

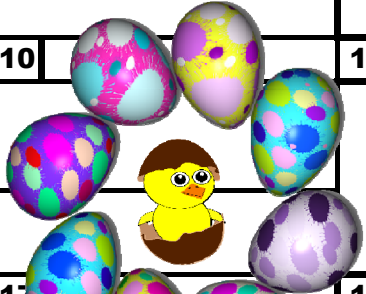


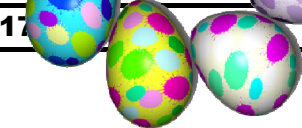
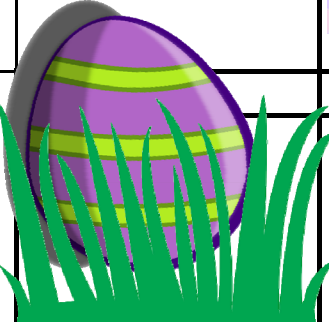

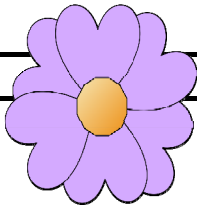


April

Caroline/King George Café

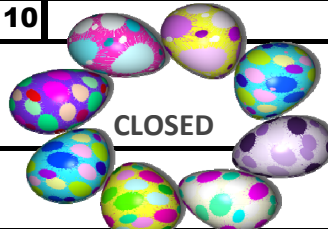
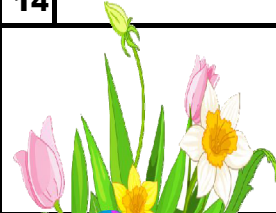
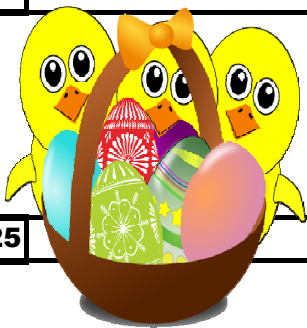


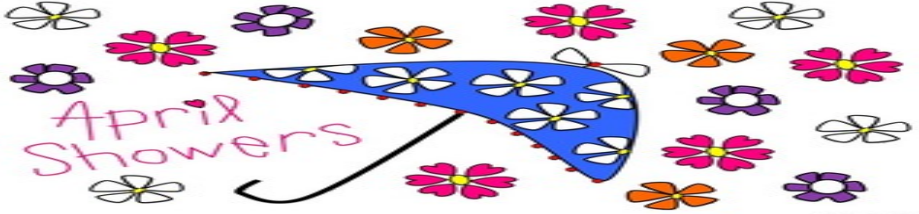



MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	4	Coffee & Chat	5	Coffee & Chat	6	7	Coffee & Chat
Happy Birthday 		Book Club Brain Games April Trivia Color Me Happy Nutrition	Exercise W/Mark Wii Bowling Journal Game of Choice <i>Grocery Trip</i>			Craft Café DJ/ Easter Sweets & Healthy Treats! <i>Bingo</i>	
10	11	Coffee & Chat	12	Coffee & Chat	13	14	Coffee & Chat
	Book Club Brain Games April This or That? Scattergories Nutrition	Exercise W/Mark Wii Bowling Senior Rocking Project <i>Grocery Trip</i>			Craft Café DJ/ Movie & Popcorn  <i>Bingo</i>		
17	18	Coffee & Chat	19	Coffee & Chat	21	21	Coffee & Chat
	Book Club Brain Games Cornhole Color Me Happy Nutrition	 Exercise W/Mark Wii Bowling Journal <i>Grocery Trip</i>			Craft Café DJ/  <i>Bingo</i>		
24	25	Coffee & Chat	26	Coffee & Chat	28	28	Trip out???
	Book Club Brain Games Craft Poetry Reading & Discussion Nutrition	Exercise W/Mark Wii Bowling Scrapbooking Color Me Happy <i>Grocery Trip</i>					



April 

Fredericksburg Café

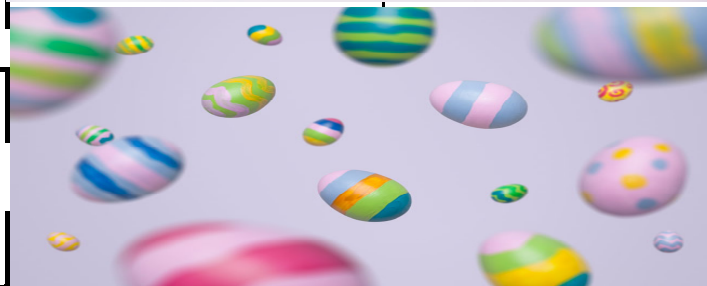
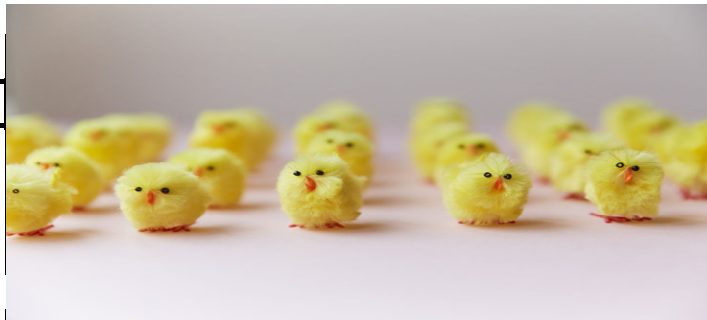
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Morning Mingle	4		5	Morning Mingle	6	Morning Mingle	7	
Exercise National Rainbow Day Create Butterflies & Rainbows Book Club Nutrition Time				National Walking Day Walk your way around the Café! Craft Café DJ/ Beverly S. <i>Easter Trivia & Word Scramble</i>		Exercise Wii Bowling Brain Games Bingo Grocery Trip			
10	 CLOSED	11		12	Morning Mingle	13	Morning Mingle	14	
				Exercise Craft Journal It! Senior Rocking Project Book Club		Exercise Thomas Jefferson Birthday DIY Plant Plant Appreciation Day Grocery Trip			
17	Morning Mingle	18		19	Morning Mingle	20	Morning Mingle	21	
Exercise Book Club Word Scramble Color Me Happy <i>Nutrition: World Hemophilia Day</i>				Exercise Craft Wii Bowling Café DJ/ Vivian Cornhole		Exercise Dominoes Friendly Fued Bingo Grocery Trip			
24	Morning Mingle	25		26	Morning Mingle	27		28	
Exercise Book Club Brain Games Scattergories <i>Nutrition: Pretzels vs Chips</i>				Exercise Craft Name that Thing?? National Pretzel Day <i>April Showers bring May Flowers</i>		Shopping at Gabes Lunch at Cracker Barrell			
							Happy  Birthday Mrs. Jean & Jimmy Mac		

April '23

Spotsylvania Café





MONDAY	
3	
Morning Exercise Decorate EASTER Tree MOVIE DAY	
10	
Morning Exercise Celebrate National Siblings Day w/ pictures	
17	
Morning Exercise <i>Journaling: Celebrating</i> <i>National Arab Heritage</i>	
Paint Day	
24	
Morning Exercise What's your favorite Vegetable BINGO	



THURSDAY		FRIDAY	
6		7	
Morning Exercise Nutrition Day Grocery Trip		Morning Exercise Easter Craft Day GAME DAY	
13		14	
CELEBRATE MONTHLY BIRTHDAYS Craft		Morning exercise Something about YOU BINGO	
20		21	
TRIP OUT		Morning Exercise MOVIE DAY with Popcorn	
27		28	
Morning Exercise Craft Grocery Trip		Morning exercise Mind Games Sip & Paint	

April '23

Stafford Café

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	ZUMBA CLASS	4		5	MEDITATION HOUR	6		7	CHAIR YOGA
	CAFÉ CHAT TIME			CAFÉ CHAT TIME		CAFÉ CHAT TIME			
	CRAFT TIME			CAFÉ BOOK CLUB		CAFÉ EASTER BRUCH			
	"EASTER DOOR SIGN"			"THIS DAY IN HISTORY"		EASTER EGG HUNT			
	GROUP WORD SEARCH CONTEST			SENIOR ROCKING PROJECT		"EASTER CARROT WREATH"			
				GROCERIES SHOPPING					
10	MEDITATION	11		12	TRIP OUT	14		DANCE CLASS	
	CAFÉ CHAT TIME			RIVERSIDE CENTER FOR THE PERFORMING ARTS SHOW & LUNCH				CAFÉ CHAT TIME	
	"CONTINUING JURNALING"							CAFÉ DJ HOUR	
	" SPRING PAGES"							HOST:MRS. ELIZABETH	
	" OUT REACH ACTIVITY"					"CHEF FOR A DAY ACTIVITY"			
17	CHAIR YOGA	18	19	BALL EXERCISE	21	MEDITATION HOUR			
	CAFÉ CHAT TIME			CAFÉ CHAT TIME		CAFÉ CHAT TIME			
	WII BOWLING			CAFÉ BOOK CLUB		CRAFT TIME			
	"COLOR ME HAPPY"			'SIP AND PAINT ACTIVITY'		"PERSONAL HERBS POTS"			
	SPRING FLOWERS			SPRING ART		EARTH DAY CELEBRATION			
				GROCERIES SHOPPING					
24	CHAIR YOGA	25	26	MEDITATION HOUR	28	BALL EXERCISE			
	CAFÉ CHAT TIME			CAFÉ CHAT TIME		CAFÉ CHAT TIME			
	PINK PANTHER DAY			CAFÉ MONTHLY		"QUILLING ACTIVITY"			
	WORK ON QUILTS			ACTIVITY GROUPS					
	"DEAL OR NO DEAL GAME"			GROCERIES SHOPPING		NUTRITION AND YOU			
	RECYCLE, USE, REPURPOSE					HEALTHY VEGGIES BINGO			

HAPPY EASTER