



Seymour Center Activity Calendar

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 9:30am Energy Baqua Patio 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 9:15am - 12:00pm Morning Bridge Birch Room 9:15am - 12:00pm Morning Bridge Ashe Room 9:30am - 12:00pm Quilting w/ the Girl Craft Room 9:30am - 10:30am Spanish, Lev IV-Early July Dogwood Room 10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2 10:00am - 10:50am Inspired Movement Exercise Room 10:00am - 11:00am Employment Info Sessions Conference Room 10:00am - 11:30am Table Tennis Table Tennis Area	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 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 3:30pm Phys Therapy Well Ind Serv 2 9:00am - 11:00am Mandarin Conversation Conference Room 9:00am - 9:50am Chinese Dance Exercise Room 9:30am - 10:30am Enrichment Life Group Theater 10:00am - 12:00pm Low Vision Support Ashe Room 10:00am - 12:00pm ESL Dogwood Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space	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 - 9:30am Energy Baqua Patio 8:30am - 9:30am Chinese for Beginners-Listen Ashe Room 8:30am - 3:00pm Personal trainer Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 10:30am Connect More Craft Room 9:00am - 12:00pm Cribbage Alcove Ginko #1 9:00am - 3:00pm Care Partner Respite Progra Craft Room 9:30am - 11:30am Blood Pressure Check Wellness Corridor 9:30am - 10:30am Chinese for Beginners Ashe Room 9:30am - 12:00pm Bridge Lab Birch Room	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-Kiosk Only Fitness Room 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 3:30pm Phys Therapy Well Ind Serv 2 9:00am - 12:00pm Spanish Social Club Birch Room 9:00am - 12:00pm Aging Transistions- Ryan Visiting Agency 2 9:00am - 11:00am Aging Transistions Conference Room 9:00am - 10:00am Spanish Social-Ex Exercise Room 9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym 9:30am - 12:00pm Mah Jong, Learn Ashe Room 10:00am - 11:30am Table Tennis Table Tennis Area	8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 8:30pm Fitness Studio-Kiosk Only 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 2 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 3:00pm Personal trainer Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 10:00am Older Adult Employment Me Conference Room 9:00am - 4:00pm Physical Function Sc Well Ind Serv 1 9:30am - 12:00pm Bridge Lab Birch Room 9:45am - 10:45am Chinese Calligraphy Art Room 10:00am - 11:30am Table Tennis Table Tennis Area	8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 12:00pm Tech Knowledge Ashe Room 10:30am - 11:30am Asian Dance Exercise Room 11:00am - 12:00pm T'ai Chi Practice Courtyard -outside 11:30am - 12:30pm Informal T'ai Chi Exercise Room 12:00pm - 3:00pm Table Tennis - Sat Great Hall 1:00pm - 5:00pm Peking Opera Group Theater 3:00pm - 5:00pm Chinese Folk Dance Exercise Room 3:30pm - 4:30pm Zumba-Latina Exercise Room

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3	4	5	6
Sunday	<i>(Continued)</i> 10:00am - 3:30pm Dominoes Living Room - Entry space 10:30am - 11:30am Spanish-Beg Lev III July Dogwood Room 11:00am - 12:00pm Current Events: Today's Wor Theater 11:00am - 11:50am Sit to be Fit Exercise Room 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:00pm - 1:00pm Span Lev II -July Dogwood Room 12:00pm - 12:15pm Birthday Party Cafe Area 12:45pm - 1:45pm Chinese Choir Theater 12:45pm - 4:00pm canasta Mem Tree and Vet Alc 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 3:00pm Chair Massage- MS Liv Room 2 1:00pm - 4:00pm Mah Jong Birch Room	<i>(Continued)</i> 10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are 10:30am - 11:30am Silver Sneakers- Great Hall 10:30am - 2:30pm Creative Crafters Craft Room 11:00am - 11:50am Gentle Joy of Yoga- am Exercise Room 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:30pm - 1:30pm parkinson's caregive Ashe Room 12:30pm - 3:00pm Parkinson Support Dogwood Room 1:00pm - 4:00pm Table Tennis Great Hall 1:00pm - 3:00pm Senior Center Cinema Theater 2:00pm - 4:00pm Writers' Group Birch Room 2:15pm - 3:05pm Inspired Movement Exercise Room 4:00pm - 5:15pm Adult Care Home Adv Conference Room	<i>(Continued)</i> 10:00am - 10:50am Inspired Movement Exercise Room 10:00am - 11:00am Charlie's Social Clu Conference Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:30am - 11:30am Wednesday's Buzz Liv Room 2 10:30am - 11:30am Issues of Faith Ashe Room 10:40am - 11:30am Tone, Balance, Tight Great Hall 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:30pm - 2:30pm Connect More Craft Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 2:00pm Silver Sneakers Boom Great Hall 1:00pm - 2:30pm Wednesdays@One Poetry Conference Room	<i>(Continued)</i> 10:00am - 3:30pm Dominoes Living Room - Entry space 10:30am - 12:00pm Sudoku Club Dogwood Room 11:00am - 12:00pm Blood Pressure Check Wellness Corridor 11:00am - 1:00pm Jammers - Cheer Lead Exercise Room 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:00pm - 4:00pm Spanish Social Group Birch Room 12:30pm - 5:00pm Acupuncture Massage Therapy Room 12:45pm - 4:00pm canasta Mem Tree and Vet Alc 1:00pm - 4:00pm Table Tennis Great Hall 1:30pm - 3:00pm Kai Mei Knitters Craft Room 2:15pm - 3:05pm Inspired Movement Exercise Room 4:15pm - 5:15pm Social Argentine Tango Great Hall	<i>(Continued)</i> 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 10:50am Seated T'ai Chi Exercise Room 10:30am - 11:30am Silver Sneakers- Great Hall 11:00am - 11:50am Tone, Balance, Tight Exercise Room 12:00pm - 2:00pm Spanish Chat Group - Int to Craft Room 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:45pm - 1:45pm Chinese Choir Theater 1:00pm - 2:00pm Silver Sneakers Boom Exercise Room 1:30pm - 4:30pm Table Tennis- Fri Great Hall 2:00pm - 3:00pm Congolese Drumming C Theater 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:30pm - 5:00pm Mah Jong- Friday group Ashe Room	<i>(Continued)</i> 4:00pm - 5:00pm Zumba - Latina Great Hall

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p><i>(Continued)</i> 1</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 - 8:30pm Shakespeare Outloud Book Dogwood Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 9:00pm Peking Opera Group Theater</p>	<p><i>(Continued)</i> 2</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:30pm - 7:00pm Nursing Home Advisor Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Camera Club Digit Dogwood Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Song Swap Craft Room</p>	<p><i>(Continued)</i> 3</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</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>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</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> 4</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> 5</p>	<p><i>(Continued)</i> 6</p>
7	<p>8</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 - 9:30am Energy Baqua Patio</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p>	<p>9</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>8:30am - 9:30am Walking Outdoors Living Room</p>	<p>10</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 - 9:30am Energy Baqua Patio</p>	<p>11</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>8:30am - 9:00am Spanish Social-Ex Exercise Room</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 - 9:30am Energy Baqua Patio</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p>	<p>13</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 12:00pm Passage Meditation Craft Room</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p>

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</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>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Employment Info Sessions Conference 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 Spanish-Beg Lev III July Dogwood Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p>	<p><i>(Continued)</i> 9</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise 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>10:30am - 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><i>(Continued)</i> 10</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 - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft 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 - 12:00pm Bridge Lab Birch Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p>	<p><i>(Continued)</i> 11</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</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 - 12:00pm Aging Transistions- Ryan Visiting Agency 2</p> <p>9:00am - 11:00am Aging Transistions Conference Room</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>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>10:00am - 12:00pm Fused Glass Jewelry-July Craft 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 - 12:00pm Sudoku Club Dogwood Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p>	<p><i>(Continued)</i> 12</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</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><i>(Continued)</i> 13</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 - 5:00pm Zumba - Latina Great Hall</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

July 2019 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8</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 -July Dogwood Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</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 - 4:00pm Mah Jong Birch 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><i>(Continued)</i> 9</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 3:00pm Aging Advisory Bd Dogwood Room</p> <p>2:00pm - 3:30pm Retirement for Boome Conference Room</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><i>(Continued)</i> 10</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>10:40am - 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 - 5:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:30pm - 2:30pm Connect More Craft 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 Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p><i>(Continued)</i> 11</p> <p>11:00am - 1:00pm Jammers - Cheer Lead 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 - 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>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Well Spouse Assoc Support Conference 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> 12</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>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> 13</p>

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 7	(Continued) 8 6:00pm - 7:00pm Zumba - Latina Great Hall 7:00pm - 9:00pm Chinese Folk Dance Great Hall	(Continued) 9 6:30pm - 9:00pm CH Cam Club Theater 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room 7:00pm - 8:30pm Family to Family-NAM Conference Room	(Continued) 10 1:00pm - 3:00pm OC Home Preservation Coali Birch Room 2:10pm - 3:50pm Parkinson Pickleball Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 6:00pm - 8:00pm Mah Jong-evening Ashe Room 6:00pm - 8:00pm Cinema Night at Seym-place Theater 6:30pm - 9:00pm Badminton-Wed night Great Hall 7:00pm - 10:00pm Irish Dance Exercise Room 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	(Continued) 11 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room	(Continued) 12	(Continued) 13
14	15 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 9:30am Energy Baqua Patio 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	16 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 8:30am - 9:30am Walking Outdoors Living Room	17 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 - 9:30am Energy Baqua Patio	18 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 8:30am - 9:00am Spanish Social-Ex Exercise Room	19 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 9:30am Energy Baqua Patio 8:15am - 9:15am Chinese - Line dance Exercise Room	20 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 14</p>	<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</p>	<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>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</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>10:00am - 11:30am Chinese Training-Vol Theater</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Employment Info Sessions Conference 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 Spanish-Beg Lev III July Dogwood Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise 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 - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</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>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 - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft 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 - 12:00pm Bridge Lab Birch Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</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 - 12:00pm Aging Transistions- Ryan Visiting Agency 2</p> <p>9:00am - 11:00am Aging Transistions Conference Room</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>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>10:00am - 12:00pm Fused Glass Jewelry-July Craft 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 - 12:00pm Sudoku Club Dogwood Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p>	<p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:45am - 10:45am Chinese Calligraphy Art 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 Seated T'ai Chi Exercise Room</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>10:00am - 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>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

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">14</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">15</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 -July Dogwood Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</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 - 4:00pm Mah Jong Birch Room</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p> <p>1:30pm - 3:30pm Zentangle-Drop-in Craft Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">16</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 - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</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>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><i>(Continued)</i></p> <p style="text-align: right; color: red;">17</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</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>12:30pm - 2:30pm Connect More Craft 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 Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</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><i>(Continued)</i></p> <p style="text-align: right; color: red;">18</p> <p>11:00am - 1:00pm Jammers - Cheer Lead 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 - 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>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">19</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>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><i>(Continued)</i></p> <p style="text-align: right; color: red;">20</p>

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 14</p>	<p><i>(Continued)</i> 15</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 16</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</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> 17</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>3:00pm - 4:00pm Life After a Stroke Craft Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>6:30pm - 8:00pm Connection Recovery Suppo Birch Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 18</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>
<p style="text-align: right; color: red;">21</p>	<p style="text-align: right; color: red;">22</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 - 9:30am Energy Baqua Patio</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p>	<p style="text-align: right; color: red;">23</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>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p style="text-align: right; color: red;">24</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 - 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;">25</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>8:30am - 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;">26</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 - 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 2</p>	<p style="text-align: right; color: red;">27</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p>

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>	<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>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>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Employment Info Sessions Conference 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 Spanish-Beg Lev III July Dogwood Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p>9:00am - 3:30pm Phys Therapy Well Ind Serv 2</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 11:00am Mandarin Conversatio Ashe Room</p> <p>9:00am - 9:50am Chinese Dance Exercise 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 Project EngAGE-End of Life Conference 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>12:00pm - 5:00pm Cards Alcove Hickory #2</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 - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft 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 - 12:00pm Bridge Lab Birch Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Issues of Faith Ashe 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 - 12:00pm Aging Transistions- Ryan Visiting Agency 2</p> <p>9:00am - 11:00am Aging Transistions Conference Room</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>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>10:00am - 12:00pm Fused Glass Jewelry-July Craft 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 Legal Aide of NC Theater</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p>	<p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:45am - 10:45am Chinese Calligraphy Art 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 Seated T'ai Chi Exercise Room</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>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> <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> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>(Continued)</i> 21	<i>(Continued)</i> 22	<i>(Continued)</i> 23	<i>(Continued)</i> 24	<i>(Continued)</i> 25	<i>(Continued)</i> 26	<i>(Continued)</i> 27
	12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:00pm - 1:00pm Span Lev II -July Dogwood Room 12:45pm - 1:45pm Chinese Choir Theater 12:45pm - 4:00pm canasta Mem Tree and Vet Alc 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room 1:00pm - 4:00pm Mah Jong Birch Room 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 6:00pm - 7:00pm Zumba - Latina Great Hall 7:00pm - 9:00pm Chinese Folk Dance Great Hall	12:00pm - 1:00pm Seymour Lunch Program Great Hall 1:00pm - 4:00pm Table Tennis Great Hall 1:00pm - 3:00pm Senior Center Cinema Theater 2:00pm - 3:30pm Retirement for Boome Conference Room 2:00pm - 4:00pm Chinese Brush-July Art Room 2:15pm - 3:05pm Inspired Movement Exercise Room 3:00pm - 5:00pm Village Revue Theater 5:15pm - 6:15pm Urban Line Dance Great Hall 5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room 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	10:40am - 11:30am Tone, Balance, Tight Great Hall 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:00pm - 5:00pm Reiki Massage Therapy Room 12:00pm - 5:00pm Trager Sessions Massage Therapy Room 12:30pm - 2:30pm Connect More Craft Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 2:00pm Silver Sneakers Boom Great Hall 1:00pm - 2:30pm Wednesdays@One Poetry Conference Room 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 2:10pm - 3:50pm Parkinson Pickleball Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are	11:00am - 1:00pm Jammers - Cheer Lead Exercise Room 11:00am - 1:00pm Legal Aide of NC Visiting Agency 2 12:00pm - 5:00pm Cards Alcove Hickory #2 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:30pm - 2:00pm Project EngAGE-Mental Well Conference Room 12:30pm - 5:00pm Acupuncture Massage Therapy Room 12:45pm - 4:00pm canasta Mem Tree and Vet Alc 1:00pm - 4:00pm Table Tennis Great Hall 1:00pm - 4:00pm Newcomers' Mah Jong Birch Room 1:30pm - 3:00pm Kai Mei Knitters Craft Room 2:15pm - 3:05pm Inspired Movement Exercise Room 4:15pm - 5:15pm Social Argentine Tango Great Hall 5:00pm - 7:30pm Circle of Parents' Class Ashe Room	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 2:00pm - 3:00pm Congolese Drumming C Theater 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:30pm - 5:00pm Mah Jong- Friday group Ashe Room	

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 21	(Continued) 22	(Continued) 23 7:00pm - 9:00pm Dream Tending Ashe Room	(Continued) 24 6:00pm - 8:00pm Mah Jong-evening Ashe Room 6:30pm - 9:00pm Badminton-Wed night Great Hall 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	(Continued) 25 5:00pm - 7:30pm Circle of Parents' Class-kids Birch 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	(Continued) 26	(Continued) 27
28	29 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 9:30am Energy Baqua Patio 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 9:15am - 12:00pm Morning Bridge Birch Room 9:15am - 12:00pm Morning Bridge Ashe Room	30 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 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 3:30pm Phys Therapy Well Ind Serv 2 9:00am - 11:00am Mandarin Conversation Conference Room	31 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 - 9:30am Energy Baqua Patio 8:30am - 9:30am Chinese for Beginners-Listen Ashe Room 8:30am - 3:00pm Personal trainer Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall			

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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 28</p>	<p><i>(Continued)</i> 29</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>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Employment Info Sessions Conference 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 Spanish-Beg Lev III July Dogwood Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</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 -July Dogwood Room</p>	<p><i>(Continued)</i> 30</p> <p>9:00am - 9:50am Chinese Dance Exercise 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>10:30am - 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>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>2:00pm - 3:30pm Retirement for Boome Conference Room</p>	<p><i>(Continued)</i> 31</p> <p>9:00am - 9:30am Connect More Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft 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 - 12:00pm Bridge Lab Birch Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>			
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Seymour Center Activity Calendar

July 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 28</p>	<p><i>(Continued)</i> 29</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 4:00pm Mah Jong Birch 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>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 30</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 CH Cam Club Ashe Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> 31</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Connect More Craft 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 Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood 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>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>			
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