



# Seymour Center Activity Calendar

**February 2020**

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

						<p><b>8:30am - 5:30pm</b> Billiards Activity Area-Pool</p> <p><b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room</p> <p><b>9:15am - 11:45am</b> Badminton Great Hall</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 12:00pm</b> Tech Knowledge Ashe Room</p> <p><b>10:00am - 12:00pm</b> Black History Brunch Theater</p> <p><b>10:00am - 12:00pm</b> Black History Brunch-not for Gath Place Cafe Are</p> <p><b>10:30am - 11:30am</b> Asian Dance Exercise Room</p> <p><b>11:00am - 12:00pm</b> T'ai Chi Practice Courtyard -outside</p> <p><b>11:30am - 12:30pm</b> T'ai Chi Practice Exercise Room</p> <p><b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall</p> <p><b>1:00pm - 5:00pm</b> Peking Opera Group Theater</p> <p><b>1:30pm - 2:30pm</b> Chinese Traditional Dance w Exercise Room</p>
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# Seymour Center Activity Calendar

## February 2020 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

						<i>(Continued)</i> <span style="float: right; color: red;">1</span>
2	3	4	5	6	7	8
	<b>8:00am - 9:00pm</b> SHIIP Visiting Agency 1  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 2  <b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk  <b>9:00am - 1:00pm</b> Masg - MS, day Feb Massage Therapy Room  <b>9:00am - 11:00am</b> Comp Fund W 10 Comp Room -Sey Tech  <b>9:30am - 11:30am</b> Garden Club Garden Front of Seymour  <b>9:30am - 10:30am</b> Early Int - Lev IV - Jan Dogwood Room  <b>9:30am - 10:30am</b> Asian Soft Ball Exercise Room	<b>8:00am - 9:00pm</b> SHIIP/VITA Visiting Agency 1  <b>8:00am - 9:30am</b> Bodhi Mediation Energy Baq Patio  <b>8:20am - 9:20am</b> ST&M - Feb Great Hall  <b>8:30am - 9:30am</b> Walking Outdoors Living Room - Entry space  <b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk  <b>9:00am - 11:00am</b> Mandarin Conversation Conference Room  <b>9:00am - 9:50am</b> Chinese Dance Exercise Room  <b>9:00am - 12:00pm</b> Veterans Services Visiting Agency 2  <b>9:00am - 11:00am</b> Chinese Cinema at Seymour Theater	<b>8:00am - 9:00pm</b> SHIIP/VITA Visiting Agency 1  <b>8:00am - 5:00pm</b> NCBA Visiting Agency 2  <b>8:30am - 9:30am</b> Chinese for Beginners-Listen Ashe Room  <b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk  <b>8:50am - 9:25am</b> Strengthen Your Core Great Hall  <b>9:00am - 12:00pm</b> Cribbage Alcove Ginko #1  <b>9:00am - 3:00pm</b> Care Partner Respite Progra Craft Room  <b>9:00am - 4:00pm</b> Fit Feet - Feb Well Ind Serv 2  <b>9:00am - 11:00am</b> Comp Fund W 10 Comp Room -Sey Tech	<b>8:00am - 9:00pm</b> VITA - Thursdays Dogwood Room  <b>8:00am - 9:00pm</b> SHIIP/VITA Visiting Agency 1  <b>8:00am - 9:30am</b> Bodhi Mediation Energy Baq Patio  <b>8:20am - 9:20am</b> ST&M - Feb Great Hall  <b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room  <b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk  <b>9:00am - 5:00pm</b> Spanish Social Club Birch Room  <b>9:00am - 12:00pm</b> Spanish Social Club Birch Room  <b>9:00am - 11:00am</b> Aging Transistions Conference Room	<b>8:00am - 9:00pm</b> SHIIP Visiting Agency 1  <b>8:00am - 9:00pm</b> VITA - Fridays and Saturday Dogwood Room  <b>8:15am - 9:15am</b> Chinese - Line dance Exercise Room  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1  <b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 2  <b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk  <b>8:50am - 9:25am</b> Strengthen Your Core Great Hall  <b>9:00am - 2:00pm</b> Ther Massage - Feb Massage Therapy Room  <b>9:00am - 10:00am</b> Employment Info Sessions Conference Room	<b>8:00am - 9:00pm</b> VITA - Fridays and Saturday Dogwood Room  <b>8:30am - 5:30pm</b> Billiards Activity Area-Pool  <b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room  <b>9:00am - 12:00pm</b> Passage Meditation Craft Room  <b>9:15am - 11:45am</b> Badminton Great Hall  <b>10:00am - 4:00pm</b> Intergeneraational Social-Ce Offsite  <b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space  <b>10:00am - 4:00pm</b> Intergeneraational Social Offsite  <b>10:00am - 4:00pm</b> Intergeneraational Social Offsite

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# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right;">2</span></p>	<p><i>(Continued)</i> <span style="float: right;">3</span></p> <p><b>9:40am - 10:30am</b> Strength Train - Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 12:00pm</b> Beg Oil Paint -Jan Art Room</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girls Craft Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>10:45am - 11:45am</b> Spanish-Lev 1-Beg Jan Dogwood Room</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>11:00am - 12:00pm</b> Current Events: Today's Wor Liv Room 2</p> <p><b>12:00pm - 12:15pm</b> Birthday Party Cafe Area</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 1:00pm</b> SpanLev II-Beg-Jan Conference Room</p>	<p><i>(Continued)</i> <span style="float: right;">4</span></p> <p><b>9:30am - 10:30am</b> Enrichment Life Group Theater</p> <p><b>9:30am - 11:30am</b> Beginning Bridge Birch Room</p> <p><b>10:00am - 12:00pm</b> Low Vision Support Ashe Room</p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 10:30am</b> Game Time with Chapel Hill Gath Place Cafe Are</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 12:00pm</b> Demential Basics Offsite</p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 2:30pm</b> Creative Crafters Craft Room</p> <p><b>10:30am - 12:00pm</b> Valentine Earrings Craft Room</p> <p><b>11:00am - 11:50am</b> Yoga, Gentle Joy- Feb Exercise Room</p> <p><b>11:00am - 11:50am</b> Gentle Joy of Yoga- am-Feb Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right;">5</span></p> <p><b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor</p> <p><b>9:30am - 10:30am</b> Chinese for Beginners Ashe Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 10:50am</b> The Art of Balance - Feb Exercise Room</p> <p><b>10:30am - 11:30am</b> Wednesday's Buzz Liv Room 2</p> <p><b>10:30am - 11:30am</b> Wednesday's Buzz Liv Room 2</p> <p><b>10:40am - 11:30am</b> Tone, Balance, Tight Great Hall</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 1:00pm</b> Standing Guard-Prote Dogwood Room</p>	<p><i>(Continued)</i> <span style="float: right;">6</span></p> <p><b>9:00am - 11:00am</b> Comp Fund W 10 Comp Room -Sey Tech</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 12:00pm</b> Downsizing and Getting Your Theater</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Art Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 4:00pm</b> Spanish Social Group Birch Room</p> <p><b>12:00pm - 2:30pm</b> Homemade Valentine's Card Ashe Room</p>	<p><i>(Continued)</i> <span style="float: right;">7</span></p> <p><b>9:00am - 4:00pm</b> Physical Function Sc Well Ind Serv 1</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Feb Great Hall</p> <p><b>9:45am - 10:45am</b> Chinese Calligraphy Art Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Seated T'ai Chi Exercise Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 11:30am</b> Silver Sneakers Cardio Exercise Room</p> <p><b>10:30am - 11:30am</b> Span Lev IB -Jan Craft Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:30am - 12:30pm</b> SpanishBeg IA- Jan Ashe Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p>	<p><i>(Continued)</i> <span style="float: right;">8</span></p> <p><b>10:30am - 11:30am</b> Asian Dance Exercise Room</p> <p><b>11:00am - 12:00pm</b> T'ai Chi Practice Courtyard -outside</p> <p><b>11:30am - 12:30pm</b> T'ai Chi Practice Exercise Room</p> <p><b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall</p> <p><b>1:30pm - 2:30pm</b> Chinese Traditional Dance w Exercise Room</p> <p><b>1:30pm - 2:30pm</b> Chinese Ladies Dance with Exercise Room</p> <p><b>2:00pm - 5:00pm</b> Afternoon Cello Concert Theater</p> <p><b>3:00pm - 5:00pm</b> Chinese Folk Dance Exercise Room</p> <p><b>4:00pm - 5:00pm</b> Zumba - Latina Great Hall</p>

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## February 2020 (Continued)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right;">2</span></p>	<p><i>(Continued)</i> <span style="float: right;">3</span></p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir- Hong Yan Theater</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:00pm - 3:30pm</b> Zentangle-Valentine's Day Z Craft Room</p> <p><b>1:00pm - 3:00pm</b> Chair Massage- MS Liv Room 2</p> <p><b>1:00pm - 4:00pm</b> Windows 10 Comp Room -Sey Tech</p> <p><b>2:00pm - 2:50pm</b> Pilates-Feb- Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:00pm - 4:00pm</b> Playful Posture and Ergono Exercise Room</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p>	<p><i>(Continued)</i> <span style="float: right;">4</span></p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:30pm - 3:00pm</b> Parkinson Support Dogwood Room</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p> <p><b>1:00pm - 2:00pm</b> Laughter Yoga-Feb Exercise Room</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>2:00pm - 4:00pm</b> Writers' Group Birch Room</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Jan Art Room</p> <p><b>2:00pm - 3:30pm</b> Retirement for Boome- Ashe Room</p> <p><b>2:00pm - 3:30pm</b> Retirement for Boome- Conference Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Posture Clinic Exercise Room</p> <p><b>4:00pm - 5:15pm</b> Adult Care Home Adv Conference Room</p>	<p><i>(Continued)</i> <span style="float: right;">5</span></p> <p><b>12:00pm - 1:00pm</b> Standing Guard Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>1:00pm - 4:00pm</b> Windows 10 Comp Room -Sey Tech</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry-F Conference Room</p> <p><b>1:00pm - 2:00pm</b> cats Theater</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi beg Wed-Feb Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right;">6</span></p> <p><b>12:30pm - 5:00pm</b> Acupuncture Massage Therapy Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>1:00pm - 2:00pm</b> Asian Soft Ball Exercise Room</p> <p><b>1:30pm - 3:00pm</b> Kai Mei Knitters Craft Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:20pm - 4:20pm</b> Pilates -Feb Thu Exercise Room</p> <p><b>4:15pm - 5:15pm</b> Social Argentine Tango Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Feb-Eve Exercise Room</p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:00pm - 7:00pm</b> Heartfulness Meditation Ashe Room</p>	<p><i>(Continued)</i> <span style="float: right;">7</span></p> <p><b>1:00pm - 3:00pm</b> Android Smartphones Comp Room -Sey Tech</p> <p><b>1:00pm - 4:30pm</b> Depolarizing Within: A Better Ashe Room</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>1:30pm - 4:30pm</b> Table Tennis- Fri Great Hall</p> <p><b>2:00pm - 3:00pm</b> Congolese Drumming C Theater</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> <span style="float: right;">8</span></p>

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## February 2020 (Continued)

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<p><i>(Continued)</i> <span style="float: right; color: red;">2</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">3</span></p> <p><b>4:00pm - 5:00pm</b> Prime Time Players Craft Room</p> <p><b>5:00pm - 6:30pm</b> Retros Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">4</span></p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p> <p><b>6:30pm - 9:00pm</b> CH Camera Club Digit Dogwood Room</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p> <p><b>7:00pm - 8:30pm</b> Song Swap Craft Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">5</span></p> <p><b>3:00pm - 7:00pm</b> End of Life Planning Theater</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>3:00pm - 4:30pm</b> Consumer Reports-Digital Pr Dogwood Room</p> <p><b>4:00pm - 5:00pm</b> NIA -Feb Great Hall</p> <p><b>6:00pm - 8:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>6:30pm - 9:00pm</b> Badminton-Wed night Great Hall</p> <p><b>6:30pm - 9:00pm</b> Vita Room Setup Dogwood Room</p> <p><b>8:00pm - 9:00pm</b> Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">6</span></p> <p><b>6:00pm - 7:30pm</b> UNC Pauper Players Perfor Theater</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">7</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">8</span></p>
<p><span style="float: right; color: red;">9</span></p>	<p><span style="float: right; color: red;">10</span></p> <p><b>8:00am - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 2</p> <p><b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk</p>	<p><span style="float: right; color: red;">11</span></p> <p><b>8:00am - 9:00pm</b> SHIIP/VITA Visiting Agency 1</p> <p><b>8:00am - 9:30am</b> Bodhi Mediation Energy Baq Patio</p> <p><b>8:20am - 9:20am</b> ST&amp;M - Feb Great Hall</p> <p><b>8:30am - 9:30am</b> Walking Outdoors Living Room - Entry space</p>	<p><span style="float: right; color: red;">12</span></p> <p><b>8:00am - 9:00pm</b> SHIIP/VITA Visiting Agency 1</p> <p><b>8:00am - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>8:30am - 9:30am</b> Chinese for Beginners-Listen Ashe Room</p> <p><b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk</p>	<p><span style="float: right; color: red;">13</span></p> <p><b>8:00am - 9:00pm</b> VITA - Thursdays Dogwood Room</p> <p><b>8:00am - 9:00pm</b> SHIIP/VITA Visiting Agency 1</p> <p><b>8:00am - 9:30am</b> Bodhi Mediation Energy Baq Patio</p> <p><b>8:20am - 9:20am</b> ST&amp;M - Feb Great Hall</p>	<p><span style="float: right; color: red;">14</span></p> <p><b>8:00am - 9:00pm</b> SHIIP Visiting Agency 1</p> <p><b>8:00am - 9:00pm</b> VITA - Fridays and Saturday Dogwood Room</p> <p><b>8:15am - 9:15am</b> Chinese - Line dance Exercise Room</p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 1</p>	<p><span style="float: right; color: red;">15</span></p> <p><b>8:00am - 9:00pm</b> VITA - Fridays and Saturday Dogwood Room</p> <p><b>8:30am - 5:30pm</b> Billiards Activity Area-Pool</p> <p><b>9:00am - 10:15am</b> Chinese Folk Dance Exercise Room</p> <p><b>9:15am - 11:45am</b> Badminton Great Hall</p>

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# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right;">9</span></p>	<p><i>(Continued)</i> <span style="float: right;">10</span></p> <p><b>9:00am - 1:00pm</b> Masg - MS, day Feb Massage Therapy Room</p> <p><b>9:00am - 11:00am</b> Comp Fund W 10 Comp Room -Sey Tech</p> <p><b>9:30am - 11:30am</b> Garden Club Garden Front of Seym</p> <p><b>9:30am - 10:30am</b> Early Int - Lev IV - Jan Dogwood Room</p> <p><b>9:30am - 10:30am</b> Asian Soft Ball Exercise Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 12:00pm</b> Beg Oil Paint -Jan Art Room</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girls Craft Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>10:45am - 11:45am</b> Spanish-Lev 1-Beg Jan Dogwood Room</p>	<p><i>(Continued)</i> <span style="float: right;">11</span></p> <p><b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk</p> <p><b>9:00am - 11:00am</b> Mandarin Conversation Conference Room</p> <p><b>9:00am - 9:50am</b> Chinese Dance Exercise Room</p> <p><b>9:00am - 12:00pm</b> Veterans Services Visiting Agency 2</p> <p><b>9:30am - 10:30am</b> Enrichment Life Group Theater</p> <p><b>9:30am - 11:30am</b> Beginning Bridge Birch Room</p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Phys Ther Balance - OTAGO Exercise Room</p> <p><b>10:00am - 12:00pm</b> Demential Basics Offsite</p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 2:30pm</b> Creative Crafters Craft Room</p>	<p><i>(Continued)</i> <span style="float: right;">12</span></p> <p><b>8:50am - 9:25am</b> Strengthen Your Core Great Hall</p> <p><b>9:00am - 12:00pm</b> Cribbage Alcove Ginko #1</p> <p><b>9:00am - 3:00pm</b> Care Partner Respite Progra Craft Room</p> <p><b>9:00am - 4:00pm</b> Fit Feet - Feb Well Ind Serv 2</p> <p><b>9:00am - 11:00am</b> Comp Fund W 10 Comp Room -Sey Tech</p> <p><b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor</p> <p><b>9:30am - 10:30am</b> Chinese for Beginners Ashe Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 10:50am</b> The Art of Balance - Feb Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right;">13</span></p> <p><b>8:30am - 9:00am</b> Spanish Social-Ex Exercise Room</p> <p><b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk</p> <p><b>9:00am - 5:00pm</b> Spanish Social Club Birch Room</p> <p><b>9:00am - 12:00pm</b> Spanish Social Club Birch Room</p> <p><b>9:00am - 11:00am</b> Aging Transistions Conference Room</p> <p><b>9:00am - 11:00am</b> Comp Fund W 10 Comp Room -Sey Tech</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Art Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right;">14</span></p> <p><b>8:30am - 5:00pm</b> Employment Info Sessions Visiting Agency 2</p> <p><b>8:30am - 5:00pm</b> Personal trainer-Feb Wellness Desk</p> <p><b>8:50am - 9:25am</b> Strengthen Your Core Great Hall</p> <p><b>9:00am - 2:00pm</b> Ther Massage - Feb Massage Therapy Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Feb Great Hall</p> <p><b>9:45am - 10:45am</b> Chinese Calligraphy Art Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Seated T'ai Chi Exercise Room</p> <p><b>10:30am - 12:00pm</b> Insight Caregivers Conference Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 11:30am</b> Silver Sneakers Cardio Exercise Room</p> <p><b>10:30am - 11:30am</b> Span Lev IB -Jan Craft Room</p>	<p><i>(Continued)</i> <span style="float: right;">15</span></p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 12:00pm</b> Tech Knowledge Ashe Room</p> <p><b>10:30am - 11:30am</b> Asian Dance Exercise Room</p> <p><b>11:00am - 12:00pm</b> T'ai Chi Practice Courtyard -outside</p> <p><b>11:30am - 12:30pm</b> T'ai Chi Practice Exercise Room</p> <p><b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall</p> <p><b>1:00pm - 5:00pm</b> Opera at Seymour Theater</p> <p><b>1:30pm - 2:30pm</b> Chinese Traditional Dance w Exercise Room</p> <p><b>1:30pm - 2:30pm</b> Chinese Ladies Dance with Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Chinese Folk Dance Exercise Room</p> <p><b>4:00pm - 5:00pm</b> Zumba - Latina Great Hall</p>

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# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

(Continued) 9	(Continued) 10	(Continued) 11	(Continued) 12	(Continued) 13	(Continued) 14	(Continued) 15
<p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>11:00am - 12:00pm</b> Current Events: Today's Wor Liv Room 2</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 1:00pm</b> SpanLev II-Beg-Jan Conference Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir- Hong Yan Theater</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:00pm - 3:00pm</b> Free Clinic for iPhone Comp Room -Sey Tech</p> <p><b>1:00pm - 3:00pm</b> Dulcimer Craft Room</p> <p><b>1:00pm - 3:00pm</b> Dulcimer Art Room</p> <p><b>1:30pm - 3:30pm</b> Beginning Kumihimo Craft Room</p>	<p><b>11:00am - 11:30am</b> Golden Age Happy Cir Ashe Room</p> <p><b>11:00am - 11:50am</b> Yoga, Gentle Joy- Feb Exercise Room</p> <p><b>11:00am - 11:50am</b> Gentle Joy of Yoga- am-Feb Exercise Room</p> <p><b>11:30am - 12:30pm</b> Wellness Ambassador Wellness Table</p> <p><b>11:30am - 12:30pm</b> Friends Executive Bd Conference Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>1:00pm - 3:00pm</b> Free Clinic for iPad Comp Room -Sey Tech</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Jan Art Room</p> <p><b>2:00pm - 3:30pm</b> Retirement for Boome- Ashe Room</p> <p><b>2:00pm - 3:30pm</b> Retirement for Boome- Conference Room</p>	<p><b>10:00am - 11:30am</b> Coffee and Pastry with the A Dogwood Room</p> <p><b>10:40am - 11:30am</b> Tone, Balance, Tight Great Hall</p> <p><b>12:00pm - 5:00pm</b> Trager Sessions Massage Therapy Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Reiki Massage Therapy Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry-F Conference Room</p> <p><b>1:00pm - 2:00pm</b> cats Theater</p>	<p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 4:00pm</b> Spanish Social Group Birch Room</p> <p><b>12:30pm - 5:00pm</b> Acupuncture Massage Therapy Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>1:00pm - 2:00pm</b> Asian Soft Ball Exercise Room</p> <p><b>1:30pm - 3:00pm</b> Kai Mei Knitters Craft Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 4:00pm</b> Life After a Stroke Craft Room</p> <p><b>3:20pm - 4:20pm</b> Pilates -Feb Thu Exercise Room</p> <p><b>4:15pm - 5:15pm</b> Social Argentine Tango Great Hall</p>	<p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:30am - 12:30pm</b> SpanishBeg IA- Jan Ashe Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p> <p><b>1:00pm - 3:00pm</b> Android Smartphones Comp Room -Sey Tech</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>1:00pm - 3:00pm</b> HeartMath Class Ashe Room</p> <p><b>1:30pm - 4:30pm</b> Badminton- 2nd Frida Great Hall</p> <p><b>2:00pm - 3:00pm</b> Congolese Drumming C Theater</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>		

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# Seymour Center Activity Calendar

February 2020 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">9</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">10</span></p> <p><b>2:00pm - 2:50pm</b> Pilates-Feb- Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:00pm - 4:00pm</b> Playful Posture and Ergono Exercise Room</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p> <p><b>4:00pm - 5:00pm</b> Prime Time Players Craft Room</p> <p><b>4:45pm - 6:00pm</b> Grow Your World Birch Room</p> <p><b>5:00pm - 6:30pm</b> Retros Exercise Room</p> <p><b>6:30pm - 8:30pm</b> League of Women Voters Birch Room</p> <p><b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">11</span></p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Posture Clinic Exercise Room</p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p> <p><b>7:00pm - 8:30pm</b> Family to Family-NAM Conference Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">12</span></p> <p><b>2:00pm - 3:30pm</b> Plant Based Cooking- Plant- Demo Kitchen</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi beg Wed-Feb Exercise Room</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>4:00pm - 5:00pm</b> NIA -Feb Great Hall</p> <p><b>6:00pm - 8:00pm</b> Mah Jong-evening Ashe Room</p> <p><b>6:00pm - 8:00pm</b> Cinema Night at Seym-place Theater</p> <p><b>6:30pm - 9:00pm</b> Badminton-Wed night Great Hall</p> <p><b>6:30pm - 9:00pm</b> Vita Room Setup Dogwood Room</p> <p><b>7:00pm - 9:30pm</b> Irish Dance Socia; Exercise Room</p> <p><b>8:00pm - 9:00pm</b> Zumba - Latina Wed Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">13</span></p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Feb-Eve Exercise Room</p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>5:30pm - 7:00pm</b> Well Spouse Assoc Support Conference Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:00pm - 7:00pm</b> Heartfulness Meditation Ashe Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">14</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">15</span></p>
16	17	18	19	20	21	22
<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.</p>						



# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>(Continued)</i> <b>16</b>	<i>(Continued)</i> <b>17</b>	<i>(Continued)</i> <b>18</b>	<i>(Continued)</i> <b>19</b>	<i>(Continued)</i> <b>20</b>	<i>(Continued)</i> <b>21</b>	<i>(Continued)</i> <b>22</b>
<p>8:00am - 9:00pm SHIIP Visiting Agency 1</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-Feb Wellness Desk</p> <p>9:00am - 1:00pm Masg - MS, day Feb Massage Therapy Room</p> <p>9:00am - 11:00am Comp Fund W 10 Comp Room -Sey Tech</p> <p>9:30am - 11:30am Garden Club Garden Front of Seym</p> <p>9:30am - 10:30am Early Int - Lev IV - Jan Dogwood Room</p> <p>9:30am - 10:30am Asian Soft Ball Exercise Room</p> <p>9:40am - 10:30am Strength Train - Feb 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 - 11:30am Chinese Training-Vol Theater</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:20am - 9:20am ST&amp;M - Feb Great Hall</p> <p>8:30am - 9:30am Walking Outdoors Living Room - Entry space</p> <p>8:30am - 5:00pm Personal trainer-Feb Wellness Desk</p> <p>9:00am - 11:00am Mandarin Conversation Conference Room</p> <p>9:00am - 9:50am Chinese Dance Exercise Room</p> <p>9:00am - 12:00pm Veterans Services Visiting Agency 2</p> <p>9:30am - 10:30am Enrichment Life Group Theater</p> <p>9:30am - 11:30am Beginning Bridge Birch Room</p> <p>10:00am - 12:00pm ESL Dogwood Room</p> <p>10:00am - 10:30am Game Time with Chapel Hill Gath Place Cafe Are</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</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-Feb Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 12:00pm Cribbage Alcove Ginko #1</p> <p>9:00am - 3:00pm Care Partner Respite Progra Craft Room</p> <p>9:00am - 12:00pm Watercolor Carol Fyn-Bluebir Art Room</p> <p>9:00am - 4:00pm Fit Feet - Feb Well Ind Serv 2</p> <p>9:00am - 11:00am Comp Fund W 10 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-Feb Great Hall</p>	<p>8:00am - 9:00pm VITA - Thusdays Dogwood Room</p> <p>8:00am - 9:00pm SHIIP/VITA Visiting Agency 1</p> <p>8:00am - 9:30am Bodhi Mediation Energy Baq Patio</p> <p>8:20am - 9:20am ST&amp;M - Feb Great Hall</p> <p>8:30am - 10:00am CHADER Theater</p> <p>8:30am - 9:00am Spanish Social-Ex Exercise Room</p> <p>8:30am - 5:00pm Personal trainer-Feb 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 - 12:00pm Mah Jong, Learn Ashe Room</p> <p>9:40am - 10:30am Strength Train - Feb Great Hall</p> <p>10:00am - 11:30am Table Tennis Table Tennis Area</p>	<p>8:00am - 9:00pm SHIIP Visiting Agency 1</p> <p>8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room</p> <p>8:15am - 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-Feb Wellness Desk</p> <p>8:50am - 9:25am Strengthen Your Core Great Hall</p> <p>9:00am - 2:00pm Ther Massage - Feb Massage Therapy Room</p> <p>9:30am - 10:30am Salli's Sr Work-Feb 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 - 9:00pm VITA - Fridays and Saturday Dogwood 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

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">16</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">17</span></p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 12:00pm</b> Beg Oil Paint -Jan Art Room</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girls Craft Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>10:45am - 11:45am</b> Spanish-Lev 1-Beg Jan Dogwood Room</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>11:00am - 12:00pm</b> Current Events: Today's Wor Liv Room 2</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 1:00pm</b> SpanLev II-Beg-Jan Conference Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir- Hong Yan Theater</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">18</span></p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 12:00pm</b> Demential Basics Offsite</p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 2:30pm</b> Creative Crafters Craft Room</p> <p><b>11:00am - 11:50am</b> Yoga, Gentle Joy- Feb Exercise Room</p> <p><b>11:00am - 11:50am</b> Gentle Joy of Yoga- am-Feb Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p> <p><b>1:00pm - 2:00pm</b> Laughter Yoga-Feb Exercise Room</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>1:00pm - 3:00pm</b> Intro to the Iphone Comp Room -Sey Tech</p> <p><b>2:00pm - 4:00pm</b> Writers' Group Birch Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">19</span></p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 10:50am</b> The Art of Balance - Feb Exercise Room</p> <p><b>10:30am - 11:30am</b> Bingo- fEB Dogwood Room</p> <p><b>10:30am - 11:30am</b> Wednesday's Buzz Liv Room 2</p> <p><b>10:30am - 11:30am</b> Wednesday's Buzz Liv Room 2</p> <p><b>10:40am - 11:30am</b> Tone, Balance, Tight Great Hall</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">20</span></p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 12:00pm</b> Seymour Donation Exchang Liv Room 2</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Art Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:30pm - 5:00pm</b> Acupuncture Massage Therapy Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 3:00pm</b> Friends of the Seymo Birch Room</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>1:00pm - 2:00pm</b> Asian Soft Ball Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">21</span></p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 11:30am</b> Silver Sneakers Cardio Exercise Room</p> <p><b>10:30am - 11:30am</b> Span Lev IB -Jan Craft Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:30am - 12:30pm</b> SpanishBeg IA- Jan Ashe Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p> <p><b>1:00pm - 3:00pm</b> Android Smartphones Comp Room -Sey Tech</p> <p><b>1:00pm - 4:30pm</b> Depolarizing Within: A Better Ashe Room</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>1:30pm - 3:00pm</b> Transport Meeting - Alison Conference Room</p> <p><b>2:00pm - 3:00pm</b> Congolese Drumming C Theater</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">22</span></p> <p><b>4:00pm - 5:00pm</b> Zumba - Latina Great Hall</p>

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# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday**
**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**
**Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">16</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">17</span></p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:00pm - 3:00pm</b> Chair Massage- MS Liv Room 2</p> <p><b>1:00pm - 3:00pm</b> Intro to the Iphone Comp Room -Sey Tech</p> <p><b>2:00pm - 3:00pm</b> TED TALKS Theater</p> <p><b>2:00pm - 2:50pm</b> Pilates-Feb- Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:00pm - 4:00pm</b> Playful Posture and Ergono Exercise Room</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p> <p><b>4:00pm - 5:00pm</b> Prime Time Players Craft Room</p> <p><b>5:00pm - 6:30pm</b> Retros Exercise Room</p> <p><b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">18</span></p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Jan Art Room</p> <p><b>2:00pm - 3:30pm</b> Retirement for Boome- Conference Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:00pm - 5:00pm</b> What does Ready Look Like Dogwood Room</p> <p><b>3:30pm - 4:30pm</b> Posture Clinic Exercise Room</p> <p><b>4:00pm - 5:30pm</b> The Optimist Club of CH Ashe Room</p> <p><b>4:00pm - 9:00pm</b> FEAST Craft Room</p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>5:30pm - 7:30pm</b> Rentals-Hannah Ruth Conference Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p> <p><b>6:30pm - 9:00pm</b> CH Cam Club Ashe Room</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">19</span></p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>1:00pm - 3:00pm</b> Intro to the Iphone Comp Room -Sey Tech</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry-F Conference Room</p> <p><b>1:00pm - 2:00pm</b> cats Theater</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>2:30pm - 3:20pm</b> T'ai Chi beg Wed-Feb Exercise Room</p> <p><b>3:00pm - 5:00pm</b> Project EngAGE Theater</p> <p><b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room</p> <p><b>4:00pm - 5:00pm</b> NIA -Feb Great Hall</p> <p><b>5:30pm - 7:00pm</b> Project EngAGE-I Voted! No Theater</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">20</span></p> <p><b>1:30pm - 3:00pm</b> Kai Mei Knitters Craft Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:20pm - 4:20pm</b> Pilates -Feb Thu Exercise Room</p> <p><b>4:15pm - 5:15pm</b> Social Argentine Tango Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Feb-Eve Exercise Room</p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:00pm - 7:00pm</b> Heartfulness Meditation Ashe Room</p> <p><b>6:30pm - 8:30pm</b> Dulcimer Ashe Room</p> <p><b>7:00pm - 8:30pm</b> Waltzing Great Hall</p> <p><b>7:45pm - 8:45pm</b> Asian Dance Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">21</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">22</span></p>

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# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

(Continued) <b>16</b>	(Continued) <b>17</b>	(Continued) <b>18</b>	(Continued) <b>19</b> 6:00pm - 8:00pm Mah Jong-evening Ashe Room  6:30pm - 9:00pm Badminton-Wed night Great Hall  6:30pm - 9:00pm Vita Room Setup Dogwood Room  8:00pm - 9:00pm Zumba - Latina Wed Great Hall	(Continued) <b>20</b>	(Continued) <b>21</b>	(Continued) <b>22</b>
<b>23</b>	<b>24</b> 8:00am - 9:00pm SHIIP Visiting Agency 1  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-Feb Wellness Desk  9:00am - 11:00am Free Clinic for Android Smart Comp Room -Sey Tech  9:00am - 1:00pm Masg - MS, day Feb Massage Therapy Room  9:30am - 11:30am Garden Club Garden Front of Seym  9:30am - 10:30am Early Int - Lev IV - Jan Dogwood Room	<b>25</b> 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1  8:00am - 9:30am Bodhi Mediation Energy Baq Patio  8:20am - 9:20am ST&M - Feb Great Hall  8:30am - 9:30am Walking Outdoors Living Room - Entry space  8:30am - 5:00pm Personal trainer-Feb Wellness Desk  9:00am - 11:00am Mandarin Conversation Conference Room  9:00am - 9:50am Chinese Dance Exercise Room  9:00am - 12:00pm Veterans Services Visiting Agency 2	<b>26</b> 8:00am - 9:00pm SHIIP/VITA Visiting Agency 1  8:00am - 5:00pm NCBA Visiting Agency 2  8:30am - 9:30am Chinese for Beginners-Listen Ashe Room  8:30am - 5:00pm Personal trainer-Feb Wellness Desk  8:50am - 9:25am Strengthen Your Core Great Hall  9:00am - 11:00am Open Computer Lab Comp Room -Sey Tech  9:00am - 12:00pm Cribbage Alcove Ginko #1  9:00am - 3:00pm Care Partner Respite Progra Craft Room	<b>27</b> 8:00am - 9:00pm VITA - Thusdays Dogwood Room  8:00am - 9:00pm SHIIP/VITA Visiting Agency 1  8:00am - 9:30am Bodhi Mediation Energy Baq Patio  8:20am - 9:20am ST&M - Feb Great Hall  8:30am - 9:00am Spanish Social-Ex Exercise Room  8:30am - 5:00pm Personal trainer-Feb Wellness Desk  9:00am - 5:00pm Spanish Social Club Birch Room  9:00am - 12:00pm Spanish Social Club Birch Room	<b>28</b> 8:00am - 9:00pm SHIIP Visiting Agency 1  8:00am - 9:00pm VITA - Fridays and Saturday Dogwood Room  8:15am - 9:15am Chinese - Line dance Exercise Room  8:30am - 5:00pm Employment Info Sessions Visiting Agency 1  8:30am - 5:00pm Employment Info Sessions Visiting Agency 2  8:30am - 5:00pm Personal trainer-Feb Wellness Desk  8:50am - 9:25am Strengthen Your Core Great Hall  9:00am - 2:00pm Ther Massage - Feb Massage Therapy Room	<b>29</b> 7:30am - 7:30pm A Day at the Palace Offsite  8:00am - 9:00pm VITA - Fridays and Saturday Dogwood 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

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# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">23</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">24</span></p> <p><b>9:30am - 10:30am</b> Asian Soft Ball Exercise Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 12:00pm</b> Beg Oil Paint -Jan Art Room</p> <p><b>10:00am - 12:00pm</b> Quilting w/ the Girls Craft Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>10:45am - 11:45am</b> Spanish-Lev 1-Beg Jan Dogwood Room</p> <p><b>11:00am - 11:50am</b> Sit to be Fit Exercise Room</p> <p><b>11:00am - 12:00pm</b> Current Events: Today's Wor Liv Room 2</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 1:00pm</b> SpanLev II-Beg-Jan Conference Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">25</span></p> <p><b>9:30am - 10:30am</b> Enrichment Life Group Theater</p> <p><b>9:30am - 11:30am</b> Beginning Bridge Birch Room</p> <p><b>10:00am - 12:00pm</b> ESL Dogwood Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Phys Ther Balance - OTAGO Exercise Room</p> <p><b>10:00am - 12:00pm</b> Demential Basics Offsite</p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 2:30pm</b> Creative Crafters Craft Room</p> <p><b>11:00am - 11:50am</b> Yoga, Gentle Joy- Feb Exercise Room</p> <p><b>11:00am - 11:50am</b> Gentle Joy of Yoga- am-Feb Exercise Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">26</span></p> <p><b>9:00am - 12:00pm</b> Watercolor Carol Fyn-Bluebir Art Room</p> <p><b>9:30am - 11:30am</b> Blood Pressure Check Wellness Corridor</p> <p><b>9:30am - 10:30am</b> Chinese for Beginners Ashe Room</p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Inspired Movement Exercise Room</p> <p><b>10:00am - 11:00am</b> Charlie's Social Clu Conference Room</p> <p><b>10:00am - 10:50am</b> The Art of Balance - Feb Exercise Room</p> <p><b>10:40am - 11:30am</b> Tone, Balance, Tight Great Hall</p> <p><b>12:00pm - 5:00pm</b> Trager Sessions Massage Therapy Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:00pm - 5:00pm</b> Reiki Massage Therapy Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">27</span></p> <p><b>9:00am - 11:00am</b> Aging Transistions Conference Room</p> <p><b>9:30am - 12:00pm</b> Mah Jong, Learn Ashe Room</p> <p><b>9:40am - 10:30am</b> Strength Train - Feb Great Hall</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:30am - 12:00pm</b> Sudoku Club Art Room</p> <p><b>10:40am - 11:35am</b> Strength Train Adv - Feb Great Hall</p> <p><b>11:00am - 1:00pm</b> Jammers - Cheer Lead Exercise Room</p> <p><b>11:00am - 12:00pm</b> Blood Pressure Check Wellness Corridor</p> <p><b>11:30am - 1:00pm</b> Lunch &amp; Learn - UNC Global Theater</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p> <p><b>12:30pm - 5:00pm</b> Acupuncture Massage Therapy Room</p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">28</span></p> <p><b>9:30am - 10:30am</b> Salli's Sr Work-Feb Great Hall</p> <p><b>9:45am - 10:45am</b> Chinese Calligraphy Art Room</p> <p><b>10:00am - 11:30am</b> Table Tennis Table Tennis Area</p> <p><b>10:00am - 3:30pm</b> Dominoes Living Room - Entry space</p> <p><b>10:00am - 10:50am</b> Seated T'ai Chi Exercise Room</p> <p><b>10:00am - 12:00pm</b> NARFE Theater</p> <p><b>10:30am - 12:00pm</b> Insight Caregivers Conference Room</p> <p><b>10:30am - 11:30am</b> Silver Sneakers-cardio Great Hall</p> <p><b>10:30am - 11:30am</b> Silver Sneakers Cardio Exercise Room</p> <p><b>10:30am - 11:30am</b> Span Lev IB -Jan Craft Room</p> <p><b>11:00am - 11:50am</b> Tone, Balance, Tight Exercise Room</p> <p><b>11:30am - 12:30pm</b> SpanishBeg IA- Jan Ashe Room</p> <p><b>12:00pm - 1:00pm</b> Seymour Lunch Program Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">29</span></p> <p><b>11:30am - 12:30pm</b> T'ai Chi Practice Exercise Room</p> <p><b>12:00pm - 3:00pm</b> Table Tennis - Sat Great Hall</p> <p><b>1:30pm - 2:30pm</b> Chinese Traditional Dance w Exercise Room</p> <p><b>1:30pm - 2:30pm</b> Chinese Ladies Dance with Exercise Room</p> <p><b>2:00pm - 5:00pm</b> Music Recital- Nancy Green Theater</p> <p><b>3:00pm - 5:00pm</b> Chinese Folk Dance Exercise Room</p> <p><b>4:00pm - 5:00pm</b> Zumba - Latina Great Hall</p>

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# Seymour Center Activity Calendar

## February 2020 (Continued)

**Sunday                      Monday                      Tuesday                      Wednesday                      Thursday                      Friday                      Saturday**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> <span style="float: right; color: red;">23</span></p>	<p><i>(Continued)</i> <span style="float: right; color: red;">24</span></p> <p><b>12:45pm - 4:00pm</b> canasta Mem Tree and Vet Alc</p> <p><b>12:45pm - 1:45pm</b> Chinese Choir- Hong Yan Theater</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p> <p><b>1:00pm - 3:00pm</b> Dulcimer-Mon Practice Craft Room</p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:30pm - 2:30pm</b> Caregivers Series Dogwood Room</p> <p><b>1:30pm - 3:30pm</b> Paper Bead Rolling Craft Room</p> <p><b>2:00pm - 2:50pm</b> Pilates-Feb- Mon Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p> <p><b>3:00pm - 5:30pm</b> Prime Time Players Theater</p> <p><b>3:00pm - 4:00pm</b> Playful Posture and Ergono Exercise Room</p> <p><b>3:30pm - 5:30pm</b> Social Argentine Tango Great Hall</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">25</span></p> <p><b>1:00pm - 5:00pm</b> Scrabble Meet Up Alcove Ginko #1</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>1:00pm - 3:00pm</b> File Management Comp Room -Sey Tech</p> <p><b>2:00pm - 4:00pm</b> Chinese Brush-Jan Art Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:30pm - 4:30pm</b> Posture Clinic Exercise Room</p> <p><b>5:15pm - 6:15pm</b> Arlene's Line Dancing Exerci Exercise Room</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:30pm - 9:00pm</b> Badminton Great Hall</p> <p><b>7:00pm - 8:15pm</b> T'ai Chi- Yang Short Form Exercise Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">26</span></p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 4:00pm</b> Sarah West Bridge Ashe Room</p> <p><b>1:00pm - 2:30pm</b> Petals with a Purpose Dogwood Room</p> <p><b>1:00pm - 2:00pm</b> Man Power: Network Group f Theater</p> <p><b>1:00pm - 1:50pm</b> Yoga - Feb Exercise Room</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Great Hall</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry Conference Room</p> <p><b>1:00pm - 3:00pm</b> File Management Comp Room -Sey Tech</p> <p><b>1:00pm - 2:30pm</b> Wednesdays@One Poetry-F Conference Room</p> <p><b>1:00pm - 2:00pm</b> cats Theater</p> <p><b>2:00pm - 3:30pm</b> Little's Cooking Light Cafe Area</p> <p><b>2:10pm - 3:50pm</b> Parkinson Pickleball Great Hall</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">27</span></p> <p><b>1:00pm - 4:00pm</b> Table Tennis Great Hall</p> <p><b>1:00pm - 2:00pm</b> Billy Strayhorn - Local Jazz L Theater</p> <p><b>1:00pm - 5:00pm</b> NCBA Visiting Agency 2</p> <p><b>1:00pm - 3:30pm</b> Newcomers' Mah Jong Birch Room</p> <p><b>1:00pm - 2:00pm</b> Asian Soft Ball Exercise Room</p> <p><b>1:30pm - 3:00pm</b> Kai Mei Knitters Craft Room</p> <p><b>2:15pm - 3:05pm</b> Inspired Movement Exercise Room</p> <p><b>3:20pm - 4:20pm</b> Pilates -Feb Thu Exercise Room</p> <p><b>4:15pm - 5:15pm</b> Social Argentine Tango Great Hall</p> <p><b>5:15pm - 6:15pm</b> Simply Yoga- Feb-Eve Exercise Room</p> <p><b>5:30pm - 7:00pm</b> Basketball PM Great Hall</p> <p><b>6:00pm - 8:00pm</b> Massage - PM w/ MS Massage Therapy Room</p> <p><b>6:00pm - 7:00pm</b> Heartfulness Meditation Ashe Room</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">28</span></p> <p><b>1:00pm - 2:30pm</b> ESL - beg Birch Room</p> <p><b>1:00pm - 3:00pm</b> Android Smartphones Comp Room -Sey Tech</p> <p><b>1:00pm - 1:50pm</b> Silver Sneakers Boom Exercise Room</p> <p><b>2:00pm - 3:00pm</b> Congolese Drumming C Theater</p> <p><b>2:30pm - 5:00pm</b> Table Tennis Instruc Gath Place Cafe Are</p>	<p><i>(Continued)</i> <span style="float: right; color: red;">29</span></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

**February 2020 (Continued)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) <span style="color: red;">23</span>	(Continued) <span style="color: red;">24</span> <b>4:00pm - 5:00pm</b> Prime Time Players Craft Room  <b>5:00pm - 6:30pm</b> Retros Exercise Room  <b>6:30pm - 8:30pm</b> League of Women Voters Birch Room  <b>7:00pm - 9:00pm</b> Chinese Folk Dance Great Hall	(Continued) <span style="color: red;">25</span>	(Continued) <span style="color: red;">26</span> <b>2:30pm - 3:20pm</b> T'ai Chi beg Wed-Feb Exercise Room  <b>3:00pm - 4:00pm</b> AA - Late Bloomers Conference Room  <b>4:00pm - 5:00pm</b> NIA -Feb Great Hall  <b>6:00pm - 8:00pm</b> Mah Jong-evening Ashe Room  <b>6:30pm - 9:00pm</b> Badminton-Wed night Great Hall  <b>6:30pm - 9:00pm</b> Vita Room Setup Dogwood Room  <b>8:00pm - 9:00pm</b> Zumba - Latina Wed Great Hall	(Continued) <span style="color: red;">27</span> <b>6:00pm - 8:45pm</b> Triangle Weavers Theater  <b>6:00pm - 8:45pm</b> Triangle Weavers Art Room  <b>6:00pm - 8:45pm</b> Triangle Weavers Gath Place Cafe Are  <b>6:00pm - 8:45pm</b> Triangle Weavers Craft Room  <b>6:00pm - 8:45pm</b> Triangle Weavers Conference Room  <b>7:00pm - 8:30pm</b> Waltzing Great Hall  <b>7:45pm - 8:45pm</b> Asian Dance Exercise Room	(Continued) <span style="color: red;">28</span>	(Continued) <span style="color: red;">29</span>

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