

February 2023 KCC Social Adult Daycare Services Calendar

Korean Community Center 100 Grove Street, Tenafly, NJ 07670 T. 201-541-1200 (Ext 126)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-10:00: Morning Snack & Tea 10-10:30 Weight Training 10:30-12: Oil Painting 12:00 Lunch	2 9-10: Morning Snack & Tea 10-10:30 Health Checkup 10:20-11 Smart Phone /스마트 폰 11-12 Line Dance 12 Lunch	3 9-10: Morning Snack & Tea 10-10:30 Weight Training 10:30-11: Play Ping-Pong Game 11-12: Drum (성인 난타) 12:00 Lunch
6 9-10:00: Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30: Sing Along 11:30-12: Brain Game 12:00 Lunch	7 9-10:00: Morning Snack & Tea 10-11:00 Healthy Dance 11-12: Art History & Oil Painting 12:00 Lunch	8 9-10:00: Morning Snack & Tea 10-10:30 Weight Training 10:30-11: Nutrition Education 11-12: Oil Painting	9 9-10: Morning Snack & Tea 10:20-11 Smart Phone /스마트 폰 11-12 Line Dance 12 Lunch	10 9-10: Morning Snack & Tea 10-10:30 Weight Training 10:30-11: Play Ping-Pong Game 11-12: Drum (성인 난타) 12:00 Lunch Birthday Party for the month
13 9-10:00: Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30: Sing Along 11:30-12: Brain Game 12:00 Lunch	14 9-10:00: Morning Snack & Tea 10-11:00 Healthy Dance 11-12: 길 위의 인문학 (History of Architecture) 12:00 Lunch	15 9-10:00: Morning Snack & Tea 10-10:30 Weight Training 10:30-12: Oil Painting 12:00 Lunch	16 9-10: Morning Snack & Tea 10:20-11 Smart Phone/스마트 폰 11-12 Line Dance 12 Lunch	17 9-10: Morning Snack & Tea 10-10:30 Weight Training 10:30-11: Play Ping-Pong Game 11-12: Drum (성인 난타) 12:00 Lunch
20  CLOSED	21 9-10:00: Morning Snack & Tea 10-11:00 Healthy Dance 11-12: Art History & Oil Painting 12:00 Lunch	22 9-10: Morning Snack & Tea 10-10:30 Weight Training 10:30-11: Medical Information 11-12: Bingo Game 12:00 Lunch	23 9-10: Morning Snack & Tea 10:20-11 Smart Phone/스마트 폰 11-12 Line Dance 12:00 Lunch	24 9-10: Morning Snack & Tea 10-10:30 Weight Training 10:30-11: Play Ping-Pong Game 11-12: Drum (성인 난타) 12:00 Lunch
27 9-10:00: Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30: Sing Along 11:30-12: Brain Game 12:00 Lunch	28 9-10:00: Morning Snack & Tea 10-11:00 Healthy Dance 11-12: 길 위의 인문학 (History of Architecture) 12:00 Lunch			