



Seymour Center Activity Calendar

August 2019

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

8:00am - 9:00pm
SHIIP/VITA
Visiting Agency 1

8:00am - 5:00pm
Billiards
Activity Area-Pool

8:00am - 8:30pm
Fitness Studio-Kiosk Only
Fitness Room

8:00am - 8:30pm
Fitness Studio-Aug
Fitness Room

8:30am - 9:00am
Spanish Social-Ex
Exercise Room

8:30am - 3:00pm
Personal trainer
Wellness Desk

9:00am - 12:00pm
Farmers Market Seymo
Garden Front of Seym

9:00am - 10:00am
Spanish Social-Ex
Exercise Room

9:00am - 3:30pm
Phys Therapy
Well Ind Serv 2

9:00am - 12:00pm
Spanish Social Club
Birch Room

9:00am - 11:00am
Aging Transistions
Conference Room

9:00am - 12:00pm
Aging Transistions- Ryan
Visiting Agency 2

9:30am - 12:00pm
Mah Jong, Learn
Ashe Room

1

8:00am - 5:00pm
Billiards
Activity Area-Pool

8:00am - 8:30pm
Fitness Studio-Kiosk Only
Fitness Room

8:00am - 8:30pm
Fitness Studio-Aug
Fitness Room

8:00am - 9:30am
Energy Baqua
Patio

8:15am - 9:15am
Chinese - Line dance
Exercise Room

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

8:50am - 9:25am
Strengthen Your Core
Great Hall

9:00am - 2:00pm
Therapeutic Massage-Aug
Massage Therapy Room

9:00am - 4:00pm
Physical Function Sc
Well Ind Serv 1

9:00am - 10:00am
Older Adult Employment Me
Conference Room

9:30am - 12:00pm
Bridge Lab
Birch Room

2

8:00am - 8:30pm
Fitness Studio-Kiosk Only
Fitness Room

8:00am - 8:30pm
Fitness Studio-Aug
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

11:30am - 12:30pm
Informal T'ai Chi
Exercise Room

12:00pm - 3:00pm
Table Tennis - Sat
Great Hall

12:00pm - 5:00pm
Rentals-AP poss
Ashe Room

12:00pm - 5:00pm
Rentals-AP poss
Birch Room

3

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				<p><i>(Continued)</i> 1</p> <p>9:40am - 10:30am Strength Train - Aug 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-July Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Aug 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>12:00pm - 4:00pm Spanish Social Group Birch Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p>	<p><i>(Continued)</i> 2</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 -July 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 Dogwood Room</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>1:30pm - 4:30pm Table Tennis- Fri Great Hall</p>	<p><i>(Continued)</i> 3</p> <p>1:00pm - 5:00pm Peking Opera Group Theater</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>
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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

				<p><i>(Continued)</i> 1</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates- Aug Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Aug -Eve Exercise 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>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 2</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	<p><i>(Continued)</i> 3</p>
4	5	6	7	8	9	10
	<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 - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</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 SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 4</p>	<p><i>(Continued)</i> 5</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</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 - 11:00am Chinese Cinema at Seymour Theater</p> <p>9:00am - 2:00pm Masg- MS-Aug 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 July Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Aug 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><i>(Continued)</i> 6</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>10:00am - 12:00pm Low Vision Support Ashe Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</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-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 4:00pm Fit Feet -Aug Well Ind Serv 1</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</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-Aug Fitness Room</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 - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 12:00pm Aging Transistions- Ryan Visiting Agency 2</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Aug Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p><i>(Continued)</i> 9</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</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>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-Aug Massage Therapy Room</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:30am - 12:00pm Bridge Lab Birch 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> 10</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 - 12:00pm 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>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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August 2019 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 4</p>	<p><i>(Continued)</i> 5</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 - 12:00pm Beg Oil Paint-Aug Art Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III July Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Aug Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</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 -July Dogwood Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p>	<p><i>(Continued)</i> 6</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</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>12:30pm - 1:30pm parkinson's caregive Ashe Room</p> <p>12:30pm - 3:00pm Parkinson Support Dogwood Room</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 Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush-July Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Conference Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p><i>(Continued)</i> 7</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>10:00am - 11:30am Project EngAGE- SRT - Inter Dogwood 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>10:40am - 11:30am Tone, Balance, Tight Great Hall</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 - 4:00pm Spanish Social Group Birch Room</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 - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p><i>(Continued)</i> 8</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Aug Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Aug 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>12:00pm - 4:00pm Spanish Social Group Birch Room</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>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p>	<p><i>(Continued)</i> 9</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:15am - 11:15am Span Lev IB -July 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 Dogwood Room</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>12:00pm - 1:30pm Project EngAGE-Falls Preve Conference Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p>	<p><i>(Continued)</i> 10</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 4</p>	<p><i>(Continued)</i> 5 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 - 3:30pm Zentangle-String Fan Craft Room</p> <p>1:00pm - 3:00pm Dementia Basics-OC Pub Li Offsite</p> <p>1:00pm - 1:50pm Yoga, Sr - Aug Exercise Room</p> <p>2:15pm - 3:05pm Pilates- Aug- 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><i>(Continued)</i> 6 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 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> 7 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 - 2:00pm Man Power: Network Group f Theater</p> <p>1:00pm - 1:50pm Yoga, Sr - Aug 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 -begWed-Aug Exercise Room</p> <p>3:30pm - 7:00pm Cricket Club: Weaving on a Craft Room</p> <p>4:00pm - 5:00pm NIA - Aug Great Hall</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 8 2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates- Aug Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Aug -Eve Exercise Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>5:30pm - 7:00pm Well Spouse Assoc Support Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy 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> 9 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	<p><i>(Continued)</i> 10</p>

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August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 4</p>	<p><i>(Continued)</i> 5</p> <p>6:00pm - 8:30pm Shakespeare Outloud Book Dogwood Room</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> 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>11</p>	<p>12</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 - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</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 - 2:00pm Masg- MS-Aug 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>13</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p>	<p>14</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p>	<p>15</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:30am - 10:00am CHADER Theater</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 - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p>	<p>16</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 - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</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>8:50am - 9:25am Strengthen Your Core Great Hall</p>	<p>17</p> <p>7:30am - 9:30pm A Day at Topsail Beach Offsite</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug 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>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early AUG Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Aug 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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Beg Oil Paint-Aug Art Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III -AUG Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Aug Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p>	<p><i>(Continued)</i> 13</p> <p>9:30am - 10:30am Enrichment Life Group Theater</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>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</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>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p>	<p><i>(Continued)</i> 14</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 4:00pm Fit Feet -Aug Well Ind Serv 1</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners 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 Bingo- Aug Dogwood Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:40am - 11:30am Tone, Balance, Tight Great Hall</p>	<p><i>(Continued)</i> 15</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 12:00pm Aging Transistions- Ryan Visiting Agency 2</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Aug 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-Aug Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Aug 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><i>(Continued)</i> 16</p> <p>9:00am - 2:00pm Therapeutic Massage-Aug Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch 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>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:15am - 11:15am Span Lev IB -July 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 Dogwood Room</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> 17</p> <p>11:00am - 1:30pm Pulmonary/Hypertensi Birch Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Opera at Seymour Theater</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</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 - Aug 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 - 3:00pm Dulcimer-Mon Practice Craft Room</p> <p>1:00pm - 2:30pm Project EngAGE-LGBTQ Dogwood Room</p> <p>1:00pm - 3:00pm Dementia Basics-OC Pub Li Offsite</p> <p>1:00pm - 1:50pm Yoga, Sr - Aug Exercise Room</p> <p>2:15pm - 3:05pm Pilates- Aug- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> 13</p> <p>2:00pm - 4:00pm Chinese Brush-July 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>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 Theater</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Family to Family-NAM Conference Room</p>	<p><i>(Continued)</i> 14</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>12:30pm - 2:30pm Connect More Craft Room</p> <p>12:30pm - 1:30pm Piedmont Lunch & Learn Theater</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood 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, Sr - Aug Exercise Room</p> <p>1:00pm - 3:00pm OC Home Preservation Coali Birch Room</p>	<p><i>(Continued)</i> 15</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 - 4:00pm Spanish Social Group Birch Room</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>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates- Aug Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:00pm - 9:00pm Project EngAGE-LGBTQ Theater</p> <p>5:15pm - 6:15pm Simply Yoga- Aug -Eve Exercise Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p>	<p><i>(Continued)</i> 16</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p> <p>7:00pm - 8:00pm Life As We Know It Theater</p>	<p><i>(Continued)</i> 17</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</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>6:00pm - 8:00pm Fused Glass Jewelry-Evenin Craft Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p> <p>2:00pm - 2:30pm Plant Based Cooking- Dairy Demo Kitchen</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 -begWed-Aug Exercise Room</p> <p>3:30pm - 7:00pm Cricket Club: Weaving on a Craft Room</p> <p>4:00pm - 5:00pm NIA - Aug Great Hall</p> <p>6:00pm - 8:00pm Cinema Night at Seym- Spid Theater</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:00pm - 8:00pm Cinema Night at Seym-place Theater</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 10:00pm Irish Dance Exercise Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 15</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:30pm Dulcimer-Aug Ashe 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> 16</p>	<p><i>(Continued)</i> 17</p>
18	19	20	21	22	23	24
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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 18	(Continued) 19	(Continued) 20	(Continued) 21	(Continued) 22	(Continued) 23	(Continued) 24
<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 - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</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 - 2:00pm Masg- MS-Aug 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 AUG Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Aug Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference 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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 4:00pm Fit Feet -Aug Well Ind Serv 1</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</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 - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 12:00pm Aging Transistions- Ryan Visiting Agency 2</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</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 - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</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>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-Aug Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch 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>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug 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>9:00am - 4:00pm Japanese Emb-Aug Ashe Room</p> <p>9:00am - 4:00pm Japanese Emb-Not for Reg 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>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm NC Chinese Opera Society Theater</p>	

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Seymour Center Activity Calendar

August 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;">18</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">19</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">20</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">21</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">22</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">23</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">24</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 - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am Chinese Training-Vol Theater</p> <p>10:00am - 12:00pm Beg Oil Paint-Aug Art Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III -AUG Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Aug Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Aug Dogwood Room</p>	<p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</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>12:00pm - 1:30pm Project EngAGE- Neighborh Conference Room</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 Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush-July Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Conference Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners 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>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>11:30am - 1:00pm Project EngAGE-Aging Polic Conference 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 Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Connect More Craft Room</p>	<p>9:40am - 10:30am Strength Train - Aug 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-Aug Craft Room</p> <p>10:00am - 12:00pm Seymour Donation Exchang Liv Room 2</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Aug 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 - 2:00pm Project EngAGE-Mental Well Conference Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy 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 -July 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 Dogwood Room</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>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</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 - 3:00pm Dementia Basics-OC Pub Li Offsite</p> <p>1:00pm - 1:50pm Yoga, Sr - Aug Exercise Room</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>2:15pm - 3:05pm Pilates- Aug- 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><i>(Continued)</i> 20</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:00pm - 5:30pm The Optimist Club of CH Ashe 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>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>6:45pm - 8:45pm Rentals-Chelsea Theatre Bo Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> 21</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood 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 - 2:00pm Man Power: Network Group f Theater</p> <p>1:00pm - 1:50pm Yoga, Sr - Aug 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 -begWed-Aug Exercise Room</p> <p>3:00pm - 4:00pm Life After a Stroke Craft Room</p> <p>3:00pm - 5:00pm Int Conflicts & Approaches: Dogwood Room</p> <p>3:30pm - 7:00pm Cricket Club: Weaving on a Craft Room</p>	<p><i>(Continued)</i> 22</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 - 4:00pm Newcomers' Mah Jong Birch Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates- Aug Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:00pm - 7:30pm Circle of Parents' Class Ashe Room</p> <p>5:00pm - 7:30pm Circle of Parents' Class-kids Birch Room</p> <p>5:00pm - 9:00pm Project EngAGE-LGBTQ Theater</p> <p>5:15pm - 6:15pm Simply Yoga- Aug -Eve Exercise 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><i>(Continued)</i> 23</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	<p><i>(Continued)</i> 24</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</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>6:00pm - 8:00pm Fused Glass Jewelry-Evenin Craft Room</p> <p>6:00pm - 7:30pm Rentals-Paws 4 Ever Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p> <p>4:00pm - 5:00pm NIA - Aug Great Hall</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe 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>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 22</p> <p>6:00pm - 8:45pm Triangle Weavers Theater</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 23</p>	<p><i>(Continued)</i> 24</p>
<p>9:00am - 4:00pm Japanese Emb-Aug Ashe Room</p> <p>9:00am - 4:00pm Japanese Emb-Not for Reg Birch Room</p> <p style="text-align: right; color: red;">25</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 - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</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 style="text-align: right; color: red;">26</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p style="text-align: right; color: red;">27</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p style="text-align: right; color: red;">28</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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p style="text-align: right; color: red;">29</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 - 8:30pm Fitness Studio-Aug Fitness Room</p> <p>8:00am - 9:30am Energy Baqua Patio</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p style="text-align: right; color: red;">30</p>	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Aug 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 style="text-align: right; color: red;">31</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28	(Continued) 29	(Continued) 30	(Continued) 31
<p>9:00am - 2:00pm Masg- MS-Aug 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 AUG Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Aug 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 - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Beg Oil Paint-Aug Art Room</p> <p>10:30am - 11:30am Spanish-Beg Lev III -AUG Dogwood Room</p>	<p>9:00am - 11:00am Mandarin Conversation Conference Room</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 Mandarin Conversatio Ashe Room</p> <p>9:30am - 10:30am Enrichment Life Group-not in Craft Room</p> <p>9:30am - 10:30am Enrichment Life Group Theater</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 - 12:00pm SHIIP Quarterly training Theater</p> <p>10:00am - 11:30am Project EngAGE-End of Life Conference Room</p> <p>10:00am - 11:30am Doodling for Grown Ups Ashe Room</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p>	<p>9:00am - 11:00am Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners 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>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Chinese for Beginners 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>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 12:00pm Aging Transistions- Ryan Visiting Agency 2</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Aug 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 - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Aug Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Theater</p> <p>10:45am - 11:35am Strength Train - Aug Great Hall</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage-Aug Massage Therapy Room</p> <p>9:30am - 12:00pm Bridge Lab Birch 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>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:15am - 11:15am Span Lev IB -July 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 Dogwood 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>11:30am - 12:30pm Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:30pm - 4:30pm Zumba-Latina Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

August 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 25</p>	<p><i>(Continued)</i> 26</p> <p>10:45am - 11:35am Strength Train - Aug Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Span Lev II - Aug 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 - 3:00pm Dementia Basics-OC Pub Li Offsite</p> <p>1:00pm - 1:50pm Yoga, Sr - Aug Exercise Room</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p>	<p><i>(Continued)</i> 27</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</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 - 2:30pm Bus Riding 101 Dogwood Room</p> <p>2:00pm - 4:00pm Chinese Brush-July Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Conference 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><i>(Continued)</i> 28</p> <p>10:40am - 11:30am Tone, Balance, Tight Great Hall</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>12:30pm - 2:30pm Connect More Craft Room</p> <p>12:30pm - 1:30pm Piedmont Lunch & Learn Theater</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood 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, Sr - Aug Exercise Room</p>	<p><i>(Continued)</i> 29</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 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>12:00pm - 4:00pm Spanish Social Group Birch Room</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>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates- Aug Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p>	<p><i>(Continued)</i> 30</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>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:00pm - 3:00pm Folk Music Friday Liv Room 2</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	<p><i>(Continued)</i> 31</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

August 2019 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28	(Continued) 29	(Continued) 30	(Continued) 31
	2:15pm - 3:05pm Pilates- Aug- Mon Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:00pm - 5:30pm Prime Time Players Theater 3:30pm - 5:30pm Social Argentine Tango Great Hall 5:00pm - 6:30pm Retros Exercise Room 5:00pm - 7:00pm Teen Builders with Laila & Fr Craft Room 6:00pm - 7:00pm Zumba - Latina Great Hall 7:00pm - 9:00pm Chinese Folk Dance Great Hall	6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:30pm - 9:00pm Badminton Great Hall 6:30pm - 9:00pm CH Cam Club Theater 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room 7:00pm - 9:00pm Dream Tending Ashe Room	2:00pm - 3:30pm Little's Cooking Light Cafe Area 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 -begWed-Aug Exercise Room 3:30pm - 7:00pm Cricket Club: Weaving on a Craft Room 4:00pm - 5:00pm NIA - Aug Great Hall 6:00pm - 8:00pm Mah Jong-evening Ashe Room 6:30pm - 9:00pm Badminton-Wed night Great Hall 6:30pm - 7:30pm Outsmart the Scammers Theater 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	5:00pm - 9:00pm Project EngAGE-LGBTQ Theater 5:15pm - 6:15pm Simply Yoga- Aug -Eve Exercise Room 5:30pm - 7:00pm Basketball PM Great Hall 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room		

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