



MARCH 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 Health Screening / Weight Training 11-12 의학상식 / 유방암 상식 12 Lunch (Pasta w/meatball)
4 9-10 Morning Snack & Tea 10-11 Sing Along 11-11:30 Weight Training 11:30-12 Brain Game 12 Lunch (Grilled Fish)	5 9-10 Morning Snack & Tea 10-11 Adult Dance 11-12 Arts & Craft 12 Lunch (Buffet) " Birthday Party "	6 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-12 Weight Training & Game 12 Lunch (Black Bean Sauce w/ Rice)	7 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Orange Garlic Shrimp w/ broccoli)	8 9-10 Morning Snack & Tea 10-12 Knitting & Crochet / 스카프 뜨기 12 Lunch (Rice cake -Dumpling Soup)
11 9-10 Morning Snack & Tea 10-11 Sing Along 11-12 Weight Training / Triominos game 12 Lunch (Marinated Beef)	12 9-10 Morning Snack & Tea 10-11 Adult Dance 11-12 길 위의 인문학 (History of Architecture) 12 Lunch (Spicy marinated Squid)	13 9-9:30 Morning Snack & Tea 9:40-10:30 Basic English Speaking/기초 영어 회화 10:30-11 Weight Training 11-12 Nutrition Education 12 Lunch (Curry w/ Rice)	14 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Pepper steak)	15 9-10 Morning Snack & Tea 10-12 Knitting & Crochet 스카프 뜨기 12 Lunch (Mapa Tofu)
18 9-10 Morning Snack & Tea 10-11 Sing Along 11-12 Weight Training / Jenga game 12 Lunch (Pork Cutlet w/ veggies)	19 9-10 Morning Snack & Tea 10-11 Adult Dance 11-12 Arts & Craft 12 Lunch (Kalguksu)	20 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)	21 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Grilled Mackerel)	22 9-10 Morning Snack & Tea 10-12 Knitting & Crochet 스카프 뜨기 12 Lunch (Marinated Beef)
25 9-10:00 Morning Snack & Tea 10:00-11:00 Sing Along 11-11:30 Weight Training 11:30-12 Brain Game 12 Lunch (Curry w/ Rice)	26 9-10 Morning Snack & Tea 10-11 Adult Dance 11-12 길 위의 인문학 (History of Architecture) 12 Lunch (Spicy marinated Pork)	27 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 (Bibim-guksu)	28 9-10 Morning Snack & Tea 10-11 Arts History & Drawing 11-12 Line Dance 12 Lunch (Stir-fried Chicken)	29 9-10 Morning Snack & Tea 10-12 Knitting & Crochet 스카프 뜨기 12 Lunch (Pizza w/ salad)