornhole  Take Me Home
11		12	Morning Messages Walk With Ease Brain trivia Arts/Crafts Lunch  Take Me Home	13	HGAAA OLDER AMERICANS MONTH SPRING EVENT KING GEORGE	14		15	TRIP OUT  Grocery Shopping at 1:30pm Take Me Home
18	Happy Mother's Day	19	Morning Messages Walk With Ease Brain trivia Arts/Crafts Lunch Grocery Shopping at 1:30pm  Take Me Home	20	Morning Messages Exercise w/Mark Brain trivia Arts/Crafts Lunch  Take Me Home	21		22	Morning Messages Walk With Ease Brain trivia Open Game Day Lunch  Take Me Home
25	Memorial Day 	26	Morning Messages Walk With Ease Brain trivia Arts/Crafts Lunch Grocery Shopping at 1:30pm  Take Me Home	27	Morning Messages Exercise w/Mark Brain trivia Arts/Crafts Lunch  Take Me Home	28		29	Morning Messages Walk With Ease  Brain Trivia Color Me Happy & Word Puzzles  Take Me Home

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

SPOTSYLVANIA/FREDERICKSBURG CAFE

MAY 2026


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
	<b>CELEBRATE BIRTHDAYS</b>							<b>1</b>	<b>WALK WITH EASE</b>		
									<b>MIX AND MINGLE</b> <b>SELF GUIDED ACTIVITY</b>  <b>GAME DAY</b> DOMNOS, SPADES, SKIP BOO KING IN A CORNER, CONNECT FOUR MEMORY GAME		
<b>4</b>	<b>WALK WITH EASE</b> MIX AND MINGLE SELF GUIDED ACTIVITY OPEN CHAT  <b>READ A BOOK</b> <b>IT'S LIBRARY DAY!</b> 2607 SALEM CHURCH RD FREDERICKSBURG, VA							<b>7</b>	<b>WALK WITH EASE</b> MIX AND MINGLE SELF GUIDED ACTIVITY  <b>CAFE CRAFT DAY</b> PAPER PLATE FLOWER ART ART FORM  <b>GROCERY SHOPPING at 1:30pm</b>	<b>8</b>	<b>WALK WITH EASE</b>
<b>11</b>	<b>WALK WITH EASE</b> MIX AND MINGLE SELF GUIDED ACTIVITY  SENIOR ROCK PROJECT DONATE TO ASSISTED LIVING  <b>WORK ON SPRING EVENT PROJECT</b>			<b>13</b>	<b>HGAAA ALL CAFE EVENT</b>  KING GEORGE HOSTING OLDER AMERICAN MONTH SPRING FEVER	<b>14</b>	<b>WALK WITH EASE</b> MIX AND MINGLE SELF GUIDED ACTIVITY   <b>GROCERY SHOPPING at 1:30pm</b>	<b>15</b>	<b>CAFE CLOSED</b>		
<b>18</b>	<b>WALK WITH EASE</b> MIX AND MINGLE SELF GUIDED ACTIVITY  MEDICINE CABINET MONDAY NUTRITION DAY  MR. AVERY "A MOMENT IN TIME"							<b>21</b>		<b>22</b>	<b>WALK WITH EASE</b>
											TRIP OUT TBD  <b>GROCERY SHOPPING at 1:30pm</b>
<b>25</b>	<b>CAFE CLOSED</b>							<b>28</b>	<b>WALK WITH EASE</b> MIX AND MINGLE SELF GUIDED ACTIVITY  <b>CAFE CRAFT DAY</b>  SPRING CENTERPIECES  <b>GROCERY SHOPPING at 1:30pm</b>	<b>29</b>	<b>WALK WITH EASE</b>
									<b>MIX AND MINGLE</b> <b>SELF GUIDED ACTIVITY</b>  <b>COMPLETE SPRING EVENT PROJECT</b>		

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

# KING GEORGE CAFE



MAY 2026

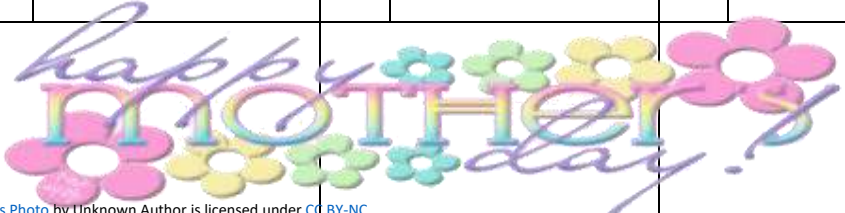






MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	MORNING MESSAGES
								GAME DAY	
								LUNCH	
								WRAP IT UP	
4		5	MORNING MESSAGES WALK WITH EASE SELF DIRECTIVE ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	6	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTIVE ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP at 1:30pm			8	MORNING MESSAGES
								SHOWTIME	
								LUNCH	
								WRAP IT UP	
11		12	MORNING MESSAGES WALK WITH EASE SELF DIRECTIVE ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP at 1:30pm	13	KING GEORGE HOSTING HGAAA ALL CAFE EVENT OLDER AMERICAN MONTH SPRING FEVER			15	MORNING MESSAGES WALK WITH EASE SELF DIRECTIVE ACTIVITY ART & CRAFTS LUNCH WRAP IT UP
18		19	MORNING MESSAGES WALK WITH EASE SELF DIRECTIVE ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	20	TRIP OUT WALMART GROCERY SHOPPING 16375 MECHANT LN, KG 22485 LUNCH: IHOP 16361 GATEWAY LN, KG 22485	22	MORNING MESSAGES WALK WITH EASE SELF DIRECTIVE ACTIVITY ART & CRAFTS LUNCH WRAP IT UP		
25		26	MORNING MESSAGES WALK WITH EASE SELF DIRECTIVE ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	27	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTIVE ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP at 1:30pm	29	MORNING MESSAGES LET'S CHAT WHAT CHA WANNA DO? LUNCH WRAP IT UP		

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# STAFFORD CAFE

## MAY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	WALK WITH EASE
 <small>This Photo by Unknown Author is licensed under CC BY-NC</small>								CAFE CHAT TIME VICAP/Medicare Visit CAFE CRAFT DAY "PAPER PLATES FLOWER "ART FORM"	
								4	WALK WITH EASE
CAFE CHAT TIME JOURNALING SCRAPBOOKING SMASH BOOKS				CAFE CHAT TIME CAFE BOOK CLUB GROCERY SHOPPING				CAFE CHAT TIME CAFE CRAFT DAY "SPRING CENTERPIECES"	
11	WALK WITH EASE	<small>Pastel-Watercolor-Flower-Swag-Realistic</small>		13		<small>Pastel-Watercolor-Flower-Swag-Realistic</small>		15	WALK WITH EASE
MOTHER'S DAY CELEBRATION VICTORIAN TEA				HGAAA OLDER AMERICAN MONTH SPRING FEVER EVENT KING GEORGE GROCERY SHOPPING				CAFE CHAT TIME WII BOWLING GAME SHOW & TELL	
18	WALK WITH EASE					20	TRIP OUT DOLLAR TREE 1877 CARL D SILVER PKWY, FRED TJ MAXX 1833 CARL D SILVER PKWY, FRED LUNCH HIBACHI RESTAURANT 1901 CARL D SILVER PKWY, FRED GROCERY SHOPPING		
CAFE CHAT TIME SIP AND PAINT "FLOWER ENVELOPES"								CAFE CHAT TIME COLOR ME HAPPY (PAINTING BUTTERFLIES)	
25				27	TAI CHI WALK WITH EASE CAFE BOOK CLUB PEN PAL ACTIVITY GROCERY SHOPPING	 <small>This Photo by Unknown Author is licensed under CC BY</small>		29	WALK WITH EASE
 MEMORIAL DAY								PINK PANTHER DAY CAFE CHAT TIME CAFE GROUPS CROCHET DRAWING QUILTING GARDENING	

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