



Monday	Tuesday	Wednesday	Thursday	Friday
	Available Daily: Coloring pages Word puzzles	1 Exercise with Mark Fresh connections Wheel of fortune	2 Movie theater	3 Bingo Yoga
6 Intergenerational Program Wii bowling Grocery shopping	7 CLOSED	8 Nurrition with Beth Exercise with Mark Fresh connections	9 Library	10 Bingo Yoga
13 Intergenerational Program Movie/popcorn Grocery shopping	14 CLOSED	15 Wii bowling Exercie with Mark Fresh connections	16 YMCA	17  St. Patricks Day Potted clover plant WEAR GREEN!
20 Intergenerational Program Wii bowling Grocery shopping	21 CLOSED	22 Exercise with Mark Craft Fresh connections	23 Ruritan club Human bingo Board games	24 Shopping Spotsylvania mall
27 Intergenerational Program Wii bowling Board games Grocery shopping	28 CLOSED	29 Exercise with Mark Fresh connections Wheel of fortune	30 Breakfast @ Bowling Green Ruritan club Price Is right	31 Bingo Yoga




If Caroline County Schools are closed due to inclement weather then the Caroline County Senior Café is, too.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Library Trip Cards and Dominoes Grocery Trip	3 Cornhole Word Puzzles Bingo
6	7 Exercise Wine and Cheese Social Adult Coloring Books	8	9 Movie and Popcorn Art Grocery Trip	10 Sock Hop @ Stafford!
13	14 Exercise Wheel of Fortune Tuesday Bingo!	15 	16 Library Trip St. Patty's Art Cards and Dominoes Grocery Trip	17 Trip Out! Ashland, VA Country Store
20	21 Exercise Trivia Coloring Books	22	23 Art Cards and Dominoes Grocery Trip	24 Word Puzzles Cornhole Bingo
27	28 Exercise Music Show and Tell	29 	30 Library Trip Cards and Dominoes Grocery Trip	31 Madlibs Cornhole Bingo



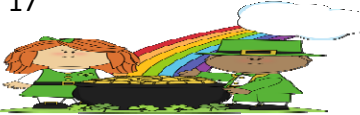



If Fredericksburg City Schools are closed due to inclement weather, then the café is closed.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY BIRTHDAY!</p> <p>George 3/19</p>		<p>1</p> <p>Wii Bowling Games/Word Search Walking Exerise Errands Food Lion Day</p>	<p>2</p> <p>Trivia Day! Walking Exerise Share and Tell Food Lion Day</p>	<p>3</p>
<p>6</p>	<p>7</p> <p>Bingo Healthy Steps Therapy Dog</p>	<p>8</p> <p>TRIP OUT Walmart and Dollar Tree Golden Corral</p>	<p>9</p> <p>Movie and Popcorn Day! Walking Exerise Share and Tell Food Lion Day</p>	<p>10</p>
<p>13</p>	<p>14</p> <p>Bingo Healthy Steps</p>	<p>15</p> <p>Wii Bowling Games/Word Search Walking Exerise Errands Food Lion Day</p>	<p>16</p> <p>Green Hat Day! Memory Game Walking Exerise Share and Tell Food Lion Day</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 Exerise Errands Food Lion Day</p>	<p>23</p> <p>Craft Day! Pressed Flowers Walking Exerise Share and Tell Food Lion Day</p>	<p>24</p> <p>MEDICAL TRIP</p>
<p>27</p>	<p>28</p> <p>Bingo Healthy Steps</p>	<p>BIRTHDAY CELEBRATION!</p> <p>Wii Bowling Games/Word Search Walking Exerise Errands Food Lion Day</p>	<p>30</p>	<p>31</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>Mar. 12 Clocks Ahead 1 Hour</p> 			<p>2</p> <p>Outing</p> <p>Grocery Run</p>	<p>3</p> <p>Healthy Steps Movie w/ Popcorn Crazy Sock Day</p> <p>Fresh Food Connection</p>
<p>6</p> <p>Errands Healthy Steps BINGO</p> <p>Fresh Food Connection</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Healthy Steps start Craft Word Search & Coloring</p> <p>Grocery Run</p>	<p>10</p> <p>Healthy Steps finish Craft Word Search & Coloring</p> <p>Fresh Food Connection</p>
<p>13</p> <p>Errands Healthy Steps BINGO</p> <p>Fresh Food Connection</p>	<p>14</p>	<p>15</p>	<p>16</p> <p>Healthy Steps Med. Run Cards & Dominos</p> <p>Grocery Run</p>	<p>17</p> <p>St. Patrick's Day Party</p>  <p>MaryB's Nutrition Program 11:30 Fresh Food Connection</p>
<p>20</p> <p>1st Day of Spring Errands Healthy Steps BINGO</p> <p>Fresh Food Connection</p>	<p>21</p> 		<p>23</p> <p>Healthy Steps Wii Bowling & Cornhole</p> <p>Grocery Run</p>	<p>24</p> <p>Healthy Steps Word Search, Coloring & Share Your Talent</p> <p>Fresh Food Connection</p>
<p>27</p> <p>Errands Healthy Steps BINGO</p> <p>Fresh Food Connection</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>Healthy Steps CRAFT</p> <p>Grocery Run</p>	<p>31</p> <p>Healthy Steps Movie w/ Popcorn</p> <p>Fresh Food Connection</p>



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HEALTHY STEPS MEDITATION CRAFT MONTH ACTIVITIES JEWRLY MAKING CRAFT GROCERIES SHOPPING	21 CLOSED	3 HEALTHY STEPS YOGA SITE'S 3RD SOCK HOP CELEBRATING WITH FREDERICKSBURG CAFÉ
6 HEALTHY STEPS MARY WITH NUTRITION WII BOWLING WITH JON OUT REACH USE/ RECYCLE/REPURPOSE	21 CLOSED	8 HEALTHY STEPS RAG QUILT MAKING COLORING HOUR GROCERIES SHOPPING	9  Everyone's Irish On March 17th.	10 HEALTHY STEPS MEDITATION JOHNY APPLE SEED DAY LEARN TO MAKE RECIPES TGIF
13 HEALTHY STEPS YOGA WII BOXING W/ MICHELLE PAINTED BOTTLES CRAFT COLORING HOUR	14 	15 HEALTHY STEPS WINE & CHEESE MOSAIC SHAMROCKS CRAFT SWAP MEET GROCERIES SHOPPING	16	17 HEALTHY STEPS MEDITATION ST PATRICKS CELEBRATION USE/ RECYCLE/REPURPOSE
20 HEALTHY STEPS WII BOXING W/ RENEE MANICURES LEARN TO DO THE CHICKEN DANCE CLASS	21 CLOSED	22 HEALTHY STEPS MEDITATION PINK PANTHER DAY MOVIE& POPCORN DAY GROCERIES SHOPPING	23 CLOSED	24 HEALTHY STEPS YOGA MARCH BIRTHDAYS LUCKY YOU BINGO USE/ RECYCLE/REPURPOSE
27 HEALTHY STEPS TRIP OUT	28 CLOSED	29 HEALTHY STEPS OUT REACH LAPEL PIN MAKING CLASS COLORING HOUR USE/ RECYCLE/REPURPOSE GROCERIES SHOPPING	30 	31 HEALTHY STEPS EARTH DAY PLANTING CRAFT GOOFY BINGO USE/ RECYCLE/REPURPOSE



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