



Seymour Activity Calendar

June 2018

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

					<p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 4:00pm Phys Func Well Ind Serv 1</p> <p>9:00am - 10:00am Older Adult Employment Me Conference Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:15am - 11:15am Beg Spanish-May Craft Room</p>	<p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</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 - 12:00pm Tech Knowledge Ashe Room</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>3:30pm - 4:30pm Zumba -Latina-kids Exercise Room</p>
<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 Activity Calendar

June 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

					(Continued) 1 10:30am - 11:30am Silver Sneakers- Great Hall 11:00am - 11:50am Tone, Balance, Tight Exercise Room 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2 12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room 12:45pm - 1:45pm Chinese Choir Theater 1:00pm - 4:30pm Table Tennis- Fri Great Hall 1:00pm - 2:00pm Silver Sneakers Boom Exercise Room	(Continued) 2
3	4	5	6	7	8	9
	8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 5:00pm VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 12:00pm SHIIP Visiting Agency 1 8:00am - 9:00am Basketball Great Hall 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 9:00am Basketball Great Hall 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool	8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room

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

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 3</p>	<p><i>(Continued)</i> 4</p> <p>9:00am - 1:00pm Massage - MS, June Massage Therapy Room</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Spanish- Beg-Level III-May Dogwood Room</p> <p>9:30am - 10:30am Early Inter Span-May Lev IV Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 12:00pm Connections Concierg Liv Room 2</p> <p>10:00am - 12:00pm Beg Oil Paint - May Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p>	<p><i>(Continued)</i> 5</p> <p>8:20am - 9:20am ST&M - June Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 12:00pm Low Vision Support Ashe Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Simply Yoga - am Exercise Room</p>	<p><i>(Continued)</i> 6</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00am Trager-By Appt Massage Therapy Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 4:00pm Fit Feet-June 2018 Well Ind Serv 1</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</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 - 11:00am Seated T'ai Chi Exercise Room</p> <p>10:00am - 3:00pm Caregivers Respite G Craft Room</p> <p>10:00am - 12:00pm Caregivers Respite -Alcove 2 Alcove Hickory #2</p>	<p><i>(Continued)</i> 7</p> <p>8:20am - 9:20am ST&M - June Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 12:00pm Tap Dance- June Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p>	<p><i>(Continued)</i> 8</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</p> <p>10:00am - 12:00pm Insight Caregivers Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:15am - 11:15am Beg Spanish-May 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>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:30pm Project EngAGE Ashe Room</p>	<p><i>(Continued)</i> 9</p> <p>9:00am - 10:30am Passage Med Craft Room</p> <p>9:00am - 4:30pm CH Camera Club- training Dogwood Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 3:00pm Class then Flash Exercise Room</p> <p>3:30pm - 4:30pm Zumba -Latina-kids Exercise Room</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 3</p>	<p><i>(Continued)</i> 4</p> <p>10:00am - 12:00pm Nat Skin Fac -June Well Ind Serv 1</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Intro Span-Beg-May Dogwood Room</p> <p>12:00pm - 12:30pm Birthday Celebration Gath Place Cafe Are</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p>	<p><i>(Continued)</i> 5</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:00pm Parkinson Support Dogwood Room</p> <p>12:30pm - 1:30pm parkinson's caregive Ashe Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:00pm - 4:00pm Writers' Discussion Birch Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p>	<p><i>(Continued)</i> 6</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</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>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p>	<p><i>(Continued)</i> 7</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe 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>1:45pm - 3:00pm Music Therapy for Parkinson Theater</p> <p>2:00pm - 3:00pm DIY Confetti Glass Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:30pm Aging Transitions Conference Room</p>	<p><i>(Continued)</i> 8</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft 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><i>(Continued)</i> 9</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">3</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">4</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 3:00pm Pastel Paint-May Art Room</p> <p>1:00pm - 3:30pm Zentangle-Zen Buttons Craft Room</p> <p>2:15pm - 3:05pm Pilates - June - Mon Great Hall</p> <p>3:00pm - 5:00pm Prime Time Players Playwriti Theater</p> <p>3:15pm - 4:45pm Line Dancing-June Great Hall</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Badminton Coach Training Great Hall</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 9:00pm Peking Opera Group Theater</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">5</p> <p>6:30pm - 9:00pm CH Camera Club Digit Dogwood Room</p> <p>6:30pm - 7:30pm Men's Health Educational Se Theater</p> <p>7:00pm - 8:15pm T'ai Chi Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-June Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">6</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>2:00pm - 3:30pm Sing Fearlessly Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi-beg Wed-Jun Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA -June Great Hall</p> <p>5:15pm - 6:15pm Zumba- Low Impact Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- June -Eve Exercise Room</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>7:00pm - 8:00pm Zumba - Latina Exercise Room</p> <p>7:30pm - 9:00pm Badminton-Wed night Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">7</p> <p>3:30pm - 4:20pm Pilates - June Thurs Exercise Room</p> <p>4:00pm - 8:00pm Calcium Challenge Event Theater</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">8</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">9</p>
10	11	12	13	14	15	16
	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p>	<p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p>	<p><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>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>9:00am - 10:50am Chinese Cinema at Seymour Theater</p> <p>9:00am - 1:00pm Massage - MS, June Massage Therapy Room</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p> <p>9:15am - 12:00pm Morning Bridge Ashe Room</p> <p>9:30am - 12:00pm Quilting w/ the Girl Craft Room</p> <p>9:30am - 10:30am Spanish- Beg-Level III-May Dogwood Room</p> <p>9:30am - 10:30am Early Inter Span-May Lev IV Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p>	<p>8:00am - 5:00pm VITA Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - June Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 12:00pm Behind the Scenes w/Prime Theater</p>	<p>8:00am - 12:00pm SHIP Visiting Agency 1</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 9:00am Trager-By Appt Massage Therapy Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 4:00pm Fit Feet-June 2018 Well Ind Serv 1</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p>	<p>8:00am - 5:00pm Friends - Chamber Theater</p> <p>8:00am - 9:00pm SHIP Visiting Agency 1</p> <p>8:00am - 1:00pm Sr Wellness Clinic Conference Room</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - June Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p>	<p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 12:00pm PEO-Philantropic Edu Dogwood Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:15am - 11:15am Beg Spanish-May Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p>	<p>8:00am - 3:00pm Breakfast and Car Show for Offsite</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:00am - 4:00pm Japanese Emb-June Ashe Room</p> <p>9:00am - 4:00pm Japanese Emb-Jun Birch Room</p> <p>9:00am - 4:30pm CH Camera Club- training Dogwood Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 3:00pm Class then Flash Exercise Room</p> <p>1:00pm - 5:00pm Opera Theater</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p>	<p><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>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Beg Oil Paint - May Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Behind the Scenes w/Prime Theater</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Intro Span-Beg-May Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p>	<p>10:30am - 11:30am Golden Age Happy Cir Ashe Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Simply Yoga - am Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:15pm - 6:30pm Badminton Great Hall</p>	<p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 11:00am Seated T'ai Chi Exercise Room</p> <p>10:00am - 3:00pm Caregivers Respite G Craft Room</p> <p>10:00am - 12:00pm Caregivers Respite -Alcove 2 Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:30am - 11:30am Bingo- June Great Hall</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Bingo- July Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:00am - 1:00pm Friends Executive Bd Conference Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p>	<p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 12:00pm Tap Dance- June Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</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 - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch 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>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p>	<p>3:30pm - 4:30pm Zumba -Latina-kids Exercise Room</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<i>(Continued)</i>	10	<i>(Continued)</i>	11	<i>(Continued)</i>	12	<i>(Continued)</i>	13	<i>(Continued)</i>	14	<i>(Continued)</i>	15	<i>(Continued)</i>	16
	1:00pm - 4:00pm Mah Jong Birch Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 1:50pm Yoga - June Exercise Room 1:00pm - 3:00pm Pastel Paint-May Art Room 1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room 1:30pm - 3:30pm Memory Cafe Dogwood Room 2:00pm - 3:30pm Memory Cafe Dogwood Room 2:15pm - 3:05pm Pilates - June - Mon Great Hall 3:00pm - 5:30pm Prime Time Players Theater 3:15pm - 4:45pm Line Dancing-June Great Hall 5:00pm - 7:00pm Retros Exercise Room 5:00pm - 9:00pm SHIP Visiting Agency 1 5:00pm - 7:00pm Badminton Coach Training Great Hall	6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:30pm - 9:00pm CH Cam Club Theater 7:00pm - 8:15pm T'ai Chi Exercise Room 7:00pm - 9:00pm Square Dancing-June Great Hall	12:00pm - 5:00pm Cards Alcove Hickory #2 12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2 1:00pm - 2:30pm Wednesdays@One Poetry Conference Room 1:00pm - 5:00pm Project EngAGE-Yvette Birch Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 1:50pm Yoga - June Exercise Room 1:00pm - 2:00pm Silver Sneakers Boom Great Hall 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 2:00pm - 3:30pm Sing Fearlessly Theater 2:10pm - 3:50pm Parkinson Pickleball Great Hall 2:30pm - 3:20pm T'ai Chi-beg Wed-Jun Exercise Room 3:00pm - 4:00pm AA - Late Bloomers Conference Room 4:00pm - 5:00pm NIA -June Great Hall	1:00pm - 4:00pm Table Tennis Great Hall 1:30pm - 2:30pm Picasso and Coffee Art Room 1:45pm - 3:00pm Music Therapy for Parkinson Theater 2:15pm - 3:05pm Inspired Movement Exercise Room 3:00pm - 5:30pm Aging Transitions Conference Room 3:30pm - 4:20pm Pilates - June Thurs Exercise Room 4:00pm - 5:00pm Staff Meeting-Cyd Ashe Room 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:00pm - 8:00pm Calcium Challenge Event Theater 6:30pm - 7:30pm CH Divorce Group Craft Room 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room									

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11 7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13 5:15pm - 6:15pm Zumba- Low Impact Great Hall 5:15pm - 6:15pm Simply Yoga- June -Eve Exercise Room 7:00pm - 10:00pm Irish Dance Exercise Room 7:00pm - 9:00pm Mah Jong-evening Ashe Room 7:00pm - 8:00pm Zumba - Latina Exercise Room 7:30pm - 9:00pm Badminton-Wed night Great Hall</p>	<p><i>(Continued)</i> 14</p>	<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</p>
<p>9:00am - 4:00pm Japanese Emb-June Ashe Room</p> <p>9:00am - 4:00pm Japanese Emb-Jun Birch Room</p> <p style="text-align: right; color: red;">17</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>9:00am - 1:00pm Massage - MS, June Massage Therapy Room</p> <p style="text-align: right; color: red;">18</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 11:00am Mall Walk - June Offsite</p> <p style="text-align: right; color: red;">19</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 12:00pm SHIP Visiting Agency 1</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p style="text-align: right; color: red;">20</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 9:00pm SHIP Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - June Great Hall</p> <p style="text-align: right; color: red;">21</p>	<p>8:00am - 5:00pm Cardio Contest Wellness Corridor</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p style="text-align: right; color: red;">22</p>	<p>8:00am - 8:30pm Fitness Studio-June Fitness Room</p> <p>8:00am - 10:00pm Volunteer Connect 55+ Entire Center</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>10:30am - 11:30am Asian Dance Exercise Room</p> <p style="text-align: right; color: red;">23</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>	<p><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>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- Beg-Level III-May Dogwood Room</p> <p>9:30am - 10:30am Early Inter Span-May Lev IV Dogwood Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 12:00pm Connections Concierg Liv Room 2</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Oil Painting - June Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Nat Skin Fac -June Well Ind Serv 1</p>	<p>8:20am - 9:20am ST&M - June Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch 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>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Simply Yoga - am Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p>	<p>8:00am - 9:00am Trager-By Appt Massage Therapy Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 10:00am Chinese Training-Vol Conference Room</p> <p>9:00am - 4:00pm Fit Feet-June 2018 Well Ind Serv 1</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</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 - 11:00am Seated T'ai Chi Exercise Room</p> <p>10:00am - 3:00pm Caregivers Respite G Craft Room</p> <p>10:00am - 12:00pm Caregivers Respite -Alcove 2 Alcove Hickory #2</p>	<p>8:30am - 10:00am CHADER Theater</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:00am - 12:00pm Project EngAGE Dogwood Room</p> <p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 11:30am MAP Conference Room</p> <p>10:00am - 12:00pm Tap Dance- June Theater</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:00am - 12:00pm DIY Peace Poles Craft Room</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</p> <p>10:00am - 12:00pm Insight Caregivers Conference Room</p> <p>10:00am - 12:00pm NARFE Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room</p>	<p>11:30am - 1:30pm Pulmonary/Hypertensi Conference Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm practice Theater</p> <p>1:30pm - 5:00pm Peking Opera Group Theater</p> <p>3:30pm - 4:30pm Zumba -Latina-kids Exercise Room</p> <p>4:00pm - 5:30pm Zumba - Latina Great Hall</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Intro Span-Beg-May Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p>	<p><i>(Continued)</i> 19</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:30pm Project EngAGE Birch Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:00pm - 4:00pm Writers' Discussion Birch Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>2:30pm - 3:30pm Blue Zone Dogwood Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>4:15pm - 6:30pm Badminton Great Hall</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> 20</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:30am The Nuts & Bolts of Downsizi Dogwood Room</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>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p>	<p><i>(Continued)</i> 21</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:30pm Friends of Sey Ex Bd Dogwood Room</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe 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>1:45pm - 3:00pm Music Therapy for Parkinson Theater</p>	<p><i>(Continued)</i> 22</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p>	<p><i>(Continued)</i> 23</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p> <p>1:30pm - 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>2:15pm - 3:05pm Pilates - June - Mon Great Hall</p> <p>3:00pm - 5:00pm Prime Time Players Playwriti Theater</p> <p>3:15pm - 4:45pm Line Dancing-June Great Hall</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Badminton Coach Training Great Hall</p> <p>6:00pm - 7:30pm Rentals-Paws Forever Ashe Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 19</p> <p>6:00pm - 8:00pm Juneteenth Cookout Gath Place Cafe Are</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-June Great Hall</p>	<p><i>(Continued)</i> 20</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>2:00pm - 3:30pm Sing Fearlessly Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi-beg Wed-Jun Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA -June Great Hall</p> <p>5:15pm - 6:15pm Zumba- Low Impact Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- June -Eve Exercise Room</p> <p>6:00pm - 8:00pm Summer Kickoff Dinner Gath Place Cafe Are</p> <p>6:30pm - 8:00pm Connection Recovery Suppo Birch Room</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>7:00pm - 8:00pm Zumba - Latina Exercise Room</p>	<p><i>(Continued)</i> 21</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:30pm Aging Transitions Conference Room</p> <p>3:30pm - 4:20pm Pilates - June Thurs Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 7:30pm CH Divorce Group Craft Room</p> <p>6:30pm - 8:30pm Aging in Com-Budgeting Can Dogwood Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued) 17	(Continued) 18	(Continued) 19	(Continued) 20	(Continued) 21	(Continued) 22	(Continued) 23
			7:30pm - 9:00pm Badminton-Wed night Great Hall			
24	25	26	27	28	29	30
	8:00am - 5:00pm Cardio Contest Wellness Corridor 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 9:00am - 1:00pm Massage - MS, June 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 - Jun Great Hall 10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2	8:00am - 5:00pm Cardio Contest Wellness Corridor 8:00am - 5:00pm VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool 8:20am - 9:20am ST&M - June 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 ESL Dogwood Room 10:00am - 11:30am Project Engage Birch Room	8:00am - 5:00pm Cardio Contest Wellness Corridor 8:00am - 12:00pm SHIP Visiting Agency 1 8:00am - 9:00am Basketball Great Hall 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 5:00pm Billiards Activity Area-Pool 8:20am - 9:20am ST&M - June Great Hall 8:00am - 9:00am Trager-By Appt Massage Therapy Room 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 - 11:30am Blood Pressure Check Wellness Corridor	8:00am - 5:00pm Cardio Contest Wellness Corridor 8:00am - 9:00pm SHIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 8:00am - 5:00pm Billiards Activity Area-Pool 8:20am - 9:20am ST&M - June Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 3:00pm Personal trainer Wellness Desk 9:00am - 10:00am Spanish Social-Ex Exercise Room 9:00am - 12:00pm Spanish Social Club Birch Room 9:00am - 3:30pm UNC Phys Therapy Well Ind Serv 2	8:00am - 5:00pm Cardio Contest Wellness Corridor 8:00am - 9:00am Basketball Great Hall 8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 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 Wor-June Great Hall 10:00am - 11:30am Table Tennis Table Tennis Area	8:00am - 8:30pm Fitness Studio-June Fitness Room 8:00am - 10:00pm Volunteer Connect 55+ Entire Center 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 3:30pm - 4:30pm Zumba -Latina-kids Exercise Room

Seymour Activity Calendar

June 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p>	<p><i>(Continued)</i> 26</p>	<p><i>(Continued)</i> 27</p>	<p><i>(Continued)</i> 28</p>	<p><i>(Continued)</i> 29</p>	<p><i>(Continued)</i> 30</p>
	<p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Oil Painting - June Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 4:00pm Mah Jong Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p>	<p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Ashe Room</p> <p>10:00am - 11:00am Pastor Li's Bible Study Birch Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafts Craft Room</p> <p>11:00am - 11:50am Simply Yoga - am Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:45pm - 2:45pm Rentals-CH Knitting for Chari Dogwood Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p>	<p>9:30am - 10:30am Salli's Sr Wor-June Great Hall</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 - 11:00am Seated T'ai Chi Exercise Room</p> <p>10:00am - 3:00pm Caregivers Respite G Craft Room</p> <p>10:00am - 12:00pm Caregivers Respite -Alcove 2 Alcove Hickory #2</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:30am - 11:30am Issues of Faith Ashe 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>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 10:45am Chinese Calligraphy Art Room</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Jun Great Hall</p> <p>10:00am - 12:00pm Tap Dance- June Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - Jun Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:30pm Lunch & Learn Dogwood Room</p>	<p>10:00am - 12:00pm Movies with the Grands Theater</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Craft Room</p> <p>12:45pm - 1:45pm Chinese Choir Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>3:00pm - 5:30pm Weaving From the Hea-June Craft Room</p>	

Seymour Activity Calendar

June 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p> <p>2:15pm - 3:05pm Pilates - June - Mon Great Hall</p> <p>3:00pm - 4:00pm Senior Artists Exhib-David S Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 5:30pm Weaving From the Hea-Janu Craft Room</p> <p>3:15pm - 4:45pm Line Dancing-June Great Hall</p> <p>4:00pm - 6:00pm Staff Meeting Dogwood Room</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>5:00pm - 9:00pm SHIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Badminton Coach Training Great Hall</p> <p>6:00pm - 9:00pm Jeweled Flip Flops & Visors Craft Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 26</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:00pm Village Revue Theater</p> <p>3:00pm - 4:30pm Tassel Earrings Craft Room</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>4:30pm - 6:30pm After Hours Newcomers' Soc Gath Place Cafe Are</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>7:00pm - 8:15pm T'ai Chi Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-June Great Hall</p> <p>7:00pm - 9:00pm Dream Interpretations Ashe Room</p>	<p><i>(Continued)</i> 27</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - June Exercise Room</p> <p>1:00pm - 2:00pm A Musical Journey - Stevie Theater</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>2:00pm - 3:30pm Little's Cooking Light Cafe Area</p> <p>2:00pm - 3:30pm Sing Fearlessly Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi-beg Wed-Jun Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p>	<p><i>(Continued)</i> 28</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:30pm Newcomers' Mah Jong Ashe Room</p> <p>1:45pm - 3:00pm Music Therapy for Parkinson Theater</p> <p>2:00pm - 3:30pm Program Advisory-Thur Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>2:30pm - 3:30pm Issues on Aging Liv Room 2</p> <p>3:00pm - 5:30pm Weaving From the Hea-June Craft Room</p> <p>3:00pm - 5:30pm Aging Transitions Conference Room</p> <p>3:30pm - 4:20pm Pilates - June Thurs Exercise Room</p> <p>4:00pm - 5:00pm Staff Meeting-Cyd Ashe Room</p> <p>5:00pm - 7:30pm Circle of Parents' Class Ashe Room</p>	<p><i>(Continued)</i> 29</p>	<p><i>(Continued)</i> 30</p>

Seymour Activity Calendar

June 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27 4:00pm - 5:00pm NIA -June Great Hall 5:15pm - 6:15pm Zumba- Low Impact Great Hall 5:15pm - 6:15pm Simply Yoga- June -Eve Exercise Room 7:00pm - 9:00pm Mah Jong-evening Ashe Room 7:00pm - 8:00pm Zumba - Latina Exercise Room 7:30pm - 9:00pm Badminton-Wed night Great Hall	(Continued) 28 5:00pm - 7:30pm Circle of Parents' Class-kids Birch Room 6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room 6:30pm - 7:30pm CH Divorce Group Craft Room 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room	(Continued) 29	(Continued) 30



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.