

Monthly Regular Program

Free Hair Cut: The Last Tuesday of The Month 10:00-11:30 am

(**무료 이발 봉사: 매월 마지막 주 화요일 10:00-11:30am**)

NY Common Pantry: **03/11/2026 (WED)**

MTA Senior Card : Flushing at Main St & Roosevelt Ave. 1st & 3rd Friday

03 월 식단

Lunch Menu Plan for MAR 2026

Mon	Tue	Wed	Thu	Fri
2 Mackerel	3 Tofu	4 Beef	5 Chicken	6 Pork
9 Mackerel	10 Chicken	11 Fish	12 Bean Curd	13 Beef
16 Mackerel	17 Bibimbap	18 Chicken	19 Tofu	20 Fish
16 Mackerel	24 Bean Curd	25 Beef	26 Chicken	27 Pork
30 Mackerel	31 Bibimbap			

***All menu items are subject to change according to seasonality and availability**

KCS 코로나 경로회관 (KCS OAC CORONA Center)

Monthly Schedule for March 2026



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<http://www.kcsny.org>

Managing Director: Helen K Ahn
Program Director: John Shin
(Funded by: NYC Department for the Aging)



3월 시간표 / Program for

March



시간	월(MON)	화(TUE)	수(WED)	목(THU)		금(FRI)	
10:00 - 10:30am	Blood Pressure	Blood Pressure	Blood Pressure			Blood Pressure	
10:30 - 11:00am	Sudoku		CH Smart Phone	sudoku	Blood Pressure	스마트폰 Smart Phone	sudoku
11:00 - 11:30am					운동 Exercise		운동 Exercise
11:30 - 12:00pm				운동 Exercise		운동 Exercise	
12:30 - 1:00pm		싱어롱 Singalong	피아노 Piano	Zumba 증바			
1:00 - 1:30pm							

- 강의 신청은 오피스로 문의 부탁드립니다. 많은 참여 부탁드립니다.
- 혈압 체크(Blood Pressure Service) - Everyday Available (Grace[KO]), Wennie[CH]
- 클래스를 참여하실 경우 바코드를 꼭 지참해주세요!

