

Monday 월요일	Tuesday 화요일	Thursday 목요일	Friday 금요일
			1
			Bingo/빙고 10:15-11:15am LineDance 라인댄스 2:00pm-3:00pm
4	5	7	8
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/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
11	12	13	14
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/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
18	19	21	22
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/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
25	26	28	29
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