



Seymour Center Activity Calendar

March 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					<p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</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>8:00am - 8:30pm Fitness Studio-March 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>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 2:00pm Ther Massage - Mar 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>8:00am - 9:00pm VITA - Thurs-Sat 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>8:00am - 8:30pm Fitness Studio-March 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 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> <p>1:00pm - 5:00pm Peking Opera Group Theater</p>
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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					<p><i>(Continued)</i> 1</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p> <p>9:00am - 11:00am Skype Comp Room -Sey Tech</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Mar-canc 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>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise 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><i>(Continued)</i> 2</p>
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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					<i>(Continued)</i> 12:45pm - 1:45pm Chinese Choir Theater 1:00pm - 2:00pm Silver Sneakers Boom Exercise Room 1:00pm - 2:30pm ESL - beg Birch Room 1:00pm - 3:00pm Intro to Android Smartphone Comp Room -Sey Tech 1:00pm - 2:00pm Senior Sensations Ashe Room 1:30pm - 4:30pm Table Tennis- Fri Great Hall 2:00pm - 4:00pm Becoming a Creative Genius Ashe Room 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are	<i>(Continued)</i>
3	4	5	6	7	8	9
	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 5:00pm VITA Visiting Agency 1 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room	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 - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:00am Basketball Great Hall 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 8:00am - 5:00pm VITA Visiting Agency 1 8:00am - 10:00pm Volunteer Connect 55+ Entire Center	8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 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-March Fitness Room

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 3</p>	<p><i>(Continued)</i> 4</p> <p>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 1:00pm Masg - MS, day Mar 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>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:40am - 10:30am Strength Train - Mar Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Connections Concierge Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 12:00pm Oil Paint - Beg- Feb Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p><i>(Continued)</i> 5</p> <p>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:20am - 9:20am ST&M - Mar 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>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><i>(Continued)</i> 6</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 4:00pm Fit Feet-March Well Ind Serv 2</p> <p>9:00am - 12:00pm Watercolor-Waterfalls Art 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 - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Mar-canc 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><i>(Continued)</i> 7</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:20am - 9:20am ST&M - Mar 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>8:45am - 9:45am Enrichment Life Group for M Craft 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 - 10:00am Spanish Social-Ex Exercise Room</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 - Mar Great Hall</p>	<p><i>(Continued)</i> 8</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-March 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>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 2:00pm Ther Massage - Mar 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 Wor-Mar-canc 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><i>(Continued)</i> 9</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:00am - 10:30am Passage Meditation Craft 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 - 3:00pm NAMI Basics:Caring for you, Birch 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> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

March 2019 (Continued)

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

<i>(Continued)</i>	3	<i>(Continued)</i>	4	<i>(Continued)</i>	5	<i>(Continued)</i>	6	<i>(Continued)</i>	7	<i>(Continued)</i>	8	<i>(Continued)</i>	9
	10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 10:50am Inspired Movement Exercise Room 10:00am - 12:00pm Nat Skin -March Well Ind Serv 1 10:40am - 11:35am Strength Train - Mar Great Hall 11:00am - 11:50am Sit to be Fit Exercise Room 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 12:15pm Birthday Party Cafe Area 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:00pm - 1:00pm Span Lev II - Mar Dogwood Room 12:45pm - 4:00pm canasta Mem Tree and Vet Alc 12:45pm - 1:45pm Chinese Choir Theater 1:00pm - 4:00pm Mah Jong Birch Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room	10:00am - 11:00am Balance Exercise Room 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 12:30pm - 3:00pm Parkinson Support Dogwood Room 1:00pm - 3:00pm Senior Center Cinema Theater 1:00pm - 4:00pm Table Tennis Great Hall 1:00pm - 2:00pm Laughter Yoga Exercise Room 1:00pm - 4:00pm Windows 10 Workshop Comp Room -Sey Tech 2:00pm - 4:00pm Writers' Group Birch Room	10:00am - 10:50am Inspired Movement Exercise Room 10:00am - 11:00am Charlie's Social Clu Conference Room 10:30am - 11:30am Issues of Faith Ashe Room 10:30am - 11:30am Wednesday's Buzz Liv Room 2 10:30am - 12:30pm Connect More Craft Room 11:00am - 11:50am Tone, Balance, Tight Exercise Room 11:00am - 12:30pm Following a Sustainable Diet Dogwood Room 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 2:30pm Wednesdays@One Poetry Conference Room 1:00pm - 2:00pm Silver Sneakers Boom Great Hall	10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 12:00pm Fused Glass Jewelry-Feb Craft Room 10:00am - 11:00am Balance Exercise Room 10:00am - 12:00pm Glucose & Cholesto Well Ind Serv 1 10:30am - 12:00pm Sudoku Club Mem Tree and Vet Alc 10:40am - 11:35am Strength Train - Mar 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 canasta Mem Tree and Vet Alc	10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 11:30am Aging Transistions- Marie Theater 10:15am - 11:15am Span Lev 1B-March Craft Room 10:30am - 11:30am Silver Sneakers- Great Hall 10:30am - 12:00pm Insight Caregivers Conference Room 11:00am - 11:50am Tone, Balance, Tight Exercise Room 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								

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 3</p>	<p><i>(Continued)</i> 4</p> <p>1:00pm - 5:00pm Weaving From the Heart Craft Room</p> <p>1:00pm - 5:00pm Weaving from the Heart Craft Room</p> <p>1:00pm - 3:30pm Zentangle-March - Celtic Kn Craft Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</p> <p>2:00pm - 2:50pm Pilates-Mar- 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>7:00pm - 9:00pm Peking Opera Group Theater</p>	<p><i>(Continued)</i> 5</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>2:30pm - 5:00pm Living Healthy with Chronic Birch Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:00pm - 5:15pm Adult Care Home Adv Conference Room</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 Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Camera Club Digit Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Song Swap Craft Room</p>	<p><i>(Continued)</i> 6</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - March 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 -begWedMar Exercise Room</p> <p>4:00pm - 9:00pm Program Jazz Theater</p> <p>4:00pm - 5:00pm NIA - Mar Great Hall</p> <p>5:00pm - 9:00pm VITA - Wed room set-up Dogwood Room</p> <p>5:15pm - 6:15pm Simply Yoga- March -Eve Exercise 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> 7</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>2:30pm - 3:45pm Poised for Parkinsons Birch Room</p> <p>3:20pm - 4:20pm Pilates -Mar Thu Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>4:30pm - 7:30pm Project EngAGE-theatre Theater</p> <p>5:30pm - 8:30pm NAMI Peer to Peer Birch 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>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p>	<p><i>(Continued)</i> 8</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 3:00pm Intro to Android Smartphone Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm Senior Sensations Ashe Room</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> 9</p>

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 3	(Continued) 4 7:00pm - 8:00pm Zumba - Latina Ashe Room	(Continued) 5	(Continued) 6	(Continued) 7 7:45pm - 8:45pm Asian Dance Exercise Room	(Continued) 8	(Continued) 9
10	11 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 5:00pm VITA Visiting Agency 1 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-March Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:00am - 1:00pm Masg - MS, day Mar 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	12 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-March Fitness Room 8:20am - 9:20am ST&M - Mar Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 3:00pm Personal trainer Wellness Desk 9:00am - 9:50am Chinese Dance Exercise Room 9:00am - 3:30pm Phys Therapy Well Ind Serv 2 10:00am - 12:00pm Mandarin Conversation Conference Room	13 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:00am Basketball Great Hall 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-March Fitness Room 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 4:00pm Fit Feet-March Well Ind Serv 2 9:00am - 12:00pm Watercolor-Waterfalls Art Room 9:00am - 9:50am Strengthen Your Core Exercise Room 9:30am - 12:00pm Bridge Lab Birch Room	14 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 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-March Fitness Room 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:20am - 9:20am ST&M - Mar Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk 8:45am - 9:45am Enrichment Life Group for M Craft Room 9:00am - 12:00pm Spanish Social Club Birch Room	15 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 8:00am - 5:00pm VITA Visiting Agency 1 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-March Fitness Room 8:00am - 8:30pm Fitness Studio-March 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 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:00am - 2:00pm Ther Massage - Mar Massage Therapy Room	16 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 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-March 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 10:00am - 3:00pm NAMI Basics:Caring for you, Birch Room 10:30am - 11:30am Asian Dance Exercise Room

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March 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p> <p>9:30am - 10:30am Spanish Lev IV Early Int- Ma Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Mar Great Hall</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 Beg Oil Paint -Mar Art Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III Dogwood Room</p> <p>10:40am - 11:35am Strength Train - Mar 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><i>(Continued)</i> 12</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 - 11:00am Balance Exercise Room</p> <p>10:00am - 12:00pm SHIIP Quarterly training Theater</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><i>(Continued)</i> 13</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Mar-canc 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>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 - 12:30pm Connect More Craft Room</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><i>(Continued)</i> 14</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</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>9:00am - 12:00pm Hollow Rock Nature Park Offsite</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Mar 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 - 11:00am Balance Exercise Room</p> <p>10:30am - 12:00pm Sudoku Club Mem Tree and Vet Alc</p> <p>10:40am - 11:35am Strength Train - Mar Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p>	<p><i>(Continued)</i> 15</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 Wor-Mar-canc 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 1B-March 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><i>(Continued)</i> 16</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Opera at Seymour Theater</p>

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>(Continued)</i> 10	<i>(Continued)</i> 11	<i>(Continued)</i> 12	<i>(Continued)</i> 13	<i>(Continued)</i> 14	<i>(Continued)</i> 15	<i>(Continued)</i> 16
<p>12:00pm - 1:00pm Span Lev II - Mar Dogwood 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 - 5:00pm Weaving From the Heart Craft Room</p> <p>1:00pm - 5:00pm Weaving from the Heart Craft Room</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</p> <p>2:00pm - 2:50pm Pilates-Mar- 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>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 - 2:00pm Laughter Yoga Exercise Room</p> <p>1:00pm - 3:00pm Aging Advisory Bd Dogwood Room</p> <p>1:00pm - 3:00pm Feeling Depressed? Support Conference Room</p> <p>2:00pm - 4:00pm Chinese Brush- March 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>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 1:00pm Soc Sec- Your Ques A Dogwood Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 3:00pm BBB Eastern NC Sr Scam O Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference 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 - March 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 -begWedMar Exercise Room</p> <p>4:00pm - 5:00pm NIA - Mar Great Hall</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 canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>2:30pm - 3:45pm Poised for Parkinsons Birch Room</p> <p>3:20pm - 4:20pm Pilates -Mar Thu Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:30pm - 8:30pm NAMI Peer to Peer Birch Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</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>1:00pm - 2:00pm Senior Sensations Ashe Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>		

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 10</p> <p><i>(Continued)</i> 11</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <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><i>(Continued)</i> 12</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>6:30pm - 8:30pm Rentals-Delta Sigma Theta Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> 13</p> <p>5:00pm - 9:00pm VITA - Wed room set-up Dogwood Room</p> <p>5:15pm - 6:15pm Simply Yoga- March -Eve Exercise Room</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> 14</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> 15</p>	<p><i>(Continued)</i> 16</p>	
<p>17</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p>	<p>18</p> <p>8:00am - 11:00am Mall Walk March Offsite</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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p>	<p>19</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 9:00pm March Madness Bracket Tou Garden Entrance</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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p>	<p>20</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 - 12:00pm March Madness Bracket Tou Liv Room 2</p> <p>8:00am - 9:00pm VITA - Thurs-Sat 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>21</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p>	<p>22</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p>	<p>23</p> <p>8:00am - 9:00pm VITA - Thurs-Sat 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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p>

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>
<p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 1:00pm Masg - MS, day Mar 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>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish Lev IV Early Int- Ma Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Mar Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Connections Concierge Liv Room 2</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 - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 11:30am Chinese Training-Vol Theater</p>	<p>8:20am - 9:20am ST&M - Mar 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>9:00am - 11:00am Everything Google Comp Room -Sey Tech</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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 4:00pm Fit Feet-March Well Ind Serv 2</p> <p>9:00am - 12:00pm Watercolor-Waterfalls Art Room</p> <p>9:00am - 9:50am Strengthen Your Core Exercise Room</p> <p>9:00am - 11:00am Everything Google Comp Room -Sey Tech</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 Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Mar-canc 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>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:20am - 9:20am ST&M - Mar 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>8:45am - 9:45am Enrichment Life Group for M Craft 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 - 10:00am Spanish Social-Ex Exercise Room</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 - Mar Great Hall</p> <p>10:00am - 12:00pm Fused Glass Jewelry-March Craft 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>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>9:00am - 2:00pm Ther Massage - Mar Massage Therapy 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 Wor-Mar-canc 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 1B-March Craft 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 - 3:00pm NAMI Basics:Caring for you, Birch 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> <p>1:00pm - 5:00pm NC Chinese Opera Society Theater</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>	

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March 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p> <p>10:00am - 12:00pm Beg Oil Paint -Mar Art Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Nat Skin -March Well Ind Serv 1</p> <p>10:30am - 11:30am Spanish-Beg Lev III Dogwood Room</p> <p>10:40am - 11:35am Strength Train - Mar 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 - Mar Dogwood 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><i>(Continued)</i> 19</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>1:00pm - 2:00pm Laughter Yoga Exercise Room</p> <p>1:00pm - 3:00pm Intro to IPAD and IPHONE Comp Room -Sey Tech</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush- March Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p>	<p><i>(Continued)</i> 20</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>10:30am - 12:30pm Connect More Craft Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:00am - 12:30pm Following a Sustainable Diet Dogwood 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 - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 3:00pm BBB Eastern NC Sr Scam O Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p>	<p><i>(Continued)</i> 21</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 - 12:00pm Sudoku Club Mem Tree and Vet Alc</p> <p>10:40am - 11:35am Strength Train - Mar 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 canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p>	<p><i>(Continued)</i> 22</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>1:00pm - 2:00pm Senior Sensations Ashe Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> 23</p>

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p> <p>1:00pm - 5:00pm Weaving From the Heart Craft Room</p> <p>1:00pm - 5:00pm Weaving from the Heart Craft Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</p> <p>1:00pm - 3:00pm Intro to IPAD and IPHONE Comp Room -Sey Tech</p> <p>1:30pm - 3:30pm Zentangle-Drop-in Craft Room</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:00pm - 2:50pm Pilates-Mar- Mon Great Hall</p> <p>2:00pm - 4:00pm Silverpoint Drawing Class Art Room</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><i>(Continued)</i> 19</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>3:00pm - 4:00pm Staying in Charge of Your Lif Dogwood Room</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>6:00pm - 8:00pm Rentals-Chelsea Theatre Bo Dogwood Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</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><i>(Continued)</i> 20</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 - March Exercise Room</p> <p>1:00pm - 3:00pm Intro to IPAD and IPHONE Comp Room -Sey Tech</p> <p>2:00pm - 3:30pm DIY Spring Tile Coasters Craft 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 -begWedMar Exercise Room</p> <p>4:00pm - 5:00pm NIA - Mar Great Hall</p> <p>5:00pm - 9:00pm FEAST Craft Room</p> <p>5:00pm - 9:00pm VITA - Wed room set-up Dogwood Room</p> <p>5:15pm - 6:15pm Simply Yoga- March -Eve Exercise Room</p> <p>6:30pm - 8:00pm Connection Recovery Suppo Birch Room</p>	<p><i>(Continued)</i> 21</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>2:30pm - 3:45pm Poised for Parkinsons Birch Room</p> <p>3:20pm - 4:20pm Pilates -Mar Thu Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</p> <p>5:00pm - 7:00pm End of Life-Sr Resource Tea Birch 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 - 7:30pm UNC Pauper Players Perfor 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> 22</p>	<p><i>(Continued)</i> 23</p>

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 17	(Continued) 18 5:00pm - 6:30pm Retros Exercise Room 6:00pm - 7:00pm Zumba - Latina Great Hall 7:00pm - 9:00pm Chinese Folk Dance Great Hall 7:00pm - 8:00pm Zumba - Latina Ashe Room	(Continued) 19	(Continued) 20 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	(Continued) 21	(Continued) 22	(Continued) 23
24	25 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 5:00pm VITA Visiting Agency 1 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-March Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:00am - 1:00pm Masg - MS, day Mar Massage Therapy Room	26	27 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-March Fitness Room 8:20am - 9:20am ST&M - Mar Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk	28	29	30
	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 5:00pm VITA Visiting Agency 1 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-March Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:00am - 1:00pm Masg - MS, day Mar Massage Therapy Room	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-March Fitness Room 8:20am - 9:20am ST&M - Mar Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 8:00am - 5:00pm VITA Visiting Agency 1 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-March Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:00am - 4:00pm Japanese Embroid-March Ashe Room 9:00am - 4:00pm Japanese Embroid-NOT FO Birch Room	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 8:00am - 5:00pm VITA Visiting Agency 1 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-March Fitness 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	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 9:00pm VITA - Thurs-Sat Dogwood Room 8:00am - 5:00pm VITA Visiting Agency 1 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-March Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:00am - 4:00pm Japanese Embroid-March Ashe Room 9:00am - 4:00pm Japanese Embroid-NOT FO Birch Room	

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Seymour Center Activity Calendar

March 2019 (Continued)


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p>	<p><i>(Continued)</i> 26</p>	<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>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 - Mar Dogwood 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 - 5:00pm Weaving From the Heart Craft Room</p> <p>1:00pm - 5:00pm Weaving from the Heart Craft Room</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</p> <p>1:00pm - 3:00pm Photo Edit- I Phone - I Pad Comp Room -Sey Tech</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>1:00pm - 2:00pm Laughter Yoga Exercise Room</p> <p>2:00pm - 4:00pm Chinese Brush- March 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 Badminton Great Hall</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 - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:00pm Containing Gun Violence Birch Room</p> <p>1:00pm - 3:00pm BBB Eastern NC Sr Scam O Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference 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 - March Exercise Room</p> <p>1:00pm - 3:00pm Photo Edit- I Phone - I Pad Comp Room -Sey Tech</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>10:00am - 11:00am Balance Exercise Room</p> <p>10:30am - 12:00pm Sudoku Club Mem Tree and Vet Alc</p> <p>10:40am - 11:35am Strength Train - Mar 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 canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Flash Mob Pop-Up Dance Gr Exercise Room</p> <p>2:00pm - 3:30pm Program Advisory-Thur Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement 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>1:00pm - 2:00pm Senior Sensations Ashe Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	

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Seymour Center Activity Calendar

March 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p> <p>2:00pm - 2:50pm Pilates-Mar- Mon Great Hall</p> <p>2:00pm - 4:00pm Silverpoint Drawing Class Art Room</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>5:00pm - 7:00pm Teen Builders with Laila & Fr Craft 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> 26</p> <p>6:30pm - 9:00pm CH Cam Club Theater</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> 27</p> <p>2:30pm - 3:20pm T'ai Chi -begWedMar Exercise Room</p> <p>3:00pm - 5:00pm BBB Eastern NC Sr Scam O Dogwood Room</p> <p>4:00pm - 5:00pm NIA - Mar Great Hall</p> <p>5:00pm - 9:00pm VITA - Wed room set-up Dogwood Room</p> <p>5:15pm - 6:15pm Simply Yoga- March -Eve Exercise 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> 28</p> <p>3:20pm - 4:20pm Pilates -Mar Thu Exercise Room</p> <p>4:15pm - 5:00pm Line Dancing Great Hall</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>6:30pm - 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> 29</p>	<p><i>(Continued)</i> 30</p>
<p>31</p> <p>9:00am - 4:00pm Japanese Embroid-March Ashe Room</p> <p>9:00am - 4:00pm Japanese Embroid-NOT FO Birch Room</p>						

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