| 시니어센타  | 1월 J                                  | anuary                 | 2024                         |
|--|---------------------------------------|------------------------|------------------------------|
| Monday 월요일   | Tuesday 화요일                           | Thursday 목요일           | Friday 금요일                   |
| 1  | 2                                     | 4                      | 5                            |
|  |                                       |                        |                              |
|  |                                       |                        |                              |
| 8  | 9                                     | 11                     | 12                           |
| Bingo/빙고 10:15-11:15am   | SAIL /근력운동 10:00-11:00am              | Art / 미술 1:30-2:30pm   | Bingo/빙고 10:15-11:15am       |
| Yoga /요가 3:00-4:00pm   | Cooking/요리11:00-12:00pm               | Choir/노래교실 2:50-3:50pm |                              |
|  |                                       |                        |                              |
| 15   | 16                                    | 18                     | 19                           |
| THE RESERVE THE PROPERTY OF THE PARTY OF THE |                                       | Art / 미술 1:30-2:30pm   | 19<br>Bingo/빙고 10:15-11:15am |
| 마틴루터킹 데이로 수업이 없습니다   | Cooking/요리11:00-12:00pm               | Choir/노래교실 2:50-3:50pm | LineDance 2:00-3:00pm        |
|  | , , , , , , , , , , , , , , , , , , , |                        |                              |
|  |                                       |                        |                              |
| 22   | 23                                    | 25                     | 26                           |
| Bingo/빙고 10:15-11:15am   | SAIL/근력운동10:00-11:00am                | Art / 미술 1:30-2:30pm   | Bingo/빙고 10:15-11:15am       |
| Yoga /요가 3:00-4:00pm   | Cooking/참여수업요리                        | Choir/노래교실 2:50-3:50pm | LineDance 2:00-3:00pm        |
|  | 11:00-1:00pm                          |                        |                              |
|  | Games/인지향상1:00-2:00pm                 |                        |                              |
| 29   | 30                                    |                        |                              |
|  | SAIL/근력운동10:00-11:00am                |                        |                              |
| Yoga /요가 3:00-4:00pm   | Cooking/요리11:00-12:00pm               |                        |                              |
|  |                                       |                        |                              |



