

# Seymour Center Activity Calendar

## May 2017

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

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>8:00am</b> - Personal trainer Wellness Desk	<b>8:00am</b> - SHIIP Visiting Agency 1	<b>8:00am</b> - Basketball Great Hall	<b>8:00am</b> - SHIIP Visiting Agency 1	<b>8:00am</b> - Basketball Great Hall	<b>8:30am</b> - Billiards Activity Area-Pool
	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:00am</b> - Trager-By Appt Massage Therapy Room	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:00am</b> - Billiards Activity Area-Pool	<b>9:00am</b> - Chinese Folk Danc Exercise Room
	<b>9:00am</b> - Editing & Sharing Comp Room -Sey Tech	<b>8:20am</b> - ST&M - May Great Hall	<b>8:00am</b> - Billiards Activity Area-Pool	<b>8:20am</b> - ST&M - May Great Hall	<b>9:00am</b> - Physical Function Well Ind Serv 1	<b>9:15am</b> - Badminton Great Hall
	<b>9:00am</b> - Masg - MS, day M Massage Therapy Room	<b>8:30am</b> - Walking Outdoors Living Room	<b>9:00am</b> - Editing & Sharing Comp Room -Sey Tech	<b>9:00am</b> - Spanish Social Clu Birch Room	<b>9:00am</b> - ESL - beg Ashe Room	<b>10:00am</b> - Keyboard Theory Theater
	<b>9:15am</b> - Morning Bridge Birch Room	<b>9:00am</b> - Improv Theatre Ba Theater	<b>9:00am</b> - Fit Feet-May 3,10 Well Ind Serv 2	<b>9:00am</b> - Ther Massage - M Massage Therapy Room	<b>9:00am</b> - Strengthen Your C Exercise Room	<b>10:30am</b> - Chinese Dance Exercise Room
	<b>9:15am</b> - Morning Bridge Ashe Room	<b>9:00am</b> - ESL Dogwood Room	<b>9:00am</b> - Strengthen Your C Exercise Room	<b>9:15am</b> - Chinese Calligraph Art Room	<b>9:30am</b> - Salli's Sr Wor-May Great Hall	<b>12:00pm</b> - Table Tennis - Sat Great Hall
	<b>9:30am</b> - Garden Club Conference Room	<b>9:00am</b> - Improv Theatre- Di Theater	<b>9:30am</b> - French Class-Mar Ashe Room	<b>9:30am</b> - Chair Massage - M Liv Room 2	<b>9:30am</b> - Bridge Lab Birch Room	<b>2:00pm</b> - Piano Recital Theater
	<b>9:30am</b> - Quilting w/ the Girl Craft Room	<b>9:00am</b> - Chinese Dance Exercise Room	<b>9:30am</b> - Salli's Sr Wor-May Great Hall	<b>9:30am</b> - Mah Jong, Learn Ashe Room	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>3:30pm</b> - Zumba -Latina-kid Exercise Room
	<b>9:40am</b> - Strength Train - M Great Hall	<b>9:30am</b> - Bridge-Defense-Bi Birch Room	<b>9:30am</b> - Blood Pressure Ch Wellness Corridor	<b>9:40am</b> - Strength Train - M Great Hall	<b>10:00am</b> - May Day Celebrati Offsite	<b>4:00pm</b> - Zumba - Latina Great Hall
	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>9:30am</b> - Bridge Lab Birch Room	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>10:15am</b> - Beg Spanish-May Dogwood Room	
	<b>10:00am</b> - Beg Oil Paint - Apr Art Room	<b>10:00am</b> - Chinese - Learn Conference Room	<b>9:30am</b> - MoJo with Gary Theater	<b>10:00am</b> - Tap Dance May Theater	<b>10:30am</b> - Silver Sneakers- Great Hall	
	<b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2	<b>10:00am</b> - Paper Collage-Tue Art Room	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>10:30am</b> - Sudoku Club Dogwood Room	<b>11:00am</b> - Tone, Balance, Tig Exercise Room	
	<b>10:00am</b> - Bobbin Lace Legacy Wall Alcove	<b>10:00am</b> - Trans Info Liv Room 2	<b>10:00am</b> - Knowing Yourself Dogwood Room	<b>10:45am</b> - Strength Train - M Great Hall	<b>11:15am</b> - Chinese Choir 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>11:00am</b> - Jammers - Cheer Exercise Room	<b>12:00pm</b> - Better Back Care- Exercise Room	

**Activities are subject to change.**

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# Seymour Center Activity Calendar

**May 2017 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>10:00am</b> - Connections Conci Liv Room 2	<b>10:30am</b> - Creative Crafts Craft Room	<b>10:00am</b> - Inspired Movemen Exercise Room	<b>12:00pm</b> - Cards Alcove Hickory #2	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	
	<b>10:00am</b> - Inspired Movemen Exercise Room	<b>10:30am</b> - Silver Sneakers- Great Hall	<b>10:15am</b> - Caregivers Respit Dogwood Room	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2	
	<b>10:30am</b> - Spanish - Early Int Dogwood Room	<b>11:00am</b> - Simply Yoga - am Exercise Room	<b>10:30am</b> - Issues of Faith Theater	<b>12:00pm</b> - Cards Mem Tree and Vet Alc	<b>1:00pm</b> - Table Tennis- Fri Great Hall	
	<b>10:45am</b> - Strength Train - M Great Hall	<b>12:00pm</b> - Cards Alcove Hickory #2	<b>10:30am</b> - Buzz Table Liv Room 2	<b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2	<b>1:00pm</b> - IPAD ITUNES-Vis Comp Room -Sey Tech	
	<b>11:00am</b> - Sit to be Fit Exercise Room	<b>12:00pm</b> - Better Back Care- Exercise Room	<b>10:30am</b> - Caregivers Respit Craft Room	<b>1:00pm</b> - canasta Mem Tree and Vet Alc	<b>2:00pm</b> - Broadway- Americ Theater	
	<b>11:30am</b> - Dementia Consult Conference Room	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>10:30am</b> - Caregivers Respit Alcove Hickory #2	<b>1:00pm</b> - Urban Line Dance- Theater		
	<b>12:00pm</b> - Cards Alcove Hickory #2	<b>12:00pm</b> - Smoking Cessatio Birch Room	<b>11:00am</b> - Tone, Balance, Tig Exercise Room	<b>1:00pm</b> - Spanish Social Clu Exercise Room		
	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>12:00pm</b> - Cards Mem Tree and Vet Alc	<b>12:00pm</b> - Cards Alcove Hickory #2	<b>1:00pm</b> - Dementia Consult Craft Room		
	<b>12:00pm</b> - Cards Mem Tree and Vet Alc	<b>12:00pm</b> - Freshstart Conference Room	<b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>1:00pm</b> - Dementia Consult Conference Room		
	<b>12:00pm</b> - Birthday Celebrati Gath Place Cafe Are	<b>12:30pm</b> - parkinson's caregi Ashe Room	<b>12:00pm</b> - Cards Mem Tree and Vet Alc	<b>1:30pm</b> - Knifty Knitters Craft Room		
	<b>12:00pm</b> - Intro Span-Beg-Ma Dogwood Room	<b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2	<b>12:30pm</b> - Paper Cutting Wk Conference Room	<b>2:00pm</b> - Table Tennis Great Hall		
	<b>12:45pm</b> - Chinese Choir Theater	<b>12:30pm</b> - Parkinson Support Dogwood Room	<b>1:00pm</b> - Sarah West Bridge Birch Room	<b>2:00pm</b> - Uber and Lyft Dogwood Room		
	<b>1:00pm</b> - canasta Mem Tree and Vet Alc	<b>1:00pm</b> - Senior Center Cin Theater	<b>1:00pm</b> - Yoga - May Exercise Room	<b>2:15pm</b> - Inspired Movemen Exercise Room		
	<b>1:00pm</b> - Social Bridge Ashe Room	<b>1:10pm</b> - Core with Strength Exercise Room	<b>1:00pm</b> - Duplicate Bridge Ashe Room	<b>2:15pm</b> - Flash Mob Theater		

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May 2017 (Continued)

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	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<p><b>1:00pm</b> - Yoga - May Exercise Room</p> <p><b>1:00pm</b> - Pastel - KW- May Art Room</p> <p><b>1:00pm</b> - Mah Jong Birch Room</p> <p><b>1:00pm</b> - IPAD ITUNES-Vis Comp Room -Sey Tech</p> <p><b>2:00pm</b> - Pilates -May- Mon Great Hall</p> <p><b>3:00pm</b> - Prime Time Player Theater</p> <p><b>3:00pm</b> - Garden Treasure Garden Front of Seym</p> <p><b>3:15pm</b> - Line Dancing -May Great Hall</p> <p><b>4:30pm</b> - Retros Art 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>2:00pm</b> - Table Tennis Great Hall</p> <p><b>2:00pm</b> - Retirement for Boo Conference Room</p> <p><b>2:00pm</b> - Writers' Discussio Birch Room</p> <p><b>2:00pm</b> - Retirement for Dogwood Room</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>3:00pm</b> - Village Revue Theater</p> <p><b>4:15pm</b> - Badminton Great Hall</p> <p><b>5:30pm</b> - Adult Care Home Conference Room</p> <p><b>6:00pm</b> - Cent Min Club - Fe Theater</p> <p><b>6:30pm</b> - CH Camera Club Dogwood 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>7:00pm</b> - Song Swap Craft Room</p>	<p><b>1:00pm</b> - IPAD ITUNES-Vis Comp Room -Sey Tech</p> <p><b>2:30pm</b> - Return to Recess Great Hall</p> <p><b>2:30pm</b> - T'ai Chi-begWedM Exercise Room</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA -May 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>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:00pm</b> - Paper Collage-Thu Art Room</p> <p><b>3:20pm</b> - Pilates - May 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>		

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# Seymour Center Activity Calendar

**May 2017 (Continued)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>8:00am</b> - Personal trainer Wellness Desk  <b>8:00am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Masg - MS, day M Massage Therapy Room  <b>9:15am</b> - Morning Bridge Birch Room  <b>9:15am</b> - Morning Bridge Ashe Room  <b>9:30am</b> - Quilting w/ the Girl Craft Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Beg Oil Paint - Ma Art Room  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:30am</b> - Spanish - Early Int Dogwood Room  <b>10:45am</b> - Strength Train - M Great Hall  <b>11:00am</b> - Sit to be Fit Exercise Room	<b>8:00am</b> - SHIIP Visiting Agency 1  <b>8:00am</b> - Billiards Activity Area-Pool  <b>8:20am</b> - ST&M - May Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>9:00am</b> - Improv Theatre Ba Theater  <b>9:00am</b> - ESL Dogwood Room  <b>9:00am</b> - Improv Theatre- Di Theater  <b>9:00am</b> - Chinese Dance Exercise Room  <b>9:30am</b> - Bridge-Defense-Bi Birch Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - Walgreens-Ways t Ashe Room  <b>10:00am</b> - Paper Collage-Tue Art Room  <b>10:30am</b> - Creative Crafts Craft Room	<b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Trager-By Appt Massage Therapy Room  <b>8:00am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Fit Feet-May 3,10 Well Ind Serv 2  <b>9:00am</b> - Strengthen Your C Exercise Room  <b>9:30am</b> - French Class-Mar Ashe Room  <b>9:30am</b> - Salli's Sr Wor-May Great Hall  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Bridge Lab Birch Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Knowing Yourself Dogwood Room  <b>10:00am</b> - Charlie's Social Cl Conference Room  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:15am</b> - Caregivers Respit Dogwood Room	<b>8:00am</b> - SHIIP Visiting Agency 1  <b>8:00am</b> - Sr Wellness Clinic Conference Room  <b>8:00am</b> - Billiards Activity Area-Pool  <b>8:20am</b> - ST&M - May 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> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Tap Dance May Theater  <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>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - ESL - beg Ashe Room  <b>9:00am</b> - Strengthen Your C Exercise Room  <b>9:30am</b> - Salli's Sr Wor-May Great Hall  <b>9:30am</b> - Bridge Lab Birch Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Insight Caregivers Conference Room  <b>10:15am</b> - Beg Spanish-May Dogwood Room  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>11:15am</b> - Chinese Choir Theater  <b>12:00pm</b> - Better Back Care- Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>8:30am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Passage Meditatio Exercise Room  <b>9:00am</b> - Chinese Folk Danc Exercise Room  <b>9:15am</b> - Badminton Great Hall  <b>10:00am</b> - Keyboard Theory Theater  <b>10:30am</b> - Chinese Dance Exercise Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <b>1:00pm</b> - Origami with Kira Craft Room  <b>1:30pm</b> - Rentals-Hannah R Theater  <b>3:30pm</b> - Zumba -Latina-kid Exercise Room  <b>4:00pm</b> - Zumba - Latina Great Hall

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# Seymour Center Activity Calendar

## May 2017 (Continued)

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

7	8	9	10	11	12	13
	<b>11:30am</b> - Dementia Consult Conference Room  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Intro Span-Beg-Ma Dogwood Room  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Social Bridge Ashe Room  <b>1:00pm</b> - Yoga - May Exercise Room  <b>1:00pm</b> - Pastel - KW- May Art Room  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - IPAD ITUNES-Vis Comp Room -Sey Tech  <b>1:30pm</b> - Memory Cafe Dogwood Room  <b>2:00pm</b> - Pilates -May- Mon Great Hall	<b>10:30am</b> - Golden Age Happy Ashe Room  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>11:00am</b> - Simply Yoga - am Exercise Room  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Better Back Care- Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Smoking Cessatio Birch Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Freshstart Conference Room  <b>12:00pm</b> - Freshstart Dogwood Room  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:10pm</b> - Core with Strength Exercise Room  <b>2:00pm</b> - Table Tennis Great Hall	<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>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>1:00pm</b> - Sarah West Bridge Birch Room  <b>1:00pm</b> - Yoga - May Exercise Room  <b>1:00pm</b> - Duplicate Bridge Ashe Room  <b>1:00pm</b> - IPAD ITUNES-Vis Comp Room -Sey Tech  <b>2:00pm</b> - Caregivers Respit Theater  <b>2:30pm</b> - Return to Recess Great Hall  <b>2:30pm</b> - T'ai Chi-begWedM Exercise Room	<b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Urban Line Dance-Theater  <b>1:00pm</b> - Spanish Social Clu Exercise Room  <b>1:00pm</b> - Dementia Consult Craft Room  <b>1:00pm</b> - Dementia Consult Conference Room  <b>2:00pm</b> - Table Tennis Great Hall  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>2:15pm</b> - Flash Mob Theater  <b>3:00pm</b> - Aging Transitions Conference Room  <b>3:00pm</b> - Paper Collage-Thu Art Room	<b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <b>1:30pm</b> - Badminton- 2nd Fr Great Hall	

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# Seymour Center Activity Calendar

## May 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

7

8

9

10

11

12

13

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

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

**4:30pm** - Retros Art Room

**5:30pm** - Boot Camp -May Great Hall

**6:30pm** - Pilates-Low Vision Exercise Room

**7:00pm** - Chinese Folk Dance Great Hall

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

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

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

**3:00pm** - Carolina Village Pr Dogwood Room

**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

**7:00pm** - NAMI Support Gro Conference Room

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

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

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

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

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

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

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

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

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

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

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

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

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

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## May 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	<b>8:00am</b> - Personal trainer Wellness Desk <b>8:00am</b> - Billiards Activity Area-Pool <b>9:00am</b> - Masg - MS, day M Massage Therapy Room <b>9:15am</b> - Morning Bridge Birch Room <b>9:15am</b> - Morning Bridge Ashe Room <b>9:30am</b> - Quilting w/ the Girl Craft Room <b>9:40am</b> - Strength Train - M Great Hall <b>10:00am</b> - Table Tennis Table Tennis Area <b>10:00am</b> - Flash Mob Theater <b>10:00am</b> - Beg Oil Paint - Ma Art Room <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2 <b>10:00am</b> - Bobbin Lace Legacy Wall Alcove <b>10:00am</b> - Nat Skin Fac -May Well Ind Serv 1 <b>10:00am</b> - Connections Conci Liv Room 2	<b>8:00am</b> - Mall Walk - May Offsite <b>8:00am</b> - SHIIP Visiting Agency 1 <b>8:00am</b> - Billiards Activity Area-Pool <b>8:20am</b> - ST&M - May Great Hall <b>8:30am</b> - Walking Outdoors Living Room <b>9:00am</b> - Improv Theatre Ba Theater <b>9:00am</b> - ESL Dogwood Room <b>9:00am</b> - Improv Theatre- Di Theater <b>9:00am</b> - Chinese Dance Exercise Room <b>9:30am</b> - Poets Walk Ayr Mt Offsite <b>9:30am</b> - Bridge-Defense-Bi Birch Room <b>10:00am</b> - Table Tennis Table Tennis Area <b>10:00am</b> - Chinese - Learn Conference Room <b>10:00am</b> - Paper Collage-Tue Art Room	<b>8:00am</b> - Basketball Great Hall <b>8:00am</b> - Trager-By Appt Massage Therapy Room <b>8:00am</b> - Billiards Activity Area-Pool <b>9:00am</b> - Poet's Walk at Ayr Offsite <b>9:00am</b> - Fit Feet-May 17 Well Ind Serv 2 <b>9:00am</b> - Strengthen Your C Exercise Room <b>9:30am</b> - French Class Ashe Room <b>9:30am</b> - Salli's Sr Wor-May Great Hall <b>9:30am</b> - Blood Pressure Ch Wellness Corridor <b>9:30am</b> - Bridge Lab Birch Room <b>9:30am</b> - MoJo with Gary Theater <b>10:00am</b> - Table Tennis Table Tennis Area <b>10:00am</b> - Knowing Yourself Dogwood Room <b>10:00am</b> - Charlie's Social CI Conference Room	<b>8:00am</b> - SHIIP Visiting Agency 1 <b>8:00am</b> - Billiards Activity Area-Pool <b>8:20am</b> - ST&M - May 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> - Mah Jong, Learn Ashe Room <b>9:40am</b> - Strength Train - M Great Hall <b>9:45am</b> - Aging Knowledge- Craft Room <b>10:00am</b> - Table Tennis Table Tennis Area <b>10:00am</b> - Tap Dance May Theater <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>8:00am</b> - Basketball Great Hall <b>8:00am</b> - Billiards Activity Area-Pool <b>9:00am</b> - ESL - beg Ashe Room <b>9:00am</b> - Strengthen Your C Exercise Room <b>9:30am</b> - Salli's Sr Wor-May Great Hall <b>9:30am</b> - Bridge Lab Birch Room <b>10:00am</b> - Table Tennis Table Tennis Area <b>10:15am</b> - Beg Spanish-May Dogwood Room <b>10:30am</b> - Silver Sneakers- Great Hall <b>11:00am</b> - Tone, Balance, Tig Exercise Room <b>11:15am</b> - Chinese Choir Theater <b>12:00pm</b> - Better Back Care- Exercise Room <b>12:00pm</b> - Seymour Lunch Pr Great Hall <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2	<b>8:30am</b> - Sr Housing Expo Theater <b>8:30am</b> - Sr Housing Expo Ashe Room <b>8:30am</b> - Sr Housing Expo Birch Room <b>8:30am</b> - Sr Housing Expo Dogwood Room <b>8:30am</b> - Sr Housing Expo Great Hall <b>9:00am</b> - Chinese Folk Danc Exercise Room <b>10:30am</b> - Chinese Dance Exercise Room <b>1:00pm</b> - Opera Theater <b>3:30pm</b> - Zumba -Latina-kid Exercise Room <b>4:00pm</b> - Zumba - Latina Great Hall

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# Seymour Center Activity Calendar

**May 2017 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

14

**10:00am** - Inspired Movemen  
Exercise Room

**10:30am** - Spanish - Early Int  
Dogwood Room

**10:45am** - Strength Train - M  
Great Hall

**11:00am** - Sit to be Fit  
Exercise Room

**11:30am** - Dementia Consult  
Conference Room

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

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Cards  
Mem Tree and Vet Alc

**12:00pm** - Intro Span-Beg-Ma  
Dogwood Room

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

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

**1:00pm** - Aging Out Loud Sh  
Theater

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

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

15

**10:30am** - Creative Crafts  
Craft Room

**10:30am** - Silver Sneakers-  
Great Hall

**11:00am** - Simply Yoga - am  
Exercise Room

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

**12:00pm** - Better Back Care-  
Exercise Room

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Smoking Cessatio  
Birch Room

**12:00pm** - Cards  
Mem Tree and Vet Alc

**12:00pm** - Freshstart  
Conference Room

**12:30pm** - UNC Phys Therap  
Well Ind Serv 2

**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

16

**10:00am** - Inspired Movemen  
Exercise Room

**10:15am** - Caregivers Respit  
Dogwood Room

**10:30am** - Issues of Faith  
Theater

**10:30am** - Buzz Table  
Liv Room 2

**10:30am** - Caregivers Respit  
Craft Room

**10:30am** - Caregivers Respit  
Alcove Hickory #2

**11:00am** - Tone, Balance, Tig  
Exercise Room

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

**12:00pm** - Time MattersWom  
Dogwood Room

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Cards  
Mem Tree and Vet Alc

**1:00pm** - Sarah West Bridge  
Birch Room

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

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

17

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

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Cards  
Mem Tree and Vet Alc

**12:30pm** - UNC Phys Therap  
Well Ind Serv 2

**12:30pm** - Friends of Sey  
Dogwood Room

**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  
Craft Room

**1:00pm** - Dementia Consult  
Conference Room

**1:30pm** - Knifty Knitters  
Craft Room

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

**2:00pm** - Friends Annual Me  
Theater

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

18

**1:45pm** - Music is a Melting  
Theater

**2:00pm** - Music is a Melting  
Gath Place Cafe Are

19

20

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# Seymour Center Activity Calendar

**May 2017 (Continued)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	<p><b>1:00pm</b> - Mah Jong Birch Room</p> <p><b>2:00pm</b> - TED TALKS Theater</p> <p><b>2:00pm</b> - Pilates -May- Mon Great Hall</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 -May 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 -May Great Hall</p> <p><b>6:00pm</b> - Man Cave Decor 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>	<p><b>2:00pm</b> - Chinese Brush-Ma Art Room</p> <p><b>2:00pm</b> - Writers' Discussio Birch Room</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>3:00pm</b> - Village Revue Theater</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> - Rentals-Hannah R Conference Room</p> <p><b>6:30pm</b> - East Coast Swing- Great Hall</p> <p><b>6:30pm</b> - CH Cam Club Ashe Room</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p>	<p><b>2:30pm</b> - Return to Recess Great Hall</p> <p><b>2:30pm</b> - T'ai Chi-begWedM Exercise Room</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA -May 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>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:00pm</b> - Paper Collage-Thu Art Room</p> <p><b>3:20pm</b> - Pilates - May 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>		

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# Seymour Center Activity Calendar

## May 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

21	22	23	24	25	26	27
	<b>8:00am</b> - Personal trainer Wellness Desk  <b>8:00am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Masg - MS, day M Massage Therapy Room  <b>9:15am</b> - Morning Bridge Birch Room  <b>9:15am</b> - Morning Bridge Ashe Room  <b>9:30am</b> - Quilting w/ the Girl Craft Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Beg Oil Paint - Ma Art Room  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:30am</b> - Spanish - Early Int Dogwood Room  <b>10:45am</b> - Strength Train - M Great Hall  <b>11:00am</b> - Sit to be Fit Exercise Room	<b>8:00am</b> - SHIIP Visiting Agency 1  <b>8:00am</b> - Billiards Activity Area-Pool  <b>8:20am</b> - ST&M - May Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>9:00am</b> - ESL Dogwood Room  <b>9:00am</b> - Chinese Dance Exercise Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - Paper Collage-Tue Art Room  <b>10:30am</b> - Creative Crafts Craft Room  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>11:00am</b> - Simply Yoga - am Exercise Room  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Better Back Care- Exercise Room	<b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Trager-By Appt Massage Therapy Room  <b>8:00am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Strengthen Your C Exercise Room  <b>9:30am</b> - French Class Ashe Room  <b>9:30am</b> - Salli's Sr Wor-May Great Hall  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Bridge Lab Birch Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Charlie's Social CI Conference Room  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:15am</b> - Caregivers Respit Dogwood Room  <b>10:30am</b> - Issues of Faith Theater  <b>10:30am</b> - Caregivers Respit Craft Room	<b>8:00am</b> - SHIIP Visiting Agency 1  <b>8:00am</b> - Billiards Activity Area-Pool  <b>8:20am</b> - ST&M - May 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> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Tap Dance May Theater  <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 Alcove Hickory #2	<b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - ESL - beg Ashe Room  <b>9:00am</b> - Strengthen Your C Exercise Room  <b>9:30am</b> - Salli's Sr Wor-May Great Hall  <b>9:30am</b> - Bridge Lab Birch Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Insight Caregivers Conference Room  <b>10:15am</b> - Beg Spanish-May Dogwood Room  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>11:15am</b> - Chinese Choir Theater  <b>12:00pm</b> - Better Back Care- Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall	<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>10:30am</b> - Chinese Dance Exercise Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <b>3:00pm</b> - Celebrate Beg of S Theater  <b>3:30pm</b> - Zumba -Latina-kid Exercise Room  <b>4:00pm</b> - Zumba - Latina Great Hall

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# Seymour Center Activity Calendar

## May 2017 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

	21	22	23	24	25	26	27	
		<b>11:30am</b> - Dementia Consult Conference Room  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Intro Span-Beg-Ma Dogwood Room  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Social Bridge Ashe Room  <b>1:00pm</b> - Yoga - May Exercise Room  <b>1:00pm</b> - Pastel - KW- May Art Room  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - Weaving From the Craft Room  <b>2:00pm</b> - Pilates -May- Mon Great Hall  <b>3:00pm</b> - Prime Time Player Theater	<b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Smoking Cessatio Birch Room  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:00pm</b> - Freshstart Conference Room  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:10pm</b> - Core with Strength Exercise Room  <b>1:30pm</b> - Program Advisory Ashe Room  <b>2:00pm</b> - Table Tennis Great Hall  <b>2:00pm</b> - Chinese Brush-Ma Art Room  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Village Revue Theater  <b>4:00pm</b> - What Can We Exp Ashe Room  <b>4:15pm</b> - Badminton Great Hall	<b>10:30am</b> - Caregivers Respit Alcove Hickory #2  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>1:00pm</b> - Sarah West Bridge Birch Room  <b>1:00pm</b> - Yoga - May Exercise Room  <b>1:00pm</b> - Duplicate Bridge Ashe Room  <b>2:30pm</b> - Return to Recess Great Hall  <b>2:30pm</b> - T'ai Chi-begWedM Exercise Room  <b>3:00pm</b> - AA - Late Bloomer Conference Room  <b>4:00pm</b> - NIA -May Great Hall  <b>5:15pm</b> - Tutoring Visiting Agency 1  <b>5:15pm</b> - Simply Yoga- even Exercise Room	<b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Mem Tree and Vet Alc  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Urban Line Dance-Theater  <b>1:00pm</b> - Spanish Social Clu Exercise Room  <b>1:00pm</b> - Dementia Consult Craft Room  <b>1:00pm</b> - Newcomers' Mah Birch Room  <b>1:00pm</b> - Dementia Consult Conference Room  <b>2:00pm</b> - Table Tennis Great Hall  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Aging Transitions Conference Room  <b>3:00pm</b> - Paper Collage-Thu Art Room  <b>3:20pm</b> - Pilates - May Thu Exercise Room	<b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2		

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# Seymour Center Activity Calendar

**May 2017 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

<b>21</b>	<p><b>3:15pm</b> - Line Dancing -May Great Hall</p> <p><b>4:30pm</b> - Retros Art Room</p> <p><b>5:30pm</b> - Boot Camp -May Great Hall</p> <p><b>6:30pm</b> - Pilates-Low Vision Exercise Room</p> <p><b>6:30pm</b> - Rentals-Russian Theater</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	<b>22</b>	<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>23</b>	<p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<b>24</b>	<p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>6:15pm</b> - Triangle Weavers Theater</p> <p><b>6:15pm</b> - Triangle Weavers Theater</p> <p><b>7:00pm</b> - Argentine Tango 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>7:45pm</b> - Chinese Dance Exercise Room</p>	<b>25</b>	<b>26</b>	<b>27</b>
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# Seymour Center Activity Calendar

**May 2017 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

28

**8:00am** - Personal trainer  
Wellness Desk

**9:00am** - Masg - MS, day M  
Massage Therapy Room

**9:40am** - Strength Train - M  
Great Hall

**10:00am** - Beg Oil Paint - Ma  
Art Room

**10:30am** - Spanish - Early Int  
Dogwood Room

**10:45am** - Strength Train - M  
Great Hall

**11:30am** - Dementia Consult  
Conference Room

**12:00pm** - Cards  
Mem Tree and Vet Alc

**12:00pm** - Intro Span-Beg-Ma  
Dogwood Room

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

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

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

**4:30pm** - Retros  
Art Room

**5:30pm** - Boot Camp -May  
Great Hall

29

**8:00am** - SHIIP  
Visiting Agency 1

**8:00am** - Billiards  
Activity Area-Pool

**8:20am** - ST&M - May  
Great Hall

**8:30am** - Walking Outdoors  
Living Room

**9:00am** - ESL  
Dogwood Room

**9:00am** - Chinese Dance  
Exercise Room

**10:00am** - Table Tennis  
Table Tennis Area

**10:00am** - Chinese - Learn  
Conference Room

**10:30am** - Creative Crafts  
Craft Room

**10:30am** - Silver Sneakers-  
Great Hall

**11:00am** - Simply Yoga - am  
Exercise Room

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

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Cards  
Mem Tree and Vet Alc

30

**8:00am** - Basketball  
Great Hall

**8:00am** - Trager-By Appt  
Massage Therapy Room

**8:00am** - Billiards  
Activity Area-Pool

**9:00am** - Strengthen Your C  
Exercise Room

**9:00am** - Bocce and Lunch  
Bocce Court

**9:30am** - French Class  
Ashe Room

**9:30am** - Salli's Sr Wor-May  
Great Hall

**9:30am** - Blood Pressure Ch  
Wellness Corridor

**9:30am** - Bridge Lab  
Birch Room

**10:00am** - Table Tennis  
Table Tennis Area

**10:00am** - Charlie's Social CI  
Conference Room

**10:00am** - Inspired Movemen  
Exercise Room

**10:15am** - Caregivers Respit  
Dogwood Room

**10:30am** - Issues of Faith  
Theater

31

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# Seymour Center Activity Calendar

**May 2017 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

<b>28</b>		<b>29</b>	<b>30</b>	<b>31</b>		
	<p><b>7:00pm</b> - Chinese Folk Dance Great Hall</p>	<p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>1:00pm</b> - Senior Center Cin Theater</p> <p><b>1:10pm</b> - Core with Strength Exercise Room</p> <p><b>2:00pm</b> - Table Tennis Great Hall</p> <p><b>2:00pm</b> - Chinese Brush-Ma Art Room</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>3:00pm</b> - Village Revue Theater</p> <p><b>4:00pm</b> - What Can We Exp Ashe Room</p> <p><b>4:15pm</b> - Badminton Great Hall</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</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 Alcove Hickory #2</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Mem Tree and Vet Alc</p> <p><b>12:00pm</b> - Bocce and Lunch Dogwood Room</p> <p><b>1:00pm</b> - Sarah West Bridge Birch Room</p> <p><b>1:00pm</b> - Yoga - May Exercise Room</p> <p><b>1:00pm</b> - Duplicate Bridge Ashe Room</p> <p><b>2:30pm</b> - Return to Recess Great Hall</p> <p><b>2:30pm</b> - T'ai Chi-begWedM Exercise Room</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA -May Great Hall</p>			

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

# Seymour Center Activity Calendar

**May 2017 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

28

29

30

31

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

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

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



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