



Seymour Center Activity Calendar

March 2020

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
	8:00am - 9:00pm SHIIP Visiting Agency 1	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	8:00am - 9:00pm SHIIP Visiting Agency 1	8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room
	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:00am - 9:30am Bodhi Mediation Energy Baq Patio	8:00am - 5:00pm NCBA Visiting Agency 2	8:00am - 9:00pm VITA - Thusdays Dogwood Room	8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room	8:00am - 8:30pm Fitness Studio-March Fitness Room
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:00am - 9:30am Bodhi Mediation Energy Baq Patio	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:30am - 5:30pm Billiards Activity Area-Pool
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	8:20am - 9:20am ST&M - Mar Great Hall	8:30am - 9:30am Chinese for Beginners-Listen Ashe Room	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:15am - 9:15am Chinese - Line dance Exercise Room	8:30am - 12:30pm The Suffragist Project-rehea Theater
	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:30am - 9:30am Walking Outdoors Living Room - Entry space	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:20am - 9:20am ST&M - Mar Great Hall	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	9:00am - 10:15am Chinese Folk Dance Exercise Room
	9:00am - 1:00pm Masg - MS, day Mar Massage Therapy Room	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:50am - 9:25am Strengthen Your Core Great Hall	8:30am - 9:00am Spanish Social-Exercise Exercise Room	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	9:00am - 4:00pm Japanese Embroid-NOT FO Birch Room
	9:00am - 11:00am ID Theft, Comp Sec & Backu Comp Room -Sey Tech	9:00am - 11:00am Mandarin Conversation Conference Room	9:00am - 12:00pm Cribbage Alcove Ginko #1	8:30am - 11:30am Medical Qigong Massage Therapy Room	8:30am - 5:00pm Personal Trainer-March Wellness Desk	9:00am - 4:00pm Japanese Embroid-March Ashe Room
	9:30am - 10:30am Early Intermediate - Level IV Dogwood Room	9:00am - 9:50am Chinese Dance Exercise Room	9:00am - 3:00pm Care Partner Respite Progra Craft Room	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:50am - 9:25am Strengthen Your Core Great Hall	9:15am - 11:45am Badminton Great Hall
	9:30am - 10:30am Asian Soft Ball Exercise Room	9:00am - 12:00pm Veterans Services Visiting Agency 2	9:00am - 12:00pm Watercolor Carol Fyn-Bluebir Art Room	9:00am - 5:00pm Spanish Social Club Birch Room	9:00am - 10:00am Employment Info Sessions Conference Room	10:00am - 3:30pm Dominoes Liv Room 2
	9:40am - 10:30am Strength Training - Mar Great Hall	9:30am - 10:30am Enrichment Life Group Theater	9:00am - 4:00pm Fit Feet-March Well Ind Serv 2	9:00am - 12:00pm Spanish Social Club Birch Room	9:00am - 2:00pm Therapeutic Massage - Mar Massage Therapy Room	10:00am - 12:00pm Tech Knowledge Ashe Room
	10:00am - 11:30am Table Tennis Table Tennis Area	9:30am - 11:30am Beginning Bridge Birch Room	9:30am - 11:30am Blood Pressure Check Wellness Corridor	9:00am - 11:00am Aging Transitions Conference Room	9:00am - 4:00pm Physical Function Screen Well Ind Serv 1	10:30am - 11:30am Asian Dance Exercise Room
	10:00am - 3:30pm Dominoes Liv Room 2	10:00am - 12:00pm Low Vision Support Ashe Room	9:30am - 10:30am Chinese for Beginners Ashe Room	9:00am - 11:00am Chinese Cinema at Seymour Theater	9:30am - 12:00pm Bridge Lab Birch Room	11:00am - 12:00pm T'ai Chi Practice Courtyard -outside
	10:00am - 12:00pm Quilting w/the Girls Craft Room	10:00am - 12:00pm ESL Dogwood Room	9:30am - 12:00pm Bridge Lab Birch Room	9:40am - 10:30am Strength Training - Mar Great Hall	9:45am - 10:45am Chinese Calligraphy Art Room	11:30am - 12:30pm T'ai Chi Practice Exercise Room

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 2</p> <p>10:00am - 12:00pm Beginning Oil Painting Mar Art Room</p> <p>10:00am - 11:00am Kite Fun at Seymour- Kites A Theater</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>10:45am - 11:45am Spanish- Beginner Level 1- J 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>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:00pm Spanish Level II-Beginner-Ja Conference 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><i>(Continued)</i> 3</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- March Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Mar Exercise 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 - 2:00pm Laughter Yoga-Mar 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><i>(Continued)</i> 4</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 - Mar Exercise Room</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>10:40am - 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><i>(Continued)</i> 5</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 Craft 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 - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p>	<p><i>(Continued)</i> 6</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 - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>10:30am - 11:30am Spanish Level IB -Jan Craft Room</p> <p>11:00am - 11:50am Tone, Balance, Tighten Exercise Room</p> <p>11:30am - 12:30pm Spanish Beginner 1B2 - new 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 - 3:00pm Android Smartphones Comp Room -Sey Tech</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Exercise Room</p> <p>1:30pm - 4:30pm Table Tennis- Fri Great Hall</p>	<p><i>(Continued)</i> 7</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>12:30pm - 4:30pm Carolina African American W Craft Room</p> <p>1:00pm - 5:00pm Peking Opera Group 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>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 2</p> <p>1:00pm - 3:00pm Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</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>2:00pm - 2:50pm Pilates-Mar- 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><i>(Continued)</i> 3</p> <p>1:00pm - 3:00pm Skype Comp Room -Sey Tech</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>2:00pm - 5:00pm Medical Qigong Massage Therapy 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>5:30pm - 7:00pm Nursing Home Advisor Conference 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> 4</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry- 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 - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-beginner Wed Mar Exercise Room</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>3:30pm - 4:30pm Expressive Dance: Sexy Sen Exercise Room</p> <p>4:00pm - 5:00pm NIA - Mar Great Hall</p> <p>4:30pm - 6:00pm Project EngAGE-Intergeren Sp Ashe Room</p>	<p><i>(Continued)</i> 5</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Living Well With... 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>3:20pm - 4:20pm Pilates -Mar 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 - 8:30pm NAMI Support Group Birch 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> 6</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> 7</p>

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 2</p> <p>6:00pm - 8:00pm Rentals-phone banking Dogwood Room</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> 3</p>	<p><i>(Continued)</i> 4</p> <p>5:15pm - 6:15pm Simply Yoga- March -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>6:30pm - 9:00pm Vita Room Setup Dogwood Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</p>
<p>8</p> <p>9:00am - 4:00pm Japanese Embroid-NOT FO Birch Room</p> <p>9:00am - 4:00pm Japanese Embroid-March Ashe Room</p> <p>10:00am - 3:30pm The Suffragist Project-rehea Theater</p>	<p>9</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-March 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-March Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Mar Massage Therapy Room</p> <p>9:30am - 10:30am Early Intermediate - Level IV Dogwood Room</p>	<p>10</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-March Fitness Room</p> <p>8:20am - 9:20am ST&M - Mar Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal Trainer-March Wellness Desk</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p>	<p>11</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-March Fitness Room</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal Trainer-March Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p>	<p>12</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:00pm VITA - Thursdays Dogwood Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:20am - 9:20am ST&M - Mar 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>13</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-March 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-March Wellness Desk</p>	<p>14</p> <p>8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room</p> <p>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>8:30am - 12:30pm The Suffragist Project-rehea Theater</p> <p>8:30am - 12:30pm The Suffragist Project-rehea Ashe Room</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:00am - 12:00pm Passage Meditation Craft Room</p>

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Training - Mar 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 Mar Art Room</p> <p>10:40am - 11:35am Strength Training Advanced Great Hall</p> <p>10:45am - 11:45am Spanish- Beginner Level 1- J 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 II-Beginner-Ja Conference Room</p> <p>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p>	<p><i>(Continued)</i> 10</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>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- March Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Mar Exercise Room</p> <p>11:30am - 12:30pm Wellness Ambassador Wellness Table</p>	<p><i>(Continued)</i> 11</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Watercolor Carol Fyn-Bluebir Art Room</p> <p>9:00am - 4:00pm Fit Feet-March 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 - 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 - Mar Exercise Room</p> <p>10:30am - 11:30am Issues of Faith Ashe Room</p> <p>10:30am - 11:30am Bingo-March Dogwood Room</p> <p>10:40am - 11:30am Tone, Balance, Tighten Great Hall</p>	<p><i>(Continued)</i> 12</p> <p>8:30am - 5:00pm Personal Trainer-March 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 - Occoneeche Offsite</p> <p>9:40am - 10:30am Strength Training - Mar 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 - 12:30pm Dominoes Tournament Craft Room</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><i>(Continued)</i> 13</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Therapeutic Massage - Mar Massage Therapy Room</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</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>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><i>(Continued)</i> 14</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p> <p>10:00am - 3:00pm Project EngAGE- SRT - Inter Theater</p> <p>10:00am - 3:00pm Project EngAGE- SRT - Inter Cafe Area</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>

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March 2020 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p>	<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p>	<p><i>(Continued)</i> 12</p>	<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p>
	<p>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 - March Exercise Room</p> <p>1:00pm - 3:00pm Dulcimer Craft Room</p> <p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</p> <p>2:00pm - 3:30pm Retros Art Room</p> <p>2:00pm - 2:50pm Pilates-Mar- 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>11:30am - 12:30pm Friends Executive Bd Conference 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 - 3:00pm Aging Advisory Bd Dogwood 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 - 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>6:00pm - 8:00pm Rentals- Orange County Bee Ashe Room</p>	<p>12:00pm - 5:00pm Trager Sessions Massage Therapy Room</p> <p>12:00pm - 5:00pm Reiki Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</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>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry- Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p>	<p>11:00am - 1:00pm Jammers - Cheer Leaders Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>11:30am - 1:00pm Lunch & Learn-Bring Your o Theater</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>12:45pm - 2:15pm DIY Birdfeeders Cafe Area</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</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>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>1:00pm - 2:00pm Nutrition Research Studies w Ashe Room</p> <p>1:30pm - 4:30pm Badminton- 2nd Frida Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:00pm - 3:30pm Aging Intern Meeting Conference Room</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</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

March 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</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>6:00pm - 8:00pm Rentals-phone banking Dogwood Room</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><i>(Continued)</i> 10</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><i>(Continued)</i> 11</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-beginner Wed Mar Exercise Room</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 - 5:00pm OC Home Preservation Coali Dogwood Room</p> <p>4:00pm - 5:00pm NIA - Mar Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- March -Eve Exercise Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:00pm - 8:00pm Cinema Night at Seymour-pl Theater</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>6:30pm - 9:00pm Vita Room Setup Dogwood Room</p> <p>6:30pm - 9:00pm Cinema Night at Seymour-D Theater</p>	<p><i>(Continued)</i> 12</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 -Mar 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>5:30pm - 8:30pm NAMI Support Group Birch 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> 13</p>	<p><i>(Continued)</i> 14</p>

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 8	(Continued) 9	(Continued) 10	(Continued) 11 7:00pm - 9:30pm Irish Dance Social Exercise Room 8:00pm - 9:00pm Zumba - Latina Wed Great Hall	(Continued) 12	(Continued) 13	(Continued) 14
15	16	17	18	19	20	21
	8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-March 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-March Wellness Desk 9:00am - 10:00am Spring EquinoxScavenger H Entire Center 9:00am - 1:00pm Masg - MS, day Mar Massage Therapy Room 9:30am - 10:30am Early Intermediate Spanish L Dogwood Room 9:30am - 10:30am Asian Soft Ball Exercise Room 9:40am - 10:30am Strength Training - Mar Great Hall	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:00am - 11:00am Mall Walk March Offsite 8:00am - 5:00pm Spring Equinox-Back to the 6 Entire Center 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:20am - 9:20am ST&M - Mar Great Hall 8:30am - 9:30am Walking Outdoors Living Room - Entry space 8:30am - 5:00pm Personal Trainer-March Wellness Desk 8:30am - 9:30am Mall Walk-presentation Theater 9:00am - 11:00am Mandarin Conversation Conference Room	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 5:00pm NCBA Visiting Agency 2 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:30am - 9:30am Chinese for Beginners-Listen Ashe Room 8:30am - 5:00pm Personal Trainer-March Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 12:00pm Cribbage Alcove Ginko #1 9:00am - 3:00pm Care Partner Respite Progra Craft Room 9:00am - 4:00pm Fit Feet-March Well Ind Serv 2 9:00am - 5:00pm Spring Equinox- Neon Day Entire Center	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:00pm VITA - Thusdays Dogwood Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:20am - 9:20am ST&M - Mar Great Hall 8:30am - 9:00am Spanish Social-Exercise Exercise Room 8:30am - 11:30am Medical Qigong Massage Therapy Room 8:30am - 5:00pm Personal Trainer-March Wellness Desk 9:00am - 5:00pm Spanish Social Club Birch Room 9:00am - 12:00pm Spanish Social Club Birch Room	8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:15am - 9:15am Chinese - Line dance Exercise 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-March Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 2:00pm Therapeutic Massage - Mar Massage Therapy Room 9:30am - 10:30am Salli's Sr Workout-Mar- Great Hall	8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 8:30am - 12:30pm The Suffragist Project-rehea Theater 8:30am - 12:30pm The Suffragist Project-rehea Ashe Room 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall 10:00am - 3:30pm Dominoes Liv Room 2 10:00am - 12:00pm Tech Knowledge Ashe Room 10:30am - 11:30am Asian Dance Exercise Room

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p>	<p><i>(Continued)</i> 21</p>
<p>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 Mar 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>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</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 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 Mar 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>12:45pm - 4:00pm Canasta Mem Tree and Vet Alc</p> <p>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</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>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- March Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Mar Exercise Room</p> <p>12:00pm - 1:30pm Project EngAGE- Neighborh Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</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-Mar- 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 - Mar Exercise Room</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>10:40am - 11:30am Tone, Balance, Tighten Great Hall</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</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 - 11:00am Kite Fun at SeymourDIY Kite Craft Room</p> <p>9:40am - 10:30am Strength Training - Mar 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 New! The Peoples Choice Theater</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>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 - 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>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>1:00pm - 5:00pm Opera at Seymour 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

March 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</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 - March Exercise Room</p> <p>1:00pm - 3:00pm Intro to IPHONE Comp Room -Sey Tech</p> <p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</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>2:00pm - 2:50pm Pilates-Mar- 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><i>(Continued)</i> 17</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 2:00pm Laughter Yoga-Mar 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 Intro to IPHONE Comp Room -Sey Tech</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>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>3:00pm - 4:00pm Selling Your Home in Today' Dogwood Room</p> <p>4:00pm - 5:30pm The Optimist Club of CH Ashe Room</p>	<p><i>(Continued)</i> 18</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 - March Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 3:00pm Intro to IPHONE Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry- Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p> <p>1:00pm - 2:30pm Build a Birdhouse Birch Room</p> <p>2:00pm - 3:00pm DIY Marble Mugs Birch Room</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p>	<p><i>(Continued)</i> 19</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 - 3:00pm Friends of the Seymo Birch Room</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 - 4:00pm Spring Equinox Party Entire Center</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates -Mar 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> 20</p> <p>2:00pm - 3:00pm Congoese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>6:30pm - 10:30pm Urban Line Dance Great Hall</p>	<p><i>(Continued)</i> 21</p>

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 15	(Continued) 16	(Continued) 17	(Continued) 18	(Continued) 19	(Continued) 20	(Continued) 21
	3:00pm - 4:00pm Playful Posture and Ergono Exercise Room 3:00pm - 4:00pm Senior Artists Exhib-Joyce S Liv Room 2 3:30pm - 5:30pm Social Argentine Tango Great Hall 4:00pm - 5:00pm Prime Time Players Craft Room 4:45pm - 7:00pm Town of CH Ashe Room 4:45pm - 7:00pm Town of CH Birch Room 6:00pm - 7:00pm Zumba - Latina Great Hall 6:00pm - 7:30pm Rentals- Paws 4 ever Dogwood Room 6:00pm - 8:00pm Rentals-phone banking Dogwood Room 7:00pm - 9:00pm Chinese Folk Dance Great Hall	5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room 5:30pm - 7:30pm Rentals-Hannah Ruth Conference Room 6:30pm - 9:00pm Badminton Great Hall 6:30pm - 9:00pm Chapel Hill Camera Club Ashe Room 7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room	2:30pm - 3:20pm T'ai Chi-beginner Wed Mar Exercise Room 3:00pm - 4:00pm AA - Late Bloomers Conference Room 3:00pm - 6:00pm Cricket Club: Weaving on a Craft Room 3:00pm - 4:30pm Following a Sustainable Diet Dogwood Room 3:30pm - 4:30pm Expressive Dance: Sexy Sen Exercise Room 4:00pm - 5:00pm NIA - Mar Great Hall 5:15pm - 6:15pm Simply Yoga- March -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	5:30pm - 8:30pm NAMI Support Group Birch Room 6:00pm - 7:00pm Heartfulness Meditation Ashe Room 6:30pm - 8:30pm Dulcimer Ashe Room 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room		
22	23	24	25	26	27	28
	8:00am - 9:00pm SHIIP Visiting Agency 1	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	8:00am - 9:00pm SHIIP Visiting Agency 1	8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 22	(Continued) 23	(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28
	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:00am - 9:30am Bodhi Mediation Energy Baq Patio	8:00am - 5:00pm NCBA Visiting Agency 2	8:00am - 9:00pm VITA - Thursdays Dogwood Room	8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room	8:00am - 8:30pm Fitness Studio-March Fitness Room
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:00am - 3:00pm Triangle J - COG Conference Room	8:00am - 9:30am Bodhi Mediation Energy Baq Patio	8:00am - 5:00pm Triangle J - COG Conference Room	8:30am - 5:30pm Billiards Activity Area-Pool
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	8:20am - 9:20am ST&M - Mar Great Hall	8:00am - 3:00pm Triangle J - COG Conference Room	8:00am - 5:00pm Triangle J - COG Conference Room	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:30am - 12:30pm The Suffragist Project-rehea Theater
	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:30am - 9:30am Walking Outdoors Living Room - Entry space	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:00am - 8:30pm Fitness Studio-March Fitness Room	8:15am - 9:15am Chinese - Line dance Exercise Room	8:30am - 12:30pm The Suffragist Project-rehea Ashe Room
	9:00am - 1:00pm Masg - MS, day Mar Massage Therapy Room	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:30am - 9:30am Chinese for Beginners-Listen Ashe Room	8:20am - 9:20am ST&M - Mar Great Hall	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	9:00am - 10:15am Chinese Folk Dance Exercise Room
	9:30am - 10:30am Early Intermediate Spanish L Dogwood Room	9:00am - 11:00am Mandarin Conversation Conference Room	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:30am - 9:00am Spanish Social-Exercise Exercise Room	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	9:15am - 11:45am Badminton Great Hall
	9:30am - 10:30am Asian Soft Ball Exercise Room	9:00am - 9:50am Chinese Dance Exercise Room	8:50am - 9:25am Strengthen Your Core Great Hall	8:30am - 11:30am Medical Qigong Massage Therapy Room	8:30am - 5:00pm Personal Trainer-March Wellness Desk	10:00am - 3:30pm Dominoes Liv Room 2
	9:40am - 10:30am Strength Training - Mar Great Hall	9:00am - 12:00pm Veterans Services Visiting Agency 2	9:00am - 12:00pm Cribbage Alcove Ginko #1	8:30am - 5:00pm Personal Trainer-March Wellness Desk	8:50am - 9:25am Strengthen Your Core Great Hall	10:30am - 11:30am Asian Dance Exercise Room
	10:00am - 11:30am Table Tennis Table Tennis Area	9:30am - 10:30am Enrichment Life Group Theater	9:00am - 3:00pm Care Partner Respite Progra Craft Room	9:00am - 5:00pm Spanish Social Club Birch Room	9:00am - 2:00pm Therapeutic Massage - Mar Massage Therapy Room	11:00am - 12:00pm T'ai Chi Practice Courtyard -outside
	10:00am - 3:30pm Dominoes Liv Room 2	10:00am - 12:00pm ESL Dogwood Room	9:30am - 11:30am Blood Pressure Check Wellness Corridor	9:00am - 12:00pm Spanish Social Club Birch Room	9:30am - 10:30am Salli's Sr Workout-Mar- Great Hall	11:00am - 12:30pm Flash Mob-orientation-March Theater
	10:00am - 12:00pm Quilting w/the Girls Craft Room	10:00am - 11:30am Table Tennis Table Tennis Area	9:30am - 10:30am Chinese for Beginners Ashe Room	9:00am - 11:00am Aging Transitions Conference Room	9:30am - 12:00pm Bridge Lab Birch Room	11:30am - 12:30pm T'ai Chi Practice Exercise Room
	10:00am - 12:00pm Beginning Oil Painting Mar Art Room	10:00am - 3:30pm Dominoes Liv Room 2	9:30am - 10:30am Salli's Sr Workout-Mar- Great Hall	9:40am - 10:30am Strength Training - Mar Great Hall	9:45am - 10:45am Chinese Calligraphy Art Room	12:00pm - 3:00pm Table Tennis - Sat Great Hall
	10:40am - 11:35am Strength Training Advanced Great Hall	10:00am - 11:30am Project EngAGE-End of Life Ashe Room	9:30am - 12:00pm Bridge Lab Birch Room	10:00am - 12:00pm Mah Jong, Learn Ashe Room	10:00am - 11:30am Table Tennis Table Tennis Area	1:00pm - 5:00pm NC Chinese Opera Society Theater

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 22	(Continued) 23	(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28
	10:45am - 11:45am Spanish-Beginner Level 1- M Dogwood Room	10:30am - 11:30am Silver Sneakers-cardio Great Hall	10:00am - 11:30am Table Tennis Table Tennis Area	10:00am - 11:30am Table Tennis Table Tennis Area	10:00am - 3:30pm Dominoes Liv Room 2	1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room
	11:00am - 11:50am Sit to be Fit Exercise Room	10:30am - 2:30pm Creative Crafters Craft Room	10:00am - 3:30pm Dominoes Liv Room 2	10:00am - 3:30pm Dominoes Liv Room 2	10:00am - 11:30am Project EngAGE-Mental Well Ashe Room	1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room
	11:00am - 12:00pm Current Events: Today's Wor Liv Room 2	10:30am - 11:30am The Local Reporter Theater	10:00am - 11:00am Charlie's Social Club Conference Room	10:00am - 11:00am Kite Fun at Seymour- Kite Ex Liv Room 2	10:00am - 10:50am Seated T'ai Chi Exercise Room	2:00pm - 3:00pm Learn Scottish Gaelic Conve Craft Room
	12:00pm - 1:00pm Seymour Lunch Program Great Hall	11:00am - 11:50am Yoga, Gentle Joy- March Exercise Room	10:00am - 10:50am The Art of Balance - Mar Exercise Room	10:00am - 11:30am Legal Aide of NC Theater	10:30am - 11:30am Silver Sneakers-cardio Great Hall	2:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room
	12:00pm - 1:00pm Spanish Level III-Beginner-M Dogwood Room	11:00am - 11:50am Gentle Joy of Yoga- am-Mar Exercise Room	10:30am - 11:30am Issues of Faith Ashe Room	10:00am - 12:00pm Health Dept Nutrition Couns Living Room	10:30am - 12:00pm Caregivers Support Group Conference Room	3:00pm - 5:00pm Chinese Folk Dance Exercise Room
	12:45pm - 4:00pm Canasta Mem Tree and Vet Alc	12:00pm - 1:00pm Seymour Lunch Program Great Hall	10:40am - 11:30am Tone, Balance, Tighten Great Hall	10:30am - 12:00pm Sudoku Club Craft Room	10:30am - 11:30am Silver Sneakers Cardio Exercise Room	3:00pm - 4:00pm Learn Scottish Gaelic-NOT F Craft Room
	12:45pm - 1:45pm Chinese Choir- Hong Yan Theater	1:00pm - 4:00pm Table Tennis Great Hall	12:00pm - 5:00pm Trager Sessions Massage Therapy Room	10:30am - 12:00pm Sudoku Club Art Room	10:30am - 11:30am Spanish Level IB -Mar Craft Room	4:00pm - 5:00pm Zumba - Latina Great Hall
	1:00pm - 4:00pm Sarah West Bridge Ashe Room	1:00pm - 5:00pm NCBA Visiting Agency 2	12:00pm - 5:00pm Reiki Massage Therapy Room	10:40am - 11:35am Strength Training Advanced Great Hall	11:00am - 11:50am Tone, Balance, Tighten Exercise Room	
	1:00pm - 3:00pm Dulcimer-Mon Practice Craft Room	1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1	12:00pm - 1:00pm Seymour Lunch Program Great Hall	11:00am - 1:00pm Jammers - Cheer Leaders Exercise Room	11:30am - 12:30pm Spanish Beginner IA-Mar Ashe Room	
	1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1	1:00pm - 3:00pm Intro to iPad Comp Room -Sey Tech	12:00pm - 1:00pm Tax-Free Investing Dogwood Room	11:00am - 12:00pm Blood Pressure Check Wellness Corridor	12:00pm - 1:00pm Seymour Lunch Program Great Hall	
	1:00pm - 1:50pm Yoga - March Exercise Room	1:00pm - 2:30pm Bereavement Support Conference Room	12:00pm - 1:00pm Time Matters A Woman's Ou Birch Room	11:00am - 1:00pm Legal Aide of NC Visiting Agency 2	1:00pm - 2:30pm ESL - beginner Birch Room	
	1:00pm - 4:00pm Windows 10 Comp Room -Sey Tech	1:00pm - 3:00pm Senior Center Cinema Theater	1:00pm - 2:30pm Petals with a Purpose Dogwood Room	12:00pm - 1:00pm Seymour Lunch Program Great Hall	1:00pm - 1:50pm Silver Sneakers Boom Exercise Room	
	1:00pm - 3:00pm Intro to iPad Comp Room -Sey Tech	1:30pm - 4:00pm Transportation-Vol Drivers Pr Dogwood Room	1:00pm - 4:00pm Sarah West Bridge Ashe Room	12:30pm - 5:00pm Acupuncture Massage Therapy Room	2:00pm - 3:00pm Congolese Drumming C Theater	

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p> <p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</p> <p>1:30pm - 2:30pm Caregivers Series Dogwood Room</p> <p>2:00pm - 3:30pm Retros Art Room</p> <p>2:00pm - 2:50pm Pilates-Mar- 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 - 8:00pm Rentals-phone banking Dogwood Room</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><i>(Continued)</i> 24</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>4:00pm - 9:00pm FEAST Craft 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><i>(Continued)</i> 25</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 - 1:50pm Yoga - March Exercise Room</p> <p>1:00pm - 1:50pm Silver Sneakers Boom Great Hall</p> <p>1:00pm - 4:00pm Windows 10 Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry- Conference Room</p> <p>1:00pm - 2:00pm cats Theater</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Birch Room</p> <p>2:00pm - 3:30pm Little's Cooking Light Cafe Area</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-beginner Wed Mar Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p>	<p><i>(Continued)</i> 26</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 - 3:00pm Pinterest Comp Room -Sey Tech</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>2:00pm - 3:00pm Spring tea Tasting with Duke Cafe Area</p> <p>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p> <p>3:00pm - 4:00pm Celebrated Music of Duke Ell Theater</p> <p>3:20pm - 4:20pm Pilates -Mar 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> 27</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p>	<p><i>(Continued)</i> 28</p>

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 22	(Continued) 23	(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27	(Continued) 28
			3:00pm - 6:00pm Cricket Club: Weaving on a Craft Room 3:00pm - 4:30pm Consumer Reports - Medical Birch Room 4:00pm - 5:00pm NIA - Mar Great Hall 5:15pm - 6:15pm Simply Yoga- March -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	5:30pm - 8:30pm NAMI Support Group Birch Room 6:00pm - 8:45pm Triangle Weavers Theater 6:00pm - 7:00pm Heartfulness Meditation Ashe Room 7:00pm - 8:30pm Waltzing Great Hall 7:45pm - 8:45pm Asian Dance Exercise Room		
29	30	31				
	8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-March Fitness Room 8:30am - 5:00pm Employment Info Sessions Visiting Agency 1 8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:00am - 6:00pm Life Line Screening-canc Ashe Room 8:00am - 6:00pm Life Line Screening-CANC Birch Room				

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Seymour Center Activity Calendar

March 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;">29</p> <p><i>(Continued)</i></p> <p>8:30am - 5:00pm Personal Trainer-March Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Mar 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 - Mar 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 Mar 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 style="text-align: right; color: red;">30</p> <p><i>(Continued)</i></p> <p>8:00am - 6:00pm Life Line Screening-canc Well Ind Serv 1</p> <p>8:00am - 8:30pm Fitness Studio-March Fitness Room</p> <p>8:20am - 9:20am ST&M - Mar Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal Trainer-March 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 - 10:30am Bunny in a Hat Craft Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Liv Room 2</p>	<p style="text-align: right; color: red;">31</p> <p><i>(Continued)</i></p>			

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Seymour Center Activity Calendar

March 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;">29</p> <p><i>(Continued)</i></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 - 3:00pm Photo Edit- With IPHONE an Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 1:50pm Yoga - March Exercise Room</p> <p>1:00pm - 2:00pm T'ai Chi Practice Great Hall</p> <p>1:30pm - 3:00pm Spring Garden Porch and Pa Patio</p> <p>2:00pm - 3:30pm Retros Art Room</p> <p>2:00pm - 2:50pm Pilates-Mar- Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruction Gath Place Cafe Are</p>	<p style="text-align: right; color: red;">31</p> <p><i>(Continued)</i></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- March Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Mar 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 - 2:30pm Bereavement Support Conference Room</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>2:15pm - 3:05pm Arlene's Inspired Movement Exercise Room</p>				

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Seymour Center Activity Calendar

March 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 29</p>	<p><i>(Continued)</i> 30</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 - 8:00pm Rentals-phone banking Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 31</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 Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>				

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