

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 601 Caroline St. FREDERICKSBURG (BAGGED LUNCH) RIVERFRONT PARK 701 SOPHIA STREET				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	
									
5		6		7		8		9	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNES WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING		John's 76th Birthday October 8th		 JOHN & YVONNE LUNCH WRAP IT UP	
12		13		14		15		16	
Yvonne's 74th Birthday October 17th		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNES WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING				MORNING MESSAGES GAME DAY LUNCH WRAP IT UP	
19		20		21		22		23	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING		TRIP OUT FXBG TROLLEY TOUR 601 Caroline St. FREDERICKSBURG BYOL (BAGGED LUNCH) RIVERFRONT PARK 701 SOPHIA STREET				MORNING MESSAGES SHOWTIME MOVIE: LUNCH WRAP IT UP	
26		27		28		29		30	
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNES WEDNESDAY WALK WITH EASE ARTS & CRAFTS LUNCH WRAP IT UP GROCERY SHOPPING				MORNING MESSAGES 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	
CELEBRATE BIRTHDAYS						1	MIX & MINGLE	2	MIX & MINGLE
WALK WITH EASE SELF GUIDED ACTIVITY						WALK WITH EASE SELF GUIDED ACTIVITY		WALK WITH EASE SELF GUIDED ACTIVITY	
SING THAT SONG						Bingo!		TRIVIA	
GROCERY SHOPPING						GROCERY SHOPPING		OPEN CHAT "WHAT'S ON YOUR MIND"	
5	MIX & MINGLE					8	MIX & MINGLE	9	MIX & MINGLE
WALK WITH EASE SELF GUIDED ACTIVITY						WALK WITH EASE SELF GUIDED ACTIVITY		WALK WITH EASE SELF GUIDED ACTIVITY	
CRAFT DAY						CRAFT DAY		LET THE GAMES BEGIN	
GROCERY SHOPPING						GROCERY SHOPPING		DOMINOS, SPADES, UNO WII BOWLING, JENGA CHECKERS	
12	CLOSED					15	CLOSED	16	MIX & MINGLE
								WALK WITH EASE SELF GUIDED ACTIVITY COLOR ME HAPPY BRAIN TEASERS WE'RE LEAVING AT 12:30PM RAPPAHANNOCK LIBRARY 2607 SALEM CHURCH RD. FREDERICKSBURG, VA 22407	
19	MIX & MINGLE	22	TRIP OUT	23	MIX & MINGLE				
WALK WITH EASE SELF GUIDED ACTIVITY		BEALLS DEPT STORE 205. NORTH WASHINGTON HWY ASHLAND, VA 23005		WALK WITH EASE SELF GUIDED ACTIVITY					
MONDAY AT THE MOVIES		LUNCH GOLDEN CORAL 23866 ROGERS CLARD BLVD RUTHER GLEN, VA 22546		COLOR ME HAPPY					
				SIP & PAINT					
26	MIX & MINGLE	29		30	MIX & MINGLE				
WALK WITH EASE SELF GUIDED ACTIVITY		CAFE CLOSED FOR TRAINING		WALK WITH EASE SELF GUIDED ACTIVITY					
LET'S PLAY SCATTERGORIES									

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	
	XMAS GALA WORKSHOP				GROCERY SHOPPING AT 1:30 PM			PINK PANTHER DAY OCTOBER'S BIRTHDAYS	
This Photo by Unknown Author is licensed under CC BY-ND						This Photo by Unknown Author is licensed under CC BY-ND			
12	CLOSED			14				16	WALK WITH EASE
				CAFE TRIP OUT DOLLAR TREE 3061 PLANK RD, FREDERICKSBURG GABES DEPT STORE 3501 PLANK RD, FREDERICKSBURG LUNCH: SUPER RICO RESTAURANT 2386 PLANK RD, FREDERICKSBURG GROCERY SHOPPING AT 1:30 PM					TAI CHI WALKING
									CAFE CHAT TIME
									CAFÉ CRAFT DAY
									XMAS GALA WORKSHOP
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
	XMAS GALA WORKSHOP				CAFE BOOK CLUB				CAFÉ CRAFT DAY
	CAFÉ GROUPS				ALPHABET GAME				XMAS GALA WORKSHOP
	CROCHET				GROCERY SHOPPING AT 1:30 PM				
	GARDENING								
	QUILLING, DRAWING								
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
	XMAS GALA WORKSHOP				CAFE BOOK CLUB				SPOOKY FRIDAY PARTY
	TWIN DAY!								FUN, FUN, MORE FUN
	WEAR MATCHING OUTFITS WITH YOUR FRIEND								PASS THE PUMPKIN GAME COSTUME CONTEST
					TOURIST WEDNESDAY GROCERY SHOPPING AT 1:30 PM				WEAR YOUR PAJAMA DAY
									

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