

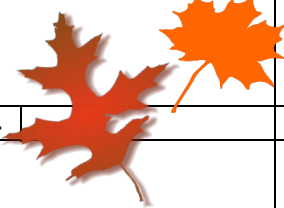


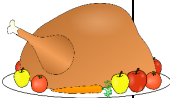
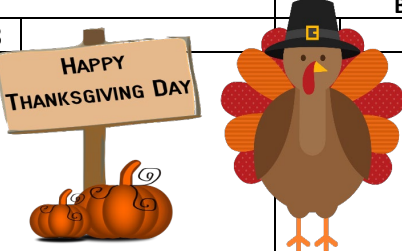




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	COFFEE & CHAT
									WORD SCRAMBLE FRIENDLY FUED CAFE DJ (GLENN) BINGO
4		5		6	COFFEE & CHAT	7		8	COFFEE & CHAT
			TRIP OUT ROSES DEPARTMENT STORE LUNCH AT CAPTAIN D'S ELECTION DAY!!		WII BOWLING EXERCISE W/MARK COLOR ME HAPPY GROCERY TRIP				JOURNAL PAINT & SIP CORNHOLE
11		12	COFFEE & CHAT	13	COFFEE & CHAT	14		15	COFFEE & CHAT
	VETERAN'S DAY		NUTRITION W/LAUREN FROM THE VA COOPERATIVE EXTENTION BOOK CLUB KG CAFE VISITS		WII BOWLING EXERCISE W/MARK SENIOR ROCKING PROJECT GROCERY TRIP				RECIPE OF THE MONTH FREE DRAW THANKSGIVING CROSSWORD KG CAFE VISITS
18		19	COFFEE & CHAT	20	COFFEE & CHAT	21		22	COFFEE & CHAT
			NUTRITION W/LAUREN FROM THE VA COOPERATIVE EXTENTION THANKSGIVING EDITION "THIS OR THAT?" SCATTERGORIES		WII BOWLING EXERCISE W/MARK THANKSGIVING EDITION "MAD LIBS" GROCERY TRIP				MOVIE & POPCORN BINGO
25		26	COFFEE & CHAT	27		28			
			NUTRITION W/LAUREN FROM THE VA COOPERATIVE EXTENTION THANKSGIVING DESSERT WII BOWLING GROCERY TRIP						

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



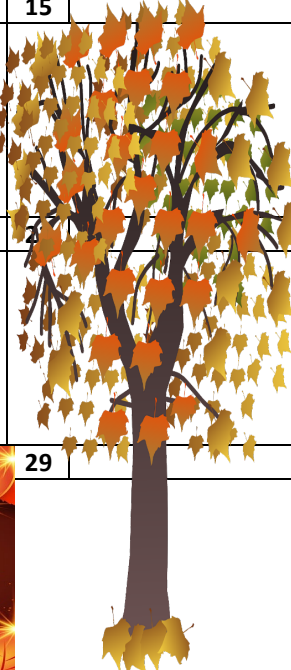

Fredericksburg Baptist Church (3rd Floor)
 1019 Princess Anne St., Fredericksburg, VA
 22401
 (540) 220-1035 10AM to 2PM

FREDERICKSBURG CAFE



NOVEMBER 2024





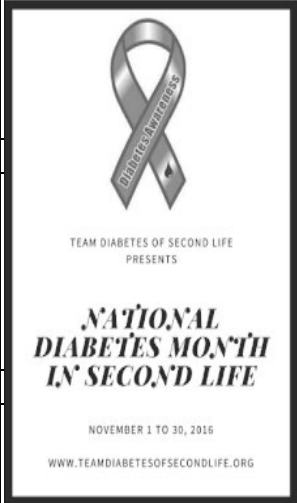


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	
									
4	MORNING MINGLE	5		6		7	MORNING MINGLE	8	
	MOVIE & POPCORN BOOK CLUB				TRIP OUT TO ROSES & LUNCH AT AROUND THE TABLE		ARTS & CRAFTS GROCERY TRIP		
11	VETERAN'S DAY	12		13	MORNING MINGLE	14	MORNING MINGLE	15	
					MOB EXERCISE JOURNAL SENIOR ROCKING PROJECT		ARTS & CRAFTS GROCERY TRIP		
18	MORNING MINGLE	19		20	MORNING MINGLE	21	MORNING MINGLE	22	
	MONDAY MEDITATION THANKSGIVING EDITION "WORD SCRAMBLE" BOOK CLUB				CHAIR YOGA WELLNESS WEDNESDAY SIP & PAINT		ARTS & CRAFTS GROCERY TRIP		
25	MORNING MINGLE	26						29	
	THANKSGIVING EDITION "SCATTERGORIES" ROTARY CLUB VISITING GROCERY TRIP								

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King George Citizen Center
 8076 Kings Highway, King George, VA 22485
 (540) 273-8210 10AM to 2PM

KING GEORGE CAFE

NOVEMBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
								1			
LUNG CANCER AWARENESS MONTH						DON'T FORGET TO SET YOUR CLOCK BACK ONE HOUR ON SUNDAY! OR 100 YEARS IF YOU'RE A REPUBLICAN!		MORNING MESSAGES GAME DAY LUNCH WRAP IT UP			
4		5		6		7		8			
		MORNING MESSAGES NEW BUSINESS ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				MORNING MESSAGES ARTS AND CRAFTS LUNCH WRAP IT UP			
11		12		13				15			
		TRIP OUT SAMUEL SMOOT LIBRARY MOVIE TIME & LUNCH @ UNCLE DAVE'S		TRIP OUT KG YMCA & LUNCH GROCERY TRIP				TRIP OUT KG CAFE VISITS CAROLINE CAFE			
18		19		20				22			
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		TRIP OUT HOLIDAY SHOPPING & LUNCH AT IHOP				MORNING MESSAGES WHAT CHA WANNA DO? LUNCH WRAP IT UP			
25		26						28		29	
ENJOY YOUR THANKSGIVING HOLIDAY								SEE YOU TUESDAY, DECEMBER 3, 2024			

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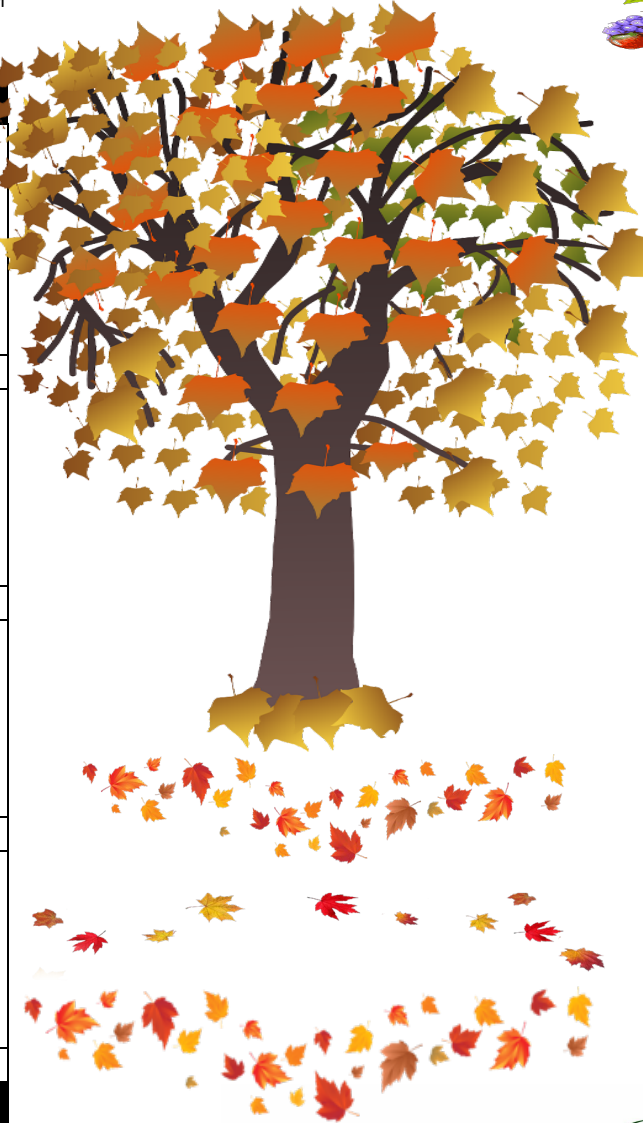
Marshall Center, Main Lounge
 8800 Courthouse Rd, Spotsylvania, VA 22553
 (540) 809-9056 10AM to 2PM

SPOTSYLVANIA CAFE



NOVEMBER 2024

MONDAY	
NOVEMBER BIRTHDAYS BRENDA TERRELL - 1 DEBORAH SCOTT - 5 MARY GHEE - 10 JENITA LEWIS - 17 JEAN DYSON - 21 CAROLYN JOHNSON - 27 VERA FAULKNER - 29	
4	MIX & MINGLE LIFT EXERCISES W/ APRIL MRS. LEE'S POEM TRIVIA DAY LIBRARY DAY POISON SAFTEY SPEAKER @ 1pm
11	CLOSED
18	MIX & MINGLE MORNING EXERCISE
25	CLOSED



THURSDAY		FRIDAY	
		1	MIX & MINGLE MORNING EXERCISE MRS. FREDDIE'S PRAYER
7	MIX & MINGLE MORNING EXERCISE COLOR ME HAPPY CONTINUOUS SCRAPPING GROCERY SHOPPING DAY EARLY CLOSED FOR S & R MTG	8	MIX & MINGLE MORNING EXERCISE MR AVERY A MOMENT IN TIME CRAFT DAY
14	LIFT EXERCISES W/ APRIL CRAFT DAY MRS. LEE'S POEM GROCERY SHOPPING DAY	15	MIX & MINGLE MORNING EXERCISE SKIP BOO, SHUFFLE BOARD DOMINOS. COLORING KING IN THE CORNER WII BOWLING
21	TRIP OUT ROSES DEPT STORE IN ASHLAND LUNCH AT CRACKER BARREL	22	MIX & MINGLE MORNING EXERCISE MRS. FREDDIE'S PRAYER CONTINUOUS SCRAP BOOKING CRAFT DAY
28	CLOSED	29	CLOSED



Happy Thanksgiving





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Rowser Building
 1739 Richmond Highway, Stafford, VA 22554
 (540) 220-0587 10AM to 2PM

STAFFORD CAFE

NOVEMBER 2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	TAI CHI WALK WITH EASE CAFE CRAFT DAY
4	BINGOCIZE (15) CAFÉ CRAFT DAY COLOR ME HAPPY PINK PANTHER DAY	5		6	BINGOCIZE (16) CAFE CHAT TIME CAFE BOOK CLUB GROCERIES SHOPPING	7		8	TRIP OUT ROSES DEPARTMENT STORE ASHLAND LUNCH: CRACKER BAREL
	 VETERANS DAY	12		13	BINGOCIZE (17) CAFE CHAT TIME CAFE BOOK CLUB GROCERIES SHOPPING	14		15	BINGOCIZE (18) CONTINUING ACTIVITIES SCRAPBOOKING SMASH BOOKS JOURNALING
18	BINGOCIZE (19) CAFÉ GROUPS DRAWING, GARDENING TECH, QUILTING CROCHET	19		20	BINGOCIZE (20) CAFE CHAT TIME CAFE BOOK CLUB GROCERIES SHOPPING	21		22	CAFE 10TH THANKSGIVING BRUNCH CAFÉ CRAFT DAY
25	CLOSED	26		 Happy Thanksgiving				29	CLOSED

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