



Seymour Center Activity Calendar

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:20am - 9:20am ST&M - Jan Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 12:00pm Low Vision Support Ashe Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p>	<p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00pm VITA TRAINING Dogwood Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 4:00pm Fit Feet - Jan Well Ind Serv 2</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Salli's Sr Work-Jan Great Hall</p> <p>9:30am - 10:30am Man Power: Network Group f Ashe Room</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00pm VITA TRAINING Dogwood Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 1:30pm VITA TRAINING-IR Craft Room</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:20am - 9:20am ST&M - Jan Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00pm VITA TRAINING Dogwood Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Great Hall</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 2:00pm Ther Massage-Jan Massage Therapy Room</p> <p>9:00am - 4:00pm Physical Function Sc Well Ind Serv 1</p> <p>9:00am - 10:00am Older Adult Employment Me Conference Room</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Jan Great Hall</p>	<p>8:00am - 9:00pm VITA TRAINING Dogwood Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p>	

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>(Continued)</i> 1 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are 10:30am - 11:30am Silver Sneakers- Great Hall 10:30am - 2:30pm Creative Crafters Craft Room 11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:30pm - 1:30pm parkinson's caregive Ashe Room 1:00pm - 3:00pm Senior Center Cinema Theater 1:00pm - 4:00pm Table Tennis Great Hall 2:00pm - 4:00pm Writers' Group Birch Room 2:15pm - 3:05pm Inspired Movement Exercise Room	<i>(Continued)</i> 2 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 10:50am Inspired Movement Exercise Room 10:00am - 11:00am Charlie's Social Clu Conference Room 10:00am - 12:00pm Low Vision Support G Craft Room 10:30am - 11:30am Issues of Faith Ashe Room 10:30am - 11:30am Wednesday's Buzz Liv Room 2 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 2:00pm Silver Sneakers Boom Great Hall 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 1:00pm - 1:50pm Yoga -Jan Exercise Room	<i>(Continued)</i> 3 9:00am - 11:00am Aging Transistions Conference Room 9:30am - 12:00pm Mah Jong, Learn Ashe Room 9:40am - 10:30am Strength Train - Jan Great Hall 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:40am - 11:35am Strength Train - jan Great Hall 11:00am - 1:00pm Jammers - Cheer Lead Exercise Room 11:00am - 12:00pm Blood Pressure Check Wellness Corridor 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:30pm - 5:00pm Acupuncture Massage Therapy Room 12:45pm - 4:00pm Hand & Foot Canasta Ashe Room 12:45pm - 4:00pm canasta Mem Tree and Vet Alc	<i>(Continued)</i> 4 9:45am - 10:45am Chinese Calligraphy Art Room 10:00am - 10:50am Seated T'ai Chi Exercise Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:15am - 11:15am Span Lev IB - Jan Craft Room 10:30am - 11:30am Silver Sneakers- Great Hall 11:30am - 12:30pm SpanishBeg IA Ashe Room 12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2 12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:45pm - 1:45pm Chinese Choir Theater 1:00pm - 2:00pm Silver Sneakers Boom Exercise Room 1:00pm - 2:30pm ESL - beg Birch Room	<i>(Continued)</i> 5

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

		<i>(Continued)</i> 3:00pm - 5:00pm Village Revue Theater 5:15pm - 6:15pm Urban Line Dance Great Hall 5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room 5:30pm - 7:00pm Nursing Home Advisor Conference Room 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:30pm - 9:00pm Badminton Great Hall 6:30pm - 9:00pm CH Camera Club Digit Dogwood Room 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room	<i>(Continued)</i> 2:10pm - 3:50pm Parkinson Pickleball Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 2:30pm - 3:20pm T'ai Chi -beg Jan Exercise Room 4:00pm - 5:15pm Adult Care Home Adv Conference Room 4:00pm - 5:00pm NIA - Jan Great Hall 5:15pm - 6:15pm Simply Yoga- Jan-Eve Exercise Room 6:30pm - 9:00pm Badminton-Wed night Great Hall 7:00pm - 9:00pm Mah Jong-evening Ashe Room 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	<i>(Continued)</i> 1:00pm - 4:00pm Table Tennis Great Hall 1:30pm - 3:00pm Kai Mei Knitters Craft Room 2:15pm - 3:05pm Inspired Movement Exercise Room 3:30pm - 4:20pm Pilates- Jan Thurs Exercise Room 4:15pm - 5:00pm Line Dancing Great Hall 5:30pm - 7:00pm Basketball PM Great Hall 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:30pm - 7:30pm CH Divorce Group Craft Room 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room	<i>(Continued)</i> 1:30pm - 4:30pm Table Tennis- Fri Great Hall 2:00pm - 3:00pm Congolese Drumming - Jan Theater 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are	
6	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA TRAINING Dogwood Room	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 9:00am Basketball Great Hall 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center	

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>9:00am - 1:00pm Masg - MS, day Jan Massage Therapy Room</p> <p>9:00am - 11:30am Chinese Cinema at Seymour Theater</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish Lev IVEarly Int Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Jan Great Hall</p> <p>10:00am - 12:00pm Connections Concierg Liv Room 2</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p>	<p><i>(Continued)</i> 8</p> <p>8:00am - 9:00pm VITA TRAINING Dogwood Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:20am - 9:20am ST&M - Jan Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p>	<p><i>(Continued)</i> 9</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00pm VITA TRAINING Dogwood Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 4:00pm Fit Feet - Jan Well Ind Serv 2</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Salli's Sr Work-Jan Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p>	<p><i>(Continued)</i> 10</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:20am - 9:20am ST&M - Jan Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Jan Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p><i>(Continued)</i> 11</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Great Hall</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 2:00pm Ther Massage-Jan Massage Therapy Room</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Work-Jan Great Hall</p> <p>9:30am - 11:30am Personalized Hand Warmers Dogwood Room</p> <p>9:45am - 10:45am Chinese Calligraphy Art Room</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p><i>(Continued)</i> 12</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>8:30am - 5:00pm CH Camera Club Workshop Theater</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:00am - 10:30am Passage Meditation Craft Room</p> <p>9:00am - 4:00pm Japanese Embroid- Jan Ashe Room</p> <p>9:00am - 4:00pm Japanese Embroid-Not for R Birch Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:00am - 12:30pm Following a Sustainable Diet Dogwood Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 3:00pm Rentals-Health Care for All Dogwood Room</p>

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p>	<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</p>
	<p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Nat Skin Fac- Jan Well Ind Serv 2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:30am - 11:30am Spanish-Lev III Dogwood Room</p> <p>10:40am - 11:35am Strength Train - jan Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 12:15pm Birthday Party Cafe Area</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Jan Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p>	<p>10:00am - 11:00am Balance Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Golden Age Happy Cir Ashe Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>11:30am - 12:30pm Wellness Ambassador Wellness Table</p> <p>11:30am - 12:30pm Wellness Ambassador Liv Room 2</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm parkinson's caregive Ashe Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Feeling Depressed? Support Conference Room</p>	<p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Bingo-Jan Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>2:00pm - 3:00pm Creating A Safe and Inviting Theater</p>	<p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Jan Craft Room</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:40am - 11:35am Strength Train - jan Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:15am - 11:15am Span Lev IB - Jan Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Ashe Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p>	<p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:30pm Zentangle-Intro Craft Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>2:00pm - 2:50pm Pilates-Jan- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 8</p> <p>1:00pm - 3:00pm Aging Advisory Bd Dogwood Room</p> <p>1:30pm - 3:00pm Parkinson Support Dogwood Room</p> <p>2:00pm - 4:00pm Chinese Brush-January Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:30pm - 7:00pm Nursing Home Advisor Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> 9</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi -beg Jan Exercise Room</p> <p>4:00pm - 5:00pm NIA - Jan Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Jan-Eve Exercise Room</p> <p>6:00pm - 7:00pm Freshstart Conference Room</p> <p>6:00pm - 8:00pm Cinema Night -Three Identic Theater</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 10:00pm Irish Dance Exercise Room</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 10</p> <p>3:30pm - 4:20pm Pilates- Jan Thurs Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>4:30pm - 7:30pm New Year Soiree Gath Place Cafe Are</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 11</p> <p>2:00pm - 3:00pm Congolese Drumming - Jan Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> 12</p>

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 6	(Continued) 7 7:00pm - 9:00pm Peking Opera Group Theater 7:00pm - 8:00pm Zumba - Latina Ashe Room	(Continued) 8	(Continued) 9	(Continued) 10	(Continued) 11	(Continued) 12
13 9:00am - 4:00pm Japanese Embroid- Jan Ashe Room 9:00am - 4:00pm Japanese Embroid-Not for R Birch Room	14 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 9:00am - 1:00pm Masg - MS, day Jan Massage Therapy Room 9:15am - 12:00pm Morning Bridge Birch Room 9:15am - 12:00pm Morning Bridge Ashe Room 9:30am - 12:00pm Quilting w/ the Girl Craft Room 9:30am - 10:30am Spanish Lev IV/Early Int Dogwood Room 9:40am - 10:30am Strength Train - Jan Great Hall	15 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 11:00am Mall Walk - Jan Offsite 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:20am - 9:20am ST&M - Jan Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 9:50am Chinese Dance Exercise Room 9:00am - 9:50am Chinese Dance Exercise Room 9:00am - 3:30pm Phys Therapy Well Ind Serv 2	16 8:00am - 9:00am Basketball Great Hall 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 4:00pm Fit Feet - Jan Well Ind Serv 2 9:00am - 9:50am Strengthen Your Core Exercise Room 9:30am - 12:00pm Bridge Lab Birch Room 9:30am - 11:30am Blood Pressure Check Wellness Corridor	17 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:20am - 9:20am ST&M - Jan Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 10:00am Spanish Social-Ex Exercise Room 9:00am - 12:00pm Spanish Social Club Birch Room 9:00am - 3:30pm Phys Therapy Well Ind Serv 2	18 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 3:00pm VITA TRAINING-IR Ashe Room 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:15am - 9:15am Chinese - Line dance Great Hall 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 2:00pm Ther Massage-Jan Massage Therapy Room 9:00am - 9:50am Strengthen Your Core Exercise Room 9:30am - 12:00pm Bridge Lab Birch Room	19 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 12:00pm Tech Knowledge Ashe Room 10:30am - 11:30am Asian Dance Exercise Room 11:00am - 12:00pm T'ai Chi Practice Courtyard -outside 12:00pm - 3:00pm Table Tennis - Sat Great Hall

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Nat Skin Fac- Jan Well Ind Serv 2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:30am - 11:30am Spanish-Lev III Dogwood Room</p> <p>10:40am - 11:35am Strength Train - jan Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Jan Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p>	<p><i>(Continued)</i> 15</p> <p>10:00am - 12:00pm Mandarin Conversation Conference Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 12:00pm Wire jewelry Ashe Room</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:00am - 12:00pm Low Vision Support Group - t Theater</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p><i>(Continued)</i> 16</p> <p>9:30am - 10:30am Salli's Sr Work-Jan Great Hall</p> <p>9:30am - 10:30am Man Power: Network Group f Ashe Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p>	<p><i>(Continued)</i> 17</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Jan Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Jan Craft Room</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:40am - 11:35am Strength Train - jan Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p>	<p><i>(Continued)</i> 18</p> <p>9:30am - 10:30am Salli's Sr Work-Jan Great Hall</p> <p>9:45am - 10:45am Chinese Calligraphy Art Room</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:15am - 11:15am Span Lev IB - Jan Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Ashe Room</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p>	<p><i>(Continued)</i> 19</p> <p>1:00pm - 5:00pm Opera at Seymour Theater</p>

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:00pm - 2:50pm Pilates-Jan- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>5:30pm - 8:30pm Orange Co Democratic Birch Room</p>	<p><i>(Continued)</i> 15</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Basics of Blogging Dogwood Room</p> <p>2:00pm - 4:00pm Chinese Brush-January Art Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:30pm - 7:30pm Rentals-Hannah Ruth Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p>	<p><i>(Continued)</i> 16</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi -beg Jan Exercise Room</p> <p>4:00pm - 5:00pm NIA - Jan Great Hall</p> <p>5:00pm - 9:00pm FEAST Craft Room</p> <p>5:15pm - 6:15pm Simply Yoga- Jan-Eve Exercise Room</p> <p>6:00pm - 7:00pm Freshstart Conference Room</p> <p>6:30pm - 8:00pm Connection Recovery Suppo Birch Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 17</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:30pm Long Road to Freedom Theater</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 4:20pm Pilates- Jan Thurs Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:30pm Dulcimer-Jan Ashe Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p>	<p><i>(Continued)</i> 18</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming - Jan Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 10:30pm Friday Night Out in the City- Offsite</p>	<p><i>(Continued)</i> 19</p>

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued) 13	(Continued) 14	(Continued) 15	(Continued) 16	(Continued) 17	(Continued) 18	(Continued) 19
<p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:30pm - 8:30pm League of Women Vote Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>	<p>6:30pm - 8:00pm Rentals-Erwin Village Birch Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 8:30pm Rentals-Delta Signa Theta Dogwood Room</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p>6:30pm - 8:00pm Rentals-Erwin Village Birch Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 8:30pm Rentals-Delta Signa Theta Dogwood Room</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p>6:30pm - 8:00pm Rentals-Erwin Village Birch Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 8:30pm Rentals-Delta Signa Theta Dogwood Room</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>
<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>9:00am - 1:00pm Masg - MS, day Jan Massage Therapy Room</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:20am - 9:20am ST&M - Jan Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p>	<p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:20am - 9:20am ST&M - Jan Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Great Hall</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 2:00pm Ther Massage-Jan Massage Therapy Room</p>	<p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Classical Winter Recital Theater</p>

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>(Continued)</i> 20	<i>(Continued)</i> 21	<i>(Continued)</i> 22	<i>(Continued)</i> 23	<i>(Continued)</i> 24	<i>(Continued)</i> 25	<i>(Continued)</i> 26
	9:30am - 12:00pm Quilting w/ the Girl Craft Room	9:00am - 9:50am Chinese Dance Exercise Room	9:30am - 12:00pm Bridge Lab Birch Room	9:00am - 10:00am Spanish Social-Ex Exercise Room	9:00am - 12:00pm VITA TRAINING Theater	10:30am - 11:30am Asian Dance Exercise Room
	9:30am - 10:30am Spanish Lev IVEarly Int Dogwood Room	9:00am - 3:30pm Phys Therapy Well Ind Serv 2	9:30am - 11:30am Blood Pressure Check Wellness Corridor	9:00am - 12:00pm Spanish Social Club Birch Room	9:00am - 9:50am Strengthen Your Core Exercise Room	11:00am - 12:00pm T'ai Chi Practice Courtyard -outside
	9:40am - 10:30am Strength Train - Jan Great Hall	10:00am - 12:00pm Mandarin Conversation Conference Room	9:30am - 10:30am Salli's Sr Work-Jan Great Hall	9:00am - 3:30pm Phys Therapy Well Ind Serv 2	9:30am - 12:00pm Bridge Lab Birch Room	12:00pm - 3:00pm Table Tennis - Sat Great Hall
	10:00am - 12:00pm Connections Concierge Liv Room 2	10:00am - 11:00am Pastor Li's Bible Study Birch Room	10:00am - 11:30am Table Tennis Table Tennis Area	9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym	9:30am - 10:30am Salli's Sr Work-Jan Great Hall	1:00pm - 5:00pm NC Chinese Opera Society Theater
	10:00am - 11:00am Employment Info Sessions Conference Room	10:00am - 12:00pm ESL Dogwood Room	10:00am - 3:30pm Dominoes Living Room - Entry space	9:00am - 12:00pm VITA TRAINING Theater	9:45am - 10:45am Chinese Calligraphy Art Room	1:00pm - 2:30pm Origami with Kira Craft Room
	10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2	10:00am - 11:30am Table Tennis Table Tennis Area	10:00am - 11:00am Creating A Safe and Inviting Theater	9:30am - 12:00pm Mah Jong, Learn Ashe Room	10:00am - 10:50am Seated T'ai Chi Exercise Room	4:00pm - 5:30pm Zumba - Latina Great Hall
	10:00am - 11:30am Table Tennis Table Tennis Area	10:00am - 3:30pm Dominoes Living Room - Entry space	10:00am - 10:50am Inspired Movement Exercise Room	9:40am - 10:30am Strength Train - Jan Great Hall	10:00am - 11:30am Table Tennis Table Tennis Area	
	10:00am - 3:30pm Dominoes Living Room - Entry space	10:00am - 11:00am Balance Exercise Room	10:00am - 11:00am Charlie's Social Clu Conference Room	10:00am - 11:30am Table Tennis Table Tennis Area	10:00am - 3:30pm Dominoes Living Room - Entry space	
	10:00am - 11:30am Chinese Training-Vol Theater	10:30am - 11:30am Silver Sneakers- Great Hall	10:30am - 11:30am Issues of Faith Ashe Room	10:00am - 3:30pm Dominoes Living Room - Entry space	10:15am - 11:15am Span Lev IB - Jan Craft Room	
	10:00am - 12:00pm Nat Skin Fac- Jan Well Ind Serv 2	10:30am - 2:30pm Creative Crafters Craft Room	11:00am - 11:50am Tone, Balance, Tight Exercise Room	10:00am - 12:00pm Fused Glass Jewelry-Jan Craft Room	10:30am - 11:30am Silver Sneakers- Great Hall	
	10:00am - 10:50am Inspired Movement Exercise Room	11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room	12:00pm - 5:00pm Trager Sessions Massage Therapy Room	10:00am - 11:00am Balance Exercise Room	10:30am - 12:00pm Insight Caregivers Conference Room	
	10:30am - 11:30am Spanish-Lev III Dogwood Room	12:00pm - 5:00pm Cards Alcove Hickory #2	12:00pm - 5:00pm Cards Alcove Hickory #2	10:40am - 11:35am Strength Train - jan Great Hall	11:00am - 11:50am Tone, Balance, Tight Exercise Room	
	10:40am - 11:35am Strength Train - jan Great Hall	12:00pm - 1:00pm Seymour Lunch Program Great Hall	12:00pm - 1:00pm Seymour Lunch Program Great Hall	11:00am - 1:00pm Jammers - Cheer Lead Exercise Room	11:30am - 12:30pm SpanishBeg IA Ashe Room	

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Jan Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>1:30pm - 3:30pm Zentangle-Drop-in Craft Room</p> <p>2:00pm - 2:50pm Pilates-Jan- Mon Great Hall</p>	<p><i>(Continued)</i> 22</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 4:00pm Chinese Brush-January Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 9:00pm Dream Tending Ashe Room</p>	<p><i>(Continued)</i> 23</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>2:00pm - 3:30pm Little's Cooking Light Cafe Area</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi -beg Jan Exercise Room</p> <p>4:00pm - 5:00pm NIA - Jan Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Jan-Eve Exercise Room</p> <p>6:00pm - 7:00pm Freshstart Conference Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p>	<p><i>(Continued)</i> 24</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Newcomers' Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:30pm Aromatherapy Neck Pillow Craft Room</p> <p>2:00pm - 3:30pm Program Advisory-Thur Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 4:20pm Pilates- Jan Thurs Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p>	<p><i>(Continued)</i> 25</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming - Jan Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>6:00pm - 8:00pm Dinner and Show with Mame Theater</p>	<p><i>(Continued)</i> 26</p>

Activities are subject to change. Please contact the Seymour Center at (919) 968-2070 prior to the event or activity to verify that there have been no program changes.

Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>5:30pm - 7:30pm Rentals- Paws 4 Ever Dogwood Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p> <p>6:30pm - 7:30pm Outlook & Opportunities Dogwood Room</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 24</p> <p>5:00pm - 7:30pm Circle of Parents' Class-kids Birch Room</p> <p>5:00pm - 7:30pm Circle of Parents' Class Ashe Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:00pm - 8:45pm Triangle Weavers Theater</p> <p>6:00pm - 8:45pm Triangle Weavers Theater</p> <p>6:00pm - 8:45pm Triangle Weavers Theater</p> <p>6:00pm - 8:45pm Triangle Weavers Theater</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 25</p>	<p><i>(Continued)</i> 26</p>
27	<p>28</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	29	<p>30</p> <p>8:00am - 9:00am Basketball Great Hall</p>	31		
	<p>28</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p>		<p>30</p> <p>8:00am - 9:00am SHIIP/VITA Visiting Agency 1</p>			

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 27</p>	<p><i>(Continued)</i> 28</p>	<p><i>(Continued)</i> 29</p>	<p><i>(Continued)</i> 30</p>	<p><i>(Continued)</i> 31</p>		
	<p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	<p>8:00am - 9:00pm SHIP/VITA Visiting Agency 1</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p>		
	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p>	<p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	<p>8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room</p>		
	<p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p>	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p>	<p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>	<p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p>		
	<p>9:00am - 1:00pm Masg - MS, day Jan Massage Therapy Room</p>	<p>8:20am - 9:20am ST&M - Jan Great Hall</p>	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p>	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p>		
	<p>9:00am - 11:00am MAP-Housing - Cherie Theater</p>	<p>8:30am - 9:30am Walking Outdoors Living Room</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p>8:20am - 9:20am ST&M - Jan Great Hall</p>		
	<p>9:00am - 11:00am Comp Fund W 10 Comp Room -Sey Tech</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p>9:00am - 9:50am Strengthen Your Core Exercise Room</p>	<p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p>		
	<p>9:15am - 12:00pm Morning Bridge Birch Room</p>	<p>9:00am - 9:50am Chinese Dance Exercise Room</p>	<p>9:00am - 11:00am Comp Fund W 10 Comp Room -Sey Tech</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p>		
	<p>9:15am - 12:00pm Morning Bridge Ashe Room</p>	<p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p>	<p>9:15am - 11:45am Inspirational Film and Issues Theater</p>	<p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p>		
	<p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p>	<p>9:00am - 12:00pm VITA TRAINING Theater</p>	<p>9:30am - 12:00pm Bridge Lab Birch Room</p>	<p>9:00am - 12:00pm Spanish Social Club Birch Room</p>		
	<p>9:30am - 10:30am Spanish Lev IVEarly Int Dogwood Room</p>	<p>9:30am - 10:30am Valentine Tassel Earrings Craft Room</p>	<p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p>	<p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p>		
	<p>9:40am - 10:30am Strength Train - Jan Great Hall</p>	<p>10:00am - 12:00pm Mandarin Conversation Conference Room</p>	<p>9:30am - 10:30am Salli's Sr Work-Jan Great Hall</p>	<p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p>		
	<p>10:00am - 11:00am Employment Info Sessions Conference Room</p>	<p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p>	<p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p>9:00am - 11:00am Aging Transistions Conference Room</p>		
	<p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p>	<p>10:00am - 12:00pm ESL Dogwood Room</p>	<p>10:00am - 3:30pm Dominoes Living Room - Entry space</p>	<p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p>		

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Seymour Center Activity Calendar

January 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">27</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">28</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">29</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">30</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">31</p>		
	<p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:30am - 11:30am Spanish-Lev III Dogwood Room</p> <p>10:40am - 11:35am Strength Train - jan Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Jan Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p>	<p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 4:00pm Chinese Brush-January Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Bingo-Wellness Dogwood Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>1:00pm - 3:00pm Intro to Facebook Comp Room -Sey Tech</p> <p>2:00pm - 3:30pm The Ties That Bind Theater</p>	<p>9:40am - 10:30am Strength Train - Jan Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Jan Craft Room</p> <p>10:00am - 11:00am Balance Exercise Room</p> <p>10:30am - 12:00pm Sudoku Club Mem Tree and Vet Alc</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>11:30am - 1:00pm Lunch & Learn Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p>		

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Seymour Center Activity Calendar

January 2019 (Continued)

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

<i>(Continued)</i>	27	<i>(Continued)</i>	28	<i>(Continued)</i>	29	<i>(Continued)</i>	30	<i>(Continued)</i>	31	
	<p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm Weaving From the Hea-Jan Craft Room</p> <p>1:00pm - 1:50pm Yoga -Jan Exercise Room</p> <p>1:00pm - 3:00pm Intro to Facebook Comp Room -Sey Tech</p> <p>2:00pm - 2:50pm Pilates-Jan- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 5:00pm Weaving From the Hea-Janu Craft Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 8:00pm Zumba - Latina Ashe Room</p>		<p>2:30pm - 5:00pm Living Healthy with Chronic Birch Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>6:30pm - 8:30pm Aging in Community- Becomi Theater</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>		<p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi -beg Jan Exercise Room</p> <p>4:00pm - 5:00pm NIA - Jan Great Hall</p> <p>5:00pm - 9:00pm VITA - Wed room set-up Dogwood Room</p> <p>5:15pm - 6:15pm Simply Yoga- Jan-Eve Exercise Room</p> <p>6:00pm - 7:00pm Freshstart Conference Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>		<p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 4:20pm Pilates- Jan Thurs Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>			



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