



Seymour Center Activity Calendar

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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 - 2:00pm Masg MS, Sept 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 - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early-CANC Dogwood Room</p> <p>9:40am - 10:30am Strength Train-Sept Great Hall</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:20am - 9:20am ST&M - Sept 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 - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>10:00am - 12:00pm Low Vision Support Ashe 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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am 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 - 4:00pm Fit Feet - Sept Well Ind Serv 2</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:20am - 9:20am ST&M - Sept 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 - 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 - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 12:00pm Hollow Rock Nature Offsite</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-Sept 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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept 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>9:30am - 11:30am Exploring your Endless Poss Birch Room</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>11:00am - 12:00pm Golden Classical Performanc 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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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 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 Beg Oil Paint-Aug Art Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III -AUG Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept Great Hall</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Aug Dogwood Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p>	<p><i>(Continued)</i> 3</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>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 - 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><i>(Continued)</i> 4</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Work-Sept Great Hall</p> <p>10:00am - 10:50am The Art of Balance - Sept 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 - 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>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p><i>(Continued)</i> 5</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train-Sept 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-Sept Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept 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><i>(Continued)</i> 6</p> <p>9:30am - 10:30am Salli's Sr Work-Sept Great Hall</p> <p>9:45am - 10:45am Chinese Calligraphy Art 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 Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Sept Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</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 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><i>(Continued)</i> 7</p> <p>12:30pm - 4:30pm Carolina African American W Craft Room</p> <p>1:30pm - 2:30pm Chinese Traditional Dance Exercise Room</p> <p>2:00pm - 5:00pm Ice Cream & Movie 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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September 2019 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 2</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 - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 1:50pm Yoga, Sr - Sept Exercise Room</p> <p>2:15pm - 3:05pm Pilates-Sept- 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 - 3:45pm Playful Posture and Ergono Exercise Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>5:00pm - 6:30pm Retros Exercise Room</p>	<p><i>(Continued)</i> 3</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 3:30pm Chinese Brush-Sept Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:00pm - 5:15pm Adult Care Home Adv Conference 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 - 7:00pm Nursing Home Advisor Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p>	<p><i>(Continued)</i> 4</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 - 2:00pm Man Power: Network Group f Theater</p> <p>1:00pm - 1:50pm Yoga, Sr - Sept 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-Sep Exercise Room</p> <p>4:00pm - 5:00pm NIA - Sept Great Hall</p>	<p><i>(Continued)</i> 5</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 - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p> <p>1:00pm - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</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-Sept Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Sept -Eve 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>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 6</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>1:30pm - 4:30pm Table Tennis- Fri Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C 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> 7</p>

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 2</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><i>(Continued)</i> 3</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> 4</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> 5</p>	<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</p>
8	9	10	11	12	13	14
	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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 - 12:00pm Windows 10 Comp Room -Sey Tech</p> <p>9:00am - 12:00pm Hollow Rock Nature Park 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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:20am - 9:20am ST&M - Sept 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 - 9:50am Chinese Dance Exercise 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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:20am - 9:20am ST&M - Sept 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 - 10:00am Spanish Social-Ex Exercise Room</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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>6:00am - 10:00pm Canadian Adventure and Mo Offsite</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>8:30am - 4:30pm Huntington's Disease Cafe Area</p> <p>8:30am - 4:30pm Huntington's Disease Dogwood Room</p> <p>8:30am - 4:30pm Huntington's Disease Theater</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p>

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p> <p>9:00am - 2:00pm Masg MS, Sept 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 - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Sept Dogwood Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early-CANC Dogwood Room</p> <p>9:40am - 10:30am Strength Train-Sept Great Hall</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><i>(Continued)</i> 10</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group 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 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><i>(Continued)</i> 11</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 Windows 10 Comp Room -Sey Tech</p> <p>9:00am - 4:00pm Fit Feet - Sept Well Ind Serv 2</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>10:00am - 10:50am The Art of Balance - Sept 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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p>	<p><i>(Continued)</i> 12</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 - 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>9:30am - 11:00am Chinese Moon Festiva Theater</p> <p>9:40am - 10:30am Strength Train-Sept 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-Sept Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p>	<p><i>(Continued)</i> 13</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-Sept Massage Therapy Room</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:45am - 10:45am Chinese Calligraphy Art 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 Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Sept Craft Room</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p>	<p><i>(Continued)</i> 14</p> <p>9:00am - 12:00pm Passage Meditation Craft Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:30pm - 2:30pm Chinese Traditional Dance 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

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 8</p>	<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>10:00am - 12:00pm Beg Oil Paint-Aug Art Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III -AUG Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</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 - Aug 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>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>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Aging Advisory Bd Dogwood Room</p> <p>1:00pm - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:30pm Bereavement Support Conference Room</p> <p>2:00pm - 3:30pm Chinese Brush-Sept Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:00pm - 9:00pm OC Department- Maria Marti Dogwood Room</p>	<p>10:30am - 11:30am Bingo- Sept Dogwood Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 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>1:00pm - 2:30pm Petals with a Purpose Dogwood 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>1:00pm - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p> <p>1:00pm - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</p> <p>1:00pm - 3:00pm National Preparedness Theater</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-Sept Thurs Exercise Room</p>	<p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</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>1:00pm - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C 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

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</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 - 3:00pm Iphone and IPAD for Vision I Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 1:50pm Yoga, Sr - Sept Exercise Room</p> <p>2:15pm - 3:05pm Pilates-Sept- 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 - 3:45pm Playful Posture and Ergono Exercise Room</p> <p>3:00pm - 4:00pm Senior Artists Exhib-Charron Liv Room 2</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>4:45pm - 6:00pm Grow Your World Birch Room</p>	<p><i>(Continued)</i> 10</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 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 - 8:30pm Family to Family-NAM Conference Room</p>	<p><i>(Continued)</i> 11</p> <p>1:00pm - 1:50pm Yoga, Sr - Sept Exercise Room</p> <p>1:00pm - 3:00pm OC Home Preservation Coali Birch 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-Sep Exercise Room</p> <p>3:00pm - 4:30pm Following a Sustainable Diet Dogwood Room</p> <p>4:00pm - 5:00pm NIA - Sept Great Hall</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>7:00pm - 10:00pm Irish Dance Exercise Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 12</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Sept -Eve Exercise Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>5:30pm - 7:00pm Well Spouse Assoc Support Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:00pm - 7:00pm Heartfulness Meditation Dogwood 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> 13</p>	<p><i>(Continued)</i> 14</p>

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:00pm - 8:00pm Project EngAGE-LGBTQ Ashe Room</p> <p>6:00pm - 8:00pm Project EngAGE-LGBTQ Birch Room</p> <p>6:30pm - 8:30pm League of Women Voters Birch Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</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>6:00am - 10:00pm 15 Canadian Adventure and Mo Offsite</p>	<p>6:00am - 10:00pm 16 Canadian Adventure and Mo Offsite</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p>	<p>6:00am - 10:00pm 17 Canadian Adventure and Mo Offsite</p> <p>7:30am - 9:00am Mall Walk-Sept 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 - 5:00pm Billiards Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p>	<p>6:00am - 10:00pm 18 Canadian Adventure and Mo 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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p>	<p>6:00am - 10:00pm 19 Canadian Adventure and Mo 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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:20am - 9:20am ST&M - Sept Great Hall</p>	<p>6:00am - 10:00pm 20 Canadian Adventure and Mo Offsite</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p>	<p>6:00am - 10:00pm 21 Canadian Adventure and Mo Offsite</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept 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>

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</p>	<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>
<p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 2:00pm Masg MS, Sept 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 - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Sept Dogwood Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early-CANC Dogwood Room</p> <p>9:40am - 10:30am Strength Train-Sept Great Hall</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>8:20am - 9:20am ST&M - Sept 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 - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Open Computer Lab Comp Room -Sey Tech</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group 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>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p>	<p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am 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 - 4:00pm Fit Feet - Sept Well Ind Serv 2</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Work-Sept Great Hall</p> <p>10:00am - 10:50am The Art of Balance - Sept Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</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 - 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 - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 11:00am ID Theft, Comp Sec & Backu Comp Room -Sey Tech</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train-Sept 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 Question, Persuade, Refer Offsite</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>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-Sept Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Sept Great Hall</p> <p>9:45am - 10:45am Chinese Calligraphy Art 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 Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Sept Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- 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 - 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>1:30pm - 2:30pm Chinese Traditional Dance 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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September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</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 Beg Oil Paint-Sept Art Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III -AUG Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Aug 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><i>(Continued)</i> 17</p> <p>10:30am - 11:30am Silver Sneakers-Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>12:00pm - 1:00pm 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>12:00pm - 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 - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:30pm Bereavement Support Conference Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p>	<p><i>(Continued)</i> 18</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>10:40am - 11:30am Tone, Balance, Tight Great Hall</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><i>(Continued)</i> 19</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Sept Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept 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>11:00am - 12:00pm Latino American Documentar Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 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 - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p>	<p><i>(Continued)</i> 20</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</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 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>1:00pm - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>2:00pm - 3:30pm Plant Based Cooking- Scrum Demo Kitchen</p> <p>2:00pm - 3:00pm Congolese Drumming C 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> 21</p>

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</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 - 3:00pm Free Clinic Android Phone & Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 1:50pm Yoga, Sr - Sept Exercise 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-Sept- 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 - 3:45pm Playful Posture and Ergono Exercise Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p>	<p><i>(Continued)</i> 17</p> <p>2:00pm - 3:30pm Chinese Brush-Sept Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:00pm - 5:30pm The Optimist Club of CH Ashe Room</p> <p>5:00pm - 9:00pm OC Department- Maria Marti Birch 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>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> 18</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 - 2:00pm Man Power: Network Group f Theater</p> <p>1:00pm - 1:50pm Yoga, Sr - Sept 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-Sep Exercise Room</p> <p>3:00pm - 4:00pm Life After a Stroke Craft Room</p> <p>4:00pm - 5:00pm NIA - Sept Great Hall</p> <p>5:30pm - 9:00pm Brain Health Academy Theater</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><i>(Continued)</i> 19</p> <p>1:00pm - 3:00pm Friends of the Seymo Dogwood Room</p> <p>1:00pm - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>1:30pm - 2:30pm Nutrition Workshop - English Theater</p> <p>2:00pm - 4:00pm Psychosis Simulation Offsite</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates-Sept Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Sept -Eve 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>6:00pm - 7:00pm Heartfulness Meditation Dogwood Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</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><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 19</p> <p>7:00pm - 9:00pm Retros Performance Theater</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>
<p>6:00am - 10:00pm 22 Canadian Adventure and Mo Offsite</p>	<p>8:00am - 5:00pm 23 Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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 - 2:00pm Masg MS, Sept Massage Therapy Room</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p>	<p>8:00am - 9:00pm 24 SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:20am - 9:20am ST&M - Sept 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 - 9:50am Chinese Dance Exercise Room</p>	<p>8:00am - 9:00pm 25 SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p>	<p>8:00am - 9:00pm 26 SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:20am - 9:20am ST&M - Sept 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 - 10:00am Spanish Social-Ex Exercise Room</p>	<p>8:00am - 5:00pm 27 Billiards Activity Area-Pool</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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>8:00am - 8:30pm 28 Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Sept 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>9:30am - 11:30am Exploring your Endless Poss Birch Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p>

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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><i>(Continued)</i> 26</p>	<p><i>(Continued)</i> 27</p>	<p><i>(Continued)</i> 28</p>
	<p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Sept Dogwood Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early-CANC Dogwood Room</p> <p>9:30am - 11:00am Nutrition Workshop - Chines Theater</p> <p>9:40am - 10:30am Strength Train-Sept Great Hall</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 Beg Oil Paint-Sept Art Room</p>	<p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:00am - 11:00am Mandarin Conversatio Ashe Room</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>9:30am - 10:30am Photo Memory Wreath Craft 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 - 11:30am 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>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>9:00am - 12:00pm Watercolor-Splatter Grapes Art Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Work-Sept Great Hall</p> <p>10:00am - 10:50am The Art of Balance - Sept 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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference 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 - 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-Sept 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-Sept Craft Room</p> <p>10:00am - 11:00am Hispanic Heritage Celebratio Theater</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p>	<p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-Sept Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Sept Great Hall</p> <p>9:45am - 10:45am Chinese Calligraphy Art 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 NARFE Theater</p> <p>10:00am - 11:00am The Peoples Choice Dogwood Room</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Sept 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 - 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 NC Chinese Opera Society Theater</p> <p>1:30pm - 2:30pm Chinese Traditional Dance 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

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p> <p>10:30am - 11:30am Spanish-Beg Lev III -AUG Dogwood Room</p> <p>10:45am - 11:35am Strength Train-Sept Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Aug 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 IPhone & Ipad Clinic Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p>	<p><i>(Continued)</i> 24</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>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:30pm Bereavement Support Conference Room</p> <p>1:00pm - 4:00pm Carfit Conference Room</p> <p>2:00pm - 3:30pm Chinese Brush-Sept Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p>	<p><i>(Continued)</i> 25</p> <p>10:00am - 11:00am NC DMV Real ID Theater</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 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 - 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, Sr - Sept Exercise Room</p>	<p><i>(Continued)</i> 26</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>11:00am - 12:00pm Latino American Documentar 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 - 2:00pm 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 - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p> <p>1:00pm - 4:00pm Newcomers' Mah Jong Birch Room</p> <p>1:00pm - 3:00pm Comp Fund W 10 Comp Room -Sey Tech</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p>	<p><i>(Continued)</i> 27</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</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 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>1:00pm - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>2:00pm - 3:00pm Congolese Drumming C 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> 28</p>

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

(Continued) 22	(Continued) 23	(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28
	1:00pm - 4:00pm Weaving From the Heart- Se Craft Room 1:00pm - 1:50pm Yoga, Sr - Sept Exercise Room 1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room 1:30pm - 3:00pm Caregivers Series - Caregivi Dogwood Room 2:15pm - 3:05pm Pilates-Sept- Mon Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:00pm - 5:30pm Prime Time Players Theater 3:00pm - 3:45pm Playful Posture and Ergono Exercise Room 3:30pm - 5:30pm Social Argentine Tango Great Hall 4:00pm - 5:00pm Prime Time Players Craft Room 5:00pm - 6:30pm Retros Exercise Room 5:00pm - 7:00pm Teen Builders with Laila & Fr Craft Room 6:00pm - 7:00pm Zumba - Latina Great Hall	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 CH Cam Club Theater 6:30pm - 9:00pm Badminton Great Hall 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room 7:00pm - 9:00pm Dream Tending Ashe Room	1:00pm - 5:00pm Staying Safe on the Move Ashe Room 1:00pm - 5:00pm Staying Safe on the Move-no Birch Room 1:00pm - 5:00pm Staying Safe on the Move-no Liv Room 2 2:00pm - 3:30pm Little's Cooking Light Cafe Area 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-Sep Exercise Room 4:00pm - 5:00pm NIA - Sept Great Hall 5:30pm - 9:00pm Brain Health Academy Theater 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	2:15pm - 3:05pm Inspired Movement Exercise Room 3:20pm - 4:20pm Pilates-Sept Thurs Exercise Room 4:15pm - 5:15pm Social Argentine Tango Great Hall 5:15pm - 6:15pm Simply Yoga- Sept -Eve Exercise Room 5:30pm - 7:00pm Basketball PM Great Hall 5:30pm - 8:30pm NAMI Support Birch Room 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:00pm - 7:00pm Heartfulness Meditation Dogwood Room 6:00pm - 8:45pm Triangle Weavers Theater 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room		

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

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued) 22	(Continued) 23 6:30pm - 8:30pm League of Women Voters Birch Room 7:00pm - 9:00pm Chinese Folk Dance Great Hall	(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28
29	30 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Sept Fitness Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:00am - 2:00pm Masg MS, Sept Massage Therapy Room 9:15am - 12:00pm Morning Bridge Birch Room 9:15am - 12:00pm Morning Bridge Ashe Room 9:30am - 11:30am Garden Club Garden Front of Seym					

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i></p>	<p>29 <i>(Continued)</i></p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Sept Dogwood Room</p> <p>9:40am - 10:30am Strength Train-Sept Great Hall</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 Beg Oil Paint-Sept Art Room</p> <p>10:45am - 11:35am Strength Train-Sept Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p>30 <i>(Continued)</i></p>				
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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p>	<p style="text-align: right; color: red;">29</p> <p><i>(Continued)</i></p> <p style="text-align: right; color: red;">30</p> <p>12:00pm - 1:00pm Span Lev II - Sept Dogwood Room</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 - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 4:00pm Weaving From the Heart- Se Craft Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Sept Exercise Room</p> <p>2:15pm - 3:05pm Pilates-Sept- 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 - 3:45pm Playful Posture and Ergono Exercise Room</p>					

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Seymour Center Activity Calendar

September 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(Continued)</p> <p style="text-align: right;">29</p>	<p>(Continued)</p> <p style="text-align: right;">30</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</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>					



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