



SEPTEMBER 9월 2024 KWA 대한부인회 시니어센터

MON/ 월요일	TUE/ 화요일	WED/ 수요일	THU/ 목요일	FRI/ 금요일
<p><u>09:30am- 10:30am</u> Brain Training 인지향상</p> <p><u>10:30am- 11:30am</u> Bingo 빙고게임</p> <p><u>02:00pm- 03:00pm</u> Line Dance 라인댄스 A팀</p> <p><u>3:00pm- 4:00pm</u> Yoga 요가수업</p>	<p><u>09:30am- 10:30am</u> Fall Prevention 낙상예방교육</p> <p><u>10:30am- 11:30am</u> Dementia Prevention 치매예방교육</p> <p><u>11:30am- 1:00pm</u> Cooking 요리</p> <p><u>01:00pm- 02:30pm</u> Baking 디저트</p> <p><u>02:30pm- 03:30pm</u> Beginner English 기초영어</p>	<p><u>10:00am- 12:00pm</u> Balance therapy 인지행동치료 (사전 신청접수 필수)</p> <p><u>01:00pm- 02:00pm</u> Daily English 생활영어</p> <p><u>02:00pm- 04:00pm</u> Movie 영화상영</p>	<p><u>10:30am- 11:30am</u> Muscle Training SAIL 근력운동</p> <p><u>01:00pm- 02:30pm</u> Art 미술수업</p> <p><u>02:30pm- 03:30pm</u> Choir 노래수업</p> <p><u>03:30pm- 04:30pm</u> Exercise Video 운동영상</p>	<p><u>09:30am- 10:30am</u> Brain Training 인지향상</p> <p><u>10:30am- 11:30am</u> Bingo 빙고게임</p> <p><u>02:00pm- 03:00pm</u> Line Dance 라인댄스 B팀</p> <p><u>03:00pm- 04:00pm</u> Music 악기수업 (실로폰)</p>

※ 스페셜 이벤트 및 공지 ※

1. 09/02/2024 (월) Labor Day로 인해 수업이 없습니다.

 King County

VSHSL
Veterans, Seniors, &
Human Services Levy