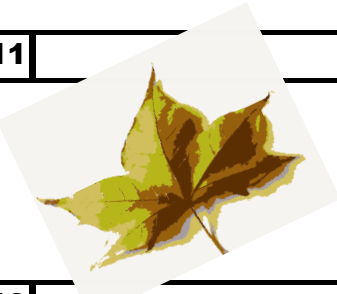

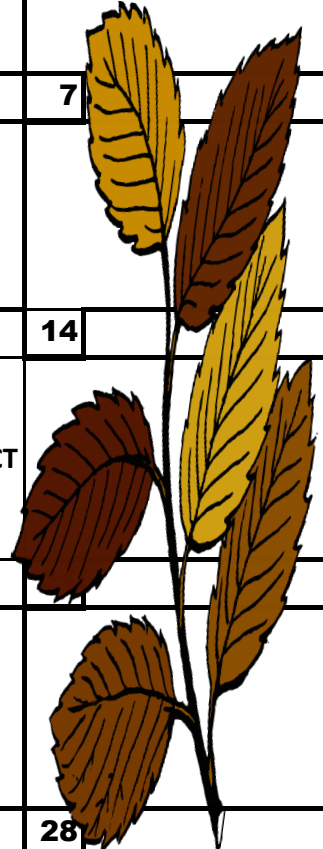




Caroline/King George Café




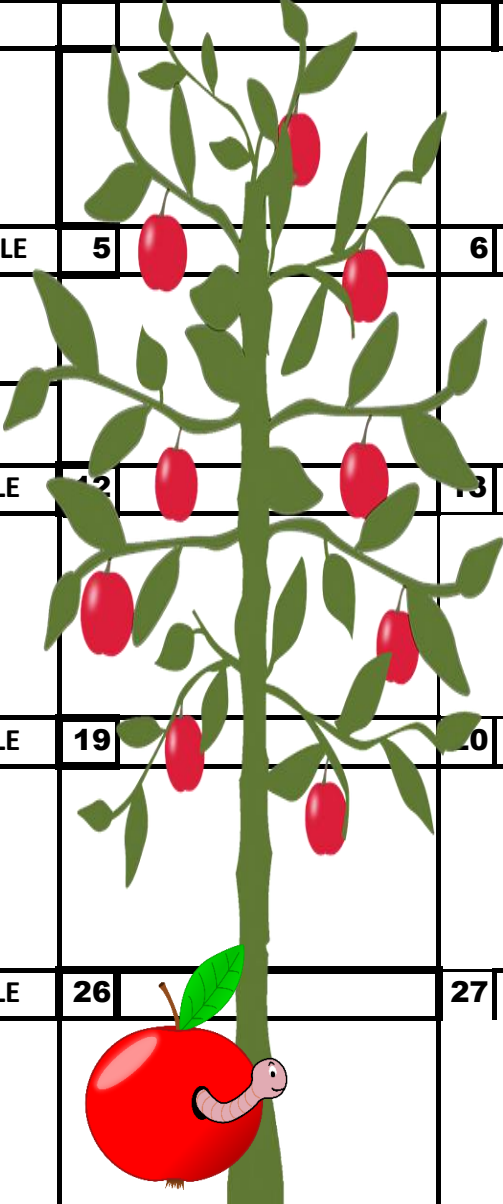

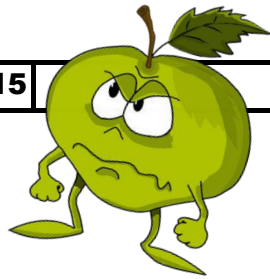
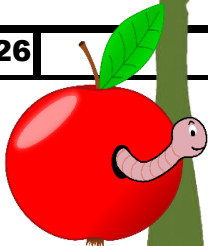
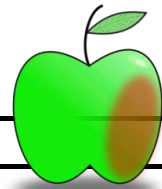
		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 COFFEE & CHAT
		HAPPY	BIRTHDAY		CRAFT NAME THAT THING? BALL TOSS
4		5 COFFEE & CHAT	6 COFFEE & CHAT	7	8 COFFEE & CHAT
		HOT TOPICS BOOK CLUB JOURNAL STILL ART CROSSWORD	EXERCISE COLOR ME HAPPY WII BOWLING GROCERY TRIP		CRAFT SCATTERGORIES BINGO
11		12 COFFEE & CHAT	13 COFFEE & CHAT	14	15 COFFEE & CHAT
		HOT TOPICS BOOK CLUB POETRY READ BRAIN GAMES GUESS WHO?	EXERCISE WII BOWLING SENIOR ROCKING PROJECT GROCERY TRIP		MOVIE & POPCORN CORNHOLE
18		19 COFFEE & CHAT	20 COFFEE & CHAT		22 COFFEE & CHAT
		HOT TOPICS BOOK CLUB JOURNAL NUTRITION LIBRARY DAY	EXERCISE COLOR ME HAPPY WII BOWLING GROCERY TRIP		CRAFT COGNITIVE WORKSHEET BINGO
25		26 COFFEE & CHAT	27 COFFEE & CHAT	28	29
		HOT TOPICS BOOK CLUB SIP & PAINT	EXERCISE WII BOWLING FIND THE PICTURE		TRIP OUT TO BE DECIDED



September '23







Fredericksburg Café



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
											
4	MORNING MINGLE			5		6	MORNING MINGLE	7	MORNING MINGLE		
EXERCISE HOT TOPICS BOOK CLUB						EXERCISE		COGNITIVE WORKSHEET COLOR ME HAPPY WII BOWLING			
FIND THE PICTURE BRAIN GAMES						CRAFT		BINGO GROCERY TRIP			
11	MORNING MINGLE			12		13	MORNING MINGLE	14	MORNING MINGLE	15	
EXERCISE HOT TOPICS BOOK CLUB JOURNAL TRIVIA						EXERCISE MOVIE & POPCORN NUTRITION		SCATTERGORIES SENIOR ROCKING PROJECT WII BOWLING GROCERY TRIP			
18	MORNING MINGLE			19		20	MORNING MINGLE	21	MORNING MINGLE	22	
EXERCISE HOT TOPICS BOOK CLUB WORD SCRAMBLE THIS OR THAT						EXERCISE PAINT & SIP LIBRARY DAY		POETRY READ BRAIN GAMES CORNHOLE BINGO GROCERY TRIP			
25	MORNING MINGLE	26		27	MORNING MINGLE	28		29			
EXERCISE HOT TOPICS BOOK CLUB JOURNAL TRIVIA				EXERCISE CROSSWORD CRAFT NUTRITION		TRIP OUT TO BE DECIDED		HAPPY BIRTHDAY VERN & TONY			

September '23










Stafford Café

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
								1		
				6	CAFÉ CHAT TIME			8	CAFÉ TRIP OUT FREDERICKSBURG TROLLEY LUNCH AT:	
		5		6	CAFÉ BOOK CLUB "CRAFT DAY" "APPLE KEYCHAINS" GROCERIES SHOPPING			8	CAFÉ CHAT TIME "CRAFT DAY" LET'S CREATE DAY "COASTERS" GETTING READY FOR FALL	
11	BINGOCIZE SESSION # 1	12		13	BINGOCIZE SESSION # 2 PINK PANTHER DAY CAFÉ BOOK CLUB CAFÉ CHAT TIME GROCERIES SHOPPING			15	CAFÉ CHAT TIME CAFÉ GROUPS QUILLING TECH, GARDENING CROCHET, PAINTING CHAIR DANCING	
	NUTRITION AND YOU "CHEF FOR A DAY" CAFÉ CHAT TIME				14	BINGOCIZE SESSION # 3 CONTINUE JOURNALING WII BOWLING GAME CAFÉ CHAT TIME				
18	BINGOCIZE SESSION # 3				20	BINGOCIZE SESSION # 4 SIP & PAINT CAFÉ BOOK CLUB CAFÉ CHAT TIME GROCERIES SHOPPING			22	HGAAA SOCK HOP EVENT
					21	BINGOCIZE SESSION # 4 SIP & PAINT CAFÉ BOOK CLUB CAFÉ CHAT TIME GROCERIES SHOPPING				
25	BINGOCIZE SESSION # 5 QUILLING ACTIVITY CAFÉ DJ HOST: MRS: MASON CAFÉ CHAT TIME				27	BINGOCIZE SESSION # 6 CAFÉ BOOK CLUB COLOR ME HAPPY ACTIVITY CAFÉ CHAT TIME GROCERIES SHOPPING			29	CAFÉ CHAT TIME END OF SUMMER PARTY TIE DYE GAMES FUN

September '23

Spotsylvania Café



		THURSDAY	FRIDAY
			1 Mix & Mingle
			Morning Exercise CELEBRATE BIRTHDAYS FAMILY FEUD 
4	Mix & Mingle Morning Exercise LIBRARY DAY 	7 Mix & Mingle	8 Mix & Mingle
		Morning Exercise Craft Day AFTER LUNCH WALK SHOPPING TRIP	Morning Exercise DAY AT THE MOVIES 
11	Mix & Mingle Morning Exercise NUTRITION DAY  AFTER LUNCH WALK	14 Mix & Mingle	15 Mix & Mingle
	Mix & Mingle	Morning Exercise Craft Day AFTER LUNCH WALK SHOPPING TRIP	Morning Exercise GAME DAY CORN HOLE, CHECKERS DOMINOS, PUZZLES CARDS, WII BOWLING
	Morning Exercise BINGO! AFTER LUNCH WALK 		
		TBD	Morning Exercise CELEBRATE FALL W/ HOT APPLE CIDER & DONUTS COLOR ME HAPPY NUTRITION DAY
25	Mix & Mingle Morning Exercise SCRAPBOOKING  AFTER LUNCH WALK	BIRTHDAYS EMILY 9/1 BUSHRA 9/1 	28 Mix & Mingle Morning Exercise Craft Day SHOPPING TRIP AFTER LUNCH WALK
			29 Mix & Mingle Morning Exercise SIP & PAINT  AFTER LUNCH WALK

