

SEYMOUR OCTOBER 2016 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<div style="text-align: right; color: red; font-weight: bold; margin-bottom: 5px;">1</div> <ul style="list-style-type: none"> 8:00A - Fitness Studio-Oct 9:00A - Billiards 9:15A - Badminton 9:30A - Chinese Dance 10:00A - Central NC Mineral C 10:00A - Central NC Mineral C 12:00P - Table Tennis - Sat 3:30P - Zumba -Latina-kids 3:30P - Zumba - Latina 3:30P - Zumba - Latina 6:30P - Improv Class

Seymour Center

Created On: 08/12/2016

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 OCTOBER 2016 ACTIVITY CALENDAR

Sunday 2	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8
	8:00A - Billiards 8:00A - Fitness Studio-Oct 8:00A - VA Benefits Assistan 9:00A - Masg - MS, day Oct 9:15A - Morning Bridge 9:15A - Morning Bridge 9:30A - Spanish Lev IVEarly 9:40A - Strength Train -Oct 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Nat Skin Fac - 10:00A - Beg Oil Paint -Sept 10:00A - Quilting w/ the Girl 10:00A - Quilting w/ the Girl 10:00A - Bobbin Lace 10:30A - Span Lev III Beg-Sept 10:45A - Strength Train -Oct 11:00A - Sit to be Fit 12:00P - Cards 12:00P - Seymour Lunch Progr 12:00P - Birthday Celebration 12:00P - Span Beg Lev IISept 12:15P - Silver Sneakers- 12:30P - Mah Jong 12:45P - Chinese Choir 1:00P - Social Bridge 1:00P - canasta 1:00P - Yoga, Sr - Oct 1:00P - Pastel Painting - KW 1:30P - Garden Club 2:00P - Pilates -Oct - Mon 3:00P - Fabric Mandala -Sep 3:00P - Senior Artists Exhib 3:00P - Prime Time Players 3:15P - Line Dancing-Oct 3:30P - Senior Care alt bd m 5:30P - Boot Camp - Sept 6:00P - Apple Chill Cloggers 7:00P - Writing session	8:00A - Billiards 8:00A - Fitness Studio-Oct 8:00A - SHIIP 8:00A - Mary Lynn Piven 8:20A - ST&M - Oct 9:00A - Chinese Dance 9:00A - ESL 9:30A - Bridge-Bid in 21-can 10:00A - Table Tennis 10:00A - Balance-Sept 10:00A - Chinese - Learn 10:00A - Drawing - RMM 10:00A - Trans Info 10:30A - Silver Sneakers-Oct 10:30A - Creative Crafts 11:00A - Gentle Yoga - am 12:00P - Better Back Care-Oct 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 Mac 2:00P - Table Tennis 2:00P - Chin Brush-Sept 2:00P - Writers' Discussion 2:15P - Inspired Movement 3:00P - Village Revue 4:00P - Urban Line Dance 6:00P - Freshstart 6:00P - Smoking Cessation C 6:00P - Cent Min Club - Feb 6:30P - West Coast Swing 6:30P - Improv Class-10/4 6:30P - CH Camera Club Digi 7:00P - T'ai Chi 7:00P - Song Swap 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-Oct 9:00A - Mindfulness 9:00A - Fit Feet - Oct 5,12 9:30A - Bridge Lab 9:30A - Salli's Sr Work-Oct 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- 12:30P - Paper Cutting Wk 1:00P - Sarah West Bridge 1:00P - Duplicate Bridge 1:00P - Yoga, Sr - Oct 2:30P - Return to Recess 2:30P - T'ai Chi beg Wed-oct 3:00P - AA - Late Bloomers 3:55P - NIA - Oct 5:15P - Chair Yoga-evening 6:00P - Exploring Acrylics & 6:15P - Circuit Training-Sep 7:00P - Open Mic 7:00P - Tree Huggers Improv 7:30P - Badminton-Wed night	8:00A - Billiards 8:00A - Fitness Studio-Oct 8:00A - SHIIP 8:20A - ST&M - Oct 9:00A - Ther Massage - Oct 9:00A - Spanish Social Club 9:15A - Chinese Calligraphy 9:30A - SHIIP Quart Training 9:30A - Mah Jong, Learn 9:30A - Chair Massage- Oct 9:40A - Strength Train -Oct 10:00A - Table Tennis 10:00A - Balance-Sept 10:30A - Sudoku Club 10:45A - Strength Train -Oct 11:00A - Jammers - Cheer Lea 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 12:45P - canasta 1:00P - Spanish Social Club 1:30P - Knifty Knitters 2:00P - Table Tennis 2:15P - Inspired Movement 3:00P - Aging Transitions 3:30P - Pilates-Oct-Thurs 5:30P - Family to Family 5:30P - Basketball PM 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-Oct 9:00A - Physical Function 9:00A - Span Lev V Int to Ad 9:00A - ESL - beg 9:00A - Everything Google 9:30A - Bridge Lab 9:30A - Salli's Sr Work-Oct 10:00A - Caregiver Creative C 10:00A - Table Tennis 10:00A - Beg Oil Paint -Sept 10:15A - SpanishBeg I-Sept 10:30A - Silver Sneakers-Oct 11:00A - Tone, Balance, Tight 12:00P - Better Back Care-Oct 12:00P - Seymour Lunch Progr 12:00P - Seymour Lunch Progr 12:00P - Spanish Meet-up-Fri 12:45P - Chinese Choir 1:00P - Senior Prom 1:00P - Senior Prom 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	8:00A - Fitness Studio-Oct 9:00A - Billiards 9:00A - Passage Meditation 9:15A - Badminton 9:30A - Chinese Dance 10:00A - Georgia on my Mind 12:00P - Table Tennis - Sat 1:30P - Creating Mini Maste 3:30P - Zumba -Latina-kids 3:30P - Zumba - Latina 3:30P - Zumba - Latina 6:30P - Improv Class

SEYMOUR OCTOBER 2016 ACTIVITY CALENDAR

Sunday 9	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15
	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Fitness Studio-Oct
	8:00A - Fitness Studio-Oct	8:00A - Fitness Studio-Oct	8:00A - Basketball	8:00A - Fitness Studio-Oct	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-Oct	9:00A - Ment Health Celebrat
	9:00A - Masg - MS, day Oct	8:00A - Mary Lynn Piven	8:00A - Fitness Studio-Oct	8:20A - ST&M - Oct	9:00A - Span Lev V Int to Ad	9:00A - Ment Health Celebrat
	9:00A - Picasa	8:20A - ST&M - Oct	9:00A - Mindfulness	9:00A - Ther Massage - Oct	9:00A - ESL - beg	9:00A - Ment Health Celebrat
	9:15A - Morning Bridge	9:00A - Chinese Dance	9:00A - Fit Feet - Oct 5,12	9:00A - Spanish Social Club	9:30A - Bridge Lab	9:00A - Ment Health Celebrat
	9:15A - Morning Bridge	9:00A - ESL	9:00A - Picasa	9:15A - Chinese Calligraphy	9:30A - Sall's Sr Work-Oct	9:00A - Ment Health Celebrat
	9:30A - Spanish Lev IVEarly	9:30A - Bridge-Bid in 21-can	9:30A - Bridge Lab	9:30A - Mah Jong, Learn	10:00A - Table Tennis	9:00A - Ment Health Celebrat
	9:40A - Strength Train -Oct	10:00A - Table Tennis	9:30A - Sall's Sr Work-Oct	9:40A - Strength Train -Oct	10:00A - Insight Caregivers	9:30A - Chinese Dance
	10:00A - Table Tennis	10:00A - Balance-Sept	9:30A - Blood Pressure Chec	10:00A - Table Tennis	10:15A - SpanishBeg I-Sept	1:00P - Opera at the Sr Cent
	10:00A - Inspired Movement	10:00A - Chinese - Learn	10:00A - Table Tennis	10:00A - Balance-Sept	10:30A - Silver Sneakers-Oct	3:30P - Zumba -Latina-kids
	10:00A - Beg Oil Paint -Sept	10:00A - Drawing - RMM	10:00A - Inspired Movement	10:30A - Sudoku Club	11:00A - Tone, Balance, Tight	3:30P - Zumba - Latina
	10:00A - Quilting w/ the Girl	10:30A - Silver Sneakers-Oct	10:00A - Charlie's Social Clu	10:45A - Strength Train -Oct	12:00P - Better Back Care-Oct	6:30P - Improv Class
	10:00A - Quilting w/ the Girl	10:30A - Creative Crafts	10:30A - Issues of Faith	11:00A - Jammers - Cheer Lea	12:00P - Seymour Lunch Progr	
	10:30A - Span Lev III Beg-Sep	10:30A - Golden Age Happy Ci	10:30A - Issues of Faith	12:00P - Cards	12:00P - Seymour Lunch Progr	
	10:45A - Strength Train -Oct	11:00A - Gentle Yoga - am	10:30A - Caregivers Respite G	12:00P - Seymour Lunch Progr	12:00P - Spanish Meet-up-Fri	
	11:00A - Sit to be Fit	12:00P - Better Back Care-Oct	11:00A - Tone, Balance, Tight	12:30P - UNC Phys Therapy	1:00P - Pumpkin Bedazzle	
	12:00P - Cards	12:00P - Cards	12:00P - Cards	12:45P - canasta	1:00P - Sarah West Bridge	
	12:00P - Seymour Lunch Progr	12:00P - Seymour Lunch Progr	12:00P - Seymour Lunch Progr	1:00P - Zentangle-Renaissan	1:00P - Reflexology	
	12:00P - Span Beg Lev IISept	12:00P - Project EngAGE	12:00P - Reiki	1:00P - Spanish Social Club	1:00P - Ment Health Celebrat	
	12:15P - Silver Sneakers-	12:30P - UNC Phys Therapy	12:00P - Stocks -Nuts & Bolts	2:00P - Table Tennis	1:00P - Ment Health Celebrat	
	12:30P - Mah Jong	1:00P - Senior Center Cinem	12:15P - Silver Sneakers-	2:15P - Inspired Movement	1:00P - Ment Health Celebrat	
	12:45P - Chinese Choir	1:00P - Aging Advisory Bd	1:00P - Sarah West Bridge	3:00P - Aging Transitions	1:00P - Ment Health Celebrat	
	1:00P - Social Bridge	1:00P - Intro to Mac	1:00P - Duplicate Bridge	3:30P - Pilates-Oct-Thurs	1:00P - Ment Health Celebrat	
	1:00P - canasta	2:00P - Table Tennis	1:00P - Yoga, Sr - Oct	5:30P - Family to Family	1:00P - Ment Health Celebrat	
	1:00P - Yoga, Sr - Oct	2:00P - Chin Brush-Sept	2:00P - Pokeno Party	5:30P - Basketball PM	1:00P - Android Smartphones	
	1:00P - Pastel Painting - KW	2:15P - Inspired Movement	2:30P - Return to Recess	7:00P - Mah Jong-evening	2:00P - T'ai Chi -Yang Short	
	1:30P - Memory Cafe	3:00P - Carolina Village Pro	2:30P - T'ai Chi beg Wed-oct	7:00P - Waltzing	3:15P - Retros	
	2:00P - Pilates -Oct - Mon	3:00P - Village Revue	3:00P - AA - Late Bloomers	7:00P - Pastel- Evening		
	3:00P - Fabric Mandala -Oct	4:00P - Urban Line Dance	3:55P - NIA - Oct	7:00P - Spanish Meet-up		
	3:00P - Prime Time Players	6:00P - Freshstart	5:15P - Chair Yoga-evening	8:00P - Chinese Dance		
	3:15P - Line Dancing-Oct	6:00P - Smoking Cessation C	6:00P - Exploring Acrylics &			
	5:30P - Boot Camp - Sept	6:30P - West Coast	6:15P - Circuit Training-Sep			
	6:00P - Clogging Lessons	6:30P - Improv Class	7:00P - Irish Dance			
	6:00P - Apple Chill Cloggers	6:30P - CH Cam Club	7:00P - Tree Huggers Improv			
		7:00P - T'ai Chi	7:30P - Badminton-Wed night			
		7:00P - Drawing - RMM-PM				
		7:00P - NAMI Support Group				

SEYMOUR OCTOBER 2016 ACTIVITY CALENDAR

Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22
	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Billiards	8:00A - Fitness Studio-Oct
	8:00A - Fitness Studio-Oct	8:00A - Fitness Studio-Oct	8:00A - Basketball	8:00A - Fitness Studio-Oct	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-Oct	9:15A - Badminton
	9:00A - Masg - MS, day Oct	8:00A - Mary Lynn Piven	8:00A - Fitness Studio-Oct	8:20A - ST&M - Oct	9:00A - Span Lev V Int to Ad	9:30A - Chinese Dance
	9:00A - Picasa	8:20A - ST&M - Oct	9:00A - Fit Feet - Oct 19	8:30A - CHADER	9:00A - ESL - beg	11:30A - Pulmonary/Hypertens
	9:15A - Morning Bridge	9:00A - Chinese Dance	9:00A - Picasa	9:00A - Flu Shots	9:30A - Bridge Lab	12:00P - Table Tennis - Sat
	9:15A - Morning Bridge	9:00A - ESL	9:30A - Bridge Lab	9:00A - Ther Massage - Oct	9:30A - Sall's Sr Work-Oct	3:30P - Zumba -Latina-kids
	9:30A - Spanish Lev IVEarly	9:30A - Bridge-Bid in 21-can	9:30A - Sall's Sr Work-Oct	9:00A - Spanish Social Club	10:00A - Caregiver Creative C	3:30P - Zumba - Latina
	9:40A - Strength Train -Oct	10:00A - Table Tennis	9:30A - Blood Pressure Chec	9:15A - Chinese Calligraphy	10:00A - Table Tennis	
	10:00A - Life Story Videos	10:00A - Balance-Sept	10:00A - Table Tennis	9:30A - Mah Jong, Learn	10:00A - Beg Oil Paint - Oct	
	10:00A - Table Tennis	10:00A - Chinese - Learn	10:00A - Inspired Movement	9:40A - Strength Train -Oct	10:15A - SpanishBeg I-Sept	
	10:00A - Inspired Movement	10:00A - Drawing - RMM	10:00A - Charlie's Social Clu	10:00A - Table Tennis	10:30A - Silver Sneakers-Oct	
	10:00A - Nat Skin Fac -	10:30A - Silver Sneakers-Oct	10:30A - Buzz Table	10:00A - Balance-Sept	11:00A - Early Voting	
	10:00A - Beg Oil Paint - Oct	10:30A - Creative Crafts	10:30A - Issues of Faith	10:00A - Chinese Training Gro	11:00A - Tone, Balance, Tight	
	10:00A - Quilting w/ the Girl	11:00A - Gentle Yoga - am	10:30A - Issues of Faith	10:30A - Sudoku Club	12:00P - Better Back Care-Oct	
	10:00A - Quilting w/ the Girl	12:00P - Better Back Care-Oct	10:30A - Caregivers Respite G	10:45A - Strength Train -Oct	12:00P - Seymour Lunch Progr	
	10:00A - Bobbin Lace	12:00P - Cards	10:30A - Chinese Volunteers	11:00A - Early Voting	12:00P - Seymour Lunch Progr	
	10:30A - Span Lev III Beg-Sept	12:00P - Seymour Lunch Progr	11:00A - Tone, Balance, Tight	11:00A - Jammers - Cheer Lea	12:00P - Spanish Meet-up-Fri	
	10:45A - Strength Train -Oct	12:30P - UNC Phys Therapy	12:00P - Cards	12:00P - Cards	12:45P - Chinese Choir	
	11:00A - Sit to be Fit	1:00P - Senior Center Cinem	12:00P - Seymour Lunch Progr	12:00P - Seymour Lunch Progr	1:00P - You're Not Getting O	
	12:00P - Cards	1:00P - Intro to Mac	12:15P - Silver Sneakers-	12:30P - UNC Phys Therapy	1:00P - Sarah West Bridge	
	12:00P - Seymour Lunch Progr	2:00P - Retirement for Boome	1:00P - Sarah West Bridge	12:30P - Friends of Sey	1:00P - Reflexology	
	12:00P - Span Beg Lev IISept	2:00P - Table Tennis	1:00P - Duplicate Bridge	12:45P - canasta	1:00P - Spouse Loss Grief Su	
	12:15P - Silver Sneakers-	2:00P - Chin Brush-Sept	1:00P - Yoga, Sr - Oct	1:00P - Spanish Social Club	1:00P - IPAD	
	12:30P - Mah Jong	2:00P - Writers' Discussion	1:00P - IPAD	1:30P - Knifty Knitters	1:30P - Badminton- 2nd Frida	
	12:45P - Chinese Choir	2:15P - Inspired Movement	2:00P - Laugh wirth Liza	2:00P - Table Tennis	2:00P - T'ai Chi -Yang Short	
	1:00P - Social Bridge	3:00P - Village Revue	2:30P - Return to Recess	2:15P - Inspired Movement	3:15P - Retros	
	1:00P - canasta	4:00P - Urban Line Dance	2:30P - T'ai Chi beg Wed-oct	3:00P - Aging Transitions		
	1:00P - Yoga, Sr - Oct	5:00P - Music Therapy	3:00P - AA - Late Bloomers	3:30P - Pilates-Oct-Thurs		
	1:00P - Pastel Painting - KW	6:00P - Freshstart	3:55P - NIA - Oct	5:30P - Family to Family		
	1:00P - IPAD	6:00P - Smoking Cessation C	5:15P - Chair Yoga-evening	5:30P - Basketball PM		
	2:00P - TED TALKS	6:30P - West Coast	6:00P - Exploring Acrylics &	7:00P - Mah Jong-evening		
	3:00P - Fabric Mandala -Oct	6:30P - Improv Class	6:15P - Circuit Training-Sep	7:00P - Waltzing		
	3:00P - Prime Time Players	6:30P - Improv - Spont Sr tr	7:00P - Tree Huggers Improv	7:00P - Pastel- Evening		
	5:30P - Boot Camp - Sept	6:30P - CH Cam Club	7:30P - Badminton-Wed night	7:00P - Spanish Meet-up		
	6:00P - Clogging Lessons	7:00P - T'ai Chi		8:00P - Chinese Dance		
	6:00P - Apple Chill Cloggers	7:00P - Drawing - RMM-PM				

SEYMOUR OCTOBER 2016 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
	8:00A - Billiards 8:00A - Fitness Studio-Oct 8:00A - VA Benefits Assistan 9:00A - Masg - MS, day Oct 9:15A - Morning Bridge 9:15A - Morning Bridge 9:30A - Spanish Lev IVEarly 9:40A - Strength Train -Oct 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Beg Oil Paint - Oct 10:00A - Quilting w/ the Girl 10:00A - Quilting w/ the Girl 10:30A - Span Lev III Beg-Sept 10:45A - Strength Train -Oct 11:00A - Early Voting 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 - Weaving in a Circle 1:00P - Social Bridge 1:00P - canasta 1:00P - Yoga, Sr - Oct 1:00P - Pastel Painting - KW 1:00P - Ancestry.com 3:00P - Prime Time Players 6:00P - Clogging Lessons 6:00P - Paint Night 6:00P - Apple Chill Cloggers	8:00A - Billiards 8:00A - Fitness Studio-Oct 8:00A - SHIIP 8:00A - Mary Lynn Piven 8:20A - ST&M - Oct 9:00A - Chinese Dance 9:00A - ESL 9:00A - Windows 10 Worksho 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-Oct 10:30A - Creative Crafts 11:00A - Early Voting 11:00A - Gentle Yoga - am 11:00A - Women of Distinction 12:00P - Better Back Care-Oct 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 1:00P - Senior Center Cinem 1:30P - Program Advisory 2:00P - Retirement for Boome 2:00P - Table Tennis 2:00P - Chin Brush-Sept 2:15P - Inspired Movement 3:00P - Village Revue 4:00P - Urban Line Dance 5:00P - Music Therapy 6:00P - Freshstart 6:00P - Smoking Cessation C 6:30P - West Coast 6:30P - Improv- 101 6:30P - CH Cam Club 7:00P - T'ai Chi 7:00P - Drawing - RMM-PM	8:00A - Billiards 8:00A - Basketball 8:00A - Trager-By Appt 8:00A - Fitness Studio-Oct 9:00A - Depression Screenin 9:00A - Depression Screenin 9:30A - Bridge Lab 9:30A - Sall's Sr Work-Oct 9:30A - Blood Pressure Chec 10:00A - Table Tennis 10:00A - Inspired Movement 10:00A - Charlie's Social Clu 10:30A - Bingo 10:30A - Issues of Faith 10:30A - Caregivers Respite G 11:00A - Early Voting 11:00A - Tone, Balance, Tight 12:00P - Cards 12:00P - Seymour Lunch Progr 12:00P - Reiki 12:15P - Silver Sneakers- 1:00P - Sarah West Bridge 1:00P - Duplicate Bridge 1:00P - Yoga, Sr - Oct 1:00P - Ancestry.com 2:30P - Return to Recess 2:30P - T'ai Chi beg Wed-oct 3:00P - AA - Late Bloomers 3:55P - NIA - Oct 5:15P - Chair Yoga-evening 6:00P - Exploring Acrylics & 6:15P - Circuit Training-Sep 7:00P - Tree Huggers Improv 7:30P - Badminton-Wed night	8:00A - Billiards 8:00A - Fitness Studio-Oct 8:00A - SHIIP 8:20A - ST&M - Oct 9:00A - Ther Massage - Oct 9:00A - Spanish Social Club 9:15A - Chinese Calligraphy 9:30A - Mah Jong, Learn 9:40A - Strength Train -Oct 10:00A - Table Tennis 10:00A - Balance-Sept 10:00A - VITA TRAINING 10:30A - Sudoku Club 10:45A - Strength Train -Oct 11:00A - Early Voting 11:00A - Jammers - Cheer Lea 12:00P - Cards 12:00P - Seymour Lunch Progr 12:30P - UNC Phys Therapy 12:45P - canasta 1:00P - Spanish Social Club 1:00P - Project EngAGE 2:00P - Table Tennis 2:15P - Inspired Movement 3:00P - Aging Transitions 3:30P - Pilates-Oct-Thurs 5:30P - Family to Family 5:30P - Basketball PM 6:15P - Triangle Weavers 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-Oct 9:00A - Span Lev V Int to Ad 9:00A - ESL - beg 9:30A - Bridge Lab 9:30A - Sall's Sr Work-Oct 10:00A - Caregiver Creative C 10:00A - Table Tennis 10:00A - Insight Caregivers 10:00A - Beg Oil Paint - Oct 10:15A - SpanishBeg I-Sept 10:30A - Silver Sneakers-Oct 11:00A - Early Voting 11:00A - Tone, Balance, Tight 12:00P - Better Back Care-Oct 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 - Spouse Loss Grief Su 1:00P - Welcome to Medicare 2:00P - T'ai Chi -Yang Short 3:15P - Retros	7:30A - Early Voting 8:00A - Fitness Studio-Oct 9:00A - Billiards 9:15A - Badminton 9:30A - Chinese Dance 12:00P - Table Tennis - Sat 3:30P - Zumba -Latina-kids 3:30P - Zumba - Latina 3:30P - Zumba - Latina

SEYMOUR OCTOBER 2016 ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					
	<p>8:00A - Billiards</p> <p>8:00A - Fitness Studio-Oct</p> <p>8:00A - VA Benefits Assistan</p> <p>9:00A - Masg - MS, day Oct</p> <p>9:15A - Morning Bridge</p> <p>9:15A - Morning Bridge</p> <p>9:30A - Spanish Lev IVEarly</p> <p>9:40A - Strength Train -Oct</p> <p>10:00A - Table Tennis</p> <p>10:00A - Inspired Movement</p> <p>10:00A - Beg Oil Paint - Oct</p> <p>10:00A - Quilting w/ the Girl</p> <p>10:00A - Quilting w/ the Girl</p> <p>10:30A - Veterans' Benefits C</p> <p>10:30A - Span Lev III Beg-Sep</p> <p>10:45A - Strength Train -Oct</p> <p>11:00A - Early Voting</p> <p>11:00A - Sit to be Fit</p> <p>12:00P - Cards</p> <p>12:00P - Seymour Lunch Progr</p> <p>12:00P - Span Beg Lev IISept</p> <p>12:15P - Silver Sneakers-</p> <p>12:30P - Mah Jong</p> <p>12:45P - Chinese Choir</p> <p>1:00P - Social Bridge</p> <p>1:00P - canasta</p> <p>1:00P - Yoga, Sr - Oct</p> <p>1:00P - Pastel Painting - KW</p> <p>1:00P - Open Computer Lab</p> <p>3:00P - Fabric Mandala -Oct</p> <p>3:00P - Prime Time Players</p> <p>6:00P - Clogging Lessons</p> <p>6:00P - Apple Chill Cloggers</p>					