





# CAROLINE CAFE

**APRIL 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	APRIL FOOLS DAY			3	GOOD FRIDAY
				MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH PASSOVER TAKE ME HOME				MORNING MESSAGES WALK WITH EASE BRAIN TEASER MENTAL HEALTH AMERICA PRESENTATION LUNCH TAKE ME HOME	
		7		8				10	TRIP OUT
		MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH MEDICINE CABINET CHECK IN NUTRITION/COOKING CLASS GROCERY TRIP TAKE ME HOME		MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME				BURLINGTON 1845 Carl D Silver Pkwy Fredericksburg, VA OLIVE GARDEN 2811 Plank Rd, Fredericksburg 	
		14		15				17	
		MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH COLOR ME HAPPY GROCERY TRIP TAKE ME HOME		MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME				MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH LIBRARY TAKE ME HOME	
		21		22	EARTH DAY			24	
		MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH GROCERY TRIP TAKE ME HOME		MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME				MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH WII GAMES TAKE ME HOME	
		28		29					
		MORNING MESSAGES WALK WITH EASE BRAIN TEASER LUNCH MEDICARE PRESENTATION GROCERY TRIP TAKE ME HOME		MORNING MESSAGES EXERCISE WITH MARK BRAIN TEASER ARTS/CRAFTS LUNCH TAKE ME HOME					


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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

**APRIL 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
				1	WELLNESS WEDNESDAY NEW BUSINESS/CALENDARS	2		3	GOOD FRIDAY		
					WALK WITH EASE SELF DIRECTED ACTIVITY LUNCH WRAP IT UP			MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY		ARTS & CRAFTS LUNCH WRAP IT UP	
6		7	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	8	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTED ACTIVITY			10	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY		GAME DAY LUNCH WRAP IT UP
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		ARTS & CRAFTS LUNCH WRAP IT UP						
13		14	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	15	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTED ACTIVITY			17	MORNING MESSAGES		SHOWTIME: THE BUTLER
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		ARTS & CRAFTS LUNCH WRAP IT UP						LUNCH WRAP IT UP
20		21	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	22	TRIP OUT NATIONAL MUSEUM OF MARINE CORPS 1775 Semper Fidelis Wy, Triangle, VA			24	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY		ARTS & CRAFTS LUNCH WRAP IT UP
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		LUNCH KFC 1307 Devils Reach Rd, Woodbridge, VA						
27		28	MORNING MESSAGES WALK WITH EASE SELF DIRECTED ACTIVITY	29	WELLNESS WEDNESDAY WALK WITH EASE SELF DIRECTED ACTIVITY						
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY DAY		MEDICARE OPTIONS PRESENTATION ARTS & CRAFTS LUNCH WRAP IT UP						



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

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

# SPOTSYLVANIA/FREDERICKSBURG CAFE






# 2026

MONDAY		THURSDAY		FRIDAY	
<b>CELEBRATE BIRTHDAYS</b>  <b>JEAN HERNDON - 21</b> <b>SANDIE BARRIE - 26</b>  		2	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>BINGO</b>  <b>GROCERY SHOPPING</b>	3	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>BRAIN TEASERS</b>  <b>THINGS THAT MAKE YOU SAY WOW !!!</b>
6	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>GAME DAY</b>	9	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>CAFE CRAFT DAY</b> <b>SENIOR ROCKING</b> <b>(FLOWER PAINTING)</b>  <b>GROCERY SHOPPING</b>	10	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>COLOR ME HAPPY</b> <b>SMASH BOOKS</b>
13	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>MR. JESSE PRAYER</b>  <b>SIP &amp; PAINT</b>  <b>WORD SEARCH ACTIVITY</b>	16	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>MR. AVERY</b> <b>"A MOMENT IN TIME"</b>  <b>GROCERY SHOPPING</b>	17	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>LET'S PLAY</b>  
20	<b>TRIP OUT</b> <b>SHOPPING</b> <b>BEALL'S DEPT. STORE</b> <b>205 N. WASHINGTON</b> <b>ASHLAND, VA</b> <b>LUNCH</b> <b>GOLDEN CORRAL</b> <b>23866 ROGERS-CLARK BLVD</b> <b>RUTHER GLEN, VA</b>	23	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>CAFE CRAFT DAY</b> <b>CELEBRATING EARTH DAY</b> <b>(WILDFLOWER PLANTING)</b>  <b>GROCERY SHOPPING</b>	24	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b>  <b>BINGO</b>  <b>MRS. LEE'S POEM</b>
27	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>VICAP PRESENTATION</b> <b>MEDICINE CABINET MONDAY</b> <b>SENIOR TRIVIA</b>	30	<b>WALK WITH EASE</b> <b>SELF GUIDED ACTIVITY</b> <b>MIX &amp; MINGLE</b> <b>MISCELLANEOUS</b> <b>CRAFT DAY</b>  <b>GROCERY SHOPPING</b>	<b>CELEBRATE BIRTHDAYS</b>  <b>JEAN HERNDON - 21</b> <b>SANDIE BARRIE - 26</b>	

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

# STAFFORD CAFE

April 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <p>April showers bring May flowers</p> <p><a href="https://i.pinimg.com/originals/7d/18/40/7d18">https://i.pinimg.com/originals/7d/18/40/7d18</a></p>				1	TAI CHI			3	WALK WITH EASE
				WALK WITH EASE				CAFE CHAT TIME	
				CAFE CHAT TIME				CAFE BOOK CLUB SHOW & TELL	
				GROCERY SHOPPING				CAFE ANNUAL EASTER BRUNCH EGG DECORATING EASTER EGG HUNT	
6	WALK WITH EASE			8	TAI CHI			10	WALK WITH EASE
CAFE CHAT TIME JOURNALING				WALK WITH EASE				CAFE CHAT TIME	
SCRAPBOOKING				CAFE CHAT TIME				CAFE CRAFT DAY SENIOR ROCKING (FLOWER PAINTING)	
SMASH BOOKS				CAFE BOOK CLUB PEN PAL ACTIVITY					
				GROCERY SHOPPING					
13	WALK WITH EASE			15	TAI CHI			17	WALK WITH EASE
CAFE CHAT TIME CAFE GROUPS CROCHET DRAWING QUILLING GARDENING				WALK WITH EASE				CAFE CHAT TIME	
				CAFE CHAT TIME				CAFE CRAFT DAY CELEBRATING EARTH DAY (WILDFLOWER PLANTING)	
				CAFE BOOK CLUB SIP AND PAINT					
				GROCERY SHOPPING					
20	WALK WITH EASE	 <p><small>This Photo by Linkinorians Author is licensed</small></p>		22	TAI CHI			24	WALK WITH EASE
CAFE CHAT TIME				WALK WITH EASE				CAFE CHAT TIME	
WII BOWLING GAME				CAFE CHAT TIME CAFE BOOK CLUB				PINK PANTHER DAY APRIL'S BIRTHDAY CELEBRATION	
COLOR ME HAPPY WATER COLOR & TRACING PART 2				GROCERY SHOPPING					
27	CAFE TRIP OUT			29	TAI CHI				
DOLLAR TREE 3061 PLANK RD, FREDERICKSBURG				WALK WITH EASE				<p><a href="https://i.pinimg.com/736x/8f/3d/bc/8f3dbcd50b">https://i.pinimg.com/736x/8f/3d/bc/8f3dbcd50b</a></p> <p>Editorial credit: Ridex Official / Shutterstock.com</p>	
GABES DEPARTMENT STORE 3501 PLANK ROAD, FREDERICKSBURG				CAFE CHAT TIME					
LUNCH EL CHARRO 5825 PLANK ROAD, FREDERICKSBURG				CAFE BOOK CLUB					
				GROCERY SHOPPING					