

CAROLINE CAFE

October 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								2	
								MORNING MESSGSES BRAIN TEASER WWE SELF DIRECTED ACTIVITIES LUNCH PUZZLE MATCH SIP & CHAT TAKE ME HOME	
		6		7				9	
		MORNING MESSAFES BRAIN TEASER WWE CROSS WORD PUZZLE LUNCH SELF DIRECTED ACTIVITIES GROCERY SHOPPING AT 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ART/CRAFTS LUNCH COMPLETE CRAFT TAKE ME HOME				MORNING MESSGSES BRAIN TEASER WWE MOIVE DAY LUNCH WWI BOWLING TAKE ME HOME	
		13		14				16	
		MORNING MESSAFES BRAIN TEASER WWE SEEK AND FIND LUNCH GROCERY SHOPPING AT 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK AST/CRAFTS LUNCH COMPLETE CRAFT TAKE ME HOME				MORNING MESSGSES BRAIN TEASER WWE KNOW YOUR NEIGHBOR LUNCH POKENO TAKE ME HOME	
		20		21	TRIP OUT			23	
		MORNING MESSAFES BRAIN TEASER WWE PUZZLE MATCH LUNCH SELF DIRECTED ACTIVITIES GROCERY SHOPPING AT 1:30 TAKE ME HOME		FXBG TROLLEY TOUR 601 Caroline St. FREDERICKSBURG (BAGGED LUNCH) RIVERFRONT PARK 701 SOPHIA STREET				MORNING MESSGSES BRAIN TEASER WWE OPEN CRAFT DAT LUNCH BINGO TAKE ME HOME	
		27		28				30	
		MORNING MESSAFES BRAIN TEASER WWE LUNCH GROCERY SHOPPING AT 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ART/CRAFTS LUNCH COMPLETE CRAFT TAKE ME HOME				MORNING MESSGSES BRAIN TEASER WWE MOVIE DAY LUNCH COMPLETE MOIVE TAKE ME HOME	

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

KING GEORGE CAFE

October 2026

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
					1			2	MORNING MESSAGES	
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									WRAP IT UP	
5		6	MORNING MESSAGES		7	John's 76th Birthday October 8th		9		
		ARTS & CRAFTS LUNCH		WELLNES WEDNESDAY WALK WITH EASE				JOHN & YVONNE LUNCH		
		WRAP IT UP		ARTS & CRAFTS LUNCH		WRAP IT UP GROCERY SHOPPING		WRAP IT UP		
12		13	MORNING MESSAGES		14			16	MORNING MESSAGES	
Yvonne's 74th Birthday October 17th		ARTS & CRAFTS LUNCH		WELLNES WEDNESDAY WALK WITH EASE				GAME DAY		
		WRAP IT UP		ARTS & CRAFTS LUNCH		LUNCH				
19		20	MORNING MESSAGES		21			23	MORNING MESSAGES	
		ARTS & CRAFTS LUNCH		TRIP OUT FXBG TROLLEY TOUR 601 Caroline St. FREDERICKSBURG				SHOWTIME MOVIE:		
		WRAP IT UP GROCERY SHOPPING		(BAGGED LUNCH) RIVERFRONT PARK 701 SOPHIA STREET		LUNCH				
26		27	MORNING MESSAGES		28			30	MORNING MESSAGES	
		ARTS & CRAFTS LUNCH		WELLNES WEDNESDAY WALK WITH EASE				MONSTER MASH: LET'S DANCE		
		WRAP IT UP		ARTS & CRAFTS LUNCH		HAPPY HALLOWEEN LUNCH				
				WRAP IT UP GROCERY SHOPPING				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



OCTOBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
CELEBRATE BIRTHDAYS				1 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY		2 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY TRIVIA OPEN CHAT "WHAT'S ON YOUR MIND"			
5 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY				8 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY		9 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY			
SING THAT SONG				CRAFT DAY		LET THE GAMES BEGIN DOMINOS, SPADES, UNO WII BOWLING, JENGA CHECKERS			
12 CLOSED				GROCERY SHOPPING		GROCERY SHOPPING			
				15 CLOSED		16 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY COLOR ME HAPPY BRAIN TEASERS WE'RE LEAVING AT 12:30PM RAPPAHANNOCK LIBRARY 2607 SALEM CHURCH RD. FREDERICKSBURG, VA 22407			
19 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY MONDAY AT THE MOVIES				22		23 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY COLOR ME HAPPY SIP & PAINT MISC. CRAFTS			
26 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY				29 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY		30 MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY			
LET'S PLAY SCATTERGORIES				CRAFT DAY					
				GROCERY SHOPPING					

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

Rowser Building
1739 Richmond Highway, Stafford, VA 22554
(540) 220-0587 10AM to 2PM

STAFFORD CAFE

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				2 WALK WITH EASE
				TAI CHI WALKING
				CAFE CHAT TIME
				PUMPKIN SPICE AND EVERYTHING NICE DAY FUN, CRAFTS, ACTIVITIES
5 WALK WITH EASE		7 TAI CHI		9 WALK WITH EASE
TAI CHI WALKING		WALK WITH EASE		TAI CHI WALKING
CAFE CHAT TIME		CAFE CHAT TIME		CAFE CHAT TIME
BRING YOUR OWN GAME DAY		CAFE BOOK CLUB CHEF FOR A DAY		CAFÉ CRAFT DAY
This Photo by Unknown Author is licensed under CC BY-ND		GROCERY SHOPPING AT 1:30 PM	This Photo by Unknown Author is licensed under CC BY-ND	PINK PANTHER DAY OCTOBER'S BIRTHDAYS
12 CLOSED		14		16 WALK WITH EASE
		CAFE TRIP OUT DOLLAR TREE 3061 PLANK RD, FREDERICKSBURG GABES DEPT STORE 3501 PLANK RD, FREDERICKSBURG LUNCH: SUPER RICO RESTAURANT 2386 PLANK RD, FREDERICKSBURG GROCERY SHOPPING AT 1:30 PM		TAI CHI WALKING
19 WALK WITH EASE		21 TAI CHI		23 WALK WITH EASE
TAI CHI WALKING		WALK WITH EASE		TAI CHI WALKING
CAFE CHAT TIME		CAFE CHAT TIME		CAFE CHAT TIME
CAFÉ GROUPS CROCHET GARDENING QUILLING, DRAWING		CAFE BOOK CLUB ALPHABET GAME		CAFÉ CRAFT DAY
26 WALK WITH EASE		GROCERY SHOPPING AT 1:30 PM		
TAI CHI WALKING		28 TAI CHI		30 WALK WITH EASE
CAFE CHAT TIME		WALK WITH EASE		TAI CHI WALKING
		CAFE CHAT TIME		CAFE CHAT TIME
		CAFE BOOK CLUB		SPOOKY FRIDAY PARTY FUN, FUN, MORE FUN
TWIN DAY! WEAR MATCHING OUTFITS WITH YOUR FRIEND				PASS THE PUMPKIN GAME COSTUME CONTEST
		TOURIST WEDNESDAY GROCERY SHOPPING AT 1:30 PM		WEAR YOUR PAJAMA DAY

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