










CAROLINE CAFE

FEBRUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	COFFEE & CHAT MOVIE POPCORN NUTRITION FACTS BINGO
									
5		6	COFFEE & CHAT	7	COFFEE & CHAT	8		9	COFFEE & CHAT
		BOOK CLUB BLACK HISTORY MONTH QUOTES SCATTERGORIES		EXERCISE WITH MARK WII BOWLING JOURNAL GROCERY TRIP				LUNAR NEW YEAR PING PONG & FACTS ARTS & CRAFT BINGO	
12		13	COFFEE & CHAT	14	COFFEE & CHAT	15		16	COFFEE & CHAT
		VALENTINES DAY CELEBRATION PAINT & SIP 		EXERCISE WITH MARK WII BOWLING GROCERY TRIP <i>happy Valentine's day</i>				NUTRITION FACTS ARTS & CRAFT BINGO	
19	CLOSED	20	COFFEE & CHAT	21	COFFEE & CHAT	22		23	COFFEE & CHAT
		BOOK CLUB LEARN & PLAY MANCALA		EXERCISE WITH MARK WII BOWLING COLOR ME HAPPY GROCERY TRIP				TRIP OUT	
26	Location: King George Cafe	27	COFFEE & CHAT	28	COFFEE & CHAT	29			
		BOOK CLUB WORD SCRAMBLE NAME THAT FAMOUS PERSON		EXERCISE WITH MARK WII BOWLING SENIOR ROCKING PROJECT GROCERY TRIP					

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

Fredericksburg Baptist Church (3rd Floor)
 1019 Princess Anne St., Fredericksburg, VA
 22401
 (540) 220-1035 10AM to 2PM

FREDERICKSBURG CAFE







FEBRUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	MORNING MINGLE	2	
							MOVIE & POPCORN NUTRITION FACT GROCERY TRIP		
5	MORNING MINGLE EXERCISE BOOK CLUB WORD SCRAMBLE NAME THAT FAMOUS PERSON	6		7	MORNING MINGLE CHAIR DANCING WII BOWLING COLOR ME HAPPY NUTRITION FACT	8	MORNING MINGLE LUNAR NEW YEAR PING PONG GAME TRIVIA & CRAFTS GROCERY TRIP	9	
12	MORNING MINGLE EXERCISE BOOK CLUB SCATTERGORIES FAMOUS BLACK HISTORY MONTH QUOTES	13		14	MORNING MINGLE VALENTINES DAY CELEBRATION SCAVENGER HUNT NUTRITION FACT 	15	MORNING MINGLE CROSSWORD JOURNAL ARTS & CRAFTS GROCERY TRIP	16	
19	CLOSED 	20		21	MORNING MINGLE CHAIR YOGA WII BOWLING CAFE DJ (ROBERT) COLOR ME HAPPY TRIVIA NUTRITION FACT	22	MORNING MINGLE WORD SEARCH COLOR ME HAPPY ARTS & CRAFTS GROCERY TRIP	23	
26	Location: King George Cafe Black History Month Celebration	27		28	MORNING MINGLE CHAIR DANCING CORNHOLE & MUSIC BLACK HISTORY MONTH ROCK PAINTING GROCERY TRIP	29	MORNING MINGLE TRIP OUT		

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KING GEORGE CAFE









FEBRUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	MORNING MESSAGES MOMENT IN BLACK HISTORY DEMO NEW ARTS & CRAFTS *ARTS & CRAFTS LUNCH WRAP IT UP
5		6		7		8		9	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY JOURNALLING WEDNESDAY'S WARM UP ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				MORNING MESSAGES MOMENT IN BLACK HISTORY STORY TELLING LUNCH WRAP IT UP	
12		13		14		15		16	
		FAT TUESDAY MARDI GRAS CELEBRATION GAME DAY LUNCH WRAP IT UP		WELLNESS WEDNESDAY JOURNALLING WEDNESDAY'S WARM UP VALENTINE ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				MORNING MESSAGES MOMENT IN BLACK HISTORY ARTS & CRAFTS LUNCH WRAP IT UP	
19		20		21		22		23	
		MORNING MESSAGES PRESIDENT TRIVIA ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY JOURNALLING WEDNESDAY'S WARM UP ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				MORNING MESSAGES MOMENT IN BLACK HISTORY AT THE MOVIES LUNCH WRAP IT UP	
26	Location: King George Cafe	27		28		29			
Black History Month Celebration		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY JOURNALLING WEDNESDAY'S WARM UP ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP					

Marshall Center, Main Lounge
 8800 Courthouse Rd, Spotsylvania, VA 22553
 (540) 809-9056 10AM to 2PM

SPOTSYLVANIA CAFE





FEBRUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	MIX & MINGLE	2	MIX & MINGLE
 HAPPY BIRTHDAY JOYCE - 9						NUTRITION PROGRAM CHAIR YOGA MRS. FREDDIE PRAYER A SAND IN TIME CRAFT GROCERY SHOPPING TRIP		CHAIR YOGA BLACK HISTORY MONTH QUOTES 	
5	MIX & MINGLE	6		7		8	MIX & MINGLE	9	CLOSED
MRS. LEE POEM CHAIR YOGA NUTRITION DAY MEDICINE CABINET MONDAY 						MRS. FREDDIE PRAYER CHAIR YOGA NUTRITION PROGRAM CELEBRATE BIRTHDAYS GROCERY SHOPPING TRIP 			
12	MIX & MINGLE	13		14		15	MIX & MINGLE	16	CLOSED
CHAIR YOGA MEDICINE CABINET MONDAY MR. AVERY "MOMENT IN TIME" VALENTINE TIME CRAFT DAY SHOW YOUR LOVE "WEAR RED"						TRIP OUT TBD			
19	CLOSED	20		21		22	MIX & MINGLE	23	MIX & MINGLE
 PRESIDENTS DAY						NUTRITION PROGRAM CHAIR YOGA CRAFT DAY GROCERY SHOPPING TRIP		CHAIR YOGA SIP & PAINT NAME THAT FAMOUS PERSON MR AVERY "A MOMENT IN LIFE"	
26	Location: King George Cafe	27		28		29	MIX & MINGLE		
Black History Month Celebration						NUTRITION PROGRAM CHAIR YOGA GROCERY SHOPPING TRIP CRAFT DAY SCRAPBOOKING			

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STAFFORD CAFE

FEBRUARY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1		2	
								WALK WITH EASE PROGRAM	
								CAFE CHAT TIME "BLACK HISTORY MONTH" "ARTS ACTIVITY" "CHEF FOR A DAY"	
5		6		7		8		9	
WALK WITH EASE PROGRAM				WALK WITH EASE PROGRAM				WALK WITH EASE PROGRAM	
CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME	
"WAY BACK FASHION SHOW"				CAFE BOOK CLUB "CONTINUE JOURNALING"				"CHINESE NEW YEAR" "YEAR OF THE DRAGON" "ACTIVITY"	
"THIS DAY IN HISTORY"				GROCERIES SHOPPING TRIP					
12		13		14		15		16	
WALK WITH EASE PROGRAM		HAPPY VALENTINE'S DAY 		WALK WITH EASE PROGRAM				CAFE TRIP OUT	
CAFE CHAT TIME				CAFE CHAT TIME				"T.J. MAXX"	
"SIP & PAINT ACTIVITY" "NUTRITION & YOU"				CAFE VALENTINES DAY CELEBRATE				"BURLINGTON STORE"	
				GROCERIES SHOPPING TRIP				LUNCH: RED LOBSTER	
19	CLOSED	20		21		22		23	
				WALK WITH EASE PROGRAM				WALK WITH EASE PROGRAM	
				CAFE CHAT TIME				CAFE CHAT TIME	
				CAFE BOOK CLUB "COLOR ME HAPPY"				"CAFE CRAFT DAY"	
				GROCERIES SHOPPING TRIP					
26	Location: King George Cafe	27		28		29			
Black History Month Celebration				WALK WITH EASE PROGRAM				WALK WITH EASE PROGRAM	
				CAFE CHAT TIME				CAFE CHAT TIME	
				"CAFE CRAFT DAY"				"CAFE CRAFT DAY"	
				GROCERIES SHOPPING TRIP					

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