

Fredericksburg Preschool Programs



Summer Guide 2021

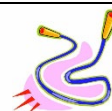
Having Fun Without a Screen

After a year of screens for distance learning, communications and work, here are ten ideas to encourage our families to turn off the screen and have fun together

1. **Arts and Crafts** – Keep a box of crayons, colored pencils, markers, and craft supplies with paper. You can also include small objects that might be thrown away like bottle caps, old keys or scraps of cloth



2. **Outdoor Toys** – Have a container of toys for outside such as chalk, jump ropes, bubbles and other toys for outdoors



3. **Family Game Night** – Pull out an old fashioned board game or create one of your own and get the family together



4. **Nature Hike** – Head out to a local park and take a walk on the wild side. Talk about the animals and plants you see



5. **Alphabet Game** – Take a walk through town and see if you can find each letter of the alphabet in order starting with letter A. This is also fun on long car rides



6. **Build a Fort** – Use furniture and sheets to build a fort with your children



7. **Family Stories** – Sit the family together and tell stories about the family. You can have your child draw a picture for each story and put them into a book



8. **Mask Making** – Make masks out of paper or paper plates and string and have your child decorate them



9. **Race Track** – Take a long board, box, or long flat object and prop it up on a chair, table or box to create a track. Take toy cars and hold them at the top to race them.



10. **Teddy Bear Picnic** – Put a blanket down and have your child bring out a couple of their favorite stuffed animals and have a picnic on the floor or outside.



Summer Activities

Parks and Recreation

Offers summer camps, sports, art, movement, and other activities for all ages

Individuals receiving SNAP, TANF, or Medicaid may qualify for assistance of \$40 per child per season for activities. Contact Parks and Rec to determine eligibility

408 Canal Street, Fredericksburg, VA, 22401

(540) 372-1086

[Parks, Recreation & Events | Fredericksburg, VA - Official Website \(fredericksburgva.gov\)](http://fredericksburgva.gov)

Fredericksburg Library

Summer reading program, classes, maker lab, story time, children's activities, interest groups, computer classes, online GED and language learning, 3D printer workshops

1201 Caroline Street, Fredericksburg, VA, 22401

(540) 372-1144

www.librarypoint.org

Doris E. Buffett Pool at Dixon Park

Free outdoor pool and water features for little ones

Free for residents of 22401, \$10 for persons outside zip code and all children 3 and under are free

1300 Dixon Street, Fredericksburg, VA 2201

(540)371-9622

[Doris E. Buffett Pool | Fredericksburg, VA - Official Website \(fredericksburgva.gov\)](http://fredericksburgva.gov)



Summer Activities

YMCA

Sports, swim lessons, fitness activities, other activities

Sliding scale may be available for membership fees. Contact the YMCA to determine eligibility

Massad Family YMCA – 212 Butler Rd, 22405 (540)371-9622

Ron Rosner YMCA – 5700 Smith Station Rd, 22407 (540)735-9622

[Home - Rappahannock Area YMCA Rappahannock Area YMCA \(family-ymca.org\)](http://family-ymca.org)

Macaroni Kids

Website sharing family & children's activities in the local area

www.fredericksburg.macaronikid.com

Get Outdoors Challenge

Pick up a game board at the Spotsylvania Visitors Center and visit different outdoor locations in the area to earn prizes.

Boards must be returned by July 1 to win

(540) 507-7090

[Get Outdoors Month Challenge | Spotsylvania County, VA](#)

FXBG FUN in 2021

Pick up a game board at the Fredericksburg Visitors Center and complete different activities in the area to earn prizes quarterly or sign up on website

(540) 507-7090

www.visitfred.com/2021/05/09/fxbg-fun-in-2021-play-to-win/



Places to Go

Area Parks & Trails

Alum Spring Park – Greenbrier Drive
Caledon State Park – 11617 Caledon Rd, King George
Canal Path – Fall Hill Road to Princess Anne Street
City Dock – 207 Sophia Street
Cobblestone Park – intersection of Willis St. & Cobblestone Blvd
Cossey Park – intersection of Littlepage St & Grove Ave
Cowan Blvd Trail – along Cowan Blvd
Dixon Park – 1300 Dixon Street
Hurkamp Park – 500 William Street
Maury Playground – 901 Kenmore Avenue
Memorial Recreation Park – 1401 Kenmore Avenue
Motts Run Reservoir Recreation Area – 6600 River Road
Old Mill Park – 2201 Caroline Street
Powhatan Park – Powhatan Street – 1521 Powhatan Street
Riverfront Park – 713 Sophia Street
Snowden Park – Fall Hill Avenue
Virginia Central Railway Trail – Lafayette Blvd
W.L. Harris Playground & Walker-Grant Center Fields – 200 Gunnery Road

[Parks | Fredericksburg, VA - Official Website \(fredericksburgva.gov\)](#)

Maymont Park

Nature park and gardens, feed & pet goats, nature center

1700 Hampton St, Richmond VA 23220

(840) 358-7166

www.maymont.org

Motts Run Nature Center

Nature center with orienteering course, boat rentals, trails

Nature center open on weekend afternoons only

6600 River Road, Fredericksburg, VA 22407

(540)372-1086

[Home - Rappahannock Area YMCA Rappahannock Area YMCA \(family-ymca.org\)](#)



Places to Go

Farmers Market

Farmers markets featuring fresh locally grown food

SNAP card holders can use their SNAP card at the market. See market manager to exchange SNAP for tokens and receive up to \$10 for fruits and vegetables for free

Hurkamp Park – 500 William Street

Saturdays

7:00 – 2:00

Mary Washington Hospital - 1001 Sam Perry Blvd

2nd & 4th Fridays

11:30 – 5:00

VDOT Parking Lot – 12150 Gordon Rd

Saturdays

8:00 – 1:00

Spotsylvania Medical Center – 4600 Spotsylvania Pkwy

Wednesdays

2:00 – 6:00

King George Market – 10381 Ridge Road

Saturdays

8:00 – 12:00

[Visit - Fredericksburg Farmers Market \(fxbgfarmersmarket.com\)](http://fxbgfarmersmarket.com)

[King George Farmers' Market \(nfmd.org\)](http://nfmd.org)

Kings Dominion

Children ages 3 to 5 qualify for a free season pass to the park

Bring your child's birth certificate or passport to verify their age and receive the pass

Must register by July 4

[Free Pre-K Pass | Unlimited Visits & More in 2019 | Kings Dominion](#)

Museums for All

Shares list of museums families with SNAP can visit for free or reduced rate

[Museums for All \(museums4all.org\)](http://museums4all.org)



Local Events

150th Anniversary Event

Drive-through event in celebration of 150 years of
Fredericksburg City Public Schools with mascots & giveaways
Tuesday May 25

3:00 – 4:00 – Preschool, Hugh Mercer, Lafayette

4:00 – 5:00 – Walker-Grant, James Monroe

42 Jackie Robinson Way, Fredericksburg, VA 22401

[Fredericksburg City Public Schools 150th Drive-Through Celebration | Default Post Page \(fxbgschools.us\)](#)

Fredericksburg Kid Expo

Dinosaurs, climbing wall, butterfly feeding, musical petting zoo,
information on local kid's activities, health resources & more

Saturday, May 22 10:00 – 5:00

Sunday, May 23 11:00 – 4:00

Fredericksburg Expo Center – 2371 Carl D. Silver Pkwy
(540)548-5555

[THE KIDS EXPO - FREDERICKSBURG - Home \(fredericksburgkidexpo.com\)](#)

Kid's Fishing Derby

Fishing with no fishing license required

Saturday, June 5 7:30 – 12:30

(Rain date is June 6)

Motts run Reservoir – 6600 River Road, Fredericksburg, VA 22401

[Upcoming Events | Fredericksburg, VA - Official Website \(civicplus.com\)](#)



Local Events

Picnic in the Park

Free live entertainment, bring a lunch and a blanket
Tuesdays 11:30 – 1:30

Robotics Day – May 25 – live band and drone squad

Baseball Day – June 1 – DJ Swain and Nationals mascot

Best Friends Day – June 8 – Live Band, bring or make a friend

Fly a Kite Day – June 15 – Make and fly a kite at Kenmore Park

Donuts for Dads – June 22 – Live Band

Beach Day – June 29 – Kiddie car wash, hula hoops

[Picnic-in-the-Park-Schedule-2021-PDF \(fredericksburgva.gov\)](#)

Kids' Market

Children 8-15 are invited to sell their homemade items.

Saturday, June 12

9:00 – 1:00

Must apply to sell items

Hurkamp Park - 500 William Street

[Community Events - Fredericksburg Farmers Market \(fxbgfarmersmarket.com\)](#)

Fourth in Fredericksburg

Fireworks at Fredericksburg Nationals Stadium

Sunday, July 4

Details to be announced

42 Jackie Robinson Way, Fredericksburg, VA 22401

[Fourth in Fredericksburg | Fredericksburg, VA - Official Website \(fredericksburgva.gov\)](#)



Resources to Know



FredFood App

This app shows local food banks, pantries and meal locations in Fredericksburg, King George, and other local areas

Available for iPhone and Android in App Store

[PANTRY LOCATOR APP](#) | [Fredericksburg Regional Food Bank \(fredfood.org\)](http://Fredericksburg Regional Food Bank (fredfood.org))



United Way

Rent and utility assistance programs
Financial resources
Budgeting & credit repair workshops
prescription assistance

3310 Shannon Park Drive, Fredericksburg, VA

(540) 373-0041

[Home - Rappahannock United Way](#)

Empowerhouse

Domestic violence services & resources

150 Olde Greenwich Drive Ste 101, Fredericksburg, VA 22401

(540) 373-9373

www.empowerhouse.org

Mental Health America

Mental health services, support groups, community activities

4701 Market Street Suite D, Fredericksburg, VA 22401

(540) 373-3275

www.mhsfred.org

Housing Hotline

Current or imminent risk of homelessness, assists with resources for families facing eviction or needing emergency housing

(540) 358-5801

Resources to Know

211 Virginia

Database of resources for housing, childcare, food, employment, transportation, utility assistance, healthcare & more
Call 211 or check website

www.211virginia.org

Aunt Bertha

Database of resources for housing, childcare, food, employment, transportation, utility assistance, healthcare & more
(540) 373-3275

www.findhelp.org

Fredericksburg Department of Social Services

Energy & emergency cash assistance
Medicaid, SNAP, TANF/VIEW
Childcare Assistance

608 Jackson Street Suite 100, Fredericksburg, VA 22401
(540) 372-1032

[Social Services | Fredericksburg, VA - Official Website \(fredericksburgva.gov\)](http://www.fredericksburgva.gov)

Childcare Network

Assistance with locating and acquiring childcare
4701 Market Street Suite D, Fredericksburg, VA 22401

(540) 373-3275

www.thechildcarenetwork.org

Legal Aid Works

Legal assistance on financial matters, immigration, housing problems, domestic violence/protective orders, custody
4701 Market Street Suite D, Fredericksburg, VA 22401

(540) 778-6800

www.legalaidworks.org

Local Pantries

Sundays

Agape Fellowship Ministries Pantry – 26 Perchwood Dr.– 12:30 – 1:30
Real Life Community Church Pantry - 11 Smokehouse Rd Ste 103 – 11 - 12

Mondays

St. Mary's Food Boxes – 1003 Stafford Ave – 9:00 -4:00
Mobile Pantry at Strong Tower Church – 234 Ferry Rd. – 11 - 12
UMC Food Pantry – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00
Massaponax Baptist Church – 5101 Massaponax Church Rd – 3rd Mondays 6-8

Tuesdays

St. Mary's Food Boxes – 1003 Stafford Ave – 9:00 -4:00
Salvation Army – 2012 Lafayette Blvd – 9 12 and 1 - 4
Spotswood Baptist Church Pantry - 4107 Lafayette Blvd – 2nd & 4th Tuesdays - 9:30 - 11
The Table at St. George's Pantry – 905 Princess Anne St. – 9:30 – 11 & 5 - 6:30
UMC Food Pantry – 308 Hanover St (Charlotte St. Parking lot) – 2 – 4
Arm of the Lord Drive Thru Meal - 2100 Airport Dr. – 4:30 – 5:30
Trinity Episcopal Pantry - 825 College Ave – 1st and 3rd Tuesdays 5 – 6
Community Ministry Center Pantry – 918 Bragg Rd – 6:00 – 8:00
Mobile Pantry at Hazel Hill – 3rd Tuesdays – 11-12
Mobile Pantry at Heritage Park – 1st Tuesdays 1:30 – 2:30

Wednesdays

St. Mary's Food Boxes – 1003 Stafford Ave – 9:00 -4:00
UMC Food Pantry – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00

Thursdays

Community Ministry Center Pantry – 918 Bragg Rd – 9:00 –11:00
St. Mary's Food Boxes – 1003 Stafford Ave – 9:00 -4:00
Peace United Methodist Church Pantry – 801 Maple Grove Dr. – 9:30 - 12
Mobile Pantry at Moss Clinic - 1301 Sam Perry Blvd – 3rd Thursdays 1 -2
UMC Food Pantry – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00
Islamic Center Pantry - 7020 Harrison Rd – last Thursday 5-7

Fridays

St. Mary's Food Boxes – 1003 Stafford Ave – 9:00 -4:00
Shiloh Baptist Church (Old Site) – 801 Sophia St. – 2nd and 4th Fridays

Saturdays

Community Ministry Center Pantry – 918 Bragg Rd – 9:00 –11:00
Lambert & Withers Food Pantry – 900 Charlotte Street – 2nd & 4th Saturdays 9:30 -11
UMC Food Pantry – 308 Hanover Street (Charlotte St. Parking lot) – 2:00 – 4:00

Summer Mobile Nutrition Program

Planned Summer Feeding Sites

Finalized schedule will be released on June 1

Meals will be distributed at the following sites.

Schedule and locations are subject to change.

Fall Hill Route

Weston Circle/Wicklow Drive
Central Park Town Homes
Bragg Hill Courts
Riverside Manor
Valor Apartments
Heritage Apartments
Heritage Park Apartments
Crestview Apartments
Forest Village Apartments

Downtown

Hazel Hill Apartments
Mayfield
Fredericksburg Baptist Church
The Commons

Route 1

Kendallwood Apartments
Townsend Square
Camden Hills
Idlewild Community Center

Lafayette Boulevard

Wellington Woods
Morningside
Braehead Woods
Longstreet

Meals will be distributed between 11:00 and 1:30. Check the schedule coming out on June 1 to get the time of your location.

www.fxbschools.us/departments/school-nutrition

