

Seymour Center NOVEMBER 2016 ACTIVITY CALENDAR

Sunday	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5
		8:00A - Billiards 8:00A - Fitness Studio-Nov 8:00A - SHIIP 8:00A - Mary Lynn Piven 8:20A - ST&M - Nov 8:30A - Walking Outdoors 9:00A - Chinese Dance 9:00A - ESL 9:30A - Bridge-Bidding in 21 10:00A - Table Tennis 10:00A - Balance-Sept 10:00A - Chinese - Learn 10:00A - Drawing - RMM 10:00A - Trans Info 10:30A - Silver Sneakers-Nov 10:30A - Creative Crafts 11:00A - Gentle Yoga - am 12:00P - Early Voting 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 12:30P - parkinson's caregive 12:30P - Parkinson Sup 1:00P - Senior Center Cinem 1:00P - Intro to Word Proc 2:00P - Retirement for Boome 2:00P - Table Tennis 2:00P - Chin Brush-Sept 2:00P - Writers' Discussion 2:15P - Inspired Movement 3:00P - Village Revue 3:00P - VITA TRAINING 4:15P - Badminton 5:00P - Music Therapy 5:30P - Adult Care Home Adv 6:00P - Cent Min Club - Feb 6:30P - West Coast 6:30P - Improv - 101-room 6:30P - CH Camera Club Digi 7:00P - T'ai Chi 7:00P - Song Swap	8:00A - Billiards 8:00A - Basketball 8:00A - Trager-By Appt 8:00A - Fitness Studio-Nov 9:00A - Fit Feet - Nov 4 9:30A - Bridge Lab 9:30A - Sall's Sr Work-Nov 9:30A - Blood Pressure Chec 10:00A - Driven to Abst-Canc 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Charlie's Social Clu 10:30A - Buzz Table 10:30A - Issues of Faith 10:30A - Issues of Faith 10:30A - Caregivers Respite G 11:00A - Tone, Balance, Tight 12:00P - Early Voting 12:00P - Cards 12:00P - Seymour Lunch Progr 1:00P - Sarah West Bridge 1:00P - Duplicate Bridge 1:00P - Yoga, Sr - Nov 2:30P - Return to Recess 2:30P - T'ai Chi-beg Wed-No 3:00P - AA - Late Bloomers 3:55P - NIA - Nov 5:15P - Simply Yoga- evening 5:15P - Tutoring 6:15P - Circuit Training-Sep 7:00P - Tree Huggers Improv 7:30P - Badminton-Wed night	8:00A - Billiards 8:00A - Fitness Studio-Nov 8:00A - SHIIP 8:20A - ST&M - Nov 9:00A - Ther Massage - Nov 9:00A - Spanish Social Club 9:15A - Chinese Calligraphy 9:30A - Mah Jong, Learn 9:30A - Chair Massage - Nov 9:40A - Strength Train - Nov 10:00A - Table Tennis 10:00A - Balance-Sept 10:00A - Tap Dance -Nov 10:00A - VITA TRAINING 10:30A - Sudoku Club 10:45A - Strength Train - Nov 11:00A - Jammers - Cheer Lea 12:00P - Early Voting 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 1:00P - canasta 1:00P - Spanish Social Club 1:00P - Intro to Word Proc 1:30P - Knifty Knitters 2:00P - Table Tennis 2:15P - Inspired Movement 3:00P - Aging Transitions 3:30P - Pilates - Nov-Thurs 5:30P - Family to Family 5:30P - Basketball PM 6:00P - Holiday Cards 7:00P - Mah Jong-evening 7:00P - Waltzing 7:00P - Pastel- Evening 7:00P - Spanish Meet-up 8:00P - Chinese Dance	8:00A - Billiards 8:00A - Basketball 8:00A - Fitness Studio-Nov 9:00A - Physical Function 9:00A - Span Lev V Int-Adv-N 9:00A - ESL - beg 9:30A - Bridge Lab 9:30A - Sall's Sr Work-Nov 10:00A - Caregiver Creative C 10:00A - Table Tennis 10:00A - Beg Oil Paint - Oct 10:00A - NARFE 10:15A - Spanish Beg-Nov 10:30A - Silver Sneakers-Nov 11:00A - Tone, Balance, Tight 12:00P - Early Voting 12:00P - Seymour Lunch Progr 12:00P - Surviving the Holid 12:00P - Spanish Meet-up-Fri 12:45P - Chinese Choir 1:00P - Table Tennis- Fri 1:00P - Sarah West Bridge 1:00P - Reflexology 2:00P - T'ai Chi -Yang Short 3:15P - Retros 6:00P - Let Me Entertain You	8:00A - Early Voting 8:00A - Fitness Studio-Nov 9:00A - Billiards 9:00A - Jap Emb-Nov-CANC 9:15A - Badminton 9:30A - Chinese Dance 12:00P - Table Tennis - Sat 1:00P - Basketry 3:30P - Zumba -Latina-kids



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Seymour Center NOVEMBER 2016 ACTIVITY CALENDAR

Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12
	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Fitness Studio-Nov
	8:00A - Fitness Studio-Nov	8:00A - Fitness Studio-Nov	8:00A - Basketball	8:00A - Fitness Studio-Nov	8:00A - Basketball	9:00A - Billiards
	8:00A - VA Benefits Assistan	8:00A - SHIIP	8:00A - Trager-By Appt	8:00A - SHIIP	8:00A - Fitness Studio-Nov	9:00A - Passage Meditation
	9:00A - Masg - MS, day Nov	8:00A - Mary Lynn Piven	8:00A - Fitness Studio-Nov	8:00A - SHIIP	9:00A - Span Lev V Int-Adv-N	9:15A - Badminton
	9:15A - Morning Bridge	8:20A - ST&M - Nov	9:00A - Fit Feet - Nov 4	8:20A - ST&M - Nov	9:00A - ESL - beg	9:30A - Chinese Dance
	9:15A - Morning Bridge	8:30A - Walking Outdoors	9:30A - Bridge Lab	9:00A - Ther Massage - Nov	9:00A - Intro to Tax Slayer	12:00P - Prime Time Players P
	9:30A - Span-Lev III-Beg-Nov	9:00A - Chinese Dance	9:30A - Sall's Sr Work-Nov	9:00A - Spanish Social Club	9:30A - Bridge Lab	12:00P - Duplin Winery
	9:40A - Strength Train - Nov	9:00A - ESL	9:30A - Blood Pressure Chec	9:15A - Chinese Calligraphy	9:30A - Sall's Sr Work-Nov	12:00P - Table Tennis - Sat
	10:00A - Life Story Videos	10:00A - Table Tennis	10:00A - Table Tennis	9:30A - Mah Jong, Learn	10:00A - Table Tennis	3:30P - Zumba -Latina-kids
	10:00A - Table Tennis	10:00A - Balance-Sept	10:00A - Inspired Movement	9:40A - Strength Train - Nov	10:00A - Table Tennis	
	10:00A - Inspired Movement	10:00A - Chinese - Learn	10:00A - Charlie's Social Clu	10:00A - Strength Train - Nov	10:00A - Table Tennis	
	10:00A - Nat Skin Fac -	10:00A - Drawing - RMM	10:30A - Bingo	10:00A - Table Tennis	10:00A - Balance-Sept	
	10:00A - Connections Concier	10:30A - Silver Sneakers-Nov	10:30A - Issues of Faith	10:00A - Tap Dance -Nov	10:00A - Balance-Sept	
	10:00A - Beg Oil Paint - Oct	10:30A - Creative Crafts	10:30A - Issues of Faith	10:00A - VITA TRAINING	10:00A - Tap Dance -Nov	
	10:00A - Quilting w/ the Girl	10:30A - Golden Age Happy Ci	10:30A - Caregivers Respite G	10:30A - Sudoku Club	10:00A - Veterans' Memorial S	
	10:00A - Quilting w/ the Girl	11:00A - Gentle Yoga - am	11:00A - Tone, Balance, Tight	10:45A - Strength Train - Nov	11:00A - Tone, Balance, Tight	
	10:00A - Bobbin Lace	12:00P - Cards	12:00P - Cards	11:00A - Jammers - Cheer Lea	12:00P - Seymour Lunch Progr	
	10:45A - Strength Train - Nov	12:00P - Seymour Lunch Progr	12:00P - Seymour Lunch Progr	12:00P - Cards	12:00P - Spanish Meet-up-Fri	
	11:00A - Sit to be Fit	12:00P - Project EngAGE	12:00P - Reiki	12:00P - Seymour Lunch Progr	12:45P - Chinese Choir	
	12:00P - Cards	12:30P - UNC Phys Therapy	1:00P - Sarah West Bridge	12:30P - UNC Phys Therapy	1:00P - Rose Light String	
	12:00P - Seymour Lunch Progr	1:00P - Operation Diabetes	1:00P - Duplicate Bridge	1:00P - Prime Time Players P	1:00P - Sarah West Bridge	
	12:00P - Birthday Celebration	1:00P - Senior Center Cinem	1:00P - Yoga, Sr - Nov	1:00P - canasta	1:00P - Reflexology	
	12:00P - Span Beg Lev IINov	1:00P - Intro to Word Proc	2:30P - Return to Recess	1:00P - Spanish Social Club	1:30P - Badminton- 2nd Frida	
	12:30P - Mah Jong	2:00P - Retirement for Boome	2:30P - T'ai Chi-beg Wed-No	2:00P - Table Tennis	2:00P - T'ai Chi -Yang Short	
	12:45P - Chinese Choir	2:00P - Table Tennis	3:00P - AA - Late Bloomers	2:15P - Inspired Movement	3:15P - Retros	
	1:00P - Social Bridge	2:15P - Inspired Movement	3:55P - NIA - Nov	3:00P - Aging Transitions		
	1:00P - canasta	3:00P - Carolina Village Pro	5:15P - Simply Yoga- evening	3:30P - Pilates - Nov-Thurs		
	1:00P - Yoga, Sr - Nov	3:00P - Village Revue	5:15P - Tutoring	4:00P - Project EngAGE		
	1:00P - Pastel Painting - KW	3:00P - VITA TRAINING	6:15P - Circuit Training-Sep	5:30P - Family to Family		
	1:30P - Garden Club	4:15P - Badminton	7:00P - Irish Dance	5:30P - Basketball PM		
	1:45P - Prime Time -pract	5:00P - Music Therapy	7:00P - Tree Huggers Improv	7:00P - Mah Jong-evening		
	2:00P - Pilates - Nov - Mon	6:30P - RentalBoy Scouts 82	7:30P - Badminton-Wed night	7:00P - Waltzing		
	3:00P - Fabric Mandala -Nov	6:30P - West Coast		7:00P - Pastel- Evening		
	3:00P - Prime Time Players	6:30P - Improv- 101		7:00P - Spanish Meet-up		
	3:15P - Line Dancing- Nov	6:30P - CH Cam Club		8:00P - Chinese Dance		
	5:30P - Boot Camp - Nov	7:00P - T'ai Chi				
	6:30P - Pilates-Low Vision	7:00P - Drawing-Canc				
	7:00P - Clogging Lessons	7:00P - NAMI Support Group				
	9:30P - Spanish Lev IV Ear I	7:30P - Nightclub Two Step D				

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Seymour Center NOVEMBER 2016 ACTIVITY CALENDAR

Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Fitness Studio-Nov
	8:00A - Fitness Studio-Nov	8:00A - Fitness Studio-Nov	8:00A - Basketball	8:00A - Fitness Studio-Nov	8:00A - Basketball	9:00A - Billiards
	8:00A - VA Benefits Assistan	8:00A - SHIIP	8:00A - Trager-By Appt	8:00A - SHIIP	8:00A - Fitness Studio-Nov	9:15A - Badminton
	9:00A - Masg - MS, day Nov	8:00A - Mary Lynn Piven	8:00A - Fitness Studio-Nov	8:20A - ST&M - Nov	9:00A - Span Lev V Int-Adv-N	9:30A - Chinese Dance
	9:15A - Morning Bridge	8:20A - ST&M - Nov	9:00A - Fit Feet - Nov 18	9:00A - Operation Diabetes	9:00A - ESL - beg	12:00P - Table Tennis - Sat
	9:15A - Morning Bridge	8:30A - Walking Outdoors	9:00A - Waterco-Festive Pear	9:00A - Ther Massage - Nov	9:30A - Bridge Lab	1:00P - Opera at the Sr Cent
	9:30A - Span-Lev III-Beg-Nov	9:00A - Chinese Dance	9:30A - Bridge Lab	9:00A - Spanish Social Club	9:30A - Sall's Sr Work-Nov	3:30P - Zumba -Latina-kids
	9:40A - Strength Train - Nov	9:00A - ESL	9:30A - Sall's Sr Work-Nov	9:00A - File Management	10:00A - Table Tennis	
	10:00A - Life Story Videos	9:00A - File Management	9:30A - Blood Pressure Chec	9:15A - Chinese Calligraphy	10:15A - Spanish Beg-Nov	
	10:00A - Table Tennis	10:00A - DIY-Dry Erase	10:00A - Table Tennis	9:30A - Mah Jong, Learn	10:30A - Silver Sneakers-Nov	
	10:00A - Inspired Movement	10:00A - Table Tennis	10:00A - Inspired Movement	9:40A - Strength Train - Nov	11:00A - Tone, Balance, Tight	
	10:00A - Beg Oil Paint - Oct	10:00A - Balance-Sept	10:00A - Charlie's Social Clu	10:00A - Table Tennis	12:00P - Seymour Lunch Progr	
	10:00A - Quilting w/ the Girl	10:00A - Chinese - Learn	10:30A - Buzz Table	10:00A - Balance-Sept	12:00P - Spanish Meet-up-Fri	
	10:00A - Quilting w/ the Girl	10:00A - Drawing - RMM	10:30A - Issues of Faith	10:00A - Tap Dance -Nov	12:45P - Chinese Choir	
	10:45A - Strength Train - Nov	10:30A - Silver Sneakers-Nov	10:30A - Issues of Faith	10:00A - Chinese Training Gro	1:00P - Sarah West Bridge	
	11:00A - Sit to be Fit	10:30A - Creative Crafts	10:30A - Caregivers Respite G	10:00A - VITA TRAINING	1:00P - Reflexology	
	12:00P - Cards	11:00A - Gentle Yoga - am	10:30A - Chinese Volunteers	10:30A - Sudoku Club	2:00P - T'ai Chi -Yang Short	
	12:00P - Seymour Lunch Progr	12:00P - Cards	11:00A - Tone, Balance, Tight	10:45A - Strength Train - Nov	3:15P - Retros	
	12:00P - Span Beg Lev IINov	12:00P - Seymour Lunch Progr	12:00P - Cards	11:00A - Jammers - Cheer Lea		
	12:30P - Mah Jong	12:30P - UNC Phys Therapy	12:00P - Seymour Lunch Progr	12:00P - Cards		
	12:45P - Chinese Choir	1:00P - Senior Center Cinem	1:00P - Sarah West Bridge	12:00P - Seymour Lunch Progr		
	1:00P - Social Bridge	1:00P - Intro to Tax Slayer	1:00P - Duplicate Bridge	12:30P - UNC Phys Therapy		
	1:00P - canasta	2:00P - Retirement for Boome	1:00P - Yoga, Sr - Nov	12:30P - Friends of Sey		
	1:00P - Yoga, Sr - Nov	2:00P - Depression Training	2:00P - Laugh wirh Liza	1:00P - canasta		
	1:00P - Pastel Painting - KW	2:00P - Table Tennis	2:30P - Return to Recess	1:00P - Spanish Social Club		
	1:00P - Pinterest	2:00P - Chin Brush-Nov	2:30P - T'ai Chi-beg Wed-No	1:00P - Urban Line Dance		
	1:30P - Memory Cafe	2:00P - Writers' Discussion	2:30P - AA - Late Bloomers	1:00P - Newcomers' Mah Jon		
	2:00P - Pilates - Nov - Mon	2:15P - Inspired Movement	3:55P - NIA - Nov	1:30P - Knifty Knitters		
	3:00P - Fabric Mandala -Nov	3:00P - Village Revue	5:15P - Simply Yoga- evening	2:00P - Table Tennis		
	3:00P - Prime Time Players	3:00P - VITA TRAINING	5:15P - Tutoring	2:00P - Trip/Friends		
	3:15P - Line Dancing- Nov	4:00P - What Can We Expect	7:00P - Tree Huggers Improv	2:15P - Inspired Movement		
	4:00P - Staff Meeting	4:15P - Badminton	7:30P - Badminton-Wed night	3:00P - Aging Transitions		
	5:30P - Boot Camp - Nov	5:00P - Music Therapy		3:30P - Pilates - Nov-Thurs		
	6:30P - Pilates-Low Vision	6:00P - Rentals-Delta Sig Th		4:00P - Project EngAGE		
	7:00P - Beyind Clinic Walls	6:30P - West Coast		5:30P - Family to Family		
	7:00P - Clogging Lessons	6:30P - Improv- 101		5:30P - Basketball PM		
	9:30P - Spanish Lev IV Ear I	6:30P - CH Cam Club		7:00P - Mah Jong-evening		
		7:00P - T'ai Chi		7:00P - Waltzing		
		7:30P - Nightclub Two Step D		7:00P - Pastel- Evening		
				7:00P - Spanish Meet-up		
				8:00P - Chinese Dance		

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	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Fitness Studio-Nov
	8:00A - Fitness Studio-Nov	8:00A - Fitness Studio-Nov	8:00A - Basketball	8:00A - Fitness Studio-Nov	8:00A - Basketball	9:00A - Billiards
	8:00A - VA Benefits Assistan	8:00A - SHIIP	8:00A - Trager-By Appt	8:00A - SHIIP	8:00A - Fitness Studio-Nov	9:15A - Badminton
	9:00A - Masg - MS, day Nov	8:00A - Mary Lynn Piven	8:00A - Fitness Studio-Nov	8:20A - ST&M - Nov	9:00A - Span Lev V Int-Adv-N	9:30A - Chinese Dance
	9:15A - Morning Bridge	8:20A - ST&M - Nov	9:00A - Waterco-Festive Pear	9:00A - Ther Massage - Nov	9:00A - ESL - beg	12:00P - Table Tennis - Sat
	9:15A - Morning Bridge	8:30A - Walking Outdoors	9:30A - Bridge Lab	9:00A - Sr Wellness Clinic	9:30A - Bridge Lab	3:30P - Zumba -Latina-kids
	9:30A - Span-Lev III-Beg-Nov	9:00A - Chinese Dance	9:30A - Sall's Sr Work-Nov	9:00A - Spanish Social Club	9:30A - Sall's Sr Work-Nov	
	9:40A - Strength Train - Nov	9:00A - ESL	9:30A - Blood Pressure Chec	9:15A - Chinese Calligraphy	10:00A - Table Tennis	
	10:00A - Life Story Videos	10:00A - Table Tennis	10:00A - Table Tennis	9:30A - Mah Jong, Learn	10:00A - Insight Caregivers	
	10:00A - Table Tennis	10:00A - Balance-Sept	10:00A - Inspired Movement	9:40A - Strength Train - Nov	10:15A - Spanish Beg-Nov	
	10:00A - Inspired Movement	10:00A - Chinese - Learn	10:00A - Charlie's Social Clu	10:00A - Table Tennis	10:30A - Silver Sneakers-Nov	
	10:00A - Nat Skin Fac -	10:00A - Drawing - RMM	10:30A - Issues of Faith	10:00A - Balance-Sept	11:00A - Tone, Balance, Tight	
	10:00A - Connections Concier	10:30A - Silver Sneakers-Nov	10:30A - Issues of Faith	10:00A - Tap Dance -Nov	12:00P - Seymour Lunch Progr	
	10:00A - Beg Oil Paint - Nov	10:30A - Creative Crafts	10:30A - Caregivers Respite G	10:30A - Sudoku Club	12:00P - Spanish Meet-up-Fri	
	10:00A - Quilting w/ the Girl	11:00A - Gentle Yoga - am	11:00A - Tone, Balance, Tight	10:45A - Strength Train - Nov	12:45P - Chinese Choir	
	10:00A - Quilting w/ the Girl	12:00P - Cards	12:00P - Cards	11:00A - Jammers - Cheer Lea	1:00P - Sarah West Bridge	
	10:00A - Bobbin Lace	12:00P - Seymour Lunch Progr	12:00P - Seymour Lunch Progr	12:00P - Cards	1:00P - Reflexology	
	10:45A - Strength Train - Nov	12:30P - UNC Phys Therapy	12:00P - Reiki	12:00P - Seymour Lunch Progr	2:00P - T'ai Chi -Yang Short	
	11:00A - Sit to be Fit	1:00P - Senior Center Cinem	1:00P - Sarah West Bridge	12:30P - UNC Phys Therapy	3:15P - Retros	
	12:00P - Cards	1:30P - Program Advisory	1:00P - Duplicate Bridge	1:00P - canasta		
	12:00P - Seymour Lunch Progr	2:00P - Retirement for Boome	1:00P - Yoga, Sr - Nov	1:00P - Spanish Social Club		
	12:00P - Span Beg Lev IINov	2:00P - Table Tennis	2:00P - DIY-Craft Deco Wreat	1:00P - Project EngAGE		
	12:30P - Mah Jong	2:00P - Chin Brush-Nov	2:30P - Return to Recess	2:00P - Table Tennis		
	12:45P - Chinese Choir	2:15P - Inspired Movement	2:30P - T'ai Chi-beg Wed-No	2:15P - Inspired Movement		
	1:00P - Social Bridge	3:00P - Village Revue	3:00P - AA - Late Bloomers	3:00P - Aging Transitions		
	1:00P - canasta	4:00P - What Can We Expect	3:55P - NIA - Nov	3:30P - Pilates - Nov-Thurs		
	1:00P - Yoga, Sr - Nov	4:15P - Badminton	5:15P - Simply Yoga- evening	5:30P - Family to Family		
	2:00P - Pilates - Nov - Mon	5:00P - Music Therapy	5:15P - Tutoring	5:30P - Basketball PM		
	2:00P - TED TALKS	6:30P - West Coast	6:15P - Circuit Training-Nov	7:00P - Mah Jong-evening		
	3:00P - Fabric Mandala -Nov	6:30P - Improv- 101	7:00P - Tree Huggers Improv	7:00P - Argentine Tango		
	3:00P - Prime Time Players	6:30P - CH Cam Club	7:30P - Badminton-Wed night	7:00P - Pastel- Evening		
	3:15P - Line Dancing- Nov	7:00P - T'ai Chi		7:00P - Spanish Meet-up		
	5:30P - Boot Camp - Nov	7:30P - Nightclub Two Step D		8:00P - Chinese Dance		
	6:30P - Pilates-Low Vision					
	7:00P - Clogging Lessons					
	9:30P - Spanish Lev IV Ear I					

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27	28	29	30			
	8:00A - Billiards 8:00A - Fitness Studio-Nov 8:00A - VA Benefits Assistan 9:00A - Masg - MS, day Nov 9:15A - Morning Bridge 9:15A - Morning Bridge 9:30A - Span-Lev III-Beg-Nov 9:40A - Strength Train - Nov 10:00A - Life Story Videos 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Beg Oil Paint - Nov 10:00A - Quilting w/ the Girl 10:00A - Quilting w/ the Girl 10:45A - Strength Train - Nov 11:00A - Sit to be Fit 12:00P - Cards 12:00P - Seymour Lunch Progr 12:00P - Span Beg Lev IINov 12:30P - Mah Jong 12:45P - Chinese Choir 1:00P - Social Bridge 1:00P - canasta 1:00P - Yoga, Sr - Nov 2:00P - Pilates - Nov - Mon 3:00P - Prime Time Players 3:15P - Line Dancing- Nov 5:30P - Boot Camp - Nov 6:00P - Picterragraphics N 6:00P - Apple Chill Cloggers 6:30P - Pilates-Low Vision 9:30P - Spanish Lev IV Ear I	8:00A - Billiards 8:00A - Fitness Studio-Nov 8:00A - SHIIP 8:00A - Mary Lynn Piven 8:20A - ST&M - Nov 8:30A - Walking Outdoors 9:00A - Chinese Dance 9:00A - ESL 10:00A - Table Tennis 10:00A - Balance-Sept 10:00A - Chinese - Learn 10:00A - Drawing - RMM 10:30A - Silver Sneakers-Nov 10:30A - Creative Crafts 11:00A - Gentle Yoga - am 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 1:00P - Senior Center Cinem 2:00P - Table Tennis 2:00P - Chin Brush-Nov 2:15P - Inspired Movement 3:00P - Village Revue 4:00P - What Can We Expect 4:15P - Badminton 5:00P - Music Therapy 6:30P - West Coast 7:00P - T'ai Chi 7:30P - Nightclub Two Step D	8:00A - Billiards 8:00A - Basketball 8:00A - Trager-By Appt 8:00A - Fitness Studio-Nov 9:00A - Waterco-Festive Pear 9:30A - Bridge Lab 9:30A - Sall's Sr Work-Nov 9:30A - Blood Pressure Chec 10:00A - Pharmacy Tips & Adv 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Charlie's Social Clu 10:30A - Issues of Faith 10:30A - Issues of Faith 10:30A - Caregivers Respite G 11:00A - Tone, Balance, Tight 12:00P - Cards 12:00P - Seymour Lunch Progr 1:00P - Sarah West Bridge 1:00P - Duplicate Bridge 1:00P - Yoga, Sr - Nov 2:00P - DIY-Elegant Orname 2:30P - Return to Recess 2:30P - T'ai Chi-beg Wed-No 3:00P - AA - Late Bloomers 3:55P - NIA - Nov 5:15P - Simply Yoga- evening 5:15P - Tutoring 6:15P - Circuit Training-Nov 7:00P - Tree Huggers Improv 7:30P - Badminton-Wed night			

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