


# CAROLINE CAFE

March 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<b>3</b>	BRAIN TEASER WWE ARTS/CPAFTS  lunch Grocery Shopping Day  TAKE ME HOME	<b>4</b>	BRAIN TEASER EXERCISE WITH MARK ARTS/CPAFTS  lunch SIP&CHAT HOT CHOCOLATE TAKE ME HOME			<b>6</b>	BRAIN TEASER WWE ALLSTARS BOWLING (WID)  lunch  CROSS WORD CHALLENGE TAKE ME HOME
		<b>10</b>	BRAIN TEASER WWE ARTS/CPAFTS  lunch Grocery Shopping Day  TAKE ME HOME	<b>11</b>	BRAIN TEASER EXERCISE WITH MARK ARTS/CPAFTS  lunch CORN HOLE  TAKE ME HOME			<b>13</b>	ALL STARS TRIP OUT TBD  TAKE ME HOME
		<b>17</b>	BRAIN TEASER WWE ARTS/CPAFTS ST. PATRICK'S DAY lunch Grocery Shopping Day  TAKE ME HOME	<b>18</b>	BRAIN TEASER EXERCISE WITH MARK ARTS/CPAFTS  lunch COMPLETE CRAFTS HOT CHOCOLATE TAKE ME HOME			<b>20</b>	BRAIN TEASER WWE MOVIE/POPCORN  lunch  TAKE ME HOME
		<b>24</b>	BRAIN TEASER WWE ARTS/CPAFTS  lunch  Grocery Shopping Day TAKE ME HOME	<b>25</b>	BRAIN TEASER EXERCISE WITH MARK ARTS/CPAFTS  lunch  HOT CHOCOLATE TAKE ME HOME			<b>27</b>	BRAIN TEASER WWE  OPEN GAMES lunch COLOR ME HAPPY CROSS WORD CHALLENGE TAKE ME HOME
		<b>31</b>	BRAIN TEASER WWE ARTS/CPAFTS  lunch  Grocery Shopping Day TAKE ME HOME						

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

# KING GEORGE CAFE



## MARCH 2026

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3	MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	4	WELLNESS WEDNESDAY (NEW BUSINESS/CALENDAR) WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	5	A JOURNEY OF A 1000 MILES BEGINS WITH ONE STEP  	6	MORNING MESSAGES  LUNCH WRAP IT UP
9		10	MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	11	WELLNESS WEDNESDAY WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	13		MORNING MESSAGES SHOWTIME: MOVIE LUNCH WRAP IT UP	
16		17	MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	18	WELLNESS WEDNESDAY WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	20		MORNING MESSAGES WALK WITH EASE ARTS & CRAFTS LUNCH WRAP IT UP	
23		24	MORNING MESSAGES WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY	25	WELLNESS WEDNESDAY WALK WITH EASE SEL-GUIDED ACTIVITY ARTS & CRAFTS LUNCH WRAP IT UP	27		MORNING MESSAGES GAME DAY LUNCH WRAP IT UP	

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

# STAFFORD CAFE

March 2026

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
2	WALK WITH EASE			4	TAI CHI			6	WALK WITH EASE	
	CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME	
	WII GAME BOWLING				CAFE BOOK CLUB				CAFE CRAFT DAY	
	COLOR ME HAPPY "ALL ABOUT THE RAINBOWS"				"RECYCLE PROJECTS"				ST PATRICK'S HAT BOXES TRINKETS	
	GROCERY SHOPPING				11	TAI CHI			13	WALK WITH EASE
9	WALK WITH EASE					CAFE CHAT TIME				CAFE CHAT TIME
	CAFE CHAT TIME					CAFE BOOK CLUB				CAFE CRAFT DAY
	JOURNALING SCRAPBOOKING SMASH BOOKS					HOT TOPIC (PURPOSEFUL LIVING) GROCERY SHOPPING				WOOD BUTTERFLY SHELVES
16	WALK WITH EASE				18	TAI CHI			20	WALK WITH EASE
	CAFE CHAT TIME					CAFE CHAT TIME				CAFE CHAT TIME
	ST PATRICK'S PARTY					CAFE BOOK CLUB				CAFE CRAFT DAY
	GAMES ACTIVITIES MINUTE CRAFTS				CHEF FOR A DAY				BUNNY TABLE DECOR	
	GROCERY SHOPPING			25	TAI CHI				27	WALK WITH EASE
23	WALK WITH EASE				CAFE CHAT TIME				CAFE CHAT TIME	
	CAFE CHAT TIME CAFE GROUPS				CAFE BOOK CLUB PINK PANTHER DAY				DISNEY DAY ADVENTURE	
	CROCHET DRAWING QUILLING GARDENING				MARCH'S BIRTHDAY CELEBRATION GROCERY SHOPPING				STEP INTO THE MAGIC	
30										
	CAFE TRIP OUT									
	WALMART GOOD WILL LUNCH PANDA EXPRESS									

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Lee Hill Community Center  
 1 HCC Drive Fredericksburg, VA 22408  
 (540) 809-9056 10AM to 2PM

# SPOTSYLVANIA & FREDERICKSBURG CAFE



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**MARCH 2026**

MONDAY		THURSDAY		FRIDAY	
2	<b>WALK WITH EASE</b> MIX AND MINGLE <b>SELF GUIDED ACTIVITY</b> MEDICINE CABINET MONDAY OPEN CHAT GROCERY SHOPPING	5	<b>MORNING EXERCISE</b> MIX AND MINGLE <b>CAFE CRAFT DAY</b> ST PATRICK'S HAT BOXES TRINKETS	6	<b>WALK WITH EASE</b> MIX AND MINGLE CAFE CRAFT DAY CONT. <b>SELF GUIDED ACTIVITY</b> MRS. FREDDIE PRAYER OR MOVIE DAY
9	<b>WALK WITH EASE</b> MIX AND MINGLE BINGO <b>SELF GUIDED ACTIVITY</b> MRS. LEE POEM GROCERY SHOPPING	12	<b>MORNING EXERCISE</b> MIX AND MINGLE <b>CAFE CRAFT DAY</b> WOOD BUTTERFLY SHELVES	13	<b>WALK WITH EASE</b> MIX AND MINGLE CAFE CRAFT DAY CONT. <b>SELF GUIDED ACTIVITY</b> OR COLOR ME HAPPY
16	<b>WALK WITH EASE</b> MIX AND MINGLE COLOR ME HAPPY <b>SELF GUIDED ACTIVITY</b> SENIOR TRIVIA GROCERY SHOPPING	19	<b>MORNING EXERCISE</b> MIX AND MINGLE <b>CAFE CRAFT DAY</b> BUNNY TABLE DECOR	20	<b>WALK WITH EASE</b> MIX AND MINGLE CAFE CRAFT DAY CONT. OR <b>SELF GUIDED ACTIVITY</b> JOURNALING
23	<b>TRIP OUT</b>  TBD	26	<b>MORNING EXERCISE</b> MIX AND MINGLE SMASH BOOKS <b>MISC CRAFTS</b>	27	<b>WALK WITH EASE</b> MIX AND MINGLE <b>SELF GUIDED ACTIVITY</b> NAME THAT TUNE  OPEN CHAT
30	<b>WALK WITH EASE</b> MIX AND MINGLE <b>SELF GUIDED ACTIVITY</b> WORD SEARCH CHALLENGE AVERY A MOMENT IN TIME GROCERY SHOPPING	26	<b>WALK WITH EASE</b> MIX AND MINGLE <b>SELF GUIDED ACTIVITY</b> GAME DAY		<b>CELEBRATE BIRTHDAYS</b>  VIVIAN ROGERS - 7 BARBARA JOHNSON - 15 JESSEE BARNES - 18 EARL JOHNSON - 23



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