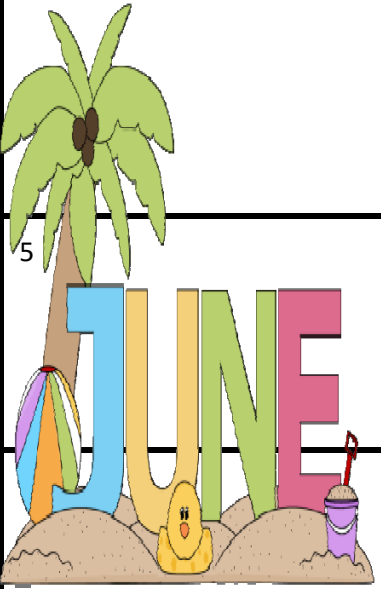



Monday	Tuesday	Wednesday	Thursday	Friday
Available Daily: Color pages, word puzzles Board games, cards Exercise may be outdoors- weather permitting	Birthdays: Mildred 11th, Helen 22nd Ruby M. 30th 		1 WELCOME HOME!!! Bingo	2 CLOSED
5 Wii Bowling Grocery shopping Price is Right	CLOSED	7 Exercise w/ Mark Fresh Connections Craft	8 Library Whats in the bag? Unscramble Word Race Lunch @ Guiseppes	9 CLOSED
12 Wii Bowling Grocery shopping Celebrate Birthdays Decorate Cupcakes	13 CLOSED	14 Art of Aging Outing Lunch @ Cracker Barrel	15 Breakfast @ Bowling Green Bingo Board games	16 CLOSED
19 Wii Bowling Grocery shopping Word unscramble race	20 CLOSED	21 Exercise w/ Mark Craft Fresh connections	22 Ruritan club Board games/ human bingo Lunch @ Timbers	23 CLOSED
26 Nutrition w/ Beth Wii Bowling Grocery shopping Lawn Bingo	27 CLOSED	28 Exercise w/ Mark Wii Bowling Fresh connections Make Icecream	29 YMCA Lunch @ Timbers	30 CLOSED






If Caroline County Schools are closed due to weather conditions, the café will be closed.
 Ladysmith Ruritan Club: Meet there on Thursdays (18206 Timothy Lane, Ladysmith, VA)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Library Madlibs/Wheel of Fortune Grocery/Errands	2 Word and Math Puzzles Cornhole Bingo
	5 Exercise Movie and Popcorn	7	8 Art Walk/Exercise Trivia/Coloring Grocery Errands	9 Word and Math Puzzles Cornhole Bingo
	13 Library Exercise Wii Games	14 	15 Nutrition Class w/Mary Exercise Bingo! Grocery/Errands	16 Trip Out! Movie Mall Food Court
19	20 Exercise June Birthday Celebration Birthday Fair		22 Art Wheel of Fortune Walk Grocery/Errands	23 Word Puzzles Cornhole Bingo
26	27 Exercise Wine and Cracker Bring your favorite Poem or Inspiring Words		29 Library Madlibs Grocery/Errands	30 Word and Math Puzzles Cornhole Bingo



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday!</p> <p>Judy 6-4</p>			<p>1</p> <p>Movie/Popcorn Day! Share and Tell Walking Exercise Fresh Connections</p>	<p>2</p>
<p>5</p>	<p>6</p> <p>Birthday Celebration!</p> <p>Bingo Healthy Steps</p>	<p>7</p> <p>Social Day! Wii Games Word Search/Coloring/Dominos Walking Exercise Food Connection/Errands</p>	<p>8</p> <p>TRIP OUT Tims 11 in Fairview Beach Walmart Dollar Tree</p>	<p>9</p>
<p>12</p>	<p>13</p> <p>Bingo Healthy Steps</p>	<p>14</p> <p>Art of Aging Expo Outing</p> 	<p>15</p> <p>Craft Day! Share and Tell Walking Exercise Food Connection</p>	<p>16</p>
<p>19</p> <p>happy father's day</p>	<p>20</p> <p>Bingo Healthy Steps</p>	<p>21</p> <p>Nutrition w/Mary Wii Games Word Search/Coloring/Dominos Walking Exercise Food Connection/Errands</p>	<p>22</p> <p>Picnic/Game Day! Share and Tell Walking Exercise Food Connection</p>	<p>23</p> 
<p>26</p>	<p>27</p> <p>Bingo Healthy Steps</p>	<p>28</p> <p>Social Day! Wii Games Word Search/Coloring/Dominos Walking Exercise Food Connection/Errands</p>	<p>29</p> <p>Trivia/Music Day! Share and Tell Walking Exercise Food Connection</p>	<p>30</p>



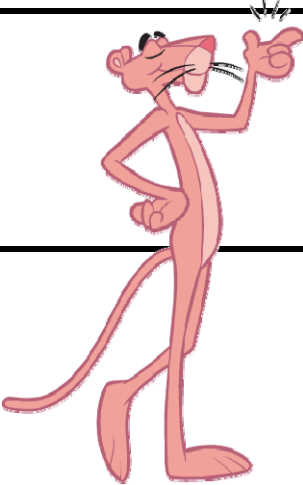



If King George County Public Schools are closed due to inclement weather then the café is also closed.

Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>Happy Father's Day!</p>		1 HEALTHY STEPS COLORING HOUR WII W/ JON DOOR TAGS CRAFTS GROCERIES& ERRAND DAY	2 SEATED EXERCISE W/ Joe SEARCH WORDS ^GROUP ACTIVITY^ BINGO TIME FRESH FOOD PROGRAM	
5 SEATED EXERCISE W/ Joe PICK YOUR GAME HOUR COLOR BY NUMBERS BINGO TIME			7 CLOSED	8 HEALTHY STEPS SEARCH WORDS BOOK MARKS CRAFT GROCERIES& ERRAND DAY	9 SEATED EXERCISE W/ Joe DOMINOES GAME DAY Votive Decorating FRESH FOOD PROGRAM
12 SEATED EXERCISE W/ JOE "What Happened on This Day" Angel Craft BINGO TIME		CLOSED	14 ART OF AGING EXPO CENTER LUNCH: TBD WALMART GROCERIES & ERRAND DAY	15 CLOSED	16 SEATED EXERCISE W/ Joe MARY W/ NUTRITION GONE FISHING ACTIVITY FRESH FOOD PROGRAM
19 SEATED EXERCISE W/ JOE Fire Safety Tips Card Designs	20 CLOSED	21 DAD YOU'RE #1 	22 TRIP OUT SPOTSYLVANIA MALL LUNCH: FOOD COURT WALMART GROCERIES & ERRAND DAY	23 SEATED EXERCISE W/ JOE BINGO TIME Cuff Bracelet Decorating FRESH FOOD PROGRAM	
26 SEATED EXERCISE W/ JOE MOVIE & POP CORN DAY BINGO TIME	27 CLOSED	28 	29 HEALTHY STEPS COLORING HOUR WII W/ JON PICK YOUR GAME HOUR GROCERIES& ERRAND DAY	30 SEATED EXERCISE W/ JOE WINE AND CHEESE CORN HOLE GAME FRESH FOOD PROGRAM	



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

Monday		Tuesday		Wednesday		Thursday		Friday	
									
1		2		3		4		5	
HEALTHY STEPS SEATED YOGA WII BOXING W/ JON COLORING HOUR USE/ RECYCLE/REPURPOSE		CLOSED		HEALTHY STEPS MEDITATION WHEEL OF FORTUNE INITIAL FRAMES CRAFTS GROCERIES SHOPPING				HEALTHY STEPS WALL ART CRAFT GONE FISHING ACTIVITY CONTINUING RAG QUILT TGIF	
6		7		8		9		10	
HEALTHY STEPS MEDITATION NUTRITION W/ MARY WII BOWLING W/ MIKE OUT REACH		CLOSED		HEALTHY STEPS ART OF AGING EXPO CENTER LUNCH: CRACKER BARREL WALMART GROCERIES SHOPPING		CLOSED		HEALTHY STEPS SEATED YOGA FANS MAKING SPACE SAVING HACKS TGIF	
11		12		13		14		15	
HEALTHY STEPS SEATED YOGA MINUTE TO WIN IT CUFF BRACELETS CRAFT OUT REACH/ BASKETS				HEALTHY STEPS WATER COLOR CRAFT WII BOWLING W/ MICHELLE JUNE'S BIRTHDAYS CELEBRATION USE/ RECYCLE/REPURPOSE GROCERIES SHOPPING				HEALTHY STEPS MEDITATION REFRIGERATORS MAGNETS CRAFT WINE & CHEESE TGIF	
16		17		18		19		20	
HEALTHY STEPS MEDITATION WII BOWLING W/ JON MACRAME PROJECT USE/ RECYCLE/REPURPOSE		CLOSED		HEALTHY STEPS TAI CHI POETRY HOUR & KEEPSAKES PINK PANTHER DAY MANICURES/ HAND MASAGE GROCERIES SHOPPING		CLOSED		TRIP OUT AMF BOWLING LANES LUNCH: TBV	



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