

### 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: 06/10/2026 (WED)



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

### 6월 식단 / Lunch Menu Plan for JUNE 2026

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

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

## KCS 코로나 경로회관 (KCS OAC CORONA Center)

### Monthly Schedule for JUNE 2026



### 6월 시간표 / Program for June

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	KO Smart Phone
11:00 - 11:30am				운동 Exercise	운동 Exercise
12:30 - 12:00pm				운동 Exercise	운동 Exercise
12:30 - 1:00pm	피아노 Piano	싱어롱 Singalong		Zumba 춤바	
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!



혈압 체크 서비스는 ·매일 이용 가능합니다.



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<http://www.kcsny.org>

Managing Director: Helen K Ahn | Program Director: John Shin

(Funded by: NYC Department for the Aging)