

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: **04/08/2026 (WED)**

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

04 월 식단

Lunch Menu Plan for APR 2026

Mon	Tue	Wed	Thu	Fri
		1 Chicken	2 Tofu	2 Fish
6 Mackerel	7 Bean Curd	8 Beef	9 Chicken	10 Beef
13 Mackerel	14 Tofu	15 Beef	16 Chicken	17 Pork
20 Mackerel	21 Beef	22 Chicken	23 Bean Curd	24 Pork
27 Mackerel	28 Beef	29 Tofu	30 Egg	

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

KCS 코로나 경로회관 (KCS OAC CORONA Center)






Monthly Schedule for April 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)

4월 시간표 / Program for April

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	피아노 Piano	싱어롱 Singalong		Zumba 줌바			
1:00 - 1:30pm							

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