

# JULY 2023 KCC Social Adult Daycare Services Calendar

Korean Community Center 100 Grove Street, Tenafly, NJ 07670 T. 201-541-1200 (Ext. 117 & 126)

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <b>3</b><br>9-10:00 Morning Snack & Tea<br>10:00-11:00 Sing Along<br>11-11:30 Weight Training<br>11:30-12 Brain Game<br>12:00 Lunch (Spicy beef Soup)     | <b>4</b> <b>CLOSED</b><br>  | <b>5</b><br>9-9:30 Morning Snack & Tea<br>9:40-10:30 Basic English<br>Speaking/기초 영어 회화<br>10:30-12 Weight Training & 의학 상식<br>12:00 Lunch (Bibimbap)     | <b>6</b><br>9-10:20 Morning Snack & Tea<br>10:20-11 Arts and Crafts<br>(7월, 8월 스마트폰 휴강)<br>11-12 Line Dance<br>12 Lunch (Kong-Guksu)           | <b>7</b><br>9-10 Morning Snack & Tea<br>10- 10-30 Health Screening<br>10:30-11 Weight Training<br>11-12: Art & Crafts or Drum<br>12:00 Lunch (Dumpling Soup) |
| <b>10</b><br>9-10:00 Morning Snack & Tea<br>10:00-11:00 Sing Along<br>11-11:30 Weight Training<br>11:30-12 Brain Game<br>12:00 Lunch (Soft Tofu Soup)     | <b>11</b><br>9-10:00 Morning Snack & Tea<br>10-11:00 Ault Dance<br>11-12 길 위의 인문학 (History of Architecture)<br>12:00 Lunch (Marinated chicken with veggies ) | <b>12</b><br>9-9:30 Morning Snack & Tea<br>9:40-10:30 Basic English<br>Speaking/기초 영어 회화<br>10:30-12 Weight Training & 의학 상식<br>12:00 Lunch (Bibim-Guksu) | <b>13</b><br>9-10 Morning Snack & Tea<br>10-10:20 Weight Training<br>10:20-11 Arts and Crafts<br>11-12 Line Dance<br>12 Lunch (Marinated Pork) | <b>14</b><br>9-10 Morning Snack & Tea<br>10-10:30 Weight Training<br>11-12 Art & Crafts or Drum<br>12:00 Lunch (Curry)                                       |
| <b>17</b><br>9-10:00 Morning Snack & Tea<br>10:00-11:00 Sing Along<br>11-11:30 Weight Training<br>11:30-12 Brain Game<br>12:00 Lunch (Marinated Beef)     | <b>18</b><br>9-10:00 Morning Snack & Tea<br>10-11:00 Ault Dance<br>11-12 Oil Painting<br>12:00 Lunch (Dumpling Soup)   | <b>19</b><br>9-9:30 Morning Snack & Tea<br>9:40-10:0 Basic English<br>Speaking/기초 영어 회화<br>10:30-12 Weight Training & 의학 상식<br>12:00 Lunch (Mapa Tofu)    | <b>20</b><br>9-10 Morning Snack & Tea<br>10:20-11 Arts and Crafts<br>11-12 Line Dance<br>12 Lunch (Seafood Stew)                               | <b>21</b><br>9-10 Morning Snack & Tea<br>10-10:30 Weight Training<br>11-12: Art & Crafts or Drum<br>12:00 Lunch (Stir-fried Shrimp)                          |
| <b>24</b><br>9-10:00 Morning Snack & Tea<br>10:00-11:00 Sing Along<br>11-11:30 Weight Training<br>11:30-12 Brain Game<br>12:00 Lunch (Bulgogi)            | <b>25</b><br>9-10:00 Morning Snack & Tea<br>10-11:00 Ault Dance<br>11-12: 길 위의 인문학 (History of Architecture) Cancelled<br>12:00 Lunch (Bibimbap)             | <b>26</b><br>9-9:30 Morning Snack & Tea<br>9:40-10:30 Basic English<br>Speaking/기초 영어 회화<br>10:30-12 Weight Training & 의학 상식<br>12:00 Lunch ( Spicy Pork) | <b>27</b><br>9-10 Morning Snack & Tea<br>10:20-11 Arts and Crafts<br>11-12 Line Dance<br>12:00 Lunch (Grilled Croaker)                         | <b>28</b><br>9-10 Morning Snack & Tea<br>10-10:30 Weight Training<br>11-12: Art & Crafts or Drum<br>12:00 Lunch (Pizza)                                      |
| <b>31</b><br>9-10:00 Morning Snack & Tea<br>10:00-11:00 Sing Along<br>11-11:30 Weight Training<br>11:30-12 Brain Game<br>12:00 Lunch (Stir-fried Chicken) |  |   |  |  |