



# Woori Adult Daycare 우리 어덜트 데이케어

May 2022



Time/Day	월요일 (Mon)	화요일 (Tues)	수요일 (Wed)	목요일 (Thurs)	금요일 (Fri)
8 – 9 AM	<i>Breakfast</i>				
	Open Karaoke	Open Karaoke	Open Karaoke	Open Karaoke	Open Karaoke
9 – 10 AM	Melody Class *Haircut Service (9-11AM)	Yoga Band (9:20-10AM) *Haircut Service (9-11AM)	Senior History & Poetry	Yoga Band (9:20-10AM) Guitar Lesson	Guitar Lesson Movie Day (9:30-11AM)
	Line Dance Basic Smartphone Calligraphy (10-12PM)	Basic Computer "Hankook" Dance (Korean Traditional Dance)	Senior Zumba Simple English Painting & Coloring (10-11:50AM)	Basic Smartphone Melody Class	Kalimba Music Lesson Basic Computer Arts & Crafts (10-11:50AM)
11 – 12 PM	Strength Exercise Calligraphy (10-12PM)	"Jang-Gu" (Korean Traditional Drum Class) Simple English Senior Ballroom Dance	Strength Exercise Music Keyboard Basic Computer Painting & Coloring (10-11:50AM)	Line Dance Music Keyboard Senior Ballroom Dance	Senior Tai Chi Arts & Crafts (10-11:50AM)
	12 – 1 PM	<i>Lunch</i>			
12:30 – 1 PM	Bingo & Recreation!	Bingo & Recreation!	Bingo & Recreation!	Bingo & Recreation!	Bingo & Recreation!
8 – 4 PM	Free Consultation & Administrative Office Hours				

\*Haircuts Schedule: 1st & 3rd Week – Mondays / 2nd & 4th Week – Wednesdays

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“Woori” means “we(us),” “our(s),” or “together” in Korean. Our dedicated and well-trained staffs are committed to work with senior members in the community to help them improve better quality of living and achieve healthier social, mental, and physical goals. To those who are eligible to enroll in the Managed Long Term Care Plans, we offer social, nutritional, and more than 20 cognitive-stimulating programs with monthly birthday parties and events. Additionally, we provide services like door-to-door transportation, free haircut service, and social service assistance to all our members.

Please do not hesitate to call us and find out for more information!

Woori Adult Day Care, Inc. (우리 어덜트 데이케어)

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