

Seymour Center - Activity Calendar

April 2017

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						<p>8:00am - Lace Day Great Hall</p> <p>8:00am - VITA-room Alcove Ginko #1</p> <p>8:00am - VITA Visiting Agency 1</p> <p>8:00am - Lace Day Entire Center</p> <p>8:00am - Lace Day Theater</p> <p>8:00am - Lace Day Ashe Room</p> <p>8:00am - Lace Day Birch Room</p> <p>8:00am - Fitness Studio Apr Fitness Room</p> <p>8:30am - vita -saturday Dogwood Room</p> <p>8:30am - Billiards Activity Area-Pool</p> <p>9:00am - Chinese Folk Danc Exercise Room</p> <p>9:15am - Badminton Great Hall</p> <p>10:00am - Keyboard Theory Theater</p> <p>10:30am - Chinese Dance Exercise Room</p>
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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>12:00pm - Table Tennis - Sat Great Hall</p> <p>3:30pm - Zumba -Latina-kid Exercise Room</p>

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Personal trainer Wellness Desk 8:00am - Fitness Studio Apr Fitness Room 9:00am - Masg - MS, day A Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Quilting w/ the Girl Craft Room 9:30am - AARP Smart Drive Comp Room -Sey Tech 9:30am - Garden Club Conference Room 9:30am - Intert Span-Mar Dogwood Room 9:40am - Strength Train - Ap Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Nat Skin Fac -May Well Ind Serv 1	8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Fitness Studio Apr Fitness Room 8:20am - ST&M - April Great Hall 8:30am - Walking Outdoors Living Room 9:00am - ESL Dogwood Room 9:00am - Chinese Dance Exercise Room 9:30am - Bridge-Defense-Bi Birch Room 10:00am - Balance-Jan'17 Exercise Room 10:00am - Paper Mache-Tue Art Room 10:00am - Table Tennis Table Tennis Area 10:00am - Chinese - Learn Conference Room 10:00am - Trans Info Liv Room 2 10:00am - Low Vision Suppo Ashe Room	8:00am - Basketball Great Hall 8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio Apr Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Fit Feet -Apr 5 & 1 Well Ind Serv 2 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Salli's Sr Work-Apr Great Hall 9:30am - Bridge Lab Birch Room 9:30am - MoJo with Gary Theater 9:30am - French Class-Mar Ashe Room 10:00am - Inspired Movemen Exercise Room 10:00am - Charlie's Social Cl Conference Room	8:00am - Aging Out Loud Ba Living Room 8:00am - VITA-room Alcove Ginko #1 8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Fitness Studio Apr Fitness Room 8:00am - VITA - Thurs Dogwood Room 8:00am - Aging Out Loud Ba Liv Room 2 8:20am - ST&M - April Great Hall 9:00am - Spanish Social Clu Birch Room 9:00am - Ther Massage - A Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:30am - Chair Massage - A Liv Room 2 9:40am - Strength Train - Ap Great Hall	8:00am - Basketball Great Hall 8:00am - VITA-room Alcove Ginko #1 8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Vita-Fridays Dogwood Room 8:00am - Fitness Studio Apr Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - ESL - beg Ashe Room 9:00am - Physical Function Well Ind Serv 1 9:00am - Adv Spanish-Mar Craft Room 9:30am - Salli's Sr Work-Apr Great Hall 9:30am - Bridge Lab Birch Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall	8:00am - VITA-room Alcove Ginko #1 8:00am - VITA Visiting Agency 1 8:00am - Fitness Studio Apr Fitness Room 8:30am - vita -saturday Dogwood Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:00am - Passage Meditatio Exercise Room 9:15am - Badminton Great Hall 10:00am - Keyboard Theory Theater 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 12:00pm - Prime Time Player Theater 1:00pm - Origami with Kira Craft Room 1:00pm - Daisy Troop Ashe Room

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
	<p>10:00am - Nat Skin Fac -April Well Ind Serv 1</p> <p>10:00am - Connections Conci Liv Room 2</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Bobbin Lace Legacy Wall Alcove</p> <p>10:00am - Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - Beg Oil Paint - Apr Art Room</p> <p>10:30am - Span-Lev III Mar Dogwood Room</p> <p>10:45am - Strength Train - Ap Great Hall</p> <p>11:00am - Sit to be Fit Exercise Room</p> <p>11:30am - Dementia Consult Conference Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Int Spanish-beg-M Dogwood Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p>	<p>10:30am - Silver Sneakers- Great Hall</p> <p>10:30am - Creative Crafts Craft Room</p> <p>11:00am - Simply Yoga - am Exercise Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:30pm - Parkinson Support Dogwood Room</p> <p>12:30pm - parkinson's caregi Ashe Room</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - Senior Center Cin Theater</p> <p>1:10pm - Core with Strength Exercise Room</p> <p>2:00pm - Table Tennis Great Hall</p> <p>2:00pm - Retirement for Boo Conference Room</p> <p>2:00pm - Retirement for Dogwood Room</p>	<p>10:00am - Table Tennis Table Tennis Area</p> <p>10:30am - Buzz Table Liv Room 2</p> <p>10:30am - Issues of Faith Theater</p> <p>10:30am - Caregivers Respit Craft Room</p> <p>10:30am - Caregivers Respit Alcove Hickory #2</p> <p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Prime Time Player Theater</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>1:00pm - Yoga - April Exercise Room</p> <p>1:00pm - Sarah West Bridge Birch Room</p> <p>1:00pm - Duplicate Bridge Ashe Room</p> <p>2:00pm - Finding Your Voice Dogwood Room</p>	<p>10:00am - Balance-Jan'17 Exercise Room</p> <p>10:00am - Duke Students Craft Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Tap Dance-Apr Theater</p> <p>10:30am - Sudoku Club Dogwood Room</p> <p>10:30am - Sudoku Club Conference Room</p> <p>10:45am - Strength Train - Ap Great Hall</p> <p>11:00am - Jammers - Cheer Exercise Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - Zentangle-Basic-A Ashe Room</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p>	<p>10:30am - Beg-Mar-am Craft Room</p> <p>11:00am - Bolin Creek Unpav Theater</p> <p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Spanish Meet-up- Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Table Tennis- Fri Great Hall</p> <p>1:00pm - Grief Loss Support Ashe Room</p>	<p>3:30pm - Zumba -Latina-kid Exercise Room</p>

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April 2017 (Continued)

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2	3	4	5	6	7	8
	<p>12:00pm - Birthday Celebrati Gath Place Cafe Are</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Yoga - April Exercise Room</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Pastel - KW- Mar Art Room</p> <p>2:00pm - Pilates-Apr- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Apr Great Hall</p> <p>4:30pm - Retros Art Room</p> <p>5:30pm - Prime Time Player Theater</p> <p>5:30pm - Boot Camp -Mar Great Hall</p> <p>6:30pm - Pilates-Low Vision Exercise Room</p>	<p>2:00pm - Chinese Brush-Ma Art Room</p> <p>2:00pm - Writers' Discussio Birch Room</p> <p>2:00pm - Healthy Ideas Trai Ashe Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Village Revue Theater</p> <p>4:15pm - Badminton Great Hall</p> <p>6:00pm - Cent Min Club - Fe Theater</p> <p>6:30pm - CH Camera Club Dogwood Room</p> <p>6:30pm - East Coast Swing- Great Hall</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - Song Swap Craft Room</p>	<p>2:30pm - T'ai Chi begWed-A Exercise Room</p> <p>2:30pm - Return to Recess Great Hall</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>3:30pm - Village to Village Theater</p> <p>4:00pm - NIA - April Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Brain Health Acad Theater</p> <p>6:15pm - Circuit Training-Ja Great Hall</p> <p>6:30pm - Artful Sparks Ashe Room</p> <p>7:30pm - Badminton-Wed ni Great Hall</p>	<p>1:00pm - Urban Line Dance- Theater</p> <p>1:00pm - Spanish Social Clu Exercise Room</p> <p>1:00pm - Dementia Consult Conference Room</p> <p>1:00pm - Table Tennis Tour Great Hall</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>2:15pm - Flash Mob Theater</p> <p>3:00pm - Paper Mache-Thur Art Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:20pm - Pilates - Apr Thu Exercise Room</p> <p>3:30pm - Village to Village Theater</p> <p>5:30pm - Basketball PM Great Hall</p> <p>7:00pm - Spanish Meet-up Birch Room</p> <p>7:00pm - Waltzing Great Hall</p>		

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2

7:00pm - Chinese Folk Danc
Great Hall

3

4

5

7:00pm - Mah Jong-evening
Mem Tree and Vet Alc

7:45pm - Chinese Dance
Exercise Room

6

7

8

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April 2017 (Continued)

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9	10	11	12	13	14	15
	8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Personal trainer Wellness Desk 8:00am - Fitness Studio Apr Fitness Room 9:00am - Masg - MS, day A Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Quilting w/ the Girl Craft Room 9:30am - Intert Span-Mar Dogwood Room 9:40am - Strength Train - Ap Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Nat Skin Fac -May Well Ind Serv 1 10:00am - Table Tennis Table Tennis Area 10:00am - Quilting w/ the Girl Alcove Hickory #2	8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Fitness Studio Apr Fitness Room 8:20am - ST&M - April Great Hall 8:30am - Walking Outdoors Living Room 9:00am - ESL Dogwood Room 9:00am - Chinese Dance Exercise Room 9:30am - Bridge-Defense-Bi Birch Room 10:00am - Paper Mache-Tue Art Room 10:00am - Table Tennis Table Tennis Area 10:00am - Chinese - Learn Conference Room 10:00am - Glucose & Cholest Wellness Corridor 10:30am - Silver Sneakers- Great Hall 10:30am - Golden Age Happy Ashe Room	8:00am - Basketball Great Hall 8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio Apr Fitness Room 9:00am - Mobile Prescriptio Garden Entrance 9:00am - Strengthen Your C Exercise Room 9:00am - Johnston Mill Natu Offsite 9:00am - Fit Feet -Apr 5 & 1 Well Ind Serv 2 9:00am - UNC Dental Stude Liv Room 2 9:00am - UNC Dental Stude Theater 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Salli's Sr Work-Apr Great Hall 9:30am - Bridge Lab Birch Room	8:00am - VITA-room Alcove Ginko #1 8:00am - VITA Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:00am - Sr Wellness Clinic Conference Room 8:00am - Fitness Studio Apr Fitness Room 8:00am - VITA - Thurs Dogwood Room 8:00am - Aging Out Loud Ba Liv Room 2 8:20am - ST&M - April Great Hall 9:00am - Spanish Social Clu Birch Room 9:00am - Ther Massage - A Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:30am - Johnston Mill Natu Offsite 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Ap Great Hall	8:00am - VITA Visiting Agency 1 8:00am - Fitness Studio Apr Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Adv Spanish-Mar Craft Room 9:30am - Salli's Sr Work-Apr Great Hall 10:00am - Insight Caregivers Conference Room 10:30am - Silver Sneakers- Great Hall 2:00pm - Broadway- Americ Theater	8:00am - VITA-room Alcove Ginko #1 8:00am - VITA Visiting Agency 1 8:00am - Fitness Studio Apr Fitness Room 8:00am - Fitness Studio Apr Fitness Room 8:30am - vita -saturday Dogwood Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Keyboard Theory Theater 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 1:00pm - Opera Theater 3:30pm - Zumba -Latina-kid Exercise Room

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April 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

9	10	11	12	13	14	15
	10:00am - Beg Oil Paint - Apr Art Room 10:30am - Span-Lev III Mar Dogwood Room 10:45am - Strength Train - Ap Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Int Spanish-beg-M Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - Chinese Choir Theater 1:00pm - Yoga - April Exercise Room 1:00pm - Intro to Ancestry.c Comp Room -Sey Tech 1:00pm - Billiards Tourname Gath Place Cafe Are 1:00pm - canasta Mem Tree and Vet Alc	10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Intro to your Mac Comp Room -Sey Tech 1:00pm - Senior Center Cin Theater 1:00pm - Aging Advisory Bd Dogwood Room 1:10pm - Core with Strength Exercise Room 2:00pm - Table Tennis Great Hall 2:00pm - Retirement for Boo Conference Room 2:00pm - Retirement for Dogwood Room 2:00pm - Chinese Brush-Ma Art Room	9:30am - French Class-Mar Ashe Room 9:50am - Oral Health Educat Living Room 10:00am - Inspired Movemen Exercise Room 10:00am - Charlie's Social Cl Conference Room 10:00am - Table Tennis Table Tennis Area 10:00am - Knowing Yourself Dogwood Room 10:30am - Bingo- April Great Hall 10:30am - Issues of Faith Theater 10:30am - Caregivers Respit Craft Room 10:30am - Caregivers Respit Alcove Hickory #2 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall	10:00am - Table Tennis Table Tennis Area 10:00am - Tap Dance-Apr Theater 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Ap Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Urban Line Dance-Theater 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Dementia Consult Conference Room 2:00pm - Table Tennis Great Hall		

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April 2017 (Continued)

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9	10	11	12	13	14	15
	<p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Pastel - KW- Mar Art Room</p> <p>1:30pm - Memory Cafe Dogwood Room</p> <p>2:00pm - Pilates-Apr- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:00pm - Senior Artists Exhi Gath Place Cafe Are</p> <p>3:15pm - Line Dancing-Apr Great Hall</p> <p>4:30pm - Retros Art Room</p> <p>5:30pm - Boot Camp -Mar Great Hall</p> <p>6:30pm - Pilates-Low Vision Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>2:00pm - DIY Hair Fascinato Ashe Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Carolina Village Pr Dogwood Room</p> <p>3:00pm - Village Revue Theater</p> <p>4:15pm - Badminton Great Hall</p> <p>6:30pm - CH Cam Club Theater</p> <p>6:30pm - East Coast Swing- Great Hall</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - NAMI Support Gro Conference Room</p>	<p>1:00pm - Yoga - April Exercise Room</p> <p>1:00pm - Sarah West Bridge Birch Room</p> <p>1:00pm - Duplicate Bridge Ashe Room</p> <p>1:00pm - Intro to Ancestry.c Comp Room -Sey Tech</p> <p>2:30pm - T'ai Chi begWed-A Exercise Room</p> <p>2:30pm - Return to Recess Great Hall</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>3:30pm - Village to Village Theater</p> <p>4:00pm - NIA - April Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Brain Health Acad Theater</p> <p>6:15pm - Circuit Training-Ja Great Hall</p> <p>6:30pm - Artful Sparks Ashe Room</p>	<p>2:15pm - Inspired Movemen Exercise Room</p> <p>2:15pm - Flash Mob Theater</p> <p>3:00pm - Paper Mache-Thur Art Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:20pm - Pilates - Apr Thu Exercise Room</p> <p>3:30pm - Village to Village Theater</p> <p>5:30pm - Basketball PM Great Hall</p> <p>7:00pm - Spanish Meet-up Birch Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:00pm - Mah Jong-evening Mem Tree and Vet Alc</p> <p>7:45pm - Chinese Dance Exercise Room</p>		

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9

10

11

12

13

14

15

7:00pm - Irish Dance
Exercise Room

7:30pm - Badminton-Wed ni
Great Hall

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April 2017 (Continued)

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16	17	18	19	20	21	22
	8:00am - Billiards Activity Area-Pool 8:00am - Personal trainer Wellness Desk 8:00am - Fitness Studio Apr Fitness Room 9:00am - Editing & Sharing Comp Room -Sey Tech 9:00am - Masg - MS, day A Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Quilting w/ the Girl Craft Room 9:30am - Intert Span-Mar Dogwood Room 9:40am - Strength Train - Ap Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Nat Skin Fac -May Well Ind Serv 1 10:00am - Nat Skin Fac -April Well Ind Serv 1 10:00am - Connections Conci Liv Room 2	8:00am - Billiards Activity Area-Pool 8:00am - Mall Walk - April Offsite 8:00am - Fitness Studio Apr Fitness Room 8:20am - ST&M - April Great Hall 8:30am - Walking Outdoors Living Room 9:00am - ESL Dogwood Room 9:00am - Chinese Dance Exercise Room 9:00am - Improv Theatre Ba Theater 9:00am - Improv Theatre- Di Theater 9:30am - Bridge-Defense-Bi Birch Room 10:00am - Paper Mache-Tue Art Room 10:00am - Table Tennis Table Tennis Area 10:00am - Chinese - Learn Conference Room 10:00am - The Up-Side of Do Ashe Room	8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio Apr Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Editing & Sharing Comp Room -Sey Tech 9:00am - Fit Feet-Apr 19 Well Ind Serv 2 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Salli's Sr Work-Apr Great Hall 9:30am - Bridge Lab Birch Room 9:30am - MoJo with Gary Theater 9:30am - French Class-Mar Ashe Room 10:00am - Inspired Movemen Exercise Room 10:00am - Charlie's Social CI Conference Room	8:00am - Billiards Activity Area-Pool 8:00am - Fitness Studio Apr Fitness Room 8:00am - Aging Out Loud Ba Liv Room 2 8:20am - ST&M - April Great Hall 8:30am - CHADER Theater 9:00am - Spanish Social Clu Birch Room 9:00am - Ther Massage - A Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:40am - Strength Train - Ap Great Hall 9:45am - Aging Knowledge-Craft Room 10:00am - MAP Ashe Room 10:00am - Table Tennis Table Tennis Area 10:00am - Tap Dance-Apr Theater 10:30am - Sudoku Club Dogwood Room	8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 8:00am - Fitness Studio Apr Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Pinterest Comp Room -Sey Tech 9:00am - ESL - beg Ashe Room 9:00am - Adv Spanish-Mar Craft Room 9:30am - Salli's Sr Work-Apr Great Hall 9:30am - Bridge Lab Birch Room 10:00am - Table Tennis Table Tennis Area 10:00am - Bling a Jared Can Craft Room 10:30am - Beg-Mar-am Dogwood Room 10:30am - Silver Sneakers-Great Hall 10:30am - Beg-Mar-am Craft Room	8:00am - Fitness Studio Apr Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Keyboard Theory Theater 10:00am - Tie Dye Craft Room 10:00am - Georgia on my Min Art Room 10:30am - Chinese Dance Exercise Room 11:30am - Pulmonary/Hypert Ashe Room 12:00pm - Table Tennis - Sat Great Hall 2:00pm - Rentals Birch Room 2:00pm - Rentals-Purefoy Ashe Room 3:30pm - Zumba -Latina-kid Exercise Room 5:00pm - Rentals-Carr Prom Great Hall

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April 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17	18	19	20	21	22
	<p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Bobbin Lace Legacy Wall Alcove</p> <p>10:00am - Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - Beg Oil Paint - Apr Art Room</p> <p>10:30am - Span-Lev III Mar Dogwood Room</p> <p>10:45am - Strength Train - Ap Great Hall</p> <p>11:00am - Sit to be Fit Exercise Room</p> <p>11:30am - Dementia Consult Conference Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Int Spanish-beg-M Dogwood Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Yoga - April Exercise Room</p>	<p>10:30am - Silver Sneakers- Great Hall</p> <p>10:30am - Creative Crafts Craft Room</p> <p>11:00am - Simply Yoga - am Exercise Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - Intro to your Mac Comp Room -Sey Tech</p> <p>1:00pm - Senior Center Cin Theater</p> <p>1:10pm - Core with Strength Exercise Room</p> <p>1:30pm - Program Advisory Ashe Room</p> <p>2:00pm - Table Tennis Great Hall</p> <p>2:00pm - Retirement for Dogwood Room</p> <p>2:00pm - Chinese Brush-Ma Art Room</p>	<p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Knowing Yourself Dogwood Room</p> <p>10:30am - Buzz Table Liv Room 2</p> <p>10:30am - Issues of Faith Theater</p> <p>10:30am - Caregivers Respit Craft Room</p> <p>10:30am - Caregivers Respit Alcove Hickory #2</p> <p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Retirement Making Dogwood Room</p> <p>1:00pm - Yoga - April Exercise Room</p> <p>1:00pm - Sarah West Bridge Birch Room</p> <p>1:00pm - Duplicate Bridge Ashe Room</p>	<p>10:45am - Strength Train - Ap Great Hall</p> <p>11:00am - Jammers - Cheer Exercise Room</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>12:30pm - Friends of Sey Dogwood Room</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Urban Line Dance- Theater</p> <p>1:00pm - Spanish Social Clu Exercise Room</p> <p>1:00pm - Dementia Consult Conference Room</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>2:00pm - Table Tennis Great Hall</p> <p>2:15pm - Inspired Movemen Exercise Room</p>	<p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Spanish Meet-up- Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:45pm - Chinese Choir Theater</p> <p>2:00pm - Broadway- Americ Theater</p>	

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	<div style="text-align: right; color: red;">17</div> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Pastel - KW- Mar Art Room</p> <p>2:00pm - TED TALKS Theater</p> <p>2:00pm - TED TALKS Theater</p> <p>2:00pm - Pilates-Apr- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Apr Great Hall</p> <p>4:30pm - Retros Art Room</p> <p>5:30pm - Boot Camp -Mar Great Hall</p> <p>6:30pm - Pilates-Low Vision Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<div style="text-align: right; color: red;">18</div> <p>2:00pm - Writers' Discussio Birch Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Village Revue Theater</p> <p>4:15pm - Badminton Great Hall</p> <p>6:00pm - Rentals-Hannah R Conference Room</p> <p>6:30pm - East Coast Swing- Great Hall</p> <p>6:30pm - CH Cam Club Ashe Room</p> <p>7:00pm - T'ai Chi Exercise Room</p>	<div style="text-align: right; color: red;">19</div> <p>2:30pm - T'ai Chi begWed-A Exercise Room</p> <p>2:30pm - Return to Recess Great Hall</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA - April Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Badminton Tourna Great Hall</p> <p>6:00pm - Brain Health Acad Theater</p> <p>6:30pm - Artful Sparks Ashe Room</p>	<div style="text-align: right; color: red;">20</div> <p>2:15pm - Flash Mob Theater</p> <p>3:00pm - Paper Mache-Thur Art Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:20pm - Pilates - Apr Thu Exercise Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>7:00pm - Spanish Meet-up Birch Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:00pm - Mah Jong-evening Mem Tree and Vet Alc</p> <p>7:45pm - Chinese Dance Exercise Room</p>	21	22

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

23	24	25	26	27	28	29
	6:30am - Nat Mus of African Offsite	6:30am - Nat Mus of African Offsite	8:00am - Basketball Great Hall	8:00am - Billiards Activity Area-Pool	8:00am - Basketball Great Hall	8:00am - Fitness Studio Apr Fitness Room
	8:00am - Billiards Activity Area-Pool	8:00am - Billiards Activity Area-Pool	8:00am - Billiards Activity Area-Pool	8:00am - Fitness Studio Apr Fitness Room	8:00am - Billiards Activity Area-Pool	8:30am - Billiards Activity Area-Pool
	8:00am - Personal trainer Wellness Desk	8:00am - Fitness Studio Apr Fitness Room	8:00am - Trager-By Appt Massage Therapy Room	8:00am - Aging Out Loud Ba Liv Room 2	8:00am - Fitness Studio Apr Fitness Room	9:00am - Chinese Folk Danc Exercise Room
	8:00am - Fitness Studio Apr Fitness Room	8:20am - ST&M - April Great Hall	8:00am - Fitness Studio Apr Fitness Room	8:20am - ST&M - April Great Hall	9:00am - Strengthen Your C Exercise Room	9:00am - Japanese Emb-Ap Ashe Room
	9:00am - Editing & Sharing Comp Room -Sey Tech	8:30am - Walking Outdoors Living Room	9:00am - Strengthen Your C Exercise Room	9:00am - Spanish Social Clu Birch Room	9:00am - ESL - beg Ashe Room	9:15am - Badminton Great Hall
	9:00am - Masg - MS, day A Massage Therapy Room	9:00am - ESL Dogwood Room	9:00am - Editing & Sharing Comp Room -Sey Tech	9:00am - Ther Massage - A Massage Therapy Room	9:00am - Adv Spanish-Mar Craft Room	10:00am - Keyboard Theory Theater
	9:15am - Morning Bridge Birch Room	9:00am - Chinese Dance Exercise Room	9:30am - Blood Pressure Ch Wellness Corridor	9:15am - Chinese Calligraph Art Room	9:30am - Salli's Sr Work-Apr Great Hall	10:30am - Chinese Dance Exercise Room
	9:15am - Morning Bridge Ashe Room	9:00am - Improv Theatre Ba Theater	9:30am - Salli's Sr Work-Apr Great Hall	9:30am - Mah Jong, Learn Ashe Room	9:30am - Bridge Lab Birch Room	12:00pm - Table Tennis - Sat Great Hall
	9:30am - Quilting w/ the Girl Craft Room	9:00am - Windows 10-Wksp Comp Room -Sey Tech	9:30am - Bridge Lab Birch Room	9:40am - Strength Train - Ap Great Hall	10:00am - NARFE Theater	3:30pm - Zumba -Latina-kid Exercise Room
	9:30am - Intert Span-Mar Dogwood Room	9:00am - Improv Theatre- Di Theater	9:30am - French Class-Mar Ashe Room	10:00am - Table Tennis Table Tennis Area	10:00am - Table Tennis Table Tennis Area	5:00pm - Rentals-Heidi Bell Great Hall
	9:40am - Strength Train - Ap Great Hall	9:30am - Bridge-Defense-Bi Birch Room	10:00am - Inspired Movemen Exercise Room	10:00am - Tap Dance-Apr Theater	10:00am - Insight Caregivers Conference Room	
	10:00am - Inspired Movemen Exercise Room	10:00am - Paper Mache-Tue Art Room	10:00am - Charlie's Social Cl Conference Room	10:30am - Sudoku Club Dogwood Room	10:30am - Silver Sneakers-Great Hall	
	10:00am - Nat Skin Fac -May Well Ind Serv 1	10:00am - Table Tennis Table Tennis Area	10:00am - Table Tennis Table Tennis Area	10:45am - Strength Train - Ap Great Hall	10:30am - Beg-Mar-am Craft Room	
	10:00am - Table Tennis Table Tennis Area	10:00am - Chinese - Learn Conference Room	10:00am - Knowing Yourself Dogwood Room	11:00am - Jammers - Cheer Exercise Room	11:00am - Tone, Balance, Tig Exercise Room	

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

23	24	25	26	27	28	29
	10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Beg Oil Paint - Apr Art Room 10:30am - Span-Lev III Mar Dogwood Room 10:45am - Strength Train - Ap Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Int Spanish-beg-M Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - Chinese Choir Theater 1:00pm - Yoga - April Exercise Room 1:00pm - Weaving From the Craft Room 1:00pm - canasta Mem Tree and Vet Alc	10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Intro to your Mac Comp Room -Sey Tech 1:00pm - Senior Center Cin Theater 1:10pm - Core with Strength Exercise Room 1:30pm - Program Advisory Ashe Room 2:00pm - Table Tennis Great Hall 2:00pm - Retirement for Dogwood Room 2:00pm - Chinese Brush-Ma Art Room	10:30am - Issues of Faith Theater 10:30am - Caregivers Respit Craft Room 10:30am - Caregivers Respit Alcove Hickory #2 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 1:00pm - Yoga - April Exercise Room 1:00pm - Sarah West Bridge Birch Room 1:00pm - Duplicate Bridge Ashe Room 2:30pm - T'ai Chi begWed-A Exercise Room 2:30pm - Return to Recess Great Hall 3:00pm - AA - Late Bloomer Conference Room 4:00pm - NIA - April Great Hall	12:00pm - Cards Mem Tree and Vet Alc 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Urban Line Dance-Theater 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Dementia Consult Conference Room 2:00pm - Table Tennis Great Hall 2:15pm - Inspired Movemen Exercise Room 2:15pm - Flash Mob Theater 3:00pm - Paper Mache-Thur Art Room 3:00pm - Aging Transitions Conference Room 3:20pm - Pilates - Apr Thu Exercise Room	12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - Chinese Choir Theater 1:00pm - Vol Rec Great Hall 2:00pm - Broadway- Americ Theater	

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24 1:00pm - Social Bridge Ashe Room 1:00pm - Mah Jong Birch Room 1:00pm - Pastel - KW- Mar Art Room 2:00pm - Pilates-Apr- Mon Great Hall 3:00pm - Prime Time Player Theater 3:15pm - Line Dancing-Apr Great Hall 4:30pm - Retros Art Room 6:00pm - Whirly Gigs Craft Room 6:30pm - Pilates-Low Vision Exercise Room 7:00pm - Chinese Folk Danc Great Hall	25 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:15pm - Badminton Great Hall 6:30pm - CH Cam Club Theater 6:30pm - East Coast Swing- Great Hall 7:00pm - T'ai Chi Exercise Room	26 5:15pm - Tutoring Visiting Agency 1 5:15pm - Simply Yoga- even Exercise Room 6:00pm - Brain Health Acad Theater 7:30pm - Badminton-Wed ni Great Hall	27 5:30pm - Basketball PM Great Hall 6:15pm - Triangle Weavers Theater 7:00pm - Spanish Meet-up Birch Room 7:00pm - Mah Jong-evening Mem Tree and Vet Alc 7:00pm - Argentine Tango Great Hall 7:45pm - Chinese Dance Exercise Room	28	29

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Seymour Center - Activity Calendar

April 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

30 9:00am - Japanese Emb-Ap Ashe Room 9:00am - Japanese Emb-Ap Birch Room						
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