

Seymour Center - Activity Calendar

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>8:00am - Fitness Studio-Oct Fitness Room</p> <p>8:00am - VA Benefits Assist Visiting Agency 1</p> <p>9:00am - Masg - MS, day O Massage Therapy Room</p> <p>9:15am - Morning Bridge Birch Room</p> <p>9:15am - Morning Bridge Ashe Room</p> <p>9:30am - Garden Club Garden Front of Seym</p> <p>9:30am - Quilting w/ the Girl Craft Room</p> <p>9:30am - Spanish Lev IV Ear Dogwood Room</p> <p>9:40am - Strength Train -Oc Great Hall</p> <p>10:00am - Inspired Movemen Exercise Room</p> <p>10:00am - Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - Connections Conci Liv Room 2</p> <p>10:00am - Beg Oil Paint-Aug Art Room</p> <p>10:00am - Nat Skin Fac -Sept Well Ind Serv 1</p>	<p>8:00am - SHIIP Visiting Agency 1</p> <p>8:00am - Fitness Studio-Oct Fitness Room</p> <p>8:20am - ST&M - Oct Great Hall</p> <p>8:30am - Walking Outdoors Living Room</p> <p>9:00am - Chinese Dance Exercise Room</p> <p>9:30am - Bridge-Bidding in 2 Birch Room</p> <p>10:00am - Low Vision Suppo Ashe Room</p> <p>10:00am - Chinese - Learn Conference Room</p> <p>10:00am - Balance Exercise 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>12:01am - Rentals-Cycle NC Great Hall</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-Oct Fitness Room</p> <p>9:00am - Strengthen your C Exercise Room</p> <p>9:00am - Fit Feet - Oct Well Ind Serv 2</p> <p>9:30am - MoJo with Gary Theater</p> <p>9:30am - Blood Pressure Ch Wellness Corridor</p> <p>9:30am - Bridge Lab Birch Room</p> <p>9:30am - Salli's Sr Work-Oct Great Hall</p> <p>10:00am - Inspired Movemen Exercise Room</p> <p>10:00am - Charlie's Social CI Conference Room</p> <p>10:00am - A New Look at Gra Craft Room</p>	<p>8:00am - SHIIP Visiting Agency 1</p> <p>8:00am - Fitness Studio-Oct Fitness Room</p> <p>8:20am - ST&M - Oct Great Hall</p> <p>9:00am - Farmers Market S Garden Front of Seym</p> <p>9:00am - Spanish Social-Ex Exercise Room</p> <p>9:00am - Spanish Social Clu Birch Room</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 -Oc 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 -Oc Great Hall</p>	<p>8:00am - Basketball Great Hall</p> <p>8:00am - Fitness Studio-Oct Fitness Room</p> <p>9:00am - Strengthen your C Exercise Room</p> <p>9:00am - Phys Func Well Ind Serv 1</p> <p>9:00am - Span Lev V Int to Craft Room</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-Oct Great Hall</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:15am - Spanish Beg I-Sept Craft Room</p> <p>10:30am - Silver Sneakers- Great Hall</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>8:00am - Fitness Studio-Oct Fitness Room</p> <p>8:30am - Billiards Activity Area-Pool</p> <p>9:00am - Chinese Folk Danc Exercise Room</p> <p>9:00am - Japanese Embroid Ashe Room</p> <p>9:00am - Japanese Embroid Birch Room</p> <p>9:15am - Badminton Great Hall</p> <p>10:00am - Paper Gone Wild- Art Room</p> <p>10:30am - Chinese Dance Exercise Room</p> <p>12:00pm - Table Tennis - Sat Great Hall</p> <p>3:30pm - Zumba -Latina-kid Exercise Room</p>



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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>10:00am - Table Tennis Table Tennis Area</p> <p>10:30am - Span Lev III Beg-S Dogwood Room</p> <p>10:45am - Strength Train -Oc Great Hall</p> <p>11:00am - Sit to be Fit Exercise Room</p> <p>11:30am - Dementia Consult Conference Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Birthday Celebrati Gath Place Cafe Are</p> <p>12:00pm - Span Beg Lev IISe Dogwood Room</p> <p>12:45pm - canasta Mem Tree and Vet Alc</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Pastel - KW- Sept Art Room</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Mah Jong Birch Room</p>	<p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Better Back Care- Exercise Room</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>12:30pm - Parkinson Support Dogwood Room</p> <p>12:30pm - parkinson's caregi Ashe Room</p> <p>12:30pm - parkinson's caregi Birch Room</p> <p>1:00pm - SHIIP Ashe Room</p> <p>1:00pm - Senior Center Cin Theater</p> <p>1:00pm - Table Tennis Great Hall</p> <p>2:00pm - Chinese Brush- Se Art Room</p> <p>2:00pm - Writers' Discussio Birch Room</p> <p>2:00pm - Estate Planning Conference Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p>	<p>10:00am - Caregivers Respit Craft Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Caregivers Respit Alcove Hickory #2</p> <p>10:30am - Buzz Table Liv Room 2</p> <p>10:30am - Improv Theatre:Sc Theater</p> <p>10:30am - Issues of Faith Ashe Room</p> <p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Freshstart Dogwood Room</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:30pm - Caregivers Respit Alcove Hickory #2</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Spouse Loss Grief Conference Room</p> <p>1:00pm - Sarah West Bridge Ashe Room</p>	<p>11:00am - Jammers - Cheer Exercise Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>12:45pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Android Smartpho Ashe Room</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:00pm - Spanish Social Clu Exercise Room</p> <p>1:00pm - Flash Mob Theater</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>1:45pm - Music Therapy for Dogwood Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates-Oct-Thurs Exercise Room</p>	<p>12:00pm - Spanish Meet-up- Craft Room</p> <p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Table Tennis- Fri Great Hall</p> <p>1:00pm - Silver Sneakers B Exercise Room</p>	

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>1:00pm - Photo Gallery Comp Room -Sey Tech</p> <p>1:00pm - Yoga, Sr - Oct Exercise Room</p> <p>1:30pm - Garden Club Conference Room</p> <p>2:00pm - Pilates -Oct - Mon Great Hall</p> <p>2:00pm - Older Adult Emplo Dogwood Room</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Oct Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>6:15pm - Rentals-CSN HOA Dogwood Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p> <p>7:00pm - Peking Opera Gro Theater</p>	<p>3:00pm - Village Revue Theater</p> <p>5:30pm - American History- Birch Room</p> <p>6:00pm - Holiday Cards-Hall Ashe Room</p> <p>6:00pm - practice Theater</p> <p>6:30pm - CH Camera Club Dogwood Room</p> <p>6:30pm - CH Camera Club Conference Room</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - Rentals-Cycle NC Great Hall</p> <p>7:00pm - Song Swap Craft Room</p> <p>7:00pm - Square Dancing Great Hall</p>	<p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Photo Gallery Comp Room -Sey Tech</p> <p>1:00pm - Yoga, Sr - Oct Exercise Room</p> <p>2:00pm - MAP- Mary Dogwood 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 -Oct Great Hall</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - practice Theater</p> <p>7:00pm - Mah Jong-evening Ashe Room</p> <p>7:30pm - Badminton-Wed ni Great Hall</p>	<p>5:30pm - Basketball PM Great Hall</p> <p>5:30pm - American History- Theater</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

October 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

8	9	10	11	12	13	14
9:00am - Japanese Embroid Ashe Room 9:00am - Japanese Embroid Birch Room	8:00am - Fitness Studio-Oct Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Friends of the Sey Theater 9:00am - Masg - MS, day O Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise 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 - Spanish Lev IV Ear Dogwood Room 9:40am - Strength Train -Oc Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Beg Oil Paint -Oct Art Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Oct Fitness Room 8:20am - ST&M - Oct Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - Improv Theatre:Di Theater 9:30am - Bridge-Bidding in 2 Birch Room 10:00am - Chinese - Learn Conference Room 10:00am - Balance Exercise Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers-Great Hall 10:30am - Golden Age Happy Ashe Room 10:30am - Creative Crafts Craft Room	8:00am - SHIIP Visiting Agency 1 8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Oct Fitness Room 9:00am - Strengthen your C Exercise Room 9:00am - Fit Feet - Oct Well Ind Serv 2 9:00am - Editing & Sharing Comp Room -Sey Tech 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Bridge Lab Birch Room 9:30am - Living a Healthy Lif Dogwood Room 9:30am - Salli's Sr Work-Oct Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - SHIIP Quarterly Tr Birch Room 10:00am - Charlie's Social CI Conference Room	8:00am - SHIIP Visiting Agency 1 8:00am - Sr Wellness Clinic Conference Room 8:00am - Fitness Studio-Oct Fitness Room 8:20am - ST&M - Oct Great Hall 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social-Ex Exercise Room 9:00am - Spanish Social Clu Birch Room 9:00am - Friends Around th Dogwood Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train -Oc Great Hall 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:00am - Table Tennis Table Tennis Area 10:30am - Sudoku Club Dogwood Room	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Oct Fitness Room 8:00am - Transportation Me Theater 8:00am - Transportation Me Dogwood Room 8:00am - Transportation Me Ashe Room 9:00am - Strengthen your C Exercise Room 9:00am - Span Lev V Int to Craft Room 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-Oct Great Hall 10:00am - Insight Caregivers Conference Room 10:00am - Beg Oil Paint -Oct Art Room 10:00am - Table Tennis Table Tennis Area 10:15am - SpanishBeg I-Sept Craft Room 10:30am - Silver Sneakers-Great Hall	8:00am - Fitness Studio-Oct Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Passage Med Craft Room 9:00am - Chinese Folk Danc Exercise Room 9:15am - Badminton Great Hall 10:30am - Chinese Dance Exercise Room 12:00pm - Poetry with Drums Theater 12:00pm - Table Tennis - Sat Great Hall 3:30pm - Zumba -Latina-kid Exercise Room 4:00pm - Zumba - Latina Great Hall 4:00pm - Friends of the Sey Theater

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

8	9	10	11	12	13	14	
	10:00am - Table Tennis Table Tennis Area 10:00am - Employment Info S Conference Room 10:30am - Span Lev III Beg-S Dogwood Room 10:45am - Strength Train -Oc 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 IISe Dogwood Room 12:30pm - Shingles & Pneu-A Living Room 12:45pm - canasta Mem Tree and Vet Alc 12:45pm - Chinese Choir Theater 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Mah Jong Birch 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 1:00pm - Senior Center Cin Theater 1:00pm - Table Tennis Great Hall 2:00pm - Chinese Brush- Se Art Room 2:15pm - Inspired Movemen Exercise Room 4:00pm - What Can We Exp Offsite 4:00pm - Project EngAGE Theater 4:15pm - Badminton Great Hall 6:30pm - Delta Sigma Theta Dogwood Room 6:30pm - CH Cam Club Theater 7:00pm - T'ai Chi Exercise Room	10:00am - A New Look at Gra Craft Room 10:00am - Caregivers Respit Craft Room 10:00am - Table Tennis Table Tennis Area 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Improv Theatre:Sc Theater 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 - Freshstart Dogwood Room 12:00pm - Cards Alcove Hickory #2 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Spouse Loss Grief Conference Room	10:45am - Strength Train -Oc 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 - Android Smartpho Ashe Room 1:00pm - Intro to Facebook Comp Room -Sey Tech 1:00pm - Table Tennis Great Hall 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Flash Mob Theater 1:45pm - Music Therapy for Dogwood Room 2:00pm - Hispanic Heritage Theater 2:15pm - Inspired Movemen Exercise 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 - Silver Sneakers B Exercise Room 1:30pm - Badminton- 2nd Fr Great Hall		

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Seymour Center - Activity Calendar

October 2017 (Continued)

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

8

1:00pm - Pastel - Oct
Art Room

1:00pm - Intro to Facebook
Comp Room -Sey Tech

1:00pm - Zentangle-Tangled
Craft Room

1:00pm - Social Bridge
Ashe Room

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

1:30pm - Memory Cafe
Dogwood Room

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

3:00pm - Prime Time Player
Theater

3:15pm - Line Dancing-Oct
Great Hall

5:00pm - Retros
Exercise Room

5:30pm - Aging in Communit
Great Hall

5:30pm - Aging in Communit
Theater

7:00pm - Chinese Folk Danc
Exercise Room

9

7:00pm - Square Dancing
Great Hall

10

1:00pm - Intro to Facebook
Comp Room -Sey Tech

1:00pm - Sarah West Bridge
Ashe Room

1:00pm - Silver Sneakers B
Great Hall

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

1:00pm - Android Smartpho
Dogwood Room

2:00pm - Finding Voice-- Oc
Birch Room

2:00pm - Finding Voice_
Theater

2:00pm - Friends of the Sey
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 -Oct
Great Hall

5:15pm - Tutoring
Visiting Agency 1

5:15pm - Simply Yoga- even
Exercise Room

11

3:00pm - Aging Transitions
Conference Room

3:30pm - Pilates-Oct-Thurs
Exercise Room

4:00pm - Staff Meeting-Cyd
Ashe 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

12

13

14

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11 6:00pm - Cinema Night -Lio Theater 7:00pm - Irish Dance Exercise Room 7:00pm - Mah Jong-evening Ashe Room 7:30pm - Badminton-Wed ni Great Hall	12	13	14

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	8:00am - Fitness Studio-Oct Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Hearing Screening Well Ind Serv 1 9:00am - Masg - MS, day O Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise 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 - Spanish Lev IV Ear Dogwood Room 9:40am - Strength Train -Oc Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Connections Conci Liv Room 2	7:30am - Mall Walk-Oct Offsite 8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Oct Fitness Room 8:20am - ST&M - Oct Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - Improv Theatre:Di Theater 9:30am - Bridge-Bidding in 2 Birch Room 10:00am - Chinese - Learn Conference Room 10:00am - Balance Exercise Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:00am - Robert's Rules Ashe Room 10:30am - Silver Sneakers- Great Hall	8:00am - SHIIP Visiting Agency 1 8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Oct Fitness Room 9:00am - Strengthen your C Exercise Room 9:00am - Fit Feet - Oct Well Ind Serv 2 9:00am - Editing & Sharing Comp Room -Sey Tech 9:00am - Chinese Training Conference Room 9:30am - MoJo with Gary Theater 9:30am - Occoneechee Spe Offsite 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Bridge Lab Birch Room 9:30am - Salli's Sr Work-Oct Great Hall 10:00am - Inspired Movemen Exercise Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Oct Fitness Room 8:20am - ST&M - Oct Great Hall 8:30am - CHADER Theater 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social-Ex Exercise Room 9:00am - Spanish Social Clu Birch Room 9:00am - Friends Around th Dogwood Room 9:15am - Chinese Calligraph Art Room 9:30am - Occoneechee Offsite 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train -Oc Great Hall 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Oct Fitness Room 9:00am - Strengthen your C Exercise Room 9:00am - Everything Google Comp Room -Sey Tech 9:00am - Span Lev V Int to Craft Room 9:30am - Bridge Lab Birch Room 10:00am - Beg Oil Paint -Oct Art Room 10:00am - Table Tennis Table Tennis Area 10:15am - SpanishBeg I-Sept Craft Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Spanish Meet-up- Alcove Hickory #2 12:00pm - Spanish Meet-up- Craft Room	8:00am - Fitness Studio-Oct Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Chinese Folk Danc Exercise Room 9:00am - Making Technolog Liv Room 2 9:00am - Making Technolog Dogwood Room 9:00am - Making Technolog Theater 9:00am - Making Technolog Ashe Room 9:00am - Making Technolog Birch Room 9:00am - Making Technolog Comp Room -Sey Tech 9:15am - Badminton Great Hall 10:30am - Chinese Dance Exercise Room 10:30am - How Smart is Your Dogwood Room 10:30am - The ABC's of Com Ashe Room 10:30am - Funtastic Fun with Liv Room 2

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	<p>10:00am - Beg Oil Paint -Oct Art Room</p> <p>10:00am - Nat Skin Fac -Sept Well Ind Serv 1</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Employment Info S Conference Room</p> <p>10:30am - Span Lev III Beg-S Dogwood Room</p> <p>10:45am - Strength Train -Oc Great Hall</p> <p>11:00am - Sit to be Fit Exercise Room</p> <p>11:30am - Dementia Consult Conference Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:00pm - Span Beg Lev IISe Dogwood Room</p> <p>12:30pm - Shingles & Pneu C Well Ind Serv 1</p> <p>12:45pm - canasta Mem Tree and Vet Alc</p> <p>12:45pm - Chinese Choir Theater</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>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>1:00pm - Senior Center Cin Theater</p> <p>1:00pm - Table Tennis Great Hall</p> <p>2:00pm - Chinese Brush- Se Art Room</p> <p>2:00pm - Writers' Discussio Birch Room</p> <p>2:00pm - Retirement for Boo Ashe Room</p> <p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Village Revue Theater</p> <p>4:00pm - What Can We Exp Offsite</p> <p>4:00pm - What Can We Exp Dogwood Room</p>	<p>10:00am - Living a Healthy Lif Theater</p> <p>10:00am - Charlie's Social CI Conference Room</p> <p>10:00am - VITA TRAINING Dogwood Room</p> <p>10:00am - A New Look at Gra Craft Room</p> <p>10:00am - Caregivers Respit Craft Room</p> <p>10:00am - Table Tennis Table Tennis Area</p> <p>10:00am - Caregivers Respit Alcove Hickory #2</p> <p>10:30am - Buzz Table Liv Room 2</p> <p>10:30am - Issues of Faith Ashe Room</p> <p>10:30am - Bingo- Oct Great Hall</p> <p>11:00am - Tone, Balance, Tig Exercise Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Freshstart Dogwood Room</p> <p>12:00pm - Cards Alcove Hickory #2</p>	<p>10:30am - Sudoku Club Dogwood Room</p> <p>10:45am - Strength Train -Oc Great Hall</p> <p>11:00am - Jammers - Cheer Exercise Room</p> <p>12:00pm - Seymour Lunch Pr Great Hall</p> <p>12:00pm - Cards Alcove Hickory #2</p> <p>12:30pm - Friends of Sey Ex Dogwood Room</p> <p>12:30pm - UNC Phys Therap Well Ind Serv 2</p> <p>12:45pm - canasta Mem Tree and Vet Alc</p> <p>1:00pm - Android Smartpho Ashe Room</p> <p>1:00pm - Table Tennis Great Hall</p> <p>1:00pm - Spanish Social Clu Exercise Room</p> <p>1:00pm - Flash Mob Theater</p> <p>1:30pm - Knifty Knitters Craft Room</p> <p>1:45pm - Music Therapy for Dogwood Room</p>	<p>12:45pm - Chinese Choir Theater</p> <p>1:00pm - Pumpkin Bedazzle Ashe Room</p> <p>1:00pm - IPAD and IPHONE Comp Room -Sey Tech</p> <p>1:00pm - Silver Sneakers B Exercise Room</p>	<p>10:30am - What Happened to Comp Room -Sey Tech</p> <p>11:15am - How Smart is Your Dogwood Room</p> <p>11:15am - The ABC's of Com Ashe Room</p> <p>11:15am - Funtastic Fun with Liv Room 2</p> <p>11:15am - What Happened to Comp Room -Sey Tech</p> <p>11:30am - Pulmonary/Hypert Ashe Room</p> <p>12:00pm - Table Tennis - Sat Great Hall</p> <p>12:00pm - Rentals Ashe Room</p> <p>12:00pm - Rentals Birch Room</p> <p>12:00pm - How Smart is Your Dogwood Room</p> <p>12:00pm - The ABC's of Com Ashe Room</p> <p>12:00pm - Funtastic Fun with Liv Room 2</p> <p>12:00pm - What Happened to Comp Room -Sey Tech</p> <p>12:45pm - How Smart is Your Dogwood Room</p>

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18	19	20	21
	<p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Mah Jong Birch Room</p> <p>1:00pm - Pastel - Oct Art Room</p> <p>1:00pm - IPAD and IPHONE Comp Room -Sey Tech</p> <p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Chair Massage- M Liv Room 2</p> <p>1:00pm - Yoga, Sr - Oct Exercise Room</p> <p>2:00pm - TED TALKS Theater</p> <p>2:00pm - Pilates -Oct - Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Oct Great Hall</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>5:30pm - Rentals-Hannah R Conference Room</p> <p>6:30pm - CH Cam Club Ashe Room</p> <p>7:00pm - T'ai Chi Exercise Room</p> <p>7:00pm - Square Dancing Great Hall</p>	<p>12:00pm - Preparing for the U Theater</p> <p>12:30pm - Paper Cutting Wk Birch Room</p> <p>12:30pm - Caregivers Respit Alcove Hickory #2</p> <p>1:00pm - Table Tennis Instr Table Tennis Area</p> <p>1:00pm - Spouse Loss Grief Conference Room</p> <p>1:00pm - IPAD and IPHONE Comp Room -Sey Tech</p> <p>1:00pm - Sarah West Bridge Ashe Room</p> <p>1:00pm - Silver Sneakers B Great Hall</p> <p>1:00pm - Yoga, Sr - Oct 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>3:00pm - Asst Persons w/W Dogwood Room</p>	<p>2:15pm - Inspired Movemen Exercise Room</p> <p>3:00pm - Aging Transitions Conference Room</p> <p>3:30pm - Pilates-Oct-Thurs Exercise Room</p> <p>5:00pm - Poetry with Drums Theater</p> <p>5:30pm - Basketball PM Great Hall</p> <p>6:00pm - NAMI Support Dogwood Room</p> <p>6:00pm - NAMI Peer to Peer Birch Room</p> <p>6:30pm - Dulcimer-Oct 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>		<p>12:45pm - The ABC's of Com Ashe Room</p> <p>12:45pm - Funtastic Fun with Liv Room 2</p> <p>12:45pm - What Happened to Comp Room -Sey Tech</p> <p>1:00pm - Opera Theater</p> <p>3:30pm - Zumba -Latina-kid Exercise Room</p>

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15	16	17	18 3:00pm - Asst Persons w/W Craft Room 4:00pm - NIA -Oct Great Hall 5:15pm - Tutoring Visiting Agency 1 5:15pm - Simply Yoga- even Exercise Room 6:00pm - Broadway- Americ Theater 6:30pm - Connection Recov Birch Room 7:00pm - Mah Jong-evening Ashe Room 7:30pm - Badminton-Wed ni Great Hall	19	20	21

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	8:00am - Fitness Studio-Oct Fitness Room 8:00am - VA Benefits Assist Visiting Agency 1 9:00am - Masg - MS, day O Massage Therapy Room 9:00am - T'ai Chi - Arthritis Exercise 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 - Spanish Lev IV Ear Dogwood Room 9:40am - Strength Train -Oc Great Hall 10:00am - Inspired Movemen Exercise Room 10:00am - Quilting w/ the Girl Alcove Hickory #2 10:00am - Beg Oil Paint -Oct Art Room 10:00am - Table Tennis Table Tennis Area	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Oct Fitness Room 8:20am - ST&M - Oct Great Hall 8:30am - Walking Outdoors Living Room 9:00am - Chinese Dance Exercise Room 9:00am - Improv Theatre:Di Theater 9:00am - Flu Shots Ashe Room 9:30am - Bridge-Bidding in 2 Birch Room 10:00am - Chinese - Learn Conference Room 10:00am - Balance Exercise Room 10:00am - ESL Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:30am - Silver Sneakers- Great Hall 10:30am - Creative Crafts Craft Room	8:00am - SHIIP Visiting Agency 1 8:00am - Basketball Great Hall 8:00am - Trager-By Appt Massage Therapy Room 8:00am - Fitness Studio-Oct Fitness Room 9:00am - Strengthen your C Exercise Room 9:00am - Editing & Sharing Comp Room -Sey Tech 9:30am - Blood Pressure Ch Wellness Corridor 9:30am - Bridge Lab Birch Room 10:00am - Inspired Movemen Exercise Room 10:00am - Living a Healthy Lif Theater 10:00am - Charlie's Social Cl Conference Room 10:00am - VITA TRAINING Dogwood Room 10:00am - A New Look at Gra Craft Room 10:00am - Caregivers Respit Craft Room	8:00am - SHIIP Visiting Agency 1 8:00am - Fitness Studio-Oct Fitness Room 8:20am - ST&M - Oct Great Hall 9:00am - Farmers Market S Garden Front of Seym 9:00am - Spanish Social-Ex Exercise Room 9:00am - Spanish Social Clu Birch Room 9:00am - Friends Around th Dogwood Room 9:15am - Chinese Calligraph Art Room 9:30am - Mah Jong, Learn Ashe Room 9:40am - Strength Train -Oc Great Hall 10:00am - Balance Exercise Room 10:00am - Table Tennis Table Tennis Area 10:30am - Sudoku Club Dogwood Room 10:45am - Strength Train -Oc Great Hall	8:00am - Basketball Great Hall 8:00am - Fitness Studio-Oct Fitness Room 9:00am - Strengthen your C Exercise Room 9:00am - Span Lev V Int to Craft Room 9:30am - Bridge Lab Birch Room 10:00am - Insight Caregivers Conference Room 10:00am - NARFE Theater 10:00am - Beg Oil Paint -Oct Art Room 10:00am - Gemstone Pendan Dogwood Room 10:00am - Table Tennis Table Tennis Area 10:15am - SpanishBeg I-Sept Craft Room 10:30am - Silver Sneakers- Great Hall 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Early Voting Living Room	8:00am - Fitness Studio-Oct Fitness Room 8:30am - Billiards Activity Area-Pool 9:00am - Early Voting Living 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 2:00pm - NC Chinese Opera Theater 3:30pm - Zumba -Latina-kid Exercise Room 4:00pm - Zumba - Latina Great Hall

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

22	23	24	25	26	27	28	
	10:00am - Employment Info S Conference Room 10:30am - Span Lev III Beg-S Dogwood Room 10:45am - Strength Train -Oc Great Hall 11:00am - Sit to be Fit Exercise Room 11:30am - Dementia Consult Conference Room 12:00pm - Early Voting Living Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Cards Alcove Hickory #2 12:00pm - Span Beg Lev IISe Dogwood Room 12:45pm - canasta Mem Tree and Vet Alc 12:45pm - Chinese Choir Theater 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Mah Jong Birch Room 1:00pm - Pastel - Oct Art Room	11:00am - Simply Yoga - am Exercise Room 12:00pm - Early Voting Living 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 - Chinese Brush- Se Art Room 2:00pm - Program Advisory Ashe Room 2:00pm - Retirement for Boo Ashe Room 2:00pm - Retirement cancell Conference Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Village Revue Theater 4:00pm - What Can We Exp Offsite	10:00am - Table Tennis Table Tennis Area 10:00am - Caregivers Respit Alcove Hickory #2 10:30am - Issues of Faith Ashe Room 11:00am - Tone, Balance, Tig Exercise Room 12:00pm - Early Voting Living Room 12:00pm - Seymour Lunch Pr Great Hall 12:00pm - Freshstart Dogwood Room 12:00pm - Cards Alcove Hickory #2 12:30pm - Caregivers Respit Alcove Hickory #2 1:00pm - Table Tennis Instr Table Tennis Area 1:00pm - Writing Seminar-K Ashe Room 1:00pm - Spouse Loss Grief Conference Room 1:00pm - Sarah West Bridge Ashe Room 1:00pm - Sarah West Bridge Birch Room	11:00am - Jammers - Cheer Exercise Room 12:00pm - Early Voting Living 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 - Newcomers' Mah Craft Room 1:00pm - Table Tennis Great Hall 1:00pm - Spanish Social Clu Exercise Room 1:00pm - Flash Mob Rehear Theater 1:00pm - Newcomers' Mah Ashe Room 1:45pm - Music Therapy for Dogwood Room 2:15pm - Inspired Movemen Exercise Room 3:00pm - Aging Transitions Conference 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 - Silver Sneakers B Exercise Room		

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
	<p>1:00pm - Social Bridge Ashe Room</p> <p>1:00pm - Ancestry.com Comp Room -Sey Tech</p> <p>1:00pm - Yoga, Sr - Oct Exercise Room</p> <p>2:00pm - Pilates -Oct - Mon Great Hall</p> <p>3:00pm - Prime Time Player Theater</p> <p>3:15pm - Line Dancing-Oct Great Hall</p> <p>5:00pm - Retros Exercise Room</p> <p>7:00pm - Chinese Folk Danc Great Hall</p>	<p>4:00pm - What Can We Exp Dogwood Room</p> <p>4:15pm - Badminton Great Hall</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 - Silver Sneakers B Great Hall</p> <p>1:00pm - Ancestry.com Comp Room -Sey Tech</p> <p>1:00pm - Yoga, Sr - Oct Exercise 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 -Oct Great Hall</p> <p>4:00pm - Project EngAGE Ashe Room</p> <p>4:00pm - Project EngAGE Birch Room</p> <p>5:15pm - Tutoring Visiting Agency 1</p> <p>5:15pm - Simply Yoga- even Exercise Room</p> <p>6:00pm - Broadway- Americ Theater</p> <p>7:00pm - Mah Jong-evening Ashe Room</p>	<p>3:30pm - Pilates-Oct-Thurs Exercise Room</p> <p>4:00pm - Spooky Toons- Ha Theater</p> <p>4:00pm - Staff Meeting-Cyd Ashe Room</p> <p>5:30pm - Basketball PM 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>6:45pm - Triangle Weavers Theater</p> <p>7:00pm - Argentine Tango Great Hall</p> <p>7:45pm - Chinese Dance Exercise Room</p>		

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Seymour Center - Activity Calendar

October 2017 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

22

23

24

25

26

27

28

7:30pm - Badminton-Wed ni
Great Hall

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Seymour Center - Activity Calendar

October 2017 (Continued)

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

29

30

31

8:00am - Fitness Studio-Oct
Fitness Room

8:00am - VA Benefits Assist
Visiting Agency 1

9:00am - Masg - MS, day O
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 - Pain Management
Liv Room 2

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

9:30am - Spanish Lev IV Ear
Dogwood Room

9:40am - Strength Train -Oc
Great Hall

10:00am - Inspired Movemen
Exercise Room

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

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

10:00am - Table Tennis
Table Tennis Area

8:00am - SHIIP
Visiting Agency 1

8:00am - Fitness Studio-Oct
Fitness Room

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

8:30am - Walking Outdoors
Living Room

9:00am - Chinese Dance
Exercise Room

9:00am - Improv Theatre:Di
Theater

9:30am - Bridge-Bidding in 2
Birch Room

10:00am - Chinese - Learn
Conference Room

10:00am - Balance
Exercise 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

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Seymour Center - Activity Calendar

October 2017 (Continued)

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

29

30

31

10:00am - Employment Info S
Conference Room

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

10:45am - Strength Train -Oc
Great Hall

11:00am - Sit to be Fit
Exercise Room

11:30am - Dementia Consult
Conference Room

12:00pm - Early Voting
Living Room

12:00pm - Seymour Lunch Pr
Great Hall

12:00pm - Cards
Alcove Hickory #2

12:00pm - Span Beg Lev IISe
Dogwood Room

12:45pm - canasta
Mem Tree and Vet Alc

12:45pm - Chinese Choir
Theater

1:00pm - Table Tennis Instr
Table Tennis Area

1:00pm - Mah Jong
Birch Room

1:00pm - Pastel - Oct
Art Room

12:00pm - Early Voting
Living 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 - Intro Word Proc-N
Comp Room -Sey Tech

1:00pm - Senior Center Cin
Theater

1:00pm - Table Tennis
Great Hall

2:00pm - Retirement for Boo
Ashe Room

2:15pm - Inspired Movemen
Exercise Room

3:00pm - Village Revue
Theater

4:00pm - What Can We Exp
Dogwood Room

4:15pm - Badminton
Great Hall

7:00pm - T'ai Chi
Exercise Room

7:00pm - Square Dancing
Great Hall

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Seymour Center - Activity Calendar

October 2017 (Continued)

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

29

30

31

1:00pm - Social Bridge
Ashe Room

1:00pm - Open Computer L
Comp Room -Sey Tech

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

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

3:00pm - Prime Time Player
Theater

3:15pm - Line Dancing-Oct
Great Hall

5:00pm - Retros
Exercise Room

6:00pm - Magnetic Ways to
Craft Room

7:00pm - Chinese Folk Danc
Great Hall

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