

Seymour Center Activity Calendar

September 2017
Wednesday

Sunday

Monday

Tuesday

Thursday

Friday

Saturday

1

2

- 8:00am** - Basketball
Great Hall
- 8:00am** - Fitness Studio-Sep
Fitness Room
- 9:00am** - Strengthen Your C
Exercise Room
- 9:00am** - Phys Func
Well Ind Serv 1
- 9:30am** - Bridge Lab
Birch Room
- 10:00am** - Table Tennis
Table Tennis Area
- 10:30am** - Silver Sneakers-
Great Hall
- 11:00am** - Tone, Balance, Tig
Exercise Room
- 12:00pm** - Seymour Lunch Pr
Great Hall
- 12:00pm** - Spanish Meet-up-
Craft Room
- 12:00pm** - Spanish Meet-up-
Alcove Hickory #2
- 12:45pm** - Chinese Choir
Theater
- 1:00pm** - Silver Sneakers B
Exercise Room
- 1:00pm** - Table Tennis- Fri
Great Hall

- 8:00am** - Fitness Studio-Sep
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

September 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	8:00am - Fitness Studio-Sep Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Masg MS, Sept Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Garden Club Garden Front of Seym 9:40am - Strength Train-Sep Great Hall 10:00am - Nat Skin Fac -Sept Well Ind Serv 1 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint-Aug Art Room 10:00am - Connections Conci Liv Room 2 10:45am - Strength Train-Sep Great Hall 11:00am - Sit to be Fit Exercise Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:30am - Bridge-Bidding in 2 Birch Room 10:00am - Low Vision Suppo Ashe Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Better Back Care- Exercise Room	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - MoJo with Gary Theater 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - French Class-Aug Ashe Room 9:30am - Bridge Lab Birch Room 10:00am - Caregivers Respit Alcove Hickory #2 10:00am - Caregivers Respit Craft Room 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social CI Conference Room 10:30am - Issues of Faith Ashe Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept 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 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train-Sep Great Hall 10:00am - Tap Dance-Sept Theater 10:00am - Table Tennis Table Tennis Area 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train-Sep Great Hall 11:00am - Jammers - Cheer Exercise Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Span Lev V Int to Craft Room 9:30am - Bridge Lab Birch Room 10:00am - Table Tennis Table Tennis Area 10:00am - Insight Caregivers Conference Room 10:15am - SpanishBeg I-Sept Craft Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Better Back Care- Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Craft Room 12:00pm - Spanish Meet-up- Alcove Hickory #2	8:00am - Fitness Studio-Sep Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Passage Med Craft Room 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Paper Gone Wild Craft Room 10:00am - Paper Gone Wild Conference Room 10:00am - Habitat for Humani Theater 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 12:00pm - Chapel Hill - Carrb Exercise Room 1:00pm - Origami with Kira Craft Room 3:30pm - Zumba -Latina-kid Exercise Room 4:00pm - Zumba - Latina Great Hall

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Seymour Center Activity Calendar

September 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	<p>11:30am - Dementia Consult Conference Room</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Birthday Celebrati Gath Place Cafe Are</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Pastel - KW- Sept Art Room</p> <p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Yoga, Sr - Sept Exercise Room</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>2:15pm - Pilates-Sept- Mon Great Hall</p> <p>4:30pm - Retros Art Room</p> <p>7:00pm - Peking Opera Gro Theater</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>12:00pm - SHIIP Ashe Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:30pm - Parkinson Support Dogwood Room</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - iPhone ipad Vis- Comp Room -Sey Tech</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:00pm - Senior Center Cin Theater</p> <p>1:10pm - Core with Strength Exercise Room</p> <p>2:00pm - Writers' Discussio Birch 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>5:30pm - Adult Care Home Conference Room</p>	<p>10:30am - Buzz Table Liv Room 2</p> <p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:30pm - Caregivers Respit Alcove Hickory #2</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Yoga, Sr - Sept Exercise Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Sarah West Bridge Ashe Room</p> <p>2:10pm - Parkinson Pickleb Great Hall</p> <p>2:30pm - T'ai Chi-beg Wed- Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA-Sept Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p>	<p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - Dementia Consult Conference Room</p> <p>1:00pm - ESL - beg Ashe Room</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Spanish Social Clu Exercise Room</p> <p>1:00pm - Flash Mob Theater</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>1:45pm - Music Therapy for Dogwood Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates-Sept Thurs Exercise Room</p>	<p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Silver Sneakers B Exercise Room</p> <p>1:00pm - Android Smartpho Comp Room -Sey Tech</p> <p>1:30pm - Badminton- 2nd Fr Great Hall</p>	

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September 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3

4

5

6

7

8

9

6:30pm - CH Camera Club
Dogwood Room

7:00pm - Song Swap
Craft Room

7:00pm - T'ai Chi
Exercise Room

5:15pm - Simply Yoga- even
Exercise Room

6:30pm - Chapel Hill - Carrb
Exercise Room

7:00pm - Mah Jong-evening
Ashe Room

7:30pm - Badminton-Wed ni
Great Hall

3:30pm - Cycle NC
Dogwood Room

5:30pm - NAMI Support Gro
Dogwood Room

6:30pm - CH Divorce Group
Craft Room

7:00pm - Waltzing
Great Hall

7:45pm - Chinese Dance
Exercise Room

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September 2017 (Continued)

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10	11	12	13	14	15	16
	8:00am - Fitness Studio-Sep Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Windows 10 Work Comp Room -Sey Tech 9:00am - Masg MS, Sept Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Spanish Lev IVEar Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train-Sep Great Hall 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint-Aug Art Room 10:30am - Span Lev III Beg-S Dogwood Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:30am - Food Safety Theater 9:30am - Bridge-Bidding in 2 Birch Room 10:00am - Balance Exercise Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall 10:30am - Golden Age Happy Ashe Room 10:30am - Creative Crafts Craft Room	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Windows 10 Work Comp Room -Sey Tech 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - French Class-Aug Ashe Room 9:30am - Bridge Lab Birch Room 10:00am - Innergize Dogwood Room 10:00am - Caregivers Respit Alcove Hickory #2 10:00am - Caregivers Respit Craft Room 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social Cl Conference Room	8:00am - SHIIP Visiting Agency 1 8:00am - Sr Wellness Clinic Conference Room 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept 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 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train-Sep Great Hall 10:00am - Tap Dance-Sept Theater 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:30am - Sudoku Club Dogwood Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Span Lev V Int to Craft Room 9:30am - Bridge Lab Birch Room 10:00am - Table Tennis Table Tennis Area 10:15am - SpanishBeg I-Sept Craft Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Better Back Care- Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Craft Room 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:45pm - Chinese Choir Theater	8:00am - Fitness Studio-Sep Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Paper Gone Wild Craft Room 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 1:00pm - Opera Theater 3:30pm - Zumba -Latina-kid Exercise Room

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September 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

10	11	12	13	14	15	16
	10:45am - Strength Train-Sep Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Span Beg Lev IISe Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:45pm - Chinese Choir Theater 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Pastel - KW- Sept Art Room 1:00pm - Social Bridge Ashe Room 1:00pm - Mah Jong Birch Room 1:00pm - Yoga, Sr - Sept Exercise Room 1:00pm - Zentangle-Black Ti Craft Room 1:00pm - canasta Mem Tree and Vet Alc	11:00am - Simply Yoga - am Exercise Room 12:00pm - Better Back Care- Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Aging Advisory Bd Dogwood Room 1:00pm - Table Tennis Great Hall 1:00pm - Senior Center Cin Theater 1:10pm - Core with Strength Exercise Room 2:00pm - Chinese Brush- Se Art Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:15pm - Badminton Great Hall 6:30pm - CH Cam Club Theater	10:30am - Issues of Faith Ashe Room 10:30am - Improv Theatre:Sc Theater 11:00am - Friends Executive Conference Room 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Yoga, Sr - Sept Exercise Room 1:00pm - Silver Sneakers B Great Hall 1:00pm - Spouse Loss Grief Conference Room 1:00pm - Grief Loss Support Dogwood Room 1:00pm - Sarah West Bridge Ashe Room 2:10pm - Parkinson Pickleb Great Hall	10:45am - Strength Train-Sep Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Dementia Consult Conference Room 1:00pm - ESL - beg Ashe Room 1:00pm - Table Tennis Great Hall 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Flash Mob Exercise Room 1:00pm - Flash Mob Theater 1:45pm - Music Therapy for Dogwood Room 2:15pm - Inspired Movemen Exercise Room	1:00pm - Silver Sneakers B Exercise Room 1:00pm - Android Smartpho Comp Room -Sey Tech	

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September 2017 (Continued)

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10	11	12	13	14	15	16
	<p>1:30pm - Memory Cafe Dogwood Room</p> <p>2:15pm - Pilates-Sept- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:00pm - Senior Artists Exhi Gath Place Cafe Are</p> <p>4:30pm - Retros Art Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>7:00pm - T'ai Chi Exercise Room</p>	<p>2:30pm - T'ai Chi-beg Wed- Exercise Room</p> <p>3:00pm - Masters of Aging: Liv Room 2</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA-Sept Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Cinema Night -Age Theater</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>	<p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates-Sept Thurs Exercise Room</p> <p>5:30pm - NAMI Support Gro Dogwood 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>		

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17	18	19	20	21	22	23
	8:00am - Fitness Studio-Sep Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Masg MS, Sept Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Spanish Lev IV Ear Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train-Sep Great Hall 10:00am - Nat Skin Fac -Sept Well Ind Serv 1 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint-Aug Art Room 10:00am - Connections Conci Liv Room 2	7:30am - Mall Walk-Sept Offsite 8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - Open Computer L Comp Room -Sey Tech 9:00am - Improv Theatre:Sc Theater 9:30am - Bridge-Bidding in 2 Birch Room 10:00am - Balance Exercise Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - MoJo with Gary Theater 9:30am - Mason Farm Offsite 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - French Class-Aug Ashe Room 9:30am - Bridge Lab Birch Room 10:00am - Caregivers Respit Alcove Hickory #2 10:00am - Caregivers Respit Craft Room 10:00am - iPhone/Ipda Comp Room -Sey Tech 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept Great Hall 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social Clu Birch Room 9:00am - Friends Around th Dogwood Room 9:00am - Spanish Social-Ex Exercise Room 9:15am - Chinese Calligraph Art Room 9:30am - Mason Farn Offsite 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train-Sep Great Hall 10:00am - Tap Dance-Sept Theater 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Span Lev V Int to Craft Room 9:00am - Falls Prevention Ashe Room 9:00am - Falls Prevention Well Ind Serv 1 9:00am - Comp Sec & Back Comp Room -Sey Tech 9:00am - Falls Prevention Well Ind Serv 2 9:00am - Falls Prevention Liv Room 2 9:30am - Bridge Lab Birch Room 10:00am - Table Tennis Table Tennis Area 10:00am - Insight Caregivers Conference Room 10:00am - NARFE Theater 10:15am - SpanishBeg I-Sept Craft Room	8:00am - Fitness Studio-Sep Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Paper Gone Wild Craft Room 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 3:30pm - Zumba -Latina-kid Exercise Room 4:00pm - Zumba - Latina Great Hall

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17	18	19	20	21	22	23
	10:30am - Span Lev III Beg-S Dogwood Room 10:45am - Strength Train-Sep Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Span Beg Lev IISe Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:45pm - Chinese Choir Theater 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Pastel - KW- Sept Art Room 1:00pm - Social Bridge Ashe Room 1:00pm - Mah Jong Birch Room 1:00pm - Yoga, Sr - Sept Exercise Room 1:00pm - canasta Mem Tree and Vet Alc	10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Better Back Care- Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - In-Home Care Wor Dogwood Room 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Ex Windows 10 Comp Room -Sey Tech 1:00pm - Table Tennis Great Hall 1:00pm - Senior Center Cin Theater 1:10pm - Core with Strength Exercise Room 2:00pm - Writers' Discussio Birch Room 2:00pm - Chinese Brush- Se Art Room 2:15pm - Inspired Movemen Exercise Room	10:00am - Charlie's Social Cl Conference Room 10:30am - Issues of Faith Ashe Room 10:30am - Buzz Table Liv Room 2 10:30am - Improv Theatre:Sc Theater 11:00am - Tone, Balance, Tig Exercise Room 11:00am - Android Hour Comp Room -Sey Tech 12:00pm - Strategy in Investi Birch Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Yoga, Sr - Sept Exercise Room 1:00pm - Silver Sneakers B Great Hall 1:00pm - Spouse Loss Grief Conference Room	10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train-Sep Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - Friends of Sey Ex Dogwood Room 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Dementia Consult Conference Room 1:00pm - ESL - beg Ashe Room 1:00pm - Ex Windows 10 Comp Room -Sey Tech 1:00pm - Table Tennis Great Hall 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Flash Mob Exercise Room	10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Better Back Care- Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Craft Room 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:45pm - Chinese Choir Theater 1:00pm - DIY-Seashell Shar Ashe Room 1:00pm - Silver Sneakers B Exercise Room 1:00pm - Android Smartpho Comp Room -Sey Tech	

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Seymour Center Activity Calendar

September 2017 (Continued)

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17	18	19	20	21	22	23
	<p>1:00pm - Chair Massage- M Liv Room 2</p> <p>2:00pm - TED TALKS Theater</p> <p>2:15pm - Pilates-Sept- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>4:00pm - Staff Meeting Dogwood Room</p> <p>4:30pm - Retros Art Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>3:00pm - Village Revue Theater</p> <p>4:15pm - Badminton Great Hall</p> <p>5:30pm - Rentals-Hannah R Conference Room</p> <p>6:30pm - CH Cam Club Ashe Room</p> <p>7:00pm - T'ai Chi Exercise Room</p>	<p>1:00pm - Grief Loss Support Dogwood Room</p> <p>1:00pm - Sarah West Bridge Ashe Room</p> <p>2:10pm - Parkinson Pickleb Great Hall</p> <p>2:30pm - T'ai Chi-beg Wed- Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA-Sept Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>7:00pm - Mah Jong-evening Ashe Room</p> <p>7:30pm - Badminton-Wed ni Great Hall</p>	<p>1:00pm - Flash Mob Theater</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>1:45pm - Music Therapy for Dogwood Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates-Sept Thurs Exercise Room</p> <p>5:30pm - NAMI Support Gro Dogwood Room</p> <p>6:30pm - Dulcimer-Sept Ashe 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>		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	8:00am - Fitness Studio-Sep Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Masg MS, Sept Massage Therapy Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Spanish Lev IVEar Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train-Sep Great Hall 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Beg Oil Paint-Aug Art Room 10:30am - Span Lev III Beg-S Dogwood Room 10:45am - Strength Train-Sep Great Hall	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - Comp Fund Comp Room -Sey Tech 9:30am - Bridge-Bidding in 2 Birch Room 10:00am - Balance Exercise Room 10:00am - Robert's Rules Ashe Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - French Class-Aug Ashe Room 9:30am - Bridge Lab Birch Room 10:00am - Caregivers Respit Alcove Hickory #2 10:00am - Caregivers Respit Craft Room 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social Cl Conference Room 10:30am - Issues of Faith Ashe Room 11:00am - Tone, Balance, Tig Exercise Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Sep Fitness Room 8:20am - ST&M - Sept Great Hall 9:00am - Comp Fund Comp Room -Sey Tech 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social Clu Birch Room 9:00am - Friends Around th Dogwood Room 9:00am - Spanish Social-Ex Exercise Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train-Sep Great Hall 10:00am - Tap Dance-Sept Theater 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Sep Fitness Room 9:00am - Strengthen Your C Exercise Room 9:00am - Span Lev V Int to Craft Room 9:30am - Bridge Lab Birch Room 10:00am - Ribbon Necklace Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:15am - SpanishBeg I-Sept Craft Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Better Back Care- Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Craft Room 12:00pm - Spanish Meet-up- Alcove Hickory #2	8:00am - Fitness Studio-Sep Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Paper Gone Wild Craft Room 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 1:30pm - Peking Opera Gro Theater 3:30pm - Zumba -Latina-kid Exercise Room

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

September 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

24	25	26	27	28	29	30
	11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Span Beg Lev IISe Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:45pm - Chinese Choir Theater 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Pastel - KW- Sept Art Room 1:00pm - Social Bridge Ashe Room 1:00pm - Mah Jong Birch Room 1:00pm - Yoga, Sr - Sept Exercise Room 1:00pm - canasta Mem Tree and Vet Alc 2:15pm - Pilates-Sept- Mon Great Hall 3:00pm - Prime Time Player Theater	11:00am - Simply Yoga - am Exercise Room 12:00pm - Better Back Care- Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - In-Home Care Wor Dogwood Room 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Ex Windows 10 Comp Room -Sey Tech 1:00pm - Table Tennis Great Hall 1:00pm - Senior Center Cin Theater 1:10pm - Core with Strength Exercise Room 1:30pm - Program Advisory Ashe Room 2:00pm - Chinese Brush- Se Art Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater	12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Sarah West Bridge Birch Room 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Yoga, Sr - Sept Exercise Room 1:00pm - Silver Sneakers B Great Hall 1:00pm - Spouse Loss Grief Conference Room 1:00pm - Grief Loss Support Dogwood Room 1:00pm - Writing Seminar-K Ashe Room 1:00pm - Sarah West Bridge Ashe Room 2:10pm - Parkinson Pickleb Great Hall 2:30pm - T'ai Chi-beg Wed- Exercise Room 3:00pm - AA - Late Bloomer Conference Room	10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train-Sep Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Dementia Consult Conference Room 1:00pm - ESL - beg Ashe Room 1:00pm - Ex Windows 10 Comp Room -Sey Tech 1:00pm - Table Tennis Great Hall 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Flash Mob Exercise Room 1:00pm - Flash Mob Theater	12:45pm - Chinese Choir Theater 1:00pm - Silver Sneakers B Exercise Room 1:00pm - Android Smartpho Comp Room -Sey Tech 1:00pm - SHIIP Dogwood Room	

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Seymour Center Activity Calendar

September 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

24	<p>4:30pm - Retros Art Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	25	<p>4:15pm - Badminton Great Hall</p> <p>6:30pm - CH Cam Club Theater</p> <p>7:00pm - T'ai Chi Exercise Room</p>	26	<p>4:00pm - NIA-Sept Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>7:00pm - Mah Jong-evening Ashe Room</p> <p>7:30pm - Badminton-Wed ni Great Hall</p>	27	<p>1:45pm - Music Therapy for Dogwood Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates-Sept Thurs Exercise Room</p> <p>5:30pm - NAMI Support Gro Dogwood Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>6:45pm - Triangle Weavers Theater</p> <p>7:00pm - Argentine Tango Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>	28	29	30

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