

CAROLINE CAFE

SEPTEMBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE RECIPE CARD LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ARTS/CRAFTS LUNCH COMPLETE CRAFTS TAKE ME HOME				MORNING MESSAGES BRAIN TEASER WALK WITH EASE CROSS WORD CHALLENGE LUNCH SIP& CHAT TAKE ME HOME	
7		8		9		10		11	
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE OPEN CAFE DAY LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ARTS/CRAFTS LUNCH OPEN CRAFTS TAKE ME HOME				REMEMBERING SEPT 11 MORNING MESSAGES BRAIN TEASER WALK WITH EASE ARTS/CRAFTS LUNCH CORNHOLE TAKE ME HOME	
14		15		16		17		18	
		VISIT KING GEORGE CAFE C&T PRODUCE LUNCH FAMILY FEUD GROCERY SHOPPING 1:30 TAKE ME HOME		 PROM 2026 HGAAA SENIOR PROM 2026 KING GEORGE CITIZENS CENTER 8076 KINGS HIGHWAY, KING GEORGE, VA TAKE ME HOME				MORNING MESSAGES BRAIN TEASER WALK WITH EASE POPCORN/MOVIE LUNCH TAKE ME HOME	
21		22		23		24		25	
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE PUZZLE MATCH LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK KNOW MY NEIGHBOR LUNCH TAKE ME HOME				MORNING MESSAGES BRAIN TEASER WALK WITH EASE COLOR ME HAPPY LUNCH WWI BOWLING TAKE ME HOME	
28		29		30					
		MORNING MESSAGES BRAIN TEASER WALK WITH EASE RECIPE CARD LUNCH GROCERY SHOPPING 1:30 TAKE ME HOME		This Photo by Unknown Author is licensed under CC BY-SA					

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

SEPTEMBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH GROCERY SHOPPING AT 1:30 WRAP IT UP				MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	
7	 This Photo by Unknown Author is	8		9		10		11	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH GROCERY SHOPPING AT 1:30 WRAP IT UP				(4-H PLANNING TEAM) MAKING BOUQUETS FOR FAIR PIZZA LUNCH (SPONSORED BY 4-H TEAM) WRAP IT UP	
14		15		16		17		18	
		MORNING MESSAGES CAROLINE CAFE VISITS C&T PRODUCE LUNCH FAMILY FEUD GROCERY SHOPPING AT 1:30 WRAP IT UP		HEALTHY GENERATIONS PRESENTS SENIOR PROM AT KING GEORGE CAFE				MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	
21		22		23		24		25	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH GROCERY SHOPPING AT 1:30 WRAP IT UP				MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	
28		29		30					
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH GROCERY SHOPPING AT 1:30 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



SEPTEMBER - 26

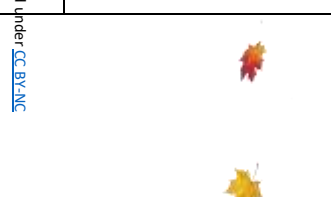
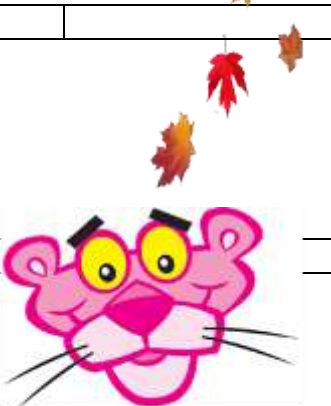
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						3	WALK WITH EASE SELF GUIDED ACTIVITY OPEN CHAT DAY SENIOR TRIVIA GROCERY SHOPPING @1:30PM	4	WALK WITH EASE SELF GUIDED ACTIVITY GAME DAY DOMINOS, SPADES KING IN THE CORNER CHECKERS
						10	WALK WITH EASE SELF GUIDED ACTIVITY MR. AVERY A MOMENT IN TIME GROCERY SHOPPING @1:30PM	11	WALK WITH EASE SELF GUIDED ACTIVITY CAFÉ CRAFT DAY TEDDY BEAR PICNIC
7	CLOSED					14	WALK WITH EASE SELF GUIDED ACTIVITY MOVIE DAY  MRS. LEE'S POEM GROCERY SHOPPING @1:30PM	16	WALK WITH EASE SELF GUIDED ACTIVITY HEALTHY GENERATIONS PRESENTS SENIOR PROM AT KING GEORGE CAFE
14	WALK WITH EASE SELF GUIDED ACTIVITY GAME DAY SPADES, DOMINOS KINGS IN THE CORNER					17	CLOSED	18	WALK WITH EASE SELF GUIDED ACTIVITY COLOR ME HAPPY WORD SEARCH AFTER LUNCH: CENTRAL RAPPAHANNOCK 2607 SALEM CHURCH RD FREDERICKSBURG, VA 22407
21	WALK WITH EASE SELF GUIDED ACTIVITY GAME DAY SPADES, DOMINOS KINGS IN THE CORNER					24	WALK WITH EASE SELF GUIDED ACTIVITY CONTINUOUS SCRAPBOOKING SCATTERGORIES GROCERY SHOPPING @1:30PM	25	WALK WITH EASE SELF GUIDED ACTIVITY CAFÉ CRAFT DAY FUN FALL SCARECROW BOTTLES BIRTHDAYS EMILY - 1 BUSHRA - 1 ALLEN - 19 SANDRA BETHUNE - 24 DELORES - 25
28	WALK WITH EASE SELF GUIDED ACTIVITY MEDICINE CABINET MONDAY HEALTHY RECIPES HEALTHY FRUITS & VEGETABLES MRS. LEE'S POEM								

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

Rowser Building
1739 Richmond Highway, Stafford, VA 22554
(540) 220-0587 10AM to 2PM

STAFFORD CAFE

SEPTEMBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
 This Photo by Unknown Author is licensed under CC BY-NC		 This Photo by Unknown Author is licensed under CC BY-NC		1	TAI CHI	 This Photo by Unknown Author is licensed under CC BY-ND		4	WALK WITH EASE	
				WALK WITH EASE CAFE CHAT TIME				TAI CHI WALKING CAFE CHAT TIME		
				CAFE BOOK CLUB				CAFÉ CRAFT DAY		
				THIS TIME IN HISTORY				FALL PUMPKIN CENTERPIECES CENTERPIECES		
7		CLOSED		9		TAI CHI		11		WALK WITH EASE
 HAPPY LABOR DAY https://clipart-library.com/2023/11- https://clipart-library.com/2023/11-		 This Photo by Unknown Author is licensed under CC BY-NC		WALK WITH EASE CAFE CHAT TIME		 IN HONOR AND REMEMBRANCE		TAI CHI WALKING CAFE CHAT TIME		
				CAFE BOOK CLUB				TEDDY BEAR PICNIC		
				COLOR ME HAPPY				911 REMEMBRANCE		
				GROCERY SHOPPING AT 1:30 PM						
14	WALK WITH EASE			16	HGAAA EVENT KING GEORGE 2026 SENIOR PROM	 This Photo by Unknown Author is licensed under CC BY-ND		18	WALK WITH EASE	
TAI CHI WALKING CAFE CHAT TIME		 This Photo by Unknown Author is licensed under CC BY-NC						TAI CHI WALKING CAFE CHAT TIME		
CAFÉ GROUPS CROCHET GARDENING QUILLING, DRAWING GROCERY SHOPPING AT 1:30 PM								WII BOWLING GAME		
								CAFE BOOK CLUB		
21	WALK WITH EASE			23	TAI CHI	 This Photo by Unknown Author is licensed under CC BY-NC		25	WALK WITH EASE	
TAI CHI WALKING		 This Photo by Unknown Author is licensed under CC BY-NC		WALK WITH EASE CAFE CHAT TIME CAFE BOOK CLUB				TAI CHI WALKING CAFE CHAT TIME		
CAFE CHAT TIME				GOOD BYE SUMMER PARTY				CAFÉ CRAFT DAY		
THE PRICE IS RIGHT GAME				GROCERY SHOPPING AT 1:30 PM				FUN FALL SCARECROW BOTTLES BOTTLES		
28	WALK WITH EASE			30	TAI CHI	 This Photo by Unknown Author is licensed under CC BY-NC				
TAI CHI WALKING CAFE CHAT TIME MINUTE TO WIN IT PINK PANTHER DAY				WALK WITH EASE CAFE CHAT TIME						
SEPTEMBER'S BIRTHDAYS				ALPHABET GAME CAFE BOOK CLUB						
				GROCERY SHOPPING AT 1:30 PM						

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