

# Seymour Center Activity Calendar

## January 2018

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>8:00am</b> - Fitness Studio Jan Fitness Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room
	<b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech	<b>8:00am</b> - VITA TRAINING Dogwood Room	<b>8:00am</b> - Basketball Great Hall	<b>8:00am</b> - VITA TRAINING Dogwood Room	<b>8:00am</b> - Basketball Great Hall	<b>8:30am</b> - Billiards Activity Area-Pool
	<b>8:30am</b> - Employment Info S Visiting Agency 1	<b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech	<b>8:00am</b> - VITA TRAINING Dogwood Room	<b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech	<b>8:00am</b> - VITA TRAINING Dogwood Room	<b>9:00am</b> - Chinese Folk Danc Exercise Room
	<b>9:00am</b> - Masg - MS, day Ja Massage Therapy Room	<b>8:20am</b> - ST&M - Jan Great Hall	<b>8:00am</b> - Trager-By Appt Massage Therapy Room	<b>8:20am</b> - ST&M - Jan Great Hall	<b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech	<b>9:15am</b> - Badminton Great Hall
	<b>9:00am</b> - T'ai Chi - Arthritis Exercise Room	<b>8:30am</b> - Walking Outdoors Living Room	<b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech	<b>8:30am</b> - Personal trainer Wellness Desk	<b>8:30am</b> - Employment Info S Visiting Agency 1	<b>10:30am</b> - Asian Dance Exercise Room
	<b>9:15am</b> - Morning Bridge Birch Room	<b>8:30am</b> - Personal trainer Wellness Desk	<b>8:30am</b> - Personal trainer Wellness Desk	<b>9:00am</b> - Spanish Social Clu Birch Room	<b>8:30am</b> - Personal trainer Wellness Desk	<b>11:30am</b> - Asian Dance Holid Gath Place Cafe Are
	<b>9:15am</b> - Morning Bridge Ashe Room	<b>10:00am</b> - Chinese - Learn Conference Room	<b>9:00am</b> - Strengthen your C Exercise Room	<b>9:00am</b> - Spanish Social-Ex Exercise Room	<b>9:00am</b> - Strengthen your C Exercise Room	<b>12:00pm</b> - Table Tennis - Sat Great Hall
	<b>9:30am</b> - Garden Club Garden Front of Seym	<b>10:00am</b> - Low Vision Suppo Ashe Room	<b>9:00am</b> - Fit Feet - Feb Well Ind Serv 2	<b>9:00am</b> - Farmers Market S Garden Front of Seym	<b>9:00am</b> - Phys Func Well Ind Serv 1	<b>3:30pm</b> - Zumba -Latina-kid Exercise Room
	<b>9:30am</b> - Quilting w/ the Girl Craft Room	<b>10:00am</b> - ESL Dogwood Room	<b>9:00am</b> - Fit Feet - Jan Well Ind Serv 2	<b>9:15am</b> - Chinese Calligraph Art Room	<b>9:00am</b> - Int to Adv Spanish- Craft Room	
	<b>10:00am</b> - Connections Conci Liv Room 2	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>9:30am</b> - MoJo with Gary Theater	<b>9:30am</b> - Mah Jong, Learn Ashe Room	<b>9:00am</b> - Older Adult Empl Conference Room	
	<b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2	<b>10:00am</b> - Game Time with C Gath Place Cafe Are	<b>9:30am</b> - Bridge Lab Birch Room	<b>10:00am</b> - Tap Dance Jan Theater	<b>9:30am</b> - Bridge Lab Birch Room	
	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>10:30am</b> - Silver Sneakers- Great Hall	<b>9:30am</b> - Blood Pressure Ch Wellness Corridor	<b>10:00am</b> - Table Tennis Table Tennis Area	<b>9:30am</b> - Salli's Sr Work-Jan Great Hall	
	<b>10:00am</b> - Inspired Movemen Exercise Room	<b>10:30am</b> - Creative Crafts Craft Room	<b>9:30am</b> - Salli's Sr Work-Jan Great Hall	<b>10:30am</b> - Sudoku Club Dogwood Room	<b>10:00am</b> - Table Tennis Table Tennis Area	
	<b>10:45am</b> - Strength Train - ja Great Hall	<b>11:00am</b> - Simply Yoga - am Exercise Room	<b>10:00am</b> - Charlie's Social Cl Conference Room	<b>10:45am</b> - Strength Train - ja Great Hall	<b>10:00am</b> - Dating by Astrolog Ashe 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

## January 2018 (Continued)

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	<b>11:00am</b> - Sit to be Fit Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Birthday Celebrati Gath Place Cafe Are  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - Social Bridge Ashe Room  <b>1:00pm</b> - Yoga -Jan Exercise Room  <b>1:30pm</b> - Garden Club Conference Room  <b>2:00pm</b> - Pilates-Jan- Mon Great Hall  <b>3:00pm</b> - Prime Time Player Theater  <b>3:15pm</b> - Line Dancing- Jan Great Hall	<b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:00pm</b> - Table Tennis Great Hall  <b>2:00pm</b> - Writers' Discussio Birch Room  <b>2:00pm</b> - Chinese Brush-Ja Art Room  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Village Revue Theater  <b>4:15pm</b> - Badminton Great Hall  <b>5:30pm</b> - Adult Care Home Conference Room  <b>6:30pm</b> - CH Camera Club Dogwood Room  <b>7:00pm</b> - Song Swap Craft Room  <b>7:00pm</b> - T'ai Chi Exercise Room	<b>10:00am</b> - Caregivers Respit Alcove Hickory #2  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Caregivers Respit Craft Room  <b>10:30am</b> - Buzz Table Liv Room 2  <b>10:30am</b> - Issues of Faith Ashe Room  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - Caregivers Respit Alcove Hickory #2  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Sarah West Bridge Ashe Room  <b>1:00pm</b> - Petals with a Purp Art Room  <b>1:00pm</b> - Silver Sneakers B Great Hall  <b>1:00pm</b> - Yoga -Jan Exercise Room	<b>11:00am</b> - Jammers - Cheer Exercise Room  <b>11:00am</b> - Blood Pressure Ch Wellness Corridor  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Spanish Social Clu Exercise Room  <b>1:30pm</b> - Knifty Knitters Craft Room  <b>1:45pm</b> - Music Therapy for Theater  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Aging Transitions Conference Room  <b>3:30pm</b> - Pilates- Jan Thurs Exercise Room  <b>5:30pm</b> - Basketball PM Great Hall	<b>10:15am</b> - Span Lev 1 - Beg Craft Room  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Spanish Meet-up- Craft Room  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - MAP Ashe Room  <b>1:00pm</b> - Table Tennis- Fri Great Hall  <b>1:00pm</b> - Silver Sneakers B Exercise Room  <b>2:00pm</b> - Kick Off w/ Rock & Theater	

Activities are subject to change.

Please contact the Seymour Center at

(919) 968-2070 prior to the event or activity to

verify that there have been no program changes.

# Seymour Center Activity Calendar

## January 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;"><b>1</b></p> <p><b>5:00pm</b> - Retros Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p> <p><b>7:00pm</b> - Peking Opera Gro Theater</p>	<p style="text-align: right;"><b>2</b></p>	<p style="text-align: right;"><b>3</b></p> <p><b>2:00pm</b> - Sing Fearlessly by Theater</p> <p><b>2:00pm</b> - New Adventures in Birch Room</p> <p><b>2:10pm</b> - Parkinson Pickleb Great Hall</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA - Jan Great Hall</p> <p><b>5:15pm</b> - Simply Yoga- even Exercise Room</p> <p><b>7:00pm</b> - Mah Jong-evening Ashe Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<p style="text-align: right;"><b>4</b></p> <p><b>6:30pm</b> - CH Divorce Group Craft Room</p> <p><b>7:00pm</b> - Waltzing Great Hall</p> <p><b>7:45pm</b> - Asian Dance Exercise Room</p>	<p style="text-align: right;"><b>5</b></p>	<p style="text-align: right;"><b>6</b></p>

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

# Seymour Center Activity Calendar

January 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - VITA TRAINING Dogwood Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>9:00am</b> - Masg - MS, day Ja Massage Therapy Room  <b>9:00am</b> - T'ai Chi - Arthritis Exercise Room  <b>9:15am</b> - Morning Bridge Birch Room  <b>9:15am</b> - Morning Bridge Ashe Room  <b>9:30am</b> - Quilting w/ the Girl Craft Room  <b>9:30am</b> - Intert Span - Jan Dogwood Room  <b>9:40am</b> - Strength Train - Ja Great Hall  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Employment Info S Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:20am</b> - ST&M - Jan Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Accupuncture: Ho Liv Room 2  <b>9:00am</b> - Improv Theatre Ba Theater  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - ESL Dogwood Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>10:30am</b> - Golden Age Happy Ashe Room  <b>10:30am</b> - Creative Crafts Craft Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Trager-By Appt Massage Therapy Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Fit Feet - Feb Well Ind Serv 2  <b>9:00am</b> - Fit Feet - Jan Well Ind Serv 2  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Salli's Sr Work-Jan Great Hall  <b>10:00am</b> - Charlie's Social Cl Conference Room  <b>10:00am</b> - Caregivers Respit Alcove Hickory #2  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - Sr Wellness Clinic Conference Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:20am</b> - ST&M - Jan Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:00am</b> - Spanish Social-Ex Exercise Room  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - Ja Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Tap Dance Jan Theater  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Int to Adv Spanish- Craft Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Work-Jan Great Hall  <b>10:00am</b> - Insight Caregivers Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Dating by Astrolog Ashe Room  <b>10:15am</b> - Span Lev 1 - Beg Craft Room  <b>10:30am</b> - Silver Sneakers- Great Hall	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:30am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Passage Med Craft Room  <b>9:00am</b> - Chinese Folk Danc Exercise Room  <b>9:15am</b> - Badminton Great Hall  <b>10:30am</b> - Asian Dance Exercise Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <b>3:30pm</b> - Zumba -Latina-kid Exercise Room  <b>4:00pm</b> - 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

## January 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

7	8	9	10	11	12	13	
	<b>10:00am</b> - Inspired Movemen Exercise Room <b>10:30am</b> - SpanLev III-Beg-J Dogwood Room <b>10:45am</b> - Strength Train - ja Great Hall <b>11:00am</b> - Sit to be Fit Exercise Room <b>12:00pm</b> - Seymour Lunch Pr Great Hall <b>12:00pm</b> - Cards Alcove Hickory #2 <b>12:45pm</b> - canasta Mem Tree and Vet Alc <b>12:45pm</b> - Chinese Choir Theater <b>1:00pm</b> - Table Tennis Instr Table Tennis Area <b>1:00pm</b> - Mah Jong Birch Room <b>1:00pm</b> - Social Bridge Ashe Room <b>1:00pm</b> - Yoga -Jan Exercise Room <b>1:30pm</b> - Memory Cafe Dogwood Room <b>2:00pm</b> - Pilates-Jan- Mon Great Hall	<b>11:00am</b> - From Health-Acup Theater <b>11:00am</b> - Simply Yoga - am Exercise Room <b>12:00pm</b> - Seymour Lunch Pr Great Hall <b>12:00pm</b> - Cards Alcove Hickory #2 <b>12:30pm</b> - Parkinson Support Dogwood Room <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2 <b>12:30pm</b> - parkinson's caregi Ashe Room <b>1:00pm</b> - Senior Center Cin Theater <b>1:00pm</b> - Table Tennis Great Hall <b>2:00pm</b> - Retirement for Boo Conference Room <b>2:00pm</b> - Chinese Brush-Ja Art Room <b>2:15pm</b> - Inspired Movemen Exercise Room <b>3:00pm</b> - Village Revue Theater <b>4:15pm</b> - Badminton Great Hall	<b>10:00am</b> - Caregivers Respit Craft Room <b>10:30am</b> - Issues of Faith Ashe Room <b>10:30am</b> - Bingo-Jan Great Hall <b>11:00am</b> - Tone, Balance, Tig Exercise Room <b>11:00am</b> - Friends Executive Conference Room <b>12:00pm</b> - Seymour Lunch Pr Great Hall <b>12:00pm</b> - Cards Alcove Hickory #2 <b>12:30pm</b> - Caregivers Respit Alcove Hickory #2 <b>1:00pm</b> - Table Tennis Instr Table Tennis Area <b>1:00pm</b> - Sarah West Bridge Ashe Room <b>1:00pm</b> - Petals with a Purp Art Room <b>1:00pm</b> - Silver Sneakers B Great Hall <b>1:00pm</b> - Yoga -Jan Exercise Room <b>2:00pm</b> - Sing Fearlessly by Theater	<b>10:00am</b> - Friends Around th Craft Room <b>10:30am</b> - Sudoku Club Dogwood Room <b>10:45am</b> - Strength Train - ja Great Hall <b>11:00am</b> - Jammers - Cheer Exercise Room <b>11:00am</b> - Blood Pressure Ch Wellness Corridor <b>12:00pm</b> - Seymour Lunch Pr Great Hall <b>12:00pm</b> - Cards Alcove Hickory #2 <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2 <b>12:45pm</b> - canasta Mem Tree and Vet Alc <b>1:00pm</b> - Table Tennis Great Hall <b>1:00pm</b> - Weatherization Dogwood Room <b>1:00pm</b> - Spanish Social Clu Exercise Room <b>1:45pm</b> - Music Therapy for Theater <b>2:15pm</b> - Inspired Movemen Exercise Room	<b>11:00am</b> - Tone, Balance, Tig Exercise Room <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2 <b>12:00pm</b> - Seymour Lunch Pr Great Hall <b>12:00pm</b> - Spanish Meet-up- Craft Room <b>12:45pm</b> - Chinese Choir Theater <b>1:00pm</b> - Silver Sneakers B Exercise Room <b>1:30pm</b> - Badminton- 2nd Fr Great Hall <b>2:00pm</b> - Folk Music Friday Theater		

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

# Seymour Center Activity Calendar

## January 2018 (Continued)

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

7

8

9

10

11

12

13

**3:00pm** - Prime Time Player Theater

**3:15pm** - Line Dancing- Jan Great Hall

**4:00pm** - Staff Meeting Dogwood Room

**5:00pm** - Retros Exercise Room

**7:00pm** - Chinese Folk Dance Great Hall

**6:30pm** - Delta Sigma Theta Dogwood Room

**6:30pm** - CH Cam Club Theater

**7:00pm** - T'ai Chi Exercise Room

**7:00pm** - Square Dancing-J Great Hall

**7:00pm** - NAMI Support Craft Room

**2:00pm** - New Adventures in Birch Room

**2:00pm** - Art of Asian Cooking Demo Kitchen

**2:00pm** - New Adventures in Alcove Ginko #1

**2:10pm** - Parkinson Pickleball Great Hall

**3:00pm** - AA - Late Bloomer Conference Room

**4:00pm** - NIA - Jan Great Hall

**5:15pm** - Simply Yoga- even Exercise Room

**6:00pm** - Cinema Night -Wo Theater

**7:00pm** - Irish Dance Exercise Room

**7:00pm** - Mah Jong-evening Ashe Room

**7:30pm** - Badminton-Wed ni Great Hall

**3:00pm** - Aging Transitions Conference Room

**3:30pm** - Pilates- Jan Thurs Exercise Room

**4:00pm** - Staff Meeting-Cyd Ashe Room

**5:30pm** - Basketball PM Great Hall

**6:30pm** - CH Divorce Group Craft Room

**7:00pm** - Waltzing Great Hall

**7:45pm** - 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

## January 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	14	15	16	17	18	19
	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>9:00am</b> - Masg - MS, day Ja Massage Therapy Room  <b>9:00am</b> - T'ai Chi - Arthritis Exercise Room  <b>9:15am</b> - Morning Bridge Birch Room  <b>9:15am</b> - Morning Bridge Ashe Room  <b>9:30am</b> - Quilting w/ the Girl Craft Room  <b>9:30am</b> - Intert Span - Jan Dogwood Room  <b>9:40am</b> - Strength Train - Ja Great Hall  <b>10:00am</b> - Connections Conci Liv Room 2  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Employment Info S Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:20am</b> - ST&M - Jan Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>8:30am</b> - Chapel Hill-Comm Ashe Room  <b>8:30am</b> - Chapel Hill-Comm Birch Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Improv Theatre Ba Theater  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - ESL Dogwood Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Game Time with C Gath Place Cafe Are  <b>10:30am</b> - Silver Sneakers- Great Hall	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Trager-By Appt Massage Therapy Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Fit Feet - Feb Well Ind Serv 2  <b>9:00am</b> - Fit Feet - Jan Well Ind Serv 2  <b>9:00am</b> - Chinese Training- Conference Room  <b>9:30am</b> - MoJo with Gary Theater  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Salli's Sr Work-Jan Great Hall  <b>10:00am</b> - Charlie's Social Cl Conference Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - VITA TRAINING Comp Room -Sey Tech  <b>8:20am</b> - ST&M - Jan Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:00am</b> - Spanish Social-Ex Exercise Room  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - Ja Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Tap Dance Jan Theater  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Friends Around th Craft Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - VITA Dogwood Room  <b>8:00am</b> - Basketball Great Hall  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Int to Adv Spanish- Craft Room  <b>9:00am</b> - VITA TRAINING Theater  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Work-Jan Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Dating by Astrolog Ashe Room  <b>10:15am</b> - Span Lev 1 - Beg Craft Room  <b>10:30am</b> - Silver Sneakers- Great Hall	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:30am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Chinese Folk Danc Exercise Room  <b>9:15am</b> - Badminton Great Hall  <b>10:30am</b> - Asian Dance Exercise Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <b>1:00pm</b> - Opera Theater  <b>3:30pm</b> - Zumba -Latina-kid 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

## January 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	<b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:30am</b> - SpanLev III-Beg-J Dogwood Room  <b>10:45am</b> - Strength Train - ja Great Hall  <b>11:00am</b> - Sit to be Fit Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - Social Bridge Ashe Room  <b>1:00pm</b> - Yoga -Jan Exercise Room  <b>1:00pm</b> - Chair Massage- M Liv Room 2  <b>2:00pm</b> - Pilates-Jan- Mon Great Hall	<b>10:30am</b> - Creative Crafts Craft Room  <b>11:00am</b> - Simply Yoga - am Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:00pm</b> - Table Tennis Great Hall  <b>2:00pm</b> - Retirement for Boo Conference Room  <b>2:00pm</b> - Writers' Discussio Birch Room  <b>2:00pm</b> - Chinese Brush-Ja Art Room  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Village Revue Theater  <b>4:15pm</b> - Badminton Great Hall  <b>5:30pm</b> - Rentals-Hannah R Conference Room	<b>10:00am</b> - Caregivers Respit Alcove Hickory #2  <b>10:00am</b> - Creating Your Nex Dogwood Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Caregivers Respit Craft Room  <b>10:30am</b> - Buzz Table Liv Room 2  <b>10:30am</b> - Issues of Faith Ashe Room  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:00pm</b> - Bring Balance to Y Dogwood Room  <b>12:30pm</b> - Caregivers Respit Alcove Hickory #2  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Sarah West Bridge Ashe Room  <b>1:00pm</b> - Petals with a Purp Art Room	<b>10:30am</b> - Sudoku Club Dogwood Room  <b>10:45am</b> - Strength Train - ja Great Hall  <b>11:00am</b> - Jammers - Cheer Exercise Room  <b>11:00am</b> - Blood Pressure Ch Wellness Corridor  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - Friends of Sey Ex Dogwood Room  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Table Tennis Great Hall  <b>1:00pm</b> - Spanish Social Clu Exercise Room  <b>1:30pm</b> - Knifty Knitters Craft Room  <b>1:45pm</b> - Music Therapy for Theater  <b>2:15pm</b> - Inspired Movemen Exercise Room	<b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Spanish Meet-up- Craft Room  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Silver Sneakers B Exercise Room  <b>1:00pm</b> - The Key Keeper Birch 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

## January 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	14	15	16	17	18	19	20
	<p><b>3:00pm</b> - Prime Time Player Theater</p> <p><b>3:15pm</b> - Line Dancing- Jan Great Hall</p> <p><b>5:00pm</b> - Retros Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	<p><b>6:30pm</b> - CH Cam Club Ashe Room</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p> <p><b>7:00pm</b> - Square Dancing-J Great Hall</p>	<p><b>1:00pm</b> - Silver Sneakers B Great Hall</p> <p><b>1:00pm</b> - Yoga -Jan Exercise Room</p> <p><b>2:00pm</b> - Sing Fearlessly by Theater</p> <p><b>2:00pm</b> - New Adventures in Birch Room</p> <p><b>2:00pm</b> - Dressing Your Bod Dogwood Room</p> <p><b>2:00pm</b> - New Adventures in Alcove Ginko #1</p> <p><b>2:10pm</b> - Parkinson Pickleb Great Hall</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA - Jan Great Hall</p> <p><b>5:15pm</b> - Simply Yoga- even Exercise Room</p> <p><b>6:00pm</b> - An Evening w/ Re Theater</p> <p><b>6:30pm</b> - Connection Recov Birch Room</p> <p><b>7:00pm</b> - Irish Dance Exercise Room</p> <p><b>7:00pm</b> - Mah Jong-evening Ashe Room</p>	<p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:30pm</b> - Pilates- Jan Thurs Exercise Room</p> <p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>6:30pm</b> - CH Divorce Group Craft Room</p> <p><b>6:30pm</b> - Dulcimer-Jan Ashe Room</p> <p><b>7:00pm</b> - Rentals Dogwood Room</p> <p><b>7:00pm</b> - Waltzing Great Hall</p> <p><b>7:45pm</b> - 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

January 2018 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

14

15

16

17

18

19

20

7:30pm - Badminton-Wed ni  
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

## January 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>9:00am</b> - Masg - MS, day Ja Massage Therapy Room  <b>9:00am</b> - T'ai Chi - Arthritis Exercise Room  <b>9:15am</b> - Morning Bridge Birch Room  <b>9:15am</b> - Morning Bridge Ashe Room  <b>9:30am</b> - Quilting w/ the Girl Craft Room  <b>9:30am</b> - Intert Span - Jan Dogwood Room  <b>9:40am</b> - Strength Train - Ja Great Hall  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Employment Info S Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:30am</b> - SpanLev III-Beg-J Dogwood Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:20am</b> - ST&M - Jan Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Comp Fund W 10 Comp Room -Sey Tech  <b>9:00am</b> - Improv Theatre Ba Theater  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - ESL Dogwood Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>10:30am</b> - Creative Crafts Craft Room  <b>11:00am</b> - Simply Yoga - am Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - Trager-By Appt Massage Therapy Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Fit Feet - Feb Well Ind Serv 2  <b>9:00am</b> - VITA TRAINING Theater  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Salli's Sr Work-Jan Great Hall  <b>10:00am</b> - Charlie's Social Cl Conference Room  <b>10:00am</b> - Caregivers Respit Alcove Hickory #2  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Caregivers Respit Craft Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:20am</b> - ST&M - Jan Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:00am</b> - Spanish Social-Ex Exercise Room  <b>9:00am</b> - Comp Fund W 10 Comp Room -Sey Tech  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - Ja Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Tap Dance Jan Theater  <b>10:00am</b> - DIY - No Sew Tote Craft Room  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Int to Adv Spanish- Craft Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Work-Jan Great Hall  <b>10:00am</b> - Insight Caregivers Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Dating by Astrolog Ashe Room  <b>10:15am</b> - Span Lev 1 - Beg Craft Room  <b>10:30am</b> - Silver Sneakers- Great Hall  <b>11:00am</b> - Tone, Balance, Tig Exercise Room	<b>8:00am</b> - Fitness Studio Jan Fitness Room  <b>8:30am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Chinese Folk Danc Exercise Room  <b>9:15am</b> - Badminton Great Hall  <b>10:30am</b> - Asian Dance Exercise Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <b>1:00pm</b> - Origami with Kira Craft Room  <b>1:30pm</b> - Peking Opera Gro Theater  <b>3:30pm</b> - Zumba -Latina-kid Exercise Room  <b>4:00pm</b> - 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

## January 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

	21	22	23	24	25	26	27
	<b>10:45am</b> - Strength Train - ja Great Hall  <b>11:00am</b> - Sit to be Fit Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - Intro to Facebook Comp Room -Sey Tech  <b>1:00pm</b> - Social Bridge Ashe Room  <b>1:00pm</b> - Yoga -Jan Exercise Room  <b>2:00pm</b> - TED TALKS Theater  <b>2:00pm</b> - Pilates-Jan- Mon Great Hall  <b>3:00pm</b> - Prime Time Player Theater	<b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:00pm</b> - Table Tennis Great Hall  <b>2:00pm</b> - Retirement for Boo Conference Room  <b>2:00pm</b> - Program Advisory Ashe Room  <b>2:00pm</b> - Chinese Brush-Ja Art Room  <b>2:00pm</b> - Bus Riding Made Dogwood Room  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Village Revue Theater  <b>4:15pm</b> - Badminton Great Hall  <b>6:30pm</b> - CH Cam Club Theater  <b>7:00pm</b> - T'ai Chi Exercise Room  <b>7:00pm</b> - Square Dancing-J Great Hall	<b>10:30am</b> - Issues of Faith Ashe Room  <b>11:00am</b> - Tone, Balance, Tig Exercise Room  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - Caregivers Respit Alcove Hickory #2  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Intro to Facebook Comp Room -Sey Tech  <b>1:00pm</b> - Sarah West Bridge Ashe Room  <b>1:00pm</b> - Petals with a Purp Art Room  <b>1:00pm</b> - Silver Sneakers B Great Hall  <b>1:00pm</b> - Yoga -Jan Exercise Room  <b>2:00pm</b> - Sing Fearlessly by Theater  <b>2:00pm</b> - New Adventures in Birch Room  <b>2:00pm</b> - New Adventures in Alcove Ginko #1	<b>10:30am</b> - Sudoku Club Dogwood Room  <b>10:45am</b> - Strength Train - ja Great Hall  <b>11:00am</b> - Jammers - Cheer Exercise Room  <b>11:00am</b> - Blood Pressure Ch Wellness Corridor  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2  <b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Newcomers' Mah Ashe Room  <b>1:00pm</b> - Table Tennis Great Hall  <b>1:00pm</b> - Spanish Social Clu Exercise Room  <b>1:45pm</b> - Music Therapy for Theater  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Aging Transitions Conference Room	<b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Spanish Meet-up- Craft Room  <b>12:45pm</b> - Chinese Choir Theater  <b>1:00pm</b> - Silver Sneakers B 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

## January 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>21</p> <p>22</p> <p><b>3:15pm</b> - Line Dancing- Jan Great Hall</p> <p><b>5:00pm</b> - Retros Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	<p>23</p>	<p>24</p> <p><b>2:10pm</b> - Parkinson Pickleb Great Hall</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA - Jan Great Hall</p> <p><b>5:15pm</b> - Simply Yoga- even Exercise Room</p> <p><b>7:00pm</b> - Irish Dance Exercise Room</p> <p><b>7:00pm</b> - Mah Jong-evening Ashe Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<p>25</p> <p><b>3:30pm</b> - Pilates- Jan Thurs Exercise Room</p> <p><b>4:00pm</b> - Staff Meeting-Cyd Ashe Room</p> <p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>6:30pm</b> - CH Divorce Group Craft Room</p> <p><b>6:45pm</b> - Triangle Weavers Theater</p> <p><b>7:00pm</b> - Waltzing Great Hall</p> <p><b>7:45pm</b> - Asian Dance Exercise Room</p>	<p>26</p>	<p>27</p>

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

# Seymour Center Activity Calendar

## January 2018 (Continued)

Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday

28

**8:00am** - Fitness Studio Jan  
Fitness Room

**8:30am** - Employment Info S  
Visiting Agency 1

**9:00am** - Masg - MS, day Ja  
Massage Therapy Room

**9:00am** - T'ai Chi - Arthritis  
Exercise Room

**9:15am** - Morning Bridge  
Birch Room

**9:15am** - Morning Bridge  
Ashe Room

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

**9:30am** - Intert Span - Jan  
Dogwood Room

**9:40am** - Strength Train - Ja  
Great Hall

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

**10:00am** - Employment Info S  
Conference Room

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

**10:00am** - Inspired Movemen  
Exercise Room

**10:30am** - SpanLev III-Beg-J  
Dogwood Room

29

**8:00am** - Fitness Studio Jan  
Fitness Room

**8:20am** - ST&M - Jan  
Great Hall

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

**8:30am** - Personal trainer  
Wellness Desk

**9:00am** - Comp Fund W 10  
Comp Room -Sey Tech

**9:00am** - Improv Theatre Ba  
Theater

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

**10:00am** - Balance  
Exercise Room

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

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

**10:00am** - Thirty Minutes or L  
Ashe Room

**10:00am** - Photo Pendant  
Alcove Hickory #2

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

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

30

**8:00am** - Fitness Studio Jan  
Fitness Room

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

**8:00am** - Trager-By Appt  
Massage Therapy Room

**8:30am** - Personal trainer  
Wellness Desk

**9:00am** - Strengthen your C  
Exercise Room

**9:00am** - Fit Feet - Feb  
Well Ind Serv 2

**9:30am** - Bridge Lab  
Birch Room

**9:30am** - Blood Pressure Ch  
Wellness Corridor

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

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

**10:00am** - Caregivers Respit  
Alcove Hickory #2

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

**10:00am** - Caregivers Respit  
Craft Room

**10:30am** - Issues of Faith  
Ashe Room

31

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

# Seymour Center Activity Calendar

**January 2018 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

28

**10:45am** - Strength Train - ja  
Great Hall

**11:00am** - Sit to be Fit  
Exercise Room

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Cards  
Alcove Hickory #2

**12:45pm** - canasta  
Mem Tree and Vet Alc

**12:45pm** - Chinese Choir  
Theater

**1:00pm** - Table Tennis Instr  
Table Tennis Area

**1:00pm** - Mah Jong  
Birch Room

**1:00pm** - Social Bridge  
Ashe Room

**1:00pm** - Yoga -Jan  
Exercise Room

**2:00pm** - Pilates-Jan- Mon  
Great Hall

**3:00pm** - Prime Time Player  
Theater

**3:00pm** - Weaving From the  
Craft Room

**3:15pm** - Line Dancing- Jan  
Great Hall

29

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

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Cards  
Alcove Hickory #2

**12:30pm** - UNC Phys Therap  
Well Ind Serv 2

**1:00pm** - Senior Center Cin  
Theater

**1:00pm** - Table Tennis  
Great Hall

**1:00pm** - Holiday Cards-Val  
Ashe Room

**2:00pm** - Retirement for Boo  
Conference Room

**2:00pm** - Chinese Brush-Ja  
Art Room

**2:15pm** - Inspired Movemen  
Exercise Room

**3:00pm** - Village Revue  
Theater

**4:15pm** - Badminton  
Great Hall

**7:00pm** - T'ai Chi  
Exercise Room

**7:00pm** - Square Dancing-J  
Great Hall

30

**11:00am** - Tone, Balance, Tig  
Exercise Room

**12:00pm** - Seymour Lunch Pr  
Great Hall

**12:00pm** - Cards  
Alcove Hickory #2

**12:30pm** - Caregivers Respit  
Alcove Hickory #2

**1:00pm** - Table Tennis Instr  
Table Tennis Area

**1:00pm** - Sarah West Bridge  
Ashe Room

**1:00pm** - Petals with a Purp  
Art Room

**1:00pm** - Silver Sneakers B  
Great Hall

**1:00pm** - Yoga -Jan  
Exercise Room

**2:00pm** - Sing Fearlessly by  
Theater

**2:00pm** - New Adventures in  
Birch Room

**2:00pm** - New Adventures in  
Alcove Ginko #1

**2:10pm** - Parkinson Pickleb  
Great Hall

**3:00pm** - AA - Late Bloomer  
Conference Room

31

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

# Seymour Center Activity Calendar

**January 2018 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

28

29

**5:00pm** - Retros  
Exercise Room

**7:00pm** - Chinese Folk Danc  
Great Hall

30

31

**4:00pm** - NIA - Jan  
Great Hall

**5:15pm** - Simply Yoga- even  
Exercise Room

**7:00pm** - Irish Dance  
Exercise Room

**7:00pm** - Mah Jong-evening  
Ashe Room

**7:30pm** - Badminton-Wed ni  
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.