



KCS Flushing Older Adult Center (OAC) KCS 플러싱 경로회관

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

March 2026 PROGRAM

42-15 166th 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

무료 이/미용 서비스 (Free Hair Cut): 매월 3 째주 화요일/Every 3 rd Tuesday of the month 3/17 화/Tues 9:00 AM ~ 11:30AM
셔틀 버스 (Shuttle Bus): 1 차 12:30 & 2 차 1:00 효신 교회 정문 (Church Front Door) → 유니언 스트리트 (Union St) 찬조금 (Donation): \$0.50
혈압 체크 (Blood Pressure Screening): 매주 화요일 11 시 ~ 12 시 Every Tuesday 11:00AM ~ 12:00PM <Shon, Aisil & Hae Ok Park 선생님>

65 세 이상 경로 우대 교통 할인권 (Senior 65+ OMNY card)	
장소 (Location)	신규 발급 Flushing United Health Care 건물 3 rd 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 st & 3 rd 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)

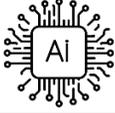
37-06 111th Street Corona, NY 11368 Tel. 718-651-9220

KCS OAC Manhattan Satellite (맨하탄 경로회관)

633 W 115th 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)			
새해복 많이 받으세요 건강 관리 & 의자 요가 Health Management & Chair Yoga (10:40am – 11:30am) Kwi Ok Nah		새해복 많이 받으세요 Health Management & Chair Yoga (10:40am – 11:30am) Kwi Ok Nah					
Arts & Crafts 9:30 – 10:30 (Café) Kwi Ok Nah	기초 미술 / Basic Art 9:30 – 12:00 (Piano-방) Chang Ok Choi 	미술 / Art 9:30 – 12:00 (Stage) Chang Ok Choi 	Arts & Crafts 9:30 – 10:30 (Café) Kwi Ok Nah	미술 / Art 9:30 – 12:00 (Piano-방) Chang Ok Choi 			
중급 중국어 Intermediate Chinese 10:30 – 12:00 (K-방) Sekwan Yang	가곡 Music 9:30 – 11:00 (Stage) Chunil Kim	건강 체조 / Health Exercise 11:00 – 12:00 (Hall) Seonhee Cho	타이치 Tai Chi 10:00 – 11:00 (Hall) Sara Kim 	봉제, 퀼트 & 불란서자수 Quilt & French Embroidery 9:00 – 12:00 (K-방) Myung Ock Cho	한국화 (줌) Korean Painting (Zoom) 10:00 – 11:30 Young Ja Park	생활 영어 English (K-방) 10:00 – 11:30 Eun Hee Kim	
교양 인문학 강좌 Liberal Arts Lecture (Stage) 10:40 – 12:00 Se Woo Nam	키보드 Keyboard A 9:50 – 10:50 (K-방) Mi Hyun Kim			청춘가요 / Kpop Music 10:00 – 12:00 (Piano-방) Bomi Yim	라인댄스 / Line Dance (기초 - Basic) 10:00 – 11:00 (Hall) Okkyung Chung		
요가 / Yoga 11:00 – 12:00 (Piano-방) Hyunju Sim	키보드 Keyboard B 11:00 – 12:00 (K-방) Mi Hyun Kim		생활 영어 / English (Piano-방) 11:00 – 12:00 Steven Son	서예 Calligraphy (Stage) (중급 Intermediate) 10:00 – 12:00 In Sook Park	라인댄스 / Line Dance (중급 - Intermediate) 11:00 – 12:00 (Hall) Okkyung Chung		
I LOVE KOREAN FOOD		LUNCH 12:00 – 12:40			I LOVE KOREAN FOOD		
KCS Choir (Piano-방) Yea Won Jun 12:30 – 2:30 	삼일절 sam(3)-il(1)-jeol 		컴퓨터 Computer (중급 Intermediate) 12:30 – 2:00 (Piano-방) 방학	삼성 스마트폰 Samsung Smartphone 1:00 – 2:00 (K-방) Miduk Park	서예 Calligraphy (기초 Basic) (Stage) 12:00 – 2:00 Sung Sil Park	컴퓨터 Computer (기초 Basic) 1:00 – 2:00 (Piano-방) Steven Son 	
영어 - 중급 (K-방) English - Intermediate 1:00 – 3:30 Sara-Ann Burke	AI: First Steps 첫걸음 (K-방) 1:00 – 2:10 Miduk Park 	한국전통채색화 (Stage) Korean Folk Painting 1:00 – 3:00 Hyun Joo Cho		기초 기타 Guitar (Piano-방) 1:00 – 2:30		한국화 (Stage) Korean Painting 1:30 – 3:00 Young Ja Park	
한국무용 Korean Dance 1:00 – 3:00 (Hall) Sang Soon Lee	한국무용 Korean Dance 1:00 – 3:00 (Hall) Sang Soon Lee		영어 - 중급 (K-방) English - Intermediate 1:00 – 3:30 Sara-Ann Burke		고전 & 현대무용 (Hall) Traditional & Modern Dance 1:00 – 3:00 Ann Lee		고전 & 현대무용 (Hall) Traditional & Modern Dance 1:00 – 3:00 Hey Won Choi 
월요 서예반 (Stage) Monday Calligraphy Class 12:30pm – 3:00pm Myoung Sook Min	사물놀이 Samulnory 1:00 – 3:00 (Piano-방) Myung Soon Choi		English		문학 반 (Piano-방) Korean Literature 2:30 pm – 4:30 pm Bokim 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)							