


JUNE 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 9-10:20 Morning Snack & Tea 10:20-11 Smartphone /스마트 폰 11-12 Line Dance 12 Lunch (Bibim-Guksu)	2 9-10 Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30 부채 만들기/서예 11-12 Drum 12:00 Lunch (Curry)
5 9-10:00 Morning Snack & Tea 10:00-11:00 Sing Along 11-11:30 Weight Training 11:30-12 Memory Game 12:00 Lunch (Soft Mapa Tofu)	6 9-10:00 Morning Snack & Tea 10-11:00 Healthy Dance 11-12 Oil Painting 12:00 Lunch (Grilled Fish)	7 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-11 Weight Training 11-12: 서예교실 (궁서체) 12:00 Lunch (Bibimbap)	8 9-10 Morning Snack & Tea 10-10:20 Weight Training 10:20-11 Smartphone /스마트 폰 11-12 Line Dance 12 Lunch (Stir-fried Pork)	9 9-10 Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30 부채 만들기/서예 11-12 Drum 12:00 Lunch (Stir-fried Chicken)
12 9-10:00 Morning Snack & Tea 10:00-11:00 Sing Along 11-11:30 Weight Training 11:30-12 Memory Game 12:00 Lunch (Marinated Beef)	13 9-10:00 Morning Snack & Tea 10-11:00 Healthy Dance 11-12: 길 위의 인문학 (History of Architecture) 12:00 Lunch (Dumpling Soup)	14 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English 10:30-11 Weight Training 11-12: 서예교실 (궁서체) 10:30-11 Weight Training 12:00 Lunch (Soft Tofu Soup)	15 9-10 Morning Snack & Tea 10:20-11 Smartphone/스마트 폰 11-12 Line Dance 12 Lunch (Curry)	16 9-10 Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30 부채 만들기/서예 11-12 Drum 12:00 Lunch (Kalguksu)
19 9-10:00 Morning Snack & Tea 10:00-11:00 Sing Along 11-11:30 Weight Training 11:30-12 Memory Game 12:00 Lunch (Stir-fried Shrimp)	20 9-10:00: Morning Snack & Tea 10-11:00 Healthy Dance 11-12 Oil Painting 12:00 Lunch (Bibimbap)	21 9-9:30: Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-11 Weight Training 11-12: 서예교실 (궁서체) 12:00 Lunch (Bulgogi)	22 9-10: Morning Snack & Tea 10:20-11 Smartphone/스마트 폰 11-12 Line Dance 12:00 Lunch (Braised radish and Mackerel)	23 9-10 Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30 부채 만들기/서예 11-12 Drum 12:00 Lunch (Dumpling Soup)
26 9-10:00 Morning Snack & Tea 10:00-11:00 Sing Along 11-11:30 Weight Training 11:30-12 Memory Game 12:00 Lunch (Stir-fried Shrimp)	27 9-10:00: Morning Snack & Tea 10-11:00 Healthy Dance 11-12: 길 위의 인문학 (History of Architecture) 12:00 Lunch (Grilled Croaker)	28 9-9:30: Morning Snack & Tea 9:30-10:30 Basic English Speaking/기초 영어 회화 10:30-11 Weight Training 11-12: 서예교실 (궁서체) 12:00 Lunch (Seafood Stew)	29 9-10: Morning Snack & Tea 10:20-11 Smart phone/스마트 폰 11-12 Line Dance 12:00 Lunch (Bibim-Guksu)	30 9-10 Morning Snack & Tea 10-10:30 Weight Training 10:30-11:30 부채 만들기/서예 11-12 Drum 12:00 Lunch (Pizza)