

시니어센터

12월 December

2023

Monday 월요일	Tuesday 화요일	Thursday 목요일	Friday 금요일
			1
			Bingo/빙고 10:15-11:15am 
4	5	7	8
Bingo/빙고 10:15-11:15am Games /인지향상 2:00-3:00pm  Yoga /요가 3:00-4:00pm	SAIL /근력운동 10:00-11:00am Cooking/요리교실 11:00-12:00  Yoga /요가 3:00-4:00pm	Citizenship class/시민권 9:00-12:00PM Meal Delivery / 식사배달 12:00-1:00PM Art / 미술 1:30-2:30pm Choir/노래교실 2:40-3:40pm	Bingo/빙고 10:15-11:15am 
11	12	14	15
Bingo/빙고 10:15-11:15am Yoga /요가 3:00-4:00pm 	SAIL /근력운동 10:00-11:00am Cooking/요리교실 11:00-12:00  Yoga /요가 3:00-4:00pm	Citizenship class/시민권 9:00-12:00PM Meal Delivery / 식사배달 12:00-1:00PM Art / 미술 1:30-2:30pm Choir/노래교실 2:40-3:40pm	Bingo/빙고 10:15-11:15am 
18	19	21	22
겨울방학으로 수업이 없습니다 winter break NO CLASS			
25	26	28	29
Bingo/빙고 10:15-11:15am Yoga /요가 3:00-4:00pm 	SAIL /근력운동 10:00-11:00am Cooking/요리교실 11:00-12:00  Yoga /요가 3:00-4:00pm		



King County

Veterans, Seniors & Human Services Levy