



Seymour Center Activity Calendar

June 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						<p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only 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 - 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 - 2:00pm Piano Recital-Barb Theater</p> <p>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p>
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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

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						<i>(Continued)</i> 3:00pm - 5:00pm Chinese Folk Dance Exercise Room 3:30pm - 4:30pm Zumba-Latina Exercise Room 4:00pm - 5:00pm Zumba - Latina Great Hall 5:00pm - 9:00pm Rentals-Dorothy Alston retire Gath Place Cafe Are	1
2	3	4	5	6	7	8	
	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only 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 Massage - MS, June 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-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness 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-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness 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-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness 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-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:15am - 9:15am Chinese - Line dance Exercise Room 8:30am - 5:00pm Employment Info Sessions 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-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only 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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Activity Calendar

June 2019 (Continued)

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

<p>(Continued) 2</p>	<p>(Continued) 3</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 - Jun Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</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 - 11:30am 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 - Jun Great Hall</p>	<p>(Continued) 4</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</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>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm Low Vision Support Ashe 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 - 12:00pm SHIIP Quarterly training Theater</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p>	<p>(Continued) 5</p> <p>9:00am - 4:00pm Fit Feet-June Well Ind Serv 1</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</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-June 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>(Continued) 6</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 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 - 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 - Jun 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- June Craft Room</p> <p>10:00am - 11:00am Connect, Create, Contribute Liv Room 2</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p>	<p>(Continued) 7</p> <p>8:30am - 9:20am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-June Massage Therapy Room</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>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Wor-June 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 - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p>	<p>(Continued) 8</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 - 5:00pm Peking Opera Group 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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Activity Calendar

June 2019 (Continued)

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

<i>(Continued)</i>	2	<i>(Continued)</i>	3	<i>(Continued)</i>	4	<i>(Continued)</i>	5	<i>(Continued)</i>	6	<i>(Continued)</i>	7	<i>(Continued)</i>	8
	<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>12:00pm - 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 - 3:30pm Zentangle-Zendalas Craft Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p> <p>2:15pm - 3:05pm Pilates - June - Mon 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>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 Chinese Brush -May Art Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</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>11:00am - 12:00pm From the Health Expert-Hear Theater</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 Petals with a Purpose Dogwood 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 Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</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>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 - June Thurs 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>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>1:30pm - 4:30pm Table Tennis- Fri Great Hall</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

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 2</p>	<p><i>(Continued)</i> 3</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>5:30pm - 7:30pm Dementia Basics - UNC Well Offsite</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> 4</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise 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 Camera Club Digit Dogwood Room</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> 5</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-beg Wed-Jun Exercise Room</p> <p>4:00pm - 5:00pm NIA -June Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- June -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> 6</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> 7</p>	<p><i>(Continued)</i> 8</p>
<p>9</p>	<p>10</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p>11</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	<p>12</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	<p>13</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	<p>14</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p>15</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p>

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 9	(Continued) 10	(Continued) 11	(Continued) 12	(Continued) 13	(Continued) 14	(Continued) 15
	8:00am - 8:30pm Fitness Studio-June Fitness Room	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 8:30pm Fitness Studio-June Fitness Room	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-June Fitness Room	8:00am - 8:30pm Fitness Studio-June Fitness Room	8:00am - 8:30pm Fitness Studio-June Fitness Room	8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room	8:30am - 5:30pm Billiards Activity Area-Pool
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	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-Kiosk Only Fitness Room	8:15am - 9:15am Chinese - Line dance Exercise Room	9:00am - 10:15am Chinese Folk Dance Exercise Room
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	8:20am - 9:20am ST&M - June Great Hall	8:00am - 11:30am Fathers' Day Breakfast Great Hall	8:20am - 9:20am ST&M - June Great Hall	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	9:15am - 11:45am Badminton Great Hall
	9:00am - 1:00pm Massage - MS, June Massage Therapy Room	8:30am - 9:30am Walking Outdoors Living Room	8:30am - 3:00pm Personal trainer Wellness Desk	8:30am - 9:00am Spanish Social-Ex Exercise Room	8:30am - 3:00pm Personal trainer Wellness Desk	10:00am - 3:30pm Dominoes Living Room - Entry space
	9:15am - 12:00pm Morning Bridge Birch Room	8:30am - 3:00pm Personal trainer Wellness Desk	8:30am - 9:20am Strengthen Your Core Great Hall	8:30am - 3:00pm Personal trainer Wellness Desk	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	10:00am - 12:00pm Tech Knowledge Ashe Room
	9:15am - 12:00pm Morning Bridge Ashe Room	9:00am - 9:50am Chinese Dance Exercise Room	9:00am - 10:30am Connect More Craft Room	9:00am - 12:00pm Spanish Social Club Birch Room	8:30am - 9:20am Strengthen Your Core Great Hall	10:30am - 11:30am Asian Dance Exercise Room
	9:30am - 12:00pm Quilting w/ the Girl Craft Room	9:00am - 3:30pm Phys Therapy Well Ind Serv 2	9:00am - 4:00pm Fit Feet-June Well Ind Serv 1	9:00am - 10:00am Spanish Social-Ex Exercise Room	9:00am - 2:00pm Therapeutic Massage-June Massage Therapy Room	11:00am - 1:30pm Pulmonary/Hypertensi Birch Room
	9:30am - 10:30am Spanish, Lev IV-Early May Dogwood Room	9:00am - 12:00pm Mandarin Conversation Birch Room	9:00am - 12:00pm Cribbage Alcove Ginko #1	9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym	9:00am - 11:00am Thurston Arthritis Ashe Room	11:00am - 12:00pm T'ai Chi Practice Courtyard -outside
	9:40am - 10:30am Strength Train - Jun Great Hall	9:30am - 10:30am Enrichment Life Group Theater	9:00am - 3:00pm Care Partner Respite Progra Craft Room	9:00am - 3:30pm Phys Therapy Well Ind Serv 2	9:30am - 12:00pm Bridge Lab Birch Room	11:30am - 12:30pm Informal T'ai Chi Exercise Room
	10:00am - 11:00am Employment Info Sessions Conference Room	10:00am - 12:00pm Mandarin Conversation Conference Room	9:30am - 12:00pm Bridge Lab Birch Room	9:00am - 11:00am Aging Transistions Conference Room	9:30am - 10:30am Salli's Sr Wor-June Great Hall	12:00pm - 3:00pm Table Tennis - Sat Great Hall
	10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2	10:00am - 12:00pm ESL Dogwood Room	9:30am - 11:30am Blood Pressure Check Wellness Corridor	9:00am - 5:00pm Asian Seniors Trip to Raleigh Offsite	9:45am - 10:45am Chinese Calligraphy Art Room	1:00pm - 5:00pm Opera at Seymour Theater
	10:00am - 11:30am Table Tennis Table Tennis Area	10:00am - 11:30am Table Tennis Table Tennis Area	9:30am - 10:30am Chinese for Beginners Ashe Room	9:30am - 12:00pm Mah Jong, Learn Ashe Room	10:00am - 10:50am Seated T'ai Chi Exercise Room	1:00pm - 3:00pm Flash Mob Class then Flash Exercise Room

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 9</p>	<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p>	<p><i>(Continued)</i> 15</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 - Jun 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>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Golden Age Happy Cir Ashe 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>1:00pm - 2:00pm Laughter Yoga Exercise Room</p> <p>1:30pm - 3:00pm Feeling Depressed? Support Conference Room</p>	<p>9:30am - 10:30am Salli's Sr Wor-June 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 - 5:00pm Trager Sessions Massage Therapy 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 - 5:00pm Reiki Massage Therapy Room</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p>9:40am - 10:30am Strength Train - Jun 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- June Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Jun 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>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</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 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>12:00pm - 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>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

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 9</p>	<p><i>(Continued)</i> 10</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p> <p>1:00pm - 2:30pm Project EngAGE-LGBTQ Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p> <p>2:15pm - 3:05pm Pilates - June - 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>5:30pm - 7:30pm Dementia Basics - UNC Well Offsite</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>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>	<p><i>(Continued)</i> 11</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 Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise 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 Theater</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Family to Family-NAM Conference Room</p>	<p><i>(Continued)</i> 12</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 Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - June 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-beg Wed-Jun Exercise Room</p> <p>4:00pm - 5:00pm NIA -June Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- June -Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:00pm - 8:00pm Cinema Night at Seym-place Theater</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p>	<p><i>(Continued)</i> 13</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 - June Thurs 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> 14</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	<p><i>(Continued)</i> 15</p>

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 9	(Continued) 10	(Continued) 11	(Continued) 12 7:00pm - 10:00pm Irish Dance Exercise Room 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	(Continued) 13	(Continued) 14	(Continued) 15
16	17	18	19	20	21	22
	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only 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 Massage - MS, June Massage Therapy Room 9:15am - 12:00pm Morning Bridge Birch Room 9:15am - 12:00pm Morning Bridge Ashe Room 9:30am - 12:00pm Quilting w/ the Girl Craft Room	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 11:00am Mall Walk - June Offsite 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 3:00pm Personal trainer Wellness Desk 8:20am - 9:20am ST&M - June Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 9:50am Chinese Dance Exercise 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-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:20am - 9:20am ST&M - June Great Hall 8:30am - 9:20am Strengthen Your Core Great Hall 9:00am - 10:30am Connect More Craft Room 9:00am - 4:00pm Fit Feet-June Well Ind Serv 1 9:00am - 12:00pm Cribbage Alcove Ginko #1	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-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:15am - 9:15am Chinese - Line dance Exercise Room 8:20am - 9:20am ST&M - June Great Hall 8:30am - 10:00am CHADER Theater 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 12:00pm Spanish Social Club Birch Room	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only 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 8:30am - 9:20am Strengthen Your Core Great Hall 9:00am - 2:00pm Therapeutic Massage-June Massage Therapy Room	8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall 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 11:30am - 12:30pm Informal T'ai Chi Exercise Room

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 16</p>	<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>
	<p>9:30am - 10:30am Spanish, Lev IV-Early May Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</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 - 11:30am 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 Chinese Training-Vol Theater</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 - Jun Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p>	<p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</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 - 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>10:30am - 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>9:00am - 3:00pm Care Partner Respite Progra Craft Room</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-June 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>9:00am - 10:00am Spanish Social-Ex Exercise 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 - 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 - Jun 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 - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Fused Glass Jewelry- June Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Jun 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>9:00am - 12:00pm PEO-Philanthropic Edu Theater</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Wor-June 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 - 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 - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm NC Chinese Opera Society 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 - 5:30pm Zumba - Latina Great Hall</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 16</p>	<p><i>(Continued)</i> 17</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 - June Exercise Room</p> <p>1:30pm - 3:30pm Zentangle-Drop-in Craft Room</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:15pm - 3:05pm Pilates - June - Mon Great Hall</p>	<p><i>(Continued)</i> 18</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 Chinese Brush -May Art Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:00pm - 5:30pm The Optimist Club of CH Ashe Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</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><i>(Continued)</i> 19</p> <p>11:30am - 1:00pm Project EngAGE-Aging Polic 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 Petals with a Purpose Dogwood 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 Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - June 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-beg Wed-Jun Exercise Room</p>	<p><i>(Continued)</i> 20</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>1:00pm - 3:00pm Friends of the Seymo Dogwood Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - June Thurs 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 - 8:30pm Dulcimer-June Ashe Room</p>	<p><i>(Continued)</i> 21</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>2:30pm - 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> 22</p>

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 16</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>5:30pm - 7:30pm Dementia Basics - UNC Well Offsite</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><i>(Continued)</i> 17</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>5:30pm - 7:30pm Dementia Basics - UNC Well Offsite</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><i>(Continued)</i> 18</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><i>(Continued)</i> 19</p> <p>4:00pm - 5:00pm NIA -June Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- June -Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 8:00pm Connection Recovery Suppo Birch 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> 20</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> 21</p>	<p><i>(Continued)</i> 22</p>
<p>23</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-June Fitness Room</p>	<p>24</p> <p>8:00am - 5:00pm 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>25</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>26</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>27</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>28</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-June Fitness Room</p>	<p>29</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p>

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 23	(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28	(Continued) 29
8:00am - 8:30pm Fitness Studio-Kiosk Only 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 Massage - MS, June Massage Therapy Room 9:15am - 12:00pm Morning Bridge Birch Room 9:15am - 12:00pm Morning Bridge Ashe Room 9:30am - 12:00pm Quilting w/ the Girl Craft Room 9:30am - 10:30am Spanish, Lev IV-Early May Dogwood Room 9:40am - 10:30am Strength Train - Jun Great Hall 10:00am - 11:00am Employment Info Sessions Conference Room 10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space	8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:20am - 9:20am ST&M - June Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 9:50am Chinese Dance Exercise Room 9:00am - 3:30pm Phys Therapy Well Ind Serv 2 9:00am - 12:00pm Mandarin Conversation Birch Room 9:30am - 10:30am Enrichment Life Group Theater 10:00am - 12:00pm Mandarin Conversation Conference Room 10:00am - 12:00pm ESL Dogwood Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space	8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only 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 9:00am - 12:00pm Cribbage Alcove Ginko #1 9:00am - 3:00pm Care Partner Respite Progra Craft Room 9:30am - 12:00pm Bridge Lab Birch Room 9:30am - 11:30am Blood Pressure Check Wellness Corridor 9:30am - 10:30am Chinese for Beginners Ashe Room 9:30am - 10:30am Salli's Sr Wor-June Great Hall 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space	8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:20am - 9:20am ST&M - June Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 12:00pm Spanish Social Club Birch Room 9:00am - 10:00am Spanish Social-Ex Exercise Room 9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym 9:00am - 3:30pm Phys Therapy Well Ind Serv 2 9:00am - 11:00am Aging Transistions Conference Room 9:30am - 12:00pm Mah Jong, Learn Ashe Room 9:30am - 4:00pm Chapel Hill - Carrboro-Cham Theater 9:40am - 10:30am Strength Train - Jun Great Hall	8:00am - 8:30pm Fitness Studio-Kiosk Only 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 8:30am - 9:20am Strengthen Your Core Great Hall 9:00am - 2:00pm Therapeutic Massage-June Massage Therapy Room 9:30am - 12:00pm Bridge Lab Birch Room 9:30am - 10:30am Salli's Sr Wor-June Great Hall 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	8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall 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 11:30am - 12:30pm Informal T'ai Chi Exercise Room 12:00pm - 3:00pm Table Tennis - Sat Great Hall 2:00pm - 4:00pm Singing in 7 Languages Theater 3:00pm - 5:00pm Chinese Folk Dance Exercise Room 3:30pm - 4:30pm Zumba-Latina Exercise Room 4:00pm - 5:00pm Zumba - Latina Great Hall	

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 23</p>	<p><i>(Continued)</i> 24</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 - Jun 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 - 1:50pm Yoga - June Exercise Room</p>	<p><i>(Continued)</i> 25</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>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 Urban Line Dance Great Hall</p>	<p><i>(Continued)</i> 26</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 - 5:00pm Trager Sessions Massage Therapy 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 - 5:00pm Reiki Massage Therapy Room</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p>	<p><i>(Continued)</i> 27</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- June Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Jun 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 - 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><i>(Continued)</i> 28</p> <p>10:00am - 12:00pm NARFE Theater</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 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>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> 29</p>

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Seymour Center Activity Calendar

June 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued) 23	(Continued) 24 2:15pm - 3:05pm Pilates - June - Mon Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:00pm - 5:30pm Prime Time Players Theater 3:30pm - 5:30pm Social Argentine Tango Great Hall 5:00pm - 6:30pm Retros Exercise Room 5:30pm - 7:30pm Dementia Basics - UNC Well Offsite 6:00pm - 7:00pm Zumba - Latina Great Hall 7:00pm - 9:00pm Chinese Folk Dance Great Hall 7:00pm - 8:00pm Zumba - Latina Ashe Room	(Continued) 25	(Continued) 26 5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:30pm - 9:00pm Badminton Great Hall 6:30pm - 9:00pm CH Cam Club Theater 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room 7:00pm - 9:00pm Dream Tending Ashe Room 4:00pm - 5:00pm NIA -June Great Hall 5:15pm - 6:15pm Simply Yoga- June -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	(Continued) 27	(Continued) 28 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 1:00pm - 1:50pm Yoga - June 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-beg Wed-Jun Exercise Room 2:30pm - 4:00pm Agua Vista Tutorial Comp Room -Sey Tech 4:00pm - 5:00pm NIA -June Great Hall 5:15pm - 6:15pm Simply Yoga- June -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 1:00pm - 4:00pm Newcomers' Mah Jong Birch Room 1:30pm - 3:00pm Kai Mei Knitters Craft Room 2:00pm - 3:30pm Program Advisory-Thur Dogwood Room 2:15pm - 3:05pm Inspired Movement Exercise Room 3:20pm - 4:20pm Pilates - June Thurs Exercise Room 5:00pm - 7:30pm Circle of Parents' Class Ashe Room 5:00pm - 7:30pm Circle of Parents' Class-kids Birch 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	(Continued) 29	(Continued)
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