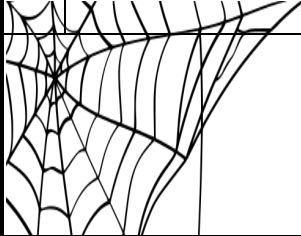

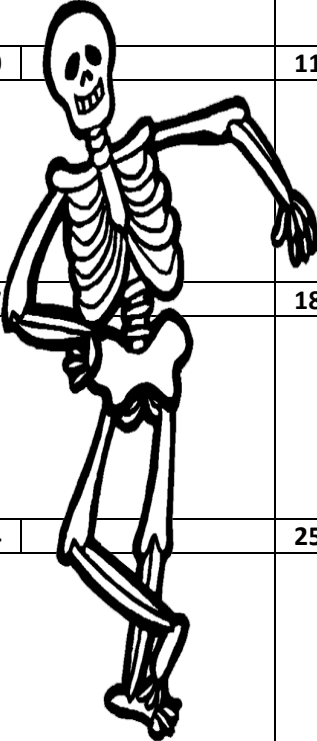
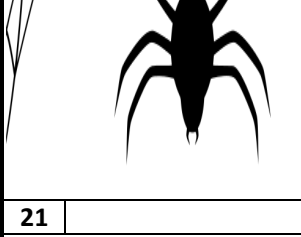
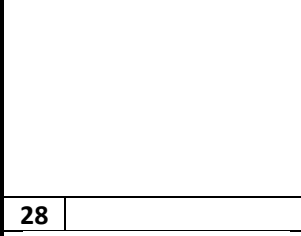


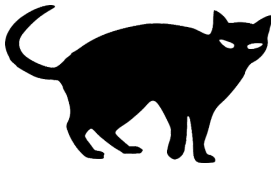




# Caroline Cafe *October* 2024


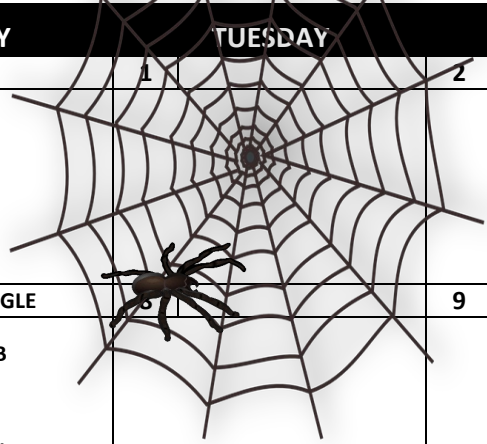



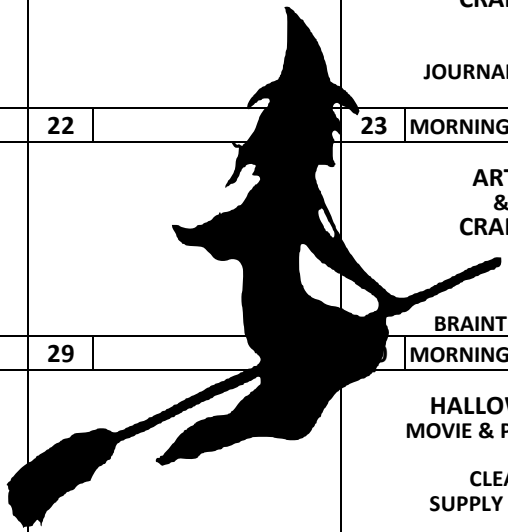
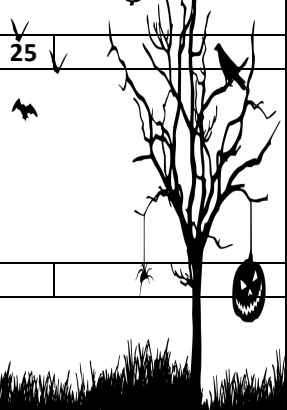

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 COFFEE & CHAT	2 COFFEE & CHAT	3	4 COFFEE & CHAT
	ARTS & CRAFT BRAINTEASER TUESDAY BOOK CLUB OCTOBER RECIPE	EXERCISE W/MARK WII BOWLING COLOR ME HAPPY GROCERY TRIP		CAFE BUSINESS CROCKTOBER RECIPE  CORNHOLW
	8	9 COFFEE & CHAT	10	11 COFFEE & CHAT
	TRIP OUT LUNCH AT CRACKER BARREL AT SOUTHPOINT	EXERCISE W/MARK WII BOWLING SENIOR ROCKING PROJECT GROCERY TRIP		BOOK CLUB ARTS & CRAFTS BINGO
14	15 COFFEE & CHAT	16 COFFEE & CHAT		18 COFFEE & CHAT
	ARTS & CRAFT HALLOWEEN THIS OR THAT? BRAINTEASER TUESDAY BOOK CLUB CONNECT 8 WORD GAME	EXERCISE W/MARK WII BOWLING JOURNAL TOPIC GROCERY TRIP		CROCKTOBER RECIPE HALLOWEEN SCATTERGORIES  CORNHOLE
	21	22 COFFEE & CHAT	23 COFFEE & CHAT	25 COFFEE & CHAT
	SIP & PAINT PUMPKINS HALLOWEEN WORD SCRAMBLE NUTRITION	EXERCISE W/MARK WII BOWLING CROSSWORD PUZZLE GROCERY TRIP		ARTS & CRAFTS CROCKTOBER RECIPE BINGO
	28	29	30 COFFEE & CHAT	31
	CLOSED TO ATTEND FRED CAFE FOR HALLOWEEN PARTY THURSDAY	EXERCISE W/MARK WII BOWLING COLOR ME HAPPY GROCERY TRIP	HALLOWEEN PARTY AT FRED CAFE 	

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 *October* 2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2	MORNING MINGLE	3	MORNING MINGLE	4	
					ARTS & CRAFTS		HALLOWEEN THIS OR THAT?		
					JOURNAL TOPIC		OCTOBER RECIPE		
							CARD GAME		
7	MORNING MINGLE			9	MORNING MINGLE	10	MORNING MINGLE	11	
	BOOK CLUB				ARTS & CRAFTS		HALLOWEEN SCATTERGORIES		
	EXERCISE						NAME THAT CANDY?		
	NUTRITION				BRAINTEASER		WII BOWLING		
							GROCERY SHOPPING		
14		15		16	MORNING MINGLE	17		18	
	<b>CLOSED</b> IN OBSERVATION OF COLUMBUS DAY 				ARTS & CRAFTS		TRIP OUT TO ROSIE'S GAMING EMPORIUM		
					JOURNAL TOPIC		VINNY'S FOR LUNCH		
21	MORNING MINGLE	22		23	MORNING MINGLE	24	MORNING MINGLE	25	
	CHAIR EXERCISES				ARTS & CRAFTS		HALLOWEEN CONNECT 8 WORD GAME		
	BOOK CLUB						BINGO		
	HALLOWEEN WORD SCRAMBLE				BRAINTEASER		GROCERY SHOPPING		
	CAFÉ DJ								
28	MORNING MINGLE	29			MORNING MINGLE	31	MORNING MINGLE		
	WALK W/ MUSIC				HALLOWEEN MOVIE & POPCRON		HALLOWEEN PIZZA PARTY WEAR A COSTUME		
	BOOK CLUB				CLEAN SUPPLY BOXES				
	SENIOR ROCKING PROJECT						GROCERY SHOPPING		
	NUTRITION								

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



OCTOBER 2024








MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		MORNING MESSAGES NEW CALENDER/BUSINESS WHAT CHA WANNA DO? LUNCH WRAP IT UP		WELLNESS WEDNESDAY  ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				TRIP OUT SPOTSYLVANIA MALL BRA EXHIBIT LUNCH	
7		8		9				11	
FIRE PREVENTION WEEK 		MORNING MESSAGES HAPPY BIRTHDAY JOHN LUNCH WRAP IT UP GROCERY TRIP		WELLNESS WEDNESDAY TRIP OUT Self-Care Series: Hands & Nails  LUNCH				MORNING MESSAGES  ARTS & CRAFTS LUNCH WRAP IT UP	
14		15		16				18	
NATIONAL BOOK MONTH 		MORNING MESSAGES  ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY  ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				MORNING MESSAGES  MOVIE TIME LUNCH WRAP IT UP	
21		22		23		25			
NATIONAL APPLE DAY 		MORNING MESSAGES HAPPY BIRTHDAY MARY ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY  ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP		TRIP OUT  TO BE DETERMINED			
28		29		30		31			
		MORNING MESSAGES  ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY  ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP		HALLOWEEN 			

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

## OCTOBER 2024

MONDAY		THURSDAY		FRIDAY	
					
7	MIX & MINGLE MORNING EXERCISE  GAME DAY SHUFFLEBOARD, DOMINOS KING I THE CORNER, SKIP BOO CHECKERS, UNO SHUFFLEBOARD, DOMINOS	3	MIX & MINGLE MORNING EXERCISE   GROcery SHOPPING	4	MIX & MINGLE MORNING EXERCISE  CONTINUOUS WORK ON RECYCLE PROJECT HALLOWEEN WORD SCRABBLE
14	<b>CLOSED</b>	10	MIX & MINGLE MORNING EXERCISE LIFT EXERCISES W/ APRIL  3D PUMPKIN GROUP TALKS  GROcery SHOPPING	11	MIX & MINGLE MORNING EXERCISE <b>FIRE PREVENTION</b>  COLOR ME HAPPY  WORK ON RECYCLE PROJECT
21	<b>TRIP OUT</b>  SPOTSYLVANIA MALL TO VIEW BRA PROJECT SHOPPING T THE MALL LUNCH AT RED LOBSTER	17	<b>TRIP OUT</b>  Rosie's Gaming Emporium  Lunch at Casino restaurant	18	MIX & MINGLE MORNING EXERCISE  WORD SEARCH TRIVIA  MRS LEE'S POEM
28	MIX & MINGLE MORNING EXERCISE LIFT EXERCISES W/ APRIL MEDICINE CABINET MONDAY REST, RELAX AND RECHARGE AND WALKING KARAOKE LET'S SING	24	MIX & MINGLE MORNING EXERCISE LIFT EXERCISES W/ APRIL  MONTHLY JOURNALING GROcery SHOPPING	25	MIX & MINGLE MORNING EXERCISE  CONTINUOUS SCRAPBOOKING  MR AVERY A MOMENT IN TIME
		31	MIX & MINGLE LIFT EXERCISES W/ APRIL HALLOWEEN PIZZA PARTY  MRS LEE TO REACH A SPOOKY STORY GROcery SHOPPING	<b>OCTOBER BIRTHDAYS</b> ELLEN MICKLES 10/15 	

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














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



# STAFFORD CAFE

OCTOBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2	BINGOCIZE (6)	3			TAI CHI WALK WITH EASE CAFÉ CHAT TIME
					CAFÉ CHAT TIME				CAFÉ CRAFT DAY "3D PUMPKIN"
					CAFÉ BOOK CLUB				
					GROCERIES SHOPPING				
7	TRIP OUT	8		9	BINGOCIZE (7)				BINGOCIZE (8)
	TO OFFICE				CAFÉ CHAT TIME				SIP AND PAINT "FALL THEME"
	LUNCH: ASIAN CAFÉ RESTAURANT				"CONTINUE SCRAPBOOKING" "SPOOKY PAGES"				OUT REACH ACTIVITY
					CAFÉ BOOK CLUB				
					GROCERIES SHOPPING				
14		15		16	BINGOCIZE (9)				BINGOCIZE (10)
					CAFÉ CHAT TIME				CAFÉ GROUPS
					CAFÉ BOOK CLUB				DRAWING
					PINK PANTHER DAY				TECH
					GROCERIES SHOPPING				GARDENING
									QUILLING
									CROCHET
21	BINGOCIZE (11)	22		23	BINGOCIZE (12)	24		25	TRIP OUT
	CAFÉ CRAFT DAY "3D PUMPKIN"				CAFÉ CHAT TIME				GARRISONVILLE MARKET PLACE
	"CONTINUE JOURNALING"				CAFÉ BOOK CLUB				LUNCH CHILLIS
					GROCERIES SHOPPING				
28	BINGOCIZE (13)	29		30	BINGOCIZE (14)				
	CAFÉ CRAFT DAY "CANVAS PAINTING" "COLOR ME HAPPY"				CAFÉ CHAT TIME				
					CAFÉ FALL FEST GAMES AND CRAFTS "TRUNK A TREAT"				
					GROCERIES SHOPPING				

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