


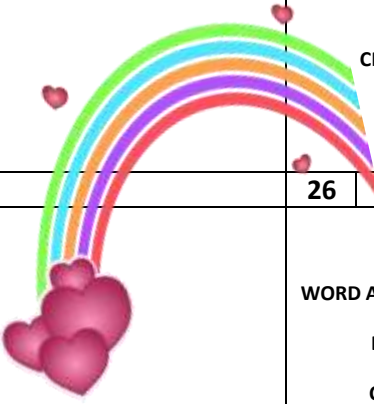



CAROLINE CAFE

MARCH 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	COFFEE & CHAT TIME
									CRAFTING CORNER AROUND THE WORLD (IRELAND) CORNHOLE
4		5	COFFEE & CHAT TIME	6	COFFEE & CHAT TIME	7		8	COFFEE & CHAT TIME
			BOOK CLUB HOT TOPICS!!! WORD SCRAMBLE BRAIN GAME CAFÉ DJ (GLENN)		EXERCISE W/ MARK WII BOWLING COLOR ME HAPPY GROCERY SHOPPING TRIP				CRAFTING CORNER TRIVIA BINGO
11		12	COFFEE & CHAT TIME	13	COFFEE & CHAT TIME	14		15	COFFEE & CHAT TIME
			BOOK CLUB HOT TOPICS!!! WORD SEARCH COLOR ME HAPPY CAFÉ DJ (TRACY)		EXERCISE W/ MARK WII BOWLING SENIOR ROCKING PROJECT GROCERY SHOPPING TRIP				ST PATRICK'S DAY LUNCH & SCAVENGER HUNT
18		19	COFFEE & CHAT TIME	20	COFFEE & CHAT TIME	21		22	COFFEE & CHAT TIME
			BOOK CLUB HOT TOPICS!!! CROSSWORD PUZZLE BRAIN GAME CAFÉ DJ (RUBY)		EXERCISE W/ MARK WII BOWLING JOURNAL TOPIC GROCERY SHOPPING TRIP				MOVIE & POPCORN BALL TOSS
25		26	COFFEE & CHAT TIME	27	COFFEE & CHAT TIME	28		29	
			BOOK CLUB HOT TOPICS!!! WORD ASSOCIATION WORKSHEET GUESS WHO?? EASTER EGG HUNT  CAFÉ DJ (LAVERNE)		EXERCISE W/MARK WII BOWLING JOURNAL TOPIC(GOOD FRIDAY) GROCERY SHOPPING TRIP				TRIP OUT

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








MARCH 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	
4	MORNING MINGLE EXERCISE HOT TOPICS BOOK CLUB AROUND THE WORLD (IRELAND) ST. PATRICK'S DAY WORD SCRAMBLE CAFE DJ (MRS MARIE)	5		6	MORNING MINGLE CHAIR DANCING NUTRITION JOURNAL COLOR ME HAPPY BRAIN GAMES	7	MORNING MINGLE WII BOWLING CRAFT CORNER BINGO GROCERY SHOPPING TRIP	8	
11	MORNING MINGLE EXERCISE HOT TOPICS BOOK CLUB ST. PATRICK'S DAY CROSSWORD PUZZLE CAFE DJ (EARTHLY)	12		13	MORNING MINGLE CHAIR YOGA SCATTERGORIES SENIOR ROCKING PROJECT GROCERY SHOPPING TRIP	14	MORNING MINGLE ST. PATRICK'S DAY LUNCH & SCAVENGER HUNT BALL TOSS	15	
18	MORNING MINGLE EXERCISE HOT TOPICS BOOK CLUB COGNITIVE WORKSHEET GUESS WHO?? CAFE DJ (TONY)	19		20	MORNING MINGLE CHAIR DANCING NUTRITION JOURNAL COLOR ME HAPPY TRIVIA	21	MORNING MINGLE CRAFT CORNER CORNHOLE	22	
25	MORNING MINGLE EXERCISE HOT TOPICS BOOK CLUB WORD ASSOCIATION WORKSHEET CAFE DJ (DEBRA)	26		27	MORNING MINGLE MOVIE & POPCORN EASTER EGG HUNT 	28	TRIP OUT	29	

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MONDAY		TUESDAY		WEDNESDAY		FRIDAY	
						1	MORNING MESSAGES DEMO NEW ARTS & CRAFTS *Arts & Crafts LUNCH WRAP IT UP!
4		5	MORNING MESSAGES WHAT'S NEWS ARTS & CRAFTS LUNCH WRAP IT UP	6	WELLNESS WEDNESDAY Wednesday's Warm Ups JOURNALLING ARTS & CRAFTS LUNCH WRAP IT UP! GROCERY TRIP	7	
						8	MORNING MESSAGES GAME DAY LUNCH WRAP IT UP!
11		12	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	13	WELLNESS WEDNESDAY Wednesday's Warm Ups DID YOU KNOW?? ARTS & CRAFTS LUNCH WRAP IT UP! GROCERY TRIP	14	
						15	MORNING MESSAGES MANAGER'S CHOICE COLOR ME HAPPY LUNCH WRAP IT UP!
18		19	MORNING MESSAGES MUSIC MANIA ARTS & CRAFTS LUNCH WRAP IT UP	20	WELLNESS WEDNESDAY Wednesday's Warm Ups ARTS & CRAFTS LUNCH WRAP IT UP! GROCERY TRIP	21	
						22	 LUNCH WRAP IT UP!
25		26	MORNING MESSAGES BE A BETTER YOU ARTS & CRAFTS LUNCH WRAP IT UP	27	WELLNESS WEDNESDAY Wednesday's Warm Ups JOURNALLING ARTS & CRAFTS LUNCH WRAP IT UP! GROCERY TRIP	28	
						29	ACTS OF KINDNESS 

SPOTSYLVANIA CAFE

MARCH 2024

MONDAY		THURSDAY		FRIDAY		
				1	MIX & MINGLE MORNING EXERCISE MRS FREDDIE PRAYER	
MARCH BIRTHDAY BARBARA JOHNSON- 3/15 					SKIP BOO, KING IN THE CORNER SCRABBLE, DOMINOS LET'S GO TO THE LIBRARY "IT'S TIME TO READ A BOOK"	
4	MIX & MINGLE MORNING EXERCISE MEDICINE CABINET MONDAY SCRAPPBOOKING RED BOOK ACTIVITY		7	MIX & MINGLE MORNING EXERCISE CRAFT DAY COLOR ME HAPPY	8	MIX & MINGLE MORNING EXERCISE 
11	MIX & MINGLE MORNING EXERCISE MEDICINE CABINET MONDAY MRS. LEE POEM  ST PATRICK DAY CRAFT LET'S WEAR GREEN		14	MIX & MINGLE MORNING EXERCISE EASTER PROJECT WORD SEARCH & TRIVIA GROCERY SHOPPING	15	MIX & MINGLE MORNING EXERCISE MR AVERY "A MOMENT IN TIME" CELEBRATE BIRTHDAYS 
18	MIX & MINGLE MORNING EXERCISE Medicine Cabinet Monday MRS FREDDIE PRAYER LIBRARY DAY "TIME TO READ A BOOK" 		21	TRIP OUT TDB	22	MIX & MINGLE MORNING EXERCISE TIME FOR POPCORN MOVIE DAY 
25	MIX & MINGLE MORNING EXERCISE MEDICINE CABINET MONDAY IF THE PRICE IS RIGHT  MR AVERY "A MOMENT IN TIME"		28	MIX & MINGLE MORNING EXERCISE MRS LEE POEM SIP & PAINT GROCERY SHOPPING EASTER DESSERT	29	MIX & MINGLE MORNING EXERCISE "ITS TIME TO SING" TO KARAOKE EASTER EGG HUNT 

STAFFORD CAFE

MARCH 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	WALK WITH EASE PROGRAM
									CAFE CHAT TIME
									CAFE CRAFT DAY "WINE GLASS BUNNY"
4		5		6				8	
VIRGINIA COOPERATIVE EXTENSION PRESENTATION "HEALTHY EATING" CAFE CHAT TIME				WALK WITH EASE PROGRAM				TRIP OUT	
WALK WITH EASE PROGRAM				CAFE CHAT TIME CAFE BOOK CLUB "COLOR ME HAPPY ACTIVITY"				DOLLAR TREE STORE	
				GROCERIES SHOPPING TRIP				GOOD WILL STORE	
								LUNCH: SUPER RICO RESTAURANT	
11		12		13		14		15	
VISITING FREDERICKSBURG CAFE				WALK WITH EASE PROGRAM				WALK WITH EASE PROGRAM	
WALK WITH EASE PROGRAM CAFE CHAT TIME PINK PANTHER DAY				CAFE CHAT TIME CAFE BOOK CLUB CAFÉ DJ: MR. ROBERT				CAFE CHAT TIME CAFE CRAFT DAY "ST PATRICK'S SHAMROCKS"	
				GROCERIES SHOPPING TRIP				SAINT PATRICK'S DAY PARTY!	
18		19		20		21		22	
CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME	
WII BOWLING GAME CONTINUING JOURNALING ACTIVITY				CAFE BOOK CLUB SIP AND PAINT ACTIVITY "HOT TOPIC" "WHAT IS HAPPINESS"				"WORLD POETRY DAY" FAVORITE POEMS	
CHAIR DANCING				GROCERIES SHOPPING TRIP				CHAIR YOGA	
25		26		27				29	
CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME CAFE CRAFT DAY "DECOUPAGE EGG DECORATING"	
CAFE GROUP ACTIVITIES DRAWING, TECH, QUILLING CROCHET, GARDENING				CAFE BOOK CLUB				"CAFÉ EASTER BRUNCH"	
CHAIR YOGA				"THE PRICE IS RIGHT GAME"				"EASTER EGG HUNT"	
				MEDITATION GROCERIES SHOPPING TRIP					

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