

Seymour Center Activity Calendar

October 2021

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

					<p style="text-align: right; color: red; font-weight: bold;">1</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:20am - 9:50am Strengthen Your Core Great Hall</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>11:00am - 1:00pm One Man Show Theatricals Craft Room</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Mandarin Enrichment Life Gr Virtual</p>	<p style="text-align: right; color: red; font-weight: bold;">2</p> <p>9:00am - 11:45am Badminton Great Hall</p> <p>10:00am - 12:30pm Faux Vintage Collar Necklac Birch Room</p> <p>11:30am - 12:30pm T'ai Chi Practice Great Hall 2</p> <p>12:00pm - 2:45pm Table Tennis-Sat-by appoint Great Hall</p>
3	4	5	6	7	8	9
	<p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p>	<p>8:30am - 9:15am Aerobics with Weights Great Hall 2</p> <p>9:00am - 9:50am Yoga, Gentle Joy- Oct Great Hall</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p>	<p>8:15am - 9:00am T'ai Chi Group Great Hall 2</p> <p>9:00am - 4:00pm Fit Feet - Oct Well Ind Serv 2</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p>	<p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 12:30pm Dementia Basics-What Can Dogwood Room</p>	<p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:20am - 9:50am Strengthen Your Core Great Hall</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p>	<p>9:00am - 11:45am Badminton Great Hall</p> <p>11:30am - 12:30pm T'ai Chi Practice Great Hall 2</p> <p>12:00pm - 2:45pm Table Tennis-Sat-by appoint Great Hall</p>

Seymour Center Activity Calendar

October 2021 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 3</p>	<p><i>(Continued)</i> 4</p> <p>10:00am - 10:50am Moving 2 Heal-Oct Great Hall 2</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 12:00pm Quilting w/the Girls Alcove Hickory #2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>11:00am - 12:00pm Ethics in Modern Life Virtual 3</p> <p>11:30am - 12:00pm Birthday Curbside Recognitio Seymour Garden Entrance &</p> <p>11:30am - 2:00pm Masg - MS, day Oct Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Google Photos Comp Room -Sey Tech</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>3:00pm - 5:30pm Prime Time Players do not use</p> <p>3:30pm - 6:00pm MAP- Community Engageme Great Hall</p>	<p><i>(Continued)</i> 5</p> <p>10:00am - 12:00pm Low Vision Support Seymour Theatre</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p> <p>10:00am - 10:50am Balance-CANCELLED Great Hall 2</p> <p>10:15am - 11:15am Dementia -Let's Talk About It Virtual</p> <p>10:30am - 11:30am Sit to be Fit Great Hall 2</p> <p>11:00am - 12:00pm Chair Yoga Virtual Virtual</p> <p>11:30am - 4:30pm Hello! Care Partners Virtual 3</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm People with Parkinson's Dise Virtual</p> <p>1:00pm - 3:00pm Creative Crafters -Clay Jewe Craft Room</p> <p>1:00pm - 4:00pm Table Tennis for 2 by appoint Great Hall</p> <p>1:00pm - 3:00pm Google Photos Comp Room -Sey Tech</p> <p>2:00pm - 4:00pm Writers' Group Dogwood Room</p>	<p><i>(Continued)</i> 6</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 10:50am Salli's Sr Workout-Oct Great Hall 2</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 12:00pm The 55+ Brain is More Creati Ashe Room</p> <p>10:00am - 12:00pm The 55+ Brain is More Creati Birch Room</p> <p>10:30am - 11:00am Wednesdays' Buzz Virtual</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-O Dogwood Room</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p>	<p><i>(Continued)</i> 7</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p> <p>10:00am - 12:30pm Quilting with the Girls (sub gr Craft Room</p> <p>10:00am - 12:30pm Air Dry Clay Mask Birch Room</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p> <p>10:00am - 10:50am Balance-CANCELLED Great Hall 2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>12:00pm - 1:00pm Ancient Wisdom - Philosoph Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>1:00pm - 3:00pm Intro to Your Mac Part 1 Virtual 4</p> <p>6:00pm - 7:40pm T'ai Chi- Yang Short Form Great Hall 2</p>	<p><i>(Continued)</i> 8</p> <p>10:00am - 10:50am Salli's Sr Workout-Oct Great Hall 2</p> <p>10:30am - 12:00pm Caregivers' Support Group Dogwood Room</p> <p>11:00am - 1:00pm One Man Show Theatricals Craft Room</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 3:00pm Intro to Your Mac Part 1 Virtual 4</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Mandarin Enrichment Life Gr Virtual</p>	<p><i>(Continued)</i> 9</p>

Seymour Center Activity Calendar

October 2021 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p><i>(Continued)</i> 3</p>	<p><i>(Continued)</i> 4</p> <p>3:30pm - 6:00pm MAP- Community Engageme Great Hall 2</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p><i>(Continued)</i> 5</p> <p>2:00pm - 3:00pm Congolese Drumming Class Patio</p> <p>2:30pm - 3:30pm People with Parkinson's Dise Virtual 2</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall 2</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall</p> <p>7:00pm - 9:00pm Chapel Hill Camera Club Seymour Theatre</p>	<p><i>(Continued)</i> 6</p> <p>1:00pm - 4:00pm Badminton Great Hall 2</p> <p>1:00pm - 3:00pm Intro to Your Mac Part 1 Virtual 4</p> <p>1:15pm - 3:30pm Petals with a Purpose Cafe Area</p> <p>1:15pm - 3:30pm Petals with a Purpose Pre-Function Area</p> <p>1:30pm - 3:00pm Consumer Reports - Medical Birch Room</p> <p>2:10pm - 3:50pm Pickleball for Parkinsons- CA Great Hall</p>	<p><i>(Continued)</i> 7</p>	<p><i>(Continued)</i> 8</p>	<p><i>(Continued)</i> 9</p>
10	11	12	13	14	15	16
<p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 10:50am Moving 2 Heal-Oct Great Hall 2</p> <p>10:00am - 12:00pm MAP- Community Engageme Gath Place Cafe Are</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p>	<p>8:30am - 9:15am Aerobics with Weights Great Hall 2</p> <p>9:00am - 9:50am Yoga, Gentle Joy- Oct Great Hall</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p> <p>10:00am - 10:50am Balance-CANCELLED Great Hall 2</p> <p>10:30am - 11:30am Sit to be Fit Great Hall 2</p>	<p>8:15am - 9:00am T'ai Chi Group Great Hall 2</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 10:50am Salli's Sr Workout-Oct Great Hall 2</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p>	<p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 12:30pm Dementia Basics-What Can Dogwood Room</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p> <p>10:00am - 12:30pm Quilting with the Girls (sub gr Craft Room</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p>	<p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:20am - 9:50am Strengthen Your Core Great Hall</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>10:00am - 10:50am Salli's Sr Workout-Oct Great Hall 2</p> <p>11:00am - 1:00pm One Man Show Theatricals Craft Room</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p>	<p>9:00am - 11:45am Badminton Great Hall</p> <p>11:30am - 12:30pm T'ai Chi Practice Great Hall 2</p> <p>12:00pm - 2:45pm Table Tennis-Sat-by appoint Great Hall</p>	

Seymour Center Activity Calendar

October 2021 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 10</p>	<p><i>(Continued)</i> 11</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 12:00pm Quilting w/the Girls Alcove Hickory #2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>11:00am - 12:00pm Ethics in Modern Life Virtual 3</p> <p>11:30am - 2:00pm Masg - MS, day Oct Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Getting Organized with your Virtual</p> <p>2:00pm - 3:00pm TED TALKS- Virtual Virtual</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>2:00pm - 3:15pm Memory Cafe Dogwood Room</p> <p>3:00pm - 5:30pm Prime Time Players do not use</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p><i>(Continued)</i> 12</p> <p>11:00am - 12:00pm Chair Yoga Virtual Virtual</p> <p>11:30am - 4:30pm Hello! Care Partners Virtual 3</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Creative Crafters -Mosaic W Craft Room</p> <p>1:00pm - 4:00pm Table Tennis for 2 by appoint Great Hall</p> <p>1:00pm - 3:00pm Getting Organized with your Virtual</p> <p>2:00pm - 3:00pm Congolese Drumming Class Patio</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall 2</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall</p> <p>7:00pm - 9:00pm Chapel Hill Camera Club Seymour Theatre</p>	<p><i>(Continued)</i> 13</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>11:00am - 12:00pm Health Care 101 - Mandarin Seymour Theatre</p> <p>12:00pm - 5:00pm Med Management Well Ind Serv 1</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-O Dogwood Room</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p> <p>1:00pm - 4:00pm Badminton Great Hall 2</p> <p>1:00pm - 3:00pm Computer Fundamentals on Comp Room -Sey Tech</p> <p>1:00pm - 2:30pm Life After Loss Support Grou Birch Room</p> <p>1:15pm - 3:30pm Petals with a Purpose Cafe Area</p> <p>1:15pm - 3:30pm Petals with a Purpose Pre-Function Area</p>	<p><i>(Continued)</i> 14</p> <p>10:00am - 10:50am Balance-CANCELLED Great Hall 2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>1:00pm - 3:00pm Computer Fundamentals on Comp Room -Sey Tech</p> <p>2:00pm - 3:00pm Fall Charcuterie Board Demo Kitchen</p> <p>2:00pm - 3:00pm Fall Charcuterie Board Dogwood Room</p> <p>6:00pm - 7:40pm T'ai Chi- Yang Short Form Great Hall 2</p>	<p><i>(Continued)</i> 15</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 3:00pm Computer Fundamentals on Comp Room -Sey Tech</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Mandarin Enrichment Life Gr Virtual</p>	<p><i>(Continued)</i> 16</p>

Seymour Center Activity Calendar

October 2021 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

(Continued) 10	(Continued) 11	(Continued) 12	(Continued) 13	(Continued) 14	(Continued) 15	(Continued) 16
<p>(Continued)</p>	<p>(Continued)</p>	<p>(Continued)</p>	<p>(Continued)</p> <p>1:30pm - 3:00pm Consumer Reports - Digital Ashe Room</p> <p>2:00pm - 4:00pm VITA - Orientation Seymour Theatre</p> <p>2:10pm - 3:50pm Pickleball for Parkinsons- CA Great Hall</p> <p>3:00pm - 4:00pm AA - Late Bloomers Birch Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Ashe Room</p>	<p>(Continued)</p>	<p>(Continued)</p>	<p>(Continued)</p>
17	18	19	20	21	22	23
<p>8:00am - 6:00pm Early Voting Living Room</p> <p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 10:50am Moving 2 Heal-Oct Great Hall 2</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p>	<p>8:00am - 6:00pm Early Voting Living Room</p> <p>8:30am - 9:15am Aerobics with Weights Great Hall 2</p> <p>9:00am - 9:50am Yoga, Gentle Joy- Oct Great Hall</p> <p>10:00am - 11:00am Garden Club Conference Room</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p> <p>10:00am - 10:50am Balance-CANCELLED Great Hall 2</p>	<p>8:00am - 6:00pm Early Voting Living Room</p> <p>8:15am - 9:00am T'ai Chi Group Great Hall 2</p> <p>9:00am - 10:00am Summer Time Walks with La Off Site 2</p> <p>9:00am - 4:00pm Fit Feet - Oct Well Ind Serv 2</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 10:50am Salli's Sr Workout-Oct Great Hall 2</p>	<p>8:00am - 6:00pm Early Voting Living Room</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 12:30pm Dementia Basics-What Can Dogwood Room</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p> <p>10:00am - 12:30pm Quilting with the Girls (sub gr Craft Room</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p>	<p>8:00am - 6:00pm Early Voting Living Room</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:20am - 9:50am Strengthen Your Core Great Hall</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>10:00am - 10:50am Salli's Sr Workout-Oct Great Hall 2</p> <p>10:00am - 11:30am Project EngAGE-Mental Well Dogwood Room</p> <p>10:30am - 12:00pm Caregivers' Support Group Virtual</p>	<p>8:00am - 1:00pm Attics to Basement Cleanout Seymour Garden Entrance &</p> <p>8:00am - 3:00pm Early Voting Living Room</p> <p>9:00am - 11:45am Badminton Great Hall</p> <p>11:30am - 12:30pm T'ai Chi Practice Great Hall 2</p> <p>12:00pm - 2:45pm Table Tennis-Sat-by appoint Great Hall</p>	

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October 2021 (Continued)

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Tuesday
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Thursday
Friday
Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p> <p>10:00am - 12:00pm Quilting w/the Girls Alcove Hickory #2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>11:00am - 12:00pm Ethics in Modern Life Virtual 3</p> <p>11:30am - 2:00pm Masg - MS, day Oct Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:30pm - 2:30pm Caregivers Education Series Ashe Room</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>3:00pm - 5:30pm Prime Time Players do not use</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p><i>(Continued)</i> 19</p> <p>10:15am - 11:15am Dementia -Let's Talk About It Virtual</p> <p>10:30am - 11:30am Sit to be Fit Great Hall 2</p> <p>11:00am - 12:00pm Chair Yoga Virtual Virtual</p> <p>11:30am - 4:30pm Hello! Care Partners Virtual 3</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Creative Crafters -Autumn F Craft Room</p> <p>1:00pm - 4:00pm Table Tennis for 2 by appoint Great Hall</p> <p>2:00pm - 4:00pm Writers' Group Dogwood Room</p> <p>2:00pm - 3:00pm Congolese Drumming Class Patio</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall 2</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall</p> <p>7:00pm - 9:00pm Chapel Hill Camera Club Seymour Theatre</p>	<p><i>(Continued)</i> 20</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-O Dogwood Room</p> <p>1:00pm - 3:00pm Mac Class - Part 2 Seymour Theatre</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p> <p>1:00pm - 4:00pm Badminton Great Hall 2</p> <p>1:00pm - 3:00pm Intro to your Mac II Comp Room -Sey Tech</p> <p>1:15pm - 3:30pm Petals with a Purpose Cafe Area</p> <p>1:15pm - 3:30pm Petals with a Purpose Pre-Function Area</p>	<p><i>(Continued)</i> 21</p> <p>10:00am - 10:50am Balance-CANCELLED Great Hall 2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>12:00pm - 1:00pm Ancient Wisdom - Philosoph Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 2:30pm Chat With a Nutritionist Wellness Corridor</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>12:30pm - 2:30pm Flu Shots Birch Room</p> <p>1:00pm - 3:00pm Mac Class - Part 2 Seymour Theatre</p> <p>1:00pm - 3:00pm Intro to your Mac II Comp Room -Sey Tech</p> <p>3:00pm - 5:00pm VITA - Kick-Off Virtual 4</p> <p>6:00pm - 7:40pm T'ai Chi- Yang Short Form Great Hall 2</p>	<p><i>(Continued)</i> 22</p> <p>11:00am - 1:00pm One Man Show Theatricals Craft Room</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 3:00pm Mac Class - Part 2 Seymour Theatre</p> <p>1:00pm - 3:00pm Intro to your Mac II Comp Room -Sey Tech</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Mandarin Enrichment Life Gr Virtual</p>	<p><i>(Continued)</i> 23</p>

Seymour Center Activity Calendar

October 2021 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

<p><i>(Continued)</i> 17</p>	<p><i>(Continued)</i> 18</p>	<p><i>(Continued)</i> 19</p>	<p><i>(Continued)</i> 20</p> <p>1:30pm - 3:00pm Consumer Reports - Encrypti Birch Room</p> <p>2:10pm - 3:50pm Pickleball for Parkinsons- CA Great Hall</p> <p>3:00pm - 4:00pm AA - Late Bloomers Birch Room</p> <p>3:00pm - 4:00pm AA - Late Bloomers Ashe Room</p> <p>3:00pm - 4:00pm Beatles Mania Patio</p> <p>3:00pm - 4:00pm Beatle Mania (BackUp Weat Seymour Theatre</p>	<p><i>(Continued)</i> 21</p>	<p><i>(Continued)</i> 22</p>	<p><i>(Continued)</i> 23</p>
<p>12:00pm - 4:00pm Early Voting Living Room 24</p>	<p>8:00am - 6:00pm Early Voting Living Room 25</p> <p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:00am - 10:50am Moving 2 Heal-Oct Great Hall 2</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p>	<p>8:00am - 6:00pm Early Voting Living Room 26</p> <p>8:30am - 9:15am Aerobics with Weights Great Hall 2</p> <p>9:00am - 9:50am Yoga, Gentle Joy- Oct Great Hall</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p> <p>10:30am - 11:30am Sit to be Fit Great Hall 2</p>	<p>8:00am - 6:00pm Early Voting Living Room 27</p> <p>8:15am - 9:00am T'ai Chi Group Great Hall 2</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>9:30am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 10:50am Salli's Sr Workout-Oct Great Hall 2</p> <p>10:00am - 12:00pm Bocce Ball Bocce Court</p>	<p>8:00am - 6:00pm Early Voting Living Room 28</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>9:30am - 10:20am Strength Training -Oct Great Hall</p> <p>9:30am - 12:30pm Dementia Basics-What Can Dogwood Room</p> <p>10:00am - 1:30pm Cornhole-By appointment On Patio</p> <p>10:00am - 12:30pm Quilting with the Girls (sub gr Craft Room</p>	<p>8:00am - 6:00pm Early Voting Living Room 29</p> <p>9:00am - 12:00pm Farmers Market Seymo Garden Front of Seym</p> <p>9:20am - 9:50am Strengthen Your Core Great Hall</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>9:30am - 11:00am Hearing Screening-SEE GO Well Ind Serv 1</p> <p>10:00am - 11:30am Becoming Better than Before Virtual 2</p>	<p>8:00am - 3:00pm Early Voting Living Room 30</p> <p>9:00am - 11:45am Badminton Great Hall</p> <p>11:30am - 12:30pm T'ai Chi Practice Great Hall 2</p> <p>12:00pm - 2:45pm Table Tennis-Sat-by appoint Great Hall</p>

Seymour Center Activity Calendar

October 2021 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>(Continued)</i> 24</p>	<p><i>(Continued)</i> 25</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:00am - 12:00pm Quilting w/the Girls Alcove Hickory #2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>11:00am - 12:00pm Ethics in Modern Life Virtual 3</p> <p>11:30am - 2:00pm Masg - MS, day Oct Massage Therapy Room</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm GOOGLE DRIVE AND GOO Comp Room -Sey Tech</p> <p>2:00pm - 2:50pm Pilates -Oct - Mon Great Hall</p> <p>3:00pm - 5:30pm Prime Time Players do not use</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p>	<p><i>(Continued)</i> 26</p> <p>11:00am - 12:00pm Chair Yoga Virtual Virtual</p> <p>11:30am - 4:30pm Hello! Care Partners Virtual 3</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 3:00pm Creative Crafters - Crayon D Craft Room</p> <p>1:00pm - 4:00pm Table Tennis for 2 by appoint Great Hall</p> <p>2:00pm - 3:00pm Congolese Drumming Class Patio</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall 2</p> <p>7:00pm - 9:00pm Chinese Dance Great Hall</p> <p>7:00pm - 9:00pm Chapel Hill Camera Club Seymour Theatre</p>	<p><i>(Continued)</i> 27</p> <p>10:00am - 11:30am Becoming Better than Before Virtual 2</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>10:00am - 4:00pm Billiards for 2 by appointment Activity Area-Pool</p> <p>10:30am - 11:30am Craft Affair for Mandarin Spe Gath Place Cafe Are</p> <p>11:00am - 12:00pm Care Partners Collaborative Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>12:00pm - 5:00pm Med Management Well Ind Serv 1</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>1:00pm - 2:30pm Wednesdays@One Poetry-O Dogwood Room</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p> <p>1:00pm - 4:00pm Badminton Great Hall 2</p> <p>1:00pm - 2:30pm Life After Loss Support Grou Virtual</p> <p>1:15pm - 3:30pm Petals with a Purpose Cafe Area</p>	<p><i>(Continued)</i> 28</p> <p>10:00am - 11:00am The Art of Balance - Oct Great Hall 2</p> <p>10:30am - 11:20am Strength Training Advanced Great Hall</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 5:00pm Acupuncture Massage Therapy Room</p> <p>1:00pm - 3:00pm Text Editing Virtual</p> <p>6:00pm - 7:40pm T'ai Chi- Yang Short Form Great Hall 2</p>	<p><i>(Continued)</i> 29</p> <p>11:00am - 1:00pm One Man Show Theatricals Craft Room</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm Seymour Lunch Program Great Hall</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 3:00pm Text Editing Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Mandarin Enrichment Life Gr Virtual</p>	<p><i>(Continued)</i> 30</p>

Seymour Center Activity Calendar

October 2021 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 24	(Continued) 25	(Continued) 26	(Continued) 27 1:15pm - 3:30pm Petals with a Purpose Pre-Function Area 2:00pm - 3:00pm BINGO with Friends-Virtual Virtual 2 2:10pm - 3:50pm Pickleball for Parkinsons- CA Great Hall	(Continued) 28	(Continued) 29	(Continued) 30
31						