



Seymour Center - Activity Calendar

October 2018

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday ¹	Tuesday ²	Wednesday ³	Thursday ⁴	Friday ⁵	Saturday ⁶
	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 5:00pm Cardio Contest Wellness Corridor	7:00am - 7:00pm 51st Annual Southern Christ Offsite	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 8:15pm Kure Beach Trip Offsite
	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 12:00pm Workshop:Online Safety Seri Offsite	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 4:30pm Fitness Studio-Oct Fitness Room
	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 5:00pm VITA Visiting Agency 1	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 9:00pm SHIP Visiting Agency 1	8:00am - 9:00am Basketball Great Hall	8:00am - 10:00pm Volunteer Connect 55+ Entire Center
	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 5:00pm Billiards Activity Area-Pool	8:30am - 5:30pm Billiards Activity Area-Pool
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 12:00pm SHIP Visiting Agency 1	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	9:00am - 10:15am Chinese Folk Dance Exercise Room
	9:00am - 1:00pm Masg - MS, day Oct Massage Therapy Room	8:20am - 9:20am ST&M - Oct Great Hall	8:00am - 9:00am Basketball Great Hall	8:20am - 9:20am ST&M - Oct Great Hall	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	9:00am - 4:00pm Japanese Embroid-Oct Birch Room
	9:15am - 12:00pm Morning Bridge Birch Room	8:30am - 9:30am Walking Outdoors Living Room	8:00am - 5:00pm Billiards Activity Area-Pool	8:30am - 9:00am Spanish Social-Ex Exercise Room	8:30am - 3:00pm Personal trainer Wellness Desk	9:00am - 4:00pm Japanese Embroid-Oct Ashe Room
	9:15am - 12:00pm Morning Bridge Ashe Room	8:30am - 3:00pm Personal trainer Wellness Desk	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:30am - 3:00pm Personal trainer Wellness Desk	9:00am - 9:50am Strengthen your Core Exercise Room	9:15am - 11:45am Badminton Great Hall
	9:30am - 10:00am Span Lev IV - Early Int Dogwood Room	9:00am - 3:30pm Phys Therapy Well Ind Serv 2	8:30am - 3:00pm Personal trainer Wellness Desk	9:00am - 12:00pm Spanish Social Club Birch Room	9:00am - 4:00pm Phys Func Well Ind Serv 1	10:00am - 3:30pm Dominoes Living Room - Entry space
	9:30am - 12:00pm Quilting w/ the Girl Craft Room	9:00am - 9:50am Chinese Dance Exercise Room	9:00am - 12:00pm Watercolor-Water Lillies Art Room	9:00am - 10:00am Spanish Social-Ex Exercise Room	9:00am - 10:00am Older Adult Employment Me Conference Room	10:00am - 12:00pm Tech Knowledge Ashe Room
	9:30am - 11:30am Garden Club Garden Front of Seym	10:00am - 11:00am Pastor Li's Bible Study Birch Room	9:00am - 9:50am Strengthen your Core Exercise Room	9:00am - 12:00pm Flu Shots Well Ind Serv 1	9:30am - 12:00pm Bridge Lab Birch Room	10:30am - 11:30am Asian Dance Exercise Room
	9:40am - 10:30am Strength Train -Oct Great Hall	10:00am - 12:00pm Low Vision Support Ashe Room	9:00am - 4:00pm Fit Feet - Oct Well Ind Serv 2	9:00am - 12:00pm Flu Shots Craft Room	9:30am - 10:30am Salli's Sr Work-Oct Great Hall	11:00am - 12:00pm T'ai Chi Practice Courtyard -outside
	10:00am - 3:30pm Dominoes Living Room - Entry space	10:00am - 12:00pm ESL Dogwood Room	9:30am - 11:30am Blood Pressure Check Wellness Corridor	9:00am - 12:00pm Flu Shots Well Ind Serv 1	10:00am - 3:30pm Dominoes Living Room - Entry space	12:00pm - 3:00pm Table Tennis - Sat Great Hall

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p><i>(Continued)</i></p> <p>10:00am - 12:00pm Connections Concierge Liv Room 2</p> <p>10:00am - 12:00pm Beg Oil Paint-Aug Art Room</p> <p>10:00am - 12:00pm Nat Skin Fac -Oct Well Ind Serv 1</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Span Lev III - Beg- Sept Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Span Lev II - Beg -Sept Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 12:15pm Birthday Party Cafe Area</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p><i>(Continued)</i></p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm Improv Theatre Basic Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 1:30pm parkinson's caregive Ashe Room</p> <p>12:30pm - 3:00pm Parkinson Support Dogwood Room</p>	<p><i>(Continued)</i></p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 12:00pm Connect More Craft Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Oct Great Hall</p> <p>10:00am - 11:30am Project EngAGE Theater</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>10:30am - 12:30pm Computer Class with Free La Dogwood Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p>	<p><i>(Continued)</i></p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train -Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p>	<p><i>(Continued)</i></p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:00am - 12:00pm Sewing Made Easy-CANCEL Craft Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:15am - 11:15am Span Lev 1 B - Beg Dogwood Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm Spanish Beg-1-Sept Dogwood Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 2:00pm Heart Transformed: Ending Dogwood Room</p>	<p><i>(Continued)</i></p> <p>12:00pm - 5:00pm NC Playwrights Take the Sta Theater</p>

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p style="text-align: right; color: red; font-weight: bold;">1</p> <p><i>(Continued)</i></p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 3:00pm Pastel - KW- Sept Art Room</p> <p>1:00pm - 3:30pm Zentangle-Oct- Forest Park Craft Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>2:30pm - 3:30pm Shingles & Pneu-Asse Living Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p>	<p style="text-align: right; color: red; font-weight: bold;">2</p> <p><i>(Continued)</i></p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 2:00pm Life Histories Birch Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 4:00pm Chin Brush-Sept Art Room</p> <p>2:00pm - 4:00pm Writers' Discussion Birch Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 6:00pm Men's and Women's Health Dogwood Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>5:15pm - 6:15pm Arlene's Boom Exercise clas Exercise Room</p> <p>5:30pm - 7:00pm Project EngAGEnd of Life S Conference Room</p>	<p style="text-align: right; color: red; font-weight: bold;">3</p> <p><i>(Continued)</i></p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beg Wed-oct Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p>	<p style="text-align: right; color: red; font-weight: bold;">4</p> <p><i>(Continued)</i></p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 2:00pm Flash Mob- Part 2 Fall Exercise Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm SHIIP Quart Training Dogwood Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 4:20pm Pilates-Oct-Thurs Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:30pm - 9:00pm NAMI Support Dogwood Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p>	<p style="text-align: right; color: red; font-weight: bold;">5</p> <p><i>(Continued)</i></p> <p>1:00pm - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:30pm - 4:30pm Table Tennis- Fri Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p style="text-align: right; color: red; font-weight: bold;">6</p> <p><i>(Continued)</i></p>
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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

	<p style="text-align: right; color: red; font-weight: bold;">1</p> <p><i>(Continued)</i></p> <p>3:00pm - 4:00pm Art Show - Seymour - Beauty Liv Room 2</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 9:00pm Peking Opera Group Theater</p>	<p style="text-align: right; color: red; font-weight: bold;">2</p> <p><i>(Continued)</i></p> <p>5:30pm - 7:00pm Project EngAGEnd of Life S Ashe Room</p> <p>5:30pm - 7:00pm Project EngAGEnd of Life S Birch Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Camera Club Digit Dogwood Room</p> <p>7:00pm - 8:30pm Song Swap Craft Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-Oct Great Hall</p>	<p style="text-align: right; color: red; font-weight: bold;">3</p> <p><i>(Continued)</i></p> <p>6:30pm - 8:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p style="text-align: right; color: red; font-weight: bold;">4</p> <p><i>(Continued)</i></p> <p>6:00pm - 9:00pm Odyssey Stage-practice Theater</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:00pm Frederick Douglas Seminars Dogwood Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p style="text-align: right; color: red; font-weight: bold;">5</p> <p><i>(Continued)</i></p>	<p style="text-align: right; color: red; font-weight: bold;">6</p> <p><i>(Continued)</i></p>
<p style="text-align: right; color: red; font-weight: bold;">7</p> <p>9:00am - 4:00pm Japanese Embroid-Oct Birch Room</p> <p>9:00am - 4:00pm Japanese Embroid-Oct Ashe Room</p>	<p style="text-align: right; color: red; font-weight: bold;">8</p> <p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p>	<p style="text-align: right; color: red; font-weight: bold;">9</p> <p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p style="text-align: right; color: red; font-weight: bold;">10</p> <p>8:00am - 12:00pm Workshop:Online Safety Seri Offsite</p> <p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 12:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 9:00am Basketball Great Hall</p>	<p style="text-align: right; color: red; font-weight: bold;">11</p> <p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p style="text-align: right; color: red; font-weight: bold;">12</p> <p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p style="text-align: right; color: red; font-weight: bold;">13</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:30am Passage Med Craft Room</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p>

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October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8 9:00am - 1:00pm Masg - MS, day Oct Massage Therapy Room</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 10:00am Span Lev IV - Early Int Dogwood Room</p> <p>9:30am - 11:30am SHIIP OEP Refresher Theater</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:40am - 10:30am Strength Train -Oct Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Beg Oil Paint -Oct Art Room</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p><i>(Continued)</i> 9 8:20am - 9:20am ST&M - Oct Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm Improv Theatre Basic Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p>	<p><i>(Continued)</i> 10 8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 12:00pm Watercolor-Water Lillies Art Room</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 4:00pm Fit Feet - Oct Well Ind Serv 2</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 12:00pm Connect More Craft Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p>	<p><i>(Continued)</i> 11 8:20am - 9:20am ST&M - Oct Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train -Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p>	<p><i>(Continued)</i> 12 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:00am - 12:00pm Sewing Made Easy-CANCEL Craft Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:15am - 11:15am Span Lev 1 B - Beg Dogwood Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p>	<p><i>(Continued)</i> 13 9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Peking Opera Group- Practic Theater</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>

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October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8</p> <p>10:30am - 11:30am Span Lev III - Beg- Sept Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Span Lev II - Beg -Sept Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 3:00pm Pastel - KW- Sept Art Room</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p>	<p><i>(Continued)</i> 9</p> <p>10:30am - 11:30am Golden Age Happy Cir Ashe Room</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>11:30am - 12:30pm Wellness Ambassador Wellness Table</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 3:00pm Feeling Depressed? Support Conference Room</p> <p>1:00pm - 3:00pm Basics of Blogging Dogwood Room</p> <p>1:00pm - 3:00pm Let's Start Some Drama Wor Dogwood Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 4:00pm Chin Brush-Sept Art Room</p>	<p><i>(Continued)</i> 10</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:30pm Computer Class with Free La Dogwood Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Bingo- Oct Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:00am - 1:00pm Friends Executive Bd Conference Room</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p>	<p><i>(Continued)</i> 11</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 2:00pm Flash Mob- Part 2 Fall Exercise Room</p> <p>1:00pm - 2:00pm Life After a Stroke Conference Room</p> <p>1:00pm - 3:00pm DIY- Autumn Leaf Bowl Craft Room</p> <p>1:00pm - 2:30pm Project EngAGE-Yvette Birch Room</p>	<p><i>(Continued)</i> 12</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm Spanish Beg-1-Sept Dogwood Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:30pm Project EngAGE Ashe Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 2:00pm Heart Transformed: Ending Dogwood Room</p> <p>1:00pm - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> 13</p>

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8</p> <p>1:00pm - 3:00pm Intro to Facebook Comp Room -Sey Tech</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>2:30pm - 3:30pm Shingles & Pneu-Asse Living Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>5:00pm - 9:00pm SHIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 9</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:00pm - 3:30pm Bus Riding 101 Birch Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>3:15pm - 5:00pm SHIP Refresher Training Dogwood Room</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>5:00pm - 9:00pm FEAST Dogwood Room</p> <p>5:15pm - 6:15pm Arlene's Boom Exercise clas Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:00pm Delta Sigma Theta Dogwood Room</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-Oct Great Hall</p>	<p><i>(Continued)</i> 10</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 3:00pm Let's Start Some Drama Birch Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 3:00pm Intro to Facebook Comp Room -Sey Tech</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beg Wed-oct Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:00pm - 4:00pm The Art of Magic Dogwood Room</p> <p>5:30pm - 8:00pm Cinema Night- Hispanic Herit Theater</p>	<p><i>(Continued)</i> 11</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 4:20pm Pilates-Oct-Thurs Exercise Room</p> <p>4:00pm - 5:00pm Staff Meeting-Cyd Ashe Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:30pm - 9:00pm NAMI Support Dogwood Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:00pm Frederick Douglas Seminars Dogwood Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p>

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p>	<p><i>(Continued)</i> 10</p> <p>6:30pm - 8:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 10:00pm Irish Dance Exercise Room</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>9:00am - 1:00pm Masg - MS, day Oct Massage Therapy Room</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:20am - 9:20am ST&M - Oct Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p>8:00am - 12:00pm Workshop:Online Safety Seri Offsite</p> <p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 12:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 7:00pm Early Voting Living Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:20am - 9:20am ST&M - Oct Great Hall</p> <p>8:30am - 10:00am CHADER Theater</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 7:00pm Early Voting Living Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 7:00pm Early Voting Living Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p>

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 14</p>	<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</p>	<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>
	<p>9:30am - 10:00am Span Lev IV - Early Int Dogwood Room</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:40am - 10:30am Strength Train -Oct Great Hall</p> <p>10:00am - 11:30am Chinese Training-Vol Theater</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Connections Concierg Liv Room 2</p> <p>10:00am - 12:00pm Beg Oil Paint -Oct Art Room</p> <p>10:00am - 12:00pm Nat Skin Fac -Oct Well Ind Serv 1</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Span Lev III - Beg- Sept Dogwood Room</p>	<p>9:00am - 12:00pm Dizzy Clinic Liv Room 2</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p>	<p>9:00am - 12:00pm Watercolor-Water Lillies Art Room</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 4:00pm Fit Feet - Oct Well Ind Serv 2</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 12:00pm Connect More Craft Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p>	<p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train -Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 11:30am MAP Conference Room</p>	<p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:00am - 12:00pm Sewing Made Easy-CANCEL Craft Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:15am - 11:15am Span Lev 1 B - Beg Dogwood Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 1:00pm Project EngAGE Dogwood Room</p> <p>11:30am - 12:30pm Spanish Beg-1-Sept Dogwood Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p>	<p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Opera at Seymour Theater</p>

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">14</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">15</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">16</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">17</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">18</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">19</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">20</p>
	<p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Span Lev II - Beg -Sept Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm IPAD and IPHONE, Intro Comp Room -Sey Tech</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 3:00pm Pastel - KW- Oct Art Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p>	<p>12:00pm - 1:30pm Project EngAGE Birch Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 4:00pm Chin Brush-Sept Art Room</p> <p>2:00pm - 4:00pm Writers' Discussion Birch Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>5:15pm - 6:15pm Arlene's Boom Exercise clas Exercise Room</p>	<p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm IPAD and IPHONE, Intro Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p>	<p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:30pm Friends of Sey Ex Bd Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 2:00pm Flash Mob- Part 2 Fall Exercise Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p>	<p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 3:00pm IPAD and IPHONE, Intro Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 2:00pm Heart Transformed: Ending Dogwood Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:30pm - 3:30pm Pumpkin Bedazzle Ashe Room</p> <p>1:30pm - 4:00pm Low Vision Clinis Garden Entrance</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p> <p style="text-align: right;">14</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">15</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>1:30pm - 3:30pm Zentangle-Drop-in Craft Room</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">16</p> <p>5:30pm - 7:30pm Rentals-Hannah Ruth Conference Room</p> <p>6:00pm - 8:00pm Rentals-Chelsea Theatre Bo Dogwood Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:30pm Rentals-Delta Signa Theta Dogwood Room</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-Oct Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">17</p> <p>2:30pm - 3:20pm T'ai Chi beg Wed-oct Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>6:30pm - 8:00pm Connection Recovery Suppo Birch Room</p> <p>6:30pm - 8:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">18</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 4:20pm Pilates-Oct-Thurs Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:30pm - 9:00pm NAMI Support Dogwood Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Dulcimer Dinner and Music F Theater</p> <p>6:00pm - 8:00pm Dulcimer Dinner (not for regi Gath Place Cafe Are</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:00pm Frederick Douglas Seminars Dogwood Room</p> <p>6:30pm - 8:30pm Dulcimer-Oct Ashe Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">19</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">20</p>

Activities are subject to change. Please contact the Seymour Center at (919) 968-2070 prior to the event or activity to verify that there have been no program changes.

Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

21	22	23	24	25	26	27
	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 12:00pm Workshop:Online Safety Seri Offsite	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 4:30pm Fitness Studio-Oct Fitness Room
	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 5:00pm Cardio Contest Wellness Corridor	8:00am - 5:00pm Mental Health and First Aid T Theater	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 5:30pm Lace Day Cafe Area
	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 5:00pm VITA Visiting Agency 1	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 4:30pm Fitness Studio-Oct Fitness Room	8:00am - 9:00am Basketball Great Hall	8:00am - 5:30pm Lace Day Great Hall
	8:00am - 7:00pm Early Voting Living Room	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 12:00pm SHIP Visiting Agency 1	8:00am - 9:00pm SHIP Visiting Agency 1	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 7:00pm Early Voting Living Room
	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 7:00pm Early Voting Living Room	8:00am - 9:00am Basketball Great Hall	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 7:00pm Early Voting Living Room	8:00am - 10:00pm Volunteer Connect 55+ Entire Center
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 7:00pm Early Voting Living Room	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:30am - 5:30pm Billiards Activity Area-Pool
	9:00am - 11:30am Chinese Cinema at Seymour Theater	8:20am - 9:20am ST&M - Oct Great Hall	8:00am - 7:00pm Early Voting Living Room	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	9:00am - 10:15am Chinese Folk Dance Exercise Room
	9:00am - 1:00pm Masg - MS, day Oct Massage Therapy Room	8:30am - 9:30am Walking Outdoors Living Room	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:20am - 9:20am ST&M - Oct Great Hall	8:30am - 3:00pm Personal trainer Wellness Desk	10:00am - 3:30pm Dominoes Living Room - Entry space
	9:15am - 12:00pm Morning Bridge Birch Room	8:30am - 3:00pm Personal trainer Wellness Desk	8:30am - 3:00pm Personal trainer Wellness Desk	8:30am - 9:00am Spanish Social-Ex Exercise Room	9:00am - 9:50am Strengthen your Core Exercise Room	10:30am - 11:30am Asian Dance Exercise Room
	9:15am - 12:00pm Morning Bridge Ashe Room	9:00am - 3:30pm Phys Therapy Well Ind Serv 2	9:00am - 12:00pm Watercolor-Water Lillies Art Room	8:30am - 3:00pm Personal trainer Wellness Desk	9:30am - 12:00pm Bridge Lab Birch Room	11:00am - 12:00pm T'ai Chi Practice Courtyard -outside
	9:30am - 10:00am Span Lev IV - Early Int Dogwood Room	9:00am - 9:50am Chinese Dance Exercise Room	9:00am - 9:50am Strengthen your Core Exercise Room	9:00am - 12:00pm Spanish Social Club Birch Room	9:30am - 10:30am Salli's Sr Work-Oct Great Hall	11:30am - 1:30pm Pulmonary/Hypertensi Conference Room
	9:30am - 12:00pm Quilting w/ the Girl Craft Room	10:00am - 11:00am Pastor Li's Bible Study Birch Room	9:30am - 11:30am Blood Pressure Check Wellness Corridor	9:00am - 10:00am Spanish Social-Ex Exercise Room	10:00am - 3:30pm Dominoes Living Room - Entry space	1:00pm - 5:00pm NC Chinese Opera Society Theater
	9:40am - 10:30am Strength Train -Oct Great Hall	10:00am - 12:00pm ESL Dogwood Room	9:30am - 10:30am Chinese for Beginners Ashe Room	9:00am - 3:30pm Phys Therapy Well Ind Serv 2	10:00am - 10:50am Seated T'ai Chi Exercise Room	1:00pm - 2:30pm Origami with Kira Craft Room

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Beg Oil Paint -Oct Art Room</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Span Lev III - Beg- Sept Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Span Lev II - Beg -Sept Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 1:30pm Flu Shots Well Ind Serv 1</p>	<p><i>(Continued)</i> 23</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Pastor Li's Bible Study Ashe Room</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 11:30am Project Engage Birch Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p>	<p><i>(Continued)</i> 24</p> <p>9:30am - 12:00pm Connect More Craft Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 1:00pm Lunch & Learn Dogwood Room</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 1:00pm Retirement: Making Your Mo Ashe Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p>	<p><i>(Continued)</i> 25</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train -Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p><i>(Continued)</i> 26</p> <p>10:00am - 12:00pm Sewing Made Easy-CANCEL Craft Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:15am - 11:15am Span Lev 1 B - Beg Dogwood Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm Spanish Beg-1-Sept Dogwood Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p>	<p><i>(Continued)</i> 27</p>

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p> <p>12:30pm - 1:30pm Shingles & Pneu Clin Well Ind Serv 2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 3:00pm Pastel - KW- Oct Art Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>1:00pm - 3:00pm Ancestry.com Comp Room -Sey Tech</p> <p>1:30pm - 3:00pm Gentle Acupressure Dogwood Room</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p>	<p><i>(Continued)</i> 23</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 4:00pm Chin Brush-Sept Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>4:30pm - 6:30pm Party Like Rock stars: Bring Liv Room 2</p> <p>5:15pm - 6:15pm Arlene's Boom Exercise clas Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-Oct Great Hall</p> <p>7:00pm - 9:00pm Dream Tending Ashe Room</p>	<p><i>(Continued)</i> 24</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 1:30pm Flu Shots Well Ind Serv 1</p> <p>12:30pm - 1:30pm Shingles & Pneu Clin Well Ind Serv 2</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Better Bus Riding with Techn Birch Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>1:00pm - 3:00pm Ancestry.com Comp Room -Sey Tech</p>	<p><i>(Continued)</i> 25</p> <p>12:30pm - 2:00pm Project EngAGE-Yvette Birch Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 2:00pm Flash Mob- Part 2 Fall Exercise Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 3:30pm Program Advisory-Thur Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 4:20pm Pilates-Oct-Thurs Exercise Room</p> <p>4:00pm - 5:00pm Staff Meeting-Cyd Ashe Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:00pm - 7:30pm Circle of Parents' Class Ashe Room</p> <p>5:00pm - 7:30pm Circle of Parents' Class-kids Birch Room</p> <p>5:30pm - 9:00pm NAMI Support Dogwood Room</p>	<p><i>(Continued)</i> 26</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>4:00pm - 6:00pm Magic Show and Dinner Theater</p>	<p><i>(Continued)</i> 27</p>

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 23</p>	<p><i>(Continued)</i> 24</p> <p>2:00pm - 3:30pm Little's Cooking Light Cafe Area</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beg Wed-oct Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:00pm - 4:00pm The Art of Magic Dogwood Room</p> <p>6:30pm - 8:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 25</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:45pm Triangle Weavers Theater</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:00pm Frederick Douglas Seminars Dogwood Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 26</p>	<p><i>(Continued)</i> 27</p>
<p>28</p> <p>4:00pm - 5:30pm Gospel Concert: A Joyous Af Theater</p>	<p>29</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 7:00pm Early Voting Living Room</p>	<p>30</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	<p>31</p> <p>8:00am - 12:00pm Workshop:Online Safety Seri Offsite</p> <p>8:00am - 4:30pm Fitness Studio-Oct Fitness Room</p> <p>8:00am - 12:00pm SHIIP Visiting Agency 1</p>			

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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 28</p>	<p><i>(Continued)</i> 29</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>9:00am - 1:00pm Masg - MS, day Oct Massage Therapy Room</p> <p>9:00am - 11:00am Google Photos Comp Room -Sey Tech</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 10:00am Span Lev IV - Early Int Dogwood Room</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:40am - 10:30am Strength Train -Oct Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Beg Oil Paint -Oct Art Room</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p>	<p><i>(Continued)</i> 30</p> <p>8:00am - 7:00pm Early Voting Living Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:20am - 9:20am ST&M - Oct Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 11:00am Google Photos Comp Room -Sey Tech</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p>	<p><i>(Continued)</i> 31</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 7:00pm Early Voting Living Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 12:00pm Connect More Craft Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Oct Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p>			
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Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday			
<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">28</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">29</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">30</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">31</p>			
	<p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Span Lev III - Beg- Sept Dogwood Room</p> <p>10:45am - 11:35am Strength Train -Oct Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Span Lev II - Beg -Sept Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p>	<p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Fall Door Decoration Alcove Hickory #2</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 4:00pm Chin Brush-Sept Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 4:00pm Jewelry Show Liv Room 2</p>	<p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p>			

Activities are subject to change. Please contact the Seymour Center at (919) 968-2070 prior to the event or activity to verify that there have been no program changes.

Seymour Center - Activity Calendar

October 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 28</p>	<p><i>(Continued)</i> 29</p> <p>1:00pm - 3:00pm Pastel - KW- Oct Art Room</p> <p>1:00pm - 3:00pm Weaving -Oct Craft Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Oct Exercise Room</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 5:00pm Weaving From the Heart -Oc Craft Room</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>6:00pm - 9:00pm Silk and Leather Fiber Art Ea Dogwood Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 30</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>5:15pm - 6:15pm Arlene's Boom Exercise clas Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-Oct Great Hall</p>	<p><i>(Continued)</i> 31</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beg Wed-oct Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>6:30pm - 8:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>			
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