

SEYMOUR - SEPTEMBER 2016 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00A - Billiards 8:00A - Fitness Studio-Sept 8:20A - ST&M - Sept 9:00A - Ther Massage - Sept 9:00A - Spanish Social Club 9:15A - Chinese Calligraphy 9:30A - Mah Jong, Learn 9:30A - Chair Massage - Sept 9:40A - Strength Train-Sept 10:00A - Table Tennis 10:00A - Tap Dance-Sept 10:30A - Sudoku Club 10:45A - Strength Train-Sept 11:00A - Jammers - Cheer Lea 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 1:00P - Spanish Social Club 1:00P - Pastel - KW- summer 1:00P - SHIIP 1:30P - Knifty Knitters 2:00P - Ice Cream on Wheels 2:00P - Table Tennis 2:15P - Inspired Movement 3:00P - Aging Transitions 3:30P - Pilates-Sept Thurs 5:00P - SHIIP 5:30P - Basketball PM 7:00P - Mah Jong-evening 7:00P - Waltzing 7:00P - Tree Huggers Improv 7:00P - Spanish Meet-up 8:00P - Chinese Dance	2 8:00A - Billiards 8:00A - Basketball 8:00A - Fitness Studio-Sept 9:00A - Salli's Sr Work-Sept 9:00A - Physical Function 9:30A - Bridge Lab 10:00A - Caregiver Creative C 10:00A - Table Tennis 10:30A - Silver Sneakers-Sept 11:00A - Tone, Balance, Tight 12:00P - Seymour Lunch Progr 12:00P - Seymour Lunch Progr 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	3 8:00A - Fitness Studio-Sept 9:00A - Billiards 9:15A - Badminton 9:30A - Chinese Dance 12:00P - Table Tennis - Sat 12:30P - Village Revue 3:00P - Caring Melodies Con 3:30P - Zumba -Latina-kids 3:30P - Zumba - Latina 3:30P - Zumba - Latina

Seymour Center

Created On: 08/09/2016

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 - SEPTEMBER 2016 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	8:00A - Billiards 8:00A - Fitness Studio-Sept 8:00A - VA Benefits Assistan 9:00A - Masg - MS, day Sept 9:15A - Morning Bridge 9:15A - Morning Bridge 9:40A - Strength Train-Sept 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Nat Skin Fac - 10:00A - Quilting w/ the Girl 10:00A - Quilting w/ the Girl 10:00A - Bobbin Lace 10:45A - Strength Train-Sept 11:00A - Sit to be Fit 12:00P - Cards 12:00P - Seymour Lunch Progr 12:00P - Birthday Celebration 12:15P - Silver Sneakers- 12:30P - Mah Jong 12:45P - Chinese Choir 1:00P - Social Bridge 1:00P - Yoga, Sr - Sept 1:30P - Garden Club 2:15P - Pilates-Sept- Mon 3:15P - Line Dancing Sept	8:00A - Billiards 8:00A - Fitness Studio-Sept 8:00A - Mary Lynn Piven 8:20A - ST&M - Sept 9:00A - Chinese Dance 9:00A - ESL 9:00A - SHIIP 9:00A - Comp Fund Wind 10 9:30A - Bridge-Bid in 21-can 10:00A - Table Tennis 10:00A - Chinese - Learn 10:00A - Trans Info 10:30A - Silver Sneakers-Sept 10:30A - Creative Crafts 11:00A - Gentle Yoga - am 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 2:00P - Table Tennis 2:00P - Writers' Discussion 2:15P - Inspired Movement 3:00P - Village Revue 5:30P - Adult Care Home Adv 6:00P - Cent Min Club - Feb 6:30P - CH Camera Club Digi 7:00P - T'ai Chi	8:00A - Billiards 8:00A - Basketball 8:00A - Trager-By Appt 8:00A - Fitness Studio-Sept 9:00A - Mindfulness-intro 9:00A - Shingles & Pneu-Ass 9:00A - Sall's Sr Work-Sept 9:00A - Fit Feet - Sept 7,14 9:30A - Bridge Lab 9:30A - Blood Pressure Chec 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 - Cards 12:00P - Seymour Lunch Progr 12:15P - Silver Sneakers- 1:00P - Sarah West Bridge 1:00P - Duplicate Bridge 1:00P - Yoga, Sr - Sept 2:30P - Return to Recess 2:30P - T'ai Chi-beg Wed-Se 3:00P - AA - Late Bloomers 3:55P - NIA - Sept	8:00A - Billiards 8:00A - Fitness Studio-Sept 8:20A - ST&M - Sept 9:00A - Ther Massage - Sept 9:00A - Spanish Social Club 9:00A - Comp Fund Wind 10 9:15A - Chinese Calligraphy 9:30A - Mah Jong, Learn 9:40A - Strength Train-Sept 10:00A - Depression Communi 10:00A - Table Tennis 10:00A - Tap Dance-Sept 10:30A - Sudoku Club 10:45A - Strength Train-Sept 11:00A - Jammers - Cheer Lea 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 1:00P - Spanish Social Club 1:00P - SHIIP 2:00P - Table Tennis 2:00P - Trip Present-Friends 2:15P - Inspired Movement 3:00P - Aging Transitions 3:30P - Pilates-Sept Thurs 5:00P - SHIIP 5:30P - Family to Family 5:30P - Basketball PM 7:00P - Mah Jong-evening 7:00P - Waltzing 7:00P - Tree Huggers Improv 7:00P - Spanish Meet-up 8:00P - Chinese Dance	8:00A - Billiards 8:00A - Basketball 8:00A - Fitness Studio-Sept 9:00A - Sall's Sr Work-Sept 9:00A - Span Lev V Int to Ad 9:30A - Bridge Lab 10:00A - Caregiver Creative C 10:00A - Table Tennis 10:15A - SpanishBeg I-Sept 10:30A - Silver Sneakers-Sept 11:00A - Tone, Balance, Tight 12:00P - Seymour Lunch Progr 12:00P - Seymour Lunch Progr 12:00P - Spanish Meet-up-Fri 12:45P - Chinese Choir 1:00P - Sarah West Bridge 1:00P - Reflexology 1:00P - Spouse Loss Grief Su 1:00P - Android Smartphones 1:30P - Badminton- 2nd Frida 2:00P - T'ai Chi -Yang Short 3:15P - Retros	8:00A - Fitness Studio-Sept 9:00A - Billiards 9:00A - Passage Meditation 9:15A - Badminton 9:30A - Chinese Dance 12:00P - Table Tennis - Sat 1:00P - Flea Market Decor W 3:00P - Concert 3:30P - Zumba -Latina-kids 3:30P - Zumba - Latina 3:30P - Zumba - Latina

SEYMOUR - SEPTEMBER 2016 ACTIVITY CALENDAR

Sunday 11	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17
	8:00A - Billiards	8:00A - Fitness Studio-Sept				
	8:00A - Fitness Studio-Sept	8:00A - Fitness Studio-Sept	8:00A - Basketball	8:00A - Fitness Studio-Sept	8:00A - Basketball	9:00A - Billiards
	8:00A - VA Benefits Assistan	8:00A - Mary Lynn Piven	8:00A - Trager-By Appt	8:20A - ST&M - Sept	8:00A - Fitness Studio-Sept	9:15A - Badminton
	9:00A - Masg - MS, day Sept	8:20A - ST&M - Sept	8:00A - Fitness Studio-Sept	9:00A - Ther Massage - Sept	9:00A - Salli's Sr Work-Sept	9:30A - Chinese Dance
	9:00A - Windows 10 Worksho	9:00A - Chinese Dance	9:00A - Mindfulness	9:00A - Spanish Social Club	9:00A - Span Lev V Int to Ad	12:00P - Table Tennis - Sat
	9:15A - Morning Bridge	9:00A - ESL	9:00A - Salli's Sr Work-Sept	9:00A - Comp Fund Wind 10	9:00A - ESL - beg	1:00P - Opera at the Sr Cent
	9:15A - Morning Bridge	9:00A - SHIIP	9:00A - Fit Feet - Sept 7,14	9:15A - Chinese Calligraphy	9:30A - Bridge Lab	3:30P - Zumba -Latina-kids
	9:30A - Spanish Lev IVEarly	9:00A - Comp Fund Wind 10	9:30A - Bridge Lab	9:30A - Mah Jong, Learn	10:00A - Caregiver Creative C	3:30P - Zumba - Latina
	9:40A - Strength Train-Sept	9:30A - Bridge-Bid in 21-can	9:30A - Blood Pressure Chec	9:40A - Strength Train-Sept	10:00A - Table Tennis	3:30P - Zumba - Latina
	10:00A - Table Tennis	10:00A - Table Tennis	9:30A - Falls Prevention	10:00A - The Up-Side of Down	10:00A - Beg Oil Paint -Sept	6:30P - Improv Class
	10:00A - Inspired Movement	10:00A - Balance-Sept	10:00A - Table Tennis	10:00A - Table Tennis	10:15A - SpanishBeg I-Sept	
	10:00A - Beg Oil Paint -Sept	10:00A - Chinese - Learn	10:00A - Inspired Movement	10:00A - Balance-Sept	10:30A - Silver Sneakers-Sept	
	10:00A - Quilting w/ the Girl	10:00A - Drawing - RMM	10:00A - Charlie's Social Clu	10:00A - Tap Dance-Sept	11:00A - Tone, Balance, Tight	
	10:00A - Quilting w/ the Girl	10:30A - Silver Sneakers-Sept	10:30A - Bingo	10:00A - Chinese Training Gro	12:00P - Seymour Lunch Progr	
	10:30A - Span Lev III Beg-Sep	10:30A - Creative Crafts	10:30A - Issues of Faith	10:30A - Sudoku Club	12:00P - Seymour Lunch Progr	
	10:45A - Strength Train-Sept	10:30A - Golden Age Happy Ci	10:30A - Issues of Faith	10:45A - Strength Train-Sept	12:00P - Spanish Meet-up-Fri	
	11:00A - Sit to be Fit	11:00A - Gentle Yoga - am	10:30A - Caregivers Respite G	11:00A - Jammers - Cheer Lea	12:45P - Chinese Choir	
	12:00P - Cards	12:00P - Cards	11:00A - Tone, Balance, Tight	12:00P - Cards	1:00P - Sarah West Bridge	
	12:00P - Seymour Lunch Progr	12:00P - Seymour Lunch Progr	12:00P - Cards	12:00P - Seymour Lunch Progr	1:00P - Reflexology	
	12:00P - Span Beg Lev IISept	12:00P - Project EngAGE	12:00P - Seymour Lunch Progr	12:30P - UNC Phys Therapy	1:00P - Spouse Loss Grief Su	
	12:15P - Silver Sneakers-	12:30P - UNC Phys Therapy	12:00P - Reiki	1:00P - Spanish Social Club	1:00P - Android Smartphones	
	12:30P - Mah Jong	1:00P - Senior Center Cinem	12:00P - Rules of the Road	1:00P - SHIIP	2:00P - T'ai Chi -Yang Short	
	12:45P - Chinese Choir	1:00P - Ex Windows 10	12:15P - Silver Sneakers-	1:00P - Ex Windows 10	3:15P - Retros	
	1:00P - Social Bridge	2:00P - Table Tennis	1:00P - Sarah West Bridge	1:30P - Knifty Knitters		
	1:00P - Yoga, Sr - Sept	2:00P - Chin Brush-Sept	1:00P - Duplicate Bridge	2:00P - Table Tennis		
	1:00P - Pastel Painting - KW	2:15P - Inspired Movement	1:00P - Yoga, Sr - Sept	2:15P - Inspired Movement		
	1:00P - Photo Gallery	3:00P - Carolina Village Pro	1:00P - Photo Gallery	3:00P - Aging Transitions		
	1:30P - Memory Cafe	3:00P - Village Revue	2:30P - Return to Recess	3:30P - Pilates-Sept Thurs		
	1:45P - Prime Time Players	4:00P - Urban Line Dance	2:30P - T'ai Chi-beg Wed-Se	5:00P - SHIIP		
	2:15P - Pilates-Sept- Mon	4:00P - What Can We Expect	3:00P - AA - Late Bloomers	5:30P - Family to Family		
	3:00P - Fabric Mandala -Sep	6:30P - West Coast Swing	3:55P - NIA - Sept	5:30P - Basketball PM		
	3:00P - Jewelry Show	6:30P - Improv Class	5:15P - Chair Yoga-evening	6:00P - Rentals-Home Instea		
	3:15P - Line Dancing Sept	6:30P - CH Cam Club	6:15P - Circuit Training	7:00P - Mah Jong-evening		
	5:30P - Exercise Boot Camp f	7:00P - T'ai Chi	7:00P - Irish Dance	7:00P - Waltzing		
	6:00P - Apple Chill Cloggers	7:00P - Drawing - RMM-PM	7:00P - Tree Huggers Improv	7:00P - Pastel- Evening		
		7:00P - NAMI Support Group	7:30P - Badminton-Wed night	7:00P - Spanish Meet-up		
		7:30P - Nightclub Two Step D		8:00P - Chinese Dance		

SEYMOUR - SEPTEMBER 2016 ACTIVITY CALENDAR

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Fitness Studio-Sept
	8:00A - Fitness Studio-Sept	8:00A - Fitness Studio-Sept	8:00A - Basketball	8:00A - Fitness Studio-Sept	8:00A - Basketball	9:00A - Billiards
	8:00A - VA Benefits Assistan	8:00A - Mary Lynn Piven	8:00A - Trager-By Appt	8:20A - ST&M - Sept	8:00A - Fitness Studio-Sept	9:15A - Badminton
	9:00A - Masg - MS, day Sept	8:20A - ST&M - Sept	8:00A - Fitness Studio-Sept	9:00A - Ther Massage - Sept	9:00A - Salli's Sr Work-Sept	9:30A - Chinese Dance
	9:15A - Morning Bridge	9:00A - Flu Shots	9:00A - Mindfulness	9:00A - Spanish Social Club	9:00A - Span Lev V Int to Ad	12:00P - Table Tennis - Sat
	9:15A - Morning Bridge	9:00A - Chinese Dance	9:00A - Salli's Sr Work-Sept	9:00A - Comp Fund Wind 10	9:00A - ESL - beg	2:00P - Body Oil (DIY)
	9:30A - Nut Info-Food Labels	9:00A - ESL	9:00A - Fit Feet - Sept 21	9:15A - Chinese Calligraphy	9:00A - Falls Prevention	3:00P - Concert-Emily Xu
	9:30A - Spanish Lev IVEarly	9:00A - SHIIP	9:30A - Bridge Lab	9:30A - Mah Jong, Learn	9:00A - Falls Prevention	3:30P - Zumba -Latina-kids
	9:40A - Strength Train-Sept	9:00A - Comp Fund Wind 10	9:30A - Blood Pressure Chec	9:40A - Strength Train-Sept	9:00A - Comp Sec & Backup	3:30P - Zumba - Latina
	10:00A - Table Tennis	9:30A - Bridge-Bid in 21-can	10:00A - Table Tennis	10:00A - Table Tennis	9:30A - Bridge Lab	3:30P - Zumba - Latina
	10:00A - Inspired Movement	10:00A - Table Tennis	10:00A - Inspired Movement	10:00A - Balance-Sept	10:00A - Table Tennis	6:30P - Improv Class
	10:00A - Nat Skin Fac -	10:00A - Balance-Sept	10:00A - Charlie's Social Clu	10:00A - Tap Dance-Sept	10:00A - Beg Oil Paint -Sept	
	10:00A - Beg Oil Paint -Sept	10:00A - Chinese - Learn	10:30A - Buzz Table	10:30A - Sudoku Club	10:00A - NARFE	
	10:00A - Quilting w/ the Girl	10:00A - Drawing - RMM	10:30A - Issues of Faith	10:45A - Strength Train-Sept	10:15A - SpanishBeg I-Sept	
	10:00A - Quilting w/ the Girl	10:30A - Silver Sneakers-Sept	10:30A - Issues of Faith	11:00A - Jammers - Cheer Lea	10:30A - Silver Sneakers-Sept	
	10:00A - Bobbin Lace	10:30A - Creative Crafts	10:30A - Caregivers Respite G	12:00P - Cards	11:00A - Tone, Balance, Tight	
	10:30A - Span Lev III Beg-Sep	11:00A - Gentle Yoga - am	10:30A - Chinese Volunteers	12:00P - Seymour Lunch Progr	12:00P - Seymour Lunch Progr	
	10:45A - Strength Train-Sept	12:00P - Cards	11:00A - Tone, Balance, Tight	12:30P - UNC Phys Therapy	12:00P - Seymour Lunch Progr	
	11:00A - Sit to be Fit	12:00P - Seymour Lunch Progr	12:00P - Cards	12:30P - Friends of Sey	12:00P - Spanish Meet-up-Fri	
	12:00P - Cards	12:30P - UNC Phys Therapy	12:00P - Seymour Lunch Progr	1:00P - Zentangle-intro	12:45P - Chinese Choir	
	12:00P - Seymour Lunch Progr	1:00P - Senior Center Cinem	12:15P - Silver Sneakers-	1:00P - Spanish Social Club	1:00P - Gemstone Tree of Lif	
	12:00P - Span Beg Lev IISept	1:00P - Ex Windows 10	1:00P - Sarah West Bridge	1:00P - SHIIP	1:00P - Sarah West Bridge	
	12:15P - Silver Sneakers-	2:00P - Table Tennis	1:00P - Duplicate Bridge	1:00P - Newcomers' Mah	1:00P - Reflexology	
	12:30P - Mah Jong	2:00P - Chin Brush-Sept	1:00P - Yoga, Sr - Sept	1:00P - Project EngAGE	1:00P - Spouse Loss Grief Su	
	12:45P - Chinese Choir	2:00P - Writers' Discussion	1:00P - Intro Facebook-Sept	1:00P - Ex Windows 10	1:00P - Android Smartphones	
	1:00P - Weaving in a Circle	2:00P - Writers' Discussion	2:00P - Laugh wirth Liza	2:00P - Table Tennis	2:00P - T'ai Chi -Yang Short	
	1:00P - Social Bridge	2:15P - Inspired Movement	2:30P - Return to Recess	2:15P - Inspired Movement	3:15P - Retros	
	1:00P - Yoga, Sr - Sept	3:00P - Village Revue	2:30P - T'ai Chi-beg Wed-Se	3:00P - Aging Transitions		
	1:00P - Pastel Painting - KW	3:00P - OC Human Resource	3:00P - AA - Late Bloomers	3:30P - Pilates-Sept Thurs		
	1:00P - Intro Facebook-Sept	4:00P - Urban Line Dance	3:55P - NIA - Sept	5:00P - SHIIP		
	2:00P - TED TALKS	4:00P - What Can We Expect	5:15P - Chair Yoga-evening	5:30P - Family to Family		
	2:15P - Pilates-Sept- Mon	6:00P - Backyard Bocce & Bu	6:15P - Circuit Training	5:30P - Basketball PM		
	3:00P - Prime Time Players	6:30P - West Coast Swing	7:00P - Tree Huggers Improv	6:15P - Triangle Weavers		
	3:15P - Line Dancing Sept	6:30P - Improv Class	7:30P - Badminton-Wed night	7:00P - Mah Jong-evening		
	4:00P - Staff Meeting	6:30P - CH Cam Club		7:00P - Argentine Tango		
	5:30P - Exercise Boot Camp f	7:00P - T'ai Chi		7:00P - Pastel- Evening		
	6:00P - Apple Chill Cloggers	7:00P - Drawing - RMM-PM		7:00P - Spanish Meet-up		
		7:30P - Nightclub Two Step D		8:00P - Chinese Dance		

SEYMOUR - SEPTEMBER 2016 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	
	8:00A - Billiards 8:00A - Fitness Studio-Sept 8:00A - VA Benefits Assistan 9:00A - Masg - MS, day Sept 9:15A - Morning Bridge 9:15A - Morning Bridge 9:30A - Spanish Lev IVEarly 9:40A - Strength Train-Sept 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Beg Oil Paint -Sept 10:00A - Quilting w/ the Girl 10:00A - Quilting w/ the Girl 10:30A - This Life-Poetry Rea 10:30A - Span Lev III Beg-Sep 10:45A - Strength Train-Sept 11:00A - Sit to be Fit 12:00P - Cards 12:00P - Seymour Lunch Progr 12:00P - Span Beg Lev IISept 12:15P - Silver Sneakers- 12:30P - Mah Jong 12:45P - Chinese Choir 1:00P - Social Bridge 1:00P - Yoga, Sr - Sept 1:00P - Pastel Painting - KW 2:15P - Pilates-Sept- Mon 3:00P - Fabric Mandala -Sep 3:00P - Prime Time Players 3:15P - Line Dancing Sept 5:00P - The Art of Mime Perf 5:30P - Exercise Boot Camp f 6:00P - Plant Night 6:00P - Apple Chill Cloggers	8:00A - Billiards 8:00A - Fitness Studio-Sept 8:00A - Mary Lynn Piven 8:20A - ST&M - Sept 9:00A - Chinese Dance 9:00A - ESL 9:00A - SHIIP 9:00A - Comp Fund Wind 10 9:30A - Bridge-Bid in 21-can 10:00A - Table Tennis 10:00A - Balance-Sept 10:00A - Chinese - Learn 10:00A - Drawing - RMM 10:30A - Silver Sneakers-Sept 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 1:00P - Ex Windows 10 1:30P - Program Advisory 2:00P - Table Tennis 2:00P - Chin Brush-Sept 2:15P - Inspired Movement 3:00P - Village Revue 4:00P - Urban Line Dance 4:00P - What Can We Expect 6:30P - West Coast Swing 6:30P - Improv Class 6:30P - CH Cam Club 7:00P - T'ai Chi 7:00P - Drawing - RMM-PM 7:30P - Nightclub Two Step D	8:00A - Billiards 8:00A - Basketball 8:00A - Trager-By Appt 8:00A - Fitness Studio-Sept 9:00A - Mindfulness 9:00A - Shingles & Pneu Clin 9:00A - Sall's Sr Work-Sept 9:30A - Bridge Lab 9:30A - Blood Pressure Chec 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 - Outlook & Opportunit 12:00P - Cards 12:00P - Seymour Lunch Progr 12:00P - Cards 12:00P - Reiki 12:15P - Silver Sneakers- 1:00P - Sarah West Bridge 1:00P - Duplicate Bridge 1:00P - Yoga, Sr - Sept 2:30P - Return to Recess 2:30P - T'ai Chi-beg Wed-Se 3:00P - AA - Late Bloomers 3:55P - NIA - Sept 5:15P - Chair Yoga-evening 6:15P - Circuit Training 7:00P - Story Circle 7:00P - Tree Huggers Improv 7:30P - Badminton-Wed night	8:00A - Billiards 8:00A - Fitness Studio-Sept 8:20A - ST&M - Sept 9:00A - Ther Massage - Sept 9:00A - Spanish Social Club 9:00A - Comp Fund Wind 10 9:15A - Chinese Calligraphy 9:30A - Mah Jong, Learn 9:40A - Strength Train-Sept 10:00A - Table Tennis 10:00A - Balance-Sept 10:00A - Tap Dance-Sept 10:30A - Sudoku Club 10:45A - Strength Train-Sept 11:00A - Jammers - Cheer Lea 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 1:00P - Spanish Social Club 1:00P - SHIIP 1:00P - Ex Windows 10 2:00P - Table Tennis 2:15P - Inspired Movement 3:00P - Aging Transitions 3:30P - Pilates-Sept Thurs 5:00P - SHIIP 5:30P - Family to Family 5:30P - Basketball PM 6:00P - Basic Quilling 7:00P - Mah Jong-evening 7:00P - Argentine Tango 7:00P - Pastel- Evening 7:00P - Spanish Meet-up 8:00P - Chinese Dance	8:00A - Billiards 8:00A - Basketball 8:00A - Fitness Studio-Sept 9:00A - Sall's Sr Work-Sept 9:00A - Span Lev V Int to Ad 9:00A - ESL - beg 9:30A - Bridge Lab 10:00A - Caregiver Creative C 10:00A - Bamboo-Rotica-Jewel 10:00A - Table Tennis 10:00A - Beg Oil Paint -Sept 10:15A - SpanishBeg I-Sept 10:30A - Silver Sneakers-Sept 11:00A - Tone, Balance, Tight 12:00P - Seymour Lunch Progr 12:00P - Seymour Lunch Progr 12:00P - Spanish Meet-up-Fri 12:45P - Chinese Choir 1:00P - Living Efficiently 1:00P - Sarah West Bridge 1:00P - Reflexology 1:00P - Spouse Loss Grief Su 1:00P - Android Smartphones 2:00P - T'ai Chi -Yang Short 3:15P - Retros	