

January 2024 KCC Social Adult Daycare Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
1  9-10 Morning Snack & Tea 10-11 Ault Dance 11-12 Arts & Craft 12 Lunch (Rice Cake Soup)	2 9-10 Morning Snack & Tea 10-11 Ault Dance 11-12 Arts & Craft 12 Lunch (Rice Cake Soup)	3 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-12 Weight Training & Arts 12 Lunch (Chicken Teriyaki)	4 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Marinated Pork w/veggies)	5 9-10 Morning Snack & Tea 10-11 Health Screening / Weight Training 11-12 Arts & Craft 12 Lunch (Curry with Rice)
8 9-10 Morning Snack & Tea 10-11 Sing Along 11-11:30 Weight Training 11:30-12 Brain Game 12 Lunch (Grilled Croaker)	9 9-10 Morning Snack & Tea 10-11 Ault Dance 11-12 " Birthday Party " 12 Lunch (Buffet)	10 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-12 Weight Training & 의학 상식 12 Lunch (Bibimbap)	11 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Orange Garlic Shrimp w/broccoli)	12 9-10 Morning Snack & Tea 10-11 Medical Information 11-12 Tri-Ominous Game 12 Lunch (Bulgogi)
15  9-10 Morning Snack & Tea 10-11 Ault Dance 11-12 Arts & Craft 12 Lunch (Mafa Tofu)	16 9-10 Morning Snack & Tea 10-11 Ault Dance 11-12 Arts & Craft 12 Lunch (Mafa Tofu)	17 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-12 Weight Training & Arts 12 Lunch (Pizza)	18 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Stir-fried Chicken)	19 9-10 Morning Snack & Tea 10-11 Cellphone Basic / 셀폰클래스 11-12 Arts & Craft 12 Lunch (Seaweed Soup)
22 9-10 Morning Snack & Tea 10-11 Sing Along 11-11:30 Weight Training 11:30-12 Brain Game 12 Lunch (Marinated Beef)	23 9-10 Morning Snack & Tea 10-11 Ault Dance 11-12 Arts & Craft 12 Lunch (Kalguksu)	24 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-12 Weight Training & 의학 상식 12 Lunch (Stir fried Pork)	25 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Grilled Mackerel)	26 9-10 Morning Snack & Tea 10-11 Cellphone Basic / 셀폰클래스 11-12 Arts & Craft 12 Lunch (Dumpling Soup)
29 9-10:00 Morning Snack & Tea 10:00-11:00 Sing Along 11-11:30 Weight Training 11:30-12 Brain Game 12 Lunch (Pasta w/meatball)	30 9-10:00 Morning Snack & Tea 10-11:00 Ault Dance 11-12 Arts & Craft 12 Lunch (Spicy Beef Soup)	31 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-12 Weight Training & 의학 상식 12 Lunch (Pork Cutlet w/veggies)		