

# March 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
		<b>1</b> 9-10:00: Morning Snack & Tea <b>10-10:30 Weight Training</b> <b>10:45-12 Free Speaking/기초 영어 회화</b> 12:00 Lunch	<b>2</b> 9-10: Morning Snack & Tea 10-10:20 <b>Birthday Party for the month</b> <b>10:20-11 Smartphone /스마트 폰</b> <b>11-12 Line Dance</b> 12 Lunch	<b>3</b> 9-10: Morning Snack & Tea <b>10-10:30 Weight Training</b> 10:30-11: Play Ping-Pong Game <b>11-12: Drum (성인 난타)</b> <b>11-12: Art &amp; Crafts</b> 12:00 Lunch
<b>6</b> 9-10:00: Morning Snack & Tea 10-10:30 <b>Weight Training</b> <b>10:30-11:30: Sing Along</b> <b>11:30-12: Brain Game</b> 12:00 Lunch	<b>7</b> 9-10:00: Morning Snack & Tea 10-11:00 <b>Healthy Dance</b> <b>11-12: Art History &amp; Oil Painting</b> 12:00 Lunch	<b>8</b> 9-10:00: Morning Snack & Tea <b>10-10:30 Nutrition Education</b> <b>10:45-12 Free Speaking/기초 영어 회화</b> 12:00 Lunch	<b>9</b> 9-10: Morning Snack & Tea 10-10:20 Nutrition Education <b>10:20-11 Smartphone /스마트 폰</b> <b>11-12 Line Dance</b> 12 Lunch	<b>10</b> 9-10: Morning Snack & Tea <b>10-10:30 Weight Training</b> 10:30-11: Play Ping-Pong Game <b>11-12: Drum (성인 난타)</b> <b>11-12: Art &amp; Crafts</b> 12:00 Lunch
<b>13</b> 9-10:00: Morning Snack & Tea 10-10:30 <b>Weight Training</b> <b>10:30-11:30: Sing Along</b> <b>11:30-12: Brain Game</b> 12:00 Lunch	<b>14</b> 9-10:00: Morning Snack & Tea 10-11:00 <b>Healthy Dance</b> <b>11-12: 길 위의 인문학 (History of Architecture)</b> 12:00 Lunch	<b>15</b> 9-10:00: Morning Snack & Tea <b>10-10:30 Weight Training</b> <b>10:45-12 Free Speaking/기초 영어 회화</b> 12:00 Lunch	<b>16</b> 9-10: Morning Snack & Tea <b>10:20-11 Smartphone/스마트 폰</b> <b>11-12 Line Dance</b> 12 Lunch	<b>17</b> 9-10: Morning Snack & Tea <b>10-10:30 Weight Training</b> <b>11-12: Drum (성인 난타)</b> <b>11-12: Art &amp; Crafts</b> 12:00 Lunch
<b>20</b> 9-10:00: Morning Snack & Tea 10-10:30 <b>Weight Training</b> <b>10:30-11:30: Sing Along</b> <b>11:30-12: Brain Game</b> 12:00 Lunch	<b>21</b> 9-10:00: Morning Snack & Tea 10-11:00 <b>Healthy Dance</b> <b>11-12: Art History &amp; Oil Painting</b> 12:00 Lunch	<b>22</b> 9-10:00: Morning Snack & Tea <b>10-10:30 Weight Training</b> <b>10:45-12 Free Speaking/기초 영어 회화</b> 12:00 Lunch	<b>23</b> 9-10: Morning Snack & Tea <b>10:20-11 Smartphone/스마트 폰</b> <b>11-12 Line Dance</b> 12:00 Lunch	<b>24</b> 9-10: Morning Snack & Tea <b>10-10:30 Weight Training</b> <b>11-12: Drum (성인 난타)</b> <b>11-12: Art &amp; Crafts</b> 12:00 Lunch
<b>27</b> 9-10:00: Morning Snack & Tea 10-10:30 <b>Weight Training</b> <b>10:30-11:30: Sing Along</b> <b>11:30-12: Brain Game</b> 12:00 Lunch	<b>28</b> 9-10:00: Morning Snack & Tea 10-11:00 <b>Healthy Dance</b> <b>11-12: 길 위의 인문학 (History of Architecture)</b> 12:00 Lunch	<b>29</b> 9-10:00: Morning Snack & Tea <b>10-10:30 Weight Training</b> <b>10:45-12 Free Speaking/기초 영어 회화</b> 12:00 Lunch	<b>30</b> 9-10: Morning Snack & Tea <b>10:20-11 Smartphone/스마트 폰</b> <b>11-12 Line Dance</b> 12:00 Lunch	<b>31</b> 9-10: Morning Snack & Tea <b>10-10:30 Weight Training</b> <b>11-12: Drum (성인 난타)</b> <b>11-12: Art &amp; Crafts</b> 12:00 Lunch