



Seymour Center Activity Calendar

November 2019

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|--|--|--|--|---|--|
| | | | | | <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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-Nov Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 4:00pm Physical Function Sc Well Ind Serv 1</p> <p>9:00am - 2:00pm Ther Massage - Nov Massage Therapy Room</p> <p>9:00am - 6:00pm Early Voting Living Room</p> <p>9:30am - 10:30am Salli's Sr Work-Nov Great Hall</p> | <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>8:30am - 5:30pm Lace Day Great Hall</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</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 Informal T'ai Chi Exercise 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> |
|--|--|--|--|--|---|--|

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|--|--|--|--|---|---|
| | | | | | <p><i>(Continued)</i> 1</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 Living Room - Entry space</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Nov Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:30pm - 4:30pm Table Tennis- Fri Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> | <p><i>(Continued)</i> 2</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> |
|--|--|--|--|--|---|---|

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | <i>(Continued)</i> 2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are 3:30pm - 5:00pm Mah Jong- Friday group Ashe Room | <i>(Continued)</i> |
|----------|--|---|---|---|--|--|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 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-Nov Wellness Desk 9:00am - 1:00pm Masg - MS, day Nov Massage Therapy Room 9:00am - 11:00am Intro to IPAD Comp Room -Sey Tech 9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room | 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:20am - 9:20am ST&M - Nov Great Hall 8:30am - 9:30am Walking Outdoors Living Room - Entry space 8:30am - 5:00pm Personal trainer-Nov Wellness Desk 9:00am - 9:50am Chinese Dance Exercise Room 9:00am - 11:00am Mandarin Conversation Conference Room 9:00am - 11:00am Intro to IPAD Comp Room -Sey Tech 9:00am - 12:00pm Veterans Services Visiting Agency 2 | 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:30am - 9:30am Chinese for Beginners-Listen Ashe Room 8:30am - 5:00pm Personal trainer-Nov Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 10:30am Connect More Craft Room 9:00am - 4:00pm Fit Feet - Nov Well Ind Serv 2 9:00am - 12:00pm Cribbage Alcove Ginko #1 | 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:20am - 9:20am ST&M - Nov Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 5:00pm Personal trainer-Nov Wellness Desk 9:00am - 5:00pm Spanish Social Club Birch Room 9:00am - 12:00pm Spanish Social Club Birch Room 9:00am - 11:00am Aging Transistions Conference Room 9:30am - 12:00pm Mah Jong, Learn Ashe Room | 8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 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-Nov Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 2:00pm Ther Massage - Nov Massage Therapy Room | 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 8:30am - 2:00pm Caregivers' Retreat Theater 8:30am - 2:00pm Caregivers' Retreat Ashe Room 8:30am - 2:00pm Caregivers' Retreat Birch Room 8:30am - 2:00pm Caregivers' Retreat Dogwood Room 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:00am - 12:00pm Passage Meditation Craft Room 9:00am - 2:30pm Caregivers' Retreat Art Room |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|--|
| <p><i>(Continued)</i> 3</p> | <p><i>(Continued)</i> 4</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Oil Painting - Oct Art Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 12:15pm Birthday Party Cafe Area</p> <p>12:00pm - 1:00pm Span Lev II - Nov Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> | <p><i>(Continued)</i> 5</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>10:00am - 12:00pm Low Vision Support Ashe Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:00am - 12:00pm Nutrition Info Liv Room 2</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Nov 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><i>(Continued)</i> 6</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Nov Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch 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><i>(Continued)</i> 7</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Nov Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch 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><i>(Continued)</i> 8</p> <p>9:00am - 11:00am Thurston Arthritis Ashe 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 Living Room - Entry space</p> <p>10:00am - 12:00pm VITA TRAINING Dogwood Room</p> <p>10:00am - 12:00pm NARFE Theater</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Nov Craft Room</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</p> | <p><i>(Continued)</i> 9</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</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 Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>12:00pm - 2:30pm Caregivers' Retreat Craft Room</p> <p>1:00pm - 3:00pm Flash Mob Class then Flash Exercise Room</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 Odyssey Stage - Past Imperf Theater</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|---|
| <p><i>(Continued)</i> 3</p> | <p><i>(Continued)</i> 4</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 Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga, Sr - Nov Exercise Room</p> <p>1:00pm - 3:30pm Zentangle-Tangled Wreath- Craft Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 2:50pm Pilates - Nov - Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc 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>3:30pm - 5:00pm Caregivers' Day Planning Co Conference Room</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> | <p><i>(Continued)</i> 5</p> <p>12:30pm - 3:00pm Parkinson Support Dogwood Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 4:00pm Open Computer Lab Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:30pm Bereavement Support Conference Room</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 3:30pm Chinese Brush-Oct Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>4:00pm - 5:15pm Adult Care Home Adv Conference Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</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><i>(Continued)</i> 6</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference 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 - 1:50pm Yoga, Sr - Nov Exercise Room</p> <p>1:00pm - 2:00pm Man Power: Network Group f Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-beg Wed-Nov Exercise Room</p> <p>3:00pm - 4:30pm Consumer Reports - Climate Dogwood Room</p> <p>4:00pm - 5:00pm NIA - Nov Great Hall</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> | <p><i>(Continued)</i> 7</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>2:00pm - 3:00pm Zen Coloring Dogwood Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Nov-Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:00pm - 9:00pm Odyssey Stage-rehearsal Theater</p> <p>5:15pm - 6:15pm Simply Yoga- Nov-Eve Exercise Room</p> <p>5:30pm - 8:30pm NAMI Support Birch Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:00pm - 7:00pm Heartfulness Meditation Dogwood 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> 8</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>1:00pm - 2:30pm ESL - beg Birch 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 Instruc Gath Place Cafe Are</p> <p>3:00pm - 5:00pm Parkinson Players Theater</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p> | <p><i>(Continued)</i> 9</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|--|---|--|---|--|--|
| <p><i>(Continued)</i> 3</p> | <p><i>(Continued)</i> 4</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>6:00pm - 8:30pm Shakespeare Outloud Book Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> | <p><i>(Continued)</i> 5</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Camera Club Digit Dogwood Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</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> 6</p> <p>6:00pm - 8:00pm A Grand Affair Celebrating W Theater</p> <p>6:00pm - 8:00pm A Grand Affair Celebrating W Gath Place Cafe Are</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> 7</p> | <p><i>(Continued)</i> 8</p> | <p><i>(Continued)</i> 9</p> |
| <p>1:00pm - 6:00pm Parkinson Players Theater 10</p> | <p>8:00am - 9:00pm SHIIP Visiting Agency 1 11</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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-Nov Wellness Desk</p> | <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 12</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:20am - 9:20am ST&M - Nov Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal trainer-Nov Wellness Desk</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> | <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 13</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal trainer-Nov Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> | <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 14</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:20am - 9:20am ST&M - Nov Great Hall</p> <p>8:30am - 5:00pm Personal trainer-Nov Wellness Desk</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>9:00am - 5:00pm Spanish Social Club Birch Room</p> | <p>8:00am - 9:00pm SHIIP Visiting Agency 1 15</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p>8:30am - 5:00pm Personal trainer-Nov Wellness Desk</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> | <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 16</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:30am - 5:30pm Billiards Activity Area-Pool</p> <p>9:00am - 10:15am Chinese Folk Dance Exercise Room</p> <p>9:15am - 11:45am Badminton Great Hall</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 12:00pm Tech Knowledge Ashe Room</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|--|---|
| <p><i>(Continued)</i> 10</p> | <p><i>(Continued)</i> 11</p> <p>9:00am - 1:00pm Masg - MS, day Nov Massage Therapy Room</p> <p>9:00am - 11:00am Everything Google Comp Room -Sey Tech</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 11:00am Employment Info Sessions Conference Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Oil Painting - Oct Art Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> | <p><i>(Continued)</i> 12</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 11:00am Everything Google Comp Room -Sey Tech</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 - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>10:30am - 11:30am Golden Age Happy Cir Ashe Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Nov Exercise Room</p> <p>11:30am - 12:30pm Wellness Ambassador Wellness Table</p> | <p><i>(Continued)</i> 13</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 4:00pm Fit Feet - Nov Well Ind Serv 2</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Blackwood Farm Park Offsite</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 10:50am The Art of Balance - Nov Exercise Room</p> <p>10:30am - 11:30am Bingo- Nov Dogwood Room</p> | <p><i>(Continued)</i> 14</p> <p>9:00am - 12:00pm Spanish Social Club Birch Room</p> <p>9:00am - 11:00am Aging Transistions Conference Room</p> <p>9:00am - 11:00am Chinese Cinema at Seymour Theater</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Nov Craft Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> | <p><i>(Continued)</i> 15</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Ther Massage - Nov Massage Therapy 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 Living Room - Entry space</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Nov Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> | <p><i>(Continued)</i> 16</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 Informal T'ai Chi Exercise Room</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 - 3:00pm Flash Mob Class then Flash Exercise Room</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>1:30pm - 3:30pm Autism Soc of NC Theater</p> <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p> <p>6:00pm - 10:00pm Rentals-Avon Lassiter-pendi Gath Place Cafe Are</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|---|
| <p><i>(Continued)</i> 10</p> | <p><i>(Continued)</i> 11</p> <p>12:00pm - 1:00pm Span Lev II - Nov Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</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 - 1:50pm Yoga, Sr - Nov Exercise Room</p> <p>1:00pm - 2:30pm Project EngAGE-LGBTQ Dogwood Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 2:50pm Pilates - Nov - Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc 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-Seymour Liv Room 2</p> | <p><i>(Continued)</i> 12</p> <p>11:30am - 12:30pm Wellness Ambassador Liv Room 2</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 - 3:00pm Pinterest Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 3:30pm Chinese Brush-Oct Art Room</p> <p>2:00pm - 3:30pm Retirement for Boome Ashe Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> | <p><i>(Continued)</i> 13</p> <p>10:40am - 11:30am Tone, Balance, Tight 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 - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference 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 - 1:50pm Yoga, Sr - Nov Exercise Room</p> <p>1:00pm - 3:00pm OC Home Preservation Coali Birch Room</p> <p>1:00pm - 3:00pm File Management Comp Room -Sey Tech</p> <p>2:00pm - 3:30pm Plant Based Cooking- Salad Demo Kitchen</p> | <p><i>(Continued)</i> 14</p> <p>11:30am - 1:00pm Lunch & Learn Dogwood Room</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 File Management Comp Room -Sey Tech</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Nov-Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Nov-Eve Exercise Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>5:30pm - 7:00pm Well Spouse Assoc Support Conference Room</p> | <p><i>(Continued)</i> 15</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p> | <p><i>(Continued)</i> 16</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|---|---|--|--|---|---|
| <p><i>(Continued)</i> 10</p> | <p><i>(Continued)</i> 11</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>5:00pm - 6:30pm Retros Exercise 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> 12</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> <p>7:00pm - 8:30pm Family to Family-NAM Conference Room</p> | <p><i>(Continued)</i> 13</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-beg Wed-Nov Exercise Room</p> <p>3:00pm - 4:30pm Consumer Reports - Climate Dogwood Room</p> <p>4:00pm - 5:00pm NIA - Nov Great Hall</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:00pm - 8:00pm Cinema Night at Seym-place Theater</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>7:00pm - 10:00pm Irish Dance Exercise Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p> | <p><i>(Continued)</i> 14</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:00pm - 7:00pm Heartfulness Meditation Dogwood 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> 15</p> | <p><i>(Continued)</i> 16</p> |
| <p style="text-align: right; color: red;">17</p> | <p style="text-align: right; color: red;">18</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> | <p style="text-align: right; color: red;">19</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> | <p style="text-align: right; color: red;">20</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> | <p style="text-align: right; color: red;">21</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> | <p style="text-align: right; color: red;">22</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> | <p style="text-align: right; color: red;">23</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|---|
| <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><i>(Continued)</i> 22</p> | <p><i>(Continued)</i> 23</p> |
| <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 5:00pm Personal trainer-Nov Wellness Desk</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>9:00am - 1:00pm Masg - MS, day Nov Massage Therapy Room</p> <p>9:00am - 11:00am Intro to your Mac-Mastering Comp Room -Sey Tech</p> <p>9:00am - 11:00am DIY Willow Pattern Mason Ja Dogwood Room</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> | <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:20am - 9:20am ST&M - Nov Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal trainer-Nov Wellness Desk</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 11:00am Intro to your Mac-Mastering Comp Room -Sey Tech</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 Acrylic Ball Bird Feeder 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 Living Room - Entry space</p> | <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:30am - 5:00pm Personal trainer-Nov Wellness Desk</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 10:30am Connect More Craft Room</p> <p>9:00am - 4:00pm Fit Feet - Nov Well Ind Serv 2</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 11:00am Intro to your Mac-Mastering 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 Work-Nov Great Hall</p> | <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:20am - 9:20am ST&M - Nov Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 5:00pm Personal trainer-Nov 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 Transistions Conference Room</p> <p>9:00am - 12:00pm Blackwood Farm Park Offsite</p> <p>9:30am - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Nov Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Balance Exercise Room</p> | <p>8:00am - 4:30pm Fitness Studio-Nov Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</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-Nov Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Ther Massage - Nov Massage Therapy Room</p> <p>9:30am - 10:30am Salli's Sr Work-Nov Great Hall</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 Living Room - Entry space</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 Living Room - Entry space</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 Informal T'ai Chi Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</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>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p> | |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|---|---|
| <p><i>(Continued)</i> 17</p> | <p><i>(Continued)</i> 18</p> <p>10:00am - 11:30am Chinese Training-Vol Theater</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Oil Painting - Oct Art Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 1:00pm Span Lev II - Nov Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</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 Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga, Sr - Nov Exercise Room</p> <p>1:00pm - 3:00pm Photo Edit- I Phone - I Pad Comp Room -Sey Tech</p> | <p><i>(Continued)</i> 19</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Nov Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 1:30pm Project EngAGE- Neighborh Conference Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Photo Edit- I Phone - I Pad Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 3:30pm Chinese Brush-Oct Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> | <p><i>(Continued)</i> 20</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 10:50am The Art of Balance - Nov Exercise Room</p> <p>10:30am - 11:30am Wednesday's Buzz Liv Room 2</p> <p>10:40am - 11:30am Tone, Balance, Tight Great Hall</p> <p>11:30am - 1:00pm Project EngAGE-Aging Polic Conference Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference 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><i>(Continued)</i> 21</p> <p>10:00am - 11:00am Legal Aide of NC Theater</p> <p>10:00am - 12:00pm Fused Glass Jewelry-Nov Craft Room</p> <p>10:00am - 12:00pm Seymour Donation Exchang Liv Room 2</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>11:00am - 1:00pm Legal Aide of NC Visiting Agency 2</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><i>(Continued)</i> 22</p> <p>10:15am - 11:15am Span Lev IB -Nov Craft Room</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p> | <p><i>(Continued)</i> 23</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| <p><i>(Continued)</i> 17</p> | <p><i>(Continued)</i> 18</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 4:00pm Weaving From the Heart- No Craft Room</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:00pm - 2:50pm Pilates - Nov - Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc 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>5:00pm - 6:30pm Retros Exercise Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> | <p><i>(Continued)</i> 19</p> <p>3:00pm - 5:00pm What does Ready Look Like Dogwood Room</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 Urban Line Dance Great Hall</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>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>6:45pm - 8:45pm Rentals-Chelsea Theatre Bo Dogwood Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> | <p><i>(Continued)</i> 20</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Nov Exercise Room</p> <p>1:00pm - 2:00pm Man Power: Network Group f Theater</p> <p>2:10pm - 3:50pm Parkinson Pickleball Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-beg Wed-Nov Exercise Room</p> <p>3:00pm - 4:00pm Life After a Stroke Craft Room</p> <p>3:00pm - 4:30pm Consumer Reports - Climate Dogwood Room</p> <p>4:00pm - 5:00pm NIA - Nov Great Hall</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>6:45pm - 8:45pm Rentals-Homestead Village Dogwood Room</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p> | <p><i>(Continued)</i> 21</p> <p>1:00pm - 3:00pm Friends of the Seymo Dogwood Room</p> <p>1:30pm - 3:00pm Caregivers Series - Palliative Ashe Room</p> <p>2:00pm - 3:00pm A Classic with a Twist Cafe Area</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Nov-Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Nov-Eve Exercise Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:00pm - 7:00pm Heartfulness Meditation Dogwood 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> | <p><i>(Continued)</i> 22</p> | <p><i>(Continued)</i> 23</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|---|--|---|---|---|
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | 8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 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-Nov Wellness Desk 9:00am - 1:00pm Masg - MS, day Nov Massage Therapy Room 9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room 9:30am - 11:30am Garden Club Garden Front of Seym 9:40am - 10:30am Strength Train - Nov Great Hall 10:00am - 11:00am Employment Info Sessions Conference Room 10:00am - 11:30am Table Tennis Table Tennis Area | 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:20am - 9:20am ST&M - Nov Great Hall 8:30am - 9:30am Walking Outdoors Living Room - Entry space 8:30am - 5:00pm Personal trainer-Nov Wellness Desk 9:00am - 9:50am Chinese Dance Exercise Room 9:00am - 11:00am Mandarin Conversation Conference Room 9:00am - 11:00am Mandarin Conversatio Ashe Room 9:00am - 12:00pm Veterans Services Visiting Agency 2 9:30am - 10:30am Enrichment Life Group Theater 10:00am - 12:00pm ESL Dogwood Room 10:00am - 11:30am Table Tennis Table Tennis Area | 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 8:30am - 9:30am Chinese for Beginners-Listen Ashe Room 8:30am - 5:00pm Personal trainer-Nov Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 10:30am Connect More Craft Room 9:00am - 12:00pm Cribbage Alcove Ginko #1 9:00am - 3:00pm Care Partner Respite Progra Craft Room 9:30am - 11:30am Blood Pressure Check Wellness Corridor 9:30am - 10:30am Chinese for Beginners Ashe Room 9:30am - 10:30am Salli's Sr Work-Nov Great Hall | 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:20am - 9:20am ST&M - Nov Great Hall 8:30am - 9:00am Spanish Social-Ex Exercise Room 8:30am - 5:00pm Personal trainer-Nov Wellness Desk 9:00am - 5:00pm Spanish Social Club Birch Room 9:00am - 12:00pm Spanish Social Club Birch Room 9:00am - 11:00am Aging Transistions Conference Room 9:30am - 12:00pm Mah Jong, Learn Ashe Room 9:40am - 10:30am Strength Train - Nov Great Hall 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space | 8:00am - 9:00pm SHIIP Visiting Agency 1 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:00am - 9:30am Bodhi Mediation Energy Baq Patio 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-Nov Wellness Desk 8:50am - 9:25am Strengthen Your Core Great Hall 9:00am - 2:00pm Ther Massage - Nov Massage Therapy Room 9:45am - 10:45am Chinese Calligraphy Art Room 10:00am - 11:30am Table Tennis Table Tennis Area 10:00am - 3:30pm Dominoes Living Room - Entry space | 8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room 8:00am - 4:30pm Fitness Studio-Nov Fitness Room 8:30am - 5:30pm Billiards Activity Area-Pool 9:00am - 10:15am Chinese Folk Dance Exercise Room 9:15am - 11:45am Badminton Great Hall 10:00am - 3:30pm Dominoes Living Room - Entry space 10:30am - 11:30am Asian Dance Exercise Room 11:00am - 12:00pm T'ai Chi Practice Courtyard -outside 11:30am - 12:30pm Informal T'ai Chi Exercise Room 12:00pm - 3:00pm Table Tennis - Sat Great Hall 1:00pm - 5:00pm Opera at Seymour Theater 1:30pm - 2:30pm Chinese Traditional Dance w Exercise Room 1:30pm - 2:30pm Chinese Ladies Dance with Exercise Room |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|--|
| <p><i>(Continued)</i> 24</p> | <p><i>(Continued)</i> 25</p> | <p><i>(Continued)</i> 26</p> | <p><i>(Continued)</i> 27</p> | <p><i>(Continued)</i> 28</p> | <p><i>(Continued)</i> 29</p> | <p><i>(Continued)</i> 30</p> |
| | <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Beg Oil Paint - Nov Art Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 11:50am Sit to be Fit Exercise Room</p> <p>11:00am - 12:00pm Current Events: Today's Wor Theater</p> <p>12:00pm - 1:00pm Span Lev II - Nov Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</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 - 1:50pm Yoga, Sr - Nov Exercise 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>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:00am - 11:30am Project EngAGE-End of Life Conference Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Nov 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 Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 3:30pm Chinese Brush-Oct Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p> <p>5:15pm - 6:15pm Arlene's Line Dancing Exerci Exercise Room</p> | <p>10:00am - 11:30am Table Tennis Table Tennis Area</p> <p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:00am - 10:50am The Art of Balance - Nov Exercise Room</p> <p>10:40am - 11:30am Tone, Balance, Tight 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 - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference 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>10:00am - 10:50am Balance Exercise Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Nov Great Hall</p> <p>11:00am - 1:00pm Jammers - Cheer Lead Exercise Room</p> <p>11:00am - 12:00pm Blood Pressure Check Wellness Corridor</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:00pm Project EngAGE-Mental Well Conference Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 4:00pm Newcomers' Mah Jong Birch Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Nov-Thurs Exercise Room</p> | <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:15am - 11:15am Span Lev IB -Nov Craft Room</p> <p>10:30am - 11:30am Silver Sneakers- Great Hall</p> <p>10:30am - 11:30am Silver Sneakers Cardio Exercise Room</p> <p>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p> | <p>3:00pm - 5:00pm Chinese Folk Dance Exercise Room</p> <p>4:00pm - 5:00pm Zumba - Latina Great Hall</p> |

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

Seymour Center Activity Calendar

November 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|---|
| <p><i>(Continued)</i> 24</p> | <p><i>(Continued)</i> 25</p> <p>1:00pm - 4:00pm Weaving From the Heart- No Craft Room</p> <p>2:00pm - 2:50pm Pilates - Nov - Mon Great Hall</p> <p>2:30pm - 5:00pm Table Tennis Instruc 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>5:00pm - 6:30pm Retros Exercise Room</p> <p>5:00pm - 7:00pm Teen Builders with Laila & Fr Craft 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> 26</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p> | <p><i>(Continued)</i> 27</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Nov Exercise 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 Instruc Gath Place Cafe Are</p> <p>2:30pm - 3:20pm T'ai Chi-beg Wed-Nov Exercise Room</p> <p>4:00pm - 5:00pm NIA - Nov Great Hall</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> 28</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Nov-Eve Exercise Room</p> <p>5:30pm - 7:00pm Basketball PM Great Hall</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy 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> 29</p> | <p><i>(Continued)</i> 30</p> |



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