

Seymour Center

Monday, August 15, 2022



8:00am - 9:00pm	Bocce Ball	Bocce Court
8:00am - 8:30pm	Fitness Studio-Kiosk Only	Fitness Room
8:00am - 9:00pm	Cornhole	Patio
8:00am - 9:00pm	Billiards	Activity Area-Pool
9:00am - 10:00am	Audiology at the Seymour Center	Massage Therapy Room
9:30am - 10:20am	Strength Training - Aug	Dogwood Room
10:00am - 12:00pm	Quilting w/the Girls	Craft Room
10:00am - 2:30pm	Memory Cafe on the Moves	Off Site 2
10:30am - 11:20am	Strength Training Advanced - Aug	Dogwood Room
11:00am - 12:30pm	Project EngAGE - Neighborhood Connections	Conference Room
11:00am - 11:50am	Alicia's Arthritis Foundation Exercise	Virtual
11:00am - 11:50am	Alicia's Arthritis Foundation Exercise - V	Virtual 3

Monday, August 15, 2022



TIME	ACTIVITY	ROOM
11:30am - 1:00pm	Lunch Program at Seymour	Open Space
12:00pm - 1:00pm	Lunch Program at Seymour	Open Space
12:30pm - 2:00pm	Reflexology	Massage Therapy Room
1:00pm - 4:00pm	Bridge (Afternoons)	Ashe Room
1:00pm - 4:00pm	Mah Jong	Birch Room
1:00pm - 4:00pm	Badminton	Cancelled
2:00pm - 2:50pm	Pilates- Aug- Mon	Dogwood Room
6:00pm - 9:00pm	Odyssey Stage - REHERSALS	Dogwood Room
6:00pm - 7:00pm	Zumba - Latina	Open Space
7:30pm - 8:45pm	Waltzing Plus	Open Space
7:30pm - 8:45pm	Waltzing Plus	Open Space