

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: **12/10/2025 (WED)**

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

12 월 식단

Lunch Menu Plan for DEC 2025

Mon	Tue	Wed	Thu	Fri
1 Mackerel	2 Bean Curd	3 Beef	4 Chicken	5 Pork
8 Mackerel	9 Tofu	10 Beef	11 Chicken	12 Pork
15 Mackerel	16 Beef	17 Chicken	18 Bean Curd	19 Pork
22 Mackerel	23 Beef	24 Tofu	25 Holiday	26 Chicken
29 Mackerel	30 Chicken	31 Fish	1 Holiday	2 Beef

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

11월 후원 해주신 분(Contribution in NOV)

KCS 코로나 경로회관 (KCS OAC CORONA Center)

Monthly Schedule for December 2025



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

12월 시간표 / Program for December



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				CH Smart Phone		운동 Exercise	스마트폰 Smart Phone	운동 Exercise
11:30 - 12:00pm					운동 Exercise		운동 Exercise	
12:30 - 1:00pm	피아노 Piano		싱어롱 Singalong		Zumba 춤바			
1:00 - 1:30pm	피아노 Piano		싱어롱 Singalong		Zumba 춤바			

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!

