

Seymour Center - Activity Calendar

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 4:00pm Fit Feet -May Well Ind Serv 2</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p>	<p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:20am - 9:20am ST&M - May 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 Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</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 - 11:00am Aging Transistions Conference Room</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 4:00pm Physical Function Sc Well Ind Serv 1</p> <p>9:00am - 10:00am Older Adult Employment Me Conference Room</p> <p>9:00am - 2:00pm Therapeutic Massage-May Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p>	<p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</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 - 1:00pm NC Chinese Opera Group Theater</p> <p>10:00am - 5:00pm NC Chinese Opera Group Gath Place Cafe Are</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p>

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p><i>(Continued)</i> 9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Wor-May Great Hall</p> <p>9:30am - 10:30am Man Power: Network Group f 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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 11:30am Project EngAGE- SRT - Inter Dogwood Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p>	<p><i>(Continued)</i> 9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - May 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 - 12:00pm Glucose & Choleste Well Ind Serv 1</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Apr Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May 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 - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p>	<p><i>(Continued)</i> 9:30am - 11:00am Memoir Writing for Mandarin Dogwood Room</p> <p>9:30am - 10:30am Salli's Sr Wor-May 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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 1:00pm Senior Citizen Spring Picnic Offsite</p> <p>10:15am - 11:15am Span Lev 1B-March Craft 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 SpanishBeg IA Ashe Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p>	<p><i>(Continued)</i> 12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm NC Chinese Opera Society Theater</p> <p>1:00pm - 5:00pm Peking Opera Group Theater</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			<i>(Continued)</i> 1 12:30pm - 2:30pm Connect More Craft Room 1:00pm - 2:30pm Wednesdays@One Poetry Conference Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 2:00pm Silver Sneakers Boom Great Hall 1:00pm - 2:30pm Petals with a Purpose Birch Room 1:00pm - 3:00pm BBB Eastern NC Sr Scam O Dogwood Room 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 1:00pm - 1:50pm Yoga - May Exercise Room 2:10pm - 3:50pm Parkinson Pickleball Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room 3:00pm - 5:30pm Orange County Homeless 20 Theater 4:00pm - 5:00pm NIA -May Great Hall	<i>(Continued)</i> 2 12:30pm - 5:00pm Acupuncture Massage Therapy 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 3:20pm - 4:20pm Pilates - May Thu Exercise 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 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room	<i>(Continued)</i> 3 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:45pm - 1:45pm Chinese Choir Theater 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 2:00pm - 3:00pm Congolese Drumming - May Theater 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:30pm - 5:00pm Mah Jong- Friday group Ashe Room	<i>(Continued)</i> 4

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

			<i>(Continued)</i> 1 5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room 6:00pm - 8:00pm Mah Jong-evening Ashe Room 6:30pm - 9:00pm Badminton-Wed night Great Hall 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	<i>(Continued)</i> 2	<i>(Continued)</i> 3	<i>(Continued)</i> 4
5	6	7	8	9	10	11
	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:00am - 1:00pm Masg - MS, day May Massage Therapy Room 9:15am - 12:00pm Morning Bridge Birch Room	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:20am - 9:20am ST&M - May Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 3:00pm Personal trainer Wellness Desk 8:30am - 9:20am Strengthen Your Core Great Hall 9:00am - 10:30am Connect More Craft Room	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:20am - 9:20am ST&M - May Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:15am - 9:15am Chinese - Line dance Exercise Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 3:00pm Personal trainer Wellness Desk 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:00am - 10:30am Passage Meditation Craft Room 9:15am - 11:45am Badminton Great Hall 10:00am - 3:30pm Dominoes Living Room - Entry space

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:40am - 10:30am Strength Train - May Great Hall</p> <p>10:00am - 12:00pm Connections Concierge Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:00am Employment Info Sessions 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 - 12:00pm Nat Skin Fac -May Well Ind Serv 1</p> <p>10:00am - 12:00pm Beg Oil Paint - Apr Art Room</p> <p>10:30am - 12:00pm Veteran's Affair - Wall of Hon Theater</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p>	<p><i>(Continued)</i> 7</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 12:00pm Mandarin Conversation Birch Room</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>10:00am - 12:00pm Low Vision Support Ashe Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm ESL Dogwood 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 - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</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><i>(Continued)</i> 8</p> <p>9:00am - 4:00pm Fit Feet -May Well Ind Serv 2</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 12:00pm Bridge Lab Birch 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 - 10:30am Salli's Sr Wor-May 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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Bingo - May Dogwood Room</p>	<p><i>(Continued)</i> 9</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</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 - 11:00am Aging Transistions Conference Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - May 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 - 12:00pm Fused Glass Jewelry-Apr Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p>	<p><i>(Continued)</i> 10</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:00am - 2:00pm Therapeutic Massage-May Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:00am Memoir Writing for Mandarin Dogwood Room</p> <p>9:30am - 10:30am Salli's Sr Wor-May 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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</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><i>(Continued)</i> 11</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 3:00pm Flash Mob Class then Flash Exercise Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 12:15pm Birthday Party Cafe Area</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:00pm - 2:50pm Pilates -May- 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> 7</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm parkinson's caregive Ashe Room</p> <p>12:30pm - 3:00pm Parkinson Support Dogwood Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Laughter Yoga Exercise Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:00pm - 5:15pm Adult Care Home Adv Conference Room</p> <p>5:00pm - 7:00pm A Pearl for You; Mother's Da Gath Place Cafe Are</p>	<p><i>(Continued)</i> 8</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 1:00pm Freshstart Conference Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Rules of the Road for Investo Dogwood Room</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Birch Room</p> <p>1:00pm - 3:00pm BBB Eastern NC Sr Scam O Dogwood Room</p>	<p><i>(Continued)</i> 9</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise 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 - 7:30pm CH Divorce Group Craft Room</p>	<p><i>(Continued)</i> 10</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:30pm Project EngAGE-Falls Preve Conference Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming - May Theater</p> <p>2:00pm - 4:00pm VITA Dogwood Room</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p> <p>4:00pm - 6:00pm Volunteer Apprec Dinner & P Gath Place Cafe Are</p> <p>4:00pm - 6:00pm Volunteer Appreciation Dinn Great Hall</p> <p>4:00pm - 6:00pm Volunteer Appreciation Dinn Theater</p>	<p><i>(Continued)</i> 11</p>

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday
Monday
Tuesday
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Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 8:00pm Sharpie Art - Negative Drawi Craft Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:00pm - 8:30pm Shakespeare Outloud Book Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 9:00pm Peking Opera Group Theater</p> <p>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>	<p><i>(Continued)</i> 7</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:30pm - 7:00pm Nursing Home Advisor Conference 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>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Song Swap Craft Room</p>	<p><i>(Continued)</i> 8</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:00pm - 6:00pm Senior Games Celebra Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room</p> <p>6:00pm - 9:00pm Cinema Night at Seym-Adrift Theater</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 10:00pm Irish Dance Exercise Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 9</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p>
12	13	14	15	16	17	18

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">12</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">13</p>	<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>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 1:00pm Masg - MS, day May 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 - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early May Dogwood Room</p> <p>9:40am - 10:30am Strength Train - May Great Hall</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p>	<p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:20am - 9:20am ST&M - May 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>9:00am - 12:00pm Mandarin Conversation Birch Room</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p>	<p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 4:00pm Fit Feet -May Well Ind Serv 2</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p>	<p>7:00am - 8:00pm Washington DC Cultural Tou Offsite</p> <p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:20am - 9:20am ST&M - May 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 Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p>	<p>7:00am - 8:00pm Washington DC Cultural Tou Offsite</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-May Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:00am Memoir Writing for Mandarin Dogwood Room</p>	<p>7:00am - 8:00pm Washington DC Cultural Tou Offsite</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:00am - 4:00pm Japanese Emb- Not for Regi Birch Room</p> <p>9:00am - 4:00pm Japanese Embroidery-May Ashe Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>9:30am - 12:30pm Piano Recital-Kaylene Theater</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p>

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">12</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">13</p>	<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>10:00am - 11:00am Employment Info Sessions 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 - 12:00pm Beg Oil Paint - Apr Art Room</p> <p>10:30am - 11:30am Spanish-Lev III Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - May Dogwood Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p>	<p>10:00am - 12:00pm ESL Dogwood 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>10:30am - 11:30am Golden Age Happy Cir Ashe 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>11:30am - 12:30pm Wellness Ambassador Wellness Table</p> <p>11:30am - 12:30pm Wellness Ambassador Liv Room 2</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p>	<p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Wor-May Great Hall</p> <p>9:30am - 10:30am Man Power: Network Group f 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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 1:00pm Project EngAGE-Aging Polic Conference Room</p> <p>12:00pm - 1:00pm Freshstart Conference Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - May 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 - 12:00pm Fused Glass Jewelry-Apr Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May 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 - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p>	<p>9:30am - 10:30am Salli's Sr Wor-May 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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Zen Garden Ashe Room</p> <p>10:15am - 11:15am Span Lev IB - May Craft 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 SpanishBeg IA Dogwood Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p>	<p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Opera at Seymour Theater</p> <p>1:00pm - 3:00pm Flash Mob Class then Flash Exercise Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>1:00pm - 2:30pm Project EngAGE-LGBTQ Dogwood Room</p> <p>2:00pm - 2:50pm Pilates -May- 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>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:30pm - 8:30pm League of Women Vote Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 14</p> <p>1:00pm - 2:00pm Laughter Yoga Exercise Room</p> <p>1:00pm - 3:00pm Aging Advisory Bd Dogwood Room</p> <p>1:00pm - 3:00pm Sharpie Art - Negative Drawi Birch Room</p> <p>1:30pm - 3:00pm Bus Riding 101 Ashe Room</p> <p>1:30pm - 3:00pm Feeling Depressed? Support Conference Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</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>6:30pm - 9:00pm Badminton Great Hall</p>	<p><i>(Continued)</i> 15</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room</p>	<p><i>(Continued)</i> 16</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Friends of the Seymo Dogwood Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:00pm - 3:00pm Friends Annual Meeti Theater</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise 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 - 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> 17</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming - May Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	<p><i>(Continued)</i> 18</p>

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>(Continued)</i> 12	<i>(Continued)</i> 13 7:00pm - 8:00pm Zumba - Latina Ashe Room	<i>(Continued)</i> 14 6:30pm - 8:30pm Rentals-Delta Sigma Theta Dogwood Room 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room 7:00pm - 8:30pm Family to Family-NAM Conference Room	<i>(Continued)</i> 15 6:00pm - 8:00pm Mah Jong-evening Ashe Room 6:30pm - 8:00pm Connection Recovery Suppo Birch Room 6:30pm - 9:00pm Badminton-Wed night Great Hall 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	<i>(Continued)</i> 16	<i>(Continued)</i> 17	<i>(Continued)</i> 18
19 9:00am - 4:00pm Japanese Emb- Not for Regi Birch Room 9:00am - 4:00pm Japanese Embroidery-May Ashe Room 2:00pm - 4:00pm Rentals -CH Historical Societ Theater	20 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:00am - 1:00pm Masg - MS, day May Massage Therapy Room 9:15am - 12:00pm Morning Bridge Birch Room	21 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 11:00am Mall Walk - May Offsite 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:20am - 9:20am ST&M - May Great Hall 8:30am - 9:30am Walking Outdoors Living Room	22 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 3:00pm Personal trainer Wellness Desk 8:30am - 9:20am Strengthen Your Core Great Hall 9:00am - 10:30am Connect More Craft Room	23 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:20am - 9:20am ST&M - May Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk	24 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:15am - 9:15am Chinese - Line dance Exercise Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 3:00pm Personal trainer Wellness Desk 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	25 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 10:00am - 3:30pm Dominoes Living Room - Entry space 10:30am - 11:30am Asian Dance Exercise Room 11:00am - 12:00pm T'ai Chi Practice Courtyard -outside

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Seymour Center - Activity Calendar

May 2019 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>	<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p>
	<p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early May Dogwood Room</p> <p>9:40am - 10:30am Strength Train - May Great Hall</p> <p>10:00am - 12:00pm Connections Concierge Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:00am Employment Info Sessions 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 - 11:30am Chinese Training-Vol Theater</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Nat Skin Fac -May Well Ind Serv 1</p> <p>10:00am - 12:00pm Beg Oil Paint - May Art 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>9:00am - 12:00pm Mandarin Conversation Birch Room</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm ESL Dogwood 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 - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 12:00pm Wire jewelry Ashe Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p>	<p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 12:00pm Bridge Lab Birch 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 - 10:30am Salli's Sr Wor-May 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 Charlie's Social Clu Conference 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 Trager Sessions Massage Therapy Room</p>	<p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</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 Hollow Rock Nature Park-Ma Offsite</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - May 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 - 12:00pm Fused Glass Jewelry-Apr Craft Room</p> <p>10:00am - 11:00am Legal Aide of NC Theater</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p>	<p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-May Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:00am Memoir Writing for Mandarin Dogwood Room</p> <p>9:30am - 10:30am Salli's Sr Wor-May 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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:15am - 11:15am Span Lev IB - May Craft 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>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>1:00pm - 5:00pm NC Chinese Opera Society Theater</p> <p>1:00pm - 3:00pm Flash Mob Class then Flash Exercise Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center - Activity Calendar

May 2019 (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;">19</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">20</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">21</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">22</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">23</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">24</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">25</p>
	<p>10:30am - 11:30am Spanish-Lev III Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - May Dogwood Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>1:30pm - 3:30pm Zentangle-Drop-in Craft Room</p>	<p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:30pm Project EngAGE- Neighborh Conference Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Laughter Yoga Exercise Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>3:00pm - 4:00pm Staying in Charge of Your Lif Dogwood Room</p> <p>4:00pm - 5:30pm The Optimist Club of CH Ashe Room</p>	<p>12:00pm - 1:00pm Freshstart Conference Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:00pm - 4:00pm Project EngAGE-Intergen Sp Theater</p> <p>2:00pm - 3:30pm Little's Cooking Light Cafe Area</p>	<p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>11:00am - 1:00pm Legal Aide of NC Visiting Agency 2</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:00pm Project EngAGE-Mental Well Conference Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 4:00pm Newcomers' Mah Jong Birch Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:00pm - 3:30pm Program Advisory-Thur Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming - May Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 19</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:00pm - 2:50pm Pilates -May- 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 - 4:00pm Senior Artists Exh Liv Room 2</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:00pm - 7:30pm Rentals-Paws 4 Ever Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>	<p>20 <i>(Continued)</i></p> <p>1:30pm - 3:00pm Garden Club Conference Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:00pm - 2:50pm Pilates -May- 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 - 4:00pm Senior Artists Exh Liv Room 2</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:00pm - 7:30pm Rentals-Paws 4 Ever Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>	<p>21 <i>(Continued)</i></p> <p>5:00pm - 8:00pm Music Recital - Simon Ertz Theater</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:30pm - 7:30pm Rentals-Hannah Ruth Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>6:45pm - 8:45pm Rentals-Chelsea Theatre Bo Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p>22 <i>(Continued)</i></p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p>23 <i>(Continued)</i></p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise Room</p> <p>3:30pm - 4:30pm Writing for Longevity Dogwood Room</p> <p>5:00pm - 7:30pm Circle of Parents' Class-kids Birch Room</p> <p>5:00pm - 7:30pm Circle of Parents' Class Ashe 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 - 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>24 <i>(Continued)</i></p>	<p>25 <i>(Continued)</i></p>
26	27	28	29	30	31	

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Seymour Center - Activity Calendar

May 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 26</p>	<p><i>(Continued)</i> 27</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 1:00pm Masg - MS, day May 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 - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early May Dogwood Room</p> <p>9:40am - 10:30am Strength Train - May Great Hall</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p>	<p><i>(Continued)</i> 28</p> <p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:20am - 9:20am ST&M - May 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>9:00am - 12:00pm Mandarin Conversation Birch Room</p> <p>9:30am - 10:30am Enrichment Life Group-not in Craft Room</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p>	<p><i>(Continued)</i> 29</p> <p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 12:00pm Bridge Lab Birch 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><i>(Continued)</i> 30</p> <p>8:00am - 9:00pm SHIIP/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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:20am - 9:20am ST&M - May 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 Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</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 - 11:00am Aging Transistions Conference Room</p>	<p><i>(Continued)</i> 31</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-May Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:00am Memoir Writing for Mandarin Dogwood Room</p> <p>9:30am - 10:30am Salli's Sr Wor-May Great Hall</p>	

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Seymour Center - Activity Calendar

May 2019 (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;">26</p> <p><i>(Continued)</i></p> <p>10:00am - 11:00am Employment Info Sessions 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 - 12:00pm Beg Oil Paint - May Art Room</p> <p>10:30am - 11:30am Spanish-Lev III Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - May Dogwood Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p>	<p style="text-align: right; color: red;">27</p> <p><i>(Continued)</i></p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm ESL Dogwood 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 - 11:00am Financial Planning in 2019 Theater</p> <p>10:00am - 11:30am Project EngAGE-End of Life Conference 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 - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p>	<p style="text-align: right; color: red;">28</p> <p><i>(Continued)</i></p> <p>10:00am - 12:00pm Mandarin Conversation 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 - 11:00am Charlie's Social Clu Conference 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 - 1:00pm Freshstart Conference Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p style="text-align: right; color: red;">29</p> <p><i>(Continued)</i></p> <p>9:30am - 10:30am Salli's Sr Wor-May 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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference 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 - 1:00pm Freshstart Conference Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p style="text-align: right; color: red;">30</p> <p><i>(Continued)</i></p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - May 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>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May 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 - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p>	<p style="text-align: right; color: red;">31</p> <p><i>(Continued)</i></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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:15am - 11:15am Span Lev IB - May Craft 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 SpanishBeg IA Dogwood Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom 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

May 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 26</p>	<p><i>(Continued)</i> 27</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:00pm - 2:50pm Pilates -May- 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>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>	<p><i>(Continued)</i> 28</p> <p>1:00pm - 2:00pm Laughter Yoga Exercise Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</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>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 9:00pm Dream Tending Ashe Room</p>	<p><i>(Continued)</i> 29</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 30</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 7:00pm Project EngAGE-Mental Well Theater</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise 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 - 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> 31</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	