



Seymour Center Activity Calendar

December 2019

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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room
	8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room	8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room	8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room	8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room	8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room	8:00am - 8:30pm Fitness Studio-Dec Fitness Room
	8:00am - 8:30pm Fitness Studio-Dec Fitness Room	8:00am - 8:30pm Fitness Studio-Dec Fitness Room	8:00am - 8:30pm Fitness Studio-Dec Fitness Room	8:00am - 8:30pm Fitness Studio-Dec Fitness Room	8:00am - 8:30pm Fitness Studio-Dec Fitness Room	8:30am - 5:30pm Billiards Activity Area-Pool
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	8:00am - 9:30am Bodhi Mediation Energy Baq Patio	8:00am - 5:00pm NCBA Visiting Agency 2	8:00am - 9:30am Bodhi Mediation Energy Baq Patio	8:15am - 9:15am Chinese - Line dance Exercise Room	9:00am - 10:15am Chinese Folk Dance Exercise Room
	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	8:20am - 9:20am ST&M - Dec Great Hall	8:30am - 9:30am Chinese for Beginners-Listen Ashe Room	8:20am - 9:20am ST&M - Dec Great Hall	8:30am - 5:00pm Employment Info Sessions Visiting Agency 1	9:00am - 4:00pm Japanese Emb-Dec Ashe Room
	8:30am - 5:00pm Personal trainer-Dec Wellness Desk	8:30am - 9:30am Walking Outdoors Living Room - Entry space	8:30am - 5:00pm Personal trainer-Dec Wellness Desk	8:30am - 9:00am Spanish Social-Ex Exercise Room	8:30am - 5:00pm Employment Info Sessions Visiting Agency 2	9:00am - 4:00pm Japanese Embroid-Not for R Birch Room
	9:00am - 1:00pm Masg - MS, day Dec Massage Therapy Room	8:30am - 5:00pm Personal trainer-Dec Wellness Desk	8:30am - 10:00am MAP -Outdoor Spaces and B Dogwood Room	8:30am - 5:00pm Personal trainer-Dec Wellness Desk	8:30am - 5:00pm Personal trainer-Dec Wellness Desk	9:15am - 11:45am Badminton Great Hall
	9:00am - 11:00am Intro to your Mac-The Apple Comp Room -Sey Tech	9:00am - 11:00am Mandarin Conversation Conference Room	8:50am - 9:25am Strengthen Your Core Great Hall	9:00am - 5:00pm Spanish Social Club Birch Room	8:50am - 9:25am Strengthen Your Core Great Hall	10:00am - 3:30pm Dominoes Living Room - Entry space
	9:30am - 11:30am Garden Club Garden Front of Seym	9:00am - 9:50am Chinese Dance Exercise Room	9:00am - 10:30am Connect More Craft Room	9:00am - 12:00pm Spanish Social Club Birch Room	9:00am - 10:00am Employment Info Sessions Conference Room	10:00am - 12:00pm Tech Knowledge Ashe Room
	9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room	9:00am - 11:00am Intro to your Mac-The Apple Comp Room -Sey Tech	9:00am - 3:00pm Care Partner Respite Progra Craft Room	9:00am - 11:00am Aging Transistions Conference Room	9:00am - 4:00pm Physical Function Sc Well Ind Serv 1	10:30am - 11:30am Asian Dance Exercise Room
	9:30am - 10:30am Wool Knitting Class for Mand Conference Room	9:00am - 12:00pm Veterans Services Visiting Agency 2	9:00am - 4:00pm Fit Feet -Dec Well Ind Serv 2	9:00am - 11:00am Chinese Cinema at Seymour Theater	9:00am - 2:00pm Ther Massage -Dec Massage Therapy Room	11:00am - 12:00pm T'ai Chi Practice Courtyard -outside
	9:30am - 10:30am Asian Soft Ball Exercise Room	9:30am - 10:30am Enrichment Life Group Theater	9:00am - 12:00pm Cribbage Alcove Ginko #1	9:00am - 11:00am DIY Willow Pattern Mason Ja Craft Room	9:30am - 10:30am Salli's Sr Wor-Dec Great Hall	11:30am - 12:30pm T'ai Chi Practice Exercise Room
	9:40am - 10:30am Strength Train - Dec Great Hall	10:00am - 12:00pm Low Vision Support Ashe Room	9:00am - 11:00am Intro to your Mac-The Apple Comp Room -Sey Tech	9:40am - 10:30am Strength Train - Dec Great Hall	9:45am - 10:45am Chinese Calligraphy Art Room	12:00pm - 3:00pm Table Tennis - Sat Great Hall

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Seymour Center Activity Calendar

December 2019 (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><i>(Continued)</i> 3</p>	<p><i>(Continued)</i> 4</p>	<p><i>(Continued)</i> 5</p>	<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</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 Beg Oil Paint - Nov Art Room</p> <p>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec Great Hall</p> <p>10:45am - 11:45am Spanish-Lev 1-1-NOV 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 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>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 Living Room - Entry space</p> <p>10:00am - 10:50am Balance Exercise Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 12:00pm NC DMV Real ID Theater</p> <p>11:00am - 11:50am Yoga, Gentle Joy- Dec Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Dec 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>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 Wor-Dec 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 The Art of Balance - Dec Exercise Room</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 - 11:30am Project EngAGE- SRT - Inter Dogwood Room</p> <p>10:00am - 12:00pm Senior Housing Seminar Theater</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>12:00pm - 1:00pm Seymour Lunch Program 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 Living Room - Entry space</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec 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>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</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 - 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-cardio 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>11:00am - 1:00pm Winter Holiday Luncheon Offsite</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>1:00pm - 2:30pm Aging Transistions Conference 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

December 2019 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 2</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 Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 3:30pm Zentangle-3D Zentangle Tre Craft Room</p> <p>2:00pm - 2:50pm Pilates- Dec- Mon Great Hall</p> <p>2:00pm - 4:30pm Capstone Team Conference Room</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 - 7:30pm Weaving From the Heart- De Craft Room</p>	<p><i>(Continued)</i> 3</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:00pm Laughter Yoga-Dec Exercise Room</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush-Oct Art Room</p> <p>2:00pm - 3:00pm Be Spree Presentation - BS Conference Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:30pm - 5:30pm Staff Meeting Dogwood Room</p> <p>5:00pm - 9:00pm CH Camera Club Digit Dogwood 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 - 8:00pm Concert Simon Ertz Theater</p> <p>6:00pm - 8:00pm Massage - PM w/ MS Massage Therapy Room</p>	<p><i>(Continued)</i> 4</p> <p>12:30pm - 2:30pm Connect More Craft 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 - 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 - Dec Exercise Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-D Conference Room</p> <p>1:00pm - 2:00pm Dulcimer-Practice Birch Room</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 Ch -beg Dec Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>3:30pm - 5:00pm Older Adult Emp Collabaratio Dogwood Room</p>	<p><i>(Continued)</i> 5</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Dec-Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Dec-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 - 8:45pm Triangle Weavers Gath Place Cafe Are</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>1:30pm - 4:30pm Table Tennis- Fri Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming C Theater</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>4:00pm - 6:00pm A Holiday Meet & Greet Liv Room 2</p> <p>6:30pm - 10:30pm Urban Line Dance Christmas Great Hall</p>	<p><i>(Continued)</i> 7</p>

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December 2019 (Continued)

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<p><i>(Continued)</i> 1</p>	<p><i>(Continued)</i> 2</p> <p>4:00pm - 5:00pm Prime Time Players Craft Room</p> <p>5:00pm - 6:30pm Retros Exercise Room</p> <p>5:30pm - 7:00pm Prime Time Players Theater</p> <p>6:00pm - 8:30pm Shakespeare Outloud Book Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p> <p>7:00pm - 9:00pm Peking Opera Group Ashe Room</p> <p>7:15pm - 8:45pm Evening of Classical Music/H Theater</p> <p>7:45pm - 8:45pm Classical Music Concert Theater</p>	<p><i>(Continued)</i> 3</p> <p>6:00pm - 7:30pm Compass Center Birch 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>7:30pm - 9:00pm Carolina Women in Business Birch Room</p>	<p><i>(Continued)</i> 4</p> <p>4:00pm - 5:00pm NIA - Dec Great Hall</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:00pm - 8:00pm Fever Dreams Theater</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> 5</p>	<p><i>(Continued)</i> 6</p>	<p><i>(Continued)</i> 7</p>
<p>9:00am - 4:00pm Japanese Emb-Dec Ashe Room</p> <p>9:00am - 4:00pm Japanese Embroid-Not for R Birch Room</p> <p style="text-align: right; color: red;">8</p>	<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 - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:30am - 5:00pm Employment Info Sessions Visiting Agency 1</p> <p style="text-align: right; color: red;">9</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>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p style="text-align: right; color: red;">10</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>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p style="text-align: right; color: red;">11</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>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p style="text-align: right; color: red;">12</p>	<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 - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:15am - 9:15am Chinese - Line dance Exercise Room</p> <p style="text-align: right; color: red;">13</p>	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec 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 style="text-align: right; color: red;">14</p>

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December 2019 (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>8:30am - 5:00pm Employment Info Sessions Visiting Agency 2</p> <p>8:30am - 5:00pm Personal trainer-Dec Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Dec Massage Therapy Room</p> <p>9:00am - 11:00am Mac and OS X-Taking the N Comp Room -Sey Tech</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room</p> <p>9:30am - 10:30am Wool Knitting Class for Mand Conference Room</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Train - Dec 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 Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Beg Oil Paint - Nov Art Room</p>	<p>8:20am - 9:20am ST&M - Dec Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal trainer-Dec 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 - 11:00am Mac and OS X-Taking the N 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>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p>	<p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal trainer-Dec Wellness Desk</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 - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 4:00pm Fit Feet -Dec Well Ind Serv 2</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 11:00am Mac and OS X-Taking the N Comp Room -Sey Tech</p> <p>9:00am - 9:30am Aging Transistions Conference 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>9:30am - 10:30am Salli's Sr Wor-Dec Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p>8:20am - 9:20am ST&M - Dec Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 5:00pm Personal trainer-Dec 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>9:30am - 12:30pm Selfie with an Elfie! Theater</p> <p>9:40am - 10:30am Strength Train - Dec 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 Living Room - Entry space</p> <p>10:00am - 10:50am Seated T'ai Chi Exercise Room</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec Great Hall</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-Dec Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 11:00am Thurston Arthritis Ashe Room</p> <p>9:00am - 2:00pm Ther Massage -Dec Massage Therapy Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Dec 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>10:15am - 11:15am Span Lev IB -Nov Craft Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p>	<p>9:00am - 12:00pm Passage Meditation Craft 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 T'ai Chi Practice Exercise Room</p> <p>12:00pm - 3:00pm Table Tennis - Sat Great Hall</p> <p>12:30pm - 4:30pm Prime Time Players Perform Theater</p> <p>12:30pm - 4:30pm Carolina African American W Craft Room</p> <p>12:30pm - 4:30pm Prime Time Players Perform Dogwood 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 Chinese Folk Dance Exercise Room</p>

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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>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p> <p>10:00am - 11:30am Comfort Touch Conference Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec Great Hall</p> <p>10:45am - 11:45am Spanish-Lev 1-1-NOV 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 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>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 Dulcimer-Mon Practice Craft Room</p> <p>1:00pm - 2:30pm Project EngAGE-LGBTQ Dogwood Room</p>	<p>10:30am - 11:30am Golden Age Happy Cir Ashe Room</p> <p>10:30am - 12:00pm Christmas Candy Candle Rin Craft Room</p> <p>11:00am - 11:50am Yoga, Gentle Joy- Dec Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Dec Exercise Room</p> <p>11:30am - 12:30pm Wellness Ambassador Wellness Table</p> <p>11:30am - 12:30pm Wellness Ambassador Liv Room 2</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 Windows 10 Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>2:00pm - 4:00pm Chinese Brush-Oct Art Room</p>	<p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am The Art of Balance - Dec Exercise Room</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 - 12:00pm Senior Housing Seminar Dogwood 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>12:00pm - 1:00pm Tax-Free Investing Dogwood Room</p> <p>12:30pm - 5:30pm Prime Time Players Perform Theater</p> <p>12:30pm - 2:30pm Connect More Craft Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</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>12:00pm - 5:00pm VITA TRAINING-Intake Conference Room</p> <p>12:30pm - 4:30pm Prime Time Players Perform Theater</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</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>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p>	<p>10:30am - 12:00pm Insight Caregivers Conference Room</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>12:00pm - 1:30pm Project EngAGE-Falls Preve Conference Room</p> <p>1:00pm - 2:30pm ESL - beg Birch Room</p> <p>1:00pm - 5:00pm Aging Transistions Dogwood 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 - 3:00pm Congolese Drumming C Theater</p> <p>2:00pm - 3:30pm Aging Intern Meeting Conference Room</p> <p>2:30pm - 5:00pm Table Tennis Instruc Gath Place Cafe Are</p>	<p>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

December 2019 (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>1:00pm - 1:50pm Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - 3:00pm Windows 10 Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 2:50pm Pilates- Dec- Mon Great Hall</p> <p>2:00pm - 3:00pm Prime Time Players-Practice Theater</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 - 7:30pm Weaving From the Heart- De Craft Room</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><i>(Continued)</i> 10</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>5:00pm - 6:15pm Prime Time Players-practice Theater</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>6:00pm - 7:30pm Compass Center Birch Room</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Cam Club Theater</p> <p>6:30pm - 9:30pm Town of CH-Community Desi Ashe Room</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> 11</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - 3:00pm OC Home Preservation Coali Birch Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-D Conference Room</p> <p>2:00pm - 3:30pm Plant Based Cooking- Instant Demo Kitchen</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 Ch -beg Dec Exercise Room</p> <p>3:00pm - 5:00pm MAP Dogwood Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA - Dec Great Hall</p>	<p><i>(Continued)</i> 12</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:00pm - 4:00pm Life After a Stroke Craft Room</p> <p>3:20pm - 4:20pm Pilates - Dec-Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Dec-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>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> 13</p> <p>3:30pm - 5:00pm Mah Jong- Friday group Ashe Room</p>	<p><i>(Continued)</i> 14</p>

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Seymour Center Activity Calendar

December 2019 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p> <p>5:30pm - 9:00pm Prime Time Players-Practice Theater</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><i>(Continued)</i> 11</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>6:30pm - 9:00pm Cinema Night at Seym-The L Theater</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> 12</p>	<p><i>(Continued)</i> 13</p>	<p><i>(Continued)</i> 14</p>
<p>15</p>	<p>16</p> <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 - 8:30pm Fitness Studio-Dec 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-Dec Wellness Desk</p>	<p>17</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 11:00am Mall Walk-Dec Offsite</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:20am - 9:20am ST&M - Dec Great Hall</p>	<p>18</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>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal trainer-Dec Wellness Desk</p>	<p>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>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:20am - 9:20am ST&M - Dec Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p>	<p>20</p> <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 - 8:30pm Fitness Studio-Dec 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>21</p> <p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec 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>

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Seymour Center Activity Calendar

December 2019 (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>9:00am - 1:00pm Masg - MS, day Dec Massage Therapy Room</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room</p> <p>9:30am - 10:30am Wool Knitting Class for Mand Conference Room</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Train - Dec 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 Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Beg Oil Paint - Nov Art Room</p> <p>10:00am - 11:00am The Peoples Choice Liv Room 2</p> <p>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec Great Hall</p>	<p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal trainer-Dec 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>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 Living Room - Entry space</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- Dec Exercise 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 - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 4:00pm Fit Feet -Dec Well Ind Serv 2</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Dec 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 The Art of Balance - Dec Exercise Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p>	<p>8:30am - 5:00pm Personal trainer-Dec 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>9:40am - 10:30am Strength Train - Dec 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 Living Room - Entry space</p> <p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec 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>8:30am - 5:00pm Personal trainer-Dec Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Ther Massage -Dec Massage Therapy Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Dec 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>10:15am - 11:15am Span Lev IB -Nov Craft 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>11:00am - 11:50am Tone, Balance, Tight Exercise Room</p> <p>11:30am - 12:30pm SpanishBeg IA Dogwood Room</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 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>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

December 2019 (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>10:45am - 11:45am Spanish-Lev 1-1-NOV 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 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>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 Chair Massage- MS Liv Room 2</p> <p>1:00pm - 1:50pm Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - 3:00pm Intro ti the Iphone Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:30pm - 3:00pm Garden Club Conference Room</p>	<p><i>(Continued)</i> 17</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Dec 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 Intro ti the Iphone Comp Room -Sey Tech</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 2:00pm Laughter Yoga-Dec Exercise Room</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>2:00pm - 4:00pm Writers' Group Birch Room</p> <p>2:00pm - 4:00pm Chinese Brush-Oct Art Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>4:00pm - 5:30pm The Optimist Club of CH Ashe Room</p> <p>5:15pm - 6:15pm Urban Line Dance Great Hall</p>	<p><i>(Continued)</i> 18</p> <p>10:00am - 11:00am Holiday Jazz :Music to your Theater</p> <p>10:00am - 12:00pm MAP-Transportation Dogwood 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 Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - 3:00pm Intro ti the Iphone Comp Room -Sey Tech</p>	<p><i>(Continued)</i> 19</p> <p>12:00pm - 4:00pm Spanish Social Group Birch Room</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:45pm - 4:00pm canasta Mem Tree and Vet Alc</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 3:00pm Friends of the Seymo Dogwood Room</p> <p>1:00pm - 3:30pm Newcomers' Mah Jong Birch Room</p> <p>1:00pm - 2:00pm Broadway Matinee Theater</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</p> <p>1:00pm - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p> <p>3:20pm - 4:20pm Pilates - Dec-Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p>	<p><i>(Continued)</i> 20</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>2:00pm - 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> 21</p>

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Seymour Center Activity Calendar

December 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 15</p>	<p><i>(Continued)</i> 16</p> <p>1:30pm - 2:30pm Caregivers Series Dogwood Room</p> <p>2:00pm - 3:00pm TED TALKS Theater</p> <p>2:00pm - 2:50pm Pilates- Dec- 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>6:00pm - 7:30pm Rentals-Paws 4 Ever Dogwood Room</p> <p>7:00pm - 9:00pm Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> 17</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>6:30pm - 8:30pm Chapel Hill - Carrboro Birch 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> 18</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-D Conference Room</p> <p>2:00pm - 3:00pm Wine Cork Ornaments Birch Room</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 Ch -beg Dec Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>4:00pm - 5:00pm NIA - Dec 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> 19</p> <p>5:15pm - 6:15pm Simply Yoga- Dec-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>6:30pm - 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> 20</p>	<p><i>(Continued)</i> 21</p>	
22	<p>8:00am - 9:00pm SHIIP Visiting Agency 1</p>	24	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p>	26	<p>8:00am - 9:00pm SHIIP Visiting Agency 1</p>	28	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p>

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Seymour Center Activity Calendar

December 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>(Continued)</i> 22	<i>(Continued)</i> 23	<i>(Continued)</i> 24	<i>(Continued)</i> 25	<i>(Continued)</i> 26	<i>(Continued)</i> 27	<i>(Continued)</i> 28
<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec 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-Dec Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Dec Massage Therapy Room</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Spanish, Lev IV-Early Nov Dogwood Room</p> <p>9:30am - 10:30am Wool Knitting Class for Mand Conference Room</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Train - Dec 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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:20am - 9:20am ST&M - Dec Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal trainer-Dec 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>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 - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 5:00pm NCBA Visiting Agency 2</p> <p>8:30am - 9:30am Chinese for Beginners-Listen Ashe Room</p> <p>8:30am - 5:00pm Personal trainer-Dec Wellness Desk</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 - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:30am - 11:30am Blood Pressure Check Wellness Corridor</p> <p>9:30am - 10:30am Chinese for Beginners Ashe Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Dec Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:20am - 9:20am ST&M - Dec Great Hall</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 5:00pm Personal trainer-Dec 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>9:40am - 10:30am Strength Train - Dec 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 Living Room - Entry space</p>	<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec 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-Dec Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Ther Massage -Dec Massage Therapy Room</p> <p>9:30am - 10:30am Salli's Sr Wor-Dec 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>8:00am - 8:30pm Fitness Studio-Dec 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>10:30am - 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>1:00pm - 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>	

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Seymour Center Activity Calendar

December 2019 (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><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>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Beg Oil Paint - Nov Art Room</p> <p>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec Great Hall</p> <p>10:45am - 11:45am Spanish-Lev 1-1-NOV 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 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>12:45pm - 1:45pm Chinese Choir- Hong Yan Theater</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 1:50pm Yoga, Sr - Dec Exercise Room</p>	<p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 2:30pm Creative Crafters Craft Room</p> <p>11:00am - 11:50am Yoga, Gentle Joy- Dec Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Dec 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>1:00pm - 5:00pm NCBA Visiting Agency 2</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 Badminton Great Hall</p>	<p>10:00am - 3:30pm Dominoes Living Room - Entry space</p> <p>10:00am - 10:50am The Art of Balance - Dec Exercise Room</p> <p>10:00am - 10:50am Inspired Movement Exercise Room</p> <p>10:00am - 11:00am Charlie's Social Clu Conference Room</p> <p>10:40am - 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 Petals with a Purpose Dogwood Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry Conference Room</p> <p>1:00pm - 4:00pm Sarah West Bridge Ashe Room</p> <p>1:00pm - 2:30pm Petals with a Purpose Dogwood Room</p>	<p>10:30am - 12:00pm Sudoku Club Dogwood Room</p> <p>10:40am - 11:35am Strength Train Adv - Dec 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>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 - 2:00pm Asian Soft Ball Exercise Room</p> <p>1:30pm - 3:00pm Kai Mei Knitters Craft Room</p> <p>2:15pm - 3:05pm Inspired Movement Exercise Room</p>	<p>10:15am - 11:15am Span Lev IB -Nov Craft Room</p> <p>10:30am - 11:30am Silver Sneakers-cardio Great Hall</p> <p>10:30am - 12:00pm Insight Caregivers Conference Room</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>2:00pm - 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>4:00pm - 5:00pm Zumba - Latina Great Hall</p>

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Seymour Center Activity Calendar

December 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</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>2:00pm - 2:50pm Pilates- Dec- 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>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>6:30pm - 9:00pm CH Cam 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 - 2:00pm Man Power: Network Group f Theater</p> <p>1:00pm - 1:50pm Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-D Conference Room</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 Ch -beg Dec Exercise Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Conference Room</p> <p>6:00pm - 8:00pm Mah Jong-evening Ashe Room</p> <p>6:30pm - 9:00pm Badminton-Wed night Great Hall</p> <p>8:00pm - 9:00pm Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> 26</p> <p>3:20pm - 4:20pm Pilates - Dec-Thurs Exercise Room</p> <p>4:15pm - 5:15pm Social Argentine Tango Great Hall</p> <p>5:15pm - 6:15pm Simply Yoga- Dec-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>7:45pm - 8:45pm Asian Dance Exercise Room</p>	<p><i>(Continued)</i> 27</p>	<p><i>(Continued)</i> 28</p>
<p style="text-align: right; color: red;">29</p>	<p style="text-align: right; color: red;">30</p> <p>8:00am - 9:00pm SHIIP Visiting Agency 1</p>	<p style="text-align: right; color: red;">31</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p>				

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Seymour Center Activity Calendar

December 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i></p>	<p style="color: red; font-weight: bold;">29</p>	<p><i>(Continued)</i></p>	<p style="color: red; font-weight: bold;">30</p>	<p><i>(Continued)</i></p>	<p style="color: red; font-weight: bold;">31</p>						
		<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec 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-Dec Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Dec Massage Therapy Room</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Train - Dec 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 Inspired Movement Exercise Room</p> <p>10:00am - 12:00pm Quilting w/ the Girls Craft Room</p>			<p>8:00am - 8:30pm Fitness Studio-Kiosk Only Fitness Room</p> <p>8:00am - 8:30pm Fitness Studio-Dec Fitness Room</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:20am - 9:20am ST&M - Dec Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal trainer-Dec 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>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>						

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Seymour Center Activity Calendar

December 2019 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p><i>(Continued)</i></p>	<p style="text-align: right;">29</p> <p><i>(Continued)</i></p> <p>10:40am - 11:35am Strength Train Adv - Dec Great Hall</p> <p>10:45am - 11:45am Spanish-Lev 1-1-NOV 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>12:45pm - 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 - 1:50pm Yoga, Sr - Dec Exercise Room</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>2:00pm - 2:50pm Pilates- Dec- 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 style="text-align: right;">30</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- Dec Exercise Room</p> <p>11:00am - 11:50am Gentle Joy of Yoga- am-Dec Exercise Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:00pm - 5:00pm VITA TRAINING Dogwood Room</p> <p>1:00pm - 4:00pm Table Tennis Great Hall</p> <p>1:00pm - 5:00pm Scrabble Meet Up Alcove Ginko #1</p> <p>1:00pm - 5:00pm NCBA Visiting Agency 2</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>				
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Seymour Center Activity Calendar

December 2019 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 29</p>	<p><i>(Continued)</i> 30</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> 31</p> <p>6:30pm - 9:00pm Badminton Great Hall</p> <p>6:30pm - 9:00pm CH Cam Club Ashe Room</p> <p>7:00pm - 8:15pm T'ai Chi- Yang Short Form Exercise Room</p>				

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