

CAROLINE CAFE

January 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								3	COFFEE & CHAT
									ARTS & CRAFTS
									BINGO
6		7	COFFEE & CHAT	8	COFFEE & CHAT	9		10	COFFEE & CHAT
			BOOK CLUB CLEAN & ORGANIZE OUR CAFE BRAINTEASER		WII BOWLING EXERCISE W/MARK COLOR ME HAPPY GROCERY TRIP				MOVIE & POPCORN CORNHOLE
13		14	COFFEE & CHAT	15	COFFEE & CHAT	16		17	COFFEE & CHAT
			BOOK CLUB WORD SCRAMBLE AROUND THE WORLD TRIVIA BRAINTEASER		WII BOWLING EXERCISE W/MARK SENIOR ROCKING PROJECT GROCERY TRIP				PAINT & SIP NUTRITION BINGO
20		21	COFFEE & CHAT	22	COFFEE & CHAT	23		24	COFFEE & CHAT
			BOOK CLUB SCATTERGORIES FRIENDLY FUED BRAINTEASER		WII BOWLING EXERCISE W/MARK COLOR ME HAPPY GROCERY TRIP				ARTS & CRAFTS CORNHOLE
		28	COFFEE & CHAT	29	COFFEE & CHAT	30		31	COFFEE & CHAT
			BOOK CLUB WINTER THIS OR THAT? "CHEF FOR A DAY" BRAINTEASER		WII BOWLING EXERCISE W/MARK JOURNAL TOPIC GROCERY TRIP				ARTS & CRAFTS BINGO

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



JAN 2025



		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
				1			2	MORNING MINGLE	3		
						CHAIR YOGA CLEAN SUPPLY BOXES FRIENDLY FUED GROCERY TRIP					
6	MORNING MINGLE	7			8	MORNING MINGLE	9	MORNING MINGLE	10		
BOOK CLUB WEEKLY BRAINTEASER "CAFE BUSINESS"				ARTS & CRAFTS NUTRITION		WALK WITH MUSIC SCATTERGORIES BINGO GROCERY TRIP					
13	MORNING MINGLE	14			15	MORNING MINGLE	16	MORNING MINGLE	17		
BOOK CLUB WEEKLY BRAINTEASER JOURNAL TOPIC				ARTS & CRAFTS CAFE DJ (PATRICIA)		CHAIR EXERCISES "CHEF FOR A DAY" CORNHOLE GROCERY TRIP					
20			21			22	MORNING MINGLE	23	MORNING MINGLE	24	
						ARTS & CRAFTS NUTRITION		CHAIR STRETCHES "WINTER" THIS OR THAT? WII BOWLING GROCERY TRIP			
27	MORNING MINGLE	28			29	MORNING MINGLE	30	MORNING MINGLE	31		
BOOK CLUB WEEKLY BRAINTEASER "AROUND THE WORLD" TRIVIA						"SNOWFLAKES" PAINT & SIP		MOVIE & POPCORN 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
NATIONAL BLOOD DONOR MONTH



JANUARY 2025


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	MORNING MESSAGES NEW YEAR RESOLUTIONS LUNCH WRAP IT UP
6		7	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	8	WELLNESS WEDNESDAY LAUREN NUTRITION PROGRAM LUNCH WRAP IT UP GROCERY TRIP	10		MORNING MESSAGES LUNCH WRAP IT UP	
13		14	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	15	WELLNESS WEDNESDAY LAUREN NUTRITION PROGRAM LUNCH WRAP IT UP GROCERY TRIP	17		MORNING MESSAGES ARTS & CRAFTS WRAP IT UP	
20		21	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	22	WELLNESS WEDNESDAY MORNING STRETCH ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP	24		HAPPY BIRTHDAY BARBARA  WHAT CHA WANNA DO? LUNCH WRAP IT UP	
27		28	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	29	WELLNESS WEDNESDAY MORNING STRETCH 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




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
JANUARY BIRTHAYS 		  		Happy New Year!		2 MIX & MINGLE MORNING EXERCISES MRS. FREDDIE PRAYER GAME DAY WII BOWLING, SCRABBLE DOMINOS, SKIP BOO CONNECT FOUR KING IN THE CORNER		3 MIX & MINGLE MORNING EXERCISES SMASH BOOKS 2025 LET'S GET CREATIVE MR. AVERY A MOMENT IN TIME	
6 MIX & MINGLE MORNING EXERCISES MOVIE MONDAY 						9 MIX & MINGLE MORNING EXERCISES CAFE CRAFT DAY "SNOWFLAKES" SIP & PAINT GROCERY SHOPPING		10 MIX & MINGLE MORNING EXERCISES TRIVIA AND COLOR ME HAPPY ACITVITY MR AVERY A MOMENT IN TIME	
13 MIX & MINGLE MORNING EXERCISES MEDICINE CABINET MONDAY NUTRITION DAY MRS. LEE POEM						16 MIX & MINGLE MORNING EXERCISES CAFE CRAFT DAY "SNOWFLAKES DOOR " "WREATH" GROCERY SHOPPING		17 RECYCLE FASHION SHOW FREDERICKSBURG FOOD CO-C " ALL THAT JAZZ"	
20 CLOSED 						23 MIX & MINGLE MORNING EXERCISES CAFE CRAFT DAY " BIRD FEEDERS " GROCERY SHOPPING		24 MIX & MINGLE MORNING EXERCISES 	
27 MIX & MINGLE MORNING EXERCISES CAFE CRAFT DAY "WINTER PILLOW CASES" MRS FREDDIE PRAYER						30 TRIP OUT		31 MIX & MINGLE MORNING EXERCISES NEW YEAR OF JOURNALING " WHAT'S ON YOUR MIND MRS. LEE POEM	

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STAFFORD CAFE

January 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Happy New Year!			3	WALK WITH EASE
								HAPPY NEW YEAR'S DAY PARTY	
								CAFE CHAT TIME	
								SENIOR ROCKING PROJECT "SNOWFLAKES"	
6	TAI CHI			8	WALK WITH EASE			10	DANCE CLASS
	WALK WITH EASE CAFE CHAT TIME				CAFE CHAT TIME			CAFE CHAT TIME	
	WII BOWLING GAME				CAFE BOOK CLUB			CAFE CRAFT DAY "SNOWFLAKES DOOR" "WREATH"	
	COLOR ME HAPPY ACTIVITY				GROCERIES SHOPPING				
13	TAI CHI			15	WALK WITH EASE			17	
	CAFE CHAT TIME CAFE GROUP: TECH GROUP CROCHET GROUP QUILLING GROUP GARDENING GROUP PAINTING GROUP				CAFE CHAT TIME			RECYCLE FASHION SHOW	
					CAFE BOOK CLUB SIP & PAINT WINTER SCENE			FREDERICKSBURG FOOD CO-OP "ALL THAT JAZZ"	
					GROCERIES SHOPPING				
				22	TAI CHI			24	DANCE CLASS
					WALK WITH EASE CAFE CHAT TIME			CAFE CHAT TIME	
					CAFE BOOK CLUB			CAFE CRAFT DAY "BIRD FEEDERS"	
					PINK PANTHER DAY				
					GROCERIES SHOPPING				
27	WALK WITH EASE			29				31	DANCE CLASS
	CAFE CHAT TIME JOURNALING "WINTER THEME PAGE" SCRAPBOOKING "ALL ABOUT SNOW" SMASH BOOK WINTER POEM PAGES				TRIP OUT			CAFE CHAT TIME "CHEF FOR A DAY"	
					GARRISONVILLE MARKET PLACE			CAFE CRAFT DAY "WINTER PILLOW CASES"	
					LUNCH: CHILLIS				