

Seymour Center - Activity Calendar

November 2017

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

			1	2	3	4
			<p>8:00am - SHIIP Visiting Agency 1</p> <p>8:00am - Basketball Great Hall</p> <p>8:00am - Trager-By Appt Massage Therapy Room</p> <p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>9:00am - Strengthen your C Exercise Room</p> <p>9:00am - Fit Feet - Nov Well Ind Serv 2</p> <p>9:30am - Bridge Lab Birch Room</p> <p>9:30am - Blood Pressure Ch Wellness Corridor</p> <p>9:30am - MoJo with Gary Theater</p> <p>9:30am - Living a Healthy Lif Dogwood Room</p> <p>9:30am - Salli's Sr Work-No Great Hall</p> <p>10:00am - Charlie's Social Cl Conference Room</p> <p>10:00am - Inspired Movemen Exercise Room</p> <p>10:00am - Caregivers Respit Alcove Hickory #2</p>	<p>8:00am - SHIIP Visiting Agency 1</p> <p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>8:20am - ST&M - Nov Great Hall</p> <p>9:00am - Spanish Social Clu Birch Room</p> <p>9:00am - Spanish Social-Ex Exercise Room</p> <p>9:00am - Farmers Market S Garden Front of Seym</p> <p>9:00am - Friends Around th Dogwood Room</p> <p>9:15am - Chinese Calligraph Art Room</p> <p>9:30am - Mah Jong, Learn Ashe Room</p> <p>9:40am - Strength Train - N Great Hall</p> <p>10:00am - Balance Exercise Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:30am - Sudoku Club Dogwood Room</p> <p>10:30am - Project EngAGE Dogwood Room</p>	<p>8:00am - Basketball Great Hall</p> <p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>9:00am - Skype Comp Room -Sey Tech</p> <p>9:00am - Span Lev V Int-Ad Craft Room</p> <p>9:00am - Strengthen your C Exercise Room</p> <p>9:00am - Phys Func Well Ind Serv 1</p> <p>9:00am - Older Adult Empl Conference Room</p> <p>9:30am - Bridge Lab Birch Room</p> <p>9:30am - Salli's Sr Work-No Great Hall</p> <p>10:00am - Beg Oil Paint -Oct Art Room</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 - NC Medical Board Theater</p>	<p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>8:30am - Billiards Activity Area-Pool</p> <p>9:00am - Chinese Folk Danc Exercise Room</p> <p>9:00am - Early Voting Living Room</p> <p>9:15am - Badminton Great Hall</p> <p>10:30am - Chinese Dance Exercise Room</p> <p>12:00pm - Table Tennis - Sat Great Hall</p> <p>3:30pm - Zumba -Latina-kid Exercise Room</p>



Activities are subject to change.
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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:00am - Caregivers Respit Craft Room 10:00am - Table Tennis Table Tennis Area 10:30am - Buzz Table Liv Room 2 10:30am - Issues of Faith Ashe Room 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Early Voting Living Room 12:00pm - Cards Alcove Hickory #2 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Spouse Loss Grief Conference Room 1:00pm - Writing Seminar-K Ashe Room 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Sarah West Bridge Birch Room	10:45am - Strength Train - N Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Early Voting Living Room 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 - Intro Word Proc-N Comp Room -Sey Tech 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 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference 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 - Early Voting Living Room 12:00pm - Spanish Meet-up- Craft Room 12:45pm - Chinese Choir Theater 1:00pm - Table Tennis- Fri Great Hall 1:00pm - Silver Sneakers B Exercise Room	

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1:00pm - Silver Sneakers B Great Hall 1:00pm - Yoga, Sr - Nov Exercise Room 2:00pm - Finding Voice-_Oc Theater 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 - Nov Great Hall 5:15pm - Tutoring Visiting Agency 1 5:15pm - Simply Yoga- even Exercise Room 6:00pm - Broadway- Americ Theater 7:00pm - Mah Jong-evening Ashe Room 7:30pm - Badminton-Wed ni Great Hall	2 3:30pm - Pilates - Nov-Thur Exercise Room 5:30pm - Basketball PM Great Hall 6:00pm - NAMI Support Dogwood Room 6:00pm - NAMI Peer to Peer Birch Room 6:30pm - CH Divorce Group Craft Room 7:00pm - Waltzing Great Hall 7:45pm - Chinese Dance Exercise Room	3	4

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

5	6	7	8	9	10	11
	8:00am - Fitness Studio-Nov Fitness Room	8:00am - SHIIP Visiting Agency 1	8:00am - SHIIP Visiting Agency 1	8:00am - SHIIP Visiting Agency 1	8:00am - Basketball Great Hall	8:00am - Lace Day Entire Center
	8:00am - VA Benefits Assist Visiting Agency 1	8:00am - Fitness Studio-Nov Fitness Room	8:00am - Basketball Great Hall	8:00am - Sr Wellness Clinic Conference Room	8:00am - Fitness Studio-Nov Fitness Room	8:00am - Lace Day Entire Center
	9:00am - Masg - MS, day N Massage Therapy Room	8:20am - ST&M - Nov Great Hall	8:00am - Trager-By Appt Massage Therapy Room	8:00am - Fitness Studio-Nov Fitness Room	9:00am - Span Lev V Int-Ad Craft Room	8:00am - Lace Day Theater
	9:00am - T'ai Chi - Arthritis Exercise Room	8:30am - Walking Outdoors Living Room	8:00am - Fitness Studio-Nov Fitness Room	8:20am - ST&M - Nov Great Hall	9:00am - Strengthen your C Exercise Room	8:00am - Lace Day Dogwood Room
	9:15am - Morning Bridge Birch Room	9:00am - Chinese Dance Exercise Room	9:00am - Strengthen your C Exercise Room	9:00am - Spanish Social Clu Birch Room	9:30am - Bridge Lab Birch Room	8:00am - Lace Day Ashe Room
	9:15am - Morning Bridge Ashe Room	9:00am - Improv Theatre:Di Theater	9:00am - Fit Feet - Nov Well Ind Serv 2	9:00am - Spanish Social-Ex Exercise Room	9:30am - Salli's Sr Work-No Great Hall	8:00am - Lace Day Birch Room
	9:30am - Spanish Lev IV Ea Dogwood Room	10:00am - Living with Dement Offsite	9:00am - Dizzy Screening Liv Room 2	9:00am - Farmers Market S Garden Front of Seym	10:00am - Insight Caregivers Conference Room	8:00am - Lace Day Entire Center
	9:30am - Quilting w/ the Girl Craft Room	10:00am - Balance Exercise Room	9:30am - Bridge Lab Birch Room	9:00am - Friends Around th Dogwood Room	10:00am - NARFE Theater	8:00am - Lace Day Great Hall
	9:30am - Garden Club Garden Front of Seym	10:00am - Low Vision Suppo Ashe Room	9:30am - Blood Pressure Ch Wellness Corridor	9:15am - Chinese Calligraph Art Room	10:00am - Table Tennis Table Tennis Area	8:00am - Fitness Studio-Nov Fitness Room
	9:40am - Strength Train - N Great Hall	10:00am - Chinese - Learn Conference Room	9:30am - Living a Healthy Lif Dogwood Room	9:30am - Mah Jong, Learn Ashe Room	10:15am - Spanish Beg-Nov Craft Room	8:30am - Billiards Activity Area-Pool
	10:00am - Connections Conci Liv Room 2	10:00am - ESL Dogwood Room	9:30am - Salli's Sr Work-No Great Hall	9:40am - Strength Train - N Great Hall	10:30am - Silver Sneakers- Great Hall	9:00am - Passage Med Craft Room
	10:00am - Quilting w/ the Girl Alcove Hickory #2	10:00am - Table Tennis Table Tennis Area	10:00am - Charlie's Social CI Conference Room	10:00am - Balance Exercise Room	11:00am - Tone, Balance, Tig Exercise Room	9:00am - Chinese Folk Danc Exercise Room
	10:00am - Inspired Movemen Exercise Room	10:30am - Silver Sneakers- Great Hall	10:00am - Inspired Movemen Exercise Room	10:00am - Table Tennis Table Tennis Area	12:00pm - Seymour Lunch Pr Great Hall	10:30am - Chinese Dance Exercise Room
	10:00am - Beg Oil Paint -Oct Art Room	10:30am - Creative Crafts Craft Room	10:00am - Caregivers Respit Alcove Hickory #2	10:30am - Sudoku Club Dogwood Room	12:00pm - Spanish Meet-up- Alcove Hickory #2	1:00pm - Opera Theater

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November 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	10:00am - Nat Skin Fac -Sept Well Ind Serv 1 10:00am - Table Tennis Table Tennis Area 10:30am - Span-Lev III-Beg-Dogwood Room 10:45am - Strength Train - N 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 - Birthday Celebrati Gath Place Cafe Are 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 - Pastel - Oct Art Room	11:00am - Simply Yoga - am Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - UNC Phys Therap Well Ind Serv 2 12:30pm - Parkinson Support Dogwood Room 12:30pm - parkinson's caregi Ashe Room 1:00pm - Senior Center Cin Theater 1:00pm - Intro Word Proc-N Comp Room -Sey Tech 1:00pm - Table Tennis Great Hall 2:00pm - Writers' Discussio Birch Room 2:00pm - Finding Voice-- Oc Ashe Room 2:00pm - Retirement for Boo Ashe Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater	10:00am - Caregivers Respit Craft Room 10:00am - Table Tennis Table Tennis Area 10:30am - Issues of Faith Ashe Room 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 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Spouse Loss Grief Conference Room 1:00pm - Writing Seminar-K Ashe Room 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Sarah West Bridge Birch Room 1:00pm - Silver Sneakers B Great Hall	10:45am - Strength Train - N Great Hall 11:00am - Jammers - Cheer Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - UNC Phys Therap Well Ind Serv 2 12:45pm - canasta Mem Tree and Vet Alc 1:00pm - Table Tennis Great Hall 1:00pm - Spanish Social Clu Exercise Room 1:45pm - Music Therapy for Theater 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference Room 3:30pm - Pilates - Nov-Thur Exercise Room 4:00pm - Staff Meeting-Cyd Ashe Room 5:30pm - Basketball PM Great Hall	12:00pm - Spanish Meet-up-Craft Room 12:45pm - Chinese Choir Theater 1:00pm - Silver Sneakers B Exercise Room 1:30pm - Badminton- 2nd Fr Great Hall	3:30pm - Zumba -Latina-kid Exercise Room

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6	7	8	9	10	11
	<p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>1:00pm - Windows 10 Work Comp Room -Sey Tech</p> <p>1:00pm - Yoga, Sr - Nov Exercise Room</p> <p>1:30pm - Garden Club Conference Room</p> <p>2:00pm - Pilates - Nov - Mo Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing- Nov 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>4:15pm - Badminton Great Hall</p> <p>5:30pm - Adult Care Home Conference Room</p> <p>6:00pm - Holiday Cards-Tha Ashe 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 Great Hall</p>	<p>1:00pm - Windows 10 Work Comp Room -Sey Tech</p> <p>1:00pm - Yoga, Sr - Nov Exercise Room</p> <p>2:00pm - Finding Voice-_Oc Theater</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 - Nov Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Cinema Night -Jac 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>6:00pm - NAMI Support Dogwood Room</p> <p>6:00pm - NAMI Peer to Peer Birch Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>		

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	8:00am - Fitness Studio-Nov Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Masg - MS, day N Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Spanish Lev IV Ea Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train - N Great Hall 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Beg Oil Paint - No Art Room 10:00am - Inspired Movemen Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Employment Info S Conference Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Nov Fitness Room 8:20am - ST&M - Nov Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 10:00am - Living with Dement Offsite 10:00am - Balance Exercise Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Golden Age Happy Ashe Room 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room	8:00am - SHIIP Visiting Agency 1 8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Nov Fitness Room 9:00am - Strengthen your C Exercise Room 9:00am - Sculpture in the G Offsite 9:00am - Fit Feet - Nov Well Ind Serv 2 9:00am - Social Media Comp Room -Sey Tech 9:00am - Chinese Training Conference Room 9:30am - Bridge Lab Birch Room 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - MoJo with Gary Theater 9:30am - Living a Healthy Lif Dogwood Room 9:30am - Salli's Sr Work-No Great Hall	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Nov Fitness Room 8:20am - ST&M - Nov 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 - Botanical Gardens Offsite 9:40am - Strength Train - N Great Hall 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train - N Great Hall	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Nov Fitness Room 9:00am - Span Lev V Int-Ad Craft Room 9:00am - Strengthen your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-No Great Hall 10:00am - Falls Recovery Exercise Room 10:00am - Beg Oil Paint - No Art Room 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 - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Alcove Hickory #2	8:00am - Fitness Studio-Nov Fitness Room 8:00am - Aging in Comm - L Great Hall 8:00am - Aging in Communit Theater 8:00am - Aging in COmmun Gath Place Cafe Are 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 10:30am - Chinese Dance Exercise Room 12:00pm - Table Tennis - Sat Great Hall 3:30pm - Zumba -Latina-kid Exercise Room

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Seymour Center - Activity Calendar

November 2017 (Continued)

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12

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

10:45am - Strength Train - N 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

12:30pm - Flu Shots Well Ind Serv 1

12:45pm - canasta Mem Tree and Vet Alc

12:45pm - Chinese Choir Theater

1:00pm - Mah Jong Birch Room

1:00pm - Pinterest Comp Room -Sey Tech

1:00pm - Zentangle-Holiday Craft Room

1:00pm - Table Tennis Instr Table Tennis Area

13

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 - Aging Advisory Bd Dogwood Room

1:00pm - Table Tennis Great Hall

1:00pm - File Management Comp Room -Sey Tech

2:00pm - Retirement for Boo Ashe Room

2:00pm - Chinese Brush-No Art Room

2:15pm - Inspired Movemen Exercise Room

3:00pm - Village Revue Theater

3:00pm - Bus Riding 101 Craft Room

4:00pm - Living with Dement Dogwood Room

4:00pm - Living with Dement Ashe Room

14

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

10:00am - Inspired Movemen Exercise Room

10:00am - Caregivers Respit Alcove Hickory #2

10:00am - Caregivers Respit Craft Room

10:00am - Table Tennis Table Tennis Area

10:30am - Buzz Table Liv Room 2

10:30am - Issues of Faith Ashe Room

10:30am - Bingo- Nov Great Hall

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

12:00pm - Seymour Lunch Pr Great Hall

12:00pm - Cards Alcove Hickory #2

12:30pm - Caregivers Respit Alcove Hickory #2

1:00pm - Spouse Loss Grief Conference Room

1:00pm - Writing Seminar-K Ashe Room

15

11:00am - Jammers - Cheer Exercise Room

12:00pm - Seymour Lunch Pr Great Hall

12:00pm - Cards Alcove Hickory #2

12:30pm - Friends of Sey Ex Dogwood Room

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

12:45pm - canasta Mem Tree and Vet Alc

1:00pm - Table Tennis Great Hall

1:00pm - Spanish Social Clu Exercise Room

1:00pm - File Management Comp Room -Sey Tech

1:30pm - Knifty Knitters Craft Room

1:45pm - Music Therapy for Theater

2:15pm - Inspired Movemen Exercise Room

3:00pm - Aging Transitions Conference Room

3:30pm - Pilates - Nov-Thur Exercise Room

16

12:00pm - Spanish Meet-up-Craft Room

12:45pm - Chinese Choir Theater

1:00pm - Comp Sec & Back Comp Room -Sey Tech

1:00pm - Silver Sneakers B Exercise Room

6:00pm - Phoenix Theatre Theater

17

18

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
	<p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Yoga, Sr - Nov Exercise Room</p> <p>1:30pm - Memory Cafe Dogwood Room</p> <p>2:00pm - Pilates - Nov - Mo Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing- Nov Great Hall</p> <p>4:00pm - Staff Meeting Dogwood Room</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>4:15pm - Badminton Great Hall</p> <p>6:00pm - Quilled Christmas Craft Room</p> <p>6:30pm - Delta Sigma Theta Dogwood Room</p> <p>6:30pm - CH Cam Club Theater</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - Square Dancing Great Hall</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 - Nov Exercise Room</p> <p>1:00pm - Writing Seminar-K Dogwood Room</p> <p>2:00pm - Finding Voice_ Theater</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 - Nov 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>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - NAMI Support Dogwood Room</p> <p>6:30pm - Dulcimer-Nov Ashe Room</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>7:00pm - Waltzing Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>		

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

12

13

14

15

16

17

18

7:30pm - Badminton-Wed ni
Great Hall

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
	8:00am - Fitness Studio-Nov Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Masg - MS, day N Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise Room 9:15am - Morning Bridge Birch Room 9:15am - Morning Bridge Ashe Room 9:30am - Spanish Lev IV Ea Dogwood Room 9:30am - Quilting w/ the Girl Craft Room 9:40am - Strength Train - N Great Hall 10:00am - Connections Conci Liv Room 2 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Beg Oil Paint - No Art Room 10:00am - Inspired Movemen Exercise Room 10:00am - Nat Skin Fac -Sept Well Ind Serv 1	7:30am - Mall Walk-nov Offsite 8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Nov Fitness Room 8:20am - ST&M - Nov Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 10:00am - Living with Dement Offsite 10:00am - Balance Exercise Room 10:00am - Chinese - Learn Conference Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room 11:00am - Simply Yoga - am Exercise Room	8:00am - SHIIP Visiting Agency 1 8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Nov Fitness 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-No Great Hall 10:00am - Charlie's Social Cl Conference Room 10:00am - Inspired Movemen Exercise Room 10:00am - Caregivers Respit Alcove Hickory #2 10:00am - Caregivers Respit Craft Room 10:00am - Table Tennis Table Tennis Area 10:30am - Issues of Faith Ashe Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Nov Fitness Room 8:20am - ST&M - Nov 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 9:40am - Strength Train - N Great Hall 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:45am - Strength Train - N 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 - Spanish Social Clu Exercise Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Nov Fitness Room 9:00am - Span Lev V Int-Ad Craft Room 9:00am - Strengthen your C Exercise Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-No Great Hall 10:00am - Beg Oil Paint - No Art Room 10:00am - Insight Caregivers Conference Room 10:00am - Table Tennis Table Tennis Area 10:15am - Spanish Beg-Nov Craft Room 10:30am - Silver Sneakers- Great Hall 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Spanish Meet-up- Craft Room 12:45pm - Chinese Choir Theater	8:00am - Fitness Studio-Nov 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 3:30pm - Zumba -Latina-kid Exercise Room

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
19	20	21	22	23	24	25	
	10:00am - Table Tennis Table Tennis Area 10:00am - Employment Info S Conference Room 10:30am - Span-Lev III-Beg- Dogwood Room 10:45am - Strength Train - N 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 - Table Tennis Instr Table Tennis Area 1:00pm - Social Bridge 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 2:00pm - Writers' Discussio Birch Room 2:00pm - Retirement for Boo Ashe Room 2:00pm - Chinese Brush-No Art Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:00pm - Living with Dement Dogwood Room 4:15pm - Badminton Great Hall 5:30pm - Rentals-Hannah R Conference Room 6:00pm - rental-Dem Party Theater	11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Spouse Loss Grief Conference Room 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Silver Sneakers B Great Hall 1:00pm - Yoga, Sr - Nov Exercise 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 - Nov Great Hall 5:15pm - Tutoring Visiting Agency 1	1:45pm - Music Therapy for Theater 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference Room 3:30pm - Pilates - Nov-Thur Exercise Room 4:00pm - Staff Meeting-Cyd Ashe Room 5:30pm - Basketball PM Great Hall 6:30pm - CH Divorce Group Craft Room 7:00pm - Argentine Tango Great Hall	1:00pm - Silver Sneakers B Exercise Room		

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

19

20

1:00pm - Chair Massage- M
Liv Room 2

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

2:00pm - TED TALKS
Theater

2:00pm - Pilates - Nov - Mo
Great Hall

3:00pm - Prime Time Player
Theater

3:15pm - Line Dancing- Nov
Great Hall

5:00pm - Retros
Exercise Room

7:00pm - Chinese Folk Danc
Great Hall

21

6:30pm - CH Cam Club
Ashe Room

7:00pm - T'ai Chi
Exercise Room

7:00pm - Square Dancing
Great Hall

22

5:15pm - Simply Yoga- even
Exercise Room

7:00pm - Mah Jong-evening
Ashe Room

7:30pm - Badminton-Wed ni
Great Hall

23

24

25

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

	26	27	28	29	30	
	<p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>8:00am - VA Benefits Assist Visiting Agency 1</p> <p>9:00am - Masg - MS, day N Massage Therapy Room</p> <p>9:00am - T'ai Chi - Arthritis Exercise Room</p> <p>9:15am - Morning Bridge Birch Room</p> <p>9:15am - Morning Bridge Ashe Room</p> <p>9:30am - Spanish Lev IV Ea Dogwood Room</p> <p>9:30am - Quilting w/ the Girl Craft Room</p> <p>9:40am - Strength Train - N Great Hall</p> <p>10:00am - Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - Beg Oil Paint - No Art Room</p> <p>10:00am - Inspired Movemen Exercise Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Employment Info S Conference Room</p>	<p>8:00am - SHIIP Visiting Agency 1</p> <p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>8:20am - ST&M - Nov Great Hall</p> <p>8:30am - Walking Outdoors Living Room</p> <p>9:00am - Chinese Dance Exercise Room</p> <p>10:00am - Balance Exercise Room</p> <p>10:00am - Chinese - Learn Conference Room</p> <p>10:00am - ESL Dogwood Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:30am - Silver Sneakers- Great Hall</p> <p>10:30am - Creative Crafts Craft Room</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>8:00am - SHIIP Visiting Agency 1</p> <p>8:00am - Basketball Great Hall</p> <p>8:00am - Trager-By Appt Massage Therapy Room</p> <p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>9:00am - Strengthen your C Exercise Room</p> <p>9:30am - Bridge Lab Birch Room</p> <p>9:30am - Blood Pressure Ch Wellness Corridor</p> <p>9:30am - Salli's Sr Work-No Great Hall</p> <p>10:00am - Charlie's Social Cl Conference Room</p> <p>10:00am - Inspired Movemen Exercise Room</p> <p>10:00am - Caregivers Respit Alcove Hickory #2</p> <p>10:00am - Caregivers Respit Craft Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:30am - Issues of Faith Ashe Room</p>	<p>8:00am - SHIIP Visiting Agency 1</p> <p>8:00am - Fitness Studio-Nov Fitness Room</p> <p>8:20am - ST&M - Nov Great Hall</p> <p>9:00am - Spanish Social Clu Birch Room</p> <p>9:00am - Spanish Social-Ex Exercise Room</p> <p>9:00am - Farmers Market S Garden Front of Seym</p> <p>9:15am - Chinese Calligraph Art Room</p> <p>9:30am - Mah Jong, Learn Ashe Room</p> <p>9:40am - Strength Train - N Great Hall</p> <p>10:00am - Balance Exercise Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:30am - Sudoku Club Dogwood Room</p> <p>10:45am - Strength Train - N Great Hall</p> <p>11:00am - Jammers - Cheer Exercise Room</p>		

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

26

10:30am - Span-Lev III-Beg-Dogwood Room
10:45am - Strength Train - N 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 - Mac and OS X Comp Room -Sey Tech
1:00pm - Table Tennis Instr Table Tennis Area
1:00pm - Social Bridge Ashe Room
1:00pm - Yoga, Sr - Nov Exercise Room

27

12:30pm - UNC Phys Therap Well Ind Serv 2
1:00pm - Senior Center Cin Theater
1:00pm - Table Tennis Great Hall
2:00pm - Program Advisory Ashe Room
2:00pm - Chinese Brush-No Art 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
7:00pm - T'ai Chi Exercise Room
7:00pm - Square Dancing Great Hall

28

11:00am - Tone, Balance, Tig Exercise Room
12:00pm - Seymour Lunch Pr Great Hall
12:00pm - Cards Alcove Hickory #2
12:00pm - Tax Free investing Birch Room
12:30pm - Caregivers Respit Alcove Hickory #2
1:00pm - Spouse Loss Grief Conference Room
1:00pm - Mac and OS X Comp Room -Sey Tech
1:00pm - Writing Seminar-P Birch Room
1:00pm - Table Tennis Instr Table Tennis Area
1:00pm - Sarah West Bridge Ashe Room
1:00pm - Silver Sneakers B Great Hall
1:00pm - Yoga, Sr - Nov Exercise Room
1:00pm - Writing Seminar-P Dogwood Room
2:10pm - Parkinson Pickleb Great Hall

29

12:00pm - Seymour Lunch Pr Great Hall
12:00pm - Cards Alcove Hickory #2
12:00pm - Prime Time Player Theater
12:30pm - UNC Phys Therap Well Ind Serv 2
12:45pm - canasta Mem Tree and Vet Alc
1:00pm - Newcomers' Mah Craft Room
1:00pm - Table Tennis Great Hall
1:00pm - Spanish Social Clu Exercise Room
1:00pm - Newcomers' Mah Ashe Room
1:45pm - Music Therapy for Dogwood Room
1:45pm - Music Therapy for Theater
2:15pm - Inspired Movemen Exercise Room
3:00pm - Aging Transitions Conference Room
3:30pm - Pilates - Nov-Thur Exercise Room

30

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Seymour Center - Activity Calendar

November 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	<div style="text-align: right; color: red; margin-bottom: 5px;">27</div> <p>1:45pm - Prime Time Player Theater</p> <p>2:00pm - Pilates - Nov - Mo Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing- Nov Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>6:00pm - Mexican Folk Art w Craft Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	28	<div style="text-align: right; color: red; margin-bottom: 5px;">29</div> <p>2:30pm - T'ai Chi-beg Wed- Exercise Room</p> <p>3:00pm - AA - Late Bloomer Conference Room</p> <p>4:00pm - NIA - Nov 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>	30	<p>5:30pm - Basketball PM Great Hall</p> <p>5:45pm - Triangle Weavers Gath Place Cafe Are</p> <p>6:30pm - CH Divorce Group Craft Room</p> <p>7:00pm - Argentine Tango Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>		

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