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 or athletic league 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.

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<table>
<thead>
<tr>
<th>Park Maintenance</th>
<th>Apex Community Center</th>
<th>Halle Cultural Arts Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>2306 Laura Duncan Rd.</td>
<td>53 Hunter St. Apex, NC 27502</td>
<td>237 N. Salem St.</td>
</tr>
<tr>
<td>Phone: 919-363-6469</td>
<td>Mailing Address: P.O. Box 250, Apex, NC 27502</td>
<td>Phone: 919-249-1120</td>
</tr>
<tr>
<td>Fax: 919-363-6875</td>
<td>Phone: 919-249-3402 Fax: 919-249-3368</td>
<td>Fax: 919-362-8655</td>
</tr>
<tr>
<td>2600 Evans Rd.</td>
<td>Hours: Mon-Fri 8am-9pm</td>
<td>Hours: Mon-Fri 9am-6pm</td>
</tr>
<tr>
<td>Phone: 919-363-6469</td>
<td>(Office hours M-F 8am-5pm)</td>
<td>Sat 9am-1pm</td>
</tr>
<tr>
<td>Fax: 919-363-6875</td>
<td>Sat 9am-6pm, Sun 1pm-6pm (Sep- May)</td>
<td>Closed Sundays</td>
</tr>
</tbody>
</table>

Register Online at www.apexnc.org/peakconnect
ON THE COVER:
Terry Babb playing Table Tennis at the 2019 Wake County Senior Games.
Photo © Rick Cornell

# Apex Community Center • 919-249-3402 • 53 Hunter St. Apex, NC 27502

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## 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!

## 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.

## Program Registration Begins:

- **Tues, Nov 12th for Residents**
- **Mon, Nov 25th 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 January 1, January 20 and April 10

More Special Events, Youth, Adult and Cultural Arts Programs can be found in our all ages
2020 January-April Program Guide.
www.apexnc.org/programguide

CONNECT WITH US!
/tonofapex
/apexparks
www.apexnc.org/seniors
www.apexnc.org/notifyme
919-249-3402
peakconnect@apexnc.org
SPECIAL EVENTS

Grab the Grandkids! Town of Apex

EGG HUNTS

UltiMutt Dog Egg Hunt - NEW! #8498
Tuesday, March 31 • 6pm • Free
Apex Nature Park - 2600 Evans Rd.
Bring your furry friends and a basket to hunt for treat-filled eggs together and get a photo opportunity with the Easter Bunny. Our first UltiMutt Dog Easter Egg Hunt is being offered for all Town of Apex Annual Dog Park Pass holders and their fur babies. Some eggs will have “Golden Tickets” inside them, which can be used to renew your annual Dog Park Pass for free! Registration required. Registration Deadline: Tuesday, March 24th

Flashlight Egg Hunt #8464
Thursday, April 2 • 8pm • Free
Apex Community Park - 2200 Laura Duncan Rd.
Ages 6+. This is a special event for individuals with disabilities. Grab your flashlight and search for candy filled eggs in the dark. Registration required!

Apex Easter Egg Hunt
Saturday, April 4 • 9am • Free
Apex Community Park - 2200 Laura Duncan Rd.
Grab the grandkids and their baskets! Arrive early to meet the Easter Bunny and find candy-filled eggs. Bring your camera! Sponsored by the Apex Youth Council. Egg hunt starts promptly at 9am!

PERFORMANCES AT THE HALLE

Musical Memories • Thu, Mar 19 at 10:30am
Readers Theatre • Fri, Mar 20 at 10:30am

PEAK CITY SINGERS PERFORMANCE

Peak City Singers presents Variety Show: Entertainment for Everyone! at the Halle Cultural Arts Center
Sat and Sun, April 25-26 at 3pm
Free tickets available at Eventbrite.com beginning in Feb at the Community Center or Halle CAC front desk

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. We can all “think Apex” daily by engaging in ways that enrich the lives of those in our community. For more information about this community initiative, please visit www.thinkapex.biz

SATURDAY, 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

Connect with us on Facebook!
Join our group- Apex Senior Adults. You can also follow our Department’s page @ApexParks

WAKE COUNTY SENIOR GAMES

Come out and enjoy the fun at the Wake County Senior Games (WCSG). This annual event is for anyone age 55+ to participate in athletic and artistic activities. It provides an opportunity to meet new people, enjoy healthy competition, be creative, and most importantly have fun! Events include athletics, performing arts, heritage arts, visual arts and literary arts. For more information visit www.wcseniorgames.com. The WCSG relies on wonderful volunteers to help run all the events. If you would like to get involved, please email: WCSG_Volunteer@gmail.com

WAKE COUNTY SENIOR GAMES

DON’T QUIT.
STAY FIT.
March – April 2020
REGISTRATION
January 28 — March 10, 2019
for more information visit:
wcseniorgames.org
(919) 582-2392
wcseniorgames@gmail.com
Follow us on Facebook!
@WakeCountySeniorGames

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
8487 Fri Feb 28 6:30pm-8:30pm
*For Line Dancing classes, see page 8
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 as noted to take home. Registration ends a week prior to class. Limited to 8 participants.

**Instructor:** Chaille O'Neal

<table>
<thead>
<tr>
<th>Cards of the Heart</th>
<th>Fee: $9(R) / $19(NR)</th>
<th>(1 class)</th>
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<tbody>
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<td>1:30pm-3:30pm</td>
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<tr>
<th>Treat Holders (Lip Balm and Candy)</th>
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<tr>
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<tr>
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<th>(1 class)</th>
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<td>1:30pm-3:30pm</td>
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<thead>
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<th>(1 class)</th>
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<tbody>
<tr>
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<td>1:30pm-3:30pm</td>
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<tr>
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<th>(1 class)</th>
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<td>1:30pm-3:30pm</td>
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<th>(1 class)</th>
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<tr>
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<td>1:30pm-3:30pm</td>
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<thead>
<tr>
<th>Exploding Card: 1 Card</th>
<th>Fee: $11(R) / $21(NR)</th>
<th>(1 class)</th>
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</thead>
<tbody>
<tr>
<td>8405 Thu Apr 23</td>
<td>1:30pm-3:30pm</td>
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</table>

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- but if you have scrapbooks you started in the past, bring them to class. Limited to 14 participants.

**Instructor:** Hanna Lyons

<table>
<thead>
<tr>
<th>Scrapbooking Our Lives</th>
<th>Fee: $23(R) / $33(NR)</th>
<th>(5 classes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8459 Tue Jan 28-Feb 25</td>
<td>1:30pm-4pm</td>
<td>5 classes</td>
</tr>
</tbody>
</table>
A JUMP START TO CONVERSATIONAL SPANISH

Learn how to hold basic conversations in Spanish! Designed for students with some prior knowledge of Spanish, this course will help you develop conversational and reading strategies. The course includes group readings, discussions, dialogues, and role playing. Emphasis is on practical, everyday language, idiomatic expressions, and cultural content; with weekly reviews of grammar and vocabulary. Limited to 14 participants. Instructor: Andrea Blanco
Fee: $22(R) / $32(NR) (6 classes)
8460 (Level 2) Fri Jan 24-Feb 28 1:30pm-3:30pm
8461 (Level 3) Fri Mar 13-Apr 24* 1:30pm-3:30pm
*No class Apr 10th

COFFEE & CONVERSATION

Informal senior discussions. Join other seniors for conversation around topics such as: travel, holiday traditions, hobbies, family, music, and other topics of interest to the group. Limited to 15 participants.
Fee: Free
8246 1st Thu Jan 2 9am-10am
8247 1st Thu Feb 6 9am-10am
8248 1st Thu Mar 5 9am-10am
8249 1st Thu Apr 2 9am-10am
*No meeting on Jan 20th

POTLUCK LUNCHEONS

Spend your lunch time visiting with friends while sharing a meal together. Bring a covered dish to share. Entertainment starts at 12pm and will last about 20-30 minutes. Limited to 80 participants.
Fee: Free
8266 2nd Thu Jan 9 11:15am-12:30pm
8267 2nd Thu Feb 13 11:15am-12:30pm
8268 2nd Thu Mar 12 11:15am-12:30pm
8273 2nd Thu Apr 9 11:15am-12:30pm
*No class Apr 10th

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
8253 3rd Fri Jan 17 11am-1pm
8254 3rd Fri Feb 21 11am-1pm
8255 3rd Fri Mar 20 11am-1pm
8272 3rd Fri Apr 17 11am-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
8269 Thu Jan-Apr 11am-1pm

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.
8242 1st & 3rd Wed Jan 15-Apr 15 1pm-3pm

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: Mondays- Apex Community Center
Fridays- Halle Cultural Arts Center
Fee: Free
8263 Mon & Fri Jan-Apr 1pm-4pm
*No meeting on Jan 20th and Apr 10th

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
8271 Wed Jan 8-Apr 29 9:30am-11:30am

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
8264 Mon & Fri Jan-Apr 1pm-4pm
*No meeting on Jan 20th and Apr 10th

BID BELLE

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 contact Allie, 919-249-3507 to schedule a time to learn for free.
Fee: Free
8244 Tue Jan-Apr 10am-1pm

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! Performances on Sat and Sun, April 25-26 at 3pm.
Fee: $20(R) / $30(NR) Fees cover 4 months and sheet music.
8270 Mon Jan-Apr 11am-12:30pm
*No meeting on Jan 20th

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 contact Allie, 919-249-3507 to schedule a time to learn for free.
Fee: Free
8244 Tue Jan-Apr 10am-1pm

COFFEE & CONVERSATION

Informal senior discussions. Join other seniors for conversation around topics such as: travel, holiday traditions, hobbies, family, music, and other topics of interest to the group. Limited to 15 participants.
Fee: Free
8246 1st Thu Jan 2 9am-10am
8247 1st Thu Feb 6 9am-10am
8248 1st Thu Mar 5 9am-10am
8249 1st Thu Apr 2 9am-10am

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! Performances on Sat and Sun, April 25-26 at 3pm.
Fee: $20(R) / $30(NR) Fees cover 4 months and sheet music.
8270 Mon Jan-Apr 11am-12:30pm
*No meeting on Jan 20th

POTLUCK LUNCHEONS

Spend your lunch time visiting with friends while sharing a meal together. Bring a covered dish to share. Entertainment starts at 12pm and will last about 20-30 minutes. Limited to 80 participants.
Fee: Free
**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.

**Instructors:** Elaine Tyte on Mon & Fri
Bettie Ittenbach on Tue & Thu

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

**Open Gym Pass is required to attend Exercise.**

<table>
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<tr>
<th>日子</th>
<th>Jan-Apr*</th>
<th>10am-11am</th>
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</thead>
</table>

*No exercise Jan 1st, Jan 20th, Apr 10th

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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.

---

**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.

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

**Open Gym Pass is required to attend Exercise.**

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<tr>
<th>日子</th>
<th>Jan-Apr</th>
<th>10:30am-1:30pm</th>
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<tr>
<th>日子</th>
<th>Jan-Apr</th>
<th>9am- Noon</th>
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**BEGINNERS PICKLEBALL I**
These workshops are designed for seniors who have never played Pickleball and want to learn the rules and basic skills (e.g., serving and returning the serve, forehand and backhand shots, lobs and net play) of the game. Each session will include instruction, drills and an opportunity to play short games to put skills into practice and to receive feedback on their play. Please note that this is not open play. Limited to 12 participants.

**Fee:** Free (3 classes)

<table>
<thead>
<tr>
<th>8415</th>
<th>Mon</th>
<th>Feb 24-Mar 9</th>
<th>11:30am-1pm</th>
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**ROUND-ROBIN PICKLEBALL TOURNAMENT**
This tournament is open to seniors age 55 and above. Players must have at least 1 year of pickleball experience. Players will be randomly matched (one woman and one man) for each game, for up to 6 games. Players will accumulate their scores for each game. The four men and the four women with the highest cumulative scores will play a 3-game playoff, with a different partner for each game, to determine the overall winners. Limited to 12 men and 12 women.

**Location:** Apex Community Center

**Registration Deadline:** Mar 6, 2020

**Fee:** $5 per person

<table>
<thead>
<tr>
<th>8423</th>
<th>(Women)</th>
<th>Mon</th>
<th>Mar 16</th>
<th>9am-2pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>8424</td>
<td>(Men)</td>
<td>Mon</td>
<td>Mar 16</td>
<td>9am-2pm</td>
</tr>
</tbody>
</table>

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**INTERMEDIATE PICKLEBALL STRATEGIES, SKILLS AND DRILLS WORKSHOPS**
These workshops are designed for intermediate and advanced players who have mastered the basic skills. Each session will include some instruction, intense drills, and an opportunity to play short games to put skills into practice in a game setting. Please note that this is not open play. Limited to 12 participants.

**Fee:** Free (3 classes each)

**Serving and Return of Serve**

<table>
<thead>
<tr>
<th>8417</th>
<th>Mon</th>
<th>Jan 6-Jan 27</th>
<th>11:30am-1:30pm</th>
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</thead>
</table>

*No class Jan 20th

**Dinking and the Third Shot**

<table>
<thead>
<tr>
<th>8418</th>
<th>Mon</th>
<th>Feb 3-Feb 17</th>
<th>11:30am-1:30pm</th>
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**Lobs and Overhead Shots**

<table>
<thead>
<tr>
<th>8419</th>
<th>Mon</th>
<th>Mar 23-Apr 6</th>
<th>11:30am-1:30pm</th>
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**Doubles Strategies**

<table>
<thead>
<tr>
<th>8420</th>
<th>Mon</th>
<th>Apr 13-Apr 27</th>
<th>11:30am-1:30pm</th>
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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.
GOLDEN “FIT” WARRIORS

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: Betitt Ittenbach
Fee: $13(R) / $23(NR) (7 classes)
8323 Tue Jan 7-Feb 18 9am-9:45am
8324 Tue Mar 10-Apr 28* 9am-9:45am
8321 Thu Jan 9-Feb 20 9am-9:45am
8322 Thu Mar 12-Apr 23* 9am-9:45am
*No class Mar 31st or Apr 2nd

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: Betitt Ittenbach
Fee: $19(R) / $29(NR) (14 classes)
8383 T/Th Jan 7-Feb 20 11:10am-11:55am
8384 T/Th Mar 10-Apr 30* 11:10am-11:55am
*No class Mar 31st or Apr 2nd

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)
8342 Tue Jan 7-Feb 18 2:15pm-3:15pm
8343 Tue Mar 3-Apr 21* 2:15pm-3:15pm
*No class on Apr 7th
8344 Thu Jan 9-Feb 20 2:15pm-3:15pm
8345 Thu Mar 5-Apr 23* 2:15pm-3:15pm
*No class on Apr 9th

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 calender on the Senior Information Board for the most up-to-date walking information.

Fee: Free
8274 Jan-Apr* Mon- Fri 9am-10am/2pm-3pm
Sat 9am-10am

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)
8377 Thu Jan 9-Mar 5 5:30pm-7pm
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 32 participants.

Instructor: Susan Fenimore
Fee: $24(R) / $34(NR) (7 classes)
8335 Wed Jan 8-Feb 19 9am-10am
8336 Wed Mar 4-Apr 15 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 32 participants.

Instructor: Susan Fenimore
Fee: $24(R) / $34(NR) (7 classes)
8339 Wed Jan 8-Feb 19 10:15am-11:15am
8340 Wed Mar 4-Apr 15 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 32 participants.

Instructor: Susan Fenimore
Fee: $24(R) / $34(NR) (7 classes)
8331 Mon Jan 6-Feb 24* 10:15am-11:15am
8332 Mon Mar 2-Apr 13 10:15am-11:15am

*No class Jan 20th

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 22 participants.

Instructor: Elaine Tyte
Fee: $24(R)/$34(NR) (7 classes)
8337 Mon Jan 6-Feb 24* 11:30am-12:30pm
8338 Mon Mar 9-Apr 20 11:30am-12:30pm

*No class Jan 20th

ALL YOGA CLASSES
Bring your own mat and any other desired props.

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)
8333 Mon Jan 6-Feb 24* 9am-10am
8334 Mon Mar 2-Apr 13 9am-10am

*No class Jan 20th

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)
8328 Mon Jan 6-Feb 24* 3pm-4pm

*No class Jan 20th
8329 Mon Mar 9-Apr 20 3pm-4pm
8326 Wed Jan 8-Feb 19 3pm-4pm
8327 Wed Mar 4-Apr 20 3pm-4pm

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)
8380 Tue Jan 7-Feb 18 3pm-4:15pm
8381 Tue Mar 10-Apr 21 3pm-4:15pm

/townofapex
/apexparks
VISUAL ARTS EXHIBITS

Annual Apex High Schools Exhibition
Jan 3-Feb 7 • Free Reception: Jan 10, 6pm-8pm
Come explore the work of high school students from local area high schools!

Telvin Wallace
Feb 8-Mar 8 • Free Reception: Feb 14, 6pm-8pm
“When I make a painting I am building a psychologically charged space. I usually start off with a few sketches that familiarize me with the problems I will encounter in the final work. My technique varies based on the content of my subject matter... Ultimately, I develop my own techniques to come up with a unique visual language and aesthetic.” -Telvin Wallace is a Senior in the NCCU Department of Art who creates portraits.

Jillian Goldberg and Susan Lamantia
Mar 21- Apr 23 • Free Reception: Mar 21, 6pm-8pm
Jillian Goldberg was born and raised in Cape Town, South Africa where she completed a B.A. in Art Education at the University of Cape Town. After teaching and directing private educational summer camps and art programs for over thirty-five years in Charlotte, NC, she is now retired and lives in Cary with her husband. Since 2007 Jillian has enjoyed painting full time in her home studio and attends workshops and master classes annually, constantly seeking to broaden her understanding, appreciation and skills.

“I believe my paintings - through color, shape, and texture reflect the energy I put into my creative process. I’ve been inspired by the pure colors, distortions and boldness of the Fauves as well as the impulsive and gestural interpretations of the Abstract Expressionists. I want my work to look spontaneous, but organized - gestural, but not chaotic.” --Susan LaMantia

*For more information on these exhibits see the 2020 all ages Spring Program Guide or visit www.TheHalle.org

MUSICAL MEMORIES
We're acting!! We're singing!! We're dancing up a storm!! We're the South of Broadway Players! Whether you love being center stage or one of the crowd, we are the group for you! We'll write a short play, throw in some songs and perform the whole thing the last day of class*. No experience necessary. Limited to 12 participants.
Instructor: Annette Stowe
Fee: $23(R) / $33(NR) (11 classes)
8352 Thu Jan 9-Mar 19 10am-11:15am
*Performance held on Mar 19 at 10:30am

READERS THEATRE
Have you ever seen a play and thought, “I could do that!”? Well then this class is for you! Readers Theatre is a style of theatre in which actors do not memorize their lines and use vocal expression to help the audience understand the story rather than sets, costumes, intricate blocking or movement. Learn what it’s like to be on stage by participating in a variety of theatre activities used to build confidence and boost creativity. The session will culminate in a Readers Theatre presentation* for friends and family. No experience necessary. Limited to 12 participants.
Instructor: Raleigh Little Theatre
Fee: $23(R) / $33(NR) (11 classes)
8402 Fri Jan 10-Mar 20 9:30am-10:45am
*Performance held on Mar 20 from 10:30am-12pm

TRIANGLE RUSSIAN FESTIVAL
Saturday, Feb 8, 2020
11am-8pm • Location TBA • Free
Come and enjoy Russian culture and experience the unique folk and ethnic heritage of this part of the world for the 5th year in Apex! This all day festival includes Russian and Georgian folk games and dances and workshops for kids and adults. Traditional Russian food and desserts will be available all day long and plenty of vendors to peruse! If you are interested in volunteering with the festival please contact Vitaliy Bezrodnov at mnagency@gmail.com
JAZZ LIVE CONCERT SERIES
Featuring internationally renowned Steinway Artist and Jazz Pianist Lenore Raphael and Special Guests
Sat Jan 25, 7:30pm with LA vocalist Gary Brumburgh
Sat Mar 21, 7:30pm with Chicago vocalist Denise Thimes
Individual Tickets: Adults-$15 plus tax, Students 18 and under-$12 plus tax. Available at the Halle Cultural Arts Center Box Office or etix.com. Doors open at 7pm.

HALLE CLASSICAL CONCERT SERIES
Jan 19, 2020- Golden Strings with Chamber Music for Flute and Strings
Mar 15, 2020- Dueling Violins with David and Christine Kilbride
Tickets: Adults- $12 plus tax, Seniors- $10 plus tax, Students 16& under- $6 plus tax. Performances start at 3pm. Available at the Halle Box Office or etix.com. A meet and greet with the artists will be held directly following each performance.

"THE L.O.V.E. SHOW"
Sat, Feb 15, 3pm & 7pm • Tickets for Seniors- $10
Enjoy the best love songs and love themed entertainment performed by the best rising star talent as you go on a journey through all the wonderful aspects of LOVE. You will be delighted with live music entertainment including famous love songs, unique original composed ballads, and love themed comedy creating a romantic and memorable heart touching experience. It will help you smile and feel the love while also creating new opportunities for relationships with great rising star talent! Enjoy a memorable event to share with your loved ones, friends, and family.

PIZZA AND A MOVIE
Thu • Jan 16, Feb 20, Mar 19, Apr 16 • 6pm-8pm
All ages! Spend a fun-filled evening viewing a film in our cozy theatre. We set up tables and ONLY 80 chairs for this special event. Enjoy a slice or two of pizza while watching the movie. Bottled water, fruit and dessert are included while you sit back and enjoy the show. Please call 919-249-1120 for movie title or sign up to be on our email list at halleculturalartscenter@apexnc.org. Children under 12 must be accompanied by an adult. Tickets are $5, $2 for children under 2, and we throw in the movie for free! Doors open at 5:30 pm.

FAMILY DANCES
Fri • Jan 17, Feb 21, Mar 20, Apr 17 • 7pm-8:30pm
Traditional dance caller, Connie Carringer, will teach fun dances for the whole family: Squares, Circles, Appalachian, and more. Live, old-time, string band music by local musicians. No experience or partner required. Tickets are $2/person or $5/family at the door.

APLEX MUSIC AND MOVIES
IN THE PARK SERIES & FINAL FRIDAY CONCERTS
Performances include brass, country, big band, rock and roll, beach, bluegrass, reggae and jazz and start at 7pm. The free movies are a great way to spend a balmy evening, too. Movies and Concerts are held at the Nature Park Amphitheatre (2600 Evans Rd.) and will offer family-friendly features and performances. Films begin at dusk. Final Friday Concerts are also held at The Apex Depot (220 N. Salem St.). So load up the kids, the lawn chairs, blankets, a picnic dinner and show up early for good seats. 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!

GRAB THE GRANDKIDS FOR SOME FUN AT THE HALLE!

TUESDAY MORNING MOVIES
1st & 3rd Tue of the Month • 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.

FIRST WEDNESDAY FLICKS
Wed • Jan 8, Feb 5, Mar 4, Apr 1 • 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
1st & 3rd Sat of the Month • 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. *No meeting on Sat, Feb 15
EDUCATIONAL PROGRAMS

BLOOD PRESSURE SCREENINGS
8243 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.

HISTORY CLASSES
Instructor: Wade Carmichael
Limited to 30 participants.

The American Revolution in the South
The story of the American Revolution, particularly as it was experienced in the southern colonies, is the focus of this presentation. In many ways the region experienced more of a civil war than a war for Independence.
Fee: $16(R) / $26(NR)  (5 classes)
8410 Wed Jan 15-Feb 12 12:30pm-2:30pm

A Renaissance of Note
The Renaissance was an explosion of culture in many fields. This presentation explores how this rebirth of humanity affected and effected the world of European music.
Fee: $4(R) / $14(NR)  (1 class)
8408 Wed Mar 11 12:30pm-2:30pm

Songs of Love and War
This presentation will be an auditory journey of how love and war have been presented and/or responded to in song and music through the ages.
Fee: $4(R) / $14(NR)  (1 class)
8409 Wed Apr 8 12:30pm-2:30pm

SCIENCE CLASSES
Instructor: Harry Dammers
Limited to 30 participants.

DNA
“It’s in my DNA”; “The DNA test showed…”, “We can alter our own DNA”. You’ve heard this before. So what is DNA anyway, and how does it work? How was it discovered? What are they talking about on CSI and can we really design babies?
Fee: Free  (3 classes)
8462 Wed Mar 18-Apr 1 12:30pm-1:45pm

Genetics
We hear that it’s in our genes. What’s a gene? Who discovered genes and how do they work? Do genes really determine who and what you are? Come find out!
Fee: Free  (4 classes)
8463 Wed Apr 15-May 6 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.
8392 Thu Jan 9 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.
8393 Thu Jan 23 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.
8394 Thu Feb 13 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.
8395 Thu Feb 27 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.
8396 Thu Mar 12 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 networking computing easy for everyone.
8397 Thu Mar 26 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.
8398 Thu Apr 9 1:30pm-3pm

Backup and Recovery
Learn how to backup important files (like documents and pictures) with Windows 10 and MacBook OS-X and how to recover those files if they are accidentally deleted or fail to store.
8399 Thu Apr 23 1:30pm-3pm

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 Jan 16, Feb 20, Mar 19, Apr 16 1:30pm-3:30pm
APCR 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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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 an accommodation(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 accommodations to facilitate participation in our program. To ensure that reasonable accommodations are in place, accommodation 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.

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FREE SOCIAL PROGRAMS

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<td>Jan Potluck Luncheon</td>
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<td>Stitch and Hook Club</td>
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FREE COMPUTER CLASSES

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FREE EXERCISE PROGRAMS

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<td>Blood Pressure Clinic</td>
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<td>Beginners Pickleball I</td>
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<td>Lobs and Overhead Shots- Pickleball Clinic</td>
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<td>Doubles Strategies- Pickleball Clinic</td>
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FREE EDUCATIONAL PROGRAMS

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Register Online at www.apexnc.org/peakconnect
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

Total $ ☐ Res ☐ Non-Res Receipt # DATE PAID: Staff Initials
BASIC TRIP INFORMATION
Departure Site: All trips will depart from the Apex Community Center: 53 Hunter St. Apex, NC 27502
Departure time: The beginning time for each trip is bus departure time.
Communication: Please provide an email address on your registration form so that staff can communicate any additional trip details.
Allergies and Special Accommodations: Please notify staff when registering if you have any physical and/or dietary limitations or needs (e.g. Lactose intolerant, use a walker, gluten-free, vegetarian, etc.).
Transportation: All trips will take place on a chartered motor coach. Rest stops are made on longer trips. We are unable to accommodate special requests or reserve seats on vehicles.
Cancellation/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.

REVOLUTIONARY! DAY TRIP
Tue, Feb 18 • 8:15am-6pm
Fee: $52(R)/ $62(NR) #8497
Walking Level:
Travel with us as we visit some unique, historically significant sights in Greensboro, NC. First, we will visit the Guilford County Courthouse National Military Park where a park ranger will provide information and a tour of the Battlefield and 18th century Hoskins Farm. After lunch at Nola Seafood and Steakhouse, we will continue on to the Guilford College Woods Underground Railroad. We will have a guided tour and learn about Guilford Woods, a site of encampment of British and American troops in the Revolutionary War, a refuge for enslaved Africans seeking freedom via the Underground Railroad and Quaker men escaping Civil War Confederate draft in the 1800’s.
Fee includes: Deluxe motor coach transportation, inclusive lunch and tours. Min 25/Max 45
Registration Deadline: Feb 4, 2020

NC TRANSPORTATION MUSEUM
Thu, Mar 26 • 8am-5:30pm
Fee: $62(R)/ $72(NR) #8495
Walking Level:
Located in Spencer, NC, the Museum is on the site of what was once Southern Railway Company’s largest steam locomotive servicing facility. It features a huge collection of early steam and diesel locomotives, assorted train cars and an extensive antique automobile collection. On this tour, we’ll also take a 25-minute train ride, which offers a narrated tour of the 57-acre site, pulled by an antique diesel engine. After lunch at Morgan Ridge Rail Walk Brewery and Eatery, we will stop at Maple View Farm Country Store in Hillsborough for some ice cream.
Fee includes: Deluxe motor coach transportation, inclusive lunch and tours. Min 25/Max 40
Registration Deadline: Mar 13, 2020

QUEEN ANNE'S REVENGE
Tue, Apr 21 • 8am-5:30pm
Fee: $58(R)/ $68(NR) #8496
Walking Level:
Seize the opportunity to be among the first groups to see pieces of the ship and objects touched by pirates that have been hidden under the ocean for almost 300 years! Special guest Wade Carmichael will be joining us to provide a historical perspective. At the Queen Anne’s Revenge Conservation Lab in Greenville,NC we will experience all that is involved in preserving these priceless artifacts recovered from the shipwreck identified as the pirate Blackbeard’s flagship, Queen Anne's Revenge. After lunch at The Seahorse Restaurant we will travel to Simply Natural Creamery to enjoy ice cream made from the milk of their on-site, grass fed cows.
Fee includes: Exhibit ticket, inclusive lunch and deluxe motor coach transportation. Min 20/Max 30
Registration Deadline: Apr 7, 2020
**Pleasant Park**

The official groundbreaking for Pleasant Park was held September 10th, 2019. Construction plans for the 92 acre project are currently under review by the Town's Technical Review Committee (TRC). When completed, the project will include a mixture of both active and passive recreation opportunities. The first elements to be developed will include road improvements, utility infrastructure, amenity area with playgrounds and a splash pad, multi-use sports fields, shelter with restrooms and more.

**Community Center Addition / Senior Center**

The official groundbreaking for this much anticipated project was held on September 10th, 2019. Plans for the project are currently under review by the Town's Technical Review Committee. The proposed facility, which will function primarily as a Senior Center, will add approximately 28,000 square feet to the current Community Center and will allow for expanded programming with an emphasis on seniors (55+) and Special Populations.

**Middle Creek Greenway**

Phase I and II (connecting Kelly Road Park to the Apex Nature Park) construction plans have been approved. A trail segment under the new Apex BBQ Road Bridge was constructed to provide a safe pedestrian crossing. In addition to being a part of the 2017 Parks Bond, design costs had funding support from Wake County, and the Town was awarded over $1M in Locally Administered Project Program funding. Construction on the 1.1 mile, mostly boardwalk, greenway trail is anticipated to begin in early 2020. Phase IA plans (which aligned with a sewer relocation project in the area east of Kelly Road Park to Ashley Downs) are being reviewed by the Technical Review Committee and construction is slated to begin in late 2019.

**Public Art Sculpture on Town Campus**

The newest addition to Town Campus is an art sculpture entitled “Trajectory”. The piece was installed near the entrance to the campus on September 7th, 2019. “Trajectory” features steel beams rising towards each other and connecting at the top. Its up and down presentation is meant to represent life's ups and downs. Each beam is dependent on another so it symbolizes that move from many different angles and that no one moves forward independently; we are all constantly affected by the world around us.