

Seymour Center Activity Calendar

December 2017
Wednesday

Sunday

Monday

Tuesday

Thursday

Friday

Saturday

					1	2
					<p>8:00am - Basketball Great Hall</p> <p>8:00am - Fitness Studio-Dec Fitness Room</p> <p>8:30am - Personal trainer Wellness Desk</p> <p>9:00am - Span Lev V Int-Ad Craft Room</p> <p>9:00am - Phys Func Well Ind Serv 1</p> <p>9:00am - Strengthen your C Exercise Room</p> <p>9:00am - Older Adult Emplo Conference Room</p> <p>9:30am - Bridge Lab Birch Room</p> <p>9:30am - Salli's Sr Wor-Dec Great Hall</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:15am - Spanish Beg-Nov Craft Room</p> <p>10:30am - Silver Sneakers- Great Hall</p> <p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Spanish Meet-up- Alcove Hickory #2</p>	<p>8:00am - Fitness Studio-Dec Fitness Room</p> <p>8:30am - Billiards Activity Area-Pool</p> <p>9:00am - Chinese Folk Danc Exercise Room</p> <p>9:00am - Japanese Embroid Ashe Room</p> <p>9:00am - Japanese Embroid Birch Room</p> <p>9:00am - VITA TRAINING Comp Room -Sey Tech</p> <p>9:15am - Badminton Great Hall</p> <p>10:00am - Paper Gone Wild- Art Room</p> <p>10:30am - Chinese Dance Exercise Room</p> <p>12:00pm - Table Tennis - Sat Great Hall</p> <p>12:00pm - Prime Time Player Theater</p> <p>3:30pm - Zumba -Latina-kid 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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p style="text-align: right;">1</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Spanish Meet-up- Craft Room</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Mac and OS X Comp Room -Sey Tech</p> <p>1:00pm - Silver Sneakers B Exercise Room</p> <p>1:00pm - Table Tennis- Fri Great Hall</p> <p>2:00pm - Folk Music Friday Theater</p>	<p style="text-align: right;">2</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.

Activity Calendar

December 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3	4	5	6	7	8	9
9:00am - Japanese Embroid Ashe Room	8:00am - Fitness Studio-Dec Fitness Room	8:00am - SHIIP Visiting Agency 1	8:00am - SHIIP Visiting Agency 1	8:00am - VITA Dogwood Room	8:00am - Basketball Great Hall	8:00am - Fitness Studio-Dec Fitness Room
9:00am - Japanese Embroid Birch Room	8:00am - VA Benefits Assist Visiting Agency 1	8:00am - Fitness Studio-Dec Fitness Room	8:00am - Basketball Great Hall	8:00am - SHIIP Visiting Agency 1	8:00am - Fitness Studio-Dec Fitness Room	8:30am - Billiards Activity Area-Pool
	8:00am - VITA TRAINING Comp Room -Sey Tech	8:00am - VITA TRAINING Comp Room -Sey Tech	8:00am - Trager-By Appt Massage Therapy Room	8:00am - Fitness Studio-Dec Fitness Room	8:00am - VITA TRAINING Comp Room -Sey Tech	9:00am - Chinese Folk Danc Exercise Room
	9:00am - Masg - MS, day D Massage Therapy Room	8:20am - ST&M - Dec Great Hall	8:00am - Fitness Studio-Dec Fitness Room	8:00am - VITA TRAINING Comp Room -Sey Tech	8:30am - Personal trainer Wellness Desk	9:00am - Passage Med Craft Room
	9:00am - T'ai Chi - Arthritis Exercise Room	8:30am - Walking Outdoors Living Room	8:00am - VITA TRAINING Comp Room -Sey Tech	8:20am - ST&M - Dec Great Hall	9:00am - Span Lev V Int-Ad Craft Room	9:15am - Badminton Great Hall
	9:15am - Morning Bridge Ashe Room	8:30am - Personal trainer Wellness Desk	8:30am - Personal trainer Wellness Desk	8:30am - Personal trainer Wellness Desk	9:00am - Strengthen your C Exercise Room	10:00am - Decorative Glass Dogwood Room
	9:15am - Morning Bridge Birch Room	9:00am - Chinese Dance Exercise Room	9:00am - Fit Feet - Feb Well Ind Serv 2	9:00am - Spanish Social Clu Birch Room	9:30am - Bridge Lab Birch Room	10:30am - Chinese Dance Exercise Room
	9:30am - Quilting w/ the Girl Craft Room	10:00am - Chinese - Learn Conference Room	9:00am - Strengthen your C Exercise Room	9:00am - Farmers Market S Garden Front of Seym	9:30am - Salli's Sr Wor-Dec Great Hall	11:30am - Pulmonary/Hypert Ashe Room
	9:30am - Spanish Lev IV Ea Dogwood Room	10:00am - ESL Dogwood Room	9:00am - Fit Feet -Dec Well Ind Serv 2	9:00am - Spanish Social-Ex Exercise Room	10:00am - Insight Caregivers Conference Room	12:00pm - Table Tennis - Sat Great Hall
	9:30am - Garden Club Garden Front of Seym	10:00am - Balance Exercise Room	9:30am - MoJo with Gary Theater	9:15am - Chinese Calligraph Art Room	10:00am - Table Tennis Table Tennis Area	3:00pm - Raspberry Ridge S Theater
	9:40am - Strength Train - D Great Hall	10:00am - Low Vision Suppo Ashe Room	9:30am - Bridge Lab Birch Room	9:30am - Mah Jong, Learn Ashe Room	10:15am - Spanish Beg-Nov Craft Room	3:30pm - Zumba -Latina-kid Exercise Room
	10:00am - Connections Conci Liv Room 2	10:00am - Table Tennis Table Tennis Area	9:30am - Blood Pressure Ch Wellness Corridor	9:30am - Friends Around th Craft Room	10:30am - Silver Sneakers- Great Hall	4:00pm - Zumba - Latina Great Hall
	10:00am - Quilting w/ the Girl Alcove Hickory #2	10:00am - Game Time with C Gath Place Cafe Are	9:30am - Salli's Sr Wor-Dec Great Hall	9:40am - Strength Train - D Great Hall	11:00am - Tone, Balance, Tig Exercise Room	
	10:00am - Beg Oil Paint - No Art Room	10:30am - Creative Crafts Craft Room	10:00am - Charlie's Social Cl Conference Room	10:00am - Balance Exercise Room	11:00am - NC Medical Board Theater	

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.

Activity Calendar

December 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3

4

10:00am - Table Tennis
Table Tennis Area

10:00am - Project EngAGE
Conference Room

10:00am - Inspired Movemen
Exercise Room

10:30am - Span-Lev III-Beg-
Dogwood Room

10:45am - Strength Train - D
Great Hall

11:00am - Sit to be Fit
Exercise Room

11:30am - Dementia Consult
Conference Room

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Cards
Alcove Hickory #2

12:00pm - Span Beg Lev II No
Dogwood Room

12:00pm - Birthday Celebrati
Gath Place Cafe Are

12:45pm - canasta
Mem Tree and Vet Alc

12:45pm - Chinese Choir
Theater

1:00pm - Mah Jong
Birch Room

5

10:30am - Silver Sneakers-
Great Hall

11:00am - Simply Yoga - am
Exercise Room

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Cards
Alcove Hickory #2

12:30pm - Parkinson Support
Dogwood Room

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

12:30pm - parkinson's caregi
Ashe Room

1:00pm - Senior Center Cin
Theater

1:00pm - Table Tennis
Great Hall

2:00pm - Writers' Discussio
Birch Room

2:00pm - Chinese Brush-No
Art Room

2:15pm - Inspired Movemen
Exercise Room

3:00pm - Village Revue
Theater

4:15pm - Badminton
Great Hall

6

10:00am - VITA TRAINING
Comp Room -Sey Tech

10:00am - Caregivers Respit
Craft Room

10:00am - Table Tennis
Table Tennis Area

10:00am - Caregivers Respit
Alcove Hickory #2

10:30am - Buzz Table
Liv Room 2

10:30am - Issues of Faith
Ashe Room

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

11:00am - Why is Personal
Dogwood Room

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Cards
Alcove Hickory #2

12:30pm - Caregivers Respit
Alcove Hickory #2

1:00pm - Spouse Loss Grief
Conference Room

1:00pm - Writing Seminar-P
Birch Room

1:00pm - Table Tennis Instr
Table Tennis Area

7

10:00am - Tap Dance - Dec
Theater

10:00am - Table Tennis
Table Tennis Area

10:30am - Sudoku Club
Craft Room

10:45am - Strength Train - D
Great Hall

11:00am - Jammers - Cheer
Exercise Room

11:00am - Blood Pressure Ch
Wellness Corridor

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Cards
Alcove Hickory #2

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

12:45pm - canasta
Mem Tree and Vet Alc

1:00pm - Table Tennis
Great Hall

1:00pm - Spanish Social Clu
Exercise Room

1:30pm - Knifty Knitters
Craft Room

1:45pm - Music Therapy for
Theater

8

11:00am - Holiday Luncheon
Offsite

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

1:00pm - Crock-Pot Candles
Ashe Room

1:30pm - Badminton- 2nd Fr
Great Hall

9

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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
	<p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - Zentangle-3D Zent Craft Room</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>1:30pm - Garden Club Conference Room</p> <p>2:00pm - Pilates- Dec- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Dec Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p> <p>7:00pm - Peking Opera Gro Theater</p>	<p>6:00pm - Holiday Cards-Dec Ashe Room</p> <p>6:30pm - CH Camera Club Dogwood Room</p> <p>7:00pm - Song Swap Craft Room</p> <p>7:00pm - T'ai Chi Exercise Room</p>	<p>1:00pm - Sarah West Bridge Ashe Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Yoga, Sr - Dec Exercise Room</p> <p>2:00pm - New Adventures in Birch Room</p> <p>2:00pm - New Adventures in Dogwood Room</p> <p>2:00pm - New Adventures in Alcove Ginko #1</p> <p>2:10pm - Parkinson Pickleb Great Hall</p> <p>2:30pm - T'ai Ch -beg Dec Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA - Dec 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>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates - Dec Thur Exercise Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - Broadway- Americ Theater</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>		

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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	8:00am - Fitness Studio-Dec Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 8:00am - VITA TRAINING Comp Room -Sey Tech 9:00am - Masg - MS, day D Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise Room 9:00am - Santa Photo Booth Theater 9:15am - Morning Bridge Ashe Room 9:15am - Morning Bridge Birch Room 9:30am - Quilting w/ the Girl Craft Room 9:30am - Spanish Lev IV Ea Dogwood Room 9:40am - Strength Train - D Great Hall 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Beg Oil Paint - No Art Room 10:00am - Table Tennis Table Tennis Area	8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:20am - ST&M - Dec Great Hall 8:30am - Walking Outdoors Living Room 8:30am - Personal trainer Wellness Desk 9:00am - Chinese Dance Exercise Room 9:00am - OC Cares- Birch Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Creative Crafts Craft Room 10:30am - Silver Sneakers- Great Hall 10:30am - Golden Age Happy Ashe 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-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:30am - Personal trainer Wellness Desk 9:00am - Fit Feet - Feb Well Ind Serv 2 9:00am - Strengthen your C Exercise Room 9:00am - Fit Feet -Dec Well Ind Serv 2 9:00am - Estate Plan -Mand Theater 9:30am - Bridge Lab Birch Room 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Innergize:Destress Dogwood Room 9:30am - Salli's Sr Wor-Dec Great Hall 10:00am - Charlie's Social Cl Conference Room	8:00am - Sr Wellness Clinic Conference Room 8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:20am - ST&M - Dec Great Hall 8:30am - Personal trainer Wellness Desk 9:00am - Spanish Social Clu Birch Room 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social-Ex Exercise Room 9:00am - Would You Share Dogwood Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - D Great Hall 10:00am - Tap Dance - Dec Theater 10:00am - Table Tennis Table Tennis Area	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:30am - Personal trainer Wellness Desk 9:00am - Span Lev V Int-Ad Craft Room 9:00am - Strengthen your C Exercise Room 9:00am - Estate Planning-El Theater 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Wor-Dec Great Hall 10:00am - Table Tennis Table Tennis Area 10:15am - Spanish Beg-Nov Craft Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up- Alcove Hickory #2	8:00am - Fitness Studio-Dec Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Holiday Recital -Je Theater 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 1:00pm - Opera 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.

Activity Calendar

December 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

10	11	12	13	14	15	16
	10:00am - Employment Info S Conference Room 10:00am - Inspired Movemen Exercise Room 10:30am - Span-Lev III-Beg-Dogwood Room 10:45am - Strength Train - D Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:00pm - Span Beg Lev II No Dogwood Room 12:45pm - canasta Mem Tree and Vet Alc 12:45pm - Chinese Choir Theater 1:00pm - Mah Jong Birch Room 1:00pm - Social Bridge Ashe Room 1:00pm - Table Tennis Instr Table Tennis Area	12:00pm - VITA-Ashe 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 - Senior Center Cin Theater 1:00pm - Table Tennis Great Hall 1:00pm - Quilled Christmas Birch Room 2:00pm - Chinese Brush-No Art Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:15pm - Badminton Great Hall 6:30pm - CH Cam Club Theater 6:30pm - Delta Sigma Theta Dogwood Room 7:00pm - T'ai Chi Exercise Room	10:00am - VITA TRAINING Comp Room -Sey Tech 10:00am - Caregivers Respit Craft Room 10:00am - Table Tennis Table Tennis Area 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Issues of Faith Ashe Room 10:30am - Bingo-Dec Great Hall 11:00am - Tone, Balance, Tig Exercise Room 11:00am - Friends Executive Conference Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:00pm - Standing Guard Dogwood Room 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Spouse Loss Grief Conference Room 1:00pm - Writing Seminar-P Birch Room	10:00am - Friends Around th Craft Room 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - D Great Hall 11:00am - Jammers - Cheer Exercise Room 11:00am - Blood Pressure Ch Wellness Corridor 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - UNC Phys Therap Well Ind Serv 2 12:45pm - canasta Mem Tree and Vet Alc 1:00pm - Table Tennis Great Hall 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Visit with Mazi Gra Craft Room 1:45pm - Music Therapy for Theater 2:15pm - Inspired Movemen Exercise Room	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 1:00pm - Beautiful Holiday Birch Room 2:00pm - Estate Plan- Elder Theater	

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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	<p>1:00pm - Yoga, Sr - Dec Exercise Room</p> <p>1:30pm - Memory Cafe Dogwood Room</p> <p>2:00pm - Pilates- Dec- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Dec Great Hall</p> <p>4:00pm - SHIIP Dogwood Room</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>7:00pm - NAMI Support Craft Room</p>	<p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Sarah West Bridge Ashe Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Yoga, Sr - Dec Exercise Room</p> <p>2:00pm - New Adventures in Birch Room</p> <p>2:00pm - New Adventures in Dogwood Room</p> <p>2:00pm - Estate Planning-E Theater</p> <p>2:00pm - Art of Asian Cooki Demo Kitchen</p> <p>2:00pm - New Adventures in Alcove Ginko #1</p> <p>2:10pm - Parkinson Pickleb Great Hall</p> <p>2:30pm - T'ai Ch -beg Dec Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA - Dec Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p>	<p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates - Dec Thur Exercise Room</p> <p>4:00pm - Staff Meeting-Cyd Ashe Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - Broadway- Americ Theater</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>		

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.

Activity Calendar

December 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10

11

12

13

14

15

16

5:15pm - Simply Yoga- even
Exercise Room

6:00pm - Cinema Night
Theater

7:00pm - Irish Dance
Exercise Room

7:00pm - Mah Jong-evening
Ashe Room

7:30pm - Badminton-Wed ni
Great Hall

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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	8:00am - Fitness Studio-Dec Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 8:00am - VITA TRAINING Comp Room -Sey Tech 9:00am - Masg - MS, day D Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise Room 9:15am - Morning Bridge Ashe Room 9:15am - Morning Bridge Birch Room 9:30am - Quilting w/ the Girl Craft Room 9:30am - Spanish Lev IV Ea Dogwood Room 9:40am - Strength Train - D Great Hall 10:00am - Connections Conci Liv Room 2 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Table Tennis Table Tennis Area 10:00am - Employment Info S Conference Room	8:00am - Fitness Studio-Dec Fitness Room 8:00am - Mall Walk-Dec Offsite 8:00am - VITA TRAINING Comp Room -Sey Tech 8:20am - ST&M - Dec Great Hall 8:30am - Walking Outdoors Living Room 8:30am - Personal trainer Wellness Desk 9:00am - Chinese Dance Exercise Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:00am - Create a Holiday S Alcove Hickory #2 10:00am - Game Time with C Gath Place Cafe Are 10:30am - Creative Crafts Craft Room 10:30am - Silver Sneakers- Great Hall	8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:30am - Personal trainer Wellness Desk 9:00am - Fit Feet - Feb Well Ind Serv 2 9:00am - Strengthen your C Exercise Room 9:00am - Fit Feet -Dec Well Ind Serv 2 9:00am - Chinese Training- Conference Room 9:30am - MoJo with Gary Theater 9:30am - Bridge Lab Birch Room 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Salli's Sr Wor-Dec Great Hall 10:00am - Charlie's Social Cl Conference Room	8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:20am - ST&M - Dec Great Hall 8:30am - CHADER Theater 8:30am - Personal trainer Wellness Desk 9:00am - Spanish Social Clu Birch Room 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social-Ex Exercise Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - D Great Hall 10:00am - Tap Dance - Dec Theater 10:00am - Table Tennis Table Tennis Area 10:00am - Friends Around th Craft Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:30am - Personal trainer Wellness Desk 9:00am - Strengthen your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Wor-Dec Great Hall 10:00am - Insight Caregivers Conference Room 10:00am - Table Tennis Table Tennis Area 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	8:00am - Fitness Studio-Dec 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 1:30pm - Peking Opera Gro Theater 4:00pm - Zumba - Latina Great Hall 5:30pm - Rentals-Earl Watli Cafe Area

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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	<p>10:00am - Nat Skin Fac -Dec Well Ind Serv 1</p> <p>10:00am - Inspired Movemen Exercise Room</p> <p>10:30am - Span-Lev III-Beg-Dogwood Room</p> <p>10:45am - Strength Train - D Great Hall</p> <p>11:00am - Sit to be Fit Exercise Room</p> <p>11:30am - Dementia Consult Conference Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Span Beg Lev II No Dogwood Room</p> <p>12:45pm - canasta Mem Tree and Vet Alc</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p>	<p>11:00am - Simply Yoga - am Exercise Room</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 - Senior Center Cin Theater</p> <p>1:00pm - Table Tennis Great Hall</p> <p>2:00pm - Writers' Discussio Birch Room</p> <p>2:00pm - Chinese Brush-No 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>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>10:00am - Caregivers Respit Craft Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Caregivers Respit Alcove Hickory #2</p> <p>10:30am - Buzz Table Liv Room 2</p> <p>10:30am - Issues of Faith Ashe Room</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 - Writing Seminar-P Birch Room</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Sarah West Bridge Ashe Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Yoga, Sr - Dec Exercise Room</p>	<p>10:30am - Sudoku Club Dogwood Room</p> <p>10:45am - Strength Train - D Great Hall</p> <p>11:00am - Jammers - Cheer Exercise Room</p> <p>11:00am - Blood Pressure Ch Wellness Corridor</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:30pm - Friends of Sey Ex Dogwood Room</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>12:45pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:00pm - Spanish Social Clu Exercise Room</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>1:45pm - Music Therapy for Theater</p> <p>2:15pm - Inspired Movemen Exercise Room</p>	<p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Silver Sneakers B Exercise Room</p> <p>2:00pm - Christmas Piano r Theater</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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	<p>1:00pm - Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>2:00pm - TED TALKS Theater</p> <p>2:00pm - Pilates- Dec- Mon Great Hall</p> <p>3:00pm - Nerys Levy Gath Place Cafe Are</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Dec Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>		<p>2:00pm - New Adventures in Birch Room</p> <p>2:00pm - New Adventures in Dogwood Room</p> <p>2:00pm - Finding Joy Theater</p> <p>2:00pm - New Adventures in Alcove Ginko #1</p> <p>2:10pm - Parkinson Pickleb Great Hall</p> <p>2:30pm - T'ai Ch -beg Dec Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA - Dec Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:30pm - Connection Recov Birch 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 - Dec Thur Exercise Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - Broadway- Americ Theater</p> <p>6:30pm - Dulcimer-Dec 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>		

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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	8:00am - Fitness Studio-Dec Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 8:00am - VITA TRAINING Comp Room -Sey Tech 9:00am - Masg - MS, day D Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise Room 9:15am - Morning Bridge Ashe Room 9:15am - Morning Bridge Birch Room 10:00am - Table Tennis Table Tennis Area 10:00am - Employment Info S Conference Room 10:00am - Inspired Movemen Exercise Room 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Cards Alcove Hickory #2 12:45pm - Chinese Choir Theater	8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:20am - ST&M - Dec Great Hall 8:30am - Personal trainer Wellness Desk 10:00am - Chinese - Learn Conference Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall 10:30am - Golden Age Happy Ashe Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Alcove Hickory #2 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Senior Center Cin Theater 2:00pm - Program Advisory Ashe Room 2:15pm - Inspired Movemen Exercise Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:00am - VITA TRAINING Comp Room -Sey Tech 8:30am - Personal trainer Wellness Desk 9:00am - Fit Feet - Feb Well Ind Serv 2 9:00am - Strengthen your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Salli's Sr Wor-Dec Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Issues of Faith Ashe Room 12:00pm - Cards Alcove Hickory #2 1:00pm - Table Tennis Instr Table Tennis Area	8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:20am - ST&M - Dec Great Hall 8:30am - Personal trainer Wellness Desk 9:00am - Spanish Social Clu Birch Room 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social-Ex Exercise Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 10:00am - Tap Dance - Dec Theater 10:00am - Table Tennis Table Tennis Area 10:00am - Friends Around th Craft Room 10:30am - Sudoku Club Dogwood Room 11:00am - Jammers - Cheer Exercise Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Dec Fitness Room 8:00am - VITA TRAINING Comp Room -Sey Tech 8:00am - VITA TRAINING Comp Room -Sey Tech 8:30am - Personal trainer Wellness Desk 9:00am - Strengthen your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Wor-Dec Great Hall 10:00am - Table Tennis Table Tennis Area 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-Dec 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 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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	29	30
	<p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Yoga, Sr - Dec Exercise Room</p> <p>2:00pm - Pilates- Dec- Mon Great Hall</p> <p>3:15pm - Line Dancing-Dec Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>6:30pm - CH Cam Club Theater</p>	<p>1:00pm - Sarah West Bridge Ashe Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Yoga, Sr - Dec Exercise Room</p> <p>2:00pm - Sing Fearlessly by Theater</p> <p>2:00pm - New Adventures in Birch Room</p> <p>2:10pm - Parkinson Pickleb Great Hall</p> <p>2:30pm - T'ai Ch -beg Dec Exercise Room</p> <p>4:00pm - NIA - Dec Great Hall</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>7:00pm - Mah Jong-evening Ashe Room</p>	<p>11:00am - Blood Pressure Ch Wellness Corridor</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>12:45pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Newcomers' Mah Craft Room</p> <p>1:00pm - Table Tennis Great Hall</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>3:30pm - Pilates - Dec Thur Exercise Room</p> <p>4:00pm - Staff Meeting-Cyd Ashe Room</p> <p>5:30pm - Basketball PM Great Hall</p>	<p>1:00pm - Silver Sneakers B Exercise Room</p> <p>6:00pm - Rentals-Avon Lass Gath Place Cafe Are</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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28 6:30pm - CH Divorce Group Craft Room 7:00pm - Argentine Tango Great Hall 7:45pm - Chinese Dance Exercise Room	29	30

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.

Activity Calendar

December 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31						

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.