

# CAROLINE CAFE



**JULY 2024**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2	COFFEE & CHAT	3	COFFEE & CHAT			5	COFFEE & CHAT
			BOOK CLUB WELLNESS TIP WORD SCRAMBLE		WII BOWLING EXERCISE W/MARK SENIOR ROCKING PROJECT GROCERY TRIP				ARTS & CRAFTS  BINGO
8		9	COFFEE & CHAT	10	COFFEE & CHAT	11		12	COFFEE AND CHAT
			BOOK CLUB  PAINT & SIP  THIS OR THAT?		WII BOWLING EXERCISE W/MARK COLOR ME HAPPY GROCERY TRIP				ARTS & CRAFTS  CORNHOLE
		15		16	COFFEE & CHAT	17	COFFEE & CHAT	18	
			BOOK CLUB NAME 5 THINGS.....? SCATTERGORIES		WII BOWLING EXERCISE W/MARK PICTURE IN A PICTURE GROCERY TRIP				ARTS & CRAFTS  NAME THAT TUNE
		22		23	COFFEE & CHAT	24	COFFEE & CHAT	25	
			BOOK CLUB 2 TRUTHS AND A LIE TRIVIA		WII BOWLING EXERCISE W/MARK CROSSWORD PUZZLE GROCERY TRIP				TRIP OUT??
		29		30	COFFEE & CHAT	31	COFFEE & CHAT		
			BOOK CLUB STILL ART WORD SCRAMBLE		WII BOWLING EXERCISE W/MARK COLOR ME HAPPY				


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



**JULY 2024**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	MORNING MINGLE	2		3	MORNING MINGLE	4		5	
BOOK CLUB MOVE YOUR BODY MONDAY SENIOR ROCKING PROJECT				WELLNESS WEDNESDAY  PAINT & SIP  GROCERY TRIP					
8	MORNING MINGLE	9		10	MORNING MINGLE	11	MORNING MINGLE	12	
BOOK CLUB CHAIR DANCING COLOR ME HAPPY				WELLNESS WEDNESDAY CHEF OF THE DAY STRANGE TRIVIA FACTS		ARTS & CRAFTS  CORNHOLE GROCERY TRIP			
15	MORNING MINGLE	16		17	MORNING MINGLE	18	MORNING MINGLE	19	
BOOK CLUB MUSIC MONDAY 2 TRUTHS & A LIE				WELLNESS WEDNESDAY WORD SCRAMBLE CLEAN SUPPLY BOXES		ARTS & CRAFTS  BINGO GROCERY TRIP			
22	MORNING MINGLE	23		24	MORNING MINGLE	25		26	
BOOK CLUB MOTIVATIONAL MONDAY COLOR ME HAPPY				WELLNESS WEDNESDAY JOURNALING THIS OR THAT??		TRIP OUT?			
20	MORNING MINGLE	30		31	MORNING MINGLE				
MOVIE & POPCORN				WELLNESS WEDNESDAY NAME THAT TUNE					

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



**JULY 2024**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		2		3		4		5	
		RETURN TO CAFE <b>"WHAT'S BEEN HAPPENING?!!!"</b>  LUNCH  WRAP IT UP	WELLNESS WEDNESDAY JOURNALLING NUTRIENT LUNCH WRAP IT UP GROCERY TRIP			IT'S <b>MOVIE TIME</b>  LUNCH  WRAP IT UP			
		8	9	10	11	12			
		MORNING MESSAGES  ARTS & CRAFTS  WRAP IT UP	WELLNESS WEDNESDAY  ARTS & CRAFTS  WRAP IT UP GROCERY TRIP			MORNING MESSAGES  GAME DAY LUNCH  WRAP IT UP			
		15	16			17	19		
		MORNING MESSAGES  ARTS & CRAFTS LUNCH  WRAP IT UP	WELLNESS WEDNESDAY  ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP			MORNING MESSAGES COLOR ME HAPPY  LUNCH  WRAP IT UP			
		22	23	24	26				
		MORNING MESSAGES  ARTS & CRAFTS LUNCH  WRAP IT UP	WELLNESS WEDNESDAY  ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP	MORNING MESSAGES  LUNCH  WRAP IT UP					
		29	30	31					
		MORNING MESSAGES  ARTS & CRAFTS LUNCH  WRAP IT UP	WELLNESS WEDNESDAY JOURNALLING ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP						

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

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

# SPOTSYLVANIA CAFE











**JULY 2024**

MONDAY			THURSDAY	FRIDAY
1	MIX & MINGLE MORNING EXERCISE		4	5
8	MIX & MINGLE MORNING EXERCISE		11	12
15	MIX & MINGLE MORNING EXERCISE		18	19
22	MIX & MINGLE MORNING EXERCISE		25	26
29	MIX & MINGLE MORNING EXERCISE			

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# STAFFORD CAFE

# JULY 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	WALK WITH EASE CAFE CHAT TIME  CAFE CRAFT DAY "AMERICANA WREATH"  "CHEF FOR A DAY" "4TH OF JULY IDEAS"	2		3	MATTER OF BALANCE (4) CAFE CHAT TIME CAFE BOOK CLUB  GROCERIES SHOPPING	4		5	<b>TAI CHI FOR ARTHRITIS</b> CAFE CHAT TIME  WII BOWLING GAME  COLOR ME HAPPY ACTIVITY "SUMMER SCENES"
8	<b>TAI CHI FOR ARTHRITIS</b> CAFE CHAT TIME  CAFE CRAFT DAY <b>TIE DYE BUCKET HATS</b>  "OUTREACH ACTIVITY"			10	MATTER OF BALANCE (5) CAFE CHAT TIME CAFE BOOK CLUB  GROCERIES SHOPPING			12	WALK WITH EASE CAFE CHAT TIME  JOURNALING ACTIVITY "WRITING POEMS"  CAFE DJ: MRS. PAT
15	TRIP OUT  TBD			17	MATTER OF BALANCE (6) CAFE CHAT TIME CAFE BOOK CLUB <b>PINK PANTHER DAY</b>  GROCERIES SHOPPING	18		19	<b>TAI CHI FOR ARTHRITIS</b> CAFE CHAT TIME  SCRAPBOOKING ACTIVITY "SUMMER PAGES"  RECYCLE PROJECTS
22	WALK WITH EASE CAFE CHAT TIME  SIP AND PAINT  "FLAMINGO DAY" ALL ABOUT FLAMINGOS	23		24	MATTER OF BALANCE (7) CAFE CHAT TIME CAFE BOOK CLUB  GROCERIES SHOPPING	25		26	<b>TAI CHI FOR ARTHRITIS</b> CAFE CHAT TIME  CAFE CRAFT DAY <b>SENIOR ROCKING ACTIVITY</b> "ROCK PETS"
29	<b>TAI CHI FOR ARTHRITIS</b> CAFE CHAT TIME CAFE GROUPS TECH GARDENING QUILLING CROCHET DRAWING/PAINTING	30		31	MATTER OF BALANCE (8) CAFE CHAT TIME CAFE BOOK CLUB  GROCERIES SHOPPING				