

Rappahannock Area Agency on Aging
Meal Center Calendar
 (calendar subject to change)

Site: Caroline (540-273-8210)

Month: February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Wii w/Charlene	2 CLOSED	3 Exercise Grocery Shop Charlie Taylor B/D	4 Ladysmith Bingo Margaret Butler B/D	5 BINGO Take home meals Ruby Harris B/D
8 Wii w/ Charlene Nutrition w/Beth	9 CLOSED	10 Exercise Grocery Shop	11 Ladysmith <i>King George Valentine Party</i>	12 Bingo Take home meals
15 CLOSED PRESIDENT'S DAY Catherine Tyler B/D	16 CLOSED	17 Exercise Grocery Shop	18 Ladysmith Crafts	19 Bingo Take home meals
22 Wii w/Charlene Nutrition w/Beth	23 CLOSED	24 Exercise Grocery Shop	25 Ladysmith SITE	26 Bingo Take Home Meals
 Cordella Walker B/D February 28th			Ladysmith	

If Caroline County schools are closed due to weather conditions, the meal center will be closed.

Rappahannock Area Agency on Aging

Meal Center Calendar

(Calendar subject to change.)

Site: Fredericksburg (540-220-1035)

Month: February 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Closed	2	Exercise Bingo Take home meals FFL boxes	3	Closed	4	Exercise Bingo Errands/Groceries	5	Exercise Health News Current Event
8	CLOSED	9	Trip out Lunch	10	CLOSED	11	Valentine Party King George Site	12	Exercise Current Events
15	CLOSED	16	Exercise Bingo Take home meals February Birthdays	17	CLOSED	18	Exercise Bingo Errands/Groceries	19	Exercise Current Events Health News
22	CLOSED	23	Exercise Bingo Take Home Meals	24	CLOSED	25	Exercise Bingo Errands/Groceries	26	CLOSED Exercise Current Events

If Fredericksburg City schools are closed due to weather conditions, the meal center will be closed.

Rappahannock Area Agency on Aging

Meal Center Calendar

(Calendar subject to change.)

Site: Fredericksburg (540-220-1035)

Month: February 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Closed	2	Exercise Bingo Take home meals FFL boxes	3	Closed	4	Exercise Bingo Errands/Groceries	5	Exercise Health News Current Event
8	CLOSED	9	Trip out Lunch	10	CLOSED	11	Valentine Party King George Site	12	Exercise Current Events
15	CLOSED	16	Exercise Bingo Take home meals February Birthdays	17	CLOSED	18	Exercise Bingo Errands/Groceries	19	Exercise Current Events Health News
22	CLOSED	23	Exercise Bingo Take Home Meals	24	CLOSED	25	Exercise Bingo Errands/Groceries	26	CLOSED Exercise Current Events

If Fredericksburg City schools are closed due to weather conditions, the meal center will be closed.

Rappahannock Area Agency on Aging

Meal Center Calendar

(Calendar Subject to Change)

Site: King George (540/775-2628)

Month: February 2010

Monday		Tuesday		Wednesday		Thursday		Friday	
1		2	Errands Computer Take home meals	3	Exercise w/Linda Create A Poem Grocery Shop	4	Crafts	5	CLOSED
8	CLOSED	9	Errands Take Home Meals DO cookies	10	Exercise w/Linda Mary VA Coop Grocery Shop	11	Valentine All-Sites Party	12	CLOSED <i>Special Transportation Call Ahead (AFAA cert)</i>
15	CLOSED Linda's B/D 14th	16	Errands Bingo Take Home Meals	17	Exercise w/Linda Grocery Shop "My Story"	18	Walmart- Central Park Dollar Tree Kings Buffet	19	CLOSED
22	CLOSED Irene's B/D 22nd	23	Errands Nursing Home Take Home Meals	24	Exercise w/Linda Bingo Grocery Shop	25	Board Games	26	CLOSED

If King George schools are closed due to weather conditions, the meal center will be closed.

RAPPAHANNOCK AREA AGENCY ON AGING

Spotsylvania Meal Center Calendar

(calendar subject to change)

MONTH: February 2010

For Pickup call 371-3375 before
7:30 am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Dev. Bingo Exercise	2 CLOSED	3 CLOSED	4 Dev. "Word Skills" M.M. Program Exercise Bingo	5 Big Lots Card Store Capt. D's - Lunch
8 Dev. Bingo Exercise	9 CLOSED	10 CLOSED	11 VALENTINE PARTY KING GEORGE	12 Dev. Valentine Celebration Exercise
15 CLOSED Washington's Birthday	16 CLOSED	17 CLOSED	18 Dev. Bingo Exercise "Swap-Shop"	19 Dev. "Showtime" Popcorn & Drink Exercise
22 Dev. Bingo Exercise	23 CLOSED	24 CLOSED	25 Dev. "Math" Skills Exercise	26 Dev. "Showtime" Nutrition w/Beth & Mary Exercise Bingo

If Spotsylvania County schools are closed due to weather conditions, the meal center will be closed.

**Rappahannock Area Agency on Aging
Stafford Meal Center Calendar February 2010**

(calendar subject to change)

Stafford Meal Center Phone: 540-220-0587

For Pickup Call 371-3375 by 7:30 am

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Free game day	2	CLOSED	3	Grocery/Errand Exercise	4	CLOSED	5	Bingo
8	Free game day Take Home Meals	9	CLOSED	10	Mary Co-op grocery/errands exercise	11	VALENTINE PARTY KING GEORGE	12	CLOSED
15	CLOSED Washington's Birthday	16	CLOSED	17	grocery/errands exercise	18	CLOSED	19	Goodwill shopping Lunch
22	Free game day Take Home Meals	23	CLOSED	24	Breakfast Grocery Shop Aldi	25	CLOSED	26	Bingo

If Stafford County schools are closed due to weather conditions, the meal center will be closed.