


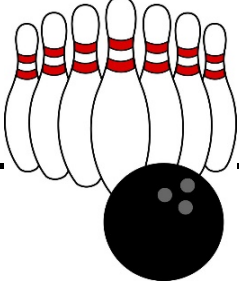


Monday	Tuesday	Wednesday	Thursday	Friday
	Available Daily: Coloring pages Word puzzles	1 Exercise with Mark Fresh connections Craft	2 Breakfast @ Bowling Green Wine & cheese social Ruritan club Board games	3 Bingo Yoga
6 Intergenerational Program Wii bowling Grocery shopping	7 CLOSED	8 Exercise with Mark Card making Fresh connections	9 Library	10 Bingo Yoga
13 Intergenerational Program Wii bowling VALENTINES DAY CELEBRATION	14 CLOSED 	15 Exercise with Mark Bingo Fresh connections	16 YMCA	17 Shopping- Southpoint Walmart/ Dollar tree/ Goodwill Lunch out
20 	21 CLOSED	22 Nutrition with Beth Exercise with Mark Fresh connections Wheel of fortune	23 Ruritan club Saran wrap ball game	24 Wii bowling tournament 
27 Intergenerational Program Wii bowling Grocery shopping	28 CLOSED			







If Caroline County Schools are closed the Caroline Senior Café will also be closed.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Lift with April! Library Trip Grocery Trip	3 Word Puzzles Cornhole Bingo
6	7 Lift with April! Movie and Popcorn Adult Coloring Books	8	9 Art Wii Practice Grocery Trip	10 Lift with April! Bingo
13	14 Lift with April! Valentine's Day Art	15 	16 Library Trip Wii Practice Cards and Dominoes Grocery Trip	17 Trip Out! Movie Mall
20	21 Healthy Steps Wheel of Fortune Adult Coloring Books	22	23 Art Wii Practice Exercise Games Grocery Trip	24 Word Puzzles Cornhole Bingo
27	28 Exercise Show and Tell			








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>Clare 2/4 Lissi 2/7</p>		<p>1</p> <p>Wii Bowling Games/Word Search Walking Excerise Errands Food Connection</p>	<p>2</p> <p>Crazy Sock Day! Let's sing Karaoke! Walking Excerise Share and Tell Food Connection</p>	<p>3</p>
<p>6</p>	<p>7</p> <p>Bingo Healthy Steps Therapy Dog</p>	<p>8</p> <p>TRIP OUT Roses and Dollar Tree Ponderosa</p>	<p>9</p> <p>Craft Day! Let's make some Hearts! Walking Excerise Share and Tell Food Connection</p>	<p>10</p>
<p>13</p>	<p>14</p>  <p>Bingo Healthy Steps BIRTHDAY CELEBRATION HAPPY VALENTINE'S DAY</p>	<p>15</p> <p>Wii Bowling Games/Word Search Walking Excerise Errands Food Connection</p>	<p>16</p> <p>Movie/Pjs/Popcorn Day Walking Excerise Share and Tell Food Connection</p>	<p>17</p>
<p>20</p> 	<p>21</p> <p>Bingo Healthy Steps</p>	<p>22</p> <p>Wii Bowling Games/Word Search Walking Excerise Errands Food Connection</p>	<p>23</p> <p>Wii Bowling Wine and Cheese Social! Walking Excerise Share and Tell Food Connection</p>	<p>24</p> <p>2nd Annual Wii Bowling Tournament</p> 
<p>27</p>	<p>28</p> <p>Bingo Healthy Steps</p>			














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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Healthy Steps Cards, Dominos, Games  Grocery Run	3 Healthy Steps start Valentine Craft Coloring & Word Search  Fresh Food Connection
6 Healthy Steps BINGO Monday  Fresh Food Connection	7	8	9 OUTING  Grocery Run	10 Healthy Steps finish Valentine Craft Coloring & Word Search  Fresh Food Connection
13 Healthy Steps BINGO Monday  Fresh Food Connection		15	16 Healthy Steps Med. Run Cards, Dominos & Games Grocery Run	17 Healthy Steps Mary B's Nutrition Program 11:30 AM Wii Bowling Fresh Food Connection
	21	22	23 Healthy Steps Wii Bowling Share Your Talent  Grocery Run	24 2nd Annual Wii Bowling Tournament  
27 Healthy Steps BINGO Monday  Fresh Food Connection	28			



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>HEALTHY STEPS</b> <b>MEDITATION</b> GROUNDHOG DAY OUT REACH <b>COLORING HOUR</b> <b>GROCERIES SHOPPING DAY</b>	2 <b>CLOSED</b>	3 <b>HEALTHY STEPS</b> TGIF BINGO SUPER BOWL PARTY WEAR RED DAY MEDICAL FORMS UPDATES
6 <b>HEALTHY STEPS</b> NUTRITION WITH MARY WII BOWLING W/ JON HEART PILLOWS <b>COLORING HOUR</b>	7 <b>CLOSED</b> MEDICAL APPOINTMENTS	8 <b>HEALTHY STEPS</b> YOGA HAVE A HEART DAY OUT REACH VALENTINE'S CARD MAKING <b>GROCERIES SHOPPING DAY</b>	9 <b>CLOSED</b> 	10 <b>HEALTHY STEPS</b> TGIF LUNAR ECLIPSE ACTIVITY JOURNALS
13 <b>HEALTHY STEPS</b> WII BOWLING W/MIKE <b>VALENTINE'S DAY PARTY</b> HEART VASES CRAFT OUT REACH	14 <b>CLOSED</b> 	15 <b>HEALTHY STEPS</b> NAME THAT PRESIDENT ACTIVITY CHILLING WITH CHILLI JOURNALS <b>GROCERIES SHOPPING DAY</b>	16 <b>CLOSED</b>	17 <b>TRIP OUT</b>
20 <b>CLOSED</b> 	21 <b>CLOSED</b> 	22 <b>HEALTHY STEPS</b> WINE AND CHEESE MARGARITAS DAY FLORAL DESIGN <b>COLORING HOUR</b> <b>GROCERIES SHOPPING DAY</b>	23 <b>CLOSED</b> 	24 <b>RAAA EVENT</b> <b>WII TOURNAMENT</b>
27 <b>PINK</b> <b>PANTHERS</b> <b>1ST YEAR</b> <b>ANNIVERSARY</b> <b>CELEBRATION</b>				



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