

Monday 월요일	Tuesday 화요일	Thursday 목요일	Friday 금요일
		1	2
			Bingo/빙고 10:15-11:15am LineDance 라인댄스 2:00pm-3:00pm
3	4	6	7
Bingo/빙고 10:15-11:15am Yoga /요가 3:00-4:00pm	SAIL/근력운동10:00-11:00am Brain Training/인지향상 11:00-12:00pm	Art / 미술 1:30-2:30pm Choir/노래교실 2:50-3:50pm	Bingo/빙고 10:15-11:15am LineDance 라인댄스 2:00pm-3:00pm
12	13	15	16
Bingo/빙고 10:15-11:15am Yoga /요가 3:00-4:00pm	SAIL/근력운동10:00-11:00am Brain Training/인지향상 11:00-12:00pm	Art / 미술 1:30-2:30pm Choir/노래교실 2:50-3:50pm	Bingo/빙고 10:15-11:15am LineDance 라인댄스 2:00pm-3:00pm
19	20	22	23
NO CLASS 프레지던트데일로 수업이 없습니다	SAIL/근력운동10:00-11:00am Brain Training/인지향상 11:00-12:00pm Cooking/요리12:30-1:30pm	Art / 미술 1:30-2:30pm Choir/노래교실 2:50-3:50pm	Bingo/빙고 10:15-11:15am LineDance 라인댄스 2:00pm-3:00pm
26	27	29	
Bingo/빙고 10:15-11:15am Yoga /요가 3:00-4:00pm	SAIL/근력운동10:00-11:00am Brain Training/인지향상 11:00-12:00pm Cooking/참석수업요리12:30-2:30pm	Art / 미술 1:30-2:30pm Choir/노래교실 2:50-3:50pm	

