



Seymour Center Activity Calendar

April 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 4:00pm Fit Feet-April Well Ind Serv 2</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p>	<p>8:00am - 9:00pm VITA - Thursdays Dogwood Room</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Meditation Energy Baq Patio</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:20am - 9:20am ST&M - April Great Hall</p> <p>8:30am - 9:00am Spanish Social-Exercise Exercise Room</p> <p>8:30am - 11:30am Medical Qigong Massage Therapy Room</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transitions Conference Room</p> <p>9:00am - 11:00am Chinese Cinema at Seymour Theater</p> <p>9:40am - 10:30am Strength Training - Apr Great Hall</p>	<p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:00am Employment Info Sessions Conference Room</p> <p>9:00am - 2:00pm Therapeutic Massage - April Massage Therapy Room</p> <p>9:00am - 4:00pm Physical Function Screen Well Ind Serv 1</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p>	<p>8:00am - 5:30pm Lace Day Birch Room</p> <p>8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room</p> <p>8:00am - 5:30pm Lace Day Entire Center</p> <p>8:00am - 5:30pm Lace Day Conference Room</p> <p>8:00am - 5:30pm Lace Day Entire Center</p> <p>8:00am - 5:30pm Lace Day Entire Center</p> <p>8:00am - 5:30pm Lace Day Theater</p> <p>8:00am - 5:30pm Lace Day Entire Center</p> <p>8:00am - 5:00pm Sylvan Heights Waterfowl Pa Offsite</p> <p>8:00am - 8:30pm Fitness Studio Apr 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>10:00am - 3:30pm Dominoes Liv Room 2</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>(Continued)</i> 1 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Liv Room 2 10:00am - 11:00am Charlie's Social Club Conference Room 10:00am - 10:50am The Art of Balance - April Exercise Room 10:30am - 11:30am Issues of Faith Ashe Room 10:30am - 11:30am Wednesday's Buzz Liv Room 2 10:30am - 11:30am Wednesday's Buzz Liv Room 2 10:30am - 12:30pm Dementia Basics-Cedar Gro Offsite 10:40am - 11:30am Tone, Balance, Tighten Great Hall 12:00pm - 1:00pm Seymour Lunch Program Great Hall 1:00pm - 2:30pm Petals with a Purpose Dogwood Room 1:00pm - 4:00pm Sarah West Bridge Ashe Room 1:00pm - 2:30pm Petals with a Purpose Dogwood Room	<i>(Continued)</i> 2 10:00am - 12:00pm Mah Jong, Learn Ashe Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Liv Room 2 10:30am - 12:00pm Sudoku Club Craft Room 10:30am - 12:00pm Sudoku Club Art Room 10:40am - 11:35am Strength Training Advanced Great Hall 11:00am - 1:00pm Jammers - Cheer Leaders Exercise Room 11:00am - 12:00pm Blood Pressure Check Wellness Corridor 12:00pm - 1:00pm Seymour Lunch Program Great Hall 12:00pm - 4:00pm Spanish Social Group Birch Room 12:30pm - 5:00pm Acupuncture Massage Therapy Room 12:45pm - 4:00pm Canasta Mem Tree and Vet Alc 1:00pm - 4:00pm Table Tennis Great Hall	<i>(Continued)</i> 3 9:45am - 10:45am Chinese Calligraphy Art Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Liv Room 2 10:00am - 10:50am Seated T'ai Chi Exercise Room 10:00am - 11:30am Coffee and Pastry with the A Theater 10:30am - 11:30am Silver Sneakers-cardio Great Hall 10:30am - 11:30am Silver Sneakers Cardio Exercise Room 10:30am - 11:30am Spanish Level IB -Mar Craft Room 11:00am - 11:50am Tone, Balance, Tighten Exercise Room 11:30am - 12:30pm Spanish Beginner IA-Mar Ashe Room 12:00pm - 1:00pm Seymour Lunch Program Great Hall 1:00pm - 2:30pm ESL - beginner Birch Room 1:00pm - 1:50pm Silver Sneakers Boom Exercise Room	<i>(Continued)</i> 4 10:00am - 12:00pm Tech Knowledge Ashe Room 10:30am - 11:30am Asian Dance Exercise Room 11:00am - 12:00pm T'ai Chi Practice Courtyard -outside 11:30am - 12:30pm T'ai Chi Practice Exercise Room 12:00pm - 3:00pm Table Tennis - Sat Great Hall 12:30pm - 4:30pm Carolina African American W Craft Room 1:00pm - 5:00pm Peking Opera Group Theater 1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room 1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room 2:00pm - 3:00pm Learn Scottish Gaelic Conve Craft Room 3:00pm - 5:00pm Chinese Folk Dance Exercise Room 3:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room 4:00pm - 5:00pm Zumba - Latina Great Hall

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><i>(Continued)</i> 1</p> <p>1:00pm - 3:00pm Photo Edit- With IPHONE an Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-A Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p> <p>2:00pm - 3:30pm SHARP Birch Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beginner Wed-Apr Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:00pm - 6:00pm Cricket Club: Weaving on a Craft Room</p> <p>3:00pm - 4:30pm Consumer Reports - Digital Dogwood Room</p>	<p><i>(Continued)</i> 2</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:00pm - 3:30pm Premier Presentation Theater</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Apr Thu Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 7:00pm Heartfulness Meditation Ashe 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> 3</p> <p>1:30pm - 4:30pm Table Tennis- Fri Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:00pm - 4:30pm Fever Dreams Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p>	<p><i>(Continued)</i> 4</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

			<i>(Continued)</i> 1 3:30pm - 4:30pm Expressive Dance: Sexy Sen Exercise Room 4:00pm - 5:00pm NIA - April Great Hall 4:30pm - 6:00pm Project EngAGE-Intergen Sp Ashe Room 5:15pm - 6:15pm Simply Yoga- April -Eve Exercise Room 6:00pm - 8:00pm Mah Jong-evening Ashe Room 6:30pm - 9:00pm Badminton-Wed night Great Hall 6:30pm - 9:00pm Vita Room Setup Dogwood Room 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	<i>(Continued)</i> 2	<i>(Continued)</i> 3	<i>(Continued)</i> 4
2:00pm - 5:00pm 5 Rentals-Madhumita Misra Theater	8:00am - 8:30pm 6 Fitness Studio Apr Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2 8:30am - 5:00pm Personal Trainer-April Wellness Desk	8:00am - 9:00pm 7 SHIIP/VITA Visiting Agency 1 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:00am - 8:30pm Fitness Studio Apr Fitness Room 8:20am - 9:20am ST&M - April Great Hall	8:00am - 9:00pm 8 SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm NCBA Visiting Agency 2 8:00am - 8:30pm Fitness Studio Apr Fitness Room 8:30am - 9:30am Chinese for Beginners-Listen Ashe Room	8:00am - 9:00pm 9 VITA - Thursdays Dogwood Room 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:00am - 8:30pm Fitness Studio Apr Fitness Room	8:00am - 9:00pm 10 VITA - Fridays and Saturday Dogwood Room 8:00am - 8:30pm Fitness Studio Apr Fitness Room 8:15am - 9:15am Chinese - Line dance Exercise Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 9:00pm 11 VITA - Fridays and Saturday Dogwood Room 8:00am - 8:30pm Fitness Studio Apr Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p> <p>9:00am - 1:00pm Masg - MS, day Apr Massage Therapy Room</p> <p>9:30am - 10:30am Early Intermediate Spanish L Dogwood Room</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Training - Apr Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/the Girls Craft Room</p> <p>10:00am - 12:00pm Beginning Oil Painting Apr Art Room</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>10:45am - 11:45am Spanish-Beginner Level 1- M Dogwood Room</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Liv Room 2</p> <p>12:00pm - 12:15pm Birthday Party Cafe Area</p>	<p><i>(Continued)</i> 7</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>9:30am - 11:30am Beginning Bridge Birch Room</p> <p>10:00am - 12:00pm Low Vision Support Ashe Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p>	<p><i>(Continued)</i> 8</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 4:00pm Fit Feet-April Well Ind Serv 2</p> <p>9:00am - 12:00pm Aging Transistions-Death Ca Theater</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:00am Charlie's Social Club Conference Room</p>	<p><i>(Continued)</i> 9</p> <p>8:20am - 9:20am ST&M - April Great Hall</p> <p>8:30am - 9:00am Spanish Social-Exercise Exercise Room</p> <p>8:30am - 11:30am Medical Qigong Massage Therapy Room</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transitions Conference Room</p> <p>9:30am - 11:00am Spring Farmhouse Decor Craft Room</p> <p>9:40am - 10:30am Strength Training - Apr Great Hall</p> <p>10:00am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:00am Kite Fun at Seymour- Spring Patio</p>	<p><i>(Continued)</i> 10</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage - April Massage Therapy Room</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:45am - 10:45am Chinese Calligraphy Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 12:00pm Caregivers Support Group Conference Room</p>	<p><i>(Continued)</i> 11</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm T'ai Chi Practice Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room</p> <p>1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room</p> <p>2:00pm - 3:00pm Learn Scottish Gaelic Conve Craft Room</p> <p>2:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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April 2020 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Spanish Level III-Beginner-M Dogwood Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:30pm Zentangle-April Craft Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 3:00pm Photo Edit- With Windows 10 Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</p> <p>1:30pm - 4:30pm Caregivers' Zen Dogwood Room</p> <p>2:00pm - 3:30pm Retros Art Room</p>	<p><i>(Continued)</i> 7</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Yoga, Gentle Joy- April Exercise Room</p> <p>11:30am - 12:30pm Friends Executive Bd Conference Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 3:00pm Parkinson Support Dogwood Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Open Computer Lab Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm Laughter Yoga-April Exercise Room</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:30pm Bereavement Support Conference Room</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p>	<p><i>(Continued)</i> 8</p> <p>10:00am - 10:50am The Art of Balance - April Exercise Room</p> <p>10:00am - 12:00pm Comforting Touch Dogwood Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 12:30pm Dementia Basics-Cedar Gro Offsite</p> <p>10:40am - 11:30am Tone, Balance, Tighten Great Hall</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:30pm - 2:00pm Project EngAGE-Policy Conference Room</p> <p>12:30pm - 2:00pm Project EngAGE-Aging Polic Theater</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p><i>(Continued)</i> 9</p> <p>10:00am - 2:00pm Health Screening-Hearing Well Ind Serv 1</p> <p>10:30am - 12:00pm Sudoku Club Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Art Room</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Leaders Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 5:00pm Table Tennis Tournam Table Tennis Area</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p>	<p><i>(Continued)</i> 10</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>10:30am - 11:30am Spanish Level IB -Mar Craft Room</p> <p>11:00am - 11:50am Tone, Balance, Tighten Exercise Room</p> <p>11:30am - 12:30pm Spanish Beginner IA-Mar Ashe Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:30pm Project EngAGE-Falls Preve Conference Room</p> <p>12:00pm - 1:30pm Stay Up and Be Active Ashe Room</p> <p>1:00pm - 2:30pm ESL - beginner Birch Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Exercise Room</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p>	<p><i>(Continued)</i> 11</p>

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April 2020 (Continued)

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Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p> <p>2:00pm - 2:50pm Pilates-Apr- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 4:00pm Playful Posture and Ergono Exercise Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>6:00pm - 8:30pm Shakespeare Outloud Book Dogwood Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 9:00pm Peking Opera Group Theater</p>	<p><i>(Continued)</i> 7</p> <p>2:00pm - 5:00pm Medical Qigong Massage Therapy Room</p> <p>2:00pm - 4:00pm Chinese Brush- March Art Room</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Camera Club Digital Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Song Swap Craft Room</p>	<p><i>(Continued)</i> 8</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 3:00pm Photo Edit- With Windows 10 Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-A Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p> <p>1:30pm - 5:00pm Better Angels Workshop Birch Room</p> <p>2:00pm - 5:00pm The best Years of Our Lives- Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beginner Wed-Apr Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:00pm - 6:00pm Cricket Club: Weaving on a Craft Room</p>	<p><i>(Continued)</i> 9</p> <p>1:00pm - 2:30pm Project EngAGE-Long Term Ashe Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>3:00pm - 4:00pm Life After a Stroke Craft Room</p> <p>3:20pm - 4:20pm Pilates - Apr Thu Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>5:30pm - 7:00pm Well Spouse Assoc Support Conference Room</p> <p>6:00pm - 7:00pm Heartfulness Meditation Ashe 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> 10</p>	<p><i>(Continued)</i> 11</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 5	(Continued) 6	(Continued) 7	(Continued) 8 3:00pm - 5:00pm OC Home Preservation Coali Dogwood Room 3:00pm - 4:30pm Consumer Reports - Digital Comp Room -Sey Tech 4:00pm - 5:00pm NIA - April Great Hall 5:15pm - 6:15pm Simply Yoga- April -Eve Exercise Room 6:00pm - 8:00pm Mah Jong-evening Ashe Room 6:00pm - 8:00pm Cinema Night at Seymour-pl Theater 6:00pm - 9:00pm Cinema Night at Seymour- J Theater 6:30pm - 9:00pm Badminton-Wed night Great Hall 6:30pm - 9:00pm Vita Room Setup Dogwood Room 7:00pm - 9:30pm Irish Dance Social Exercise Room 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	(Continued) 9	(Continued) 10	(Continued) 11
12	13 8:00am - 8:30pm Fitness Studio Apr Fitness Room	14 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1	15 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1	16 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1	17 8:00am - 8:30pm Fitness Studio Apr Fitness Room	18 8:00am - 8:30pm Fitness Studio Apr Fitness Room

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p>	<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</p>	<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>
	<p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Apr Massage Therapy Room</p> <p>9:00am - 11:00am Google Photos Comp Room -Sey Tech</p> <p>9:30am - 10:30am Early Intermediate Spanish L Dogwood Room</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Training - Apr Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/the Girls Craft Room</p> <p>10:00am - 12:00pm Beginning Oil Painting Apr Art Room</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p>	<p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:20am - 9:20am ST&M - April Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:30am - 9:30am Mall Walk-presentation Theater</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>9:30am - 11:30am Beginning Bridge Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 4:00pm Fit Feet-April Well Ind Serv 2</p> <p>9:00am - 11:00am Google Photos Comp Room -Sey Tech</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p>	<p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:20am - 9:20am ST&M - April Great Hall</p> <p>8:30am - 10:00am CHADER Theater</p> <p>8:30am - 9:00am Spanish Social-Exercise Exercise Room</p> <p>8:30am - 11:30am Medical Qigong Massage Therapy Room</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transitions Conference Room</p> <p>9:00am - 12:00pm Nature Walks - Johnston Mill Offsite</p> <p>9:40am - 10:30am Strength Training - Apr Great Hall</p> <p>10:00am - 12:00pm Mah Jong, Learn Ashe Room</p>	<p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage - April Massage Therapy Room</p> <p>9:00am - 12:45pm NC Assoc of Sr Cit Club Theater</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:45am - 10:45am Chinese Calligraphy Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise 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>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p> <p>10:00am - 11:30am Planting Lorax Seeds with th Craft Room</p> <p>10:00am - 11:30am Planting Lorax Seeds -not for Alcove Hickory #2</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p> <p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:30am - 12:30pm T'ai Chi Practice Exercise Room</p> <p>11:30am - 1:30pm Pulmonary/Hypertension Ashe Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>1:00pm - 5:00pm Opera at Seymour Theater</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p> <p>10:45am - 11:45am Spanish-Beginner Level 1- M Dogwood Room</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Liv Room 2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Spanish Level III-Beginner-M Dogwood Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:30pm Project EngAGE-LGBTQ Dogwood Room</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 3:00pm Dulcimer Craft Room</p> <p>1:00pm - 3:00pm Ancestry.com Comp Room -Sey Tech</p>	<p><i>(Continued)</i> 14</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Golden Age Happy Circle Cl Ashe Room</p> <p>11:00am - 11:50am Yoga, Gentle Joy- April Exercise Room</p> <p>11:30am - 12:30pm Wellness Ambassador Wellness Table</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>2:00pm - 5:00pm Medical Qigong Massage Therapy Room</p> <p>2:00pm - 4:00pm Chinese Brush- March Art Room</p>	<p><i>(Continued)</i> 15</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:00am Charlie's Social Club Conference Room</p> <p>10:00am - 10:50am The Art of Balance - April Exercise Room</p> <p>10:00am - 11:30am Home Fire Safety Theater</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>10:30am - 12:30pm Dementia Basics-Cedar Gro Offsite</p> <p>10:30am - 11:30am Bingo - April Dogwood Room</p> <p>10:40am - 11:30am Tone, Balance, Tighten Great Hall</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p><i>(Continued)</i> 16</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Leaders Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Friends of the Seymo Dogwood Room</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Gardening Topics Ashe Room</p>	<p><i>(Continued)</i> 17</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>10:30am - 11:30am Spanish Level IB -Mar Craft Room</p> <p>11:00am - 11:50am Tone, Balance, Tighten Exercise Room</p> <p>11:30am - 12:30pm Spanish Beginner IA-Mar Ashe Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beginner Birch Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Exercise Room</p> <p>1:00pm - 3:00pm Stenciling Basics Ashe Room</p> <p>2:00pm - 3:00pm Congoese Drumming C Theater</p> <p>2:00pm - 3:30pm Aging Intern Meeting Conference Room</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p>	<p><i>(Continued)</i> 18</p> <p>1:00pm - 5:00pm Opera-April Theater</p> <p>1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room</p> <p>1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room</p> <p>2:00pm - 3:00pm Learn Scottish Gaelic Conve Craft Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

(Continued)	12	(Continued)	13	(Continued)	14	(Continued)	15	(Continued)	16	(Continued)	17	(Continued)	18
	<p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</p> <p>1:30pm - 4:00pm Billiards Tournament Table Tennis Area</p> <p>2:00pm - 3:30pm Retros Art Room</p> <p>2:00pm - 2:50pm Pilates-Apr- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 4:00pm Playful Posture and Ergono Exercise Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>4:45pm - 6:00pm Grow Your World Birch Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:30pm - 8:30pm League of Women Voters Birch Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>		<p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>6:00pm - 8:00pm Rentals- Orange County Bee Ashe Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 8:00pm Delta Sigma Theta Dogwood Room</p> <p>6:30pm - 9:00pm Chapel Hill Camera Club Theater</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Family to Family-NAMI Conference Room</p>		<p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 3:00pm Ancestry.com Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-A Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beginner Wed-Apr Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:00pm - 6:00pm Cricket Club: Weaving on a Craft Room</p>		<p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Apr Thu Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 7:00pm Heartfulness Meditation Ashe Room</p> <p>6:30pm - 8:30pm Dulcimer Ashe Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>						

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p>	<p><i>(Continued)</i> 15</p> <p>3:30pm - 4:30pm Expressive Dance: Sexy Sen Exercise Room</p> <p>4:00pm - 5:00pm NIA - April Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- April -Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 16</p>	<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>
<p>19</p> <p>9:00am - 3:00pm Rentals-Durham Orange Quil Ashe Room</p>	<p>20</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Apr Massage Therapy Room</p> <p>9:30am - 10:30am Early Intermediate Spanish L Dogwood Room</p>	<p>21</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:00am - 11:00am Mall Walk - April Offsite</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:20am - 9:20am ST&M - April Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p>	<p>22</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p>	<p>23</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:20am - 9:20am ST&M - April Great Hall</p> <p>8:30am - 9:00am Spanish Social-Exercise Exercise Room</p> <p>8:30am - 11:30am Medical Qigong Massage Therapy Room</p>	<p>24</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p>	<p>25</p> <p>8:00am - 8:30pm Fitness Studio Apr Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>8:30am - 1:00pm World T'ai Chi Great Hall</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:30am - 11:30am Asian Dance Exercise Room</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued) 19	(Continued) 20	(Continued) 21	(Continued) 22	(Continued) 23	(Continued) 24	(Continued) 25
<p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Training - Apr Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:30am Chinese Training-Vol Theater</p> <p>10:00am - 12:00pm Quilting w/the Girls Craft Room</p> <p>10:00am - 12:00pm Beginning Oil Painting Apr Art Room</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>10:45am - 11:45am Spanish-Beginner Level 1- M Dogwood Room</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Liv Room 2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Spanish Level III-Beginner-M Dogwood Room</p>	<p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>9:30am - 11:30am Beginning Bridge Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Yoga, Gentle Joy- April Exercise Room</p>	<p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:00am Charlie's Social Club Conference Room</p> <p>10:00am - 10:50am The Art of Balance - April Exercise Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 12:30pm Dementia Basics-Cedar Gro Offsite</p> <p>10:40am - 11:30am Tone, Balance, Tighten Great Hall</p>	<p>8:30am - 5:00pm Personal Trainer-April Wellness Desk</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transitions Conference Room</p> <p>9:00am - 12:00pm Nature Walks Mand Chinese Offsite</p> <p>9:00am - 12:00pm Nature Walks Mand Chinese Offsite</p> <p>9:40am - 10:30am Strength Training - Apr Great Hall</p> <p>10:00am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Leaders Exercise Room</p>	<p>9:00am - 2:00pm Therapeutic Massage - April Massage Therapy Room</p> <p>9:00am - 12:00pm Memory Screening Well Ind Serv 2</p> <p>9:30am - 10:30am Salli's Sr Workout-Apr Great Hall</p> <p>9:30am - 12:00pm Bridge Lab Birch Room</p> <p>9:45am - 10:45am Chinese Calligraphy Art Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:30am Project EngAGE-Mental Well Ashe Room</p> <p>10:00am - 12:00pm NARFE Theater</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 12:00pm Caregivers Support Group Conference Room</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p>	<p>11:00am - 12:00pm T'ai Chi Practice Courtyard -outside</p> <p>11:00am - 12:30pm Flash Mob-orientation-April Theater</p> <p>11:30am - 12:30pm T'ai Chi Practice Exercise Room</p> <p>1:00pm - 5:00pm NC Chinese Opera Society Theater</p> <p>1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room</p> <p>1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room</p> <p>2:00pm - 3:00pm Learn Scottish Gaelic Conve Craft Room</p> <p>2:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>3:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>	

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</p> <p>1:00pm - 3:00pm OC Departments-OC Home Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 3:00pm Everything Google Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</p> <p>1:30pm - 2:30pm Caregivers Series Dogwood Room</p> <p>1:30pm - 2:30pm Garden Club Conference Room</p> <p>2:00pm - 3:30pm Retros Art Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p>	<p><i>(Continued)</i> 21</p> <p>12:00pm - 1:30pm Project EngAGE- Neighborh Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Laughter Yoga-April Exercise Room</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 3:00pm Everything Google Comp Room -Sey Tech</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 5:00pm Medical Qigong Massage Therapy Room</p> <p>2:00pm - 4:00pm Chinese Brush- March Art Room</p> <p>2:00pm - 3:30pm Retirement for Boomers Ashe Room</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p>	<p><i>(Continued)</i> 22</p> <p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:00pm Man Power: Network Group f Theater</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-A Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p> <p>2:00pm - 3:00pm Earth Day Plant Potting Part Balcony</p>	<p><i>(Continued)</i> 23</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 3:30pm Newcomers' Mah Jong Birch Room</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Apr Thu Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p>	<p><i>(Continued)</i> 24</p> <p>10:30am - 11:30am Spanish Level IB -Mar Craft Room</p> <p>11:00am - 11:50am Tone, Balance, Tighten Exercise Room</p> <p>11:30am - 12:30pm Spanish Beginner IA-Mar Ashe Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beginner Birch Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Exercise Room</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p>	<p><i>(Continued)</i> 25</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p> <p>2:00pm - 2:50pm Pilates-Apr- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 4:00pm Playful Posture and Ergono Exercise Room</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:00pm - 7:30pm Rentals- Paws 4 ever Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 21</p> <p>4:00pm - 5:30pm The Optimist Club of CH Ashe Room</p> <p>4:00pm - 9:00pm FEAST Craft Room</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>5:30pm - 7:30pm Rentals-Hannah Ruth Conference Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm Chapel Hill Camera Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> 22</p> <p>2:00pm - 3:30pm Little's Cooking Light Cafe Area</p> <p>2:00pm - 5:00pm The best Years of Our Lives- Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beginner Wed-Apr Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:00pm - 6:00pm Cricket Club: Weaving on a Craft Room</p> <p>3:00pm - 4:30pm Consumer Reports - Climate Dogwood Room</p> <p>4:00pm - 5:00pm NIA - April Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- April -Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 23</p> <p>6:00pm - 8:45pm Triangle Weavers Theater</p> <p>6:00pm - 7:00pm Heartfulness Meditation Ashe 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> 24</p>	<p><i>(Continued)</i> 25</p>

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday		
26	27	28	29	30		
	8:00am - 8:30pm Fitness Studio Apr Fitness Room	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1		
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 9:30am Bodhi Mediation Energy Baq Patio	8:00am - 5:00pm NCBA Visiting Agency 2	8:00am - 9:30am Bodhi Mediation Energy Baq Patio		
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	8:00am - 8:30pm Fitness Studio Apr Fitness Room	8:00am - 8:30pm Fitness Studio Apr Fitness Room	8:00am - 8:30pm Fitness Studio Apr Fitness Room		
	8:30am - 5:00pm Personal Trainer-April Wellness Desk	8:20am - 9:20am ST&M - April Great Hall	8:30am - 9:30am Chinese for Beginners-Listen Ashe Room	8:20am - 9:20am ST&M - April Great Hall		
	9:00am - 1:00pm Masg - MS, day Apr Massage Therapy Room	8:30am - 9:30am Walking Outdoors Living Room - Entry space	8:30am - 5:00pm Personal Trainer-April Wellness Desk	8:30am - 9:00am Spanish Social-Exercise Exercise Room		
	9:30am - 10:30am Early Intermediate Spanish L Dogwood Room	8:30am - 5:00pm Personal Trainer-April Wellness Desk	8:50am - 9:25am Strengthen Your Core Great Hall	8:30am - 11:30am Medical Qigong Massage Therapy Room		
	9:30am - 10:30am Asian Soft Ball Exercise Room	9:00am - 11:00am Mandarin Conversation Conference Room	9:00am - 3:00pm Care Partner Respite Progra Craft Room	8:30am - 5:00pm Personal Trainer-April Wellness Desk		
	9:40am - 10:30am Strength Training - Apr Great Hall	9:00am - 9:50am Chinese Dance Exercise Room	9:00am - 12:00pm Cribbage Alcove Ginko #1	9:00am - 5:00pm Spanish Social Club Birch Room		
	10:00am - 11:30am Table Tennis Table Tennis Area	9:00am - 12:00pm Veterans Services Visiting Agency 2	9:30am - 11:30am Blood Pressure Check Wellness Corridor	9:00am - 12:00pm Spanish Social Club Birch Room		
	10:00am - 3:30pm Dominoes Liv Room 2	9:30am - 10:30am Enrichment Life Group Theater	9:30am - 10:30am Chinese for Beginners Ashe Room	9:00am - 11:00am Aging Transitions Conference Room		
	10:00am - 12:00pm Quilting w/the Girls Craft Room	9:30am - 11:30am Beginning Bridge Birch Room	9:30am - 10:30am Salli's Sr Workout-Apr Great Hall	9:40am - 10:30am Strength Training - Apr Great Hall		
	10:00am - 12:00pm Beginning Oil Painting Apr Art Room	9:30am - 10:30am Door Flower Swag Craft Room	9:30am - 12:00pm Bridge Lab Birch Room	10:00am - 12:00pm Mah Jong, Learn Ashe Room		
	10:40am - 11:35am Strength Training Advanced Great Hall	10:00am - 12:00pm ESL Dogwood Room	10:00am - 11:30am Table Tennis Table Tennis Area	10:00am - 11:30am Table Tennis Table Tennis Area		

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i></p>	<p style="text-align: right; color: red;">26</p> <p><i>(Continued)</i></p> <p>10:45am - 11:45am Spanish-Beginner Level 1- M Dogwood Room</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Liv Room 2</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm Senior Games Celebra Cafe Area</p> <p>12:00pm - 1:00pm Spanish Level III-Beginner-M Dogwood Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 3:00pm Intro to your Mac-Mastering Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</p>	<p style="text-align: right; color: red;">27</p> <p><i>(Continued)</i></p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:30am Project EngAGE-End of Life Ashe Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Yoga, Gentle Joy- April Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 3:00pm Intro to your Mac-Mastering Comp Room -Sey Tech</p> <p>1:00pm - 3:00pm Senior Center Cinema Theater</p> <p>2:00pm - 5:00pm Medical Qigong Massage Therapy Room</p>	<p style="text-align: right; color: red;">28</p> <p><i>(Continued)</i></p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 11:00am Charlie's Social Club Conference Room</p> <p>10:00am - 10:50am The Art of Balance - April Exercise Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:40am - 11:30am Tone, Balance, Tighten Great Hall</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 1:50pm Yoga - April Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 3:00pm Intro to your Mac-Mastering Comp Room -Sey Tech</p>	<p style="text-align: right; color: red;">29</p> <p><i>(Continued)</i></p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Leaders Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p> <p>12:00pm - 4:30pm Prime Time Players Perform Theater</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:30pm - 3:30pm Care Partners Craft Program Dogwood Room</p> <p>12:30pm - 3:30pm Bonding over Blankets Dogwood Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p>	<p style="text-align: right; color: red;">30</p> <p><i>(Continued)</i></p>	

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Seymour Center Activity Calendar

April 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>(Continued) 26</p>	<p>(Continued) 27</p> <p>1:00pm - 2:30pm Senior Artists Exhib- Silver A Theater</p> <p>2:00pm - 3:30pm Retros Art Room</p> <p>2:00pm - 2:50pm Pilates-Apr- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 5:30pm Prime Time Players Theater</p> <p>3:00pm - 4:00pm Playful Posture and Ergono Exercise Room</p> <p>3:00pm - 4:00pm Senior Artists Exhib- Silver A Liv Room 2</p> <p>3:30pm - 5:30pm Social Argentine Tango Great Hall</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>5:30pm - 7:00pm Prime Time Players Theater</p> <p>6:00pm - 7:00pm Zumba - Latina Great Hall</p> <p>6:30pm - 8:30pm League of Women Voters Birch Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p>(Continued) 28</p> <p>2:00pm - 4:00pm Chinese Brush- March Art Room</p> <p>2:00pm - 3:30pm Retirement for Boomers Ashe Room</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm Chapel Hill Camera Club Theater</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>	<p>(Continued) 29</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-A Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 3:20pm T'ai Chi beginner Wed-Apr Exercise Room</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:00pm - 6:00pm Cricket Club: Weaving on a Craft Room</p> <p>3:00pm - 4:30pm Consumer Reports - Climate Dogwood Room</p> <p>4:00pm - 5:00pm NIA - April Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- April -Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p>(Continued) 30</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Apr Thu Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 7:00pm Heartfulness Meditation Ashe Room</p> <p>7:00pm - 8:30pm Waltzing Great Hall</p> <p>7:45pm - 8:45pm Asian Dance Exercise Room</p>		
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