




# CAROLINE CAFE

**MAY 2026**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Morning Messages Walk With Ease Brain trivia Wii Bowling Lunch  Take Me Home
4		5	Morning Messages Walk With Ease Brain trivia Arts/Crafts Lunch Grocery Shopping at 1:30pm  Take Me Home	6	Morning Messages Exercise w/Mark Brain trivia Arts/Crafts Lunch  Take Me Home	7		8	Morning Messages Walk With Ease Brain trivia Cornhole Lunch  Take Me Home
11	Happy Mother's Day	12	Morning Messages Walk With Ease Brain trivia Arts/Crafts Lunch  Take Me Home	13	HGAAA OLDER AMERICANS MONTH SPRING EVENT AT KING GEORGE CAFE	14		15	TRIP OUT  Caroline Recreation Park 19127 County Park Dr. Milford, VA 22514  Grocery Shopping Take Me Home
18		19	Morning Messages Walk With Ease Brain trivia Arts/Crafts Lunch Grocery Shopping at 1:30pm  Take Me Home	20	Morning Messages Exercise w/Mark Brain trivia Arts/Crafts Lunch  Take Me Home	21		22	Morning Messages Walk With Ease Brain trivia Open Game Day Lunch  Take Me Home
25	Memorial Day 	26	Morning Messages Walk With Ease Brain trivia Disability Resource Center Presentation Lunch Grocery Shopping at 1:30pm Take Me Home	27	Morning Messages Exercise w/Mark Brain trivia Arts/Crafts Lunch  Take Me Home	28		29	Morning Messages Walk With Ease Brain Trivia Color Me Happy & Word Puzzles Lunch  Take Me Home

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



MAY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
	<b>CELEBRATE BIRTHDAYS</b>							<b>1</b>		
	JESSICA WALKER - 14 ANNETTE CARTER - 16 								MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY GAME DAY DOMINOS, SPADES, SKIP BOO, KINGS IN A CORNER, CONNECT FOUR, MEMORY GAME	
<b>4</b>	MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY OPEN CHAT							<b>7</b>	MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY CAFE CRAFT DAY PAPER PLATE FLOWER ART ART FORM	<b>8</b>
	<b>IT'S LIBRARY DAY!</b> 2607 SALEM CHURCH RD FREDERICKSBURG, VA					GROCERY SHOPPING at 1:30pm				
<b>11</b>	MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY SENIOR ROCK PROJECT DONATE TO ASSISTED LIVING  WORK ON SPRING EVENT PROJECT			<b>13</b>	<b>HGAAA ALL CAFE EVENT</b>  KING GEORGE CAFE HOSTING OLDER AMERICANS MONTH "SPRING FEVER"			<b>14</b>	<b>15</b> <b>CAFE CLOSED</b>	
						MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY  GROCERY SHOPPING at 1:30pm				
<b>18</b>	MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY MEDICINE CABINET MONDAY NUTRITION DAY  MR. AVERY "A MOMENT IN TIME"							<b>21</b>	<b>TRIP OUT</b>	<b>22</b>
										QUNATICO MARINE MUSEUM 1775 SEMPER FIELDS WY TRIANGLE, VA 22172 LUNCH AT THE MUSEUM CAFE  GROCERY SHOPPING
<b>25</b>	<b>CAFE CLOSED</b> 							<b>28</b>	<b>29</b>	
						MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY CAFE CRAFT DAY SPRING CENTERPIECES  GROCERY SHOPPING at 1:30pm			MIX AND MINGLE WALK WITH EASE SELF GUIDED ACTIVITY DISABILITY RESOURCE CENTER PRESENTATION  COMPLETE SPRING EVENT PROJECT	

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# KING GEORGE CAFE







MAY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	MORNING MESSAGES
								GAME DAY	
								LUNCH	
		WRAP IT UP						WRAP IT UP	
4		5		6		7		8	
		MORNING MESSAGES		WELLNESS WEDNESDAY				MORNING MESSAGES	
		WALK WITH EASE		WALK WITH EASE				SHOWTIME	
		SELF DIRECTIVE ACTIVITY		SELF DIRECTIVE ACTIVITY				LUNCH	
		ARTS & CRAFTS		ARTS & CRAFTS				WRAP IT UP	
		LUNCH		LUNCH					
		WRAP IT UP		WRAP IT UP					
		GROCERY TRIP		GROCERY TRIP					
11		12		13		14		15	
		MORNING MESSAGES		KING GEORGE HOSTING				MORNING MESSAGES	
		WALK WITH EASE		HGAAA ALL CAFE EVENT				WALK WITH EASE	
		SELF DIRECTIVE ACTIVITY		OLDER AMERICANS MONTH				SELF DIRECTIVE ACTIVITY	
		ARTS & CRAFTS		SPRING FEVER				ART & CRAFTS	
		LUNCH						LUNCH	
		WRAP IT UP						WRAP IT UP	
		GROCERY TRIP							
18		19		20		21		22	
		MORNING MESSAGES		TRIP OUT				MORNING MESSAGES	
		WALK WITH EASE		WALMART				WALK WITH EASE	
		SELF DIRECTIVE ACTIVITY		GROCERY SHOPPING				SELF DIRECTIVE ACTIVITY	
		ARTS & CRAFTS		16375 MECHANT LN, KG 22485				ART & CRAFTS	
		LUNCH		LUNCH: IHOP				LUNCH	
		WRAP IT UP		16361 GATEWAY LN, KG 22485				WRAP IT UP	
25		26		27		28		29	
		MORNING MESSAGES		WELLNESS WEDNESDAY				MORNING MESSAGES	
		WALK WITH EASE		WALK WITH EASE				LET'S CHAT	
		SELF DIRECTIVE ACTIVITY		SELF DIRECTIVE ACTIVITY				WHAT CHA WANNA DO?	
		ARTS & CRAFTS		ARTS & CRAFTS				LUNCH	
		LUNCH		LUNCH				WRAP IT UP	
		WRAP IT UP		WRAP IT UP					
		GROCERY TRIP		GROCERY TRIP					

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# STAFFORD CAFE

## MAY 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
								1	WALK WITH EASE	
		 <p><small>This Photo by Unknown Author is licensed under <a href="#">CC BY-NC</a></small></p>							CAFE CHAT TIME	
										VICAP/Medicare Visit
									CAFE CRAFT DAY "PAPER PLATES FLOWER "ART FORM"	
4	WALK WITH EASE			6	TAI CHI			8	WALK WITH EASE	
	CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME	
	JOURNALING				CAFE BOOK CLUB				CAFE CRAFT DAY	
	SCRAPBOOKING								"SPRING CENTERPIECES"	
	SMASH BOOKS				GROCERY SHOPPING					
11	WALK WITH EASE	<a href="#">Pastel-Watercolor-Flower-Swag-Realistic</a>		13		<a href="#">Pastel-Watercolor-Flower-Swag-Realistic</a>		15	WALK WITH EASE	
	MOTHER'S DAY CELEBRATION VICTORIAN TEA				HGAAA ALL CAFE EVENT OLDER AMERICANS MONTH SPRING FEVER EVENT AT KING GEORGE CAFE				CAFE CHAT TIME	
	GROCERY SHOPPING								WII BOWLING GAME	
									SHOW & TELL	
18	WALK WITH EASE			20	TRIP OUT			22	WALK WITH EASE	
	DISABILITY RESOURCE CENTER PRESENTATION				DOLLAR TREE 1877 CARL D SILVER PKWY, FRED TJ MAXX 1833 CARL D SILVER PKWY, FRED LUNCH HIBACHI RESTAURANT 1901 CARL D SILVER PKWY, FRED GROCERY SHOPPING				CAFE CHAT TIME	
	CAFE CRAFT DAY SIP AND PAINT "FLOWER ENVELOPES"								COLOR ME HAPPY (PAINTING BUTTERFLIES)	
25				27	TAI CHI			29	WALK WITH EASE	
	 <p>MEMORIAL DAY</p> <p><small>This Photo by Unknown Author is licensed under <a href="#">CC BY</a></small></p>				WALK WITH EASE				PINK PANTHER DAY	
						CAFE BOOK CLUB	 <p><small>© 1963-1983 by Unknown Author in Richmond</small></p>			CAFE CHAT TIME
						PEN PAL ACTIVITY				CAFE GROUPS
						GROCERY SHOPPING				CROCHET DRAWING QUILLING GARDENING