

# Seymour Center - Activity Calendar

**March 2017**

Sunday	Monday	Tuesday	Wednesday <sup>1</sup>	Thursday <sup>2</sup>	Friday <sup>3</sup>	Saturday <sup>4</sup>
			<b>8:00am</b> - VITA Visiting Agency 1  <b>8:00am</b> - Trager-By Appt Massage Therapy Room  <b>8:00am</b> - Billiards Activity Area-Pool  <b>8:00am</b> - Basketball Great Hall  <b>8:30am</b> - MAP Ashe Room  <b>9:00am</b> - Fit Feet -Mar 1&8 Well Ind Serv 2  <b>9:00am</b> - Watercol Italian Do Art Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - MoJo with Gary Theater  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>10:00am</b> - Charlie's Social Cl Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Issues of Faith Theater	<b>8:00am</b> - VITA-room Alcove Ginko #1  <b>8:00am</b> - VITA Visiting Agency 1  <b>8:00am</b> - Billiards Activity Area-Pool  <b>8:00am</b> - VITA - Thurs Dogwood Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:00am</b> - Ther Massage - M Massage Therapy Room  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Chair Massage - M Liv Room 2  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Balance-Jan'17 Exercise Room  <b>10:00am</b> - Tap Dance- March Theater  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - VITA-room Alcove Ginko #1  <b>8:00am</b> - VITA Visiting Agency 1  <b>8:00am</b> - Billiards Activity Area-Pool  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Vita-Fridays Dogwood Room  <b>8:30am</b> - MAP Theater  <b>9:00am</b> - ESL - beg Ashe Room  <b>9:00am</b> - Physical Function Well Ind Serv 1  <b>9:00am</b> - Skype Comp Room -Sey Tech  <b>9:00am</b> - Adv Spanish-Mar Craft Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Chinese Friends F Theater  <b>10:00am</b> - Duke Students Conference Room	<b>8:00am</b> - VITA-room Alcove Ginko #1  <b>8:00am</b> - VITA Visiting Agency 1  <b>8:30am</b> - vita -saturday Dogwood Room  <b>8:30am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Chinese Folk Danc Exercise Room  <b>9:15am</b> - Badminton Great Hall  <b>10:00am</b> - Fiesta Mexicana P Theater  <b>10:30am</b> - Chinese Dance Exercise Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <b>1:00pm</b> - Daisy Troop Ashe Room  <b>3:30pm</b> - Zumba -Latina-kid Exercise Room  <b>5:00pm</b> - Rentals Great Hall



**Activities are subject to change.**  
**Please contact the Seymour Center at (919) 968-2070**  
**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	
			<p><b>10:30am</b> - Caregivers Respit Craft Room</p> <p><b>10:30am</b> - Caregivers Respit Alcove Hickory #2</p> <p><b>10:30am</b> - Buzz Table Liv Room 2</p> <p><b>11:00am</b> - Tone, Balance, Tig Exercise Room</p> <p><b>12:00pm</b> - Cards Mem Tree and Vet Alc</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:30pm</b> - Paper Cutting Wk Conference Room</p> <p><b>1:00pm</b> - Duplicate Bridge Ashe Room</p> <p><b>1:00pm</b> - Yoga - March Exercise Room</p> <p><b>1:00pm</b> - Sarah West Bridge Birch Room</p> <p><b>2:30pm</b> - Return to Recess Great Hall</p> <p><b>2:30pm</b> - T'ai Chi -begWed Exercise Room</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p>	<p><b>10:30am</b> - Sudoku Club Dogwood Room</p> <p><b>10:30am</b> - Sudoku Club Conference Room</p> <p><b>10:45am</b> - Strength Train - M Great Hall</p> <p><b>11:00am</b> - Jammers - Cheer Exercise Room</p> <p><b>12:00pm</b> - Cards Mem Tree and Vet Alc</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>1:00pm</b> - Dementia Consult Conference Room</p> <p><b>1:00pm</b> - Spanish Social Clu Exercise Room</p> <p><b>1:00pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>1:30pm</b> - Knifty Knitters Craft Room</p> <p><b>2:00pm</b> - Carolina Village Pr Ashe Room</p> <p><b>2:00pm</b> - Table Tennis Great Hall</p>	<p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:30am</b> - Silver Sneakers- Great Hall</p> <p><b>10:30am</b> - Beg-Mar-am Craft Room</p> <p><b>11:00am</b> - Tone, Balance, Tig Exercise Room</p> <p><b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:45pm</b> - Chinese Choir Theater</p> <p><b>1:00pm</b> - Android Smartpho Comp Room -Sey Tech</p> <p><b>1:00pm</b> - Table Tennis- Fri Great Hall</p> <p><b>1:00pm</b> - Grief Loss Support Ashe Room</p> <p><b>7:00pm</b> - Friends Practice Theater</p>		

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070 prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<span style="color: red; font-weight: bold;">1</span> <b>4:00pm</b> - Cyd's Photo Shoot Dogwood Room  <b>4:00pm</b> - Cyd's Photo Shoot Exercise Room  <b>4:00pm</b> - NIA - Mar Great Hall  <b>5:15pm</b> - Tutoring Visiting Agency 1  <b>5:15pm</b> - Simply Yoga- even Exercise Room  <b>6:30pm</b> - Artful Sparks Ashe Room  <b>7:30pm</b> - Badminton-Wed ni Great Hall	<span style="color: red; font-weight: bold;">2</span> <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Aging Transitions Conference Room  <b>3:20pm</b> - Pilates -Mar Thu Exercise Room  <b>5:30pm</b> - Basketball PM Great Hall  <b>7:00pm</b> - Mah Jong-evening Mem Tree and Vet Alc  <b>7:00pm</b> - Spanish Meet-up Birch Room  <b>7:00pm</b> - Waltzing Great Hall  <b>7:45pm</b> - Chinese Dance Exercise Room	<span style="color: red; font-weight: bold;">3</span>	<span style="color: red; font-weight: bold;">4</span>

**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

## March 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

5	6	7	8	9	10	11
	<b>8:00am</b> - VITA Visiting Agency 1	<b>8:00am</b> - VITA Visiting Agency 1	<b>8:00am</b> - VITA Visiting Agency 1	<b>8:00am</b> - VITA-room Alcove Ginko #1	<b>8:00am</b> - VITA-room Alcove Ginko #1	<b>8:00am</b> - VITA-room Alcove Ginko #1
	<b>8:00am</b> - MAP-Housing Theater	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:00am</b> - Trager-By Appt Massage Therapy Room	<b>8:00am</b> - VITA Visiting Agency 1	<b>8:00am</b> - VITA Visiting Agency 1	<b>8:00am</b> - VITA Visiting Agency 1
	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:20am</b> - ST&M - Mar Great Hall	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:30am</b> - vita -saturday Dogwood Room
	<b>8:00am</b> - MAP Craft Room	<b>8:30am</b> - Walking Outdoors Living Room	<b>8:00am</b> - Basketball Great Hall	<b>8:00am</b> - Sr Wellness Clinic Conference Room	<b>8:00am</b> - Basketball Great Hall	<b>8:30am</b> - Billiards Activity Area-Pool
	<b>8:00am</b> - Personal trainer Wellness Desk	<b>9:00am</b> - ESL Dogwood Room	<b>8:30am</b> - MAP Theater	<b>8:00am</b> - MAP Craft Room	<b>8:00am</b> - Vita-Fridays Dogwood Room	<b>9:00am</b> - Chinese Folk Danc Exercise Room
	<b>9:00am</b> - Masg - MS, day M Massage Therapy Room	<b>9:00am</b> - Improv Theatre Ga Theater	<b>8:30am</b> - MAP Ashe Room	<b>8:00am</b> - VITA - Thurs Dogwood Room	<b>8:30am</b> - MAP Theater	<b>9:00am</b> - Passage Meditatio Exercise Room
	<b>9:15am</b> - Morning Bridge Birch Room	<b>9:00am</b> - Vol Connect 55 Dogwood Room	<b>9:00am</b> - Fit Feet -Mar 1&8 Well Ind Serv 2	<b>8:20am</b> - ST&M - Mar Great Hall	<b>9:00am</b> - ESL - beg Ashe Room	<b>9:00am</b> - Japanese Emb-Ma Ashe Room
	<b>9:15am</b> - Morning Bridge Ashe Room	<b>9:00am</b> - Chinese Dance Exercise Room	<b>9:00am</b> - Strengthen Your C Exercise Room	<b>9:00am</b> - MAP Theater	<b>9:00am</b> - Strengthen Your C Exercise Room	<b>9:15am</b> - Badminton Great Hall
	<b>9:30am</b> - Quilting w/ the Girl Craft Room	<b>9:30am</b> - Play of the Bridge Birch Room	<b>9:00am</b> - Watercol Italian Do Art Room	<b>9:00am</b> - Spanish Social Clu Birch Room	<b>9:00am</b> - Adv Spanish-Mar Craft Room	<b>10:30am</b> - Chinese Dance Exercise Room
	<b>9:30am</b> - Garden Club Conference Room	<b>10:00am</b> - Trans Info Liv Room 2	<b>9:30am</b> - Bridge Lab Birch Room	<b>9:00am</b> - Ther Massage - M Massage Therapy Room	<b>9:30am</b> - Bridge Lab Birch Room	<b>12:00pm</b> - Table Tennis - Sat Great Hall
	<b>9:30am</b> - Intert Span-Mar Dogwood Room	<b>10:00am</b> - Balance-Jan'17 Exercise Room	<b>9:30am</b> - Salli's Sr Wor-Mar Great Hall	<b>9:15am</b> - Chinese Calligraph Art Room	<b>9:30am</b> - Salli's Sr Wor-Mar Great Hall	<b>1:00pm</b> - Origami with Kira Craft Room
	<b>9:40am</b> - Strength Train - M Great Hall	<b>10:00am</b> - Chinese - Learn Conference Room	<b>9:30am</b> - Blood Pressure Ch Wellness Corridor	<b>9:30am</b> - Mah Jong, Learn Ashe Room	<b>10:00am</b> - Insight Caregivers Conference Room	<b>2:30pm</b> - Rentals-Madu- Pra Theater
	<b>10:00am</b> - Nat Skin Fac -May Well Ind Serv 1	<b>10:00am</b> - Low Vision Suppo Ashe Room	<b>10:00am</b> - Charlie's Social Cl Conference Room	<b>9:40am</b> - Strength Train - M Great Hall	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>3:30pm</b> - Zumba -Latina-kid Exercise Room
	<b>10:00am</b> - Nat Skin -March Well Ind Serv 1	<b>10:00am</b> - Clay-Tues Art Room	<b>10:00am</b> - Inspired Movemen Exercise Room	<b>10:00am</b> - Balance-Jan'17 Exercise Room	<b>10:30am</b> - Silver Sneakers- Great Hall	

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070**

**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

5	6	7	8	9	10	11	
	<b>10:00am</b> - Connections Conci Liv Room 2  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:00am</b> - Oil Painting - Feb Art Room  <b>10:00am</b> - Bobbin Lace Legacy Wall Alcove  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:30am</b> - Span-Lev III Mar Dogwood Room  <b>10:45am</b> - Strength Train - M Great Hall  <b>11:00am</b> - Sit to be Fit Exercise Room  <b>11:30am</b> - Dementia Consult Conference Room  <b>12:00pm</b> - OC Cares Craft Room  <b>12:00pm</b> - Birthday Celebrati Gath Place Cafe Are  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>10:30am</b> - Creative Crafts Craft Room  <b>11:00am</b> - Simply Yoga - am Exercise Room  <b>12:00pm</b> - Better Back Care- Exercise Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>12:30pm</b> - parkinson's caregi Ashe Room  <b>12:30pm</b> - parkinson's caregi Birch Room  <b>1:00pm</b> - Intro to Word Proc Comp Room -Sey Tech  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:10pm</b> - Core with Strength Exercise Room	<b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Issues of Faith Theater  <b>10:30am</b> - Caregivers Respit Craft Room  <b>10:30am</b> - Caregivers Respit Alcove Hickory #2  <b>10:30am</b> - Bingo Dogwood Room  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Outsmart the Sca Theater  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>1:00pm</b> - Duplicate Bridge Ashe Room  <b>1:00pm</b> - Yoga - March Exercise Room  <b>1:00pm</b> - Sarah West Bridge Birch Room  <b>2:00pm</b> - Finding Your Vo-C Theater	<b>10:00am</b> - Tap Dance- March Theater  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Sudoku Club Alcove Hickory #2  <b>10:30am</b> - Sudoku Club Dogwood Room  <b>10:45am</b> - Strength Train - M Great Hall  <b>11:00am</b> - Jammers - Cheer Exercise Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - Intro to Word Proc Comp Room -Sey Tech  <b>1:00pm</b> - Zentangle-Canvas Craft Room  <b>1:00pm</b> - Dementia Consult Conference Room  <b>1:00pm</b> - Urban Line Dance- Theater	<b>10:30am</b> - Beg-Mar-am Craft Room  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <b>12:00pm</b> - Better Back Care- Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Android Smartpho Comp Room -Sey Tech  <b>1:00pm</b> - Grief Loss Support Ashe Room  <b>1:30pm</b> - Badminton- 2nd Fr Great Hall  <b>2:00pm</b> - Fiesta Mexicana Theater  <b>3:00pm</b> - MAP-Leadership Birch Room  <b>5:00pm</b> - Fiesta Mexicana Great Hall		

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070**

**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

5

**12:00pm** - Cards  
Alcove Hickory #2

**12:00pm** - Int Spanish-beg-M  
Dogwood Room

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

**1:00pm** - Social Bridge  
Ashe Room

**1:00pm** - Yoga - March  
Exercise Room

**1:00pm** - Mah Jong  
Birch Room

**1:00pm** - Pastel - KW  
Art Room

**1:00pm** - Windows 10 Wksh  
Comp Room -Sey Tech

**1:00pm** - canasta  
Mem Tree and Vet Alc

**2:00pm** - Pilates-Mar- Mon  
Great Hall

**2:00pm** - AT  
Conference Room

**3:00pm** - Prime Time Player  
Theater

**3:15pm** - Line Dancing-Mar  
Great Hall

**4:00pm** - Orange County Fo  
Dogwood Room

6

**1:30pm** - parkinson's caregi  
Ashe Room

**2:00pm** - Writers' Discussio  
Birch Room

**2:00pm** - Chinese Brush-Ma  
Art Room

**2:00pm** - Table Tennis  
Great Hall

**2:15pm** - Inspired Movemen  
Exercise Room

**3:00pm** - Village Revue  
Theater

**4:15pm** - Badminton  
Great Hall

**5:30pm** - Adult Care Home  
Conference Room

**6:00pm** - Smoking Cessatio  
Birch Room

**6:00pm** - Cent Min Club - Fe  
Theater

**6:00pm** - Freshstart & Free  
Ashe Room

**6:30pm** - CH Camera Club  
Dogwood Room

**6:30pm** - East Coast Swing-  
Great Hall

**7:00pm** - Song Swap  
Craft Room

7

**2:30pm** - Return to Recess  
Great Hall

**2:30pm** - T'ai Chi -begWed  
Exercise Room

**3:00pm** - AA - Late Bloomer  
Conference Room

**4:00pm** - NIA - Mar  
Great Hall

**5:15pm** - Tutoring  
Visiting Agency 1

**5:15pm** - Simply Yoga- even  
Exercise Room

**6:30pm** - Artful Sparks  
Ashe Room

**6:30pm** - Cinema Night at S  
Theater

**7:00pm** - Irish Dance  
Exercise Room

**7:30pm** - Badminton-Wed ni  
Great Hall

8

**1:00pm** - Spanish Social Clu  
Exercise Room

**1:00pm** - canasta  
Mem Tree and Vet Alc

**2:00pm** - Table Tennis  
Great Hall

**2:15pm** - Inspired Movemen  
Exercise Room

**2:15pm** - Flash Mob  
Theater

**3:00pm** - Clay-Thurs  
Art Room

**3:00pm** - Aging Transitions  
Conference Room

**3:20pm** - Pilates -Mar Thu  
Exercise Room

**5:30pm** - Basketball PM  
Great Hall

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

**7:00pm** - Rentals-Russian  
Ashe Room

**7:00pm** - Spanish Meet-up  
Birch Room

**7:00pm** - Waltzing  
Great Hall

**7:45pm** - Chinese Dance  
Exercise Room

9

10

11

**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

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	<div style="text-align: right; color: red; font-weight: bold;">6</div> <p><b>4:30pm</b> - Retros Art Room</p> <p><b>5:30pm</b> - Retros Theater</p> <p><b>6:00pm</b> - Interchangeable J Ashe Room</p> <p><b>6:30pm</b> - Pilates-Low Vision Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	7	<div style="text-align: right; color: red; font-weight: bold;">8</div> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p>	9	10	11

**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

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<p><b>9:00am</b> - Japanese Emb-Ma Ashe Room</p> <p><b>9:00am</b> - Japanese Emb Birch Room</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Personal trainer Wellness Desk</p> <p><b>9:00am</b> - Masg - MS, day M Massage Therapy Room</p> <p><b>9:15am</b> - Morning Bridge Birch Room</p> <p><b>9:15am</b> - Morning Bridge Ashe Room</p> <p><b>9:30am</b> - Quilting w/ the Girl Craft Room</p> <p><b>9:30am</b> - Intert Span-Mar Dogwood Room</p> <p><b>9:40am</b> - Strength Train - M Great Hall</p> <p><b>10:00am</b> - Nat Skin Fac -May Well Ind Serv 1</p> <p><b>10:00am</b> - Inspired Movemen Exercise Room</p> <p><b>10:00am</b> - Oil Painting - Feb Art Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:20am</b> - ST&amp;M - Mar Great Hall</p> <p><b>8:30am</b> - Walking Outdoors Living Room</p> <p><b>9:00am</b> - ESL Dogwood Room</p> <p><b>9:00am</b> - Chinese Dance Exercise Room</p> <p><b>9:30am</b> - Play of the Bridge Birch Room</p> <p><b>10:00am</b> - Balance-Jan'17 Exercise Room</p> <p><b>10:00am</b> - Chinese - Learn Conference Room</p> <p><b>10:00am</b> - Clay-Tues Art Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:30am</b> - Silver Sneakers-Great Hall</p> <p><b>10:30am</b> - Creative Crafts Craft Room</p> <p><b>10:30am</b> - Golden Age Happy Ashe Room</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Trager-By Appt Massage Therapy Room</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Basketball Great Hall</p> <p><b>8:30am</b> - MAP Ashe Room</p> <p><b>9:00am</b> - Fit Feet -Mar 15 Well Ind Serv 2</p> <p><b>9:00am</b> - Strengthen Your C Exercise Room</p> <p><b>9:00am</b> - Watercol Italian Do Art Room</p> <p><b>9:30am</b> - Bridge Lab Birch Room</p> <p><b>9:30am</b> - MoJo with Gary Theater</p> <p><b>9:30am</b> - Salli's Sr Wor-Mar Great Hall</p> <p><b>9:30am</b> - Blood Pressure Ch Wellness Corridor</p> <p><b>10:00am</b> - Charlie's Social CI Conference Room</p> <p><b>10:00am</b> - Inspired Movemen Exercise Room</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - VITA - Thurs Dogwood Room</p> <p><b>8:20am</b> - ST&amp;M - Mar Great Hall</p> <p><b>9:00am</b> - Spanish Social Clu Birch Room</p> <p><b>9:00am</b> - Ther Massage - M Massage Therapy Room</p> <p><b>9:15am</b> - Chinese Calligraph Art Room</p> <p><b>9:30am</b> - Mah Jong, Learn Ashe Room</p> <p><b>9:40am</b> - Strength Train - M Great Hall</p> <p><b>9:45am</b> - Aging Knowledge-Craft Room</p> <p><b>10:00am</b> - Balance-Jan'17 Exercise Room</p> <p><b>10:00am</b> - SHIIP Quarterly Tr Craft Room</p> <p><b>10:00am</b> - Tap Dance- March Theater</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Basketball Great Hall</p> <p><b>8:00am</b> - Vita-Fridays Dogwood Room</p> <p><b>8:30am</b> - MAP Theater</p> <p><b>9:00am</b> - ESL - beg Ashe Room</p> <p><b>9:00am</b> - Strengthen Your C Exercise Room</p> <p><b>9:00am</b> - Everything Google Comp Room -Sey Tech</p> <p><b>9:00am</b> - Adv Spanish-Mar Craft Room</p> <p><b>9:30am</b> - Bridge Lab Birch Room</p> <p><b>9:30am</b> - Salli's Sr Wor-Mar Great Hall</p> <p><b>10:00am</b> - Chinese Friends F Theater</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:30am</b> - vita -saturday Dogwood Room</p> <p><b>8:30am</b> - Billiards Activity Area-Pool</p> <p><b>9:00am</b> - Chinese Folk Danc Exercise Room</p> <p><b>9:15am</b> - Badminton Great Hall</p> <p><b>10:00am</b> - Keyboard Theory Theater</p> <p><b>10:30am</b> - Chinese Dance Exercise Room</p> <p><b>12:00pm</b> - Table Tennis - Sat Great Hall</p> <p><b>1:00pm</b> - Opera Theater</p> <p><b>3:30pm</b> - Zumba -Latina-kid Exercise Room</p>

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070  
prior to the event or activity to verify that there have been no program changes.**



# Seymour Center - Activity Calendar

## March 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

12	13	14	15	16	17	18	
	<b>10:30am</b> - Span-Lev III Mar Dogwood Room  <b>10:45am</b> - Strength Train - M Great Hall  <b>11:00am</b> - Sit to be Fit Exercise Room  <b>11:30am</b> - Dementia Consult Conference Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Int Spanish-beg-M Dogwood Room  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Social Bridge Ashe Room  <b>1:00pm</b> - Yoga - March Exercise Room  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - Pastel - KW Art Room  <b>1:00pm</b> - IPAD Comp Room -Sey Tech	<b>11:00am</b> - Simply Yoga - am Exercise Room  <b>12:00pm</b> - Better Back Care- Exercise Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - Intro to Word Proc Comp Room -Sey Tech  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:10pm</b> - Core with Strength Exercise Room  <b>2:00pm</b> - Chinese Brush-Ma Art Room  <b>2:00pm</b> - Table Tennis Great Hall  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Carolina Village Pr Dogwood Room  <b>3:00pm</b> - Village Revue Theater	<b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Issues of Faith Theater  <b>10:30am</b> - Caregivers Respit Craft Room  <b>10:30am</b> - Caregivers Respit Alcove Hickory #2  <b>10:30am</b> - Buzz Table Liv Room 2  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>1:00pm</b> - Duplicate Bridge Ashe Room  <b>1:00pm</b> - Yoga - March Exercise Room  <b>1:00pm</b> - rental-Birch Cove Birch Room  <b>1:00pm</b> - IPAD Comp Room -Sey Tech  <b>1:00pm</b> - Sarah West Bridge Birch Room	<b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Sudoku Club Dogwood Room  <b>10:30am</b> - Sudoku Club Conference Room  <b>10:45am</b> - Strength Train - M Great Hall  <b>11:00am</b> - Jammers - Cheer Exercise Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>12:30pm</b> - Friends of Sey Dogwood Room  <b>1:00pm</b> - Dementia Consult Conference Room  <b>1:00pm</b> - Urban Line Dance- Theater  <b>1:00pm</b> - Spanish Social Clu Exercise Room  <b>1:00pm</b> - canasta Mem Tree and Vet Alc	<b>10:30am</b> - Silver Sneakers- Great Hall  <b>10:30am</b> - Beg-Mar-am Craft Room  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <b>12:00pm</b> - Better Back Care- Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Friends of Sey Great Hall  <b>1:00pm</b> - IPAD Comp Room -Sey Tech  <b>1:00pm</b> - Grief Loss Support Ashe Room  <b>2:00pm</b> - Fiesta Mexicana Theater  <b>5:00pm</b> - Fiesta Mexicana Great Hall		

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070**

**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

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

12	13	14	15	16	17	18
	<p><b>1:00pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>1:30pm</b> - Memory Cafe Dogwood Room</p> <p><b>2:00pm</b> - Pilates-Mar- Mon Great Hall</p> <p><b>3:00pm</b> - Prime Time Player Theater</p> <p><b>3:15pm</b> - Line Dancing-Mar Great Hall</p> <p><b>4:30pm</b> - Retros Art Room</p> <p><b>5:30pm</b> - Boot Camp -Mar Great Hall</p> <p><b>6:30pm</b> - Pilates-Low Vision Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	<p><b>3:30pm</b> - Dementia Basics Birch Room</p> <p><b>4:00pm</b> - What Can We Exp Ashe Room</p> <p><b>4:15pm</b> - Badminton Great Hall</p> <p><b>6:00pm</b> - Smoking Cessatio Birch Room</p> <p><b>6:00pm</b> - Freshstart &amp; Free Ashe Room</p> <p><b>6:30pm</b> - CH Cam Club Theater</p> <p><b>6:30pm</b> - East Coast Swing- Great Hall</p> <p><b>7:00pm</b> - NAMI Support Gro Conference Room</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p>	<p><b>2:00pm</b> - Spades Party Dogwood Room</p> <p><b>2:30pm</b> - Return to Recess Great Hall</p> <p><b>2:30pm</b> - T'ai Chi -begWed Exercise Room</p> <p><b>3:00pm</b> - Staff Training Comp Room -Sey Tech</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA - Mar Great Hall</p> <p><b>5:15pm</b> - Tutoring Visiting Agency 1</p> <p><b>5:15pm</b> - Simply Yoga- even Exercise Room</p> <p><b>6:00pm</b> - Exploring Acrylics- Art Room</p> <p><b>6:00pm</b> - Rentals-Birch Cov Dogwood Room</p> <p><b>6:15pm</b> - Circuit Training-Ja Great Hall</p> <p><b>6:30pm</b> - Artful Sparks Ashe Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<p><b>1:30pm</b> - Knifty Knitters Craft Room</p> <p><b>2:00pm</b> - Table Tennis Great Hall</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>2:15pm</b> - Flash Mob Theater</p> <p><b>3:00pm</b> - Clay-Thurs Art Room</p> <p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:20pm</b> - Pilates -Mar Thu Exercise Room</p> <p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>7:00pm</b> - Mah Jong-evening Mem Tree and Vet Alc</p> <p><b>7:00pm</b> - Spanish Meet-up Birch Room</p> <p><b>7:00pm</b> - Waltzing Great Hall</p> <p><b>7:45pm</b> - Chinese Dance Exercise Room</p>		

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070**

**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - MAP-Housing Theater</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - MAP Craft Room</p> <p><b>8:00am</b> - Personal trainer Wellness Desk</p> <p><b>9:00am</b> - Masg - MS, day M Massage Therapy Room</p> <p><b>9:15am</b> - Morning Bridge Birch Room</p> <p><b>9:15am</b> - Morning Bridge Ashe Room</p> <p><b>9:30am</b> - Intert Span-Mar Dogwood Room</p> <p><b>9:40am</b> - Strength Train - M Great Hall</p> <p><b>10:00am</b> - Nat Skin Fac -May Well Ind Serv 1</p> <p><b>10:00am</b> - Nat Skin -March Well Ind Serv 1</p> <p><b>10:00am</b> - Connections Conci Liv Room 2</p> <p><b>10:00am</b> - Inspired Movemen Exercise Room</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Mall Walk March Offsite</p> <p><b>8:20am</b> - ST&amp;M - Mar Great Hall</p> <p><b>8:30am</b> - Walking Outdoors Living Room</p> <p><b>9:00am</b> - ESL Dogwood Room</p> <p><b>9:00am</b> - Chinese Dance Exercise Room</p> <p><b>9:30am</b> - Bridge-Defense-Bi Birch Room</p> <p><b>10:00am</b> - Balance-Jan'17 Exercise Room</p> <p><b>10:00am</b> - Chinese - Learn Conference Room</p> <p><b>10:00am</b> - Clay-Tues Art Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:30am</b> - Silver Sneakers-Great Hall</p> <p><b>10:30am</b> - Creative Crafts Craft Room</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Trager-By Appt Massage Therapy Room</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Basketball Great Hall</p> <p><b>8:30am</b> - MAP Theater</p> <p><b>8:30am</b> - MAP Ashe Room</p> <p><b>9:00am</b> - Strengthen Your C Exercise Room</p> <p><b>9:30am</b> - Bridge Lab Birch Room</p> <p><b>9:30am</b> - Salli's Sr Wor-Mar Great Hall</p> <p><b>9:30am</b> - Blood Pressure Ch Wellness Corridor</p> <p><b>10:00am</b> - Charlie's Social Cl Conference Room</p> <p><b>10:00am</b> - Inspired Movemen Exercise Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:30am</b> - Issues of Faith Theater</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - MAP Craft Room</p> <p><b>8:00am</b> - MAP Craft Room</p> <p><b>8:00am</b> - MAP Craft Room</p> <p><b>8:00am</b> - MAP Craft Room</p> <p><b>8:00am</b> - MAP Conference Room</p> <p><b>8:00am</b> - MAP Craft Room</p> <p><b>8:00am</b> - MAP Craft Room</p> <p><b>8:00am</b> - VITA - Thurs Dogwood Room</p> <p><b>8:20am</b> - ST&amp;M - Mar Great Hall</p> <p><b>9:00am</b> - Spanish Social Clu Birch Room</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Basketball Great Hall</p> <p><b>8:00am</b> - Vita-Fridays Dogwood Room</p> <p><b>8:30am</b> - MAP Theater</p> <p><b>9:00am</b> - ESL - beg Ashe Room</p> <p><b>9:00am</b> - Strengthen Your C Exercise Room</p> <p><b>9:00am</b> - Adv Spanish-Mar Craft Room</p> <p><b>9:30am</b> - Bridge Lab Birch Room</p> <p><b>9:30am</b> - Salli's Sr Wor-Mar Great Hall</p> <p><b>10:00am</b> - Insight Caregivers Conference Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:30am</b> - Silver Sneakers-Great Hall</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:30am</b> - vita -saturday Dogwood Room</p> <p><b>8:30am</b> - Billiards Activity Area-Pool</p> <p><b>9:00am</b> - Chinese Folk Danc Exercise Room</p> <p><b>9:15am</b> - Badminton Great Hall</p> <p><b>10:00am</b> - Driven to Abs Craft Room</p> <p><b>10:00am</b> - Keyboard Theory Theater</p> <p><b>10:30am</b> - Chinese Dance Exercise Room</p> <p><b>12:00pm</b> - Table Tennis - Sat Great Hall</p> <p><b>2:30pm</b> - Rentals-Madu Theater</p> <p><b>3:00pm</b> - Rentals-Madu-Dup Theater</p> <p><b>3:00pm</b> - Rentals-Cyril Lanc Great Hall</p> <p><b>3:30pm</b> - Zumba -Latina-kid Exercise Room</p>

**Activities are subject to change.**  
**Please contact the Seymour Center at (919) 968-2070**  
**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

19	20	21	22	23	24	25
	<b>10:00am</b> - Quilting w/ the Girl Craft Room	<b>11:00am</b> - Simply Yoga - am Exercise Room	<b>10:30am</b> - Caregivers Respit Craft Room	<b>9:00am</b> - Ther Massage - M Massage Therapy Room	<b>10:30am</b> - Beg-Mar-am Craft Room	
	<b>10:00am</b> - Oil Painting - Feb Art Room	<b>12:00pm</b> - Better Back Care- Exercise Room	<b>10:30am</b> - Caregivers Respit Alcove Hickory #2	<b>9:15am</b> - Chinese Calligraph Art Room	<b>11:00am</b> - Tone, Balance, Tig Exercise Room	
	<b>10:00am</b> - Bobbin Lace Legacy Wall Alcove	<b>12:00pm</b> - Cards Mem Tree and Vet Alc	<b>11:00am</b> - Tone, Balance, Tig Exercise Room	<b>9:30am</b> - Mah Jong, Learn Ashe Room	<b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2	
	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>12:00pm</b> - Cards Mem Tree and Vet Alc	<b>9:40am</b> - Strength Train - M Great Hall	<b>12:00pm</b> - Better Back Care- Exercise Room	
	<b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2	<b>12:00pm</b> - Cards Alcove Hickory #2	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>10:00am</b> - Balance-Jan'17 Exercise Room	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	
	<b>10:30am</b> - Span-Lev III Mar Dogwood Room	<b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2	<b>12:00pm</b> - Cards Alcove Hickory #2	<b>10:00am</b> - Tap Dance- March Theater	<b>12:45pm</b> - Chinese Choir Theater	
	<b>10:45am</b> - Strength Train - M Great Hall	<b>1:00pm</b> - Senior Center Cin Theater	<b>1:00pm</b> - Duplicate Bridge Ashe Room	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>1:00pm</b> - Grief Loss Support Ashe Room	
	<b>11:00am</b> - Sit to be Fit Exercise Room	<b>1:00pm</b> - Music Melting Org Dogwood Room	<b>1:00pm</b> - Yoga - March Exercise Room	<b>10:30am</b> - Sudoku Club Dogwood Room	<b>2:00pm</b> - Broadway- Americ Theater	
	<b>11:30am</b> - Dementia Consult Conference Room	<b>1:10pm</b> - Core with Strength Exercise Room	<b>1:00pm</b> - Sarah West Bridge Birch Room	<b>10:30am</b> - Sudoku Club Conference Room	<b>6:00pm</b> - Cajun-Creole Nigh Great Hall	
	<b>12:00pm</b> - Cards Mem Tree and Vet Alc	<b>1:30pm</b> - Program Advisory Ashe Room	<b>2:30pm</b> - Return to Recess Great Hall	<b>10:45am</b> - Strength Train - M Great Hall		
	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>2:00pm</b> - Writers' Discussio Birch Room	<b>2:30pm</b> - T'ai Chi -begWed Exercise Room	<b>11:00am</b> - Jammers - Cheer Exercise Room		
	<b>12:00pm</b> - Cards Alcove Hickory #2	<b>2:00pm</b> - Chinese Brush-Ma Art Room	<b>3:00pm</b> - AA - Late Bloomer Conference Room	<b>12:00pm</b> - Cards Mem Tree and Vet Alc		
	<b>12:00pm</b> - Int Spanish-beg-M Dogwood Room	<b>2:00pm</b> - Table Tennis Great Hall	<b>3:30pm</b> - Village to Village Theater	<b>12:00pm</b> - Seymour Lunch Pr Great Hall		
	<b>12:45pm</b> - Chinese Choir Theater	<b>2:15pm</b> - Inspired Movemen Exercise Room	<b>4:00pm</b> - NIA - Mar Great Hall	<b>12:00pm</b> - Cards Alcove Hickory #2		

**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

## March 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<p><b>1:00pm</b> - Social Bridge Ashe Room</p> <p><b>1:00pm</b> - Yoga - March Exercise Room</p> <p><b>1:00pm</b> - Mah Jong Birch Room</p> <p><b>1:00pm</b> - Pastel - KW Art Room</p> <p><b>1:00pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>2:00pm</b> - TED TALKS Theater</p> <p><b>2:00pm</b> - Pilates-Mar- Mon Great Hall</p> <p><b>2:00pm</b> - DIY-Seashell Shar Craft Room</p> <p><b>2:00pm</b> - TED TALKS Theater</p> <p><b>3:00pm</b> - Prime Time Player Theater</p> <p><b>3:15pm</b> - Line Dancing-Mar Great Hall</p> <p><b>4:00pm</b> - Staff Meeting Dogwood Room</p> <p><b>4:30pm</b> - Retros Art Room</p> <p><b>5:30pm</b> - Boot Camp -Mar Great Hall</p>	<p><b>3:00pm</b> - Village Revue Theater</p> <p><b>3:30pm</b> - Dementia Basics Birch Room</p> <p><b>3:30pm</b> - Dementia Basics Dogwood Room</p> <p><b>4:00pm</b> - What Can We Exp Ashe Room</p> <p><b>4:15pm</b> - Badminton Great Hall</p> <p><b>6:00pm</b> - Smoking Cessatio Birch Room</p> <p><b>6:00pm</b> - Rentals-Hannah R Conference Room</p> <p><b>6:00pm</b> - Freshstart Craft Room</p> <p><b>6:00pm</b> - Freshstart &amp; Free Ashe Room</p> <p><b>6:30pm</b> - CH Cam Club Ashe Room</p> <p><b>6:30pm</b> - East Coast Swing- Great Hall</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p>	<p><b>5:15pm</b> - Tutoring Visiting Agency 1</p> <p><b>5:15pm</b> - Simply Yoga- even Exercise Room</p> <p><b>6:00pm</b> - Brain Health Acad Theater</p> <p><b>6:15pm</b> - Circuit Training-Ja Great Hall</p> <p><b>6:30pm</b> - Artful Sparks Ashe Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>1:00pm</b> - Dementia Consult Conference Room</p> <p><b>1:00pm</b> - Urban Line Dance- Theater</p> <p><b>1:00pm</b> - Newcomers' Mah Birch Room</p> <p><b>1:00pm</b> - Spanish Social Clu Exercise Room</p> <p><b>1:00pm</b> - Scarf Art Craft Room</p> <p><b>1:00pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>1:30pm</b> - Glucose &amp; Cholest Wellness Corridor</p> <p><b>2:00pm</b> - Table Tennis Great Hall</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>2:15pm</b> - Flash Mob Theater</p> <p><b>3:00pm</b> - Clay-Thurs Art Room</p> <p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:00pm</b> - Bus Riding 101 Craft Room</p>		

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070**

**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
19	20	21	22	23	24	25	
	<p><b>6:30pm</b> - Zentangle-Basic-M Ashe Room</p> <p><b>6:30pm</b> - Pilates-Low Vision Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>			<p><b>3:20pm</b> - Pilates -Mar Thu Exercise Room</p> <p><b>3:30pm</b> - Village to Village Theater</p> <p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>6:15pm</b> - Triangle Weavers Theater</p> <p><b>7:00pm</b> - Mah Jong-evening Mem Tree and Vet Alc</p> <p><b>7:00pm</b> - Argentine Tango Great Hall</p> <p><b>7:00pm</b> - Spanish Meet-up Birch Room</p> <p><b>7:45pm</b> - Chinese Dance Exercise Room</p>			

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070  
prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	
<p><b>4:00pm</b> - Rentals-Apan Bas Theater</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Personal trainer Wellness Desk</p> <p><b>9:00am</b> - Masg - MS, day M Massage Therapy Room</p> <p><b>9:15am</b> - Morning Bridge Birch Room</p> <p><b>9:15am</b> - Morning Bridge Ashe Room</p> <p><b>9:30am</b> - Quilting w/ the Girl Craft Room</p> <p><b>9:30am</b> - Intert Span-Mar Dogwood Room</p> <p><b>9:40am</b> - Strength Train - M Great Hall</p> <p><b>10:00am</b> - Memory Wire Glas Conference Room</p> <p><b>10:00am</b> - Nat Skin Fac -May Well Ind Serv 1</p> <p><b>10:00am</b> - Inspired Movemen Exercise Room</p> <p><b>10:00am</b> - Oil Painting - Feb Art Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:20am</b> - ST&amp;M - Mar Great Hall</p> <p><b>8:30am</b> - Walking Outdoors Living Room</p> <p><b>9:00am</b> - ESL Dogwood Room</p> <p><b>9:00am</b> - Chinese Dance Exercise Room</p> <p><b>9:30am</b> - Bridge-Defense-Bi Birch Room</p> <p><b>10:00am</b> - Balance-Jan'17 Exercise Room</p> <p><b>10:00am</b> - Chinese - Learn Conference Room</p> <p><b>10:00am</b> - Clay-Tues Art Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:30am</b> - Silver Sneakers-Great Hall</p> <p><b>10:30am</b> - Creative Crafts Craft Room</p> <p><b>11:00am</b> - Simply Yoga - am Exercise Room</p>	<p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Trager-By Appt Massage Therapy Room</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Basketball Great Hall</p> <p><b>8:30am</b> - MAP Craft Room</p> <p><b>9:00am</b> - Strengthen Your C Exercise Room</p> <p><b>9:00am</b> - River Walk in Hills Offsite</p> <p><b>9:30am</b> - Bridge Lab Birch Room</p> <p><b>9:30am</b> - Salli's Sr Wor-Mar Great Hall</p> <p><b>9:30am</b> - French Class-Mar Ashe Room</p> <p><b>9:30am</b> - Blood Pressure Ch Wellness Corridor</p> <p><b>10:00am</b> - Charlie's Social Cl Conference Room</p> <p><b>10:00am</b> - Inspired Movemen Exercise Room</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - VITA - Thurs Dogwood Room</p> <p><b>8:20am</b> - ST&amp;M - Mar Great Hall</p> <p><b>9:00am</b> - Spanish Social Clu Birch Room</p> <p><b>9:00am</b> - Ther Massage - M Massage Therapy Room</p> <p><b>9:15am</b> - Chinese Calligraph Art Room</p> <p><b>9:30am</b> - River Walk in Hills Offsite</p> <p><b>9:30am</b> - Mah Jong, Learn Ashe Room</p> <p><b>9:40am</b> - Strength Train - M Great Hall</p> <p><b>10:00am</b> - Balance-Jan'17 Exercise Room</p> <p><b>10:00am</b> - Tap Dance- March Theater</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p>	<p><b>8:00am</b> - VITA-room Alcove Ginko #1</p> <p><b>8:00am</b> - VITA Visiting Agency 1</p> <p><b>8:00am</b> - Billiards Activity Area-Pool</p> <p><b>8:00am</b> - Basketball Great Hall</p> <p><b>8:00am</b> - Vita-Fridays Dogwood Room</p> <p><b>9:00am</b> - ESL - beg Ashe Room</p> <p><b>9:00am</b> - Strengthen Your C Exercise Room</p> <p><b>9:00am</b> - Adv Spanish-Mar Craft Room</p> <p><b>9:30am</b> - Bridge Lab Birch Room</p> <p><b>9:30am</b> - Salli's Sr Wor-Mar Great Hall</p> <p><b>10:00am</b> - Clear Captions Theater</p> <p><b>10:00am</b> - Table Tennis Table Tennis Area</p> <p><b>10:30am</b> - Silver Sneakers-Great Hall</p> <p><b>10:30am</b> - Beg-Mar-am Craft Room</p>	

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070**

**prior to the event or activity to verify that there have been no program changes.**

# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	<p><b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2</p> <p><b>10:30am</b> - Span-Lev III Mar Dogwood Room</p> <p><b>10:45am</b> - Strength Train - M Great Hall</p> <p><b>11:00am</b> - Sit to be Fit Exercise Room</p> <p><b>11:30am</b> - Dementia Consult Conference Room</p> <p><b>12:00pm</b> - Cards Mem Tree and Vet Alc</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:00pm</b> - Int Spanish-beg-M Dogwood Room</p> <p><b>12:45pm</b> - Chinese Choir Theater</p> <p><b>1:00pm</b> - Social Bridge Ashe Room</p> <p><b>1:00pm</b> - Pastel - KW- Mar Art Room</p> <p><b>1:00pm</b> - Yoga - March Exercise Room</p> <p><b>1:00pm</b> - Weaving From the Craft Room</p>	<p><b>12:00pm</b> - Better Back Care- Exercise Room</p> <p><b>12:00pm</b> - Cards Mem Tree and Vet Alc</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>1:00pm</b> - Open Computer L Comp Room -Sey Tech</p> <p><b>1:00pm</b> - Senior Center Cin Theater</p> <p><b>1:10pm</b> - Core with Strength Exercise Room</p> <p><b>1:30pm</b> - Program Advisory Ashe Room</p> <p><b>2:00pm</b> - Retirement for Dogwood Room</p> <p><b>2:00pm</b> - Chinese Brush-Ma Art Room</p> <p><b>2:00pm</b> - Table Tennis Great Hall</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>3:00pm</b> - Village Revue Theater</p>	<p><b>10:30am</b> - Issues of Faith Theater</p> <p><b>10:30am</b> - Caregivers Respit Craft Room</p> <p><b>10:30am</b> - Caregivers Respit Alcove Hickory #2</p> <p><b>11:00am</b> - Tone, Balance, Tig Exercise Room</p> <p><b>12:00pm</b> - Cards Mem Tree and Vet Alc</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>1:00pm</b> - Duplicate Bridge Ashe Room</p> <p><b>1:00pm</b> - Yoga - March Exercise Room</p> <p><b>1:00pm</b> - IPAD Comp Room -Sey Tech</p> <p><b>1:00pm</b> - Sarah West Bridge Birch Room</p> <p><b>2:00pm</b> - Finding Your Voice Dogwood Room</p> <p><b>2:30pm</b> - Return to Recess Great Hall</p> <p><b>2:30pm</b> - T'ai Chi -begWed Exercise Room</p>	<p><b>10:30am</b> - Sudoku Club Dogwood Room</p> <p><b>10:30am</b> - Sudoku Club Conference Room</p> <p><b>10:45am</b> - Strength Train - M Great Hall</p> <p><b>11:00am</b> - Jammers - Cheer Exercise Room</p> <p><b>12:00pm</b> - Cards Mem Tree and Vet Alc</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>1:00pm</b> - Dementia Consult Conference Room</p> <p><b>1:00pm</b> - Urban Line Dance-Theater</p> <p><b>1:00pm</b> - Spanish Social Clu Exercise Room</p> <p><b>1:00pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>2:00pm</b> - Table Tennis Great Hall</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p>	<p><b>11:00am</b> - Tone, Balance, Tig Exercise Room</p> <p><b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2</p> <p><b>12:00pm</b> - Better Back Care- Exercise Room</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:45pm</b> - Chinese Choir Theater</p> <p><b>1:00pm</b> - Lace Day Set-up Great Hall</p> <p><b>1:00pm</b> - IPAD Comp Room -Sey Tech</p> <p><b>1:00pm</b> - Grief Loss Support Ashe Room</p> <p><b>5:00pm</b> - Lace Day Set-up Entire Center</p> <p><b>5:00pm</b> - Lace Day Set-up Theater</p>	

**Activities are subject to change.**

**Please contact the Seymour Center at (919) 968-2070  
prior to the event or activity to verify that there have been no program changes.**



# Seymour Center - Activity Calendar

## March 2017 (Continued)

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

<b>26</b>	<p><b>1:00pm</b> - Mah Jong Birch Room</p> <p><b>1:00pm</b> - IPAD Comp Room -Sey Tech</p> <p><b>1:00pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>2:00pm</b> - Pilates-Mar- Mon Great Hall</p> <p><b>3:00pm</b> - Prime Time Player Theater</p> <p><b>3:15pm</b> - Line Dancing-Mar Great Hall</p> <p><b>4:30pm</b> - Retros Art Room</p> <p><b>5:30pm</b> - Boot Camp -Mar Great Hall</p> <p><b>6:00pm</b> - Nuts and Bolts Mo Craft Room</p> <p><b>6:30pm</b> - Pilates-Low Vision Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	<b>27</b>	<p><b>3:30pm</b> - Dementia Basics Birch Room</p> <p><b>4:00pm</b> - What Can We Exp Ashe Room</p> <p><b>4:15pm</b> - Badminton Great Hall</p> <p><b>6:00pm</b> - Smoking Cessatio Birch Room</p> <p><b>6:00pm</b> - Freshstart &amp; Free Ashe Room</p> <p><b>6:30pm</b> - CH Cam Club Theater</p> <p><b>6:30pm</b> - East Coast Swing- Great Hall</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p>	<b>28</b>	<p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>3:30pm</b> - Village to Village Theater</p> <p><b>4:00pm</b> - NIA - Mar Great Hall</p> <p><b>5:15pm</b> - Tutoring Visiting Agency 1</p> <p><b>5:15pm</b> - Simply Yoga- even Exercise Room</p> <p><b>6:00pm</b> - Brain Health Acad Theater</p> <p><b>6:15pm</b> - Circuit Training-Ja Great Hall</p> <p><b>6:30pm</b> - Artful Sparks Ashe Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<b>29</b>	<p><b>3:00pm</b> - Clay-Thurs Art Room</p> <p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:20pm</b> - Pilates -Mar Thu Exercise Room</p> <p><b>3:30pm</b> - Village to Village Theater</p> <p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>5:30pm</b> - Welcome to Medic Theater</p> <p><b>7:00pm</b> - Mah Jong-evening Mem Tree and Vet Alc</p> <p><b>7:00pm</b> - Argentine Tango Great Hall</p> <p><b>7:00pm</b> - Spanish Meet-up Birch Room</p> <p><b>7:45pm</b> - Chinese Dance Exercise Room</p>	<b>30</b>	<b>31</b>	
-----------	---	-----------	---	-----------	--	-----------	---	-----------	-----------	--



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.