

# Seymour Center Activity Calendar

**March 2018**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday <sup>1</sup>	Friday <sup>2</sup>	Saturday <sup>3</sup>
				<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Spanish Social-Ex Exercise Room  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Sudoku Club Dogwood Room  <b>11:00am</b> - Jammers - Cheer Exercise Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Adv Spanish-Mar Craft Room  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Phys Func Well Ind Serv 1  <b>9:00am</b> - Skype- Comp Room -Sey Tech  <b>9:00am</b> - Older Adult Empl Conference Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:15am</b> - Span Lev I - Mar Craft Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood 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>10:00am</b> - Tech Knowledge Ashe Room  <b>10:30am</b> - Asian Dance Exercise Room  <b>10:45am</b> - Sewing Made Eas Craft Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <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

**March 2018 (Continued)**

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

				<p style="text-align: right; color: red; font-weight: bold;">1</p> <p><b>11:00am</b> - Blood Pressure Ch Wellness Corridor</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>12:45pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>1:00pm</b> - Table Tennis Great Hall</p> <p><b>1:00pm</b> - Basic Drawing Art Room</p> <p><b>1:30pm</b> - Kai Mei Knitters Craft Room</p> <p><b>1:45pm</b> - Music Therapy for Theater</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:20pm</b> - Pilates -Mar Thu Exercise Room</p> <p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>6:00pm</b> - Massage - PM w/ Massage Therapy Room</p>	<p style="text-align: right; color: red; font-weight: bold;">2</p> <p><b>10:30am</b> - Silver Sneakers- Great Hall</p> <p><b>11:00am</b> - Tone, Balance, Tig Exercise Room</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2</p> <p><b>12:00pm</b> - Spanish Meet-up- Craft Room</p> <p><b>12:45pm</b> - Chinese Choir Theater</p> <p><b>1:00pm</b> - Silver Sneakers B Exercise Room</p> <p><b>1:00pm</b> - Android Smartpho Comp Room -Sey Tech</p> <p><b>1:00pm</b> - Table Tennis- Fri Great Hall</p> <p><b>2:00pm</b> - Welcome to Medic Theater</p>	<p style="text-align: right; color: red; font-weight: bold;">3</p>
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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p style="text-align: right;"><b>1</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>2</b></p>	<p style="text-align: right;"><b>3</b></p>

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>9:00am</b> - Masg - MS, day M Massage Therapy Room  <b>9:00am</b> - Editing & Sharing Comp Room -Sey Tech  <b>9:15am</b> - Morning Bridge Birch Room  <b>9:15am</b> - Morning Bridge Ashe Room  <b>9:30am</b> - Garden Club Garden Front of Seym  <b>9:30am</b> - Quilting w/ the Girl Craft Room  <b>9:30am</b> - Inter Span-Mar Dogwood Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Oil Paint - Beg- Fe Art Room  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Connections Conci Liv Room 2  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - Low Vision Suppo Ashe 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>12:00pm</b> - Cards Alcove Hickory #2	<b>8:00am</b> - Fitness Studio-Mar 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> - Fit Feet-March Well Ind Serv 2  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Watercolor-Greetin Art Room  <b>9:00am</b> - Editing & Sharing Comp Room -Sey Tech  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Charlie's Social CI Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Seated T'ai Chi Exercise Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - Sr Wellness Clinic Conference Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Spanish Social-Ex Exercise Room  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Sudoku Club Dogwood Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Adv Spanish-Mar Craft Room  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Insight Caregivers Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:15am</b> - Span Lev I - Mar 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-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:30am</b> - Billiards Activity Area-Pool  <b>9:00am</b> - Chinese Folk Danc Exercise Room  <b>9:00am</b> - Passage Med Craft Room  <b>9:15am</b> - Badminton Great Hall  <b>10:30am</b> - Asian Dance Exercise Room  <b>10:45am</b> - Sewing Made Eas Craft 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

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

4	5	6	7	8	9	10	
	<b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:30am</b> - Span Lev III - Beg Dogwood Room  <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>12:00pm</b> - Span Lev II - Marc Dogwood Room  <b>12:45pm</b> - Chinese Choir Theater  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - Yoga - March Exercise Room  <b>1:00pm</b> - Chair Massage- M Liv Room 2  <b>1:00pm</b> - Zentangle-Mar- Illu Craft Room	<b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2  <b>12:30pm</b> - Parkinson Support Dogwood Room  <b>12:30pm</b> - parkinson's caregi Ashe Room  <b>1:00pm</b> - Aging Advisory Bd Dogwood Room  <b>1:00pm</b> - Table Tennis Great Hall  <b>1:00pm</b> - Senior Center Cin Theater  <b>2:00pm</b> - Chinese Brush- M Art Room  <b>2:00pm</b> - Writers' Discussio Birch Room  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Village Revue Theater  <b>3:15pm</b> - Ballet Class for Be Exercise Room  <b>4:15pm</b> - Badminton Great Hall  <b>4:15pm</b> - Funky Jazz Dance Exercise Room  <b>5:30pm</b> - Adult Care Home Conference Room	<b>10:00am</b> - Caregivers Respit Craft Room  <b>10:00am</b> - Caregivers Respit Alcove Hickory #2  <b>10:00am</b> - Project Poetry-Pea Dogwood 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> - Silver Sneakers B Great Hall  <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 Dogwood Room  <b>1:00pm</b> - Writing Seminar-K Conference 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> - Table Tennis Great Hall  <b>1:00pm</b> - Basic Drawing Art 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>3:20pm</b> - Pilates -Mar Thu Exercise Room  <b>4:00pm</b> - Staff Meeting-Cyd Ashe Room  <b>5:30pm</b> - Basketball PM Great Hall	<b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Project EngAGE Ashe Room  <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <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> - Android Smartpho Comp Room -Sey Tech  <b>1:30pm</b> - Badminton- 2nd Fr Great Hall		

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	<div style="text-align: right; color: red;">5</div> <p><b>1:30pm</b> - Garden Club Conference Room</p> <p><b>2:00pm</b> - Pilates-Mar- Mon Great Hall</p> <p><b>2:00pm</b> - Clutter Free, That' Dogwood Room</p> <p><b>3:00pm</b> - Prime Time Player Theater</p> <p><b>3:15pm</b> - Latin Dance Stylin Exercise Room</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>	<div style="text-align: right; color: red;">6</div> <p><b>6:00pm</b> - Massage - PM w/ Massage Therapy Room</p> <p><b>6:00pm</b> - Decorative Cards- Ashe Room</p> <p><b>6:30pm</b> - CH Camera Club Dogwood Room</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p> <p><b>7:00pm</b> - Song Swap Craft Room</p> <p><b>7:00pm</b> - Square Dancing-M Great Hall</p>	<div style="text-align: right; color: red;">7</div> <p><b>1:00pm</b> - Yoga - March Exercise Room</p> <p><b>1:00pm</b> - Pastel Painting - K Art 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>2:10pm</b> - Parkinson Pickleb Great Hall</p> <p><b>2:30pm</b> - T'ai Chi -begWed Exercise Room</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA - Mar 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>7:00pm</b> - Irish Dance Exercise Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<div style="text-align: right; color: red;">8</div> <p><b>6:00pm</b> - Massage - PM w/ Massage Therapy Room</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>	9	10

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>9:00am</b> - Masg - MS, day M Massage Therapy 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> - Inter Span-Mar Dogwood Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Employment Info S Conference Room  <b>10:00am</b> - Beg Oil Paint -Mar Art Room  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:30am</b> - Span Lev III - Beg Dogwood Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - ESL Dogwood Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Golden Age Happy Ashe Room  <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>12:00pm</b> - Cards Alcove Hickory #2	<b>8:00am</b> - Fitness Studio-Mar 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> - Fit Feet-March Well Ind Serv 2  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Charlie's Social Cl Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Seated T'ai Chi Exercise Room  <b>10:00am</b> - Gluten Free and V Theater  <b>10:00am</b> - Caregivers Respit Craft Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:00am</b> - Everything Google Comp Room -Sey Tech  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Dominoes Tourna Liv Room 2  <b>10:00am</b> - MAP Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Adv Spanish-Mar Craft Room  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Everything Google Comp Room -Sey Tech  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Beg Oil Paint -Mar Art Room  <b>10:15am</b> - Span Lev I - Mar Craft Room  <b>10:30am</b> - Silver Sneakers- Great Hall	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood 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>10:00am</b> - Tech Knowledge Ashe Room  <b>10:30am</b> - Asian Dance Exercise Room  <b>10:45am</b> - Sewing Made Eas Craft 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

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# Seymour Center Activity Calendar

## March 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

	11		12		13		14		15		16		17
			<b>11:00am</b> - Sit to be Fit Exercise Room		<b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2		<b>10:00am</b> - Caregivers Respit Alcove Hickory #2		<b>10:30am</b> - Sudoku Club Dogwood Room		<b>11:00am</b> - Tone, Balance, Tig Exercise Room		
			<b>12:00pm</b> - Seymour Lunch Pr Great Hall		<b>1:00pm</b> - Table Tennis Great Hall		<b>10:00am</b> - Project Poetry-Writ Dogwood Room		<b>11:00am</b> - Jammers - Cheer Exercise Room		<b>12:00pm</b> - Seymour Lunch Pr Great Hall		
			<b>12:00pm</b> - Cards Alcove Hickory #2		<b>1:00pm</b> - Senior Center Cin Theater		<b>10:30am</b> - Issues of Faith Ashe Room		<b>11:00am</b> - Blood Pressure Ch Wellness Corridor		<b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2		
			<b>12:00pm</b> - Span Lev II - Marc Dogwood Room		<b>1:30pm</b> - Would You Share Dogwood Room		<b>10:30am</b> - Bingo-March Gath Place Cafe Are		<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>2:00pm</b> - Chinese Brush- M Art Room		<b>11:00am</b> - Tone, Balance, Tig Exercise Room		<b>12:00pm</b> - Cards Alcove Hickory #2		<b>12:45pm</b> - Chinese Choir Theater		
			<b>12:45pm</b> - canasta Mem Tree and Vet Alc		<b>2:15pm</b> - Inspired Movemen Exercise Room		<b>11:00am</b> - Friends Executive Conference Room		<b>12:30pm</b> - Friends of Sey Ex Dogwood Room		<b>1:00pm</b> - Silver Sneakers B Exercise Room		
			<b>1:00pm</b> - Table Tennis Instr Table Tennis Area		<b>3:00pm</b> - Village Revue Theater		<b>12:00pm</b> - Seymour Lunch Pr Great Hall		<b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2				
			<b>1:00pm</b> - Mah Jong Birch Room		<b>3:15pm</b> - Ballet Class for Be Exercise Room		<b>12:00pm</b> - Cards Alcove Hickory #2		<b>12:45pm</b> - canasta Mem Tree and Vet Alc				
			<b>1:00pm</b> - Yoga - March Exercise Room		<b>4:15pm</b> - Badminton Great Hall		<b>12:30pm</b> - Caregivers Respit Alcove Hickory #2		<b>1:00pm</b> - Flash Mob-Part 1 Exercise Room				
			<b>1:30pm</b> - Memory Cafe Dogwood Room		<b>4:15pm</b> - Funky Jazz Dance Exercise Room		<b>1:00pm</b> - Silver Sneakers B Great Hall		<b>1:00pm</b> - Table Tennis Great Hall				
			<b>2:00pm</b> - Pilates-Mar- Mon Great Hall		<b>6:00pm</b> - Massage - PM w/ Massage Therapy Room		<b>1:00pm</b> - Table Tennis Instr Table Tennis Area		<b>1:00pm</b> - Basic Drawing Art Room				
			<b>2:00pm</b> - Memory Cafe Dogwood Room		<b>6:30pm</b> - CH Cam Club Theater		<b>1:00pm</b> - Sarah West Bridge Ashe Room		<b>1:30pm</b> - Kai Mei Knitters Craft Room				
			<b>2:00pm</b> - Clutter Free, That' Dogwood Room		<b>6:30pm</b> - Delta Sigma Theta Dogwood Room		<b>1:00pm</b> - Petals with a Purp Dogwood Room		<b>1:45pm</b> - Music Therapy for Theater				
			<b>3:00pm</b> - Prime Time Player Theater		<b>7:00pm</b> - T'ai Chi Exercise Room		<b>1:00pm</b> - Writing Seminar-K Conference Room		<b>2:15pm</b> - Inspired Movemen Exercise Room				

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	<div style="text-align: right; color: red;">12</div> <p><b>3:15pm</b> - Latin Dance Stylin Exercise Room</p> <p><b>5:00pm</b> - Retros Exercise Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	13	<div style="text-align: right; color: red;">14</div> <p><b>7:00pm</b> - Square Dancing-M Great Hall</p>	<div style="text-align: right; color: red;">15</div> <p><b>1:00pm</b> - Yoga - March Exercise Room</p> <p><b>1:00pm</b> - Pastel Painting - K Art 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>2:10pm</b> - Parkinson Pickleb Great Hall</p> <p><b>2:30pm</b> - T'ai Chi -begWed Exercise Room</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA - Mar Great Hall</p> <p><b>5:15pm</b> - Simply Yoga- even Exercise Room</p> <p><b>6:00pm</b> - Cinema Night at S Theater</p> <p><b>7:00pm</b> - Mah Jong-evening Ashe Room</p> <p><b>7:00pm</b> - NAMI Support Craft Room</p> <p><b>7:00pm</b> - Irish Dance Exercise Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<div style="text-align: right; color: red;">16</div> <p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:20pm</b> - Pilates -Mar Thu Exercise Room</p> <p><b>5:30pm</b> - Basketball PM Great Hall</p> <p><b>6:00pm</b> - Massage - PM w/ Massage Therapy Room</p> <p><b>6:30pm</b> - Dulcimer-March Ashe Room</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>	17

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>9:00am</b> - Masg - MS, day M Massage Therapy 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> - Inter Span-Mar Dogwood Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Connections Conci Liv Room 2  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Employment Info S Conference Room  <b>10:00am</b> - Beg Oil Paint -Mar Art Room  <b>10:00am</b> - Inspired Movemen Exercise Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Chinese - Learn Conference 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>11:15am</b> - Posture and Ergon Theater  <b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Cards Alcove Hickory #2	<b>8:00am</b> - Fitness Studio-Mar 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> - Fit Feet-March Well Ind Serv 2  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:00am</b> - Chinese Training- Conference Room  <b>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Charlie's Social Cl Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - The Nuts & Bolts o Dogwood Room  <b>10:00am</b> - Seated T'ai Chi Exercise Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Sudoku Club Dogwood Room  <b>11:00am</b> - Jammers - Cheer Exercise Room  <b>11:00am</b> - Blood Pressure Ch Wellness Corridor	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Adv Spanish-Mar Craft Room  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Insight Caregivers Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Beg Oil Paint -Mar Art Room  <b>10:15am</b> - Span Lev I - Mar Craft Room  <b>10:30am</b> - Silver Sneakers- Great Hall	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood 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>10:45am</b> - Sewing Made Eas Craft Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall  <b>1:00pm</b> - practice Theater  <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

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<p><b>10:30am</b> - Span Lev III - Beg Dogwood Room</p> <p><b>11:00am</b> - Sit to be Fit Exercise Room</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:00pm</b> - Span Lev II - Marc Dogwood Room</p> <p><b>12:30pm</b> - Shingles &amp; Pneu-A Living Room - Entry space</p> <p><b>12:45pm</b> - Chinese Choir Theater</p> <p><b>12:45pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>1:00pm</b> - Table Tennis Instr Table Tennis Area</p> <p><b>1:00pm</b> - Mah Jong Birch Room</p> <p><b>1:00pm</b> - Yoga - March Exercise Room</p> <p><b>1:00pm</b> - Chair Massage- M Liv Room 2</p> <p><b>1:30pm</b> - Zentangle-Drop-in Craft Room</p> <p><b>2:00pm</b> - TED TALKS Theater</p>	<p><b>12:00pm</b> - Project EngAGE Birch Room</p> <p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>1:00pm</b> - Table Tennis Great Hall</p> <p><b>1:00pm</b> - Senior Center Cin Theater</p> <p><b>2:00pm</b> - Chinese Brush- M Art Room</p> <p><b>2:00pm</b> - Writers' Discussio Birch Room</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>3:00pm</b> - Village Revue Theater</p> <p><b>3:00pm</b> - Spring Equinox Te Gath Place Cafe Are</p> <p><b>3:15pm</b> - Ballet Class for Be Exercise Room</p> <p><b>4:15pm</b> - Badminton Great Hall</p> <p><b>4:15pm</b> - Funky Jazz Dance Exercise Room</p> <p><b>5:30pm</b> - Rentals-Hannah R Conference Room</p> <p><b>6:00pm</b> - Massage - PM w/ Massage Therapy Room</p>	<p><b>10:00am</b> - Caregivers Respit Craft Room</p> <p><b>10:00am</b> - Caregivers Respit Alcove Hickory #2</p> <p><b>10:30am</b> - Buzz Table Liv Room 2</p> <p><b>10:30am</b> - Issues of Faith Ashe Room</p> <p><b>11:00am</b> - Tone, Balance, Tig Exercise Room</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:30pm</b> - Caregivers Respit Alcove Hickory #2</p> <p><b>1:00pm</b> - Silver Sneakers B Great Hall</p> <p><b>1:00pm</b> - Table Tennis Instr Table Tennis Area</p> <p><b>1:00pm</b> - Sarah West Bridge Ashe Room</p> <p><b>1:00pm</b> - Petals with a Purp Dogwood Room</p> <p><b>1:00pm</b> - Writing Seminar-K Conference Room</p> <p><b>1:00pm</b> - Exotic Journey in J Theater</p>	<p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Cards Alcove Hickory #2</p> <p><b>12:30pm</b> - UNC Phys Therap Well Ind Serv 2</p> <p><b>12:45pm</b> - canasta Mem Tree and Vet Alc</p> <p><b>1:00pm</b> - DIY -Welcome Mat Craft Room</p> <p><b>1:00pm</b> - Flash Mob-Part 1 Exercise Room</p> <p><b>1:00pm</b> - Table Tennis Great Hall</p> <p><b>1:00pm</b> - Basic Drawing Art Room</p> <p><b>1:00pm</b> - Newcomers' Mah Ashe Room</p> <p><b>1:45pm</b> - Music Therapy for Theater</p> <p><b>2:15pm</b> - Inspired Movemen Exercise Room</p> <p><b>3:00pm</b> - Aging Transitions Conference Room</p> <p><b>3:20pm</b> - Pilates -Mar Thu Exercise Room</p> <p><b>4:00pm</b> - Staff Meeting-Cyd Ashe Room</p>	<p><b>11:00am</b> - Tone, Balance, Tig Exercise Room</p> <p><b>12:00pm</b> - Seymour Lunch Pr Great Hall</p> <p><b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2</p> <p><b>12:00pm</b> - Spanish Meet-up- Craft Room</p> <p><b>12:45pm</b> - Chinese Choir Theater</p> <p><b>1:00pm</b> - Silver Sneakers B Exercise Room</p> <p><b>5:30pm</b> - Phoenix Theatre &amp; Theater</p>	

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# Seymour Center Activity Calendar

## March 2018 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

18	19	20	21	22	23	24
	<b>2:00pm</b> - Pilates-Mar- Mon Great Hall  <b>2:00pm</b> - Clutter Free, That' Dogwood Room  <b>3:00pm</b> - Prime Time Player Theater  <b>3:15pm</b> - Latin Dance Stylin Exercise Room  <b>4:00pm</b> - Staff Meeting Dogwood Room  <b>5:00pm</b> - Retros Exercise Room  <b>7:00pm</b> - Chinese Folk Danc Great Hall	<b>7:00pm</b> - T'ai Chi Exercise Room  <b>7:00pm</b> - Square Dancing-M Great Hall	<b>1:00pm</b> - Yoga - March Exercise Room  <b>1:00pm</b> - Pastel Painting - K Art Room  <b>2:00pm</b> - Sing Fearlessly by Theater  <b>2:00pm</b> - New Adventures in Birch Room  <b>2:10pm</b> - Parkinson Pickleb Great Hall  <b>2:30pm</b> - T'ai Chi -begWed Exercise Room  <b>3:00pm</b> - AA - Late Bloomer Conference Room  <b>4:00pm</b> - NIA - Mar Great Hall  <b>5:15pm</b> - Simply Yoga- even Exercise Room  <b>6:30pm</b> - Connection Recov Birch Room  <b>7:00pm</b> - Mah Jong-evening Ashe Room  <b>7:00pm</b> - Irish Dance Exercise Room  <b>7:30pm</b> - Badminton-Wed ni Great Hall	<b>5:30pm</b> - Basketball PM Great Hall  <b>6:00pm</b> - Massage - PM w/ Massage Therapy Room  <b>6:30pm</b> - CH Divorce Group Craft Room  <b>6:45pm</b> - Triangle Weavers Theater  <b>7:00pm</b> - Waltzing Great Hall  <b>7:45pm</b> - Asian Dance Exercise Room		

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>9:00am</b> - Masg - MS, day M Massage Therapy 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> - Inter Span-Mar Dogwood Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Quilting w/ the Girl Alcove Hickory #2  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Employment Info S Conference Room  <b>10:00am</b> - Beg Oil Paint -Mar Art Room  <b>10:00am</b> - Inspired Movemen Exercise Room  <b>10:30am</b> - Span Lev III - Beg Dogwood Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Walking Outdoors Living Room  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Open Computer L Comp Room -Sey Tech  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Chinese - Learn Conference Room  <b>10:00am</b> - MAP Birch 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>11:15am</b> - Posture and Ergon Theater	<b>8:00am</b> - Fitness Studio-Mar 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>9:30am</b> - Blood Pressure Ch Wellness Corridor  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Charlie's Social Cl Conference Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Seated T'ai Chi Exercise Room  <b>10:00am</b> - Caregivers Respit Craft Room  <b>10:00am</b> - Caregivers Respit Alcove Hickory #2  <b>10:30am</b> - Issues of Faith Ashe Room	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:20am</b> - ST&M - Mar Great Hall  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Farmers Market S Garden Front of Seym  <b>9:00am</b> - Spanish Social Clu Birch Room  <b>9:15am</b> - Chinese Calligraph Art Room  <b>9:30am</b> - Mah Jong, Learn Ashe Room  <b>9:40am</b> - Strength Train - M Great Hall  <b>10:00am</b> - Balance Exercise Room  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:30am</b> - Sudoku Club Dogwood Room  <b>11:00am</b> - Jammers - Cheer Exercise Room  <b>11:00am</b> - Blood Pressure Ch Wellness Corridor	<b>8:00am</b> - Fitness Studio-Mar Fitness Room  <b>8:00am</b> - Basketball Great Hall  <b>8:00am</b> - VITA - Thurs-Sat Dogwood Room  <b>8:30am</b> - Employment Info S Visiting Agency 1  <b>8:30am</b> - Personal trainer Wellness Desk  <b>9:00am</b> - Adv Spanish-Mar Craft Room  <b>9:00am</b> - Strengthen your C Exercise Room  <b>9:30am</b> - Bridge Lab Birch Room  <b>9:30am</b> - Salli's Sr Wor-Mar Great Hall  <b>10:00am</b> - Table Tennis Table Tennis Area  <b>10:00am</b> - Beg Oil Paint -Mar Art Room  <b>10:15am</b> - Span Lev I - Mar 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-Mar Fitness Room  <b>8:00am</b> - VITA - Thurs-Sat Dogwood 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>10:45am</b> - Sewing Made Eas Craft Room  <b>12:00pm</b> - Table Tennis - Sat Great Hall

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# Seymour Center Activity Calendar

## March 2018 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</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> - Cards Alcove Hickory #2  <b>12:00pm</b> - Span Lev II - Marc Dogwood Room  <b>12:45pm</b> - Chinese Choir Theater  <b>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Table Tennis Instr Table Tennis Area  <b>1:00pm</b> - Mah Jong Birch Room  <b>1:00pm</b> - iPad,Iphone intro Comp Room -Sey Tech  <b>1:00pm</b> - Yoga - March Exercise Room  <b>2:00pm</b> - Pilates-Mar- Mon Great Hall  <b>2:00pm</b> - Clutter Free, That' Dogwood Room  <b>3:00pm</b> - Prime Time Player Theater  <b>3:00pm</b> - Weaving From the Craft 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> - Table Tennis Great Hall  <b>1:00pm</b> - Senior Center Cin Theater  <b>1:00pm</b> - Photo Gallery Comp Room -Sey Tech  <b>2:00pm</b> - Chinese Brush- M Art Room  <b>2:00pm</b> - Program Advisory Ashe Room  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Village Revue Theater  <b>3:00pm</b> - Photo Placemat Craft Room  <b>3:15pm</b> - Ballet Class for Be Exercise Room  <b>4:15pm</b> - Badminton Great Hall  <b>4:15pm</b> - Funky Jazz Dance Exercise 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> - Cards Alcove Hickory #2  <b>12:30pm</b> - Caregivers Respit Alcove Hickory #2  <b>1:00pm</b> - Silver Sneakers B Great Hall  <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 Dogwood Room  <b>1:00pm</b> - iPad,Iphone intro Comp Room -Sey Tech  <b>1:00pm</b> - Writing Seminar-K Conference Room  <b>1:00pm</b> - Yoga - March Exercise Room  <b>1:00pm</b> - Pastel Painting - K Art Room  <b>2:00pm</b> - Broadening Your K Birch Room  <b>2:00pm</b> - New Adventures in Birch 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>12:45pm</b> - canasta Mem Tree and Vet Alc  <b>1:00pm</b> - Flash Mob-Part 1 Exercise Room  <b>1:00pm</b> - Table Tennis Great Hall  <b>1:00pm</b> - Photo Gallery Comp Room -Sey Tech  <b>1:45pm</b> - Music Therapy for Theater  <b>2:00pm</b> - Maya Angelou Cel Theater  <b>2:15pm</b> - Inspired Movemen Exercise Room  <b>3:00pm</b> - Aging Transitions Conference Room  <b>3:20pm</b> - Pilates -Mar Thu Exercise Room  <b>5:30pm</b> - Basketball PM Great Hall  <b>6:00pm</b> - Massage - PM w/ Massage Therapy Room	<b>12:00pm</b> - Seymour Lunch Pr Great Hall  <b>12:00pm</b> - Spanish Meet-up- Alcove Hickory #2  <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> - iPad,Iphone intro Comp Room -Sey Tech	

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

## March 2018 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	<div style="text-align: right; color: red;">26</div> <p><b>3:15pm</b> - Latin Dance Stylin Exercise Room</p> <p><b>5:00pm</b> - Retros Exercise Room</p> <p><b>6:00pm</b> - Quilled Jewelry Craft Room</p> <p><b>7:00pm</b> - Chinese Folk Danc Great Hall</p>	<div style="text-align: right; color: red;">27</div> <p><b>4:30pm</b> - After Hours Newco Gath Place Cafe Are</p> <p><b>6:00pm</b> - Massage - PM w/ Massage Therapy Room</p> <p><b>6:30pm</b> - CH Cam Club Theater</p> <p><b>7:00pm</b> - T'ai Chi Exercise Room</p> <p><b>7:00pm</b> - Square Dancing-M Great Hall</p>	<div style="text-align: right; color: red;">28</div> <p><b>2:10pm</b> - Parkinson Pickleb Great Hall</p> <p><b>2:30pm</b> - T'ai Chi -begWed Exercise Room</p> <p><b>3:00pm</b> - AA - Late Bloomer Conference Room</p> <p><b>4:00pm</b> - NIA - Mar 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>7:00pm</b> - Irish Dance Exercise Room</p> <p><b>7:30pm</b> - Badminton-Wed ni Great Hall</p>	<div style="text-align: right; color: red;">29</div> <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>	30	31

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