



Orange County
Department on Aging

Seymour Center Activity Calendar

January 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</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>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 Wednesday's Buzz Liv Room 2</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:30am - 12:00pm Mah Jong, Learn 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>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p>	<p>8:00am - 9:00pm SHIIP Visiting Agency 1</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 - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:00am Employment Info Sessions Conference Room</p> <p>9:00am - 4:00pm Physical Function Sc Well Ind Serv 1</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>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p>	<p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm T'ai Chi Practice Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Peking Opera Group Theater</p> <p>1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room</p> <p>1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p>

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

Seymour Center Activity Calendar

January 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

			<p><i>(Continued)</i> 1</p> <p>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:00pm cats 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>3:00pm - 4:00pm AA - Late Bloomers Conference 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><i>(Continued)</i> 2</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>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>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 3</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Exercise Room</p> <p>1:30pm - 4:30pm Table Tennis- Fri 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><i>(Continued)</i> 4</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			(Continued) 1	(Continued) 2	(Continued) 3	(Continued) 4
5	6	7	8	9	10	11
	8:00am - 9:00pm SHIIP Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 9:30am - 11:30am Garden Club Garden Front of Seym 9:30am - 10:30am Asian Soft Ball Exercise Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 10:50am Inspired Movement Exercise Room 10:00am - 12:00pm Quilting w/ the Girls Craft Room 11:00am - 11:50am Sit to be Fit Exercise Room 11:00am - 12:00pm Current Events: Today's Wor Liv Room 2	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:30am - 9:30am Walking Outdoors Living Room - Entry space 9:00am - 11:00am Mandarin Conversation Conference Room 9:00am - 9:50am Chinese Dance Exercise Room 9:00am - 12:00pm Veterans Services Visiting Agency 2 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 - 10:30am Game Time with Chapel Hill Gath Place Cafe Are 10:00am - 11:30am Table Tennis Table Tennis Area	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm NCBA Visiting Agency 2 8:30am - 9:30am Chinese for Beginners-Listen Ashe Room 8:50am - 9:25am Strengthen Your Core Great Hall 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 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 10:00am - 10:50am ESL Dogwood Room 10:00am - 3:30pm Dominoes Living Room - Entry space 11:00am - 1:00pm Jammers - Cheer Lead Exercise Room 11:00am - 12:00pm Blood Pressure Check Wellness Corridor	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:30am - 9:00am Spanish Social-Ex Exercise Room 9:00am - 5:00pm Spanish Social Club Birch Room 9:00am - 12:00pm Spanish Social Club Birch Room 9:00am - 11:00am Aging Transistions Conference Room 9:30am - 12:00pm Mah Jong, Learn Ashe Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space 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-cardio Great Hall 10:30am - 12:00pm Insight Caregivers Conference Room	8:00am - 9:00pm SHIIP Visiting Agency 1 8:15am - 9:15am Chinese - Line dance Exercise Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 8:50am - 9:25am Strengthen Your Core Great Hall 9:45am - 10:45am Chinese Calligraphy Art Room 10:00am - 11:30am Table Tennis Table Tennis Area 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-cardio Great Hall 10:30am - 12:00pm Insight Caregivers Conference Room	8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:00am - 12:00pm Passage Meditation Craft Room 9:15am - 11:45am Badminton Great Hall 10:00am - 3:30pm Dominoes Living Room - Entry space 10:30am - 11:30am Asian Dance Exercise Room 11:00am - 12:00pm T'ai Chi Practice Courtyard -outside 11:30am - 12:30pm T'ai Chi Practice Exercise Room 12:00pm - 3:00pm Table Tennis - Sat Great Hall 1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room 1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 5</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><i>(Continued)</i> 11</p>
	<p>12:00pm - 12:15pm Birthday Party Cafe Area</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 4:00pm Playful Posture and Ergono Exercise Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>5:00pm - 6:30pm Retros Exercise Room</p>	<p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:30am - 12:30pm Friends Executive Bd Conference Room</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 - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:30pm - 3:00pm Parkinson Support Dogwood Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush-Jan Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome- Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p>10:00am - 11:00am Charlie's Social Clu Conference Room</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 - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:00pm cats 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>3:00pm - 4:00pm AA - Late Bloomers Conference Room</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>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 4:00pm Life After a Stroke Craft Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>5:30pm - 7:00pm Well Spouse Assoc Support Conference Room</p>	<p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 1:50pm 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>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6 7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 7 5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:30pm - 7:00pm Nursing Home Advisor Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Camera Club Digit Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Song Swap Craft Room</p>	<p><i>(Continued)</i> 8 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 - 9:30pm Irish Dance Socia; Exercise Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 9 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:00pm - 7:00pm Heartfulness Meditation 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> 10</p>	<p><i>(Continued)</i> 11</p>
<p>12</p>	<p>13 8:00am - 9:00pm SHIIP Visiting Agency 1</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>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Early Int - Lev IV - Jan Dogwood Room</p>	<p>14 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p>	<p>15 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p>	<p>16 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p>	<p>17 8:00am - 9:00pm SHIIP Visiting Agency 1</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 - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p>	<p>18 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>

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p>	<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>9:30am - 10:30am Asian Soft Ball 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>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Liv Room 2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm SpanLev II-Beg-Jan Conference Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p>	<p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>9:30am - 11:30am Beginning Bridge Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Phys Ther Balance - OTAGO Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Golden Age Happy Cir Ashe Room</p> <p>11:30am - 12:30pm Wellness Ambassador Wellness Table</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</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>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 Wednesday's Buzz Liv Room 2</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 - 1:00pm Seymour Lunch Program Great Hall</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>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:30am - 12:00pm Mah Jong, Learn 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>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</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>1:00pm - 3:00pm Friends of the Seymo Dogwood Room</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</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>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>10:30am - 11:30am Span Lev IB -Jan Craft Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA- Jan Ashe Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Exercise Room</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</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 T'ai Chi Practice 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>1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room</p> <p>1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p> <p>1:00pm - 3:00pm Dulcimer 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>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 4:00pm Playful Posture and Ergono Exercise Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>4:45pm - 6:00pm Grow Your World Birch Room</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:30pm - 8:30pm League of Women Voters Birch Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 14</p> <p>1:00pm - 3:00pm Aging Advisory Bd Dogwood Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>2:00pm - 4:00pm Chinese Brush-Jan Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome- Ashe Room</p> <p>2:00pm - 3:30pm Retirement for Boome- Conference Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</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>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> 15</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 2:00pm cats 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>3:00pm - 4:00pm AA - Late Bloomers Conference 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>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 16</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>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>6:00pm - 7:00pm Heartfulness Meditation Ashe Room</p> <p>6:30pm - 8:30pm Dulcimer 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> 17</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> 18</p>
19	20	21	22	23	24	25
<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.</p>						

Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>	<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p>
	<p>8:00am - 9:00pm SHIIP Visiting Agency 1</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>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Early Int - Lev IV - Jan Dogwood Room</p> <p>9:30am - 10:30am Asian Soft Ball 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>10:00am - 11:30am Chinese Training-Vol Theater</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Liv Room 2</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>9:30am - 11:30am Beginning Bridge Birch 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>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</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>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>10:40am - 11:30am Tone, Balance, Tight Great Hall</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:30am - 12:00pm Mah Jong, Learn 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>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p>	<p>8:00am - 9:00pm SHIIP Visiting Agency 1</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 - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</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>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>10:30am - 11:30am Span Lev IB -Jan Craft 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>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm T'ai Chi Practice 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>1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room</p> <p>1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued)	19	(Continued)	20	(Continued)	21	(Continued)	22	(Continued)	23	(Continued)	24	(Continued)	25
		12:00pm - 1:00pm Seymour Lunch Program Great Hall		10:30am - 2:30pm Creative Crafters Craft Room		12:00pm - 5:00pm Trager Sessions Massage Therapy Room		12:45pm - 4:00pm canasta Mem Tree and Vet Alc		11:00am - 11:50am Tone, Balance, Tight Exercise Room			
		12:00pm - 1:00pm SpanLev II-Beg-Jan Conference Room		12:00pm - 1:00pm Seymour Lunch Program Great Hall		12:00pm - 1:00pm Seymour Lunch Program Great Hall		1:00pm - 4:00pm Table Tennis Great Hall		11:30am - 12:30pm SpanishBeg IA- Jan Ashe Room			
		12:45pm - 4:00pm canasta Mem Tree and Vet Alc		1:00pm - 4:00pm Table Tennis Great Hall		12:00pm - 5:00pm Reiki Massage Therapy Room		1:00pm - 5:00pm NCBA Visiting Agency 2		12:00pm - 1:00pm Seymour Lunch Program Great Hall			
		12:45pm - 1:45pm Chinese Choir- Hong Yan Theater		1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1		1:00pm - 2:30pm Petals with a Purpose Dogwood Room		1:00pm - 3:30pm Newcomers' Mah Jong Birch Room		1:00pm - 2:30pm ESL - beg Birch Room			
		1:00pm - 4:00pm Sarah West Bridge Ashe Room		1:00pm - 5:00pm NCBA Visiting Agency 2		1:00pm - 4:00pm Sarah West Bridge Ashe Room		1:00pm - 2:00pm Asian Soft Ball Exercise Room		1:00pm - 1:50pm Silver Sneakers Boom Exercise Room			
		1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1		2:00pm - 4:00pm Writers' Group Birch Room		1:00pm - 2:30pm Petals with a Purpose Dogwood Room		1:30pm - 3:00pm Kai Mei Knitters Craft Room		2:00pm - 3:00pm Congolese Drumming C Theater			
		1:00pm - 3:00pm Chair Massage- MS Liv Room 2		2:00pm - 4:00pm Chinese Brush-Jan Art Room		1:00pm - 2:00pm Man Power: Network Group f Theater		2:15pm - 3:05pm Inspired Movement Exercise Room		2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are			
		2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are		2:00pm - 3:30pm Retirement for Boome- Ashe Room		1:00pm - 1:50pm Silver Sneakers Boom Great Hall		4:15pm - 5:15pm Social Argentine Tango Great Hall					
		3:00pm - 5:30pm Prime Time Players Theater		2:00pm - 3:30pm Retirement for Boome- Conference Room		1:00pm - 2:30pm Wednesdays@One Poetry Conference Room		5:30pm - 7:00pm Basketball PM Great Hall					
		3:00pm - 4:00pm Playful Posture and Ergono Exercise Room		2:15pm - 3:05pm Inspired Movement Exercise Room		1:00pm - 2:00pm cats Theater		6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room					
		3:30pm - 5:30pm Social Argentine Tango Great Hall		3:30pm - 4:30pm Posture Clinic Exercise Room		2:10pm - 3:50pm Parkinson Pickleball Great Hall		6:00pm - 7:00pm Heartfulness Meditation Ashe Room					
		4:00pm - 5:00pm Prime Time Players Craft Room		4:00pm - 5:30pm The Optimist Club of CH Ashe Room		2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are		6:00pm - 8:45pm Triangle Weavers Theater					
		5:00pm - 6:30pm Retros Exercise Room		5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room		3:00pm - 4:00pm AA - Late Bloomers Conference Room		7:00pm - 8:30pm Waltzing Great Hall					

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 21</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>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> 22</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> 23</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p>	
<p>26</p>	<p>27</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</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 Comp Fund W 10 Comp Room -Sey Tech</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Early Int - Lev IV - Jan Dogwood Room</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p>	<p>28</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p>	<p>29</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 11:00am Comp Fund W 10 Comp Room -Sey Tech</p>	<p>30</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</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 - 11:00am Comp Fund W 10 Comp Room -Sey Tech</p>	<p>31</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</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 - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:45am - 10:45am Chinese Calligraphy Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>		

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Seymour Center Activity Calendar

January 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>
	<p><i>(Continued)</i></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 -Jan Art Room</p> <p>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p> <p>10:45am - 11:45am Spanish-Lev 1-Beg Jan Dogwood Room</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Liv Room 2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm SpanLev II-Beg-Jan Conference Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p>	<p><i>(Continued)</i></p> <p>9:30am - 11:30am Beginning Bridge Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Phys Ther Balance - OTAGO Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</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 - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>2:00pm - 4:00pm Chinese Brush-Jan Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome- Ashe Room</p>	<p><i>(Continued)</i></p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</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>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p>	<p><i>(Continued)</i></p> <p>9:30am - 12:00pm Mah Jong, Learn 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>10:30am - 12:00pm Sudoku Club Art Room</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 - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p>	<p><i>(Continued)</i></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>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>10:30am - 11:30am Span Lev IB -Jan Craft Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA- Jan Ashe Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>1:00pm - 1:50pm 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>	

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Seymour Center Activity Calendar

January 2020 (Continued)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 26	(Continued) 27	(Continued) 28	(Continued) 29	(Continued) 30	(Continued) 31	
	1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1 1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:00pm - 5:30pm Prime Time Players Theater 3:00pm - 4:00pm Playful Posture and Ergono Exercise Room 3:30pm - 5:30pm Social Argentine Tango Great Hall 4:00pm - 5:00pm Prime Time Players Craft Room 5:00pm - 6:30pm Retros Exercise Room 6:30pm - 8:30pm League of Women Voters Birch Room 7:00pm - 9:00pm Chinese Folk Dance Great Hall	2:00pm - 3:30pm Retirement for Boome- Conference Room 2:15pm - 3:05pm Inspired Movement Exercise Room 3:30pm - 4:30pm Posture Clinic Exercise Room 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 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room	1:00pm - 2:00pm cats Theater 2:10pm - 3:50pm Parkinson Pickleball Great Hall 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:00pm - 4:00pm AA - Late Bloomers Conference Room 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	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 5:30pm - 7:00pm Basketball PM Great Hall 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:00pm - 7:00pm Heartfulness Meditation Ashe Room 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room		

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