

CAROLINE CAFE

October 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								2	
								MORNING MESSGSES BRAIN TEASER WWE SELF DIRECTED ACTIVITIES LUNCH PUZZLE MATCH SIP & CHAT TAKE ME HOME	
		6		7				9	
		MORNING MESSAFES BRAIN TEASER WWE CROSS WORD PUZZLE LUNCH SELF DIRECTED ACTIVITIES GROCERY SHOPPING AT 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ART/CRAFTS LUNCH COMPLETE CRAFT TAKE ME HOME				MORNING MESSGSES BRAIN TEASER WWE MOIVE DAY LUNCH WWI BOWLING TAKE ME HOME	
		13		14				16	
		MORNING MESSAFES BRAIN TEASER WWE SEEK AND FIND LUNCH GROCERY SHOPPING AT 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK AST/CRAFTS LUNCH COMPLETE CRAFT TAKE ME HOME				MORNING MESSGSES BRAIN TEASER WWE KNOW YOUR NEIGHBOR LUNCH POKENO TAKE ME HOME	
		20		21	TRIP OUT			23	
		MORNING MESSAFES BRAIN TEASER WWE PUZZLE MATCH LUNCH SELF DIRECTED ACTIVITIES GROCERY SHOPPING AT 1:30 TAKE ME HOME		FXBG TROLLEY TOUR				MORNING MESSGSES BRAIN TEASER WWE OPEN CRAFT DAT LUNCH BINGO TAKE ME HOME	
		27		28				30	
		MORNING MESSAFES BRAIN TEASER WWE LUNCH GROCERY SHOPPING AT 1:30 TAKE ME HOME		MORNING MESSAGES BRAIN TEASER EXERCISE W/MARK ART/CRAFTS LUNCH COMPLETE CRAFT TAKE ME HOME				MORNING MESSGSES BRAIN TEASER WWE MOVIE DAY LUNCH COMPLETE MOIVE TAKE ME HOME	

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

KING GEORGE CAFE

October 2026

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 This Photo by Unknown Author is licensed under CC BY-SA						1	 Breast Cancer Awareness Month	2	MORNING MESSAGES
								LUNCH	
									WRAP IT UP
5		6	MORNING MESSAGES	7	WELLNES WEDNESDAY WALK WITH EASE	8	John's 76th Birthday October 8th	9	 JOHN & YVONNE LUNCH WRAP IT UP
			ARTS & CRAFTS LUNCH WRAP IT UP		ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING				
12		13	MORNING MESSAGES	14	WELLNES WEDNESDAY WALK WITH EASE	15		16	MORNING MESSAGES
	Yvonne's 74th Birthday October 17th		ARTS & CRAFTS LUNCH WRAP IT UP		ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING				GAME DAY LUNCH WRAP IT UP
19		20	MORNING MESSAGES	21	TRIP OUT	22		23	MORNING MESSAGES
			ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING		FXBG TROLLEY TOUR				SHOWTIME MOVIE: LUNCH WRAP IT UP
26		27	MORNING MESSAGES	28	WELLNES WEDNESDAY WALK WITH EASE	29		30	MORNING MESSAGES
			ARTS & CRAFTS LUNCH WRAP IT UP		ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING				MONSTER MASH: LET'S DANCE HAPPY HALLOWEEN 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



OCTOBER 2026

MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	
				1	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY 	2	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY
	CELEBRATE BIRTHDAYS				GROCERY SHOPPING		
5	MIX & MINGLE WALK WIT EASE SELF GUIDED ACTIVITY			8	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY	9	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY
	SING THAT SONG				CRAFT DAY		
					GROCERY SHOPPING		
12	MIX & MINGLE WALK WIT EASE SELF GUIDED ACTIVITY MONDAY AT THE MOVIES 			15	CLOSED	16	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY
19	CLOSED			22		23	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY
					TRIP OUT TBD		
26	MIX & MINGLE WALK WIT EASE SELF GUIDED ACTIVITY			29	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY	30	MIX & MINGLE WALK WITH EASE SELF GUIDED ACTIVITY
	LET'S PLAY SCATTERGORIES				CRAFT DAY		
					GROCERY SHOPPING		

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

OCTOBER 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
								2	WALK WITH EASE		
										TAI CHI WALKING	
										CAFE CHAT TIME	
										PUMPKIN SPICE AND EVERYTHING NICE DAY FUN, CRAFTS,ACTIVITIES	
5	WALK WITH EASE			7	TAI CHI			9	WALK WITH EASE		
TAI CHI WALKING				WALK WITH EASE				TAI CHI WALKING			
CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME			
BRING YOUR OWN GAME DAY				CAFE BOOK CLUB CHEF FOR A DAY				CAFÉ CRAFT DAY			
This Photo by Unknown Author is licensed under CC BY-ND				GROCERY SHOPPING AT 1:30 PM				This Photo by Unknown Author is licensed under CC BY-ND			
12	CLOSED			14				16	WALK WITH EASE		
										TAI CHI WALKING	
										CAFE CHAT TIME	
										CAFÉ CRAFT DAY	
19	WALK WITH EASE			21	TAI CHI			23	WALK WITH EASE		
TAI CHI WALKING				WALK WITH EASE				TAI CHI WALKING			
CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME			
CAFÉ GROUPS CROCHET GARDENING QUILLING, DRAWING				CAFE BOOK CLUB ALPHABET GAME				CAFÉ CRAFT DAY			
				GROCERY SHOPPING AT 1:30 PM							
26	WALK WITH EASE			28	TAI CHI			30	WALK WITH EASE		
TAI CHI WALKING				WALK WITH EASE				TAI CHI WALKING			
CAFE CHAT TIME				CAFE CHAT TIME				CAFE CHAT TIME			
				CAFE BOOK CLUB				SPOOKY FRIDAY PARTY FUN, FUN, MORE FUN			
TWIN DAY! WEAR MATCHING OUTFITS WITH YOUR FRIEND								PASS THE PUMPKIN GAME COSTUME CONTEST			
								WEAR YOUR PAJAMA DAY			
				TOURIST WEDNESDAY GROCERY SHOPPING AT 1:30 PM							

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