

Seymour Center Activity Calendar

February 2018

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday ¹	Friday ²	Saturday ³
				8:00am - Fitness Studio Feb Fitness Room 8:00am - VITA - Thurs-Sat Dogwood Room 8:20am - ST&M - Feb Great Hall 8:30am - Personal trainer Wellness Desk 9:00am - Comp Fund W 10 Comp Room -Sey Tech 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 - Fe Great Hall 10:00am - Tap Dance-Feb Theater 10:00am - Table Tennis Table Tennis Area 10:00am - Balance Exercise Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio Feb Fitness Room 8:00am - VITA - Thurs-Sat Dogwood Room 8:30am - Employment Info S Visiting Agency 1 8:30am - Personal trainer Wellness Desk 9:00am - Phys Func Well Ind Serv 1 9:00am - Int to Adv Spanish- Craft Room 9:00am - Strengthen your C Exercise Room 9:00am - Older Adult Empl Conference Room 9:30am - Bridge Lab Birch Room 10:00am - Table Tennis Table Tennis Area 10:00am - Dating by Astrolog Ashe Room 10:15am - Span Lev 1 - Beg Craft Room 10:30am - Silver Sneakers- Great Hall	8:00am - Fitness Studio Feb Fitness Room 8:00am - VITA - Thurs-Sat Dogwood Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:30am - Asian Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 3:30pm - Zumba -Latina-kid Exercise Room



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 (919) 968-2070 prior to the event or activity to
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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1	2	3
				<p>10:30am - Sudoku Club Dogwood Room</p> <p>10:45am - Strength Train - Fe Great Hall</p> <p>11:00am - Jammers - Cheer Exercise Room</p> <p>11:00am - Blood Pressure Ch Wellness Corridor</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>12:45pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:30pm - Kai Mei Knitters Craft 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 - Feb Thurs Exercise Room</p>	<p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Spanish Meet-up- Alcove Hickory #2</p> <p>12:00pm - Spanish Meet-up- Craft Room</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Android Smartpho Comp Room -Sey Tech</p> <p>1:00pm - Silver Sneakers B Exercise Room</p> <p>1:00pm - Table Tennis- Fri Great Hall</p>	

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p style="text-align: right;">1</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - Massage - PM w/ Massage Therapy Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Asian Dance Exercise Room</p>	<p style="text-align: right;">2</p>	<p style="text-align: right;">3</p>

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

4	5	6	7	8	9	10
	8:00am - Fitness Studio Feb Fitness Room	8:00am - Fitness Studio Feb Fitness Room	8:00am - Basketball Great Hall	8:00am - Fitness Studio Feb Fitness Room	8:00am - Basketball Great Hall	8:00am - Fitness Studio Feb Fitness Room
	8:30am - Employment Info S Visiting Agency 1	8:20am - ST&M - Feb Great Hall	8:00am - Fitness Studio Feb Fitness Room	8:00am - Sr Wellness Clinic Conference Room	8:00am - Fitness Studio Feb Fitness Room	8:00am - VITA - Thurs-Sat Dogwood Room
	9:00am - T'ai Chi - Arthritis Exercise Room	8:30am - Walking Outdoors Living Room	8:00am - Trager-By Appt Massage Therapy Room	8:00am - VITA - Thurs-Sat Dogwood Room	8:00am - VITA - Thurs-Sat Dogwood Room	8:30am - Billiards Activity Area-Pool
	9:00am - Masg - MS, day Fe Massage Therapy Room	8:30am - Personal trainer Wellness Desk	8:30am - Personal trainer Wellness Desk	8:20am - ST&M - Feb Great Hall	8:30am - Employment Info S Visiting Agency 1	9:00am - Chinese Folk Danc Exercise Room
	9:15am - Morning Bridge Birch Room	9:00am - Comp Fund W 10 Comp Room -Sey Tech	9:00am - Fit Feet - Feb Well Ind Serv 2	8:30am - Personal trainer Wellness Desk	8:30am - Personal trainer Wellness Desk	9:00am - Passage Med Craft Room
	9:15am - Morning Bridge Ashe Room	9:00am - Improv Theatre Ba Theater	9:00am - Strengthen your C Exercise Room	9:00am - Comp Fund W 10 Comp Room -Sey Tech	9:00am - Int to Adv Spanish- Craft Room	9:15am - Badminton Great Hall
	9:30am - Garden Club Garden Front of Seym	10:00am - Low Vision Suppo Ashe Room	9:30am - Bridge Lab Birch Room	9:00am - Farmers Market S Garden Front of Seym	9:00am - Strengthen your C Exercise Room	10:30am - Asian Dance Exercise Room
	9:30am - Quilting w/ the Girl Craft Room	10:00am - Table Tennis Table Tennis Area	9:30am - Blood Pressure Ch Wellness Corridor	9:00am - Spanish Social Clu Birch Room	9:30am - Bridge Lab Birch Room	12:00pm - Table Tennis - Sat Great Hall
	9:30am - Intert Span - Jan Dogwood Room	10:00am - ESL Dogwood Room	9:30am - MoJo with Gary Theater	9:00am - Spanish Social-Ex Exercise Room	10:00am - Insight Caregivers Conference Room	3:30pm - Zumba -Latina-kid Exercise Room
	9:40am - Strength Train - Fe Great Hall	10:00am - Balance Exercise Room	10:00am - Table Tennis Table Tennis Area	9:15am - Chinese Calligraph Art Room	10:00am - Table Tennis Table Tennis Area	4:00pm - Zumba - Latina Great Hall
	10:00am - Table Tennis Table Tennis Area	10:00am - Chinese - Learn Conference Room	10:00am - Charlie's Social Cl Conference Room	9:30am - Mah Jong, Learn Ashe Room	10:00am - Dating by Astrolog Ashe Room	6:30pm - Rentals-Father Da Great Hall
	10:00am - Oil Paint - Beg- Fe Art Room	10:00am - Valentine Wreath Alcove Hickory #2	10:00am - Seated T'ai Chi Exercise Room	9:40am - Strength Train - Fe Great Hall	10:15am - Span Lev 1 - Beg Craft Room	
	10:00am - Connections Conci Liv Room 2	10:00am - Game Time with C Gath Place Cafe Are	10:00am - Caregivers Respit Craft Room	10:00am - Tap Dance-Feb Theater	10:30am - Silver Sneakers- Great Hall	
	10:00am - Quilting w/ the Girl Alcove Hickory #2	10:30am - Silver Sneakers- Great Hall	10:00am - Caregivers Respit Alcove Hickory #2	10:00am - Table Tennis Table Tennis Area	11:00am - Tone, Balance, Tig Exercise Room	

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

4	5	6	7	8	9	10
	10:00am - Inspired Movemen Exercise Room 10:30am - SpanLev III-Beg-J Dogwood Room 10:45am - Strength Train - Fe Great Hall 11:00am - Sit to be Fit Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Span Lev II - Jan Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 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 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Zentangle-Valentin Craft Room 1:00pm - Yoga - Feb Exercise Room	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 12:30pm - Parkinson Support Dogwood Room 12:30pm - parkinson's caregi Ashe Room 1:00pm - Table Tennis Great Hall 1:00pm - Senior Center Cin Theater 1:00pm - IPAD-Vis Impaired Comp Room -Sey Tech 2:00pm - Retirement for Boo Conference Room 2:00pm - Writers' Discussio Birch Room 2:00pm - Chinese Brush-Ja Art Room 2:15pm - Inspired Movemen Exercise Room	10:30am - Buzz Table Liv Room 2 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 - Table Tennis Instr Table Tennis Area 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Petals with a Purp Dogwood Room 1:00pm - Writing Seminar-K Conference Room 1:00pm - Silver Sneakers B Great Hall 1:00pm - Yoga - Feb Exercise Room 2:00pm - Friends' Travel Theater 2:00pm - New Adventures in Birch Room	10:00am - Balance Exercise Room 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Fe Great Hall 11:00am - Jammers - Cheer Exercise Room 11:00am - Blood Pressure Ch Wellness Corridor 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - UNC Phys Therap Well Ind Serv 2 12:45pm - canasta Mem Tree and Vet Alc 1:00pm - Table Tennis Great Hall 1:45pm - Music Therapy for Theater 3:00pm - Aging Transitions Conference Room 3:30pm - Pilates - Feb Thurs Exercise Room	12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Project EngAGE Ashe Room 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Spanish Meet-up- Craft Room 12:45pm - Chinese Choir Theater 1:00pm - Android Smartpho Comp Room -Sey Tech 1:00pm - Silver Sneakers B Exercise Room 1:30pm - Badminton- 2nd Fr Great Hall 2:00pm - Classical Music Co Theater 6:00pm - Valentines Dance (Great Hall 6:00pm - Valentines Dance Gath Place Cafe Are 6:00pm - Love is in Air Great Hall	

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	<div style="text-align: right; color: red;">5</div> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>1:30pm - Garden Club Conference Room</p> <p>2:00pm - Pilates-Feb- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing- Feb 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>	<div style="text-align: right; color: red;">6</div> <p>3:00pm - Village Revue Theater</p> <p>4:15pm - Badminton Great Hall</p> <p>6:00pm - Massage - PM w/ Massage Therapy Room</p> <p>6:30pm - CH Camera Club Dogwood Room</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - Song Swap Craft Room</p> <p>7:00pm - Square Dancing-F Great Hall</p>	<div style="text-align: right; color: red;">7</div> <p>2:00pm - Art of Asian Cooki Demo Kitchen</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 -Feb Great Hall</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:30pm - Outsmart the Sca 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>	<div style="text-align: right; color: red;">8</div> <p>4:00pm - Staff Meeting-Cyd Ashe Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - Massage - PM w/ Massage Therapy Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Asian Dance Exercise Room</p>	9	10

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	8:00am - Fitness Studio Feb Fitness Room 8:30am - Employment Info S Visiting Agency 1 9:00am - Windows 10-3-31 Comp Room -Sey Tech 9:00am - T'ai Chi - Arthritis Exercise Room 9:00am - Masg - MS, day Fe 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 - Intert Span - Jan Dogwood Room 9:40am - Strength Train - Fe Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Oil Paint - Beg- Fe Art Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Employment Info S Conference Room	8:00am - Fitness Studio Feb Fitness Room 8:20am - ST&M - Feb Great Hall 8:30am - Walking Outdoors Living Room 8:30am - Personal trainer Wellness Desk 9:00am - Comp Fund W 10 Comp Room -Sey Tech 10:00am - Table Tennis Table Tennis Area 10:00am - ESL Dogwood Room 10:00am - Balance Exercise Room 10:00am - Chinese - Learn Conference Room 10:30am - Golden Age Happy Ashe Room 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room 10:30am - Chinese Moon Fes Theater 11:00am - Simply Yoga - am Exercise Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio Feb Fitness Room 8:00am - Trager-By Appt Massage Therapy Room 8:30am - Personal trainer Wellness Desk 9:00am - Fit Feet - Feb Well Ind Serv 2 9:00am - Windows 10-3-31 Comp Room -Sey Tech 9:00am - Watercolor-Greetin Art Room 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 Work-Fe Great Hall 10:00am - Table Tennis Table Tennis Area 10:00am - Charlie's Social Cl Conference Room 10:00am - Seated T'ai Chi Exercise Room	8:00am - Fitness Studio Feb Fitness Room 8:00am - VITA - Thurs-Sat Dogwood Room 8:20am - ST&M - Feb Great Hall 8:30am - CHADER Theater 8:30am - Personal trainer Wellness Desk 9:00am - Comp Fund W 10 Comp Room -Sey Tech 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 - Fe Great Hall 10:00am - Tap Dance-Feb Theater 10:00am - Table Tennis Table Tennis Area	8:00am - Basketball Great Hall 8:00am - Fitness Studio Feb Fitness Room 8:00am - VITA - Thurs-Sat Dogwood Room 8:00am - VITA - Thurs-Sat Dogwood Room 8:30am - Employment Info S Visiting Agency 1 8:30am - Personal trainer Wellness Desk 9:00am - Int to Adv Spanish- Craft Room 9:00am - Strengthen your C Exercise Room 9:00am - Open Computer L Comp Room -Sey Tech 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-Fe Great Hall 10:00am - Table Tennis Table Tennis Area 10:15am - Span Lev 1 - Beg Craft Room 10:30am - Silver Sneakers- Great Hall 10:30am - Chinese Moon Fes Theater	8:00am - Fitness Studio Feb Fitness Room 8:00am - VITA - Thurs-Sat Dogwood Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:00am - Japanese Emb- Fe Ashe Room 9:00am - Creative Seminar - Craft Room 9:15am - Badminton Great Hall 10:30am - Asian Dance Exercise Room 11:30am - Pulmonary/Hypert Conference Room 12:00pm - Table Tennis - Sat Great Hall 1:00pm - Opera Theater 3:30pm - Zumba -Latina-kid Exercise Room

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

11	12	13	14	15	16	17
	10:00am - Inspired Movemen Exercise Room 10:30am - SpanLev III-Beg-J Dogwood Room 10:30am - Chinese Moon Fes Theater 10:45am - Strength Train - Fe Great Hall 11:00am - Sit to be Fit Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Span Lev II - Jan Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - canasta Mem Tree and Vet Alc 12:45pm - Chinese Choir Theater 1:00pm - Mah Jong Birch Room 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Yoga - Feb Exercise Room 1:30pm - Memory Cafe Dogwood 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 - Table Tennis Great Hall 1:00pm - Senior Center Cin Theater 2:00pm - Retirement for Boo Conference Room 2:00pm - Chinese Brush-Ja Art Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 3:00pm - Senior Artists-Rich Gath Place Cafe Are 3:00pm - Jewelry Show Liv Room 2 4:15pm - Badminton Great Hall 6:00pm - Massage - PM w/ Massage Therapy Room 6:30pm - CH Cam Club Theater	10:00am - Caregivers Respit Craft Room 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Issues of Faith Ashe Room 10:30am - Bingo- fEB Great Hall 10:30am - Chinese Moon Fes Theater 11:00am - Tone, Balance, Tig Exercise Room 11:00am - Friends Executive Conference Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Petals with a Purp Dogwood Room 1:00pm - Writing Seminar-K Conference Room	10:00am - Balance Exercise Room 10:00am - MAP Conference Room 10:30am - Sudoku Club Dogwood Room 10:30am - Black History Brkfs Offsite 10:45am - Strength Train - Fe Great Hall 11:00am - Jammers - Cheer Exercise Room 11:00am - Blood Pressure Ch Wellness Corridor 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 12:45pm - canasta Mem Tree and Vet Alc 1:00pm - Table Tennis Great Hall 1:30pm - Kai Mei Knitters Craft Room	11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up Alcove Hickory #2 12:00pm - Spanish Meet-up Craft Room 12:45pm - Chinese Choir Theater 1:00pm - Android Smartpho Comp Room -Sey Tech 1:00pm - Silver Sneakers B Exercise Room 1:00pm - Outdoor Patio Lant Birch Room 2:30pm - Chinese Lunar Ne Gath Place Cafe Are	

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	<p>2:00pm - Pilates-Feb- Mon Great Hall</p> <p>2:00pm - Memory Cafe Dogwood Room</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing- Feb Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>6:30pm - Delta Sigma Theta Dogwood Room</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - Square Dancing-F Great Hall</p> <p>7:00pm - NAMI Support Craft Room</p>	<p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Yoga - Feb 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 Chi beg Wed- Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA -Feb Great Hall</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Cinema Night - 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>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 - Feb Thurs Exercise Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - Massage - PM w/ Massage Therapy Room</p> <p>6:30pm - DulcimerFEB Ashe Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Asian Dance Exercise Room</p>		

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

18	19	20	21	22	23	24
9:00am - Japanese Emb- Fe Ashe Room	8:00am - Fitness Studio Feb Fitness Room	8:00am - Fitness Studio Feb Fitness Room	8:00am - Basketball Great Hall	8:00am - Fitness Studio Feb Fitness Room	8:00am - Basketball Great Hall	8:00am - Fitness Studio Feb Fitness Room
9:00am - Japanese Embroid Birch Room	8:30am - Employment Info S Visiting Agency 1	8:00am - Mall Walk - Feb Offsite	8:00am - Fitness Studio Feb Fitness Room	8:00am - VITA - Thurs-Sat Dogwood Room	8:00am - Fitness Studio Feb Fitness Room	8:00am - VITA - Thurs-Sat Dogwood Room
9:00am - Creative Seminar - Craft Room	9:00am - T'ai Chi - Arthritis Exercise Room	8:20am - ST&M - Feb Great Hall	8:00am - Trager-By Appt Massage Therapy Room	8:20am - ST&M - Feb Great Hall	8:00am - VITA - Thurs-Sat Dogwood Room	8:30am - Billiards Activity Area-Pool
	9:00am - Masg - MS, day Fe Massage Therapy Room	8:30am - Walking Outdoors Living Room	8:30am - Personal trainer Wellness Desk	8:30am - Personal trainer Wellness Desk	8:30am - Employment Info S Visiting Agency 1	9:00am - Chinese Folk Danc Exercise Room
	9:00am - Editing & Sharing Comp Room -Sey Tech	8:30am - Personal trainer Wellness Desk	9:00am - Fit Feet - Feb Well Ind Serv 2	9:00am - Farmers Market S Garden Front of Seym	8:30am - Personal trainer Wellness Desk	9:15am - Badminton Great Hall
	9:15am - Morning Bridge Birch Room	9:00am - File Management Comp Room -Sey Tech	9:00am - Watercolor-Greetin Art Room	9:00am - Spanish Social Clu Birch Room	9:00am - Int to Adv Spanish- Craft Room	10:30am - Asian Dance Exercise Room
	9:15am - Morning Bridge Ashe Room	10:00am - Table Tennis Table Tennis Area	9:00am - Strengthen your C Exercise Room	9:00am - Spanish Social-Ex Exercise Room	9:00am - Comp Sec & Back Comp Room -Sey Tech	12:00pm - Table Tennis - Sat Great Hall
	9:30am - Quilting w/ the Girl Craft Room	10:00am - ESL Dogwood Room	9:00am - Chinese Training- Conference Room	9:00am - File Management Comp Room -Sey Tech	9:00am - Strengthen your C Exercise Room	1:00pm - practice Theater
	9:30am - Intert Span - Jan Dogwood Room	10:00am - Balance Exercise Room	9:00am - Editing & Sharing Comp Room -Sey Tech	9:15am - Chinese Calligraph Art Room	9:30am - Bridge Lab Birch Room	1:00pm - Origami with Kira Craft Room
	9:40am - Strength Train - Fe Great Hall	10:00am - Chinese - Learn Conference Room	9:30am - Bridge Lab Birch Room	9:30am - Mah Jong, Learn Ashe Room	9:30am - Salli's Sr Work-Fe Great Hall	1:30pm - Peking Opera Gro Theater
	10:00am - Table Tennis Table Tennis Area	10:00am - Game Time with C Gath Place Cafe Are	9:30am - Blood Pressure Ch Wellness Corridor	9:40am - Strength Train - Fe Great Hall	10:00am - Insight Caregivers Conference Room	2:00pm - Rentals-Christina Ashe Room
	10:00am - Oil Paint - Beg- Fe Art Room	10:30am - Silver Sneakers- Great Hall	9:30am - MoJo with Gary Theater	10:00am - Tap Dance-Feb Theater	10:00am - Table Tennis Table Tennis Area	2:00pm - Rentals-Christina Birch Room
	10:00am - Connections Conci Liv Room 2	10:30am - Creative Crafts Craft Room	9:30am - Salli's Sr Work-Fe Great Hall	10:00am - Table Tennis Table Tennis Area	10:00am - NARFE Theater	3:30pm - Zumba -Latina-kid Exercise Room
	10:00am - Quilting w/ the Girl Alcove Hickory #2	10:30am - Chinese Moon Fes Theater	10:00am - Table Tennis Table Tennis Area	10:00am - Balance Exercise Room	10:15am - Span Lev 1 - Beg Craft Room	4:00pm - Zumba - Latina Great Hall

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February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	18	19	20	21	22	23	24
		10:00am - Employment Info S Conference Room 10:00am - Inspired Movemen Exercise Room 10:30am - SpanLev III-Beg-J Dogwood Room 10:30am - Chinese Moon Fes Theater 10:45am - Strength Train - Fe Great Hall 11:00am - Sit to be Fit Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Span Lev II - Jan Dogwood Room 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - canasta Mem Tree and Vet Alc 12:45pm - Chinese Choir Theater 1:00pm - Mah Jong Birch Room 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Yoga - Feb Exercise Room	11:00am - Simply Yoga - am Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Project EngAGE Birch Room 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Table Tennis Great Hall 1:00pm - IPHone IPAD Comp Room -Sey Tech 1:00pm - Senior Center Cin Theater 2:00pm - Writers' Discussio Birch Room 2:00pm - Chinese Brush-Ja 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	10:00am - Charlie's Social Cl Conference Room 10:00am - Seated T'ai Chi Exercise Room 10:00am - Caregivers Respit Craft Room 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Buzz Table Liv Room 2 10:30am - Issues of Faith Ashe Room 10:30am - Chinese Moon Fes Theater 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Seymour Lunch Pr Great Hall 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Petals with a Purp Dogwood Room	10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Fe Great Hall 11:00am - Jammers - Cheer Exercise Room 11:00am - Blood Pressure Ch Wellness Corridor 12:00pm - Cards Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 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 - Newcomers' Mah Ashe Room 1:45pm - Music Therapy for Theater 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference Room 3:30pm - Pilates - Feb Thurs Exercise Room	10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 11:00am - Latino Elders Outr Ashe Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Spanish Meet-up- Craft Room 12:45pm - Chinese Choir Theater 1:00pm - Android Smartpho Comp Room -Sey Tech 1:00pm - Silver Sneakers B Exercise Room 2:30pm - Pillow Talk Ashe Room 2:30pm - Chinese Moon Fes Theater 2:30pm - Chinese Moon Fes Theater	

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	<p>1:30pm - Zentangle-Drop-in Craft Room</p> <p>2:00pm - TED TALKS Theater</p> <p>2:00pm - Pilates-Feb- Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing- Feb Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>6:00pm - Massage - PM w/ Massage Therapy Room</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - Square Dancing-F Great Hall</p>	<p>1:00pm - Writing Seminar-K Conference Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Yoga - Feb 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 Chi beg Wed- Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA -Feb Great Hall</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:30pm - Connection Recov Birch 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>	<p>4:00pm - Staff Meeting-Cyd Ashe Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - Massage - PM w/ Massage Therapy Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>6:45pm - Triangle Weavers Theater</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Asian Dance Exercise Room</p>		

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

25

8:00am - Fitness Studio Feb
Fitness Room

8:30am - Employment Info S
Visiting Agency 1

9:00am - T'ai Chi - Arthritis
Exercise Room

9:00am - Masg - MS, day Fe
Massage Therapy Room

9:00am - Editing & Sharing
Comp Room -Sey Tech

9:15am - Morning Bridge
Birch Room

9:15am - Morning Bridge
Ashe Room

9:30am - Quilting w/ the Girl
Craft Room

9:30am - Intert Span - Jan
Dogwood Room

9:40am - Strength Train - Fe
Great Hall

10:00am - Table Tennis
Table Tennis Area

10:00am - Oil Paint - Beg- Fe
Art Room

10:00am - Quilting w/ the Girl
Alcove Hickory #2

10:00am - Employment Info S
Conference Room

26

8:00am - Fitness Studio Feb
Fitness Room

8:20am - ST&M - Feb
Great Hall

8:30am - Walking Outdoors
Living Room

8:30am - Personal trainer
Wellness Desk

10:00am - Table Tennis
Table Tennis Area

10:00am - ESL
Dogwood Room

10:00am - Balance
Exercise Room

10:00am - MAP
Birch 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

27

8:00am - Basketball
Great Hall

8:00am - Fitness Studio Feb
Fitness Room

8:00am - Trager-By Appt
Massage Therapy Room

8:30am - Personal trainer
Wellness Desk

9:00am - Watercolor-Greetin
Art Room

9:00am - Strengthen your C
Exercise Room

9:00am - Editing & Sharing
Comp Room -Sey Tech

9:30am - Bridge Lab
Birch Room

9:30am - Blood Pressure Ch
Wellness Corridor

9:30am - Salli's Sr Work-Fe
Great Hall

10:00am - Table Tennis
Table Tennis Area

10:00am - Charlie's Social Cl
Conference Room

10:00am - Seated T'ai Chi
Exercise Room

10:00am - Caregivers Respit
Craft Room

28

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

25

10:00am - Inspired Movemen
Exercise Room

10:30am - SpanLev III-Beg-J
Dogwood Room

10:45am - Strength Train - Fe
Great Hall

11:00am - Sit to be Fit
Exercise Room

12:00pm - Cards
Alcove Hickory #2

12:00pm - Span Lev II - Jan
Dogwood Room

12:00pm - Seymour Lunch Pr
Great Hall

12:45pm - canasta
Mem Tree and Vet Alc

12:45pm - Chinese Choir
Theater

1:00pm - Mah Jong
Birch Room

1:00pm - Table Tennis Instr
Table Tennis Area

1:00pm - Yoga - Feb
Exercise Room

2:00pm - Pilates-Feb- Mon
Great Hall

3:00pm - Prime Time Player
Theater

26

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

1:00pm - Table Tennis
Great Hall

1:00pm - Senior Center Cin
Theater

1:00pm - Android phone and
Comp Room -Sey Tech

2:00pm - Program Advisory
Ashe Room

2:00pm - Chinese Brush-Ja
Art Room

2:15pm - Inspired Movemen
Exercise Room

3:00pm - Village Revue
Theater

4:15pm - Badminton
Great Hall

6:00pm - Massage - PM w/
Massage Therapy Room

6:30pm - CH Cam Club
Theater

7:00pm - T'ai Chi
Exercise Room

7:00pm - Square Dancing-F
Great Hall

27

10:00am - Caregivers Respit
Alcove Hickory #2

10:00am - SHIP Quart Traini
Theater

10:30am - Issues of Faith
Ashe Room

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

11:30am - Lunch & Learn
Dogwood Room

12:00pm - Cards
Alcove Hickory #2

12:00pm - Seymour Lunch Pr
Great Hall

12:30pm - Caregivers Respit
Alcove Hickory #2

1:00pm - Table Tennis Instr
Table Tennis Area

1:00pm - Sarah West Bridge
Ashe Room

1:00pm - Petals with a Purp
Dogwood Room

1:00pm - Writing Seminar-K
Conference Room

1:00pm - Silver Sneakers B
Great Hall

1:00pm - Yoga - Feb
Exercise Room

28

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Seymour Center Activity Calendar

February 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

25

26

3:00pm - Weaving From the Craft Room

3:15pm - Line Dancing- Feb Great Hall

5:00pm - Retros Exercise Room

7:00pm - Chinese Folk Danc Great Hall

27

28

2:00pm - Sing Fearlessly by Theater

2:00pm - New Adventures in Birch Room

2:10pm - Parkinson Pickleb Great Hall

2:30pm - T'ai Chi beg Wed- Exercise Room

3:00pm - AA - Late Bloomer Conference Room

4:00pm - NIA -Feb Great Hall

5:15pm - Simply Yoga- even Exercise Room

7:00pm - Irish Dance Exercise Room

7:00pm - Mah Jong-evening Ashe Room

7:30pm - Badminton-Wed ni Great Hall

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