



# Seymour Activity Calendar

**July 2018**

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

1	2	3	4	5	6	7
	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>9:00am - 2:00pm</b> Masg- MS-JULY Massage Therapy Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Birch Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Ashe Room</p> <p><b>9:30am - 11:30am</b> Garden Club Garden Front of Seym</p> <p><b>9:30am - 12:00pm</b> Quilting w/ the Girl Craft Room</p> <p><b>10:00am - 12:00pm</b> Connections Concierge Liv Room 2</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girl Alcove Hickory #2</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 12:00pm</b> Oil Painting - June Art Room</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p> <p><b>8:00am - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:20am - 9:20am</b> ST&amp;M - July Great Hall</p> <p><b>8:30am - 9:30am</b> Walking Outdoors Living Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 3:30pm</b> UNC Phys Therapy Well Ind Serv 2</p> <p><b>10:00am - 12:00pm</b> Chinese - Learn Conference Room</p> <p><b>10:00am - 12:00pm</b> Low Vision Support Ashe Room</p> <p><b>10:00am - 11:00am</b> Pastor Li's Bible Study Birch Room</p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 10:30am</b> Game Time with Chapel Hill Gath Place Cafe Are</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p> <p><b>8:00am - 12:00pm</b> SHIIP Visiting Agency 1</p> <p><b>8:00am - 9:00am</b> Basketball Great Hall</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:00am - 4:00pm</b> Fit Feet-July Well Ind Serv 2</p> <p><b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-July Great Hall</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 12:00pm</b> Caregivers Respite -Alcove 2 Alcove Hickory #2</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p> <p><b>8:00am - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:20am - 9:20am</b> ST&amp;M - July Great Hall</p> <p><b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 12:00pm</b> Spanish Social Club Birch Room</p> <p><b>9:00am - 10:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>9:00am - 12:00pm</b> Farmers Market Seymo Garden Front of Seym</p> <p><b>9:00am - 3:30pm</b> UNC Phys Therapy Well Ind Serv 2</p> <p><b>9:15am - 10:45am</b> Chinese Calligraphy Art Room</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Jul Great Hall</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p> <p><b>8:00am - 9:00am</b> Basketball Great Hall</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:00am - 4:00pm</b> Phys Func Well Ind Serv 1</p> <p><b>9:00am - 10:00am</b> Older Adult Employment Me Conference Room</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-July Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p>	<p><b>8:30am - 5:30pm</b> Billiards Activity Area-Pool</p> <p><b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room</p> <p><b>9:15am - 11:45am</b> Badminton Great Hall</p> <p><b>10:00am - 12:00pm</b> Tech Knowledge Ashe Room</p> <p><b>10:30am - 11:30am</b> Asian Dance Exercise Room</p> <p><b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall</p> <p><b>3:30pm - 4:30pm</b> Zumba -Latina-kids 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 Activity Calendar

## July 2018 (Continued)

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

<i>(Continued)</i>	1	2	3	4	5	6	7
	<p><i>(Continued)</i></p> <p><b>10:00am - 12:00pm</b> Nat Skin Fac -July Well Ind Serv 1</p> <p><b>10:45am - 11:35am</b> Strength Train-July Great Hall</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:00pm - 12:15pm</b> Birthday Party Cafe Area</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 4:00pm</b> Mah Jong Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga- July Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 3:00pm</b> Chair Massage- MS Liv Room 2</p> <p><b>2:15pm - 3:05pm</b> Pilates- July- Mon Great Hall</p>	<p><i>(Continued)</i></p> <p><b>10:30am - 2:30pm</b> Creative Crafts Craft Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>11:00am - 11:50am</b> Simply Yoga - am Exercise Room</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:30pm - 1:30pm</b> parkinson's caregive Ashe Room</p> <p><b>12:30pm - 3:00pm</b> Parkinson Support Dogwood Room</p> <p><b>1:00pm - 3:00pm</b> Senior Center Cinema Theater</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 2:15pm</b> Seymour Sing Conference Room</p> <p><b>2:00pm - 4:00pm</b> Writers' Discussion Birch Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Declartion of Independence Theater</p> <p><b>4:15pm - 6:30pm</b> Badminton Great Hall</p>	<p><i>(Continued)</i></p> <p><b>10:00am - 11:00am</b> Seated T'ai Chi Exercise Room</p> <p><b>10:00am - 3:00pm</b> Caregivers Respite G Craft Room</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:30am - 11:30am</b> Wednesday's Buzz Liv Room 2</p> <p><b>10:30am - 11:30am</b> Issues of Faith Ashe Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>12:00pm - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:30pm - 4:00pm</b> Caregivers Respite G Alcove Hickory #2</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>1:00pm - 5:00pm</b> Project EngAGE-Yvette Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga- July Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p>	<p><i>(Continued)</i></p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train-July Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:30pm - 3:00pm</b> Kai Mei Knitters Craft Room</p> <p><b>1:45pm - 3:00pm</b> Music Therapy for Parkinson Theater</p> <p><b>2:00pm - 3:00pm</b> String Art Decor Dogwood Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p>	<p><i>(Continued)</i></p> <p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Alcove Hickory #2</p> <p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Craft Room</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Exercise Room</p>	<p><i>(Continued)</i></p>	

# Seymour Activity Calendar

## July 2018 (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;"><b>1</b></p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>2</b></p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:00pm - 5:30pm</b> Weaving From the Hea-June Craft Room</p> <p><b>5:00pm - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>5:00pm - 7:00pm</b> Retros Exercise Room</p> <p><b>7:00pm - 8:45pm</b> Chinese Folk Dance Great Hall</p> <p><b>7:00pm - 9:00pm</b> Peking Opera Group Theater</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>3</b></p> <p><b>5:30pm - 7:00pm</b> Adult Care Home Advi Conference Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> CH Camera Club Digit Dogwood Room</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi Exercise Room</p> <p><b>7:00pm - 8:30pm</b> Song Swap Craft Room</p> <p><b>7:00pm - 9:00pm</b> Square Dancing-July Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>4</b></p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Jul Exercise Room</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>4:00pm - 5:00pm</b> NIA - July Great Hall</p> <p><b>5:15pm - 6:15pm</b> Zumba- Low Impact Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- July -Eve Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>7:00pm - 8:00pm</b> Zumba - Latina Exercise Room</p> <p><b>7:30pm - 9:00pm</b> Badminton-Wed night Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>5</b></p> <p><b>3:00pm - 5:30pm</b> Aging Transitions Conference Room</p> <p><b>3:30pm - 4:20pm</b> Pilates-July Thurs Exercise Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>6</b></p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>7</b></p>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p>	<p><b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor</p>	<p><b>8:30am - 5:30pm</b> Billiards Activity Area-Pool</p>

# Seymour Activity Calendar

## July 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right;">8</span></p>	<p><i>(Continued)</i> <span style="float: right;">9</span></p>	<p><i>(Continued)</i> <span style="float: right;">10</span></p>	<p><i>(Continued)</i> <span style="float: right;">11</span></p>	<p><i>(Continued)</i> <span style="float: right;">12</span></p>	<p><i>(Continued)</i> <span style="float: right;">13</span></p>	<p><i>(Continued)</i> <span style="float: right;">14</span></p>
	<p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>9:00am - 10:50am</b> Chinese Cinema at Seymour Theater</p> <p><b>9:00am - 2:00pm</b> Masg- MS-JULY Massage Therapy Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Birch Room</p> <p><b>9:15am - 12:00pm</b> Morning Bridge Ashe Room</p> <p><b>9:30am - 12:00pm</b> Quilting w/ the Girl Craft Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Jul Great Hall</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girl Alcove Hickory #2</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 11:00am</b> Employment Info Sessions Conference Room</p> <p><b>10:00am - 12:00pm</b> Oil Painting - June Art Room</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p>	<p><b>8:00am - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:20am - 9:20am</b> ST&amp;M - July Great Hall</p> <p><b>8:30am - 9:30am</b> Walking Outdoors Living Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 3:30pm</b> UNC Phys Therapy Well Ind Serv 2</p> <p><b>10:00am - 12:00pm</b> Chinese - Learn Conference Room</p> <p><b>10:00am - 11:00am</b> Pastor Li's Bible Study Birch Room</p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:30am - 11:30am</b> Golden Age Happy Cir Ashe Room</p> <p><b>10:30am - 2:30pm</b> Creative Crafts Craft Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p>	<p><b>8:00am - 12:00pm</b> SHIP Visiting Agency 1</p> <p><b>8:00am - 9:00am</b> Basketball Great Hall</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:00am - 4:00pm</b> Fit Feet-July Well Ind Serv 2</p> <p><b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-July Great Hall</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 12:00pm</b> Caregivers Respite -Alcove 2 Alcove Hickory #2</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 11:00am</b> Seated T'ai Chi Exercise Room</p>	<p><b>8:00am - 9:00pm</b> SHIP Visiting Agency 1</p> <p><b>8:00am - 1:00pm</b> Sr Wellness Clinic Conference Room</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:20am - 9:20am</b> ST&amp;M - July Great Hall</p> <p><b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 12:00pm</b> Spanish Social Club Birch Room</p> <p><b>9:00am - 10:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>9:00am - 12:00pm</b> Farmers Market Seymo Garden Front of Seym</p> <p><b>9:00am - 3:30pm</b> UNC Phys Therapy Well Ind Serv 2</p> <p><b>9:15am - 10:45am</b> Chinese Calligraphy Art Room</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Jul Great Hall</p>	<p><b>8:00am - 9:00am</b> Basketball Great Hall</p> <p><b>8:00am - 5:00pm</b> Billiards Activity Area-Pool</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>8:30am - 3:00pm</b> Personal trainer Wellness Desk</p> <p><b>9:00am - 9:50am</b> Strengthen your Core Exercise Room</p> <p><b>9:00am - 11:00am</b> Thurston Arthritis Ashe Room</p> <p><b>9:30am - 12:00pm</b> Bridge Lab Birch Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-July Great Hall</p> <p><b>10:00am - 12:00pm</b> Insight Caregivers Conference Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:30am - 11:30am</b> Silver Sneakers- Great Hall</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>12:00pm - 1:30pm</b> Project EngAGE Ashe Room</p>	<p><b>9:00am - 10:30am</b> Passage Med Craft Room</p> <p><b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room</p> <p><b>9:15am - 11:45am</b> Badminton Great Hall</p> <p><b>10:30am - 11:30am</b> Asian Dance Exercise Room</p> <p><b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall</p> <p><b>1:00pm - 3:00pm</b> Class then Flash Exercise Room</p> <p><b>1:00pm - 3:00pm</b> Class then Flash Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Zumba -Latina-kids Exercise Room</p> <p><b>4:00pm - 5:30pm</b> Zumba - Latina Great Hall</p>

# Seymour Activity Calendar

## July 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i>                      <b>8</b></p>	<p><i>(Continued)</i>                      <b>9</b></p>	<p><i>(Continued)</i>                      <b>10</b></p>	<p><i>(Continued)</i>                      <b>11</b></p>	<p><i>(Continued)</i>                      <b>12</b></p>	<p><i>(Continued)</i>                      <b>13</b></p>	<p><i>(Continued)</i>                      <b>14</b></p>
	<p><b>10:45am - 11:35am</b> Strength Train-July Great Hall</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 4:00pm</b> Mah Jong Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga- July Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 3:00pm</b> Dulcimer-Mon Practice Craft Room</p> <p><b>1:30pm - 3:30pm</b> Memory Cafe Dogwood Room</p> <p><b>2:00pm - 3:30pm</b> Memory Cafe Dogwood Room</p> <p><b>2:15pm - 3:05pm</b> Pilates- July- Mon Great Hall</p>	<p><b>11:00am - 11:50am</b> Simply Yoga - am Exercise Room</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>1:00pm - 3:00pm</b> Aging Advisory Bd Dogwood Room</p> <p><b>1:00pm - 3:00pm</b> Senior Center Cinema Theater</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 2:15pm</b> Seymour Sing Conference Room</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush Art Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Village Revue Theater</p> <p><b>4:15pm - 6:30pm</b> Badminton Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> CH Cam Club Theater</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi Exercise Room</p>	<p><b>10:00am - 3:00pm</b> Caregivers Respite G Craft Room</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:30am - 11:30am</b> Issues of Faith Ashe Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:00am - 1:00pm</b> Friends Executive Bd Conference Room</p> <p><b>12:00pm - 5:00pm</b> VITA Visiting Agency 1</p> <p><b>12:00pm - 5:00pm</b> Trager Sessions Massage Therapy Room</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:30pm - 4:00pm</b> Caregivers Respite G Alcove Hickory #2</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>1:00pm - 5:00pm</b> Project EngAGE-Yvette Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga- July Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p>	<p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Dogwood Room</p> <p><b>10:45am - 11:35am</b> Strength Train-July Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 5:00pm</b> Project EngAGE-Yvette Birch Room</p> <p><b>1:00pm - 5:00pm</b> OC Cares Dogwood Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:30pm</b> Aging Transitions Conference Room</p>	<p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Alcove Hickory #2</p> <p><b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Craft Room</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>1:30pm - 4:30pm</b> Badminton- 2nd Frida Great Hall</p> <p><b>2:00pm - 3:00pm</b> Jenga Jam Gath Place Cafe Are</p> <p><b>2:00pm - 3:00pm</b> Folk Music Friday Liv Room 2</p>	

# Seymour Activity Calendar

## July 2018 (Continued)

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

(Continued) 8	(Continued) 9	(Continued) 10	(Continued) 11	(Continued) 12	(Continued) 13	(Continued) 14
<p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:15pm - 4:30pm</b> ESL Songs and Poetry Conference Room</p> <p><b>5:00pm - 9:00pm</b> SHIP Visiting Agency 1</p> <p><b>5:00pm - 7:00pm</b> Retros Exercise Room</p> <p><b>5:00pm - 7:00pm</b> Badminton Coach Training Great Hall</p> <p><b>7:00pm - 8:45pm</b> Chinese Folk Dance Great Hall</p>	<p><b>7:00pm - 9:00pm</b> Square Dancing-July Great Hall</p>	<p><b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Jul Exercise Room</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>4:00pm - 5:00pm</b> NIA - July Great Hall</p> <p><b>5:15pm - 6:15pm</b> Zumba- Low Impact Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- July -Eve Exercise Room</p> <p><b>7:00pm - 10:00pm</b> Irish Dance Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>7:00pm - 8:00pm</b> Zumba - Latina Exercise Room</p> <p><b>7:30pm - 9:00pm</b> Badminton-Wed night Great Hall</p>	<p><b>3:30pm - 4:20pm</b> Pilates-July Thurs Exercise Room</p> <p><b>4:00pm - 5:00pm</b> Staff Meeting-Cyd Ashe Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>			
15	16	17	18	19	20	21

# Seymour Activity Calendar

## July 2018 (Continued)

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

<i>(Continued)</i>	15	<i>(Continued)</i>	16	<i>(Continued)</i>	17	<i>(Continued)</i>	18	<i>(Continued)</i>	19	<i>(Continued)</i>	20	<i>(Continued)</i>	21
	<b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>9:00am - 2:00pm</b> Masg- MS-JULY Massage Therapy Room  <b>9:15am - 12:00pm</b> Morning Bridge Birch Room  <b>9:15am - 12:00pm</b> Morning Bridge Ashe Room  <b>9:30am - 12:00pm</b> Quilting w/ the Girl Craft Room  <b>9:40am - 10:30am</b> Strength Train - Jul Great Hall  <b>10:00am - 12:00pm</b> Connections Concierge Liv Room 2  <b>10:00am - 12:00pm</b> Quilting w/ the Girl Alcove Hickory #2  <b>10:00am - 11:30am</b> Table Tennis Table Tennis Area  <b>10:00am - 11:00am</b> Employment Info Sessions Conference Room  <b>10:00am - 12:00pm</b> Oil Painting - June Art Room		<b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor  <b>8:00am - 5:00pm</b> VITA Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:00am - 11:00am</b> Mall Walk - July Offsite  <b>8:20am - 9:20am</b> ST&M - July Great Hall  <b>8:30am - 9:30am</b> Walking Outdoors Living Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 3:30pm</b> UNC Phys Therapy Well Ind Serv 2  <b>10:00am - 12:00pm</b> Chinese - Learn Conference Room  <b>10:00am - 11:00am</b> Pastor Li's Bible Study Birch Room  <b>10:00am - 12:00pm</b> ESL Dogwood Room  <b>10:00am - 10:30am</b> Game Time with Chapel Hill Gath Place Cafe Are  <b>10:00am - 11:30am</b> Table Tennis Table Tennis Area		<b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor  <b>8:00am - 12:00pm</b> SHIP Visiting Agency 1  <b>8:00am - 9:00am</b> Basketball Great Hall  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:20am - 9:20am</b> ST&M - July Great Hall  <b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 10:00am</b> Chinese Training-Vol Conference Room  <b>9:00am - 4:00pm</b> Fit Feet-July Well Ind Serv 2  <b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor  <b>9:30am - 12:00pm</b> Bridge Lab Birch Room  <b>9:30am - 10:30am</b> Salli's Sr Work-July Great Hall  <b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room  <b>10:00am - 12:00pm</b> Caregivers Respite -Alcove 2 Alcove Hickory #2		<b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor  <b>8:00am - 9:00pm</b> SHIP Visiting Agency 1  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:20am - 9:20am</b> ST&M - July Great Hall  <b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 12:00pm</b> Spanish Social Club Birch Room  <b>9:00am - 10:00am</b> Spanish Social-Ex Exercise Room  <b>9:00am - 12:00pm</b> Farmers Market Seymo Garden Front of Seym  <b>9:00am - 3:30pm</b> UNC Phys Therapy Well Ind Serv 2  <b>9:15am - 10:45am</b> Chinese Calligraphy Art Room  <b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room  <b>9:40am - 10:30am</b> Strength Train - Jul Great Hall		<b>8:00am - 5:00pm</b> Cardio Contest Wellness Corridor  <b>8:00am - 9:00am</b> Basketball Great Hall  <b>8:00am - 5:00pm</b> Billiards Activity Area-Pool  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>8:30am - 3:00pm</b> Personal trainer Wellness Desk  <b>9:00am - 9:50am</b> Strengthen your Core Exercise Room  <b>9:30am - 12:00pm</b> Bridge Lab Birch Room  <b>9:30am - 10:30am</b> Salli's Sr Work-July Great Hall  <b>10:00am - 11:30am</b> Table Tennis Table Tennis Area  <b>10:00am - 12:00pm</b> Movies with the Grands Theater  <b>10:30am - 11:30am</b> Silver Sneakers- Great Hall  <b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room  <b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Alcove Hickory #2	<b>6:30am - 10:30pm</b> A Day at the Biltmore Estate Offsite  <b>8:30am - 5:30pm</b> Billiards Activity Area-Pool  <b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room  <b>9:15am - 11:45am</b> Badminton Great Hall  <b>10:00am - 12:00pm</b> Tech Knowledge Ashe Room  <b>10:30am - 11:30am</b> Asian Dance Exercise Room  <b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall  <b>1:00pm - 3:00pm</b> Class then Flash Exercise Room  <b>1:00pm - 3:00pm</b> Class then Flash Exercise Room  <b>3:30pm - 4:30pm</b> Zumba -Latina-kids Exercise Room			





# Seymour Activity Calendar

## July 2018 (Continued)

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

(Continued)	15	(Continued)	16	(Continued)	17	(Continued)	18	(Continued)	19	(Continued)	20	(Continued)	21
		<b>1:30pm - 3:00pm</b> Garden Club Conference Room		<b>5:30pm - 7:30pm</b> Rentals-Hannah Ruth Conference Room		<b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room		<b>1:30pm - 3:00pm</b> Kai Mei Knitters Craft Room					
		<b>1:30pm - 3:30pm</b> Zentangle-Drop-in Craft Room		<b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room		<b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall		<b>2:00pm - 3:00pm</b> Ice Cream Social Cafe Area					
		<b>2:00pm - 3:00pm</b> TED TALKS Theater		<b>6:30pm - 9:00pm</b> CH Cam Club Ashe Room		<b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room		<b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room					
		<b>2:15pm - 3:05pm</b> Pilates- July- Mon Great Hall		<b>7:00pm - 8:15pm</b> T'ai Chi Exercise Room		<b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall		<b>3:00pm - 5:30pm</b> Aging Transitions Conference Room					
		<b>3:00pm - 5:30pm</b> Prime Time Players Theater		<b>7:00pm - 9:00pm</b> Square Dancing-July Great Hall		<b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Jul Exercise Room		<b>3:30pm - 4:20pm</b> Pilates-July Thurs Exercise Room					
		<b>3:15pm - 4:30pm</b> ESL Songs and Poetry Conference Room				<b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room		<b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room					
		<b>4:00pm - 6:00pm</b> Staff Meeting Dogwood Room				<b>4:00pm - 5:00pm</b> NIA - July Great Hall		<b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room					
		<b>5:00pm - 9:00pm</b> SHIIP Visiting Agency 1				<b>5:15pm - 6:15pm</b> Zumba- Low Impact Great Hall		<b>7:00pm - 8:30pm</b> Waltzing Great Hall					
		<b>5:00pm - 7:00pm</b> Retros Exercise Room				<b>5:15pm - 6:15pm</b> Simply Yoga- July -Eve Exercise Room		<b>7:45pm - 8:45pm</b> Asian Dance Exercise Room					
		<b>5:00pm - 7:00pm</b> Badminton Coach Training Great Hall				<b>6:30pm - 8:00pm</b> Connection Recovery Suppo Birch Room							
		<b>7:00pm - 8:45pm</b> Chinese Folk Dance Great Hall				<b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room							
						<b>7:00pm - 8:00pm</b> Zumba - Latina Exercise Room							
						<b>7:30pm - 9:00pm</b> Badminton-Wed night Great Hall							

# Seymour Activity Calendar

## July 2018 (Continued)

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

22

**8:00am - 5:00pm**  
Cardio Contest  
Wellness Corridor

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

**8:30am - 5:00pm**  
Employment Info Sessions  
Visiting Agency 1

**9:00am - 2:00pm**  
Masg- MS-JULY  
Massage Therapy Room

**9:15am - 12:00pm**  
Morning Bridge  
Birch Room

**9:15am - 12:00pm**  
Morning Bridge  
Ashe Room

**9:30am - 12:00pm**  
Quilting w/ the Girl  
Craft Room

**9:40am - 10:30am**  
Strength Train - Jul  
Great Hall

**10:00am - 12:00pm**  
Quilting w/ the Girl  
Alcove Hickory #2

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

**10:00am - 11:00am**  
Employment Info Sessions  
Conference Room

**10:00am - 12:00pm**  
Beg Oil Paint - July  
Art Room

**10:00am - 10:50am**  
Inspired Movement  
Exercise Room

23

**8:00am - 5:00pm**  
Cardio Contest  
Wellness Corridor

**8:00am - 5:00pm**  
VITA  
Visiting Agency 1

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

**8:20am - 9:20am**  
ST&M - July  
Great Hall

**8:30am - 9:30am**  
Walking Outdoors  
Living Room

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

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

**10:00am - 12:00pm**  
Chinese - Learn  
Conference Room

**10:00am - 11:00am**  
Pastor Li's Bible Study  
Ashe Room

**10:00am - 11:30am**  
Project Engage  
Birch Room

**10:00am - 11:00am**  
Pastor Li's Bible Study  
Birch Room

**10:00am - 12:00pm**  
ESL  
Dogwood Room

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

24

**8:00am - 5:00pm**  
Cardio Contest  
Wellness Corridor

**8:00am - 12:00pm**  
SHIIP  
Visiting Agency 1

**8:00am - 9:00am**  
Basketball  
Great Hall

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

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

**9:00am - 9:50am**  
Strengthen your Core  
Exercise Room

**9:30am - 11:30am**  
Blood Pressure Check  
Wellness Corridor

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

**9:30am - 10:30am**  
Salli's Sr Work-July  
Great Hall

**10:00am - 11:00am**  
Charlie's Social Clu  
Conference Room

**10:00am - 12:00pm**  
Caregivers Respite -Alcove 2  
Alcove Hickory #2

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

**10:00am - 11:00am**  
Seated T'ai Chi  
Exercise Room

25

**8:00am - 5:00pm**  
Cardio Contest  
Wellness Corridor

**8:00am - 9:00pm**  
SHIIP  
Visiting Agency 1

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

**8:20am - 9:20am**  
ST&M - July  
Great Hall

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

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

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

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

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

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

**9:15am - 10:45am**  
Chinese Calligraphy  
Art Room

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

**9:40am - 10:30am**  
Strength Train - Jul  
Great Hall

26

**8:00am - 5:00pm**  
Cardio Contest  
Wellness Corridor

**8:00am - 9:00am**  
Basketball  
Great Hall

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

**8:30am - 5:00pm**  
Employment Info Sessions  
Visiting Agency 1

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

**9:00am - 9:50am**  
Strengthen your Core  
Exercise Room

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

**9:30am - 10:30am**  
Salli's Sr Work-July  
Great Hall

**10:00am - 12:00pm**  
Insight Caregivers  
Conference Room

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

**10:30am - 11:30am**  
Silver Sneakers-  
Great Hall

**11:00am - 11:50am**  
Tone, Balance, Tight  
Exercise Room

**12:00pm - 2:00pm**  
Spanish Meet-up-Fri  
Alcove Hickory #2

27

**8:30am - 5:30pm**  
Billiards  
Activity Area-Pool

**9:00am - 10:15am**  
Chinese Folk Dance  
Exercise Room

**9:15am - 11:45am**  
Badminton  
Great Hall

**10:30am - 11:30am**  
Asian Dance  
Exercise Room

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

**1:00pm - 5:00pm**  
practice  
Theater

**1:30pm - 5:00pm**  
Peking Opera Group  
Theater

**3:30pm - 4:30pm**  
Zumba -Latina-kids  
Exercise Room

**4:00pm - 5:30pm**  
Zumba - Latina  
Great Hall

28

# Seymour Activity Calendar

## July 2018 (Continued)

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

(Continued) 22	(Continued) 23	(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28
	<b>10:45am - 11:35am</b> Strength Train-July Great Hall  <b>11:00am - 11:50am</b> Sit to be Fit Exercise Room  <b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2  <b>12:45pm - 4:00pm</b> Hand & Foot Canasta Ashe Room  <b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc  <b>12:45pm - 1:45pm</b> Chinese Choir Theater  <b>1:00pm - 4:00pm</b> Mah Jong Birch Room  <b>1:00pm - 1:50pm</b> Yoga- July Exercise Room  <b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room  <b>2:15pm - 3:05pm</b> Pilates- July- Mon Great Hall  <b>3:00pm - 5:30pm</b> Prime Time Players Theater  <b>3:15pm - 4:30pm</b> ESL Songs and Poetry Conference Room  <b>5:00pm - 9:00pm</b> SHIIP Visiting Agency 1	<b>10:30am - 2:30pm</b> Creative Crafts Craft Room  <b>10:30am - 11:30am</b> Silver Sneakers- Great Hall  <b>11:00am - 11:50am</b> Simply Yoga - am Exercise Room  <b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2  <b>1:00pm - 3:00pm</b> Senior Center Cinema Theater  <b>1:00pm - 4:00pm</b> Table Tennis Great Hall  <b>1:00pm - 2:15pm</b> Seymour Sing Conference Room  <b>2:00pm - 4:00pm</b> Chinese Brush Art Room  <b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room  <b>3:00pm - 5:00pm</b> Village Revue Theater  <b>4:15pm - 6:30pm</b> Badminton Great Hall  <b>4:30pm - 6:30pm</b> After Hours Newcomers' Soc Gath Place Cafe Are  <b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room	<b>10:00am - 3:00pm</b> Caregivers Respite G Craft Room  <b>10:00am - 10:50am</b> Inspired Movement Exercise Room  <b>10:30am - 11:30am</b> Issues of Faith Ashe Room  <b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room  <b>12:00pm - 5:00pm</b> VITA Visiting Agency 1  <b>12:00pm - 5:00pm</b> Trager Sessions Massage Therapy Room  <b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2  <b>12:30pm - 4:00pm</b> Caregivers Respite G Alcove Hickory #2  <b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room  <b>1:00pm - 5:00pm</b> Project EngAGE-Yvette Birch Room  <b>1:00pm - 1:50pm</b> Yoga- July Exercise Room  <b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room  <b>1:00pm - 2:00pm</b> Silver Sneakers Boom Great Hall	<b>10:00am - 11:30am</b> Table Tennis Table Tennis Area  <b>10:30am - 12:00pm</b> Sudoku Club Dogwood Room  <b>10:45am - 11:35am</b> Strength Train-July Great Hall  <b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room  <b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor  <b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2  <b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc  <b>1:00pm - 2:30pm</b> Spouse Loss Grief Su Conference Room  <b>1:00pm - 4:00pm</b> Table Tennis Great Hall  <b>1:00pm - 5:00pm</b> Project EngAGE-Yvette Birch Room  <b>1:00pm - 3:30pm</b> Newcomers' Mah Jong Ashe Room  <b>2:00pm - 3:30pm</b> Program Advisory-Thur Dogwood Room  <b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room	<b>12:00pm - 2:00pm</b> Spanish Meet-up-Fri Craft Room  <b>12:45pm - 1:45pm</b> Chinese Choir Theater  <b>1:00pm - 2:00pm</b> Silver Sneakers Boom Exercise Room	

# Seymour Activity Calendar

## July 2018 (Continued)

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

(Continued) <span style="color: red;">22</span>	(Continued) <span style="color: red;">23</span>	(Continued) <span style="color: red;">24</span>	(Continued) <span style="color: red;">25</span>	(Continued) <span style="color: red;">26</span>	(Continued) <span style="color: red;">27</span>	(Continued) <span style="color: red;">28</span>
	<b>5:00pm - 7:00pm</b> Retros Exercise Room  <b>5:00pm - 7:00pm</b> Badminton Coach Training Great Hall  <b>7:00pm - 8:45pm</b> Chinese Folk Dance Great Hall	<b>6:30pm - 9:00pm</b> CH Cam Club Theater  <b>7:00pm - 8:15pm</b> T'ai Chi Exercise Room  <b>7:00pm - 9:00pm</b> Square Dancing-July Great Hall  <b>7:00pm - 9:00pm</b> Dream Interpretations Ashe Room	<b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room  <b>2:00pm - 3:30pm</b> Little's Cooking Light Cafe Area  <b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall  <b>2:30pm - 3:20pm</b> T'ai Chi-beg Wed-Jul Exercise Room  <b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room  <b>4:00pm - 5:00pm</b> NIA - July Great Hall  <b>5:15pm - 6:15pm</b> Zumba- Low Impact Great Hall  <b>5:15pm - 6:15pm</b> Simply Yoga- July -Eve Exercise Room  <b>7:00pm - 9:00pm</b> Mah Jong-evening Ashe Room  <b>7:00pm - 8:00pm</b> Zumba - Latina Exercise Room  <b>7:30pm - 9:00pm</b> Badminton-Wed night Great Hall	<b>2:30pm - 3:30pm</b> Issues on Aging Liv Room 2  <b>3:00pm - 5:30pm</b> Aging Transitions Conference Room  <b>3:30pm - 4:20pm</b> Pilates-July Thurs Exercise Room  <b>4:00pm - 5:00pm</b> Staff Meeting-Cyd Ashe Room  <b>4:30pm - 8:00pm</b> A Night Out in Africa Art Room  <b>4:30pm - 8:00pm</b> A Night Out in Africa Dogwood Room  <b>5:00pm - 7:30pm</b> Circle of Parents' Class Ashe Room  <b>5:00pm - 7:30pm</b> Circle of Parents' Class-kids Birch Room  <b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room  <b>6:00pm - 8:00pm</b> A Night Out in Africa Theater  <b>6:30pm - 7:30pm</b> CH Divorce Group Craft Room  <b>7:00pm - 8:30pm</b> Waltzing Great Hall  <b>7:45pm - 8:45pm</b> Asian Dance Exercise Room		

# Seymour Activity Calendar

## July 2018 (Continued)

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

29

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

**8:30am - 5:00pm**  
Employment Info Sessions  
Visiting Agency 1

**9:00am - 2:00pm**  
Masg- MS-JULY  
Massage Therapy Room

**9:15am - 12:00pm**  
Morning Bridge  
Birch Room

**9:15am - 12:00pm**  
Morning Bridge  
Ashe Room

**9:30am - 12:00pm**  
Quilting w/ the Girl  
Craft Room

**9:40am - 10:30am**  
Strength Train - Jul  
Great Hall

**10:00am - 12:00pm**  
Quilting w/ the Girl  
Alcove Hickory #2

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

**10:00am - 11:00am**  
Employment Info Sessions  
Conference Room

**10:00am - 12:00pm**  
Beg Oil Paint - July  
Art Room

**10:00am - 10:50am**  
Inspired Movement  
Exercise Room

**10:45am - 11:35am**  
Strength Train-July  
Great Hall

30

**8:00am - 5:00pm**  
VITA  
Visiting Agency 1

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

**8:20am - 9:20am**  
ST&M - July  
Great Hall

**8:30am - 9:30am**  
Walking Outdoors  
Living Room

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

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

**10:00am - 12:00pm**  
Chinese - Learn  
Conference Room

**10:00am - 11:00am**  
Pastor Li's Bible Study  
Birch Room

**10:00am - 12:00pm**  
ESL  
Dogwood Room

**10:00am - 11:30am**  
Table Tennis  
Table Tennis Area

**10:30am - 2:30pm**  
Creative Crafts  
Craft Room

**10:30am - 11:30am**  
Silver Sneakers-  
Great Hall

**11:00am - 11:50am**  
Simply Yoga - am  
Exercise Room

31

# Seymour Activity Calendar

## July 2018 (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;"><b>29</b></p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>30</b></p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>12:45pm - 4:00pm</b> Hand &amp; Foot Canasta Ashe Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir Theater</p> <p><b>1:00pm - 4:00pm</b> Mah Jong Birch Room</p> <p><b>1:00pm - 1:50pm</b> Yoga- July Exercise Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>2:15pm - 3:05pm</b> Pilates- July- Mon Great Hall</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:15pm - 4:30pm</b> ESL Songs and Poetry Conference Room</p> <p><b>5:00pm - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>5:00pm - 7:00pm</b> Retros Exercise Room</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;"><b>31</b></p> <p><b>12:00pm - 5:00pm</b> Cards Alcove Hickory #2</p> <p><b>1:00pm - 3:00pm</b> Senior Center Cinema Theater</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 2:15pm</b> Seymour Sing Conference Room</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush Art Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Village Revue Theater</p> <p><b>4:15pm - 6:30pm</b> Badminton Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> CH Cam Club Ashe Room</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Square Dancing-July Great Hall</p>				

# Seymour Activity Calendar

**July 2018 (Continued)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 29	(Continued) 30 <b>5:00pm - 7:00pm</b> Badminton Coach Training Great Hall  <b>6:00pm - 9:00pm</b> Illuminated Letter Zentangle Craft Room  <b>7:00pm - 8:45pm</b> Chinese Folk Dance Great Hall	(Continued) 31				



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.