
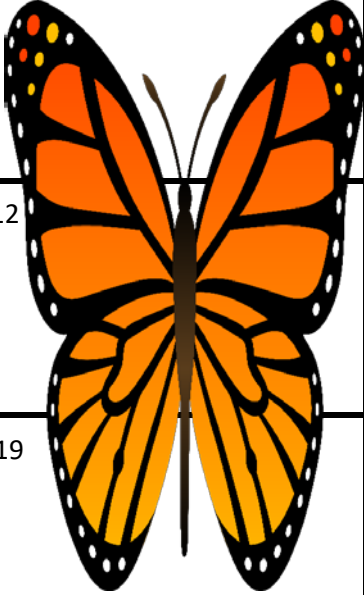

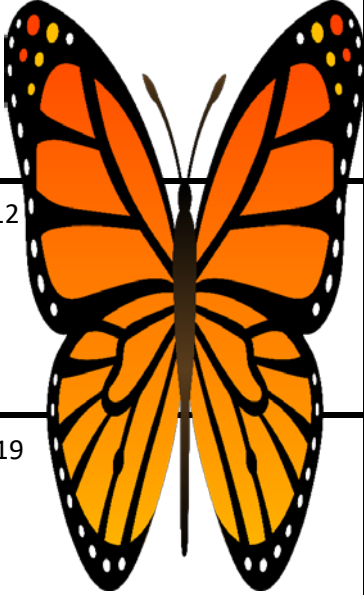

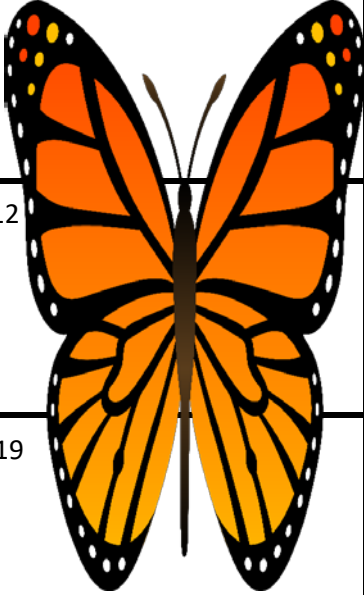


Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED	4 CLOSED 	5 Closed	6 Bingo	7 CLOSED
10 Celebrate Birthdays!! Wii Board Games Wine & Cheese Grocery Shopping	11 CLOSED	12 Exercise w/ Mark Fresh Connections Craft	13 Bingo	14 CLOSED
17 Wii Nutrition w/ Beth Grocery Shopping	18 CLOSED	19 Regal Free Movie SING! 10:00 AM Walmart Lunch @ Ihop	20 Bingo	21 CLOSED
24 Wii Balloon Tennis Grocery Shopping	25 CLOSED 	26 Exercise w/ Mark Board Games Show & Tell Fresh Connections	27 Breakfast @ BG Rehab Bingo	28 CLOSED
31 Wii Trivia Competition Craft Grocery Shopping		Birthdays: Glenn 7/11		



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




Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 INDEPENDENCE DAY! Café Closed	5 	6 Healthy Steps Art Grocery/Errands	7 Cornhole Bingo
10 	11 Movie and Popcorn Healthy Steps	12 	13 Library Cards/Dominoes Grocery Errands	14 Cornhole Bingo
17 	18 Nutrition Class w/Mary Healthy Steps Wheel of Fortune	19 	20 Healthy Steps Music, Wine and Cheese Grocery/Errands	21 Trip Out! Chatham Manor Country Cookin'
24	25 July Birthday Celebration! Healthy Steps VICAP Presentation w/Nikki	26	27 Library Cards/Dominoes Grocery/Errands	28 Cornhole Bingo
31				



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

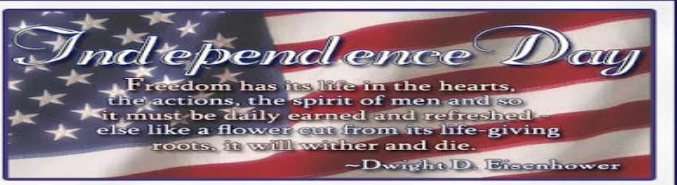



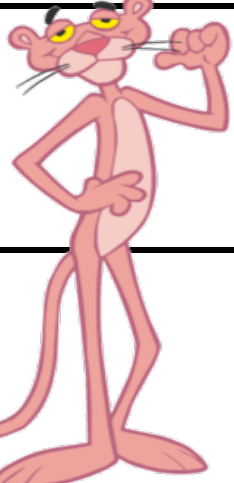


## Spotsylvania Senior Cafe Calendar

8800 Courthouse Rd, Spotsylvania, VA 22553

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOURTH OF JULY	4 FOURTH OF JULY 	5 CLOSED	6 <b>HEALTHY STEPS</b> AMERICANA CELEBRATION <b>PATRIOTIC DOOR DÉCOR CRAFT</b> GROCERIES & ERRAND DAY	7 SEATED EXERCISE INFO FOR ARMS FOIL PAINTING BINGO FRESH CONNECTIONS
10 SEATED EXERCISE INFO FOR LEGS <b>WORD SCRAMBLES</b> BIRD FEEDER PINWHEELS BINGO	11 CLOSED	12 CLOSED	13 GARI MELCHER'S HOME, GARDENS AND MUSEUM CAPTAIN D's WALMART AT FERRY FARMS	14 NUTRITION WITH MARY B. <b>DESIGN A CUFF BRACELET</b> ICE CREAM SOCIAL FRESH CONNECTIONS DENIS FROM MOBILITY OPTONS
17 SPOTSYLVANIA SHERIFF'S OFFICE SPEAKER AT 10:30 AM SEATED EXERCISE INFO WHOLE BODY BINGO			20 <b>HEALTHY STEPS</b> FRAME ART CRAFT WII BOWLING W/ JON GROCERIES & ERRAND DAY	21 STRETCHING TO MUSIC DOMINOES/CARDS HOUR <b>TRIVIA GAME</b> FRESH CONNECTIONS
24 WALKING TO MUSIC <b>MAP PLOTTING</b> MAKING A FOLDING PAPER FAN WINE AND CHEESE SOCIAL	25 CLOSED	26 CLOSED	27 <b>HEALTHY STEPS</b> FLOWER ART CRAFT PICK YOUR GAME DAY GROCERIES & ERRAND DAY	28 SEATED SOCCER COLOR BY NUMBERS BINGO FRESH CONNECTIONS BIRTHDAY CELEBRATIONS
31 EXERCISE INFO <b>FOR BALANCE</b> CRAYON STAINED GLASS COLORING HOUR BEAN BAG TOSS & WII				



If Spotsylvania County schools are closed due to inclement weather then the café is closed.

Monday		Tuesday	Wednesday	Thursday	Friday
3			5 <b>HEALTHY STEPS</b> <b>AMERICANA DAY CELEBRATION</b> AMERICANA DOOR DÉCOR CRAFT WEAR <b>RED/WHITE/BLUE DAY</b> <b>WINE &amp; CHEESE</b> <b>GROCERIES SHOPPING/ERRAND</b>	6 	7 <b>HEALTHY STEPS</b> <b>COLORING HOUR</b> <b>CHARADES</b> <b>TGIF BINGO</b> <b>RECYCLE /USE/ REPURPOSE</b>
10 <b>HEALTHY STEPS</b> <b>PATRIOTIC FLOWER POTS CRAFT</b> <b>PEN PALS ACTIVITY</b> <b>OUT REACH</b> <b>CONTINUING JOURNAL PROJECT</b>	11 <b>CLOSED</b> 	12 <b>HEALTHY STEPS</b> <b>STAFFORD FAMILY FEUD GAME</b> <b>COLORING HOUR</b> <b>RECYCLE /USE/ REPURPOSE</b> <b>GROCERIES SHOPPING/ERRAND</b>	13 <b>CLOSED</b>	14 <b>HEALTHY STEPS</b> <b>PATRIOTIC YARN STARS CRAFTS</b> <b>OUT REACH</b> <b>TGIF BINGO</b>	
17 <b>HEALTHY STEPS</b> <b>MARY W / NUTRITION</b> <b>WII BOWLING W/ MICHELLEE</b> <b>RECYCLE /USE/ REPURPOSE</b>	18 <b>CLOSED</b>	19 <b>HEALTHY STEPS</b> <b>FLAG CUPS CRAFT</b> MINUTE TO WIN IT GAME <b>WATER COLOR ART</b> <b>GROCERIES SHOPPING/ERRAND</b>		21 <b>HEALTHY STEPS</b> <b>MEDITATION</b> <b>JULY BIRTHDAY'S CELEBRATION</b> TIE DYE SCARVES CRAFTS <b>BINGO TIME</b>	
24 <b>HEALTHY STEPS</b> <b>MEDITATION</b> <b>PINK PANTHER DAY</b> <b>PICK YOUR GAME DAY</b> <b>MANICURES</b> <b>HAND MESSAGES</b>	25 	26 <b>HEALTHY STEPS</b> <b>CONTINUING RAG QUILT PROJECT</b> <b>OUT REACH</b> <b>RECYCLE /USE/ REPURPOSE</b> <b>GROCERIES SHOPPING/ERRAND</b>	27 <b>CLOSED</b>	28 <b>HEALTHY STEPS</b> <b>PATRIOTIC BINGO TIME</b> <b>MOVIE</b> <b>" BEAUTY &amp;THE BEAST"</b> <b>POP CORN BAR</b>	
31 <b>TRIP OUT</b> <b>AND THAT STORE</b> <b>LUNCH: FOOD COURT</b>					



If Stafford County schools are closed due to inclement weather then the café is closed.