

프로그램 운영일정

2026년 7월

미소데이케어

작성일 : 2026.07.07

*파란색 : 외부강사 *빨간색 : 센터행사

일요일	월요일	화요일	수요일	목요일	금요일	토요일
			1 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:밴드체조(30) 14:30:사회적응(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	2 10:00:기능회복훈련(30) 10:30:신체활동(60) 13:30:치매예방체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	3 10:00:기능회복훈련(30) 10:30:신체활동(60) 13:30:백업봉체조(30) 14:30:(외부)노크리에이션 15:30:기능회복훈련(30) 16:00:노래교실(30)	4 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:힐링타임(30)
5	6 10:00:기능회복훈련(30) 10:30:(외부)실버재활체육 13:30:접시체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:노래교실(30)	7 10:00:기능회복훈련(30) 10:30:(외부)시니어미술 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	8 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:밴드체조(30) 14:30:사회적응(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	9 10:00:기능회복훈련(30) 10:30:(외부)시니어신체 13:30:치매예방체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	10 10:00:기능회복훈련(30) 10:30:신체활동(60) 13:30:백업봉체조(30) 14:30:(외부)노크리에이션 15:30:기능회복훈련(30) 16:00:노래교실(30)	11 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:힐링타임(30)
12	13 10:00:기능회복훈련(30) 10:30:(외부)실버재활체육 13:30:접시체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:노래교실(30)	14 10:00:기능회복훈련(30) 10:30:(외부)시니어미술 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	15 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:밴드체조(30) 14:30:가족지지공연(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	16 10:00:기능회복훈련(30) 10:30:(외부)시니어신체 13:30:치매예방체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	17 10:00:기능회복훈련(30) 10:30:신체활동(60) 13:30:백업봉체조(30) 14:30:(외부)노크리에이션 15:30:기능회복훈련(30) 16:00:노래교실(30)	18 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:힐링타임(30)
19	20 10:00:기능회복훈련(30) 10:30:(외부)실버재활체육 13:30:접시체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:노래교실(30)	21 10:00:기능회복훈련(30) 10:30:(외부)시니어미술 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	22 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:밴드체조(30) 14:30:가족지지생신(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	23 10:00:기능회복훈련(30) 10:30:(외부)시니어신체 13:30:치매예방체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	24 10:00:기능회복훈련(30) 10:30:신체활동(60) 13:30:백업봉체조(30) 14:30:(외부)노크리에이션 15:30:기능회복훈련(30) 16:00:노래교실(30)	25 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:힐링타임(30)
26	27 10:00:기능회복훈련(30) 10:30:(외부)실버재활체육 13:30:접시체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:노래교실(30)	28 10:00:기능회복훈련(30) 10:30:(외부)시니어미술 13:30:맨손체조(30) 14:30:신체활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	29 10:00:기능회복훈련(30) 10:30:인지활동(60) 13:30:밴드체조(30) 14:30:사회적응(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	30 10:00:기능회복훈련(30) 10:30:(외부)시니어신체 13:30:치매예방체조(30) 14:30:인지활동(60) 15:30:기능회복훈련(30) 16:00:워크북(30)	31 10:00:기능회복훈련(30) 10:30:신체활동(60) 13:30:백업봉체조(30) 14:30:(외부)노크리에이션 15:30:기능회복훈련(30) 16:00:노래교실(30)	