



# Seymour Center Activity Calendar

**November 2018**

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>7:00am - 7:00pm</b> Early Voting Living Room	<b>7:00am - 7:00pm</b> Early Voting Living Room	<b>7:00am - 7:00pm</b> Early Voting Living Room
				<b>8:00am - 9:00pm</b> SHIP Visiting Agency 1	<b>8:00am - 5:00pm</b> Billiards Activity Area-Pool	<b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center
				<b>8:00am - 5:00pm</b> Billiards Activity Area-Pool	<b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center	<b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room
				<b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center	<b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room	<b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room
				<b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room	<b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room	<b>8:30am - 5:30pm</b> Billiards Activity Area-Pool
				<b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room	<b>8:15am - 9:15am</b> Chinese - Line dance Great Hall	<b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room
				<b>8:20am - 9:20am</b> ST&M - Nov Great Hall	<b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1	<b>9:15am - 11:45am</b> Badminton Great Hall
				<b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room	<b>8:30am - 3:00pm</b> Personal trainer Wellness Desk	<b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space
				<b>8:30am - 3:00pm</b> Personal trainer Wellness Desk	<b>9:00am - 9:50am</b> Strengthen your Core Exercise Room	<b>10:00am - 12:00pm</b> Tech Knowledge Ashe Room
				<b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2	<b>9:00am - 4:00pm</b> Phys Func Well Ind Serv 1	<b>10:30am - 11:30am</b> Asian Dance Exercise Room
				<b>9:00am - 10:00am</b> Spanish Social-Ex Exercise Room	<b>9:00am - 10:00am</b> Older Adult Employment Me Conference Room	<b>11:00am - 12:00pm</b> T'ai Chi Practice Courtyard -outside
				<b>9:00am - 12:00pm</b> Spanish Social Club Birch Room	<b>9:30am - 12:00pm</b> Bridge Lab Birch Room	<b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall
				<b>9:00am - 12:00pm</b> Farmers Market Seymo Garden Front of Seym	<b>9:30am - 10:30am</b> Salli's Sr Work-Nov Great Hall	<b>1:00pm - 5:00pm</b> Peking Opera Group- Practic Theater

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

## November 2018 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*(Continued)* **1**

**9:00am - 11:00am**  
Skype  
Comp Room -Sey Tech

**9:00am - 11:00am**  
Aging Transistions  
Conference Room

**9:30am - 11:30am**  
Dia de los Muertos - Sugar S  
Craft Room

**9:30am - 12:00pm**  
Mah Jong, Learn  
Ashe Room

**9:40am - 10:30am**  
Strength Train - Nov  
Great Hall

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

**10:00am - 3:30pm**  
Dominoes  
Living Room - Entry space

**10:00am - 11:00am**  
Balance  
Exercise Room

**10:30am - 12:00pm**  
Sudoku Club  
Dogwood Room

**10:45am - 11:35am**  
Strength Train - Nov  
Great Hall

**11:00am - 1:00pm**  
Jammers - Cheer Lead  
Exercise Room

**11:00am - 12:00pm**  
Blood Pressure Check  
Wellness Corridor

**12:00pm - 1:00pm**  
Seymour Lunch Program  
Great Hall

*(Continued)* **2**

**9:45am - 10:45am**  
Chinese Calligraphy  
Art Room

**10:00am - 10:50am**  
Seated T'ai Chi  
Exercise Room

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

**10:00am - 3:30pm**  
Dominoes  
Living Room - Entry space

**10:00am - 12:00pm**  
Sewing Made Easy-CANCEL  
Craft Room

**10:15am - 11:15am**  
Span Lev 1 B - Beg  
Dogwood Room

**10:30am - 11:30am**  
Silver Sneakers-  
Great Hall

**11:00am - 11:50am**  
Tone, Balance, Tight  
Exercise Room

**11:30am - 12:30pm**  
Spanish Beg-1A- Nov  
Dogwood Room

**12:00pm - 2:00pm**  
Spanish Meet-up-Fri  
Alcove Hickory #2

**12:00pm - 1:00pm**  
Seymour Lunch Program  
Great Hall

**12:00pm - 2:00pm**  
Spanish Chat Group - Int to  
Craft Room

**12:45pm - 1:45pm**  
Chinese Choir  
Theater

*(Continued)* **3**

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

**November 2018 (Continued)**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*(Continued)*

1

**12:00pm - 5:00pm**

Cards

Alcove Hickory #2

**12:45pm - 4:00pm**

Hand &amp; Foot Canasta

Ashe Room

**12:45pm - 4:00pm**

canasta

Mem Tree and Vet Alc

**1:00pm - 4:00pm**

Table Tennis

Great Hall

**1:30pm - 3:00pm**

Kai Mei Knitters

Craft Room

**2:15pm - 3:05pm**

Inspired Movement

Exercise Room

**3:30pm - 4:30pm**

Pilates - Nov-Thurs

Exercise Room

**4:15pm - 5:00pm**

Line Dancing

Great Hall

**5:30pm - 8:30pm**

Orange Co Democratic

Birch Room

**5:30pm - 9:00pm**

NAMI Support

Dogwood Room

**5:30pm - 7:00pm**

Basketball PM

Great Hall

**6:00pm - 8:00pm**

Massage - PM w/ MS

Massage Therapy Room

**6:30pm - 7:30pm**

CH Divorce Group

Craft Room

*(Continued)*

2

**1:00pm - 2:00pm**

Silver Sneakers Boom

Exercise Room

**1:00pm - 2:30pm**

ESL - beg

Birch Room

**1:30pm - 4:30pm**

Table Tennis- Fri

Great Hall

**2:30pm - 5:00pm**

Table Tennis Instruc

Gath Place Cafe Are

*(Continued)*

3

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

**November 2018 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

				(Continued) <span style="color: red;">1</span> <b>7:00pm - 8:30pm</b> Estate Planning-Putting your Dogwood Room  <b>7:00pm - 8:30pm</b> Waltzing Great Hall  <b>7:45pm - 8:45pm</b> Asian Dance Exercise Room	(Continued) <span style="color: red;">2</span>	(Continued) <span style="color: red;">3</span>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>9:00am - 1:00pm</b> Masg - MS, day Nov Massage Therapy Room  <b>9:15am - 12:00pm</b> Morning Bridge Birch Room  <b>9:15am - 12:00pm</b> Morning Bridge Ashe Room  <b>9:30am - 12:00pm</b> Quilting w/ the Girl Craft Room	<b>8:00am - 5:00pm</b> VITA Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:20am - 9:20am</b> ST&M - Nov Great Hall  <b>8:30am - 9:30am</b> Walking Outdoors Living Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2	<b>8:00am - 9:00am</b> Basketball Great Hall  <b>8:00am - 12:00pm</b> SHIIP Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:20am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 9:50am</b> Strengthen your Core Exercise Room  <b>9:00am - 4:00pm</b> Fit Feet - Nov Well Ind Serv 2	<b>8:00am - 9:00pm</b> SHIIP Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:20am - 9:20am</b> ST&M - Nov Great Hall  <b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2	<b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:15am - 9:15am</b> Chinese - Line dance Great Hall  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 9:50am</b> Strengthen your Core Exercise Room  <b>9:00am - 11:00am</b> Thurston Arthritis Ashe Room	<b>7:00am - 7:00pm</b> 51st Annual Southern Christ Offsite  <b>7:30am - 6:30pm</b> Southern Christmas S Offsite  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:30am - 5:30pm</b> Billiards Activity Area-Pool  <b>9:00am - 10:30am</b> Passage Med Craft Room  <b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room  <b>9:15am - 11:45am</b> Badminton Great Hall

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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right;">4</span></p>	<p><i>(Continued)</i> <span style="float: right;">5</span></p>	<p><i>(Continued)</i> <span style="float: right;">6</span></p>	<p><i>(Continued)</i> <span style="float: right;">7</span></p>	<p><i>(Continued)</i> <span style="float: right;">8</span></p>	<p><i>(Continued)</i> <span style="float: right;">9</span></p>	<p><i>(Continued)</i> <span style="float: right;">10</span></p>
<p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Int Spani Lev IV- Early Int No Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 12:00pm Connections Concierg Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Beg Oil Paint -Oct Art Room</p> <p>10:00am - 12:00pm Nat Skin Fac -Nov Well Ind Serv 1</p> <p>10:30am - 11:30am Veteran's-Wall of Ho Theater</p> <p>10:30am - 11:30am Span Lev III - Beg- Nov Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Nov Great Hall</p>	<p>9:30am - 11:30am Chinese Dance Exercise Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm Low Vision Support Ashe 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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters 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>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners-CAN Ashe Room</p> <p>9:30am - 12:00pm Connect More Alcove Hickory #2</p> <p>9:30am - 10:30am Salli's Sr Work-Nov Great Hall</p> <p>9:30am - 12:00pm Connect More Craft Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Project EngAGE Dogwood Room</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p>	<p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 10:00am Pedestrian Safety Craft Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Nov Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p>	<p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Nov Great Hall</p> <p>9:45am - 10:45am Chinese Calligraphy Art Room</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:00am - 12:00pm NARFE Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Sewing Made Easy-CANCEL Craft Room</p> <p>10:00am - 12:00pm VITA Orientation Craft Room</p> <p>10:15am - 11:15am Span Lev 1 B - Beg Dogwood Room</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</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 - 3:00pm Class then Flash Dogwood Room</p> <p>1:00pm - 5:00pm Peking Opera Group- Practic Theater</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right;">4</span></p>	<p><i>(Continued)</i> <span style="float: right;">5</span></p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 12:15pm</b> Birthday Party Cafe Area</p> <p><b>12:00pm - 1:00pm</b> Span Lev II - Beg- Nov Dogwood Room</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 4:00pm</b> Mah Jong Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 3:00pm</b> Chair Massage- MS Liv Room 2</p> <p><b>1:00pm - 3:00pm</b> Pastel - KW- Oct Art Room</p>	<p><i>(Continued)</i> <span style="float: right;">6</span></p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:30pm - 1:30pm</b> parkinson's caregive Ashe Room</p> <p><b>12:30pm - 3:00pm</b> Parkinson Support Dogwood Room</p> <p><b>1:00pm - 3:00pm</b> Senior Center Cinema Theater</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 3:00pm</b> Open Computer Lab Comp Room -Sey Tech</p> <p><b>1:00pm - 2:15pm</b> Seymour Sing Conference Room</p> <p><b>2:00pm - 4:00pm</b> Writers' Discussion Birch Room</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Nov Art Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Village Revue Theater</p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>5:15pm - 6:15pm</b> Urban Line Dance Great Hall</p>	<p><i>(Continued)</i> <span style="float: right;">7</span></p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Nov Exercise Room</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p>	<p><i>(Continued)</i> <span style="float: right;">8</span></p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 3:00pm</b> DIY Hand &amp; Foot Scrub Craft Room</p> <p><b>1:00pm - 2:30pm</b> Project EngAGE-Yvette Birch Room</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Pilates - Nov-Thurs Exercise Room</p> <p><b>4:00pm - 5:00pm</b> Staff Meeting-Cyd Ashe Room</p> <p><b>4:15pm - 5:00pm</b> Line Dancing Great Hall</p> <p><b>5:30pm - 9:00pm</b> NAMI Support Dogwood Room</p>	<p><i>(Continued)</i> <span style="float: right;">9</span></p> <p><b>11:30am - 12:30pm</b> Spanish Beg-1A- Nov Dogwood Room</p> <p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Alcove Hickory #2</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 1:30pm</b> Project EngAGE Ashe Room</p> <p><b>12:00pm - 2:00pm</b> Spanish Chat Group - Int to Craft Room</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p> <p><b>1:30pm - 4:30pm</b> Badminton- 2nd Frida Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> <span style="float: right;">10</span></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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">4</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">5</span></p> <p><b>1:00pm - 3:30pm</b> Zentangle-Nov - Holiday Car Craft Room</p> <p><b>2:00pm - 2:50pm</b> Pilates - Nov - Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>2:30pm - 3:45pm</b> ESL Songs and Poetry Dogwood Room</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p> <p><b>5:00pm - 6:30pm</b> Retros Exercise Room</p> <p><b>5:00pm - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>5:30pm - 7:30pm</b> Demential Basics Dogwood Room</p> <p><b>5:30pm - 8:30pm</b> Orange Co Democratic Birch Room</p> <p><b>6:00pm - 7:00pm</b> Zumba - Latina Great Hall</p> <p><b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall</p> <p><b>7:00pm - 9:00pm</b> Peking Opera Group Theater</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">6</span></p> <p><b>5:30pm - 7:00pm</b> Adult Care Home Advi Conference Room</p> <p><b>5:30pm - 7:00pm</b> Nursing Home Advisor Conference Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p> <p><b>6:30pm - 9:00pm</b> CH Camera Club Digit Dogwood Room</p> <p><b>7:00pm - 8:30pm</b> Song Swap Craft Room</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Square Dancing-Nov Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">7</span></p> <p><b>4:00pm - 5:00pm</b> NIA - Nov Great Hall</p> <p><b>5:00pm - 9:00pm</b> FEAST Craft Room</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Nov-Eve Exercise Room</p> <p><b>6:30pm - 8:00pm</b> Badminton-Wed night Great Hall</p> <p><b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>8:00pm - 9:00pm</b> Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">8</span></p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room</p> <p><b>7:00pm - 8:30pm</b> Estate Planning-Securing Su Dogwood Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">9</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">10</span></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

### November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

(Continued) 4	(Continued) 5	(Continued) 6	(Continued) 7	(Continued) 8	(Continued) 9	(Continued) 10
	<b>7:00pm - 8:00pm</b> Zumba - Latina Ashe Room					
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>9:00am - 11:00am</b> Everything Google Comp Room -Sey Tech  <b>9:00am - 1:00pm</b> Masg - MS, day Nov Massage Therapy Room  <b>9:15am - 12:00pm</b> Morning Bridge Birch Room  <b>9:15am - 12:00pm</b> Morning Bridge Ashe Room  <b>9:30am - 12:00pm</b> Quilting w/ the Girl Craft Room  <b>9:30am - 10:30am</b> Int Spani Lev IV- Early Int No Dogwood Room	<b>8:00am - 5:00pm</b> VITA Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:20am - 9:20am</b> ST&M - Nov Great Hall  <b>8:30am - 9:30am</b> Walking Outdoors Living Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2  <b>9:00am - 9:50am</b> Chinese Dance Exercise Room  <b>9:00am - 11:00am</b> Everything Google Comp Room -Sey Tech	<b>8:00am - 9:00am</b> Basketball Great Hall  <b>8:00am - 12:00pm</b> SHIP Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 9:50am</b> Strengthen your Core Exercise Room  <b>9:00am - 4:00pm</b> Fit Feet - Nov Well Ind Serv 2  <b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor  <b>9:30am - 12:00pm</b> Bridge Lab Birch Room	<b>8:00am - 9:00pm</b> SHIP Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:15am - 9:15am</b> Chinese - Line dance Great Hall  <b>8:20am - 9:20am</b> ST&M - Nov Great Hall  <b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2  <b>9:00am - 10:00am</b> Spanish Social-Ex Exercise Room  <b>9:00am - 12:00pm</b> Spanish Social Club Birch Room	<b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:15am - 9:15am</b> Chinese - Line dance Great Hall  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 9:50am</b> Strengthen your Core Exercise Room  <b>9:30am - 12:00pm</b> Bridge Lab Birch Room  <b>9:30am - 10:30am</b> Salli's Sr Work-Nov Great Hall  <b>9:45am - 10:45am</b> Chinese Calligraphy Art Room	<b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center  <b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room  <b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room  <b>8:30am - 5:30pm</b> Billiards Activity Area-Pool  <b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room  <b>9:15am - 11:45am</b> Badminton Great Hall  <b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space  <b>10:00am - 12:00pm</b> Tech Knowledge Ashe Room  <b>10:30am - 11:30am</b> Asian Dance Exercise Room  <b>11:00am - 12:00pm</b> T'ai Chi Practice Courtyard -outside  <b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall

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

## November 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;"><b>11</b></p> <p><i>(Continued)</i></p> <p><b>9:40am - 10:30am</b> Strength Train - Nov Great Hall</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girl Alcove Hickory #2</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:00am</b> Employment Info Sessions Conference Room</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 12:00pm</b> Beg Oil Paint - Nov Art Room</p> <p><b>10:30am - 11:30am</b> Span Lev III - Beg- Nov Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train - Nov Great Hall</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 1:00pm</b> Span Lev II - Beg- Nov Dogwood Room</p>	<p style="text-align: right; color: red;"><b>12</b></p> <p><i>(Continued)</i></p> <p><b>10:00am - 12:00pm</b> Mandarin Conversation Conference Room</p> <p><b>10:00am - 11:00am</b> Pastor Li's Bible Study Birch Room</p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:00am</b> Balance Exercise Room</p> <p><b>10:30am - 11:30am</b> Golden Age Happy Cir Ashe Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>10:30am - 2:30pm</b> Creative Crafters Craft Room</p> <p><b>11:00am - 11:50am</b> Gentle Joy of Yoga- am Exercise Room</p> <p><b>11:30am - 12:30pm</b> Wellness Ambassador Wellness Table</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p>	<p style="text-align: right; color: red;"><b>13</b></p> <p><i>(Continued)</i></p> <p><b>9:30am - 10:30am</b> Chinese for Beginners-CAN Ashe Room</p> <p><b>9:30am - 12:00pm</b> Connect More Alcove Hickory #2</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Nov Great Hall</p> <p><b>9:30am - 12:00pm</b> Connect More Craft Room</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:30am - 11:30am</b> Bingo- Nov Great Hall</p> <p><b>10:30am - 11:30am</b> Issues of Faith Ashe Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:00am - 1:00pm</b> Friends Executive Bd Conference Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p>	<p style="text-align: right; color: red;"><b>14</b></p> <p><i>(Continued)</i></p> <p><b>9:30am - 10:30am</b> Farmers Market Seymo Garden Front of Seym</p> <p><b>9:00am - 11:00am</b> Aging Transistions Conference Room</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Nov Great Hall</p> <p><b>10:00am - 11:30am</b> MAP Conference Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:00am</b> Balance Exercise Room</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train - Nov Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p>	<p style="text-align: right; color: red;"><b>15</b></p> <p><i>(Continued)</i></p> <p><b>10:00am - 10:50am</b> Seated T'ai Chi Exercise Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:15am - 11:15am</b> Span Lev 1 B - Beg Dogwood Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:30am - 1:00pm</b> Project EngAGE Dogwood Room</p> <p><b>11:30am - 12:30pm</b> Spanish Beg-1A- Nov Dogwood Room</p> <p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Alcove Hickory #2</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 2:00pm</b> Spanish Chat Group - Int to Craft Room</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Exercise Room</p>	<p style="text-align: right; color: red;"><b>17</b></p> <p><i>(Continued)</i></p> <p><b>1:00pm - 3:00pm</b> Class then Flash Dogwood Room</p> <p><b>1:00pm - 5:00pm</b> Opera at Seymour Theater</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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">11</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">12</span></p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 4:00pm</b> Mah Jong Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 3:00pm</b> Pastel - KW- Oct Art Room</p> <p><b>1:00pm - 3:00pm</b> Dulcimer-Mon Practice Craft Room</p> <p><b>2:00pm - 2:50pm</b> Pilates - Nov - Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>2:30pm - 3:45pm</b> ESL Songs and Poetry Dogwood Room</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">13</span></p> <p><b>1:00pm - 3:00pm</b> Senior Center Cinema Theater</p> <p><b>1:00pm - 3:00pm</b> Aging Advisory Bd Dogwood Room</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 3:00pm</b> Pinterest Comp Room -Sey Tech</p> <p><b>1:00pm - 3:00pm</b> Feeling Depressed? Support Conference Room</p> <p><b>1:00pm - 2:15pm</b> Seymour Sing Conference Room</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Nov Art Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Village Revue Theater</p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>5:15pm - 6:15pm</b> Urban Line Dance Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">14</span></p> <p><b>12:00pm - 5:00pm</b> Trager Sessions Massage Therapy Room</p> <p><b>12:00pm - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 5:00pm</b> Reiki Massage Therapy Room</p> <p><b>12:00pm - 1:30pm</b> Outsmart the Scammers Theater</p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 3:00pm</b> File Management Comp Room -Sey Tech</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Nov Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">15</span></p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:30pm - 3:30pm</b> Friends of Sey Ex Bd Dogwood Room</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 3:00pm</b> File Management Comp Room -Sey Tech</p> <p><b>1:00pm - 2:00pm</b> Life After a Stroke Conference Room</p> <p><b>1:30pm - 3:00pm</b> Kai Mei Knitters Craft Room</p> <p><b>2:00pm - 3:30pm</b> Caring Through the Holidays Birch Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Pilates - Nov-Thurs Exercise Room</p> <p><b>4:15pm - 5:00pm</b> Line Dancing Great Hall</p> <p><b>5:30pm - 9:00pm</b> NAMI Support Dogwood Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">16</span></p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">17</span></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

**November 2018 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

<p><i>(Continued)</i> <span style="float: right; color: red;">11</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">12</span></p> <p><b>4:00pm - 6:00pm</b> Staff Meeting Dogwood Room</p> <p><b>5:00pm - 6:30pm</b> Retros Exercise Room</p> <p><b>5:00pm - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>5:30pm - 7:30pm</b> Demential Basics Dogwood Room</p> <p><b>6:00pm - 7:00pm</b> Zumba - Latina Great Hall</p> <p><b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall</p> <p><b>7:00pm - 8:00pm</b> Zumba - Latina Ashe Room</p> <p><b>7:00pm - 8:00pm</b> Zumba - Latina Conference Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">13</span></p> <p><b>6:30pm - 8:00pm</b> Delta Sigma Theta Dogwood Room</p> <p><b>6:30pm - 9:00pm</b> CH Cam Club Theater</p> <p><b>6:30pm - 8:30pm</b> Rentals-Delta Signa Theta Dogwood Room</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Square Dancing-Nov Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">14</span></p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>3:00pm - 4:00pm</b> The Art of Magic Dogwood Room</p> <p><b>4:00pm - 5:00pm</b> NIA - Nov Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Nov-Eve Exercise Room</p> <p><b>5:30pm - 9:00pm</b> Cinema Night at Seym_Blac Theater</p> <p><b>5:30pm - 6:30pm</b> Cinema Night at Seym_Blac Gath Place Cafe Are</p> <p><b>6:30pm - 8:00pm</b> Badminton-Wed night Great Hall</p> <p><b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>7:00pm - 10:00pm</b> Irish Dance Exercise Room</p> <p><b>8:00pm - 9:00pm</b> Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">15</span></p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 8:30pm</b> Dulcimer-Nov Ashe Room</p> <p><b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room</p> <p><b>7:00pm - 8:30pm</b> Estate Planning-Preparing fo Dogwood Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">16</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">17</span></p>						
18	<p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p>	19	<p><b>8:00am - 5:00pm</b> VITA Visiting Agency 1</p>	20	<p><b>8:00am - 9:00am</b> Basketball Great Hall</p>	21	<p><b>8:00am - 9:00pm</b> SHIIP Visiting Agency 1</p>	22	<p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p>	23	<p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p>	24

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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

(Continued) 18	(Continued) 19	(Continued) 20	(Continued) 21	(Continued) 22	(Continued) 23	(Continued) 24
<p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>9:00am - 1:00pm</b> Masg - MS, day Nov Massage Therapy Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Birch Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Ashe Room</p> <p><b>9:30am - 12:00pm</b> Quilting w/ the Girl Craft Room</p> <p><b>9:30am - 10:30am</b> Int Spani Lev IV- Early Int No Dogwood Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Nov Great Hall</p> <p><b>10:00am - 12:00pm</b> Connections Concierg Liv Room 2</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girl Alcove Hickory #2</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p>	<p><b>8:00am - 10:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:20am - 9:20am</b> ST&amp;M - Nov Great Hall</p> <p><b>8:30am - 9:30am</b> Walking Outdoors Living Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2</p> <p><b>9:00am - 9:50am</b> Chinese Dance Exercise Room</p> <p><b>10:00am - 12:00pm</b> Mandarin Conversation Conference Room</p> <p><b>10:00am - 11:00am</b> Pastor Li's Bible Study Birch Room</p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 10:30am</b> Game Time with Chapel Hill Gath Place Cafe Are</p>	<p><b>8:00am - 12:00pm</b> SHIP Visiting Agency 1</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:00am - 4:00pm</b> Fit Feet - Nov Well Ind Serv 2</p> <p><b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Chinese for Beginners-CAN Ashe Room</p> <p><b>9:30am - 12:00pm</b> Connect More Alcove Hickory #2</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Nov Great Hall</p>	<p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:20am - 9:20am</b> ST&amp;M - Nov Great Hall</p> <p><b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2</p> <p><b>9:00am - 10:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>9:00am - 12:00pm</b> Spanish Social Club Birch Room</p> <p><b>9:00am - 12:00pm</b> Farmers Market Seymo Garden Front of Seym</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Nov Great Hall</p>	<p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:15am - 9:15am</b> Chinese - Line dance Great Hall</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Nov Great Hall</p> <p><b>9:45am - 10:45am</b> Chinese Calligraphy Art Room</p> <p><b>10:00am - 10:50am</b> Seated T'ai Chi Exercise Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p>	<p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:30am - 5:30pm</b> Billiards Activity Area-Pool</p> <p><b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room</p> <p><b>9:15am - 11:45am</b> Badminton Great Hall</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:30am - 11:30am</b> Asian Dance Exercise Room</p> <p><b>11:00am - 12:00pm</b> T'ai Chi Practice Courtyard -outside</p> <p><b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall</p> <p><b>1:00pm - 5:00pm</b> NC Chinese Opera Society Theater</p> <p><b>1:00pm - 2:30pm</b> Origami with Kira Craft Room</p> <p><b>1:30pm - 5:00pm</b> Peking Opera Group Theater</p> <p><b>4:00pm - 5:30pm</b> Zumba - Latina Great Hall</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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">18</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">19</span></p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:30am</b> Chinese Training-Vol Theater</p> <p><b>10:00am - 11:00am</b> Employment Info Sessions Conference Room</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 12:00pm</b> Beg Oil Paint - Nov Art Room</p> <p><b>10:00am - 12:00pm</b> Nat Skin Fac -Nov Well Ind Serv 1</p> <p><b>10:30am - 11:30am</b> Span Lev III - Beg- Nov Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train - Nov Great Hall</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 1:00pm</b> Span Lev II - Beg- Nov Dogwood Room</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">20</span></p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:00am</b> Balance Exercise Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>10:30am - 2:30pm</b> Creative Crafters Craft Room</p> <p><b>11:00am - 11:50am</b> Gentle Joy of Yoga- am Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 1:30pm</b> Project EngAGE Birch Room</p> <p><b>1:00pm - 3:00pm</b> Senior Center Cinema Theater</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 3:00pm</b> Photo Edit- I Phone - I Pad Comp Room -Sey Tech</p> <p><b>1:00pm - 2:15pm</b> Seymour Sing Conference Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">21</span></p> <p><b>9:30am - 12:00pm</b> Connect More Craft Room</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:30am - 11:30am</b> Wednesday's Buzz Liv Room 2</p> <p><b>10:30am - 11:30am</b> Issues of Faith Ashe Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">22</span></p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:00am</b> Balance Exercise Room</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train - Nov Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:30pm - 2:00pm</b> Project EngAGE-Yvette Birch Room</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">23</span></p> <p><b>10:15am - 11:15am</b> Span Lev 1 B - Beg Dogwood Room</p> <p><b>10:30am - 12:00pm</b> Insight Caregivers Conference Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:30am - 12:30pm</b> Spanish Beg-1A- Nov Dogwood Room</p> <p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Alcove Hickory #2</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 2:00pm</b> Spanish Chat Group - Int to Craft Room</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">24</span></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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">18</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">19</span></p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 4:00pm</b> Mah Jong Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 3:00pm</b> Photo Edit- I Phone - I Pad Comp Room -Sey Tech</p> <p><b>1:00pm - 3:00pm</b> Chair Massage- MS Liv Room 2</p> <p><b>1:30pm - 3:30pm</b> Zentangle-Drop-in Craft Room</p> <p><b>1:30pm - 3:00pm</b> Garden Club Conference Room</p> <p><b>2:00pm - 3:00pm</b> TED TALKS Theater</p> <p><b>2:00pm - 2:50pm</b> Pilates - Nov - Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>2:30pm - 3:45pm</b> ESL Songs and Poetry Dogwood Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">20</span></p> <p><b>2:00pm - 4:00pm</b> Writers' Discussion Birch Room</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Nov Art Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Village Revue Theater</p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>5:15pm - 6:15pm</b> Urban Line Dance Great Hall</p> <p><b>5:30pm - 7:30pm</b> Rentals-Hannah Ruth Conference Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:00pm - 8:00pm</b> Rentals-Chelsea Theatre Bo Dogwood Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p> <p><b>6:30pm - 9:00pm</b> CH Cam Club Ashe Room</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Square Dancing-Nov Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">21</span></p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Nov Exercise Room</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>4:00pm - 5:00pm</b> NIA - Nov Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Nov-Eve Exercise Room</p> <p><b>6:30pm - 8:00pm</b> Connection Recovery Suppo Birch Room</p> <p><b>6:30pm - 8:00pm</b> Badminton-Wed night Great Hall</p> <p><b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>8:00pm - 9:00pm</b> Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">22</span></p> <p><b>2:00pm - 3:30pm</b> Program Advisory-Thur Dogwood Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Pilates - Nov-Thurs Exercise Room</p> <p><b>4:00pm - 5:00pm</b> Staff Meeting-Cyd Ashe Room</p> <p><b>4:15pm - 5:00pm</b> Line Dancing Great Hall</p> <p><b>5:00pm - 7:30pm</b> Circle of Parents' Class-kids Birch Room</p> <p><b>5:00pm - 7:30pm</b> Circle of Parents' Class Ashe Room</p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">23</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">24</span></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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

<p><i>(Continued)</i> <span style="float: right; color: red;">18</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">19</span></p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p> <p><b>5:00pm - 6:30pm</b> Retros Exercise Room</p> <p><b>5:00pm - 9:00pm</b> SHIP Visiting Agency 1</p> <p><b>5:30pm - 7:30pm</b> Demential Basics Dogwood Room</p> <p><b>6:00pm - 7:30pm</b> Rentals-Paws Forever Ashe Room</p> <p><b>6:00pm - 7:00pm</b> Zumba - Latina Great Hall</p> <p><b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall</p> <p><b>7:00pm - 8:00pm</b> Zumba - Latina Ashe Room</p> <p><b>7:00pm - 8:00pm</b> Zumba - Latina Conference Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">20</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">21</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">22</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">23</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">24</span></p>
<p style="text-align: right; color: red;">25</p>	<p style="text-align: right; color: red;">26</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p>	<p style="text-align: right; color: red;">27</p> <p><b>8:00am - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p>	<p style="text-align: right; color: red;">28</p> <p><b>8:00am - 9:00am</b> Basketball Great Hall</p> <p><b>8:00am - 12:00pm</b> SHIP Visiting Agency 1</p>	<p style="text-align: right; color: red;">29</p> <p><b>8:00am - 9:00pm</b> SHIP Visiting Agency 1</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p>	<p style="text-align: right; color: red;">30</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</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

## November 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i>                      <b>25</b></p>	<p><i>(Continued)</i>                      <b>26</b></p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>9:00am - 11:00am</b> Intro to your Mac Comp Room -Sey Tech</p> <p><b>9:00am - 1:00pm</b> Masg - MS, day Nov Massage Therapy Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Birch Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Ashe Room</p> <p><b>9:30am - 12:00pm</b> Quilting w/ the Girl Craft Room</p> <p><b>9:30am - 10:30am</b> Int Spani Lev IV- Early Int No Dogwood Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Nov Great Hall</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girl Alcove Hickory #2</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p>	<p><i>(Continued)</i>                      <b>27</b></p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:20am - 9:20am</b> ST&amp;M - Nov Great Hall</p> <p><b>8:30am - 9:30am</b> Walking Outdoors Living Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2</p> <p><b>9:00am - 9:50am</b> Chinese Dance Exercise Room</p> <p><b>9:00am - 11:00am</b> Intro to your Mac Comp Room -Sey Tech</p> <p><b>10:00am - 11:30am</b> Project Engage Birch Room</p> <p><b>10:00am - 11:00am</b> Pastor Li's Bible Study Ashe Room</p> <p><b>10:00am - 12:00pm</b> Mandarin Conversation Conference Room</p> <p><b>10:00am - 11:00am</b> Pastor Li's Bible Study Birch Room</p>	<p><i>(Continued)</i>                      <b>28</b></p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:00am - 11:00am</b> Intro to your Mac Comp Room -Sey Tech</p> <p><b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Chinese for Beginners-CAN Ashe Room</p> <p><b>9:30am - 12:00pm</b> Connect More Alcove Hickory #2</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Nov Great Hall</p> <p><b>9:30am - 12:00pm</b> Connect More Craft Room</p>	<p><i>(Continued)</i>                      <b>29</b></p> <p><b>8:00am - 10:00pm</b> Volunteer Connect 55+ Entire Center</p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:20am - 9:20am</b> ST&amp;M - Nov Great Hall</p> <p><b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 3:30pm</b> Phys Therapy Well Ind Serv 2</p> <p><b>9:00am - 10:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>9:00am - 12:00pm</b> Spanish Social Club Birch Room</p> <p><b>9:00am - 12:00pm</b> Farmers Market Seymo Garden Front of Seym</p> <p><b>9:00am - 11:00am</b> Aging Transistions Conference Room</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Nov Great Hall</p>	<p><i>(Continued)</i>                      <b>30</b></p> <p><b>8:00am - 4:30pm</b> Fitness Studio-Nov Fitness Room</p> <p><b>8:00am - 8:30pm</b> Fitness Studio-Kiosk Only Fitness Room</p> <p><b>8:15am - 9:15am</b> Chinese - Line dance Great Hall</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Nov Great Hall</p> <p><b>9:45am - 10:45am</b> Chinese Calligraphy Art Room</p> <p><b>10:00am - 10:50am</b> Seated T'ai Chi Exercise Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:15am - 11:15am</b> Span Lev 1 B - Beg Dogwood 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

## November 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;"><b>25</b></p> <p><i>(Continued)</i></p> <p><b>10:00am - 11:00am</b> Employment Info Sessions Conference Room</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 12:00pm</b> Beg Oil Paint - Nov Art Room</p> <p><b>10:30am - 11:30am</b> Span Lev III - Beg- Nov Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train - Nov Great Hall</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 1:00pm</b> Span Lev II - Beg- Nov Dogwood Room</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 4:00pm</b> Mah Jong Birch Room</p>	<p style="text-align: right; color: red;"><b>26</b></p> <p><i>(Continued)</i></p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:00am</b> Balance Exercise Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>10:30am - 2:30pm</b> Creative Crafters Craft Room</p> <p><b>11:00am - 11:50am</b> Gentle Joy of Yoga- am Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>1:00pm - 3:00pm</b> Senior Center Cinema Theater</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 2:15pm</b> Seymour Sing Conference Room</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Nov Art Room</p>	<p style="text-align: right; color: red;"><b>27</b></p> <p><i>(Continued)</i></p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:30am - 11:30am</b> Issues of Faith Ashe Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Trager Sessions Massage Therapy Room</p> <p><b>12:00pm - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 4:30pm</b> Prime Time Players-Practice Theater</p> <p><b>12:00pm - 3:00pm</b> Almost Saturday Night Live Theater</p> <p><b>12:00pm - 5:00pm</b> Reiki Massage Therapy Room</p>	<p style="text-align: right; color: red;"><b>28</b></p> <p><i>(Continued)</i></p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 11:00am</b> Balance Exercise Room</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train - Nov Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p>	<p style="text-align: right; color: red;"><b>29</b></p> <p><i>(Continued)</i></p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:30am - 12:30pm</b> Spanish Beg-1A- Nov Dogwood Room</p> <p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Alcove Hickory #2</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 2:00pm</b> Spanish Chat Group - Int to Craft Room</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p style="text-align: right; color: red;"><b>30</b></p> <p><i>(Continued)</i></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

## November 2018 (Continued)

**Sunday**
**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>(Continued)</i> <span style="float: right; color: red;">25</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">26</span></p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 3:00pm</b> Weaving From the Hea-Nov Craft Room</p> <p><b>1:46pm - 3:00pm</b> Prime Time Players-Practice Theater</p> <p><b>2:00pm - 2:50pm</b> Pilates - Nov - Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>2:30pm - 3:45pm</b> ESL Songs and Poetry Dogwood Room</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:00pm - 5:00pm</b> Weaving From the Hea-Nov Craft Room</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p> <p><b>5:00pm - 6:30pm</b> Retros Exercise Room</p> <p><b>5:00pm - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>5:30pm - 7:30pm</b> Demential Basics Dogwood Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">27</span></p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Village Revue Theater</p> <p><b>4:30pm - 6:30pm</b> After Hours Newcomers' Soc Liv Room 2</p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>5:15pm - 6:15pm</b> Urban Line Dance Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p> <p><b>6:30pm - 9:00pm</b> CH Cam Club Theater</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Dream Tending Ashe Room</p> <p><b>7:00pm - 9:00pm</b> Square Dancing-Nov Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">28</span></p> <p><b>1:00pm - 1:50pm</b> Yoga, Sr - Nov Exercise Room</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>2:00pm - 3:30pm</b> Little's Cooking Light Cafe Area</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Nov Exercise Room</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>3:00pm - 4:00pm</b> The Art of Magic Dogwood Room</p> <p><b>4:00pm - 5:00pm</b> NIA - Nov Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Nov-Eve Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">29</span></p> <p><b>3:30pm - 4:30pm</b> Pilates - Nov-Thurs Exercise Room</p> <p><b>4:15pm - 5:00pm</b> Line Dancing Great Hall</p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">30</span></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

**November 2018 (Continued)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">25</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">26</span></p> <p><b>6:00pm - 9:00pm</b> Inspiration Board Craft Room</p> <p><b>6:00pm - 7:00pm</b> Zumba - Latina Great Hall</p> <p><b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall</p> <p><b>7:00pm - 8:00pm</b> Zumba - Latina Ashe Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">27</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">28</span></p> <p><b>6:30pm - 8:00pm</b> Badminton-Wed night Great Hall</p> <p><b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>8:00pm - 9:00pm</b> Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">29</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">30</span></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.