APEX PARKS, RECREATION AND CULTURAL RESOURCES

PROGRAM GUIDE

SENIOR 55+

MAY-AUGUST 2020

REGISTRATION OPENS:
March 16th for Residents
March 30th for Non-Residents

www.apexnc.org/seniors
The Town of Apex considers Seniors to be ages 55 years and older. Participants in the following programs must meet this age requirement. Classes are held at the Apex Community Center unless otherwise noted.

HOW TO REGISTER FOR PROGRAMS:

Preregistration is required for most programs offered by Apex Parks, Recreation and Cultural Resources. The first two weeks of each registration period is limited to Apex residents only. A resident is defined as an individual who resides within the established corporate limits of the Town as defined by the Apex Planning & Community Development Department. Waiting lists are available for most programs, with Apex residents receiving priority.

1. Online at PEAKconnect- www.apexnc.org/peakconnect
2. In person at 53 Hunter St. Apex, NC 27502
3. By mail to P.O. Box 250 Apex, NC 27502. Please make checks payable to: Town of Apex.

To avoid long lines and discourage overnight assembly, the first day of registration for both residents and non-residents will be administered by a lottery system starting promptly at 8:45am at the Community Center. Those in line will be given the opportunity to randomly draw a number and line up according to their number. Anyone arriving after 8:45am will go to the back of the line. Registration will begin promptly at 9am based on this system. This is for instructional programs, camps and individual youth athletic registration only and does not apply to adult team registration deadlines. One person may register only one family at a time.

REFUND POLICY:

Full Refunds. Registration fees are 100% refundable when programs and events are canceled or adjusted by the Apex Parks, Recreation, and Cultural Resources Department. The Director of Parks, Recreation, and Cultural Resources shall have the authority to make decisions on all requests not specifically covered herein.

Refunds/Withdrawals/Transfers

1. **Withdrawal 10 Calendar days or more in advance.** A participant requesting to withdraw from a class must provide a written request at least 10 calendar days in advance of the scheduled start date of the program or tryouts for an athletic league. The participant will receive the full refund of fees minus a $5.00 processing fee. No refunds will be issued when the amount is less than $6.00.

2. **Withdrawal less than 10 Calendar days in advance.** A participant requesting a refund in writing, less than 10 calendar days prior to the scheduled start date of the program or tryouts for an athletic league, will receive a 75% refund of the fees if the participant can be replaced from the waiting list. If there is no waiting list for the program then no refund will be issued.

3. **Withdrawal after first meeting of a program/First regular season game.** A participant requesting to withdraw on the day of or after the first meeting of any program or the first regular season game of the affected league, will not be issued a refund.

4. **Transfer Request.** A participant requesting to transfer from one class date to another, within the same program and registration period, must do so in writing at least 10 calendar days or more prior to the scheduled start date of the program.

5. **Adult Team Withdrawals.** Refunds for adult athletic programs requiring “team” registration will be issued based on policies and procedures covering that particular program and are not subject to #s 1, 2, 3, and 4 above.

Medical Exceptions

A full refund of all fees paid, minus a $5.00 processing fee, will be made for Athletic and Non-Athletic Programs only if: Prior to the first meeting of a program the participant requests a refund in writing including a written excuse from a licensed medical doctor indicating that the participant should not participate due to medical concerns or physical limitations.

Senior Trip Refund Policy

1. If a refund is requested in writing prior to the registration deadline, a full refund minus a $5.00 processing fee will be issued.

2. If a participant requests a refund in writing after the registration deadline, and 48 hours prior to trip departure, a 75% refund will be issued if the participant can be replaced from the waiting list. If there is not a waiting list for the program then no refund will be issued.

3. If 48 hours prior to the trip departure, a written excuse from a licensed medical doctor is provided indicating that the participant should not participate due to medical concerns or physical limitations, a partial refund will be issued after deducting expenses incurred by the Town of Apex-Apex Parks, Recreation, and Cultural Resources Department such as prepaid admission fees, tickets, deposits, and a $5.00 processing fee.

4. For situations where non-refundable deposits and admission fees must be paid in advance by the Town, no refunds will be given to participants who cancel.

<table>
<thead>
<tr>
<th>Park Maintenance</th>
<th>Apex Community Center</th>
<th>Halle Cultural Arts Center</th>
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<tbody>
<tr>
<td>2306 Laura Duncan Rd.</td>
<td>53 Hunter St. Apex, NC 27502</td>
<td>237 N. Salem St.</td>
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<tr>
<td>Phone: 919-363-6469</td>
<td>Phone: 919-249-3402</td>
<td>Phone: 919-249-1120</td>
</tr>
<tr>
<td>Fax: 919-363-6875</td>
<td>Fax: 919-249-3368</td>
<td>Fax: 919-362-8655</td>
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<tr>
<td>2600 Evans Rd.</td>
<td>Hours: Mon-Fri 8am-9pm</td>
<td>Hours: Mon-Fri 9am-6pm</td>
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<tr>
<td>Phone: 919-363-6469</td>
<td>(Office hours M-F 8am-5pm)</td>
<td>Sat 9am-1pm</td>
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<tr>
<td>Fax: 919-363-6875</td>
<td>Sat 9am-6pm, Sun 1pm-6pm (Sep- May)</td>
<td>Closed Sundays</td>
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Register Online at www.apexnc.org/peakconnect
ON THE COVER:
Several of our seniors at the Roanoke Lighthouse during a day trip to Edenton, N.C.

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Program Registration Begins:
Mon, March 16th for Residents
Mon, March 30th for Non-Residents

Register for programs at any staffed site or online at
www.apexnc.org/peakconnect

Staffed registration sites:
Apex Community Center: 53 Hunter St. Apex, NC 27502
Mon-Fri 8am-9pm, Sat 9am-6pm, Sun 1-6pm (closed Sun- Jun-Aug)
Halle Cultural Arts Center: 237 N. Salem St. Apex, NC 27502,
Mon-Fri 9am-6pm, Sat 9am-1pm

All Town of Apex buildings will be closed on May 25 and July 3rd

INCLUSION SERVICES
Apex Parks, Recreation and Cultural Resources welcomes the participation of all individuals, including those with disabilities or special needs. In compliance with the ADA, we will provide reasonable modifications to facilitate participation in our programs. To ensure that reasonable modifications are in place, modification requests should be received at least two weeks prior to the start date of the program. For more information, please contact Allie Prelaske, Recreation Program Supervisor at 919-249-3507.

For Senior Day Trips see pg. 15

Number of inclusion services

DOG PARKS
LOCATIONS:
Hunter St. Park, 1250 Ambergate Station
Apex Nature Park, 2600 Evans Road
Registration available at Apex Community Center
Visit www.apexnc.org/dogparks for more information!
SPECIAL EVENTS

PEAK CITY SINGERS PERFORMANCE
Peak City Singers presents Variety Show: Entertainment for Everyone! at the Halle Cultural Arts Center
Sat, Apr 25 and Sun, Apr 26 at 3pm
Free tickets available at http://www.thehalle.org/1131

A DANCE TO REMEMBER 55+ PROM
Come dance the night away as we take a trip down memory lane. A DJ will help you dance through the decades to all your favorite hits from the 50’s-70’s. Elegant appetizers and desserts will be provided. Everyone is welcome, no dance partner required. Pre-registration is encouraged.
Location: Apex Community Center
Fee: $11 per person
8847 Fri Jun 5 6:30pm-9pm

11TH ANNUAL APEX LATINO ARTS AND CULINARY FESTIVAL
Sat • Jun 6, 2020
3-6 pm: Family Arts and Crafts and Latino Artist Collective Exhibit at the Halle Cultural Arts Center – FREE
6-10 pm: Sample tasty authentic food and dessert delights from over 12 different Latino Countries along Salem St. Plus enjoy arts and crafts for families, the Latino Collective Exhibit at the Halle, an Artisan Craft Bazaar and spectacular music and dancing at the Apex Depot.

THINK APEX DAY
On Saturday, April 25, you can make a positive impact by participating in an organized volunteer activity or by simply performing a random act of kindness. For more information, please visit www.thinkapex.biz

PEAKFEST
Free • Sat, May 2
Join the Apex Festival Commission for a Peak of Good Living Celebration in Downtown Apex! There will be 5 blocks of arts, crafts, food trucks, live music, entertainment, kid’s rides, and much more! If you are interested in being a vendor, sponsor or have questions, please visit the website at www.apexpeakfest.com

LINE DANCING PARTY
Join us for a boot scootin’, foot stompin’ good time! Grab your (55+) friends and enjoy a night of line dancing to your favorite songs from yesterday and today. Dances will accommodate all skill levels. Light refreshments will be served. Instructor: Teresa VonCannon
Fee: $7 per person
8803 Fri May 1 6:30pm-8:30pm
*For Line Dancing classes, see page 8

TOUCH-A-TRUCK
Free • Sun, May 17 • 1-4pm
Horn free hour from 1-2pm
Your grandkids are in the driver’s seat with this hands-on experience with vehicles of all kinds. We will have local representatives and their vehicles from emergency, construction, landscaping, military and delivery all in one place. Children will be allowed to touch, climb on, and ask questions about their favorite trucks and cars in a safe, supervised environment. Bring the kids, grandkids, and your camera. Adult supervision is required.

OLDE FASHIONED 4TH OF JULY Historic Downtown Apex
Saturday, July 4 • 9am-1pm • Free!
Salem Street will be abuzz with an array of exciting family activities including giant inflatables, a rock climbing wall, trackless train rides, carnival games, pirate obstacle course, a giant slip-n-slide, duck pond, frog bog and much more. Grab the grandkids and decorate their bike, wagon, tricycle, or other non-motorized vehicle in patriotic colors that celebrate our independence. HELMETS REQUIRED for the Parade of Wheels. The festivities end with the Apex Fire Department splash down!
**COLOR PENCIL POSSIBILITIES**
Drawing principles and color come together in this class. From beginner to experienced artist, this class introduces basic principles and expands upon the possibilities of this highly portable medium.

*Supply fee:* New students $10. Returning students $5 for new paper and bring your previously provided supplies.

**Instructor:** Wade Carmichael  
**Fee:** $21(R) / $31(NR) * (5 classes)  
**8791** Mon May 4 - Jun 8* 1pm-3pm  
*No class May 25

**THE HUMAN FORM IN ART**
This program will introduce the student to challenges presented by the human form. General anatomy considerations are reviewed as well as specific attention to drawing such features as hands, feet and facial features.

*Supply fee:* New students $10. Returning students $5 for new paper and bring your previously provided supplies.

**Instructor:** Wade Carmichael  
**Fee:** $21(R) / $31(NR) * (5 classes)  
**8792** Mon Jun 22 - Jul 20 1pm-3pm

**INK ART - STIPPLE, HATCH AND LINE**
Explore the basic drawing techniques for creating value in pen and ink drawings. You will learn strokes including stipple, hatch and line and how to choose which one will best suit the subject matter in your drawing.

*Supply fee:* New students $15. Returning students (who haven taken pen, ink and watercolor) $5 for new paper and bring your previously provided supplies.

**Instructor:** Wade Carmichael  
**Fee:** $21(R) / $31(NR) * (5 classes)  
**8793** Mon Aug 3 - Aug 31 1pm-3pm

**UNIQUELY HANDMADE CARDS & GIFTS**
Each class offers a delightful array of techniques to create one-of-a-kind beautiful cards & paper-embellished gifts. No experience necessary. All materials are provided and class includes handmade cards or gifts to take home. Registration ends a week prior to class. Limited to 8 participants.

**Instructor:** Chaille O’Neal

- **Cards for the Guys - 2 Cards**  
  **Fee:** $9(R) / $19(NR) (1 class)  
  **8824** Thu May 7 1:30pm-3:30pm

- **Mini Bird House**  
  **Fee:** $16(R) / $26(NR) (1 class)  
  **8825** Thu May 28 1:30pm-3:30pm

- **Summer in Bloom - 2 Cards**  
  **Fee:** $9(R) / $19(NR) (1 class)  
  **8826** Thu Jun 4 1:30pm-3:30pm

- **Holiday Stamp a Stack - 6 Cards**  
  **Fee:** $26(R) / $36(NR) (1 class)  
  **8827** Tue Jul 7 1:30pm-4:30pm

- **Sun and Water - 2 Cards**  
  **Fee:** $9(R) / $19(NR) (1 class)  
  **8828** Thu Aug 6 1:30pm-3:30pm

- **3D Box Folding Cards - 2 Cards**  
  **Fee:** $15(R) / $25(NR) (1 class)  
  **8829** Thu Aug 13 1:30pm-3:30pm

**SCRAPBOOKING OUR LIVES**
In this course, you’ll create a scrapbook album you and your family will treasure. This is your chance to pull all those pictures off your camera and phone and out of your boxes and drawers. Learn how to design powerful scrapbook pages that include pictures, memorabilia, and journaling. Learn how to embellish with pop-ups, hidden journals, rubber stamps, and die cuts. No experience required. Feel free to bring scrapbooks you started in the past with you to class. *Supply List available at the ACC Front Desk.* Limited to 14 participants.

**Instructor:** Hanna Lyons  
**Fee:** $23(R) / $33(NR) * (5 classes)  
**8794** Tue Jun 2 - Jun 30 1pm-4pm

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**ART PROGRAMS**

**ART WITH WADE**

**Instructor:** Wade Carmichael  
**Limited to 15 participants.**

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*Have an event or party coming up? Did you know we rent out our rooms and our park shelters? Call 919-249-3402 for more information or visit [www.apexnc.org/parks](http://www.apexnc.org/parks)*
**BRIDGE**
Come play bridge in a social and fun environment. Must be familiar with the game. Limited to 40 participants.

*Have you never played and want to learn or just need a refresher course? You can learn to play Bridge from some of our regular Bridge players. Please email allie.prelaske@apexnc.org to schedule a time to learn for free.

Fee: Free
8754 Tue May - Aug 10am-1pm

**STITCH & HOOK CLUB**
If you crochet, knit or do needlework, bring your own project to the Stitch & Hook Club! It's a great time to socialize while sharing ideas and learning new techniques. You're welcome to bring your lunch or favorite snack. Limited to 30 participants.

Fee: Free
8765 Thu May - Aug 11am-1pm

**OPEN CARDS AND GAMES**
Spend the afternoon playing a variety of games, including, but not limited to Phase 10, Canasta and Pinochle. Open for all levels and players. Limited to 50 participants.

Fee: Free
8760 Mon & Fri May - Aug* 1pm-4pm
*No meeting on May 25 or Jul 3

**MAH JONGG**
Are you ready for a fun and intellectual challenge? If so, then the Chinese tile game Mah Jongg is just for you! Must be familiar with the game and please bring your own card. Limited to 20 participants.

Location: Apex Community Center (Mon & Fri)
Fee: Free
8759 Mon & Fri May - Aug* 1pm-4pm
*No meeting on May 25 or Jul 3

**BINGO**
Come out and enjoy this game of chance with friends! Water and coffee provided. You can also bring snacks to share.

Instructor: Mary Ann Kruss
Fee: $1 per card. Max cash prize $10.
8752 1st & 3rd Wed May - Aug 1pm-3pm

**Wii BOWLING**
Bowling enthusiasts, join us every Wednesday as you get exercise and fun rolled into one great game. Open to new and experienced players. Limited to 16 participants.

Fee: Free
8767 Wed May - Aug 9:30am-11:30am

**THE PEAK CITY SINGERS**
The Peak City Singers provide senior adults the enjoyment of singing with the fellowship offered by a chorus family. Director Judy White leads the singers in music instruction. The Singers perform locally in nursing homes, retirement facilities and other venues. New members are always welcome!

Fee: $20(R) / $30(NR) Fees cover 4 months and sheet music.
8766 Mon May - Aug* 11am-12:30pm
*No meeting on May 25

**POTLUCK LUNCHEONS**
Spend your lunch time visiting with friends while sharing a meal together. Bring a covered dish to share. Coffee, water, and paper products provided. Help support the Western Wake Crisis Ministry by bringing any nonperishable food items or toiletry products. Limited to 80 participants.

Fee: Free
8762 2nd Thu May 14 11:15am-12:30pm
8763 2nd Thu Jun 11 11:15am-12:30pm
8764 2nd Thu Jul 9 11:15am-12:30pm
8774 2nd Thu Aug 13 11:15am-12:30pm

**FRIDAY FLICKS**
Join us on the 3rd Friday of each month. A variety of current and classic flicks will be shown. Each movie title will be posted one week before each showing on the Senior Information Board, or call 919-249-3402 for the listing. Bring your favorite drink and we will supply the popcorn. Limited to 40 participants.

Fee: Free
8770 3rd Fri May 15 11am-1pm
8771 3rd Fri Jun 19 11am-1pm
8772 3rd Fri Jul 17 11am-1pm
8773 3rd Fri Aug 21 11am-1pm

/townofapex/apexparks/apexsenioradults

Register Online at www.apexnc.org/peakconnect
**SENIOR EXERCISE**

A fitness program designed for seniors to have fun while retaining flexibility and mobility through a series of motivating and enjoyable exercises. Equipment provided. Limited to 75 participants. **Open Gym Pass is required to attend Exercise. See below for more info.**

**Fee:** Free (R) / $10 for 20 visits (NR)

- M/T/Th/F: May - Aug* 10am-11am
- *No exercise May 25 or Jul 3

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**OPEN GYM PASS**

Interested in Senior Exercise Class or Pickleball Open Play?

Please fill out the Open Gym Registration form at the Apex Community Center. You will get a photo ID card which you will scan in each day you want to participate. These programs are FREE for Apex residents and available for a small fee to non-residents.

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**PICKLEBALL OPEN PLAY**

Are you familiar with the game and now looking to play Pickleball on a regular basis? Open play time was created just for you. Must wear rubber soled athletic shoes. Bring your own paddle or use provided paddles on first come, first serve basis. Schedule below is subject to change. You can check the senior calendar for updates, or call the ACC Front Desk at 919-249-3402. **Open Gym Pass is required to attend Pickleball Open Play. See above for more information.**

**Fee:** $0 (R) / $20 for 10 Plays (NR)

- Mon: May - Aug* 8:30am-11:30am**
- Wed: May - Aug 10:30am-1:30pm
- Fri: May - Aug* 8:30am-11:30am

*No Open Play May 25 or Jul 3
**Mon, Jul 13 and Jul 27 will be 11:30am-2:30pm

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**BLOOD PRESSURE SCREENINGS**

8753  2nd Tue of each month from 9am-10am

Come have your blood pressure taken for free in the conference room! This screening could save your life. *Provided by Preston Pointe, Retirement Living at it’s Finest.*

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**WALKING**

A simple way to improve your health! Walk around the gym: 4 laps = ¼ mile, 8 laps = ½ mile, 16 laps = 1 mile

Dates and times are subject to change. Please check the posted monthly calendar on the Senior Information Board for the most up-to-date walking information, or check online at www.apexnc.org/seniors.

**Walking will be in the hall on Wednesdays.**

**Fee:** Free

8811  May - Aug*  Mon - Fri 9am-10am/1pm-2pm

*Sat 9am-10am

*No walking May 25 or Jul 3

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**PICKLEBALL FOR 55+**

Pickleball is a racquet sport which combines elements of badminton, tennis and table tennis. It is played with a paddle and a plastic wiffle ball. It’s easy to learn, fun to play and a great opportunity to meet friends.

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**BEGINNER PICKLEBALL OUTDOOR CLINIC**

This outdoor clinic is designed for beginner players who would like to learn the basic rules of Pickleball and have a chance to try out this fast-growing game. Please note this is not Open Play and registration is required.

**Location:** Kelly Road Park

**Fee:** Free (4 classes)

8872  Mon May 11- Jun 8* 6:30pm-8pm

*No clinic May 25

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**PICKLEBALL OUTDOOR PLAY**

Blended Pickleball lines are on the junior courts at:

- Kelly Rd. Park, 1609 Kelly Rd.
- Apex Nature Park, 2500 Evans Rd.

Net heights cannot be altered. Court schedules are posted at the park. Apex Programs and Special Events are subject to change and are given priority.

**Outdoor Play Pickleball Meetup**

**Location:** Kelly Road Park

**Fee:** Free, no registration required

- Mon/Thu Apr-May 9:30am-11:30am
- Mon/Thu Jun-Aug 9am-11am
GOLDEN "FIT" DRUMMERS
This is a full body interval cardio jam session combining light resistance with drumming. This is a one-of-a-kind workout for ALL levels. Strengthen and sculpt muscles with a combination of cardio moves, strength training and drumming. This combo works the entire body, raises the heart rate to a fat-burning zone and forces each move to be as precise as a basic beat. Limited to 20 participants.
**Instructor:** Bettie Ittenbach  
**Fee:** $13(R) / $23(NR) (7 classes)  
8815 Tue  
8816 Tue  
8813 Thu  
8814 Thu

T’AI CHI CHIH
Enjoy the unique experience of Tai Chi Chih, the practice of using posture, breath and movement to affect your chi or the intrinsic energy in each of us. Improve your balance and reduce tension while promoting overall health and well-being. Limited to 25 participants.
**Instructor:** Carolyn Perry  
**Fee:** $13(R)/$23(NR) (7 classes)  
8789 Tue  
8788 Tue

T’AI CHI CHIH - PRACTICE
This class will include a combination of Tai Chi and Qi Gong movements focusing on increasing awareness and sensation of energy moving through your body. Prior Tai Chi experience required. Limited to 25 participants.
**Instructor:** Carolyn Perry  
**Fee:** Free (1 class)  
8788 Tue

ZUMBA GOLD
Experience a feel-happy workout that combines a mixture of body sculpting movements and easy-to-follow dance steps. The routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body while maximizing caloric output, fat burning and total body toning. Limited to 20 participants.
**Instructor:** Mya Barghouthi  
**Fee:** $13(R)/$23(NR) (7 classes)  
8805 Tue  
8806 Tue  
8807 Thu  
8808 Thu

LINE DANCING
**Instructor:** Teresa VonCannon  
Each session limited to 25 participants.

**Beginner**
Learn to line dance in a fun and relaxed atmosphere. This class is designed for those new to line dancing. We will cover the terminology of basic steps. Sessions will begin with 1-wall (no turning) dances and slowly progress to simple 4-wall dances. This form of dance requires no partner and is a great way to exercise your mind and body!  
**Fee:** $15(R) / $25(NR) (7 classes)  
8796 Fri  
8797 Fri

**Beginner 1**
For those with some line dance experience or have successfully completed the Beginner Line Dance Class. You should know basic line dance steps and terminology.  
**Fee:** $15(R) / $25(NR) (7 classes)  
8798 Fri  
8799 Fri

**Beginner 2**
Designed for the dancer who has prior experience and has successfully completed the Beginner 1 Line Dancing Class. You are expected to know line dance terminology and patterns.  
**Fee:** $15(R) / $25(NR) (7 classes)  
8800 Fri  
8801 Fri

NEW LESSON LINE DANCING
Line Dancing made easy with exercise that is fun! After the first class, each night will consist of learning one or two new dances, then practicing dances previously learned. If you miss the prior week, you won’t be behind. Beginners are welcome and instruction is provided. Class is open to all skill levels and no partner is necessary. Limited to 22 participants.
**Instructor:** Bob Webster  
**Fee:** $18(R) / $28(NR) (9 classes)  
8802 Thu
STEEL STRONG
Take that next step to building strong muscles and staying fit. Strength training provides benefits such as fat loss, increased bone density, improvements in cholesterol and increased muscle tone. Learn the proper techniques of strength training using the abdominals and upper and lower body muscles. Please bring your own hand weights and small exercise ball. Limited to 22 participants.

Instructor: Bettie Ittenbach
Fee: $19(R) / $29(NR) (14 classes)

8820 T/Th May 12 - Jun 25 11:10am-11:55am
8821 T/Th Jul 14 - Aug 27 11:10am-11:55am

FITNESS PROGRAMS

BEGINNER YOGA
Yoga is a natural stress reliever and a great way to maintain your health! Simple stretching, yoga postures, breathing and relaxation techniques will be taught. Props such as chairs, blankets, blocks and straps may be used for modifications. Please refrain from eating a heavy meal at least one hour before class. A portion of the class will be chair(seated) yoga, followed by standing poses with the chair as a prop and finishing with floor and stretching and relaxation. If you are unable to get down on the floor, you may choose to sit in a chair. Limited to 36 participants.

Instructor: Susan Fenimore
Fee: $24(R) / $34(NR) (7 classes)

8778 Wed May 6 - Jun 17 9am-10am
8779 Wed Jul 8 - Aug 19 9am-10am

INTERMEDIATE YOGA
Six months of yoga experience required unless approved by instructor. You must be able to easily get up and down off of the floor and perform poses on your knees. Limited to 36 participants.

Instructor: Susan Fenimore
Fee: $24(R) / $34(NR) (7 classes)

8784 Wed May 6 - Jun 17 10:15am-11:15am
8785 Wed Jul 8 - Aug 19 10:15am-11:15am

ADVANCED YOGA
6 months to a year of experience required unless approved by instructor. You must be able to easily get up and down off of the floor and perform poses on your knees. You must also be free of any medical conditions or precautions limiting your ability to perform poses with your arms above your head or inverted poses. Modifications may be made with the use of props. Limited to 36 participants.

Instructor: Susan Fenimore
Fee: $24(R) / $34(NR) (7 classes)

8776 Mon May 4 - Jun 22* 10:15am-11:15am
8777 Mon Jul 13 - Aug 24 10:15am-11:15am

*No class May 25

CHAIR YOGA
Chair Yoga is a great option for those who find it hard to get up and down from the floor. This class will increase mobility, expand range of motion and improve balance through a series of crafted yoga postures performed from a chair. Limited to 30 participants.

Instructor: Elaine Tyte
Fee: $24(R)$34(NR) (7 classes)

8780 Mon May 4 - Jun 22* 11:30am-12:30pm
8781 Mon Jul 27 - Sep 14* 11:30am-12:30pm

*No class May 25 or Sep 7

GENTLE MINDFUL YOGA FOR MEDITATION
If you are interested in a low-key Yoga class and learning about mindfulness meditation and all its health benefits, this class is for you! This class will introduce mindfulness meditation techniques and allow time for practice in class. Before meditation, we will warm-up the entire body through easy movements and Yoga poses to prepare the body and mind to find stillness. Chairs will be used for some of the warm-up as well as the meditation practice. We may also be standing at times, walking and sitting or lying down on the floor on mats. The choice to stay seated in the chair will be given at all times. Open to all levels. Limited to 30 participants.

Instructor: Susan Fenimore
Fee: $24(R)/$34(NR) (7 classes)

8782 Mon May 4 - Jun 22* 9am-10am
8783 Mon Jul 13 - Aug 24 9am-10am

*No class May 25

PILATES
Designed to fit the needs of seniors! An excellent non-aerobic form of body conditioning and training that anyone can do regardless of age or ability. Pilates is a series of exercises performed on a mat based on the work of Joseph Pilates. Movements are specifically designed to strengthen and lengthen the muscles with special focus on the core. Mats provided or you can bring your own. Limited to 22 participants.

Instructor: Elaine Tyte
Fee: $16(R) / $26(NR) (7 classes)

8865 Mon May 4 - Jun 22* 2pm-3pm
8866 Mon Jul 27 - Sep 14* 2pm-3pm

*No class May 25 or Sep 7

8863 Wed May 6 - Jun 17 3pm-4pm
8864 Wed Jul 29 - Sep 9 3pm-4pm

STEEL STRONG
Bring your own mat and any other desired props.
VISUAL ARTS EXHIBITS

**Jenny Eggleston / Egg in Nest Art Studio**
May 1 - May 22, 2020
Free Reception: Fri, May 1, 6pm-8pm

*A Field of Teacups*
Challenged with incorporating the same five elements into a single work of art—a flower, a tree, a bird, a mountain, and a teacup—Jenny Eggleston and her students at Egg in Nest Art Studio, confront the tenets of Surrealism. By using a range of techniques the students create unexpected juxtapositions the viewer must navigate. As you move from room to room, the possible justifications for why the teacup appears in the landscapes composed of otherwise familiar elements, it becomes apparent that these justifications are as varied as the artists themselves!

**Latino Arts Collective**
May 29 - Jun 26, 2020
Free Reception: Fri, May 29, 6pm-8pm

The Latino Arts Collective Exhibit, occurring in tandem with Apex's 11th annual Latino Arts Festival, features local Latino artists working in a variety of mediums and styles. Come kick off the Latino Festival season in Apex with us!

**Pierce Boshelly & Leslie Bailey**
Jul 3 - Jul 31, 2020
Free Reception: Fri, Jul 3, 6pm-8pm

*Pierce Boshelly:* Over the years Pierce has developed several different styles of painting and sculpture. After spending some time painting in Paris and sculpting marble in the studios near Carrara, Italy, he returned to North Carolina. He has exhibited around the world from New York City to Italy. He also composes music, which is to be listened to alongside his paintings.

*Leslie Bailey:* An abstract-mixed-media artist, currently living in Pinehurst, NC. After a career of over thirty years in teaching elementary art, she is retired or “rewired”, and is now a full time artist. The act of creating with a particular chosen media in her art leads to an intuitive, creative exploration of those materials, focusing on color, texture, shapes and lines. The artistic decision-making in the subsequent layers explores process and product, sometimes by design and sometimes by surprise. Discovering these creative explorations and surprises is why she feels it necessary to create art.

**Exhibit TBD!**
Aug 1 - Sep 11, 2020
Free Reception: Fri, Aug 7, 6pm-8pm

IMPROV ENSEMBLE
Need more creativity, spontaneity, laughter and fun in your life? Want to improve your one-on-one interactions by sharpening your listening skills? Then join us as we tackle improv games and learn to work as a team. No experience necessary. All you need is an open mind. Limited to 14 participants.

*Ages:* 55+ yrs.

*Instructor:* Kathleen Rudolph

*Fees:* $12(R) / $22(NR) (4 classes)

*8699 / Thu / May 7 - May 28 / 9:30am-10:45am*
TUESDAY MORNING MOVIES IN MAY

May 5 & May 19 • Free! • 10am
Grab the grandkids, snacks, blankets and visit us on the 1st & 3rd Tuesday during the month for your favorite movies on the big screen! Doors open at 9:30am. Call 919-249-1120 one week prior to event for movie title or sign up to be on our email list at halleculturalartscenter@apexnc.org. Call 919-249-1120 or email halleculturalartscenter@apexnc.org to sign up for our weekly email. Visit www.TheHalle.org or our Facebook page often for up-to-date information!

FIRST WEDNESDAY FLICKS

May 6, Jun 3, Jul 1, Aug 5 • Free! • 7:30pm
Join us on the first Wednesday night of each month for screenings of recently released movies geared towards teens and adults. Call 919-249-1120 one week prior to event for movie title or sign up to be on our email list at halleculturalartscenter@apexnc.org.

SUPER FUN SATURDAYS

May 16, Jul 18, Aug 1, Aug 15 • Free! • 10:30am - 12:30pm
Ages 4-12. Join us for “super” fun with free arts & crafts for children. No registration required. Parents or adults must accompany children. *Normal schedule returns in the Fall
EDUCATIONAL PROGRAMS

TECHNOLOGY HELP DESK
Do you need help with a specific problem on your smartphone, tablet or laptop computer? There is no agenda for these sessions. Attendees will be taken in order of arrival and will receive one-on-one help with specific questions or problems. John Harter instructs. **No registration necessary.**

Fee: Free

- **Thu** May 14, Jun 11, Jul 16  1:30pm-3:30pm

HISTORY CLASSES

Instructor: Wade Carmichael
Limited to 30 participants.

**Our First Civil War - The American Revolution**
In 1776 only about a 1/3 of colonists supported separation from England. The story of the divided families, friends, and communities is a story that often goes untold.

Fee: $16(R) / $26(NR)  (5 classes)

- **8844** Wed May 20 - Jun 17  12:30pm-2:30pm

SCIENCE CLASSES

Instructor: Harry Dammers
Limited to 30 participants.

**SETI- Search for Extraterrestrial Intelligence**
"There are two possibilities that exist. Either we are alone in the universe or we are not. Both are equally terrifying." - Arthur C Clark. A scientific journey into the possibilities of contact.

Fee: Free  (3 classes)

- **8845** Wed Jul 15 - Jul 29  12:30pm-1:45pm

**Scopes Monkey Trial & Trial of Galileo**
This course will examine two famous examples of "science of trial". Most of what most people know about each isn’t true - the real stories are more interesting.

Fee: Free  (3 classes)

- **8846** Wed Aug 5 - Aug 19  12:30pm-1:45pm

COMPUTER CLASSES

Instructor: John Harter  Fee: Free (1 class)
Please bring your device. Limited to 20 participants.

**Introduction to Smartphones**
Learn about your iPhone or Android smartphone apps, widgets, and how smartphones communicate with other devices.

- **8833** Thu May 7  1:30pm-3pm

**Introduction to Tablets**
Get to know your Android or iPad tablet with this discussion on the user interface, apps, widgets and how tablets communicate with other devices.

- **8834** Thu May 21  1:30pm-3pm

**Introduction to Laptops**
Learn about your laptop or desktop computer with this discussion of the user interface, organization of files and folders, applications and how your computer can communicate with other devices.

- **8835** Thu Jun 4  1:30pm-3pm

**Customizing Your Laptop**
This workshop discusses Windows 10 and MacBook OS-X and how to customize your computer so that it looks and acts the way you want.

- **8836** Thu Jun 18  1:30pm-3pm

**Using Office Applications**
Learn how to make the most of office applications, like Microsoft Office or the free LibreOffice apps. The discussion will mostly cover word processors, but will also describe the basics of spreadsheet and presentation applications.

- **8837** Thu Jul 9  1:30pm-3pm

**Introduction to the Internet**
Learn what the Internet really is and how it works. Learn the origin and basics of computer networks and how the World Wide Web made network computing easy for everyone.

- **8838** Thu Jul 23  1:30pm-3pm

**Introduction to the iCloud**
Learn what “the cloud” really is and how you can use it from your computer, smartphone and tablet device.

- **8839** Thu Aug 20  1:30pm-3pm

/apexparksteamlet/apexparks/apexsenioradults
# APRC 55+ Program Registration Form

**Mailing Address:** Apex Community Center, PO Box 250, Apex, NC 27502 (Make checks payable to: Town of Apex)

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<th>First Name</th>
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<td>☐ Work</td>
<td>☐ Cell</td>
<td>☐ Home</td>
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I would like the Apex Parks, Recreation and Cultural Resources to know the following information regarding this participant:

- Medical Conditions ☐
- Allergies ☐
- Special Needs ☐
- None/Not Applicable ☐

If yes to any of the above, please explain in detail:

**Does the participant need a modification(s) to participate?**  
Yes ☐  No ☐

If yes, someone from inclusion services will follow-up with you regarding your request. The Apex Parks, Recreation and Cultural Resources welcome the participation of individuals of all abilities. In compliance with the ADA, we will provide reasonable modifications to facilitate participation in our program. To ensure that reasonable modifications are in place, modification requests should be received at least two weeks prior to the start date of the program. For more information, please contact Allie Prelaske at 919-249-3507.

<table>
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<td>8765</td>
<td>Stitch and Hook Club</td>
<td>8770</td>
<td>May Friday Flicks</td>
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<td>8754</td>
<td>Bridge</td>
<td>8771</td>
<td>June Friday Flicks</td>
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<td>8767</td>
<td>Wii Bowling</td>
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<td>July Friday Flicks</td>
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<td>Bingo</td>
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<td>August Friday Flicks</td>
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<td>8762</td>
<td>May Potluck Luncheon</td>
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<td>Open Card and Games</td>
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<td>8763</td>
<td>June Potluck Luncheon</td>
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<td>Mah Jongg</td>
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<td>8764</td>
<td>July Potluck Luncheon</td>
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<td>8774</td>
<td>August Potluck Luncheon</td>
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**FREE COMPUTER CLASSES**

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**FREE EXERCISE PROGRAMS**

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<tr>
<td>8811</td>
<td>Walking</td>
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<tr>
<td>8753</td>
<td>Blood Pressure Clinic</td>
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<td>8788</td>
<td>T'ai Chi Chih - Practice Session</td>
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**FREE EDUCATIONAL PROGRAMS**

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<th>Code</th>
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<td>SETI- Search for Extraterrestrial Intelligence</td>
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<tr>
<td>8846</td>
<td>Scopes Monkey Trial &amp; Trial of Galileo</td>
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Register Online at www.apexnc.org/peakconnect
to opt out of the Photo/Video Policy, you must email so. Failure to exercise this option indicates my approval and acceptance. I understand t
of this approval, I acknowledge I may have the opportunity to review the premises, equipment and personnel qualifications to
expressly waive all claims against them. I understand that no insurance coverage is provided by the Town of Apex Parks, Recre
I, for myself or as parent or guardian,
Statement of Waiver
on my behalf, or on behalf of my estate, have or may have by reason of this authorization.
waive any right to royalties or other compensation arising or related to the use of the photograph or video. I hereby hold ha
purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, whe
I hereby grant the Town of Apex permission to use my likeness
Photo/Video
processing fee. For situations where non
expenses incurred by the Town of Apex / Apex Parks, Recreati
Full Refunds-Registration fees are 100% refundable when programs and events are canceled or adjusted by the Apex Parks, Recreation, and Cultural Resources Department. The Director of Parks, Recreation, and Cultural Resources shall have the authority to make decisions on all requests not specifically covered herein.
No refunds will be issued when the amount is less than $6.00.
Withdrawal 10 Calendar days or more in advance- A participant requesting to withdraw from a class must provide a written request at least 10 calendar days in advance of the scheduled start date of the program. The participant will receive the full refund of fees minus a $5.00 processing fee.
Withdrawal less than 10 Calendar days in advance- A participant requesting a refund in writing, less than 10 calendar days prior to the scheduled start date of the program, will receive a 75% refund of the fees only if the participant can be replaced from the waiting list. If there is not a waiting list for the program or athletic league then no refund will be issued.
Withdrawal after First meeting of a program- A participant requesting to withdraw, on the day of or after the first meeting of any program, or the first regular season game of the affected league, will not be issued a refund.
Transfer Request- A participant requesting to transfer from one class date to another, within the same program and registration period, must do so in writing at least 10 calendar days or more prior to the scheduled start date of the program
Medical Exceptions- A full refund of all fees paid, minus a $5.00 processing fee, will be made for Athletic and Non-Athletic Programs only if prior to the first meeting of a program or the first game of the regular season the participant requests a refund in writing including a written excuse from a licensed medical doctor indicating that the participant should not participate due to medical concerns or physical limitations.
Senior Trips- If a refund is requested, in writing, prior to the registration deadline, a full refund minus a $5.00 processing fee will be made. If a refund is requested, in writing, after the registration deadline, and 48 hours prior to trip departure, a 75% refund will be issued only if the participant can be replaced from the waiting list. If there is not a waiting list for the program, then no refund will be issued. If 48 hours prior to the trip departure, a written excuse from a licensed medical doctor is provided, indicating that the participant should not participate due to medical concerns or physical limitations, a partial refund will be issued after deducting expenses incurred by the Town of Apex / Apex Parks, Recreation and Cultural Resources Department- such as prepaid admission fees, tickets, deposits, and a $5.00 processing fee. For situations where non-refundable deposits and admission fees must be paid in advance by the Town, no refunds given to participants who cancel.
Photo/Video Policy:
I hereby grant the Town of Apex permission to use my likeness without individual identifying information in a photograph or video in any and all of its publications, website, social media and video programming, without payment or any other consideration. I hereby irrevocably authorize the Town of Apex to edit, alter, copy, exhibit, publish or distribute all submitted photos, videos, or other artwork for purposes of publicizing the town’s programs and facilities, or for any other lawful purpose. In addition, I waive the right to inspect or approve the finished product, including written or electronic copy, wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of the photograph or video. I hereby hold harmless and release and forever discharge the Town of Apex from all claims, demands and causes of action which I, my heirs, representatives, executors, administrators or any other persons acting on my behalf, or on behalf of my estate, have or may have by reason of this authorization.
Statement of Waiver:
I, for myself or as parent or guardian, hereby assume all the risks and hazards incidental to the conduct of the activities. I release, absolve, and indemnify the Town of Apex, employees of the Town, volunteers, contractors and/or sponsors from all risks and hazards associated with the activities and in the event of injury, do expressly waive all claims against them. I understand that no insurance coverage is provided by the Town of Apex Parks, Recreation and Cultural Resources Department. I further give permission for proper emergency care to be rendered to myself or child should I not be available or able to give such permission. As part of this approval, I acknowledge I may have the opportunity to review the premises, equipment and personnel qualifications to be used in conducting the activity. I also have the opportunity to discuss with program organizers potential hazards and risks that may be associated with the activity and take responsibility for doing so. Failure to exercise this option indicates my approval and acceptance. I understand the Town of Apex does not provide transportation to or from activities scheduled by the Apex Parks, Recreation and Cultural Resources Department.
By signing below, you agree to the Town of Apex’s Statement of Waiver and acknowledge that you have read the Town of Apex’s Photo/Video policy. If you wish to opt out of the Photo/Video Policy, you must email peakconnect@apexnc.org including the participant's name and which program(s) they are registered for.
Participant’s Signature

Date

/    /

STOP: DEPARTMENT USE ONLY

Total $   □ Res   □ Non-Res   Receipt #   DATE PAID:   Staff Initials
MYSTERY TRIP

Wed, May 6 • 8am-5:30pm
Fee: $60(R)/ $70(NR) #8868
Walking Level:  
Are you ready to have fun exploring an unknown destination? Come along and enjoy the adventure and mystery of not ever knowing where we are going until we get there! No details will be given ahead of time. Trip involves some moderate walking over some uneven surfaces. Limited rides available upon request. 
Fee includes: Deluxe motor coach transportation, food and tours. Min 25/ Max 36
Registration Deadline: Apr 22, 2020

Check your emails!  Most communication after you register for programs and trips is sent out through email. Make sure the email on your account is up to date!

MURDER MYSTERY DINNER
(THEATRE AT DUPLIN WINERY)

Sat, May 30 • 3:30pm-10:45pm
Fee: $82(R)/ $92(NR) #8869
Walking Level:  
Join us for a full-on ‘comedy whodunit’ dinner theater at Duplin Winery full of original scripts and talented actors. It will not only challenge your brain, but they will also tickle your funny bone. Throughout the evening, and over the course of the meal, clues will be provided. We will try solve the mystery by interacting with the suspects and detectives to figure out who is guilty of the crime. Optional purchase: Extra wine during dinner or before the show. 
Fee includes: Deluxe motor coach transportation, inclusive dinner and Murder Mystery theatre tickets. Min 30/Max 36
Registration Deadline: May 8, 2020
Pleasant Park

The Town Council recently approved the initial construction contract for Pleasant Park. Initial construction will include site grading, utilities, and segmented walls. When completed, the project will include a mixture of active and passive recreation opportunities for all ages and abilities. The park will include sports fields and courts, a cross country course, a 1.5 acre Enchanted Forest amenity area with splash pad, shelters and more. J.M. Thompson Construction Co. will be the contractor for the project with site work scheduled to begin in February. The project is primarily being funded by the 2017 Park Bond and a grant from the Wake County Hospitality Tax program.

Community Center Addition / Senior Center

Initial site work has begun on the Town’s first Senior Center and the expansion of the Apex Community Center. Located on the Town Hall Campus, this project will add approximately 28,000 square feet to the existing Community Center. When complete, this facility will primarily be used to expand programming for seniors and those with special needs. In addition, the facility will be available to expand programming for all ages and offer much needed rental space for community use. Barnhill Construction Co. will be the contractor for the project with significant construction operations set to begin in February. The project is primarily being funded by the 2017 Park Bond.

Middle Creek Greenway

The Town Council recently approved a construction contract with Bridge Pointe Civil, LLC to start construction on 900 linear feet of the Middle Creek Greenway. This section will connect the Reunion Pointe and Miramonte neighborhoods with construction beginning in February 2020. Beginning in July 2020, additional phases will connect Pemberley, Sunset Hills, and Horton Park along the corridor with eventual connection to the Town of Holly Spring’s greenway system at Sunset Lake Road. Northward, the Middle Creek Greenway will eventually connect at SR 1001. The project is primarily being funded by the 2017 Park Bond and Wake County Open Space Grant Funds.

New Parks & Greenways Map

A new Parks and Greenways Map is now available! This map features the locations of public parks and greenways throughout Apex, shows regional context, lists the amenities at various parks, and answers many commonly asked questions about parks and greenways in Apex. The map is available online at www.apexnc.org and printed copies are available for you to pick up at the Apex Community Center.

Beaver Creek Greenway

Construction on the first section of the Beaver Creek Greenway, connecting Kelly Road Park to the Apex Nature Park, will begin spring 2020 with additional sections beginning construction later in the summer. When completed, the 1.5 mile section, consisting primarily of boardwalk, will link two significant parks and multiple neighborhoods within the corridor and create a continuous connection between the Apex Nature Park and Jaycee Park. The project is primarily being funded by the 2017 Park Bond, a $1,000,000 grant through NCDOT, and Wake County Open Space Grant funds.