


Seymour Center Activity Calendar

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center; color: blue; font-weight: bold; font-size: 1.2em;">Orange County Department on Aging</p>		<p style="text-align: right; color: red; font-weight: bold;">1</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - May Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 12:00pm Improv Theatre Scenework Theater</p> <p>10:00am - 12:00pm Low Vision Support Ashe Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 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 style="text-align: right; color: red; font-weight: bold;">2</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 12:00pm SHIP Visiting Agency 1</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 9:00am Trager-By Appt Massage Therapy Room</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</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 -May Well Ind Serv 2</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-May Great Hall</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 11:00am Seated T'ai Chi Exercise Room</p>	<p style="text-align: right; color: red; font-weight: bold;">3</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 9:00pm SHIP Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - May Great Hall</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 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 - May Great Hall</p> <p>10:00am - 12:00pm Tap Dance May Theater</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p style="text-align: right; color: red; font-weight: bold;">4</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 9:00am Basketball Great Hall</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-May Great Hall</p> <p>10:00am - 1:00pm May Day Celebration Offsite</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 12:00pm Beg Oil Paint - Apr Art Room</p>	<p style="text-align: right; color: red; font-weight: bold;">5</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:00am - 1:00pm Early Voting Living 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>2:00pm - 5:00pm Piano Recital-Kaylene Theater</p> <p>3:30pm - 4:30pm Zumba -Latina-kids Exercise Room</p> <p>6:00pm - 11:00pm Rentals-Munci - Classical Ind Theater</p>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>(Continued)</i> 1</p> <p>11:00am - 11:50am Simply Yoga - am Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 7:00pm Early Voting Living Room</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 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 - 3:00pm Photo Edit- I Phone - I Pad Comp Room -Sey Tech</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 Writers' Discussion Birch Room</p> <p>2:00pm - 3:30pm Retirre for Boomers Apr- Ma Ashe Room</p>	<p><i>(Continued)</i> 2</p> <p>10:00am - 3:00pm Caregivers Respite G Craft Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</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 Buzz Table 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 7:00pm Early Voting Living Room</p> <p>12:00pm - 1:00pm Freshstart Ashe Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p>	<p><i>(Continued)</i> 3</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:45am - 11:35am Strength Train - May 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 7:00pm Early Voting Living Room</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 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 - 3:00pm Photo Edit- I Phone - I Pad Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 3:00pm Still Life in Acrylics-Cancelle Art Room</p>	<p><i>(Continued)</i> 4</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 Progra Great Hall</p> <p>12:00pm - 2:00pm Spanish Meet-up-Fri Alcove Hickory #2</p> <p>12:00pm - 7:00pm Early Voting Living Room</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 - 4:30pm Table Tennis- Fri Great Hall</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Exercise Room</p> <p>2:00pm - 3:00pm Folk Music Friday Liv Room 2</p>	<p><i>(Continued)</i> 5</p>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><i>(Continued)</i> 1</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>5:30pm - 7:00pm Adult Care Home Advi Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Camera Club Digit Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi Exercise Room</p> <p>7:00pm - 8:30pm Song Swap Craft Room</p> <p>7:00pm - 9:00pm Square Dancing-May Great Hall</p>	<p><i>(Continued)</i> 2</p> <p>1:00pm - 2:30pm Writing Seminar-Keeping a J Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:00pm - 3:30pm Demystifying Investing Birch Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room</p> <p>7:00pm - 9:00pm NAMI Support Craft Room</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>7:00pm - 10:00pm Irish Dance Exercise Room</p>	<p><i>(Continued)</i> 3</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>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:30pm Aging Transitions Conference Room</p> <p>3:00pm - 4:00pm Flash Mob Theater</p> <p>3:00pm - 4:30pm Bus Riding 101 Dogwood Room</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:00pm - 9:00pm Health Care for All, Y'all Theater</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> 4</p>	<p><i>(Continued)</i> 5</p>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		<i>(Continued)</i> 1	<i>(Continued)</i> 2	<i>(Continued)</i> 3	<i>(Continued)</i> 4	<i>(Continued)</i> 5
6	7	8	9	10	11	12
	8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 5:00pm Billiards Activity Area-Pool 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 9:00am - 1:00pm Masg - MS, day May 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 9:30am - 11:30am Garden Club Garden Front of Seym 9:30am - 10:30am Spanish- Beg-Level III-May Dogwood Room 9:30am - 10:30am Early Inter Span-May Lev IV Dogwood Room 9:40am - 10:30am Strength Train - May Great Hall	8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 5:00pm VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:20am - 9:20am ST&M - May Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk 10:00am - 12:00pm Chinese - Learn Conference Room 10:00am - 12:00pm Improv Theatre Scenework Theater 10:00am - 12:00pm ESL Dogwood Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:30am - 11:30am Golden Age Happy Cir Ashe Room	7:30pm - 9:00pm Badminton-Wed night Great Hall 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 12:00pm SHIP Visiting Agency 1 8:00am - 9:00am Basketball Great Hall 8:00am - 9:00am Trager-By Appt Massage Therapy Room 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 9:00am - 4:00pm Fit Feet -May Well Ind Serv 2 9:30am - 12:00pm Bridge Lab Birch Room 9:30am - 11:30am Blood Pressure Check Wellness Corridor 9:30am - 10:30am Salli's Sr Wor-May Great Hall	8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 9:00pm SHIP Visiting Agency 1 8:00am - 1:00pm Sr Wellness Clinic Conference Room 8:00am - 5:00pm Billiards Activity Area-Pool 8:20am - 9:20am ST&M - May Great Hall 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 9:15am - 10:45am Chinese Calligraphy Art Room 9:30am - 12:00pm Mah Jong, Learn Ashe Room	8:00am - 8:30pm Fitness Studio-May Fitness Room 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 Wor-May Great Hall 10:00am - 12:00pm Insight Caregivers Conference Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 12:00pm Beg Oil Paint - Apr Art Room	8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:00am - 12:00pm Peking Opera Group Theater 9:00am - 10:30am Passage Med Craft 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 4:00pm - 5:30pm Zumba - Latina Great Hall

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</p> <p>10:00am - 12:00pm Connections Concierg Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 12:00pm Beg Oil Paint - Apr Art Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Nat Skin Fac -May Well Ind Serv 1</p> <p>10:30am - 11:30am Veteran's-Wall of Ho Theater</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 12:30pm Birthday Celebration Gath Place Cafe Are</p> <p>12:00pm - 1:00pm Intro Span-Beg-May Dogwood Room</p>	<p><i>(Continued)</i> 8</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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 3:00pm Aging Advisory Bd Dogwood Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>2:00pm - 3:30pm Retirre for Boomers Apr- Ma Ashe Room</p> <p>2:00pm - 4:00pm Chinese Brush -May Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p><i>(Continued)</i> 9</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</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 - 11:30am Table Tennis Table Tennis Area</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>10:30am - 11:30am Bingo-Wellness Dogwood Room</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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Seymour Lunch Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p>	<p><i>(Continued)</i> 10</p> <p>9:40am - 10:30am Strength Train - May Great Hall</p> <p>10:00am - 12:00pm Melted Crayon Canvas Craft Room</p> <p>10:00am - 12:00pm Tap Dance May 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 - May 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:30pm Lunch & Learn Dogwood Room</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>12:45pm - 4:00pm Hand & Foot Canasta Ashe Room</p>	<p><i>(Continued)</i> 11</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>11:00am - 12:00pm Guess Who - Your Senior Ce Liv Room 2</p> <p>12:00pm - 1:00pm Seymour Lunch Progra Great Hall</p> <p>12:00pm - 1:30pm Project EngAGE Ashe Room</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>5:00pm - 7:00pm A Mothers' Dinner and Jewel Gath Place Cafe Are</p>	<p><i>(Continued)</i> 12</p>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</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 - May Exercise Room</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 3:00pm Pastel Painting - KW Art Room</p> <p>1:00pm - 3:30pm Zentangle-Botanicals Craft Room</p> <p>2:00pm - 2:50pm Pilates -May- Mon Great Hall</p> <p>3:00pm - 5:00pm Prime Time Players Playwriti Theater</p> <p>3:15pm - 4:45pm Line Dancing -May Great Hall</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p>	<p><i>(Continued)</i> 8</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>6:30pm - 9:00pm CH Cam Club Theater</p> <p>6:30pm - 8:00pm Delta Sigma Theta Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-May Great Hall</p>	<p><i>(Continued)</i> 9</p> <p>12:00pm - 1:00pm Freshstart Ashe Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 2:30pm Writing Seminar-Keeping a J Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>4:30pm - 7:30pm Senior Games Celebra Great Hall</p>	<p><i>(Continued)</i> 10</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>1:45pm - 3:00pm Music Therapy for Parkinson Theater</p> <p>2:00pm - 4:00pm Improv for Caregivers Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:30pm Aging Transitions Conference Room</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise Room</p> <p>4:00pm - 5:00pm Staff Meeting-Cyd Ashe 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>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</p>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 6	(Continued) 7 5:00pm - 7:00pm Retros Exercise Room 7:00pm - 8:45pm Chinese Folk Dance Great Hall 7:00pm - 9:00pm Peking Opera Group Theater	(Continued) 8	(Continued) 9 5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room 6:30pm - 9:00pm Cinema Night at Seym-Mega Theater 7:00pm - 9:00pm Mah Jong-evening Ashe Room 7:00pm - 10:00pm Irish Dance Exercise Room 7:30pm - 9:00pm Badminton-Wed night Great Hall	(Continued) 10	(Continued) 11	(Continued) 12
13	14 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 5:00pm Billiards Activity Area-Pool 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 9:00am - 1:00pm Masg - MS, day May 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	15 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 5:00pm VITA Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:00am - 11:00am Mall Walk - May Offsite 8:20am - 9:20am ST&M - May Great Hall 8:30am - 9:30am Walking Outdoors Living Room 8:30am - 3:00pm Personal trainer Wellness Desk	16 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 12:00pm SHIP Visiting Agency 1 8:00am - 9:00am Basketball Great Hall 8:00am - 9:00am Trager-By Appt Massage Therapy Room 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	17 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 9:00pm SHIP Visiting Agency 1 8:00am - 5:00pm Billiards Activity Area-Pool 8:20am - 9:20am ST&M - May Great Hall 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	18 8:00am - 8:30pm Fitness Studio-May Fitness Room 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	19 7:30am - 4:30pm Andy Griffith's Mayberry Tou Offsite 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall 10:00am - 12:00pm Tech Knowledge Ashe Room 10:30am - 11:30am Asian 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 Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</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 - May Great Hall</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Beg Oil Paint - Apr Art Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Progra 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><i>(Continued)</i> 15</p> <p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 12:00pm Improv Theatre Scenework Theater</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 12:00pm SHIIP Quart Training 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:30pm Project EngAGE Birch Room</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p>	<p><i>(Continued)</i> 16</p> <p>9:00am - 10:00am Chinese Training-Vol Conference Room</p> <p>9:00am - 4:00pm Fit Feet -May Well Ind Serv 2</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-May Great Hall</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</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 - 11:30am Table Tennis Table Tennis Area</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 Buzz Table Liv Room 2</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p>	<p><i>(Continued)</i> 17</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 - May Great Hall</p> <p>10:00am - 11:30am MAP Conference Room</p> <p>10:00am - 12:00pm Tap Dance May 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 - May 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p>	<p><i>(Continued)</i> 18</p> <p>9:30am - 10:30am Salli's Sr Wor-May 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>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Progra 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><i>(Continued)</i> 19</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Opera Theater</p> <p>3:30pm - 4:30pm 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 Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</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 - May Exercise Room</p> <p>1:00pm - 3:00pm Pastel Paint-May Art Room</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p> <p>1:30pm - 3:30pm Memory Cafe Dogwood Room</p> <p>2:00pm - 2:50pm Pilates -May- Mon Great Hall</p> <p>2:00pm - 3:30pm Memory Cafe Dogwood Room</p> <p>3:00pm - 4:00pm Senior Artists Exhib Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p>	<p><i>(Continued)</i> 15</p> <p>1:00pm - 2:00pm Engaged at Every Age: Grea Theater</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>2:00pm - 4:00pm Writers' Discussion Birch Room</p> <p>2:00pm - 3:30pm Let's Talk About Race Dogwood Room</p> <p>2:00pm - 3:30pm Retirre for Boomers Apr- Ma Ashe 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>5:30pm - 7:30pm Rentals-Hannah Ruth Conference Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 8:30pm Rentals-Delta Signa Theta Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi Exercise Room</p>	<p><i>(Continued)</i> 16</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 1:00pm Freshstart Ashe Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 2:30pm Writing Seminar-Keeping a J Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p>	<p><i>(Continued)</i> 17</p> <p>12:30pm - 3:30pm Friends of Sey Ex Bd Dogwood Room</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 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>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 - 4:00pm Friends of the Seymour Ann Theater</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:30pm Aging Transitions Conference Room</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p>	<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</p>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">13</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">14</p> <p>3:15pm - 4:45pm Line Dancing -May Great Hall</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">15</p> <p>7:00pm - 9:00pm Square Dancing-May Great Hall</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">16</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room</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 - 10:00pm Irish Dance 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;">17</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;">18</p>	<p><i>(Continued)</i></p> <p style="text-align: right; color: red;">19</p>
<p style="text-align: right; color: red;">20</p>	<p style="text-align: right; color: red;">21</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</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 Masg - MS, day May Massage Therapy Room</p> <p>9:15am - 12:00pm Morning Bridge Birch Room</p>	<p style="text-align: right; color: red;">22</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 5:00pm VITA Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - May Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p>	<p style="text-align: right; color: red;">23</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 12:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 9:00am Trager-By Appt Massage Therapy Room</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p>	<p style="text-align: right; color: red;">24</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - May Great Hall</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p>	<p style="text-align: right; color: red;">25</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:00am - 9:00am Basketball Great Hall</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 style="text-align: right; color: red;">26</p> <p>8:00am - 8:30pm Fitness Studio-May Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>	<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p>	<p><i>(Continued)</i> 26</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 - May Great Hall</p> <p>10:00am - 12:00pm Connections Concierge Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Beg Oil Paint - May Art Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Nat Skin Fac -May Well Ind Serv 1</p> <p>10:45am - 11:35am Strength Train - May Great Hall</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 11:30am MAP Birch Room</p> <p>10:00am - 12:00pm Improv Theatre Scenework Theater</p> <p>10:00am - 12:00pm ESL Dogwood 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 2</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p>	<p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 9:50am Strengthen your Core Exercise Room</p> <p>9:30am - 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-May Great Hall</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</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 - 11:30am Table Tennis Table Tennis Area</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>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 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 - May Great Hall</p> <p>10:00am - 12:00pm Tap Dance May 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 - May 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 Progra Great Hall</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-May 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 Progra 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>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm practice Theater</p> <p>1:00pm - 2:30pm Origami with Kira Craft Room</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>

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>	<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p>	<p><i>(Continued)</i> 26</p>
	<p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Progra 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 - May Exercise Room</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>1:30pm - 3:00pm Garden Club Conference Room</p>	<p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:15pm Seymour Sing Conference Room</p> <p>2:00pm - 3:30pm Retirre for Boomers Apr- Ma Ashe 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>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-May Great Hall</p>	<p>12:00pm - 1:00pm Seymour Lunch Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 1:00pm Freshstart Ashe Room</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 2:30pm Writing Seminar-Keeping a J Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p>	<p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 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>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 4:00pm Newcomers' Mah 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>3:00pm - 5:30pm Aging Transitions Conference Room</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise Room</p> <p>4:00pm - 5:00pm Staff Meeting-Cyd Ashe Room</p>		

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<i>(Continued)</i> 20	<i>(Continued)</i> 21 1:30pm - 3:30pm Zentangle-Drop-in Craft Room 2:00pm - 2:50pm Pilates -May- Mon Great Hall 2:00pm - 3:00pm TED TALKS Theater 3:00pm - 5:00pm Prime Time Players Playwriti Theater 3:00pm - 5:30pm Weaving From the Hea-MAY Craft Room 3:15pm - 4:45pm Line Dancing -May Great Hall 4:00pm - 6:00pm Staff Meeting Dogwood Room 5:00pm - 9:00pm SHIIP Visiting Agency 1 5:00pm - 7:00pm Retros Exercise Room 7:00pm - 8:45pm Chinese Folk Dance Great Hall	<i>(Continued)</i> 22	<i>(Continued)</i> 23 3:00pm - 4:00pm AA - Late Bloomers Conference Room 4:00pm - 5:00pm NIA -May Great Hall 5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room 7:00pm - 9:00pm Mah Jong-evening Ashe Room 7:00pm - 10:00pm Irish Dance Exercise Room 7:30pm - 9:00pm Badminton-Wed night Great Hall	<i>(Continued)</i> 24	<i>(Continued)</i> 25 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	<i>(Continued)</i> 26
27	28 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 5:00pm Billiards Activity Area-Pool	29	30 8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 12:00pm SHIIP Visiting Agency 1	31	8:00am - 8:30pm Fitness Studio-May Fitness Room 8:00am - 9:00pm SHIIP Visiting Agency 1	

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 27</p>	<p><i>(Continued)</i> 28</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>9:00am - 1:00pm Masg - MS, day May 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 - May Great Hall</p> <p>10:00am - 12:00pm Quilting w/ the Girl Alcove Hickory #2</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 12:00pm Beg Oil Paint - May Art Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p>	<p><i>(Continued)</i> 29</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - May Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>10:00am - 12:00pm Chinese - Learn Conference Room</p> <p>10:00am - 12:00pm ESL Dogwood 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 2</p>	<p><i>(Continued)</i> 30</p> <p>8:00am - 9:00am Basketball Great Hall</p> <p>8:00am - 9:00am Trager-By Appt Massage Therapy Room</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</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 - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Salli's Sr Wor-May Great Hall</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 12:00pm Caregivers Respite -Alcove 2 Alcove Hickory #2</p>	<p><i>(Continued)</i> 31</p> <p>8:00am - 5:00pm Billiards Activity Area-Pool</p> <p>8:20am - 9:20am ST&M - May Great Hall</p> <p>8:30am - 3:00pm Personal trainer Wellness Desk</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 10:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:15am - 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 - May Great Hall</p> <p>10:00am - 12:00pm Tap Dance May 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 - May Great Hall</p>		

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

Seymour Center Activity Calendar

May 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;">27</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">28</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">29</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">30</p>	<p><i>(Continued)</i></p> <p style="text-align: right;">31</p>		
	<p>10:45am - 11:35am Strength Train - May Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Progra 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 - May Exercise Room</p> <p>1:00pm - 3:00pm Pastel Paint-May Art Room</p> <p>2:00pm - 2:50pm Pilates -May- Mon Great Hall</p>	<p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:15pm 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>3:00pm - 4:30pm Scarf Necklace Craft Room</p> <p>4:15pm - 6:30pm Badminton Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>7:00pm - 8:15pm T'ai Chi Exercise Room</p> <p>7:00pm - 9:00pm Square Dancing-May Great Hall</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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:00pm - 5:00pm VITA Visiting Agency 1</p> <p>12:30pm - 4:00pm Caregivers Respite G Alcove Hickory #2</p> <p>1:00pm - 5:00pm Project EngAGE-Yvette Birch Room</p> <p>1:00pm - 2:30pm Writing Seminar-Keeping a J Conference Room</p> <p>1:00pm - 2:00pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga - May Exercise Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball 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 Progra Great Hall</p> <p>12:00pm - 5:00pm Cards Alcove Hickory #2</p> <p>12:30pm - 3:30pm UNC Phys Therapy Well Ind Serv 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>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:45pm - 3:00pm Music Therapy for Parkinson Theater</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 5:30pm Aging Transitions Conference Room</p> <p>3:20pm - 4:20pm Pilates - May Thu Exercise Room</p>		

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

Seymour Center Activity Calendar

May 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 27</p>	<p><i>(Continued)</i> 28</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 -May Great Hall</p> <p>5:00pm - 9:00pm SHIIP Visiting Agency 1</p> <p>5:00pm - 7:00pm Retros Exercise Room</p> <p>7:00pm - 8:45pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 29</p>	<p><i>(Continued)</i> 30</p> <p>2:30pm - 3:20pm T'ai Chi-begWedMAY Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA -May Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- May-Eve Exercise Room</p> <p>7:00pm - 9:00pm Mah Jong-evening Ashe Room</p> <p>7:00pm - 10:00pm Irish Dance Exercise Room</p> <p>7:30pm - 9:00pm Badminton-Wed night Great Hall</p>	<p><i>(Continued)</i> 31</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>		

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.

