

Worldshine AMDC Germantown Activity Schedule

JULY 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|---|
| 26 | 27 9:30 Square Dance 10:00 Pool/Billiards Class 10:30 Wire Floral Arrangement 11:00 Finger Cervical Spine Exercise | 28 Shopping at Ross 9:30 Mobile Phone/iPad /Erhu/Band Practice Classes 10:15 Bingo | 29 Swimming 9:30 Poetry Recitation 10:30 Men's Chorus 10:30 Aerobics Fitness 11:00 Finger Cervical Spine Exercise | 30 9:30 Chair Yoga/ Mobile Photography Class 10:30 Chorus | 1 9:30 Worldshine Band Practice/Drawing Class 11:00 Finger Cervical Spine Exercise | 2 9:45 American 4th of July Celebration 10:20 Bingo |
| 3 9:30 Movie Time 10:00 Bingo Church | 4 National Holiday 4th of July | 5 Haircut/Shopping at Thrift Store 9:30 Mobile Phone/iPad /Erhu/Band Practice Classes 10:15 Bingo | 6 Swimming 9:30 Poetry Recitation 10:30 Men's Chorus 10:30 Aerobics Fitness 11:00 Finger Cervical Spine Exercise | 7 Haircut 9:30 Chair Yoga 10:30 Chorus | 8 9:30 Worldshine Band Practice/Drawing Class 11:00 Finger Cervical Spine Exercise | 9 Shopping at Great Wall 9:30 Line Dance 10:20 Bingo 11:00 Group Sing-Along |
| 10 9:30 Movie Time 10:00 Bingo Church | 11 9:30 Square Dance 10:00 Pool/Billiards Class 10:30 Wire Floral Arrangement 11:00 Finger Cervical Spine Exercise | 12 Shopping at Costco 9:30 Mobile Phone/iPad /Erhu/Band Practice Classes 10:15 Bingo | 13 Swimming 9:30 Poetry Recitation 10:30 Men's Chorus 10:30 Aerobics Fitness 11:00 Finger Cervical Spine Exercise | 14 9:30 Chair Yoga/ Mobile Photography Class 10:30 Chorus | 15 9:30 Worldshine Band Practice/Drawing Class 11:00 Finger Cervical Spine Exercise | 16 Shopping at Great Wall 9:30 Line Dance 10:20 Bingo 11:00 Group Sing-Along |
| 17 9:30 Movie Time 10:00 Bingo Church | 18 Swimming 9:30 Square Dance 10:00 Pool/Billiards Class 10:30 Wire Floral Making 11:00 Finger Cervical Spine Exercise | 19 Shopping at Walmart 9:30 Mobile Phone/iPad /Erhu/Band Practice Classes 10:15 Bingo | 20 Swimming 9:30 Poetry Recitation 10:30 Men's Chorus 10:30 Aerobics Fitness 11:00 Finger Cervical Spine Exercise | 21 Haircut 9:30 Chair Yoga/ Mobile Photography Class 10:30 Chorus | 22 Swimming 9:30 Worldshine Band Practice/Drawing Class 11:00 Finger Cervical Spine Exercise | 23 Shopping at Great Wall 9:30 Line Dance 10:20 Bingo 11:00 Group Sing-Along |
| 24 9:30 Movie Time 10:00 Bingo Church | 25 9:30 Square Dance 10:00 Pool/Billiards Class 10:30 Wire Floral Arrangement 11:00 Finger Cervical Spine Exercise | 26 Shopping at Trader Joe's 9:30 Mobile Phone/iPad /Erhu/Band Practice Classes 10:15 Bingo | 27 Swimming 9:30 Poetry Recitation 10:30 Men's Chorus 10:30 Aerobics Fitness 11:00 Finger Cervical Spine Exercise | 28 9:30 Chair Yoga/ Mobile Photography Class 10:30 Chorus | 29 Swimming 9:30 Worldshine Band Practice/Drawing Class 11:00 Finger Cervical Spine Exercise | 30 Shopping at Great Wall 9:30 Line Dance 10:20 Bingo 11:00 Group Sing-Along |
| 31 9:30 Movie Time 10:00 Bingo Church | 1 | 2 | 3 | 4 | 5 | 6 |