

Seymour Center Activity Calendar

August 2017

Wednesday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - ESL Dogwood Room 10:00am - Chinese - Learn Conference Room 10:00am - SHIIP Quarterly Tr Birch Room 10:00am - Low Vision Suppo Ashe Room 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Alcove Hickory #2	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Fit Feet -Aug 2017 Well Ind Serv 1 9:30am - Bridge Lab Birch Room 9:30am - MoJo with Gary Theater 9:30am - Blood Pressure Ch Wellness Corridor 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social Cl Conference Room 10:00am - Caregivers Respit Craft Room 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Buzz Table Liv Room 2	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Ther Massage-Au Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Tap Dance- Aug Theater 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Au Great Hall	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Physical Function Well Ind Serv 1 9:30am - Bridge Lab Birch Room 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint - Jul Art Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Better Back Care-J Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Craft Room 12:45pm - Chinese Choir Theater	8:00am - Fitness Studio-Aug Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 12:00pm - Chapel Hill - Carrb Exercise Room 3:30pm - Zumba -Latina-kid Exercise Room



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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		12:00pm - Better Back Care-J Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - Parkinson Support Dogwood Room 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Senior Center Cin Theater 1:00pm - Table Tennis Great Hall 1:10pm - Core with Strength Exercise Room 2:00pm - Retirement for Boo Conference Room 2:00pm - Writers' Discussio Birch Room 2:00pm - Chinese Brush-Jul Art Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:15pm - Badminton Great Hall 6:30pm - CH Camera Club Dogwood Room	10:30am - Issues of Faith Ashe Room 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Yoga, Sr - Aug Exercise Room 1:00pm - Silver Sneakers B Great Hall 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Table Tennis Instr Table Tennis Area 2:10pm - Parkinson Pickleb Great Hall 2:30pm - T'ai Chi -begWed- Exercise Room 3:00pm - AA - Late Bloomer Conference Room 4:00pm - NIA - Aug Great Hall 5:15pm - Tutoring Visiting Agency 1	11:00am - Jammers - Cheer Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Table Tennis Great Hall 1:00pm - Dementia Consult Conference Room 1:00pm - Spanish Social Clu Exercise Room 1:30pm - Knifty Knitters Craft Room 1:45pm - Music Therapy for Theater 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference Room 3:00pm - Paper Collage-Thu Craft Room 3:30pm - Pilates- Aug Thurs Exercise Room	1:00pm - Table Tennis- Fri Great Hall 1:00pm - Silver Sneakers B Exercise Room	

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

7:00pm - Song Swap
Craft Room

7:00pm - T'ai Chi
Exercise Room

2

5:15pm - Simply Yoga- even
Exercise Room

6:00pm - Freshstart
Dogwood Room

6:30pm - Chapel Hill - Carrb
Exercise Room

7:00pm - Mah Jong-evening
Ashe Room

7:30pm - Badminton-Wed ni
Great Hall

3

6:30pm - CH Divorce Group
Craft Room

7:00pm - Waltzing
Great Hall

7:45pm - Chinese Dance
Exercise Room

4

5

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
	8:00am - VA Benefits Assist Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Masg- MS-Aug Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Quilting w/ the Girl Craft Room 9:30am - Garden Club Garden Front of Seym 9:30am - Zentangle-Intro Dogwood Room 9:40am - Strength Train - Au Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Connections Conci Liv Room 2 10:00am - Beg Oil Paint - Jul Art Room 10:00am - Quilting w/ the Girl Alcove Hickory #2	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:30am - OC Cares Birch Room 10:00am - Table Tennis Table Tennis Area 10:00am - ESL Dogwood Room 10:00am - Chinese - Learn Conference Room 10:30am - Silver Sneakers-Great Hall 10:30am - Creative Crafts Craft Room 10:30am - Golden Age Happy Ashe Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Alcove Hickory #2	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Fit Feet -Aug 2017 Well Ind Serv 1 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-Au Great Hall 9:30am - Blood Pressure Ch Wellness Corridor 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social CI Conference Room 10:00am - Caregivers Respit Craft Room 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Issues of Faith Ashe Room	8:00am - SHIIP Visiting Agency 1 8:00am - Sr Wellness Clinic Conference Room 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Ther Massage-Au Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Tap Dance- Aug Theater 10:30am - Sudoku Club Dogwood Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint - Jul Art Room 10:00am - Insight Caregivers Conference Room 10:30am - Silver Sneakers-Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up-Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up-Craft Room 12:45pm - Chinese Choir Theater	8:00am - Fitness Studio-Aug Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:00am - Japanese Embroid Ashe Room 9:00am - Japanese Emb-Bir Birch Room 9:00am - Passage Meditatio Exercise Room 9:15am - Badminton Great Hall 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 12:00pm - Chapel Hill - Carrb Exercise Room 3:30pm - Zumba -Latina-kid Exercise Room 4:00pm - Zumba - Latina Great Hall

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

6	7	8	9	10	11	12	
	10:00am - Nat Skin Fac Aug Well Ind Serv 1 10:45am - Strength Train - Au Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Birthday Celebrati Gath Place Cafe Are 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - Chinese Choir Theater 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Social Bridge Ashe Room 1:00pm - Mah Jong Birch Room 1:00pm - Chair Massage- M Liv Room 2 1:00pm - Yoga, Sr - Aug Exercise Room 1:00pm - Table Tennis Instr Table Tennis Area	12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Senior Center Cin Theater 1:00pm - Table Tennis Great Hall 1:10pm - Core with Strength Exercise Room 2:00pm - Retirement for Boo Conference Room 2:00pm - Retirement for Boo Ashe Room 2:00pm - Chinese Brush-Jul Art Room 2:00pm - DIY- Headband Conference Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:15pm - Badminton Great Hall 6:30pm - CH Cam Club Theater 7:00pm - T'ai Chi Exercise Room	11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - DIY - Hello Door M Birch Room 1:00pm - Yoga, Sr - Aug Exercise Room 1:00pm - Silver Sneakers B Great Hall 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Table Tennis Instr Table Tennis Area 2:10pm - Parkinson Pickleb Great Hall 2:30pm - T'ai Chi -begWed- Exercise Room 3:00pm - AA - Late Bloomer Conference Room 4:00pm - NIA - Aug Great Hall 5:15pm - Tutoring Visiting Agency 1	10:45am - Strength Train - Au Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Table Tennis Great Hall 1:00pm - Stress Manageme Dogwood Room 1:00pm - Dementia Consult Conference Room 1:00pm - Spanish Social Clu Exercise Room 1:45pm - Music Therapy for Theater 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference Room 3:00pm - Paper Collage-Thu Craft Room	1:00pm - Silver Sneakers B Exercise Room 1:30pm - Badminton- 2nd Fr Great Hall		

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	<div style="text-align: right; vertical-align: top;">7</div> <p>1:30pm - Garden Club Conference Room</p> <p>2:15pm - Pilates- Aug- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>4:30pm - Retros Art Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p> <p>7:00pm - Peking Opera Gro Theater</p>	8	<div style="text-align: right; vertical-align: top;">9</div> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Freshstart Dogwood Room</p> <p>6:00pm - Cinema Night at S Theater</p> <p>6:30pm - Chapel Hill - Carrb Exercise Room</p> <p>7:00pm - Irish Dance Exercise Room</p> <p>7:00pm - Mah Jong-evening Ashe Room</p> <p>7:30pm - Badminton-Wed ni Great Hall</p>	10	<div style="text-align: right; vertical-align: top;">11</div> <p>3:30pm - Pilates- Aug Thurs Exercise Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>	12

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday 13	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19
9:00am - Japanese Embroid Ashe Room 9:00am - Japanese Emb-Bir Birch Room	8:00am - VA Benefits Assist Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Masg- MS-Aug Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train - Au Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint - Jul Art Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Movies with the Gr Theater 10:45am - Strength Train - Au Great Hall 11:00am - Sit to be Fit Exercise Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:00am - Mall Walk - Aug Offsite 8:20am - ST&M - Aug Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - ESL Dogwood Room 10:00am - Chinese - Learn Conference Room 10:00am - MAP Birch Room 10:00am - MAP Ashe Room 10:30am - Silver Sneakers-Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Fit Feet -Aug 2017 Well Ind Serv 1 9:30am - Bridge Lab Birch Room 9:30am - MoJo with Gary Theater 9:30am - NCAOA Bd Meetin Conference Room 9:30am - Salli's Sr Work-Au Great Hall 9:30am - Blood Pressure Ch Wellness Corridor 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social Cl Alcove Hickory #2 10:00am - Caregivers Respit Craft Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 8:30am - CHADER Theater 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Ther Massage-Au Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Tap Dance- Aug Theater 10:30am - Sudoku Club Dogwood Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint - Jul Art Room 10:30am - Silver Sneakers-Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up-Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up-Craft Room 12:45pm - Chinese Choir Theater 1:00pm - Silver Sneakers B Exercise Room	8:00am - Fitness Studio-Aug Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 12:00pm - Chapel Hill - Carrb Exercise Room 1:00pm - Opera Theater 3:30pm - Zumba -Latina-kid Exercise Room

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

13

11:30am - Dementia Consult
Conference Room

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

12:45pm - Chinese Choir
Theater

1:00pm - canasta
Mem Tree and Vet Alc

1:00pm - Social Bridge
Ashe Room

1:00pm - Mah Jong
Birch Room

1:00pm - Yoga, Sr - Aug
Exercise Room

1:00pm - Table Tennis Instr
Table Tennis Area

1:30pm - Memory Cafe
Dogwood Room

2:15pm - Pilates- Aug- Mon
Great Hall

3:00pm - Prime Time Player
Theater

4:30pm - Retros
Art Room

7:00pm - Chinese Folk Danc
Great Hall

14

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

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

1:00pm - Senior Center Cin
Theater

1:00pm - Table Tennis
Great Hall

1:10pm - Core with Strength
Exercise Room

2:00pm - Retirement for Boo
Conference Room

2:00pm - Writers' Discussio
Birch Room

2:00pm - Chinese Brush-Jul
Art Room

2:15pm - Inspired Movemen
Exercise Room

3:00pm - Village Revue
Theater

4:15pm - Badminton
Great Hall

5:30pm - Rentals-Hannah R
Conference Room

6:30pm - CH Cam Club
Ashe Room

15

10:00am - Caregivers Respit
Alcove Hickory #2

10:30am - Buzz Table
Liv Room 2

10:30am - Bingo- Aug
Great Hall

10:30am - Issues of Faith
Ashe Room

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

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Retirement by Des
Theater

12:30pm - Caregivers Respit
Alcove Hickory #2

1:00pm - Yoga, Sr - Aug
Exercise Room

1:00pm - Silver Sneakers B
Great Hall

1:00pm - Sarah West Bridge
Ashe Room

1:00pm - Table Tennis Instr
Table Tennis Area

2:10pm - Parkinson Pickleb
Great Hall

16

10:45am - Strength Train - Au
Great Hall

11:00am - Jammers - Cheer
Exercise Room

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

12:30pm - Friends of Sey Ex
Dogwood Room

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

1:00pm - canasta
Mem Tree and Vet Alc

1:00pm - Table Tennis
Great Hall

1:00pm - Dementia Consult
Conference Room

1:00pm - Spanish Social Clu
Exercise Room

1:30pm - Knifty Knitters
Craft Room

1:45pm - Music Therapy for
Theater

2:15pm - Inspired Movemen
Exercise Room

3:00pm - Aging Transitions
Conference Room

17

18

18

19

19

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15 7:00pm - T'ai Chi Exercise Room	16 2:30pm - T'ai Chi -begWed- Exercise Room 3:00pm - AA - Late Bloomer Conference Room 4:00pm - NIA - Aug Great Hall 5:15pm - Tutoring Visiting Agency 1 5:15pm - Simply Yoga- even Exercise Room 6:00pm - Freshstart Dogwood Room 6:30pm - Chapel Hill - Carrb Exercise Room 7:00pm - Mah Jong-evening Ashe Room 7:30pm - Badminton-Wed ni Great Hall	17 3:00pm - Paper Collage-Thu Craft Room 3:30pm - Pilates- Aug Thurs Exercise Room 6:30pm - Dulcimer-Aug Ashe Room 6:30pm - CH Divorce Group Craft Room 7:00pm - Waltzing Great Hall 7:45pm - Chinese Dance Exercise Room	18	19

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	8:00am - VA Benefits Assist Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Masg- MS-Aug Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train - Au Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Connections Conci Liv Room 2 10:00am - Beg Oil Paint - Jul Art Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Nat Skin Fac Aug Well Ind Serv 1 10:45am - Strength Train - Au Great Hall	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - ESL Dogwood Room 10:00am - Chinese - Learn Conference Room 10:30am - Silver Sneakers-Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - French Class-Aug Ashe Room 9:30am - Salli's Sr Work-Au Great Hall 9:30am - Blood Pressure Ch Wellness Corridor 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social Cl Conference Room 10:00am - Caregivers Respit Craft Room 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Issues of Faith Ashe Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Ther Massage-Au Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Tap Dance- Aug Theater 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Au Great Hall	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Insight Caregivers Conference Room 10:30am - Silver Sneakers-Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up-Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up-Craft Room 12:45pm - Chinese Choir Theater 1:00pm - Silver Sneakers B Exercise Room	8:00am - Fitness Studio-Aug Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Tie Dye Birch Room 10:30am - Chinese Dance Exercise Room 11:30am - Pulmonary/Hypert Ashe Room 12:00pm - Table Tennis - Sat Great Hall 12:00pm - Chapel Hill - Carrb Exercise Room 1:30pm - Peking Opera Gro Theater 3:30pm - Zumba -Latina-kid Exercise Room 4:00pm - Zumba - Latina Great Hall

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August 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
	<p>11:00am - Sit to be Fit Exercise Room</p> <p>11:30am - Dementia Consult Conference Room</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>1:00pm - Yoga, Sr - Aug Exercise Room</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>2:00pm - TED TALKS Theater</p> <p>2:15pm - Pilates- Aug- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p>	<p>1:00pm - Senior Center Cin Theater</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:10pm - Core with Strength Exercise Room</p> <p>1:30pm - Program Advisory Ashe Room</p> <p>2:00pm - Retirement for Boo Conference Room</p> <p>2:00pm - Chinese Brush-Jul Art Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Village Revue Theater</p> <p>4:15pm - Badminton Great Hall</p> <p>6:00pm - Pig Pickin' Luau Gath Place Cafe Are</p> <p>6:30pm - CH Cam Club Theater</p> <p>7:00pm - T'ai Chi Exercise Room</p>	<p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:30pm - Caregivers Respit Alcove Hickory #2</p> <p>1:00pm - Yoga, Sr - Aug Exercise Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Sarah West Bridge Ashe Room</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:30pm - UNC SW Theater</p> <p>2:10pm - Parkinson Pickleb Great Hall</p> <p>2:30pm - T'ai Chi -begWed- Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA - Aug Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p>	<p>11:00am - Jammers - Cheer Exercise Room</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Newcomers' Mah Ashe Room</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:00pm - Dementia Consult Conference Room</p> <p>1:00pm - Spanish Social Clu Exercise Room</p> <p>1:45pm - Music Therapy for Theater</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:00pm - Paper Collage-Thu Craft Room</p> <p>3:30pm - Pilates- Aug Thurs Exercise Room</p>		

Activities are subject to change.

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

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

Seymour Center Activity Calendar

August 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

20

21

4:30pm - Retros
Art Room

7:00pm - Chinese Folk Danc
Great Hall

22

23

5:15pm - Simply Yoga- even
Exercise Room

6:00pm - Freshstart
Dogwood Room

6:30pm - Chapel Hill - Carrb
Exercise Room

7:00pm - Mah Jong-evening
Ashe Room

7:30pm - Badminton-Wed ni
Great Hall

23

6:30pm - CH Divorce Group
Craft Room

6:45pm - Triangle Weavers
Theater

7:00pm - Argentine Tango
Great Hall

7:45pm - Chinese Dance
Exercise Room

24

25

25

26

26

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	27	28	29	30	31			
		8:00am - VA Benefits Assist Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Masg- MS-Aug Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train - Au Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint-Aug Art Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:45am - Strength Train - Au Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - ESL Dogwood Room 10:00am - Chinese - Learn Conference Room 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Aug Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - French Class-Aug Ashe Room 9:30am - Salli's Sr Work-Au Great Hall 9:30am - Blood Pressure Ch Wellness Corridor 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social Cl Conference Room 10:00am - Caregivers Respit Craft Room 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Issues of Faith Ashe Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Aug Fitness Room 8:20am - ST&M - Aug Great Hall 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Ther Massage-Au Massage Therapy Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Au Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Tap Dance- Aug Theater 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Au Great Hall			

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Seymour Center Activity Calendar

August 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

27

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

12:45pm - Chinese Choir
Theater

1:00pm - canasta
Mem Tree and Vet Alc

1:00pm - Social Bridge
Ashe Room

1:00pm - Mah Jong
Birch Room

1:00pm - Yoga, Sr - Aug
Exercise Room

1:00pm - Weaving -CANC
Craft Room

1:00pm - Table Tennis Instr
Table Tennis Area

2:15pm - Pilates- Aug- Mon
Great Hall

3:00pm - Prime Time Player
Theater

4:30pm - Retros
Art Room

6:00pm - Inspired to Wire!
Craft Room

7:00pm - Chinese Folk Danc
Great Hall

28

1:00pm - Senior Center Cin
Theater

1:00pm - Table Tennis
Great Hall

1:10pm - Core with Strength
Exercise Room

2:00pm - Chinese Brush-Jul
Art Room

2:15pm - Inspired Movemen
Exercise Room

3:00pm - Village Revue
Theater

4:15pm - Badminton
Great Hall

7:00pm - T'ai Chi
Exercise Room

29

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

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Outsmart the Sca
Theater

12:30pm - Caregivers Respit
Alcove Hickory #2

1:00pm - Yoga, Sr - Aug
Exercise Room

1:00pm - Silver Sneakers B
Great Hall

1:00pm - Sarah West Bridge
Ashe Room

1:00pm - Table Tennis Instr
Table Tennis Area

2:10pm - Parkinson Pickleb
Great Hall

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

3:00pm - AA - Late Bloomer
Conference Room

4:00pm - NIA - Aug
Great Hall

5:15pm - Tutoring
Visiting Agency 1

30

11:00am - Jammers - Cheer
Exercise Room

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Seymour Lunch Pr
Great Hall

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

1:00pm - canasta
Mem Tree and Vet Alc

1:00pm - Table Tennis
Great Hall

1:00pm - Dementia Consult
Conference Room

1:00pm - Spanish Social Clu
Exercise Room

1:45pm - Music Therapy for
Theater

2:15pm - Inspired Movemen
Exercise Room

3:00pm - Aging Transitions
Conference Room

3:30pm - Pilates- Aug Thurs
Exercise Room

6:30pm - CH Divorce Group
Craft Room

7:00pm - Argentine Tango
Great Hall

31

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

Seymour Center Activity Calendar

August 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

27

28

29

30

31

5:15pm - Simply Yoga- even
Exercise Room

6:30pm - Chinese School in
Conference Room

6:30pm - Chapel Hill - Carrb
Exercise Room

7:00pm - Mah Jong-evening
Ashe Room

7:30pm - Badminton-Wed ni
Great Hall

7:45pm - Chinese Dance
Exercise Room

Activities are subject to change.

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