








CAROLINE CAFE MARCH 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
3		4	COFFEE & CHAT CAFE CHAT TIME ARTS & CRAFTS ST PATRICK'S DAY WORD SCRAMBLE BRAINTEASER	5	WII BOWLING ATTENDING FREDERICKSBURG CAFE COLOR ME HAPPY GROCERY TRIP	6		7	TRIP OUT ROSES, WALMART GOLDEN CORKAL
		11	COFFEE & CHAT ARTS & CRAFTS CAFE CHAT TIME BRAINTEASER	12	ATTENDING FREDERICKSBURG CAFE SENIOR ROCKING PROJECT GROCERY TRIP	13		14	COFFEE & CHAT WII BOWLING ST. PATRICK'S DAY SCATTERGORIES
10		18	COFFEE & CHAT CAFE CHAT TIME ARTS & CRAFTS JOURNAL BRAINTEASER	19	WII BOWLING ATTENDING FREDERICKSBURG CAFE COLOR ME HAPPY GROCERY TRIP			21	COFFEE & CHAT MOVIE & POPCORN BINGO
		24		25	TRIVIA ATTENDING FREDERICKSBURG CAFE COLOR ME HAPPY GROCERY TRIP	26		27	
		TRIP OUT SHOPPING AT STAFFORD MARKETPLACE LUNCH AT CHILI'S						WII BOWLING RECIPE OF THE DAY NUTRITION	

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** 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	MORNING MINGLE	4		5	MORNING MINGLE	6		7	
BOOK CLUB SENIOR ROCKING PROJECT BOOK CLUB Q & A BINGO				CHAIR EXERCISE PAINT & SIP GROCERY TRIP		TRIP OUT			
10	MORNING MINGLE			12	MORNING MINGLE	13	MORNING MINGLE	14	
BOOK CLUB JOURNAL TOPIC GAME OF YOUR CHOICE CAFE CHAT TIME				CHAIR EXERCISE ST PATRICKS SCATTERGORIES BRAINTEASER		MEDITATION BOOK CLUB Q & A CORNHOLE GROCERY TRIP			
17	MORNING MINGLE	18		19	MORNING MINGLE	20	MORNING MINGLE	21	
				WII BOWLING COLOR ME HAPPY NUTRITION BOOK CLUB		ARTS & CRAFTS BOOK CLUB Q & A GROCERY TRIP			
24	MORNING MINGLE	25		26	MORNING MINGLE	27	MORNING MINGLE	28	
BOOK CLUB HEALTHY RECIPE GAME OF YOUR CHOICE CAFE CHAT TIME				WII BOWLING WORD SCRAMBLE FRIENDLY FUED		ARTS & CRAFTS GROCERY TRIP			
31									
TRIP OUT									

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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4	MORNING MESSAGES NEW BUSINESS/CALENDAR ARTS & CRAFTS LUNCH WRAP IT UP	5	WELLNESS WEDNESDAY BODY IN MOTION MS... and YOUR BODY LUNCH WRAP IT UP GROCERY TRIP	6		7	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP
10		11	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	12	WELLNESS WEDNESDAY BODY IN MOTION "WHAT IS A DISABILITY" LUNCH WRAP IT UP GROCERY TRIP	13		14	TRIP OUT AIR MUSEUM & LUNCH @ ROSIE'S CAFE
17		18	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	19	WELLNESS WEDNESDAY BODY IN MOTION LUNCH WRAP IT UP GROCERY TRIP	20		21	MORNING MESSAGES GAME DAY LUNCH WRAP IT UP
24	 <small>This Photo by Unknown Author is licensed under</small>	25	MORNING MESSAGES NOTABLE WOMEN IN HISTORY ARTS & CRAFTS LUNCH WRAP IT UP	26	WELLNESS WEDNESDAY BODY IN MOTION LUNCH WRAP IT UP GROCERY TRIP	27		28	MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP
31									

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

SPOTSYLVANIA CAFE

MARCH 2025




MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
MARCH BIRTHDAYS BARBARA JOHNSON - 15 EARL JOHNSON - 23 DOROTHY MARSHALL - 25 									
3	MIX & MINGLE			6	MIX & MINGLE	7	MIX & MINGLE		
MORNING EXERCISE				MORNING EXERCISE		MORNING EXERCISE			
MEDICINE CABINET MONDAY & NUTRITION DAY				SENIOR TRIAD IN GYM CRAFT DAY "ST PATRICKS GNOMES" "PLANTERS"		SMASH BOOKS ST PATRICK'S DAY THEME			
LIBRARY DAY 				CHAT TIME		MR AVERY "A MOMENT IN HISTORY"			
COLOR ME HAPPY				GROCERY SHOPPING DAY		Nana Noi from COPE 11am			
10	MIX & MINGLE			13	MIX & MINGLE	14	MIX & MINGLE		
MORNING EXERCISE				MORNING EXERCISE		MORNING EXERCISE			
ST PATRICK'S DAY WORD SEARCH & SCRABBLE CELEBRATE BIRTHDAYS MRS LEE'S POEM				CRAFT DAY "CANVAS PAINTING"		MOVIE DAY 			
17	MIX & MINGLE			GROCERY SHOPPING DAY		MRS FREDDIE'S PRAYER			
MORNING EXERCISE		20	TRIP OUT	21	MIX & MINGLE				
HAPPY ST. PARTICK'S DAY LET'S WEAR GREEN 		NEW ROSE'S CASINO LUNCH AT THEIR FOOD COURT 		MORNING EXERCISE					
CONTINUOUS JOURNALING		WII BOWLING, SKIP BOO DOMINOS, CHECKERS KING IN THE CORNER WORD SEARCH		MRS LEE'S POEM					
MR. AVERY "A MOMENT IN HISTORY"		27	MIX & MINGLE	28	MIX & MINGLE				
24	MIX & MINGLE	MORNING EXERCISE		MORNING EXERCISE					
MORNING EXERCISE		WOMAN'S HISTORY MONTH CELEBRATION 		 & SIP & PAINT					
SENIOR ROCK PAINTING		GROCERY SHOPPING DAY							
ARTS & CRAFTS									
MRS FREDDIE PRAYER									

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

STAFFORD CAFE

MARCH 2025

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	WALK WITH EASE			5	TAI CHI			7	DANCE CLASS
CAFÉ CHAT TIME			WALK WITH EASE			CAFÉ CHAT TIME		CAFÉ CHAT TIME	
CAFÉ CRAFT DAY "TISSUE PAPER FLOWERS"			"CINCO DE MARCHO PARTY"			CAFÉ BOOK CLUB		COLOR ME HAPPY	
"MARDI GRAS GAMES"			GROCERIES SHOPPING			GROCERIES SHOPPING		WII BOWLING GAME	
10	TAI CHI		12	WALK WITH EASE		14	DANCE CLASS		
WALK WITH EASE		CAFÉ CHAT TIME		CAFÉ CHAT TIME		CAFÉ CHAT TIME		CAFÉ CHAT TIME	
ACTIVITIES		CAFÉ BOOK CLUB		CAFÉ CRAFT DAY		CAFÉ CRAFT DAY		CAFÉ CRAFT DAY	
SMASH BOOKS JOURNALING SCRAPBOOKING		GROCERIES SHOPPING		"ST PATRICKS GNOMES" "PLANTERS"		"ST PATRICKS GNOMES" "PLANTERS"		"ST PATRICKS GNOMES" "PLANTERS"	
17	WALK WITH EASE			19	TAI CHI			21	DANCE CLASS
ST PATRICK'S DAY			WALK WITH EASE			CAFÉ CHAT TIME		CAFÉ CHAT TIME	
CELEBRATION			CAFÉ BOOK CLUB			CAFÉ CRAFT DAY		CAFÉ CRAFT DAY	
CHEF FOR A DAY "IRISH APPETIZERS"			PINK PANTHER DAY			"CANVAS PAINTING"		"CANVAS PAINTING"	
			GROCERIES SHOPPING						
24	TAI CHI			26				28	DANCE CLASS
WALK WITH EASE			CAFÉ TRIP OUT			CAFÉ CHAT TIME		CAFÉ CHAT TIME	
CAFÉ CHAT TIME			"BURLINGTON STORE"			"THIS TIME IN HISTORY"		"THIS TIME IN HISTORY"	
"SIP AND PAINT ACTIVITY"			"TJ MAX STORE"			"MINUTE TO WIN IT"		"MINUTE TO WIN IT"	
"CLOVER PAINTING"			LUNCH: OLIVE GARDEN						
31	WALK WITH EASE								
CAFÉ CHAT TIME									
"CAFÉ GROUPS"									
GARDENING									
DRAWING									
QUILLING									
CROCHET									

Editorial credit: Ridex Official / Shutterstock.com

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