

Worldshine AMDC Beltsville Activity Schedule

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 09:00 Piano class 10:00 Bingo 10:00 Erhu class 11:00 Tai Chi 11:00 Chorus class	28 10:00 Choir Class 10:30 English Class 11:00 Vietnamese Aerobics	29 10:00 Bingo 10:00 Painting and calligraphy class 11:00 Dance class	30 09:30 Photography class 10:00 Sketch class 11:00 Erhu practice	1 10:00 Bingo 10:00 Painting and Calligraphy Class 10:45 Tai Chi 10:45 Chair Aerobics	2 09:30 Peking Opera 10:30 Dance class
3 10:00 Bingo 11:00 Tai Chi	4 09:00 Piano class 10:00 Bingo 10:00 Erhu class 11:00 Tai Chi 11:00 Chorus class	5 10:00 Choir Class 10:30 English Class 11:00 Vietnamese Aerobics	6 10:00 Bingo 10:00 Painting and calligraphy class 11:00 Dance class	7 09:30 Photography class 10:00 Sketch class 11:00 Erhu practice	8 10:00 Bingo 10:00 Painting and Calligraphy Class 10:45 Tai Chi 10:45 Chair Aerobics	9 09:30 Peking Opera 10:30 Dance class
10 10:00 Bingo 11:00 Tai Chi	11 09:00 Piano class 10:00 Bingo 10:00 Erhu class 11:00 Tai Chi 11:00 Chorus class	12 10:00 Choir Class 10:30 English Class 11:00 Vietnamese Aerobics	13 10:00 Bingo 10:00 Painting and calligraphy class 11:00 Dance class	14 09:30 Photography class 10:00 Sketch class 11:00 Erhu practice	15 10:00 Bingo 10:00 Painting and Calligraphy Class 10:45 Tai Chi 10:45 Chair Aerobics	16 09:30 Peking Opera 10:30 Dance class
17 10:00 Bingo 11:00 Tai Chi	18 09:00 Piano class 10:00 Bingo 10:00 Erhu class 11:00 Tai Chi 11:00 Chorus class	19 10:00 Choir Class 10:30 English Class 11:00 Vietnamese Aerobics	20 10:00 Bingo 10:00 Painting and calligraphy class 11:00 Dance class	21 09:30 Photography class 10:00 Sketch class 11:00 Erhu practice	22 10:00 Bingo 10:00 Painting and Calligraphy Class 10:45 Tai Chi 10:45 Chair Aerobics	23 09:30 Peking Opera 10:30 Dance class
24 10:00 Bingo 11:00 Tai Chi	25 09:00 Piano class 10:00 Bingo 10:00 Erhu class 11:00 Tai Chi 11:00 Chorus class	26 Haircut 10:00 Choir Class 10:30 English Class 11:00 Vietnamese Aerobics	27 10:00 Bingo 10:00 Painting and calligraphy class 11:00 Dance class	28 09:30 Photography class 10:00 Sketch class 11:00 Erhu practice	29 10:00 Bingo 10:00 Painting and Calligraphy Class 10:45 Tai Chi 10:45 Chair Aerobics	30 09:30 Peking Opera 10:30 Dance class
31 10:00 Bingo 11:00 Tai Chi	1	2	3	4	5	6