




December 2022 KCC Social Daycare Center Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00-9:30 Morning Snack & Tea 9:30-10:20 Medical Information 10:20-11:00 Smartphone 11:00-12:00 Line Dance 12:00 Lunch (Grilled Fish)	2 9:00-10:00 Morning Snack & Birthday Party for the month 10:30-12:00 Ping Pong Game/knitting 12:00 Lunch (Pizza Day)
5 9:00-10:00 Morning Snack & Tea 10-10:30 Personal Exercise 10:30-11:30 Sing Along 11:30-12 Puzzle Game / Sudoku 12:00 Lunch (Beef Teriyaki)	6 9:00-10:00 Morning Snack & Tea/ set up MANITO game 10-11 Healthy Dance 11-12 Korean Watercoloring 12:00 Lunch (Grilled Pork)	7 9:00-9:30 Morning Snack & Tea 9:30-10:30 Korean Traditional Drum 10:30-11:30 Korean Calligraphy (Basic) 12:00 Lunch (Bibimbab)	8 9:00-9:30 Morning Snack & Tea 9:30-10:20 Medical Information 10:20-11:00 Smartphone 11:00-12:00 Line Dance 12:00 Lunch (Soft tofu soup)	9 9:00-10:00 Morning Snack & Tea 10-10:30 Weight Training 10:30-12 Ping Pong Game/knitting 12:00 Lunch(Chicken cutlet)
12 9:00-10:00 Morning Snack & Tea 10-10:30 Personal Exercise 10:30-11:30 Sing Along 11:30-12 Bingo Game 12:00 Lunch (Kalbi Tang)	13 9:00-10:00 Morning Snack & Tea 10-11 Healthy Dance 11-12 Korean Watercoloring 12:00 Lunch (Grilled Fish and side dishes)	14 9:00-9:30 Morning Snack & Tea 9:30-10:30 Korean Traditional Drum 10:30-11:30 Korean Calligraphy (Basic) 12:00 Lunch (stir-fried spicy pork w/ vegetables)	15 9:00-9:30 Morning Snack & Tea 9:30-10:20 Medical Information 10:20-11:00 Smartphone 11:00-12:00 Line Dance 12:00 Lunch (Sweet Sour Shrimp)	16 9:00-10:00 Morning Snack & Tea 10-10:30 Weight Training 10:30-12 Ping Pong Game/knitting 12:00 Lunch (Pizza Day)
19 9:00-10:00 Morning Snack & Tea 10-10:30 Personal Exercise 10:30-11:30 Sing Along 11:30-12 Bingo Game 12:00 Lunch (Spicy beef w/ side dish)	20 9:00-10:00 Morning Snack & Tea 10-11 Healthy Dance 11-12 Make X-mas card 12:00 Lunch (Grilled Pork)	21 9:00-9:30 Morning Snack & Tea 9:30-10:30 Korean Traditional Drum 10:30-11:30 Korean Calligraphy (Basic) 12:00 Lunch (Teriyaki Chicken)	22 9:00-9:30 Morning Snack & Tea 9:30-10:20 Medical Information 10:20-11:00 Smartphone 11:00-12:00 Line Dance 12:00 Lunch (Steamed egg)	23 9:00-10:00 Morning Snack & Tea Christmas Party + 선물교환 10-10:30 Weight Training 10:30-12 Ping Pong Game/knitting 12:00 Lunch (Kimbob)
26 Christmas Day Observed 	27 9:00-10:00 Morning Snack & Tea 10-11 Healthy Dance 11-12 Korean Watercoloring 12:00 Lunch (Grilled Fish)	28 9:00-9:30 Morning Snack & Tea 9:30-10:30 Korean Traditional Drum 10:30-11:30 Korean Calligraphy (Basic) 12:00 Lunch (Marinated Beef)	29 9:00-9:30 Morning Snack & Tea 9:30-10:20 Medical Information 10:20-11:00 Smartphone 11:00-12:00 Line Dance 12:00 Lunch (Sweet Sour Shrimp)	30 9:00-10:00 Morning Snack & Tea 10-10:30 Weight Training 10:30-12 Ping Pong Game/knitting 12:00 Lunch (Rice cake & Dumpling soup)