

# KCS Flushing Older Adult Center (OAC) KCS 플러싱 경로회관

*Powerful Positive Prosperous  
Productive Aging Since 2002  
Funded by NYC Aging*

## May 2026 PROGRAM

**42-15 166<sup>th</sup> Street Flushing, NY 11358**

**Tel: 718-886-8203 Fax: 718-886-8205**

<http://www.kcsny.org>

### New Membership/회원 등록

Monday to Friday (월요일 – 금요일) 9:00 – 11:30 AM

### 상담 업무 (Case Assistance)

사전 예약 (By appointment only) Tel: 718-886-8203

아침 (Breakfast)	8:30 ~ 9:00
포장 도시락 (Grab & Go) <i>*금요일/FRIDAY*</i>	10:30 ~ 선착순 (First come First serve)
실내점심 (Indoor Lunch)	12:00 ~ 12:40
준비물 (Bring)	QR Code
찬조금 (Donation)	아침 (Breakfast): \$1.00 점심 (Lunch): \$2.00

<b>무료 이/미용 서비스 (Free Hair Cut):</b> 매월 3 째주 화요일/Every 3 <sup>rd</sup> Tuesday of the month 5/19 화/Tues 9:00 AM ~ 11:30AM
<b>셔틀 버스 (Shuttle Bus):</b> 1 차 12:30 & 2 차 1:00 효신 교회 정문 (Church Front Door) → 유니언 스트리트 (Union St) 찬조금 (Donation): \$0.50
<b>혈압 체크 (Blood Pressure Screening):</b> 매주 화요일 11 시 ~ 12 시 Every Tuesday 11:00AM ~ 12:00PM <Shon, Aisil & Hae Ok Park 선생님>






<b>65 세 이상 경로 우대 교통 할인권 (Senior 65+ OMNY card)</b>	
장소 (Location)	신규 발급 Flushing United Health Care 건물 3 <sup>rd</sup> Floor 신규 외 다른 업무 Flushing AT&T 입구 앞 미니밴 (MTA)
날짜/시간 (Day/Time)	매월 1 째, 3 째 금요일 오전 8:00 ~ 오후 3:00 1 <sup>st</sup> & 3 <sup>rd</sup> Friday of every month 8:00AM ~ 3:00PM
준비물 (Bring)	신분증 (사진 & 생년월일 증명) Photo ID & DOB required

**KCS Community Center Main Office (본부)**  
203-05 32 Ave. Bayside, NY 11361 Tel. 718-939-6137

**KCS Corona Older Adult Center (코로나 경로회관)**  
37-06 111<sup>th</sup> Street Corona, NY 11368 Tel. 718-651-9220

**KCS OAC Manhattan Satellite (맨하탄 경로회관)**  
633 W 115<sup>th</sup> Street New York, NY 10025 Tel. 347-923-0124

**KCS Tenafly Older Adult Center (테나플라이 경로회관)**  
100 Grove St, Tenafly, NJ 07670 (201) 541-1200

월(Monday)		화(Tuesday)		수(Wednesday)		목(Thursday)		금(Friday)						
 <b>건강 관리 &amp; 의자 요가 Health Management &amp; Chair Yoga (10:40am – 11:30am) Kwi Ok Nah</b> 														
Arts & Crafts (Café) 9:30 – 10:30 Kwi Ok Nah	Dance Parade (Stage) 9:15 – 10:30 Alison Cook Beatty	Basic Art 기초 미술 (Piano-방) 9:30 – 12:00 Chang Ok Choi		Art 미술 (Stage) 9:30 – 12:00 Chang Ok Choi		Arts & Crafts 9:30 – 10:30 (Café) Kwi Ok Nah		미술 / Art 9:30 – 12:00 (Piano-방) Chang Ok Choi						
Intermediate Chinese 중급 중국어(K-방) 10:30 – 12:00 Sekwan Yang		Music 가곡 (Stage) 9:30 – 11:00 Chunil Kim	Health Exercise 건강 체조(Hall) 11:00 – 12:00 Seonhee Cho	Tai Chi 타이치 (Hall) 10:00 – 11:00 Sara Kim		Quilt & French Embroidery 봉제, 퀼트 & 불란서자수 9:00 – 12:00 (K-방) Myung Ock Cho		한국화 (Zoom) Korean Painting (Zoom) 10:00 – 11:30 Young Ja Park	생활 영어 English (K-방) 10:00 – 11:30 Eun Hee Kim					
Liberal Arts Lecture 교양 인문학 강좌 (Stage) 10:40 – 12:00 Se Woo Nam		Keyboard A 키보드 9:50 – 10:50 (K-방) Mi Hyun Kim				Kpop Music 청춘가요 10:00 – 12:00 (Piano-방) Bomi Yim		라인댄스 / Line Dance (기초 - Basic) 10:00 – 11:00 (Hall) Okkyung Chung						
Yoga / 요가 (Piano-방) 11:00 – 12:00 Hyun Ju Sim		Keyboard B 키보드 11:00 – 12:00 (K-방) Mi Hyun Kim		English 생활 영어 (Piano-방) 10:45 – 11:45 Michael Song		Intermediate Calligraphy 중급 서예 (Stage) 10:00 – 12:00 In Sook Park		라인댄스 / Line Dance (중급 - Intermediate) 11:00 – 12:00 (Hall) Okkyung Chung						
<b>I LOVE KOREAN FOOD</b>					<b>LUNCH 12:00 – 12:40</b>					<b>I LOVE KOREAN FOOD</b>				
KCS Choir (Piano-방) 1:00 – 2:30 Yea Won Jun		AI: First Steps 첫걸음 (K-방) 12:50 – 1:50 Miduk Park		Intermediate Computer 중급 컴퓨터 (Piano-방) 12:45 – 2:15 Michael Song		Basic Calligraphy 기초서예 (Stage) 12:00 – 2:00 Sung Sil Park		Basic Computer 기초 컴퓨터 1:00 – 2:00 (Piano-방) Miduk Park						
English – Intermediate 영어 - 중급 (K-방) 1:00 – 3:30 Sara-Ann Burke		Samsung Smartphone 삼성 스마트폰 (K-방) 2:00 – 3:00 Miduk Park				Guitar 기초 기타 (K-방) 1:00 – 2:30	Book Club (Piano-방) 1:00 – 2:30 Bokim Choi	Korean Painting 한국화 (Stage) 1:30 – 3:00 Young Ja Park						
Korean Dance 한국무용 (Hall) 1:00 – 3:00 Sang Soon Lee		Korean Dance 한국무용 (Hall) 1:00 – 3:00 Sang Soon Lee		Korean Folk Painting 한국전통채색화 (Stage) 1:00 – 3:00 Hyun Joo Cho		고전 & 현대무용 (Hall) 1:00 – 3:00 Ann Lee								
Monday Calligraphy Class 월요 서예반 (Stage) 12:30pm – 3:00pm Myoung Sook Min		Samulnory 사물놀이 (Piano-방) 1:00 – 3:00 Myung Soon Choi		English – Intermediate 영어 - 중급 (K-방) 1:00 – 3:30 Sara-Ann Burke		Korean Literature 문학 반 (Piano-방) 2:30 pm – 4:30 pm Bokim Choi		Traditional & Modern Dance 고전 & 현대무용 (Hall) 1:00 – 3:00 Hey Won Choi						
Daily Activities at FOAC:														
					Leisure Baduk 바둑, Leisure Korean Chess 장기, Leisure Rummikub 루미컵 (9:00 AM – 2:00 PM) Table Tennis / 탁구 (Lobby) (1:00pm – 2:00pm)					