

Seymour Center Activity Calendar

June 2017

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday ¹	Friday ²	Saturday ³
				8:00am - Fitness Studio-Jun Fitness Room 8:00am - SHIIP Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:20am - ST&M - June Great Hall 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Farmers Market S Garden Front of Seym 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Ju Great Hall 10:00am - Tap Dance- June Theater 10:00am - Table Tennis Table Tennis Area 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Ju Great Hall	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 9:00am - ESL - beg Ashe Room 9:00am - Physical Function Well Ind Serv 1 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Wor-Jun Great Hall 10:00am - Table Tennis Table Tennis Area 10:15am - Beg Spanish-May Dogwood Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - Chinese Choir Theater	8:00am - Fitness Studio-Jun 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 11:30am - Piano Recital-Barb Theater 12:00pm - Table Tennis - Sat Great Hall 2:00pm - Piano Recital Theater 3:30pm - Zumba -Latina-kid Exercise Room



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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				<p style="text-align: right;">1</p> <p>11:00am - Jammers - Cheer Exercise Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Mem Tree and Vet Alc</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Dementia Consult Craft Room</p> <p>1:00pm - Dementia Consult Conference Room</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>2:00pm - Table Tennis Great Hall</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates - June Thur Exercise Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>7:00pm - Waltzing Great Hall</p>	<p style="text-align: right;">2</p> <p>1:00pm - Silver Sneakers B Exercise Room</p> <p>1:00pm - Table Tennis- Fri Great Hall</p> <p>3:00pm - Medicare-Medicaid Theater</p> <p>3:00pm - Welcome to Medic Dogwood Room</p>	<p style="text-align: right;">3</p>
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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:45pm - Chinese Dance Exercise Room 1	2	3

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Personal trainer Wellness Desk 8:00am - Billiards Activity Area-Pool 9:00am - Massage - MS, Ju Massage Therapy Room 9:15am - Morning Bridge Ashe Room 9:15am - Morning Bridge Birch Room 9:30am - Int Spani Lev IV-M Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:30am - Garden Club Conference Room 9:40am - Strength Train - Ju Great Hall 10:00am - Beg Oil Paint - Ma Art Room 10:00am - Bobbin Lace Legacy Wall Alcove 10:00am - Connections Conci Liv Room 2 10:00am - Quilting w/ the Girl Alcove Hickory #2	8:00am - Fitness Studio-Jun Fitness Room 8:00am - SHIIP Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:20am - ST&M - June Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - ESL Dogwood Room 9:30am - Bridge-Two Over Birch Room 10:00am - Trans Info Liv Room 2 10:00am - Chinese - Learn Conference Room 10:00am - Low Vision Suppo Ashe Room 10:00am - SHIIP Quarterly Tr Theater 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 8:00am - Trager-By Appt Massage Therapy Room 9:00am - River Walk in Hill Offsite 9:00am - Fit Feet-June 2017 Well Ind Serv 1 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-Jun Great Hall 10:00am - Charlie's Social Cl Conference Room 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Caregivers Respit Dogwood Room	8:00am - Fitness Studio-Jun Fitness Room 8:00am - SHIIP Visiting Agency 1 8:00am - Sr Wellness Clinic Conference Room 8:00am - Billiards Activity Area-Pool 8:00am - Billiards Activity Area-Pool 8:20am - ST&M - June Great Hall 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Farmers Market S Garden Front of Seym 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:30am - River Walk in Hills Offsite 9:40am - Strength Train - Ju Great Hall 10:00am - Tap Dance- June Theater 10:00am - Table Tennis Table Tennis Area	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 9:00am - ESL - beg Ashe Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Wor-Jun Great Hall 10:00am - Insight Caregivers Conference Room 10:00am - Table Tennis Table Tennis Area 10:15am - Beg Spanish-May Dogwood Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - Chinese Choir Theater	8:00am - Fitness Studio-Jun Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Passage Meditatio Exercise Room 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 3:30pm - Rentals Great Hall 4:00pm - Zumba - Latina Great Hall

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

	4	5	6	7	8	9	10
		10:00am - Inspired Movemen Exercise Room	10:30am - Creative Crafts Craft Room	10:30am - Buzz Table Liv Room 2	10:30am - Sudoku Club Dogwood Room	1:00pm - Silver Sneakers B Exercise Room	
		10:00am - Nat Skin Fac -July Well Ind Serv 1	11:00am - Simply Yoga - am Exercise Room	10:30am - Issues of Faith Ashe Room	10:45am - Strength Train - Ju Great Hall	1:30pm - Badminton- 2nd Fr Great Hall	
		10:00am - Table Tennis Table Tennis Area	12:00pm - Seymour Lunch Pr Great Hall	11:00am - Tone, Balance, Tig Exercise Room	11:00am - Jammers - Cheer Exercise Room		
		10:00am - Nat Skin Fac -Jun Well Ind Serv 1	12:00pm - Cards Mem Tree and Vet Alc	12:00pm - Seymour Lunch Pr Great Hall	12:00pm - Seymour Lunch Pr Great Hall		
		10:30am - Spanish - Early Int Dogwood Room	12:30pm - UNC Phys Therap Well Ind Serv 2	12:00pm - Cards Mem Tree and Vet Alc	12:00pm - Cards Mem Tree and Vet Alc		
		10:45am - Strength Train - Ju Great Hall	12:30pm - Parkinson Support Dogwood Room	12:00pm - Five Money Questi Conference Room	12:30pm - UNC Phys Therap Well Ind Serv 2		
		11:00am - Sit to be Fit Exercise Room	12:30pm - parkinson's caregi Ashe Room	12:30pm - Caregivers Respit Alcove Hickory #2	1:00pm - canasta Mem Tree and Vet Alc		
		11:30am - Dementia Consult Conference Room	1:00pm - Senior Center Cin Theater	12:30pm - Caregivers Respit Craft Room	1:00pm - Dementia Consult Craft Room		
		12:00pm - Seymour Lunch Pr Great Hall	1:10pm - Core with Strength Exercise Room	1:00pm - Natural Water Dogwood Room	1:00pm - Dementia Consult Conference Room		
		12:00pm - Cards Mem Tree and Vet Alc	2:00pm - Chinese Brush-Ma Art Room	1:00pm - Yoga - June Exercise Room	2:00pm - Table Tennis Great Hall		
		12:00pm - Intro Span-Beg-Ma Dogwood Room	2:00pm - Table Tennis Great Hall	1:00pm - Sarah West Bridge Birch Room	2:15pm - Inspired Movemen Exercise Room		
		12:00pm - Birthday Celebrati Gath Place Cafe Are	2:00pm - Writers' Discussio Birch Room	1:00pm - Silver Sneakers B Great Hall	3:00pm - Aging Transitions Conference Room		
		12:45pm - Chinese Choir Theater	2:15pm - Inspired Movemen Exercise Room	2:10pm - Parkinson Pickleb Great Hall	3:00pm - Clay-Thurs Craft Room		
		1:00pm - Pastel - KW- May Art Room	3:00pm - Village Revue Theater	2:30pm - T'ai Chi-beg Wed- Exercise Room	3:30pm - Pilates - June Thur Exercise Room		

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Seymour Center Activity Calendar

June 2017 (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 - Mah Jong Birch Room</p> <p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Yoga - June Exercise Room</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>1:00pm - Zentangle-Organic Craft Room</p> <p>2:15pm - Pilates - June - Mo Great Hall</p> <p>3:00pm - Senior Artists Exhi Gath Place Cafe Are</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-June Great Hall</p> <p>4:30pm - Retros Art Room</p> <p>5:30pm - Boot Camp -May Great Hall</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>4:15pm - Badminton Great Hall</p> <p>6:00pm - Cent Min Club - Fe Theater</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>	<div style="text-align: right; color: red;">7</div> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA -June 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>	<div style="text-align: right; color: red;">8</div> <p>5:30pm - Basketball PM Great Hall</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>	<div style="text-align: right; color: red;">9</div>	<div style="text-align: right; color: red;">10</div>

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15	16	17
	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Personal trainer Wellness Desk 8:00am - IDD Conf Theater 8:00am - Billiards Activity Area-Pool 9:00am - Massage - MS, Ju Massage Therapy Room 9:15am - Morning Bridge Ashe Room 9:15am - Morning Bridge Birch Room 9:30am - Int Spani Lev IV-M Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train - Ju Great Hall 10:00am - Beg Oil Paint - Ma Art Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Inspired Movemen Exercise Room 10:00am - Nat Skin Fac -July Well Ind Serv 1	8:00am - Fitness Studio-Jun Fitness Room 8:00am - IDD Conf Theater 8:00am - SHIIP Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:20am - ST&M - June Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - ESL Dogwood Room 9:30am - Bridge-Two Over Birch Room 10:00am - Chinese - Learn Conference Room 10:00am - Bus Riding 101 Offsite 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall 10:30am - Golden Age Happy Ashe Room	8:00am - Fitness Studio-Jun Fitness Room 8:00am - IDD Conf Theater 8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 8:00am - Trager-By Appt Massage Therapy Room 9:00am - Fit Feet-June 2017 Well Ind Serv 1 9:30am - Bridge Lab Birch Room 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Salli's Sr Wor-Jun Great Hall 10:00am - Charlie's Social Cl Conference Room 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Caregivers Respit Dogwood Room 10:30am - Issues of Faith Ashe Room	8:00am - Fitness Studio-Jun Fitness Room 8:00am - SHIIP Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:20am - ST&M - June Great Hall 8:30am - CHADER Theater 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Farmers Market S Garden Front of Seym 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Ju Great Hall 9:45am - Aging Knowledge- Craft Room 10:00am - Tap Dance- June Theater 10:00am - Table Tennis Table Tennis Area	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 9:00am - ESL - beg Ashe Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Wor-Jun Great Hall 10:00am - Table Tennis Table Tennis Area 10:15am - Beg Spanish-May Dogwood Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Seymour Lunch Pr Great Hall 12:45pm - Chinese Choir Theater 1:00pm - Silver Sneakers B Exercise Room	8:00am - Fitness Studio-Jun Fitness Room 8:30am - Billiards Activity Area-Pool 8:30am - Delta Sigma Theta Ashe Room 8:30am - Delta Sigma Theta Birch Room 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:00am - Rentals-Erika 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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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

11	12	13	14	15	16	17	
	10:00am - Table Tennis Table Tennis Area 10:30am - Spanish - Early Int Dogwood Room 10:45am - Strength Train - Ju 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 Mem Tree and Vet Alc 12:00pm - Intro Span-Beg-Ma Dogwood Room 12:45pm - Chinese Choir Theater 1:00pm - Mah Jong Birch Room 1:00pm - Social Bridge Ashe Room 1:00pm - Yoga - June Exercise Room 1:00pm - canasta Mem Tree and Vet Alc 1:30pm - Memory Cafe Dogwood Room	10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Aging Advisory Bd Dogwood Room 1:10pm - Core with Strength Exercise Room 2:00pm - Chinese Brush-Ma Art Room 2:00pm - Table Tennis Great Hall 2:15pm - Inspired Movemen Exercise Room 3:00pm - Carolina Village Pr Dogwood Room 4:00pm - Living with Dement Dogwood Room 4:00pm - Living with Dement Ashe Room 4:15pm - Badminton Great Hall	11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - Caregivers Respit Alcove Hickory #2 12:30pm - Caregivers Respit Craft Room 1:00pm - Yoga - June Exercise Room 1:00pm - Sarah West Bridge Birch Room 1:00pm - Silver Sneakers B Great Hall 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 -June Great Hall 5:15pm - Tutoring Visiting Agency 1 5:15pm - Simply Yoga- even Exercise Room	10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Ju Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - UNC Phys Therap Well Ind Serv 2 12:30pm - Friends of Sey Dogwood Room 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Dementia Consult Craft Room 1:00pm - Dementia Consult Conference Room 1:30pm - Knifty Knitters Craft Room 2:00pm - Table Tennis Great Hall 2:00pm - A Fathers' Day Ch Gath Place Cafe Are 2:15pm - Inspired Movemen Exercise Room			

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	<p style="text-align: right;">12</p> <p>2:15pm - Pilates - June - Mo Great Hall</p> <p>3:15pm - Line Dancing-June Great Hall</p> <p>4:30pm - Retros Art Room</p> <p>5:30pm - Boot Camp -May Great Hall</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	13	<p style="text-align: right;">14</p> <p>6:00pm - Cinema Night at S 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>	15	<p style="text-align: right;">16</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:00pm - Clay-Thurs Craft Room</p> <p>3:30pm - Pilates - June Thur Exercise Room</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:30pm - Dulcimer-June Ashe Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>	17

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Personal trainer Wellness Desk 8:00am - Billiards Activity Area-Pool 9:00am - Massage - MS, Ju Massage Therapy Room 9:15am - Morning Bridge Ashe Room 9:15am - Morning Bridge Birch Room 9:30am - Int Spani Lev IV-M Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train - Ju Great Hall 10:00am - Bobbin Lace Legacy Wall Alcove 10:00am - Connections Conci Liv Room 2 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Movies with the Gr Theater 10:00am - Inspired Movemen Exercise Room	8:00am - Fitness Studio-Jun Fitness Room 8:00am - SHIIP Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:20am - ST&M - June Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - ESL Dogwood Room 9:00am - Improv Theatre Ga Theater 9:30am - Bridge-Two Over Birch Room 10:00am - Chinese - Learn Conference 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	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 8:00am - Trager-By Appt Massage Therapy Room 9:00am - Fit Feet-June 2017 Well Ind Serv 1 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-Jun Great Hall 10:00am - Charlie's Social Cl Conference Room 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Caregivers Respit Dogwood Room 10:30am - Buzz Table Liv Room 2	8:00am - Fitness Studio-Jun Fitness Room 8:00am - SHIIP Visiting Agency 1 8:00am - Billiards Activity Area-Pool 8:20am - ST&M - June Great Hall 9:00am - Spanish Social Clu Birch Room 9:00am - Spanish Social-Ex Exercise Room 9:00am - Farmers Market S Garden Front of Seym 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train - Ju Great Hall 10:00am - Tap Dance- June Theater 10:00am - Table Tennis Table Tennis Area 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - Ju Great Hall	8:00am - Fitness Studio-Jun Fitness Room 8:00am - Basketball Great Hall 8:00am - Billiards Activity Area-Pool 9:00am - ESL - beg Ashe Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Wor-Jun Great Hall 10:00am - Insight Caregivers Conference Room 10:00am - Beg Oil Paint-June Art Room 10:00am - NARFE Theater 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	8:00am - Fitness Studio-Jun Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:00am - Autism Soc of NC Theater 9:15am - Badminton Great Hall 10:30am - Chinese Dance Exercise Room 11:30am - Pulmonary/Hypert Ashe Room 12:00pm - Table Tennis - Sat Great Hall 1:30pm - Peking Opera Gro Theater 3:30pm - Zumba -Latina-kid Exercise Room 4:00pm - Zumba - Latina Great Hall

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Seymour Center Activity Calendar

June 2017 (Continued)

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18	19	20	21	22	23	24	
	10:00am - Beg Oil Paint-June Art Room 10:00am - Nat Skin Fac -July Well Ind Serv 1 10:00am - Table Tennis Table Tennis Area 10:00am - Nat Skin Fac -Jun Well Ind Serv 1 10:30am - Spanish - Early Int Dogwood Room 10:45am - Strength Train - Ju 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 Mem Tree and Vet Alc 12:00pm - Intro Span-Beg-Ma Dogwood Room 12:45pm - Chinese Choir Theater 1:00pm - Mah Jong Birch Room 1:00pm - Social Bridge Ashe Room	12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - DIY - Sun Catcher Birch Room 1:00pm - Senior Center Cin Theater 1:10pm - Core with Strength Exercise Room 2:00pm - Chinese Brush-Ma Art Room 2:00pm - Table Tennis Great Hall 2:00pm - Writers' Discussio Birch Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:00pm - Living with Dement Dogwood Room 4:15pm - Badminton Great Hall 6:00pm - Rentals-Hannah R Conference Room	10:30am - Bingo- June Great Hall 10:30am - Issues of Faith Ashe Room 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - Caregivers Respit Alcove Hickory #2 12:30pm - Caregivers Respit Craft Room 1:00pm - Yoga - June Exercise Room 1:00pm - Sarah West Bridge Birch Room 1:00pm - Silver Sneakers B Great Hall 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 -June Great Hall	11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Dementia Consult Craft Room 1:00pm - Dementia Consult Conference Room 2:00pm - Table Tennis Great Hall 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference Room 3:00pm - Clay-Thurs Craft Room 3:30pm - Pilates - June Thur Exercise Room 5:30pm - Basketball PM Great Hall 6:00pm - Music Recital - Ra Theater	12:45pm - Chinese Choir Theater 1:00pm - Silver Sneakers B Exercise Room		

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

18	<p>1:00pm - Yoga - June Exercise Room</p> <p>1:00pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>2:00pm - The Spirit of Harrie Theater</p> <p>2:15pm - Pilates - June - Mo Great Hall</p> <p>3:15pm - Line Dancing-June Great Hall</p> <p>4:30pm - Retros Art Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	19	<p>6:30pm - CH Cam Club Ashe Room</p> <p>7:00pm - T'ai Chi Exercise Room</p>	20	<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>	21	<p>7:00pm - Argentine Tango Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>	22	<p>7:00pm - Argentine Tango Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>	23		24	
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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

25

26

27

28

29

30

8:00am - Fitness Studio-Jun
Fitness Room

8:00am - Personal trainer
Wellness Desk

8:00am - Billiards
Activity Area-Pool

9:00am - Massage - MS, Ju
Massage Therapy Room

9:15am - Morning Bridge
Ashe Room

9:15am - Morning Bridge
Birch Room

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

9:40am - Strength Train - Ju
Great Hall

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

10:00am - Inspired Movemen
Exercise Room

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

10:00am - Nat Skin Fac -July
Well Ind Serv 1

10:00am - Summer Accessori
Dogwood Room

10:00am - Table Tennis
Table Tennis Area

8:00am - Fitness Studio-Jun
Fitness Room

8:00am - SHIIP
Visiting Agency 1

8:00am - Billiards
Activity Area-Pool

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

8:30am - Walking Outdoors
Living Room

9:00am - Chinese Dance
Exercise Room

9:00am - ESL
Dogwood Room

9:00am - Improv Theatre Ga
Theater

9:30am - Bridge-Two Over
Birch Room

10:00am - Chinese - Learn
Conference 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

8:00am - Fitness Studio-Jun
Fitness Room

8:00am - Basketball
Great Hall

8:00am - Billiards
Activity Area-Pool

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

9:30am - Bridge Lab
Birch Room

9:30am - Blood Pressure Ch
Wellness Corridor

9:30am - Salli's Sr Wor-Jun
Great Hall

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

10:00am - Inspired Movemen
Exercise Room

10:00am - Table Tennis
Table Tennis Area

10:00am - Caregivers Respit
Dogwood Room

10:30am - Issues of Faith
Ashe Room

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

12:00pm - Seymour Lunch Pr
Great Hall

8:00am - Fitness Studio-Jun
Fitness Room

8:00am - SHIIP
Visiting Agency 1

8:00am - Billiards
Activity Area-Pool

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

9:00am - Spanish Social Clu
Birch Room

9:00am - Spanish Social-Ex
Exercise Room

9:00am - Farmers Market S
Garden Front of Seym

9:15am - Chinese Calligraph
Art Room

9:30am - Mah Jong, Learn
Ashe Room

9:40am - Strength Train - Ju
Great Hall

10:00am - Tap Dance- June
Theater

10:00am - Table Tennis
Table Tennis Area

10:30am - Sudoku Club
Dogwood Room

10:45am - Strength Train - Ju
Great Hall

8:00am - Fitness Studio-Jun
Fitness Room

8:00am - Basketball
Great Hall

8:00am - Billiards
Activity Area-Pool

9:00am - ESL - beg
Ashe Room

9:30am - Bridge Lab
Birch Room

9:30am - Salli's Sr Wor-Jun
Great Hall

10:00am - Beg Oil Paint-June
Art 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

12:45pm - Chinese Choir
Theater

1:00pm - Silver Sneakers B
Exercise Room

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	25	26	27	28	29	30	
	10:45am - Strength Train - Ju 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 Mem Tree and Vet Alc 12:45pm - Chinese Choir Theater 1:00pm - Mah Jong Birch Room 1:00pm - Social Bridge Ashe Room 1:00pm - Yoga - June Exercise Room 1:00pm - canasta Mem Tree and Vet Alc 2:00pm - PLANNING FOR i Dogwood Room 2:15pm - Pilates - June - Mo Great Hall 3:00pm - Prime Time Player Theater 3:15pm - Line Dancing-June Great Hall	12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - Senior Center Cin Theater 1:10pm - Core with Strength Exercise Room 1:30pm - Program Advisory Ashe Room 2:00pm - Chinese Brush-Ma Art Room 2:00pm - Table Tennis Great Hall 2:00pm - Final Wishes Dogwood Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:00pm - Living with Dement Dogwood Room 4:15pm - Badminton Great Hall 6:30pm - CH Cam Club Theater	12:00pm - Cards Mem Tree and Vet Alc 12:30pm - Caregivers Respit Alcove Hickory #2 12:30pm - Caregivers Respit Craft Room 1:00pm - DIY - Garden Trea Ashe Room 1:00pm - Yoga - June Exercise Room 1:00pm - Sarah West Bridge Birch Room 1:00pm - Silver Sneakers B Great Hall 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 -June Great Hall 5:15pm - Tutoring Visiting Agency 1 5:15pm - Simply Yoga- even Exercise Room 7:00pm - Mah Jong-evening Ashe Room	11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Mem Tree and Vet Alc 12:30pm - UNC Phys Therap Well Ind Serv 2 1:00pm - canasta Mem Tree and Vet Alc 1:00pm - Dementia Consult Craft Room 1:00pm - Dementia Consult Conference Room 2:00pm - Table Tennis Great Hall 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference Room 3:00pm - Clay-Thurs Craft Room 3:30pm - Pilates - June Thur Exercise Room 5:30pm - Basketball PM Great Hall 7:00pm - Argentine Tango Great Hall			

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Seymour Center Activity Calendar

June 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

25

4:30pm - Retros
Art Room

6:00pm - Mosaic Art
Ashe Room

7:00pm - Chinese Folk Danc
Great Hall

26

7:00pm - T'ai Chi
Exercise Room

27

7:30pm - Badminton-Wed ni
Great Hall

28

7:45pm - Chinese Dance
Exercise Room

29

30



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