

CAROLINE CAFE

SEPTEMBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE RECIPE CARD LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ARTS/CRAFTS LUNCH COMPLETE CRAFTS TAKE ME HOME				MORNING MESSAGES BRAIN TEASER WALK WITH EASE CROSS WORD CHALLENGE LUNCH SIP& CHAT TAKE ME HOME	
7		8		9		10		11	
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE OPEN CAFE DAY LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ARTS/CRAFTS LUNCH OPEN CRAFTS TAKE ME HOME				REMEMBERING SEPT 11 MORNING MESSAGES BRAIN TEASER WALK WITH EASE ARTS/CRAFTS LUNCH CORNHOLE TAKE ME HOME	
14		15		16		17		18	
		VISIT KING GEORGE CAFE C&T PRODUCE LUNCH FAMILY FEUD GROCERY SHOPPING 1:30 TAKE ME HOME		 PROM 2026 HGAAA SENIOR PROM 2026 KING GEORGE CITIZENS CENTER 8076 KINGS HIGHWAY, KING GEORGE, VA				MORNING MESSAGES BRAIN TEASER WALK WITH EASE LUNCH TAKE ME HOME	
21		22		23		24		25	
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE PUZZLE MATCH LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK KNOW MY NEIGHBOR LUNCH TAKE ME HOME				MORNING MESSAGES BRAIN TEASER WALK WITH EASE COLOR ME HAPPY LUNCH WWI BOWLING VICAP PRESENTATION TAKE ME HOME	
28		29		30					
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE RECIPE CARD LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		This Photo by Unknown Author is licensed under CC BY-SA					

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

SEPTEMBER 2026

SEPT 12TH KING GEORGE 4-H COUNTY FAIR KG P&R

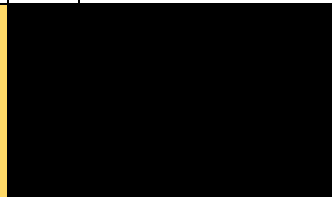
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		MORNING MESSAGES		WELLNESS WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH				MORNING MESSAGES	
		ARTS & CRAFTS LUNCH		GROCERY SHOPPING WRAP IT UP				ARTS & CRAFTS LUNCH	
		WRAP IT UP						WRAP IT UP	
7		8		9		10		11	
 This Photo by Unknown Author is		MORNING MESSAGES		WELLNESS WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH				MORNING MESSAGES	
		ARTS & CRAFTS LUNCH		GROCERY SHOPPING WRAP IT UP				(4-H PLANNING TEAM) MAKING BOUQUETS FOR FAIR PIZZA LUNCH (SPONSORED BY 4-H TEAM)	
		WRAP IT UP						WRAP IT UP	
14		15		16		17		18	
		MORNING MESSAGES CAROLINE CAFE VISITS C&T PRODUCE LUNCH FAMILY FEUD		HEALTHY GENERATIONS PRESENTS SENIOR PROM @ KING GEORGE CAFE				VISIT CAROLINE CAFE MORNING MESSAGES	
		GROCERY SHOPPING WRAP IT UP						ARTS & CRAFTS LUNCH	
								WRAP IT UP	
21		22		23		24		25	
		MORNING MESSAGES VICAP PRESENTATION MEDICARE		WELLNESS WEDNESDAY WALK WITH EASE KING GEORGE'S 3RD ANNIVERSARY				MORNING MESSAGES	
		ARTS & CRAFTS LUNCH		ARTS & CRAFTS LUNCH				ARTS & CRAFTS LUNCH	
		WRAP IT UP		GROCERY SHOPPING WRAP IT UP				WRAP IT UP	
28		29		30					
		MORNING MESSAGES		WELLNESS WEDNESDAY WALK WITH EASE					
		ARTS & CRAFTS LUNCH		ARTS & CRAFTS LUNCH					
		WRAP IT UP		GROCERY SHOPPING WRAP IT UP					

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

SPOTSYLVANIA & FREDERICKSBURG CAFE

SEPTEMBER - 26

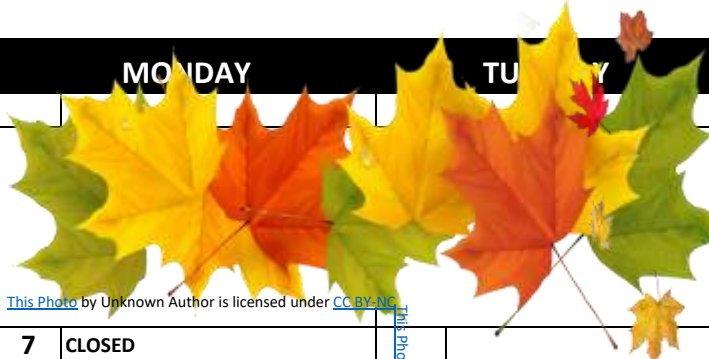
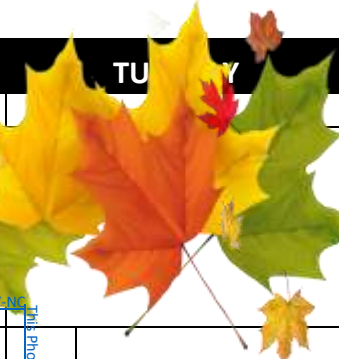
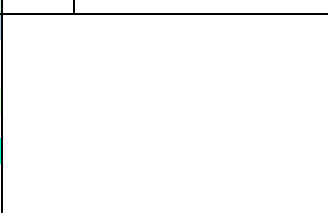
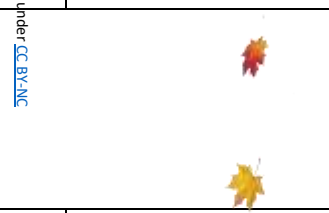
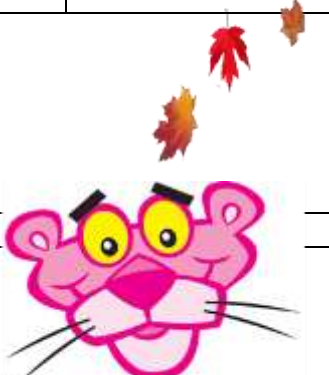
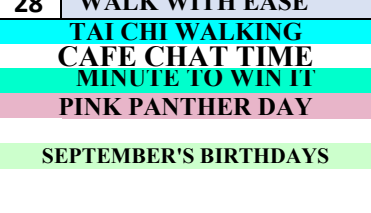
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						3	WALK WITH EASE SELF GUIDED ACTIVITY SING THAT SONG GROCERY SHOPPING @1:15PM	4	WALK WITH EASE SELF GUIDED ACTIVITY GAME DAY DOMINOS, SPADES KING IN THE CORNER CHECKERS
7	CLOSED					10	WALK WITH EASE SELF GUIDED ACTIVITY LAST DAY TO COMPLETE 4H PROJECTS MR, AVERY A MOMENT IN TIME GROCERY SHOPPING @1:30PM	11	WALK WITH EASE SELF GUIDED ACTIVITY CAFÉ CRAFT DAY TEDDY BEAR PICNIC
								18	WALK WITH EASE SELF GUIDED ACTIVITY COLOR ME HAPPY WORD SEARCH AFTER LUNCH: CENTRAL RAPPAHANNOCK 2607 SALEM CHURCH RD FREDERICKSBURG, VA 22407
14	WALK WITH EASE SELF GUIDED ACTIVITY C&T PRODUCE VISIT CAFE MOVIE DAY  MRS. LEE'S POEM GROCERY SHOPPING @1:30PM			16	HEALTHY GENERATIONS PRESENTS SENIOR PROM AT KING GEORGE CAFE 8076 KINGS HIGHWAY, KING GEORGE, VA			17	CLOSED
21	WALK WITH EASE SELF GUIDED ACTIVITY GAME DAY SPADES, DOMINOS KINGS IN THE CORNER					24	WALK WITH EASE SELF GUIDED ACTIVITY CONTINUOUS SCRAPBOOKING SCATTERGORIES GROCERY SHOPPING @1:30PM	25	WALK WITH EASE SELF GUIDED ACTIVITY CAFÉ CRAFT DAY FUN FALL SCARECROW BOTTLES BOTTLES
28	WALK WITH EASE SELF GUIDED ACTIVITY MEDICINE CABINET MONDAY HEALTHY RECIPES HEALTHY FRUITS & VEGETABLES MRS. LEE'S POEM								

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

SEPTEMBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 This Photo by Unknown Author is licensed under CC BY-ND		 This Photo by Unknown Author is licensed under CC BY-ND		1	TAI CHI			4	VIRTUAL DAY
					WALK WITH EASE CAFE CHAT TIME				
					CAFE BOOK CLUB				
					THIS TIME IN HISTORY				
7		CLOSED		9	TAI CHI			11	WALK WITH EASE
 HAPPY LABOR DAY https://clipart-library.com/2023/11-					WALK WITH EASE CAFE CHAT TIME				TAI CHI WALKING CAFE CHAT TIME
					CAFE BOOK CLUB				TEDDY BEAR PICNIC
					COLOR ME HAPPY				911 REMEMBRANCE
14		WALK WITH EASE		16				18	WALK WITH EASE
					HGAAA EVENT AT KING GEORGE				TAI CHI WALKING CAFE CHAT TIME
					2026 SENIOR PROM 8076 KINGS HIGHWAY, KING GEORGE, VA				WII BOWLING GAME
									CAFE BOOK CLUB
21		WALK WITH EASE		23	TAI CHI			25	WALK WITH EASE
					WALK WITH EASE CAFE CHAT TIME				TAI CHI WALKING CAFE CHAT TIME
					CAFE BOOK CLUB				CAFÉ CRAFT DAY
					VICAP PRESENTATION				FUN FALL SCARECROW BOTTLES
					GOOD BYE SUMMER PARTY				
28		WALK WITH EASE		30	TAI CHI				
					WALK WITH EASE				
					CAFE CHAT TIME				
					ALPHABET GAME				
					CAFE BOOK CLUB				
					GROCERY SHOPPING AT 1:30 PM				

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