

Monday 월요일	Tuesday 화요일	Thursday 목요일	Friday 금요일
			1 Bingo/빙고 10:15-11:15am
4 NO CLASS LABOR DAY	5 SAIL /근력운동 10:00-11:00am Yoga /요가 3:00-4:00pm	7 Art / 미술 1:30-2:30pm Ocarina /오카리나 2:50-3:50pm Smart Phone/스마트폰4:00-5:00pm	8 Bingo/빙고 10:15-11:15am 
11 Bingo/빙고 10:15-11:15am Yoga /요가 3:00-4:00pm 	12 SAIL /근력운동 10:00-11:00am Yoga /요가 3:00-4:00pm	14 Art / 미술 1:30-2:30pm Ocarina /오카리나 2:50-3:50pm	15 Bingo/빙고 10:15-11:15am
18 Bingo/빙고 10:15-11:15am Games/인지향상 1:30-2:30pm Yoga /요가 3:00-4:00pm	20 SAIL /근력운동 10:00-11:00am Yoga /요가 3:00-4:00pm	21 Art / 미술 1:30-2:30pm Ocarina /오카리나 2:50-3:50pm	22 Bingo/빙고 10:15-11:15a
25 Bingo/빙고 10:15-11:15am Yoga /요가 3:00-4:00pm	26 SAIL /근력운동 10:00-11:00am	28 Art / 미술 1:30-2:30pm Ocarina /오카리나 2:50-3:50pm	29 Bingo/빙고 10:15-11:15a

