

Senior Program Guide

January- April 2016

55+



Wake Shakers

Apex Parks, Recreation & Cultural Resources

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:

Pre-registration 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- <https://apm.activecommunities.com/apexparksrecculres>
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.

Park Maintenance
2306 Laura Duncan Rd.
Phone: 919-363-6469
Fax: 919-363-6875

Apex Community Center
53 Hunter St. Apex, NC 27502
Mailing Address: P.O. Box 250, Apex, NC 27502
Phone: 919-249-3402
Fax: 919-249-3368
Hours: Mon-Fri 8am-9pm
(Office hours M-F 8am-5pm)
Sat 9am-6pm, Sun 1pm-6pm (Sep- May)

Halle Cultural Arts Center
237 N. Salem St.
Phone: 919-249-1120
Fax: 919-362-8655
Hours: Mon-Fri 9am-6pm
Sat 9am-1pm
Closed Sundays

On the Cover:

The **Wake Shakers** are a +55 Cheerleading Squad that won Gold metals at both the WCSG and NCSG. They cheer every year at the N.C. Special Olympics and in the community at nursing homes and other various locations.

Wake County Senior Games

Come out and enjoy the fun! Each spring, thousands of people enjoy participating in 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, to have fun! Events include athletics, performing arts, heritage arts, visual arts and literary arts. Registration deadline for 2016 is March 12! 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.



Important Dates

Apex Community Center will be closed

Fri, Jan 1
Mon, Jan 18
Fri, Mar 25

Registration Dates

Nov 16 • Residents
Nov 30 • Non- Residents

Safety First!

During inclement weather that creates dangerous or hazardous conditions, decisions about programs will be made with your safety in mind. If programs do get cancelled or delayed due to weather, staff and/or instructors will do their best to contact you. Please make sure your contact info is up-to-date! If you have questions before heading out the door please call the front desk at 919-249-3402.

Special Events

Touch-a-Truck

Apex Community Park • 2200 Laura Duncan Rd.
Sunday, April 17 1-4 pm • Free community event
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.

Do you want to help at this event or any of the others? Please contact Allie Prelaske, allie.prelaske@apexnc.org



Touch- A- Truck volunteer, Jim Bedotto

SAS Show Choir Performance

Halle Cultural Arts Center
Friday, April 15 • 7pm • Free



The SAS sponsored Show Choir, VocalMotion, will knock your socks off at their annual performance. VocalMotion is an all-volunteer, adult show choir that has delighted audiences in the triangle for over 20 years. Free tickets will be available at the Halle Cultural Arts Center and the Apex Community Center starting in March.

Egg Hunts

Town Hall Campus • 53 Hunter St.
Saturday, March 19 • Free

9am • Egg- Citing Easter Egg Hunt
12 and under. Join us for our inaugural event. This is a special event for children with disabilities.

10 am • Apex Easter Egg Hunt
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 hunts start promptly at 9am and 10am!)

Registration is required for all programs!

Please make sure that with every program guide a new registration form is completely filled out.

We keep track of class demand through registration numbers!

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 35 participants.

Fee: Free

3937	Mon & Fri	Jan- Apr	1-4pm
		No play Jan 1, Jan 18 or Mar 25	

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 12 participants.

Mondays at the Apex Community Center

Fridays at the Halle Cultural Arts Center

Fee: Free

3939	Mon & Fri	Jan- Apr	1-4pm
		No play Jan 1, Jan 18 or Mar 25	

Bridge

Enjoy playing bridge in a social and fun environment. Must be familiar with the game. Limited to 36 participants.

Fee: Free

3938	Tue	Jan- Apr	10am-1pm
------	-----	----------	----------

Friday Flicks

The 3rd Friday of every month is the day to get your Flick Fix. A variety of current and classic flicks will be shown. Each movie title will be posted 1 week before each showing on the Senior Information Board or call 919-249-3402 for the listing. Bring your favorite drink and we'll supply the popcorn. Limited to 30 participants.

Fee: Free

3942	Fri	Jan 15	11am-1pm
3943	Fri	Feb 19	11am-1pm
3944	Fri	Mar 18	11am-1pm
3945	Fri	Apr 15	11am-1pm

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. Entertainment will be published in the monthly Peaksetter News. Limited to 70 participants.

Fee: Free

3949	2 nd Thu	Jan 14	11:15-12:30pm
3950	2 nd Thu	Feb 11	11:15-12:30pm
3952	2 nd Thu	April 14	11:15-12:30pm

St. Patricks Day Potluck Luncheon

Put on your green and come celebrate St. Patrick's Day! Bring a covered dish to share. We will spend the afternoon in a leprechaun's paradise with food, socializing, fun and green.

Fee: Free

3951	Thu	March 17	11:15-12:30pm
------	-----	----------	---------------

Wii Bowling

Bowling enthusiasts join us the 2nd and 4th Wednesday each month for Wii Bowling. This popular Nintendo video game uses a remote control and your arm movement to bowl. Perfect your technique as you get exercise and fun rolled into one great game. Open to new and experienced players. Limited to 35 participants.

Fee: Free

3936	Wed	Jan- Apr	1-4pm
------	-----	----------	-------

Bingo

Come out and enjoy this game of chance with friends! Coffee and water provided. You can also bring snacks to share. Limited to 65 participants.

Instructor: Mary Ann Kruss

Fee: \$1 per card. Max cash prize \$10.

3940	Wed	Jan 6 & 20	1-3pm
		Feb 3 & 17	1-3pm
		Mar 16 & 23	1-3pm
		Apr 6 & 13	1-3pm

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.

3957	Mon	Jan 4- Apr 25	11am-12:30pm
		No singing on Jan 18	

Art can make a mess! Please wear an apron or bring an old shirt to protect your clothing.

Art Club

Join friends, old and new, for a two hour art session. Please bring your own supplies. Try something new or work on an existing piece. This is an open art club with socializing as a part of the design. No formal instruction provided. Limited to 15 participants.

Located at the Halle Cultural Arts Center, Studio A

Fee: Free

3946 1st Thu Jan- Apr 1-3pm

Creative Canvases

Unleash your artistic voice. These social painting classes will guide you through each phase of the painting process as you enjoy step-by-step instruction. You will leave with a one-of-a-kind creation and a new found talent you'll want to explore. No painting experience necessary. Limited to 15 participants.

Instructor: Local Artist, Leslie Palmer

Lighthouse

Fee: \$10(R)/\$20(NR) (1 class)

Supply fee: \$6 cash due to instructor at the first class.

Painting will be of a Cape Hatteras Lighthouse. Feel free to bring snacks and refreshments.

4085 Mon Feb 15 6-8pm

Tea Pot with Flowers

Fee: \$10(R)/\$20(NR) (1 class)

Supply fee: \$6 cash due to instructor at the first class.

This is a tea party like no other. You'll enjoy an afternoon in fine British tradition. Tea will be served with special treats. A simple still life painting of a tea pot with flowers will be created. Downton Abbey hats and finery optional.

4084 Wed Mar 2 2-4pm

Wake County Senior Games Open To All Seniors!

The Silver Arts portion of the Senior Games gives everyone a chance to compete in non-athletic events. The Literary, Visual, Heritage and Performing Arts include over 40 sub-categories in which individuals and teams can show their talent. Dancing, singing, painting or writing poetry are just a few of the many ways you can become an active part of the Senior Games. Come join the fun.

Cake Decorating 101

Have your cake, decorate it and eat it, too! This two-class series offers all you need to know to create a truly splendid occasion cake. Class 1: Learn the foundations of cake baking, icing, filling and decoration. Class 2: You will decorate your homemade cake with beautiful borders and decorations. Fun homework between classes will test your skills. Limited to 10 participants.

Instructor: Nancy Chinnock

Fee: \$18(R)/\$28(NR)

4082 Wed Apr 20 & Apr 27 1pm-3pm



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 20 participants.

Fee: Free

3956 Thu Jan- Apr 11am-1pm

Beginner Knitting

Learn to knit for fun or to give to charity. In this class, you will complete either a baby or an adult hat. If you are interested in a harder project a baby sweater can be taught. You will learn to cast on, purl, increase, decrease and cast off. Limited to 10 participants.

Local social service agencies and hospitals are always thrilled to receive these useful items.

Instructor: Carol Reightler

Fee: Free (6 weeks)

Supplies needed: 1 skein (3-4oz) of worsted weight yarn in a color of your choice and a pair of size 10 1/2 knitting needles.

4058 Mon Jan 25- Feb 29 2-4pm

Creative Floral Design

Thanks to their beautiful colors, shapes and scents, flowers can elicit true happiness. In each class, you will learn how to arrange fresh flowers in a new design. Take home a celebration of the colors with your own arrangement. All flowers and materials provided. Limited to 12 participants.

Instructor: Warren Pusak with North Raleigh Florist

Fee: \$25(R)/\$35(NR)

3954 Wed Jan 20 1-3pm

3955 Mon Mar 14 5:30-7:30pm

Aqua Fitness

Aqua Fitness moves your body and pumps your heart without putting extra strain on your joints. A great option for those wanting to get fit, stay fit and have fun at the same time. This low impact workout will incorporate low cardio, muscle toning, strengthening and balance work. Towels are provided. Please arrive early to allow time to change. Limited to 12 participants.

Located at Cambridge Village of Apex • 951 S. Hughes St.

Instructor: Cambridge Village of Apex Staff

Fee: Free- Sponsored by Cambridge Village of Apex

4008 2nd Wed Jan- Apr 12:30-1:30pm

4009 4th Wed Jan- Apr 12:30-1:30pm

+55 Self-Defense

Don't be a victim. Detect, Decide and Defend. Learn basic self-defense, "Rapid Response" and crime prevention strategies. Enhance your skills and learn basic and advanced defense techniques through practical application. You will have fun and leave empowered. Limited to 20 participants.

Instructor: Captain Jacques K. Gilbert, Apex Police Dept.

Fee: Free- Sponsored by Apex Police Dept.

4015 Thu Apr 7 3pm-5pm

New Lesson Line Dancing

Line Dancing made easy and exercise that is fun! After the first class, each night will consist of learning one new dance and practicing up to five dances total. 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)

4047 Thu Jan 21- Mar 31 5:30-7pm

No class on Mar 3 or Mar 10

BLOOD PRESSURE SCREENINGS

2nd Tue of each month from 9-10am

Come have your blood pressure taken for free! Screenings provided by Comfort Keepers of Cary.

Line Dancing

A dance to country music in which dancers line up in a row without partners and follow a choreographed pattern of steps.

Instructor: Teresa VonCannon

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 slowly progressing to simple 4-wall dances. This form of dance requires no partner and is a great way to exercise your mind and body! Limited to 20 participants.

Fee: \$13(R)/\$23(NR) (6 Classes)

4017 Fri Jan 15- Feb 19 9-10am

4018 Fri Mar 18- Apr 29 9-10am

No class on Mar 25

Beginner 1

For those who have some line dance experience. You should know basic line dance steps and terminology. Limited to 25 participants.

Fee: \$13(R)/\$23(NR) (6 Classes)

4019 Fri Jan 15- Feb 19 10:15-11:15am

4020 Fri Mar 18- Apr 29 10:15-11:15am

No class on Mar 25

Beginner 2

Designed for the dancer who has prior experience and is confident in their line dance ability. You are expected to know line dance terminology and patterns. Limited to 25 participants.

Fee: \$13(R)/\$23(NR) (6 Classes)

4021 Fri Jan 15- Feb 19 11:30-12:30am

4022 Fri Mar 18- Apr 29 11:30-12:30am

No class on Mar 25

Apex 55+ Health
&
Wellness Fair



Free!

Coming in fall 2016!





Exercise

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)/\$18(NR) **Fees cover 4 months**

M/T/Th/F Jan- Apr 10-11am
No exercise Jan 1, Jan 18, Mar 25 or Apr 22

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.

Fee: Free

4006	Mon-Fri	Jan- Apr	9-10am/1-2pm
		No walking Jan 1, Jan 18, Mar 25	
	Sat	Mar 12- Apr 30	9-10am
		No walking Jan 2- Mar 5	

Please note:

Starting Jan 1 you will need an exercise open gym membership card to attend exercise. You will need to fill out the open gym registration form (online or at the Apex Community Center front desk) and have your picture taken. These cards can be made at the front desk anytime in Nov or Dec. Please be conscious that this is time consuming for the front desk so try to spread out getting them made.

Steel Stong

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, upper and lower body muscles. Please bring your own hand weights and small exercise ball. Limited to 20 participants.

Instructor: Bettie Ittenbach

Fee: \$19(R)/\$29(NR)(14 classes)

4039	T/Th	Jan 5- Feb 18	11:10-11:55am
4040	T/Th	Mar 8- Apr 21	11:10-11:55am

Zumba Gold

Experience a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants 55+ to dance away their worries. 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.

Zumba Gold 1- Slower pace

Instructor: Bettie Ittenbach

Fee: \$13(R)/\$23(NR) (7 classes)

4049	Thu	Jan 14- Feb 25	9-9:45am
4050	Thu	Mar 17- Apr 28	9-9:45am

Zumba Gold 2- Faster pace

Instructor: Mya Barghouthi

Fee: \$13(R)/\$23(NR) (6 classes)

4052	Tue	Jan 12- Feb 16	2:15-3:15pm
4053	Tue	Mar 15- Apr 26	2:15-3:15pm

Yoga

Yoga is a natural stress reliever and a great way to maintain your health. Simple stretching, whole-body yoga postures, breathing and relaxation techniques will be taught. Leave feeling energized and refreshed. Props such as chairs, blankets, blocks and straps may be used for modifications. Bring your own mat and any other available props. Limited to 30 participants.

Instructor: Susan Fenimore

Beginner Yoga

Designed for those with little or no yoga experience and/or simply needing a gentle practice. A portion of the class will be chair (seated) yoga.

Fee: \$24(R)/\$34(NR) (7 classes)

4031	Wed	Jan 6- Feb 17	9:15-10:15am	4032	Wed	Mar 16- May 4	9:15-10:15am
						No class Apr 20	

Intermediate Yoga

6 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.

Fee: \$24(R)/\$34(NR) (7 classes)

4033	Wed	Jan 6- Feb 17	10:30-11:30am	4034	Wed	Mar 16- May 4	10:30-11:30am
						No class Apr 20	

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, perform poses on your knees and be free of any medical conditions or precautions limiting your ability to perform poses with your arms above your head or inverted poses. Modifications will be made when needed with the use of props, which you are expected to bring to class.

Fee: \$24(R)/\$34(NR) (7 classes)

4029	Mon	Jan 4- Feb 22	9:45-10:45am	4030	Mon	Mar 21- May 2	9:45-10:45am
------	-----	---------------	--------------	------	-----	---------------	--------------

DON'T WAIT TO REGISTER!

Many programs have limited space, so be sure to register early. Participants may be added from waiting lists, so make sure to add your name.

Iron Yoga

Iron Yoga is the beautiful synergy between weight training and Yoga. Weight training is a discipline that requires a connection between mind and muscle, while yoga is an art form that connects mind, body and spirit. Combining the two gives you all the benefits of Yoga and weight training in one workout. You will improve lean muscle mass (lose weight if that is what you need), increase flexibility and range of motion, sharpen mental focus, develop proper breathing, enhance functional strength and endurance in legs and core and create balance and symmetry. A basic knowledge of Yoga is required. You should bring your own 1 or 2 lb. hand weights, a small towel and your yoga mat (plus any yoga props that you like). Limited yoga mats available. Limited to 25 participants.

Instructor: Susan Fenimore

Fee: \$24(R)/\$34(NR) (7 classes)

4036	Thu	Jan 7- Feb 18	2-3pm	4042	Tue	Jan 12- Feb 23	3-4:15pm
4037	Thu	Mar 17- Apr 28	2-3pm	4043	Tue	Mar 15- May 3	3-4:15pm

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)

4045	Wed	Jan 6- Feb 17	3-4pm
4046	Wed	Mar 16- Apr 27	3-4pm

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 18 participants.

Instructor: Carolyn Perry

Fee: \$13(R)/\$23(NR) (7 classes)

4042	Tue	Jan 12- Feb 23	3-4:15pm
4043	Tue	Mar 15- May 3	3-4:15pm

PICKLEBALL • FOR PARTICIPANTS 55+

Pickleball is a racquet sport which combines elements of badminton, tennis and table tennis. It's easy to learn, fun to play and a great opportunity to meet friends.

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. Limited to 35 participants.

Fee: Open Gym Pass for 55+: \$0(R)/\$20 for 10 Plays (NR)
W/F Jan- April 10:30-12:30pm

Pickleball Outdoor Play

Blended Pickleball lines are on the Junior Courts at the Apex Nature Park, 2600 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.

Pickleball Strategies and Techniques

2nd Mon of each month. Please note this is not open play. These clinics are designed to help you improve your game. Limited to 24 participants.

Serving: Learn to aim better

4075 Mon Jan 11 11:30-12:30pm

Dinking

4076 Mon Feb 8 11:30-12:30pm

Doubles strategies

4077 Mon Mar 14 11:30-12:30pm

Backcourt Strokes and 3rd Shot Development

4078 Mon Apr 11 11:30-12:30pm



Senior Tennis Meet-up

Senior Meet-up Tennis

Walk-up play for singles or doubles. Play is open to all levels of experienced players. No registration required. If you are interested in being a meet-up coordinator for one or both of the days please contact Allie Prelaske via email allie.prelaske@apexnc.org.

Tues • Apex Community Park • 2200 Laura Duncan Rd.
9am-11am on courts 1-2

Thu • Apex Nature Park • 2600 Evans Rd.
9am-11am on courts 1-2

Drop-in Activities

Free activities available for adults 55+ to enjoy at the Apex Community Center and Apex Nature Park.

Book Exchange: Located in the Game Room. Please only donate slightly used books that are in good condition.

Bocce Ball: Court is open year round. Ball set is available at the Front Desk.

Ping-Pong: Paddles and balls are available at the front desk.

Air Hockey: Pushers and pucks available at the front desk.

Disc Golf: Disc golf course is located at Apex Nature Park, 2600 Evans Rd., Apex, NC 27502. Limited discs available at the front desk to check out.

Senior Tennis Clinic

Come out for a one hour free clinic sponsored by the Town of Apex and Western Wake Tennis Association! This clinic will cover backhands, forehands, serving - be ready to move! Beginners and Intermediate players welcome. This is a free clinic, but registration is required. Limited to 20 participants. Rain date is April 19th!

Fee: Free

Location: Apex Community Park, courts 1-2

4101 Tues Apr 12 9:30-10:30am

Programs listed on this page are at at the Halle Cultural Arts Center

- Registration is held at the Community Center or at the Halle Cultural Arts Center.
- Programs are held at the Halle Cultural Arts Center of Apex, 237 N. Salem St. in Historic Downtown Apex.
- In the event of inclement weather you may call 919-249-1120 for information regarding class cancellations. APRCR will reschedule cancelled classes as quickly as possible.

CHECK IT OUT! Please check the Halle Cultural Arts Center website: www.thehalle.org often as we are always adding new programs and performances! If you would like to be included on our mailing list please send your full name and e-mail address to: halleculturalartscenter@apexnc.org.

facebook

LIKE THE HALLE CULTURAL ARTS CENTER ON FACEBOOK FOR FUTURE UPDATES AND EVENTS!

Readers Theatre

Have you ever seen a play and thought, "I could do that!?" Then this class is for you! Readers Theatre is a style of theatre in which actors use vocal expression to help the audience understand the story without sets, memorized lines, costumes, intricate blocking or movement. Learn what it is like to be onstage 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 previous experience necessary. Limited to 12 participants.

Located at the Halle Cultural Arts Center

Instructor: Raleigh Little Theatre

Fee: \$23(R)/ \$33(NR)(10 classes)

3893 Fri Jan 8-Mar 11 9:30-10:45am

Readers Theatre Performance

FREE • Halle Cultural Arts Center • Mar 11 at 10am

RALEIGH LITTLE THEATRE'S STORYTELLERS TO GO!

PRESENTS AMERICAN FAIRY TALE

By Judy M. Dove, based on the *Rootabaga Stories* of Carl Sandburg

Sat, Jan 30, 2 pm

FREE

American Fairy Tale explores the absurd and whimsical world created by Carl Sandburg as he sought to give America its own set of fairy tales. Set in "Rootabaga Country" in the "Village of Liver and Onions," the story is populated with such colorful characters as Balloon Pickers, Circus Clowns, Train Engines, and children who are named after the first words they speak!



First Wednesday Flicks

FREE • 7:30pm • 1st Wed of each month

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.

BREAK A LEG!

Written and Directed by Sonia Usatch-Kuhn

Holly Springs Reader's Theater Troupe

Fri & Sat Mar, 4-5, 7:30pm

Tickets: \$12 Adults/ \$10 Seniors/ \$8 Students under 16

Holly Springs Reader's Theater Troupe presents an original reader's theater production in the spirit of "A Chorus Line." The "director," of *Break A Leg*, a Yale drama grad, envisions a repertory company comprised of local actors. He posts an open audition cast call. Nine hopeful men and women, playing themselves, show up. The competition is palpable. This play within a play transports you backstage. A popouri of popular Broadway scenes are read from five classic plays. Along with music and dance, the company reveals how a play becomes a show!

2015-16 Jazzlive Concert Series

Featuring internationally renowned Steinway Artist and Jazz Pianist Lenore Raphael and Special Guests Shows at 7:30pm (doors at 7pm) Individual Tickets: \$15 adults/\$12 students 18 and under

Sat, Feb 13 - Special Valentine's Day Show

Special guests - Jim Ketch on trumpet, Jason Foureman on bass, and Peter Ingram on drums.

Sat, Apr 16 - In honor of Jazz Appreciation Month

Special guests - Vocalist Sherry Williams, Jason Foureman on bass and Peter Ingram on drums.

Programs listed on this page are at at the Halle Cultural Arts Center



“DON’T DRESS FOR DINNER”

by Marc Camoletti
Adapted by Robin Hawdon

Friday, April 22, 7:30pm
Saturday, April 23, 7:30pm
Sunday, April 24, 3:00pm
Friday, April 29 , 7:30pm
Saturday, April 30, 7:30pm
Sunday, May 1, 3:00pm

Tickets: Adults \$12, Seniors \$10

“Hurling along at the speed of light, Marc Camoletti’s breathtaking farce is a near faultless piece of theatrical invention...”
- *The Guardian*

“The labyrinthine twists and turns are liberally sprinkled with jokes, amiably roared to keep everyone giggling...It gives the whole cast the chance to enjoy themselves going over the top....The performance is a delight.” - *Daily Telegraph*

The cook is Suzette, the lover is Suzanne, the friend is bewildered, the wife is suspicious, the husband is losing his mind and everyone is guaranteed a good time at this hilarious romp through the French countryside. This comedy was a smash hit in Paris, where it played for over two years, and in London, where it ran for six years at the Apollo and Duchess Theatres. It has since played in theatres all over the USA and the English speaking world. This Halle Cultural Arts Center production is directed by Kathleen Rudolph with the cast made up of Triangle actors.

Visual Arts Exhibits

Wendell Myers

Opening Reception- Fri Jan 8
6-8pm FREE

Show runs: Jan 8 through Feb 12

Studio Gallery: Inge Wright

Spotlight Gallery: Michael Weitzmen

Youth Juried Show

Juried show open to residents and
non-residents

\$5 fee per entrant

Two pieces max per entrant

Drop off: Sat Feb 13 9am to 12pm

Opening Reception-Fri Feb 26

6-8pm FREE

Show runs: Feb 26 through March 18

Awards for first, second, third place winners

Categories: Elementary K-5, Middle 6-8, High 9-12

Apex Friendship High School Show

Opening Reception- Fri April 1

6-8pm FREE

Show runs: April 1 through May 5

2015-2016 Classical Concert Series

Individual Tickets: \$12/Adults, \$6/Students 16 and under

Sun, Jan 10 - *Night Music*

3pm (doors 2:30pm)

A lecture concert of Chopin’s *Nocturnes*, including a display of pieces painted to his music. Wendell Howland, artist and Pamela Howland, pianist.

Sat, Feb 20 - Concert Singers of Cary present *Classic Love Notes*

7:30pm (doors 7:00pm)

Keep your Valentine’s spirit alive and join The Concert Singers of Cary’s Choral Artists, our 16 voice professional ensemble, presenting a concert of beloved themed works. Bring your spouse, partner or significant other, for an intimate evening of love’s expressions by great classical composers and their contemporary counterparts.

Sun, March 13- *Mozart, Scriabin, Copland and the Chopin Connection featuring Jonathan Moyer*

3pm (doors 2:30pm)

Known for his powerful and moving interpretations of the Romantic repertoire and his engaging commentary from the stage, this Raleigh native is a champion of American music and an advocate of contemporary composers and a dedicated teacher.

*All concert goers will have an opportunity to meet the artists at a reception following the concert.

AARP Smart Drivers Course

AARP Smart Driver Course is a one day refresher course designed for drivers aged 55+. Topics covered are; knowing your driving habits, safe driving techniques, current laws and highways.

Please bring your AARP card and driver's license the day of the class. This is a long class, feel free to bring a snack or lunch. Limited to 25 participants.

Instructor: Ava Bailey, AARP Volunteer

Fee: \$15 AARP members, \$20 Nonmembers (1class)

Payable to AARP: check or cash the first day of class

4056	Thu	Mar 3	9am-2pm
Registration Deadline is Apr 18th.			

Computers

iOS Basics

Get to know your iPhone or iPad! Receive a guided tour through the basics you need to know in order to start using your Apple iPhone or iPad. Please bring your device with you. Limited to 10 participants.

Instructor: Town of Apex IT Department Staff

Fee: Free (1 class)

4096	Thu	Jan 28	2-2:45pm
4097	Thu	Mar 24	2-2:45pm

Computer and Internet Basics

Computers and the Internet have become a vital part of everyday life, from finding information and staying in touch to searching for classes or shopping online. If you are new to computers and the Internet, this class will review the basic skills and understanding of how a computer works and exploring the world wide web (www). Computers will be provided. Limited to 10 participants.

Instructor: Town of Apex IT Department Staff

Fee: Free (1 class)

4098	Thu	Feb 25	2-2:45pm
4090	Thu	Apr 28	2-2:45pm

E-books

Wake County Libraries has a collection of eBooks that can be downloaded for free. Learn how to get eBooks and eAudio on your Apple devices (iPad and iPhone). To use this service, you will need your Wake County Public Libraries membership number and your PIN. Limited to 10 participants.

Instructor: Eva Perry Library Staff

Fee: Free- sponsored by Wake County Public Libraries

4103	Thu	Feb 18	12:30-1:30pm
------	-----	--------	--------------

Conversational Spanish

This course is designed to help 55+ students learn how to hold basic conversations in Spanish. Students will learn common words and phrases related to time, numbers, weather, and other topics. You must be present on the first day of class to fill out paperwork. Must be able to attend all but 1 class. Limited to 20 participants.

Instructor: Wake Tech Community College

Fee: Free- Sponsored by Wake Tech Community College

Beginner Level 1 (9 classes)

4054	Tues	Jan 12- Mar 8	2-4pm
------	------	---------------	-------

Beginner Level 2 (9 classes)

4055	Tues	Mar 22-May 17	2-4pm
------	------	---------------	-------

ESL

This English as a second language course is designed for beginner and intermediate level non-native English speakers. Learn to feel comfortable using English in a variety of everyday situations through speaking and listening. Limited to 12 participants.

Instructor: Bethany Singer

Fee: Free (9 classes)

4102	Thu	Jan 14- Mar 10	1:30-3pm
------	-----	----------------	----------

History

History of World War 1

This four week interactive history class will investigate World War I; it's causes, the war itself, the results, and its long term effects. Each class builds on the previous week so regular attendance is necessary to remain caught up. Limited to 20 participants!

Instructor: Steven Hennessey

Fee: Free (4 Classes)

3966	Mon	Feb 1- Feb22	1-2pm
------	-----	--------------	-------

The Cold War Years

Take a trip down memory lane. This four week interactive history class will explore 1945-1990. From spies, Camelot, the Cuban Missile Crisis, Vietnam War, and the Fall of the Soviet Union, how did we live through it all? Each class builds on the previous week so regular attendance is necessary to remain caught up. Limited to 20 participants!

Instructor: Steven Hennessey

Fee: Free (4 Classes)

3966	Mon	Mar 21- Apr 11	1-2pm
------	-----	----------------	-------

Travel Logs with J.C Knowles

Learn the history of N.C. as you travel from the mountains to the sea. Mr. J.C. Knowles, is the owner of the Salem Street Gazette, and the official Apex, NC Ambassador. Different topics will be discussed each week. Limited to 15 participants.

4057	Tue	Jan 12, Jan 19, Jan 26	1-2pm
------	-----	------------------------	-------

Date ____/____/____ First Name _____ Last Name _____

Street Address _____ City _____ Zip _____

Home Phone (____)____-____ Cell Phone (____)____-____ Date of Birth ____/____/____

Email Address _____ Special Medical Concerns _____

Emergency Contact _____ Emergency Contact Phone (____)____-____

Code	Course	Day(s)	Date(s)
Free Social Programs			
3937	Cards and Games	Mon & Fri	Jan- April
3939	Mah Jongg	Mon & Fri	Jan- April
3938	Bridge	Tues	Jan- April
3936	Wii Bowling	2nd & 4th Wed	Jan- April
3940	Bingo	Wed	Jan 6 &23, Feb 3 &17, Mar 16 &23, Apr 6 &13
3949	Jan Luncheon	2nd Thu	Jan 14
3950	Feb Luncheon	2nd Thu	Feb 11
3951	St. Patricks Day Luncheon	Thu	Mar 17
3952	April Luncheon	2nd Thu	Apr 14
3942	Jan Friday Flicks	3rd Fri	Jan 15
3943	Feb Friday Flicks	3rd Fri	Feb 19
3944	Mar Friday Flicks	3rd Fri	Mar 18
3945	Apr Friday Flicks	3rd Fri	Apr 15
Free Art Programs			
4058	Beginner Knitting	Mon	Jan 25- Feb 29
3946	Art Club	1st Thu	Jan- April
3956	Stitch and Hook Club	Thu	Jan- April
Free Educational Programs			
3966	History of WWI	Mon	Feb 1- Feb22
3967	History of the Cold War Years	Mon	Mar 21- Apr 11
5057	N.C Mountains to the Sea	Tue	Jan 12, Jan 19, Jan 26
4054	Conversational Spanish 1	Tue	Jan 12- Mar 8
4055	Conversational Spanish 2	Tue	Mar 22-May 17
4102	ESL	Thu	Jan 14- Mar 10
4096	iOS Basics	Thu	Jan 28
4097	iOS Basics	Thu	Mar 24
4098	Computer and Internet Basics	Thu	Feb 25
4090	Computer and Internet Basics	Thu	Apr 28
4100	How to Make Retirement Better	Wed	Feb 10- Feb 17
4083	AARP Financial Freedom	Thu	Feb 25
		Staff:	Receipt #

Make checks payable to: The Town of Apex

DO NOT MAIL CASH

**SIGN WAIVER
ON BACK**

REGISTRATION FORM CONTINUED

Code	Course	Day(s)	Date(s)
Free Exercise Programs			
4015	Self- Defense	Thu	Apr 7
4008	Aqua Fitness	2nd Wed	Jan- Apr
4009	Aqua Fitness	4th Wed	Jan- Apr
4006	Walking	Mon-Sat	Jan- Apr
4075	Serving	Mon	Jan 11
4076	Dinking	Mon	Feb 8
4077	Doubles Strategies	Mon	Mar 14
4078	Backcourt Strokes	Mon	Apr 11
4101	Senior Play Day (Tennis)	Tue	Apr 12
Paid Classes			
Staff:		Receipt #	

Statement of Waiver

I, for myself or as a 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 risk 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 activities 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 APRCR. Photo Policy: I hereby grant my permission to allow my and /or my child's photo, as part of a group photo and without individual identifying information, to be used by the APRCR for promoting programs operated or sponsored by the department.

Participant's Signature _____ **Date** ____/____/____

How To Make Retirement (and Life) Even Better!

"Life is not about age, it's about attitude." The Golden Age you've been waiting for is finally here...but is it going as well as you'd like? Find out how this special time in your life can be an exciting revelation, energizing you and opening doors to new perspectives, activities and creativity you never dreamed possible. In this class you will "take a snapshot" of where you are today and create goals for helping you live with purpose. First 2 classes will be with the group and then you will schedule a private one-on-one session with the instructor.

Instructor: Bethany Singer

Fee: Free

4100 W Feb 10- Feb 17 10:30-12:30pm

AARP Financial Freedom

Don't go broke! Get important information and resources to help you stay financially on track. Learn how to improve your credit, turn bad credit around, and reduce your credit card debt. Limited to 25 participants.

Instructor: AARP volunteer

Fee: Free (1 class)

4083 Thu Feb 25 1:30-2:30pm



+55 Day Trips

All trips will depart from the Apex Community Center • 53 Hunter St

A Rogers and Hammerstein Celebration

North Carolina Symphony at Meymandi Concert Hall
Saturday, January 23, 2016

This concert is a favorite for audiences of all ages. You'll thrill to this legendary team's brilliant music with songs from their celebrated collaborations such as The Sound of Music, State Fair, South Pacific, The King and I, Oklahoma! and Carousel. Starring Oscar 'Andy' Hammerstein III, grandson of the beloved librettist and lyricist Oscar Hammerstein II. Min 25/max 37

Fee: \$62(R)/ \$72(NR)

Includes deluxe motor transportation and theatre tickets located on lower balcony.

Bus leaves: 2pm Approximate return: 6pm

4104 Registration deadline: Jan 4

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.

Day Trip Registration

Registration for Spring Mystery Trip and Nature Adventure will begin Feb 1st.

Registration deadline for both trips is Apr 1.

Specific trip information will be released after Jan 1.

Spring Mystery Trip

Thursday, May 12

Ready for the unknown? Mystery Trips are a lot of fun for those who enjoy a surprise. You'll board our bus and off you'll go for a day of adventure. No details will be given ahead of time. Be sure to dress for the weather and bring something in case A/C is involved! There will be walking and some stairs. Min 20/max 40.

Nature Adventure

Thursday, April 21

Cats, a power plant and lunch, oh my! First stop will be Harris Energy and Environmental Center where we will explore creative and fun exhibits about electricity generation and transmission, alternative energy, and the nuclear energy process. Then we will hop over to Harris Lake County Park where we will enjoy a boxed picnic lunch and a wagon ride along the back roads of the park and 60-acre Longleaf Pine Forest. We will then visit the Carolina Tiger Rescue where your guide will personally introduce you to tigers, lions, bobcats, servals, ocelots, and explain the rescue stories that brought them to Carolina Rescue and the issues that their kind face in the wild. Min 25/max 40

CHECK IT OUT

THE RODGERS FAMILY SKATE PLAZA AT TRACKSIDE

The skate plaza officially opened on August 1st to an energetic and enthusiastic skateboarding community drawing skaters from as far away as Virginia Beach, South Carolina, and all areas of the Tarheel State. Curious to see what this much anticipated facility had to offer, the event was highlighted by food trucks, a raffle, donor recognition, and entertainment. Wake Med and Wake Orthopedic donated, fitted and gave away helmets and pads and provided educational sessions on injury prevention. The event culminated in skateboard contests which were judged by Kyle Denis and other Apex skating elites. Approximately \$300,000 was raised through Citizens for Apex Parks via in-kind and cash donations for this truly remarkable project.



TOWN RECEIVES WAKE COUNTY GRANTS

The Town of Apex was recently awarded 2 separate grants through the Wake County Open Space Program to aid in the construction of two public greenway links. The first, for \$160,000 helps fund the Beaver Creek Greenway connection between Kelly Road Park and the Apex Nature Park. When completed this will complete the link from Jaycee Park westward to the Apex Nature Park. The Town hopes to start construction on this project in spring 2016. The second, for \$140,000 helps fund the Middle Creek Greenway link between Miramonte and the Town of Holly Springs public greenway system, connecting at Sunset Lake Road. The Middle Creek Greenway will eventually connect the Lufkin Road Middle School area southward to Holly Springs crossing the future NC 540 Toll Road corridor. This will be the first section of greenway south of US 1 and will be a critical link for residents in the southern part of Town. The Town hopes to start construction on this project in the fall of 2016 or spring of 2017.

PLEASANT PARK

Plans for the proposed Pleasant Park have gathered a lot of interest from residents. After significant public input, Withers and Ravenel will present 3 options to the Parks, Recreation, and Cultural Resources Advisory Commission at a special meeting to be held on November 11th in the Council Chambers at Town Hall. The Commission will view and discuss various options and will then formulate a recommendation. That recommendation will then be presented to the Apex Town Council on December 15th. The 92 acre parcel location off Old US 1 and the intersection of Piney Plains Road will be the newest and largest addition to the Town's Park System since the Apex Nature Park opened in 2014.

PARK NAME <i>(*denotes a lighted facility)</i>	BASEBALL / SOFTBALL FIELDS	BASKETBALL COURTS	SAND VOLLEYBALL COURTS	OPEN PLAY FIELDS	SOCCER FIELDS	TENNIS COURTS	PLAYGROUNDS	PICNIC SHELTERS	PICNIC TABLES	PICNIC GRILLS	RESTROOMS	GREENWAY TRAILS	ASPHALT TRAILS	NATURAL TRAILS	VENDING MACHINES	FISHING	BOATING	SHELTER RENTALS	DISC GOLF	AMPHITHEATRE	DOG PARK
	APEX COMMUNITY PARK - 160 acres 2200 Laura Duncan Road	3*	2	3		3	2	6*	2	2	35	3	✓	✓		✓	✓	✓	✓	✓	
CLAIRMONT PARK - 1.5 acres 801 E. Chatham Street			1					1	1	1	1										
KELLY ROAD PARK - 25 acres 1609 Kelly Road	1*						1*	1	2	9	1	✓	✓	✓				✓	✓		
KELLY GLEN PARK - 2 acres 1701 Kelly Glen Lane								1	1	1	1										
JAYCEE PARK - 23 acres 451 NC Hwy 55	1*	1				2			1	6	1	✓		✓						✓	
NATURE PARK - 160 acres 2600 Evans Road			1		2	2*	5*	2	2	17	2	✓	✓	✓	✓			✓	✓	✓	✓
SUE HELTON PARK - .25 acres 201 Matney Lane								1	1	1											
WEST STREET PARK - 1.4 acres 108 West Street Park			1					1	1	1											
SALEM POND PARK - 10 acres 6112 Old Jenks Road										3			✓				✓				
HUNTER STREET PARK - 12 acres 1250 Ambergate Station Road	1	1				1		1	1	8	1	✓	✓					✓	✓		✓
SEAGROVES FARM PARK - 11 acres 201 Parkfield Drive										1	9	1	✓	✓			✓			✓	

PARK HOURS OF OPERATION

March - October

November - February

Apex Community Park: 6:30am-10pm/Shelter Rentals: 8:30am-9:30pm
 Jaycee Park: 7am-10pm/Shelter Rentals: 8:30am-9:30pm
 Kelly Road Park: 7am-10pm/Shelter Rentals: 8:30am-9:30pm
 Hunter Street Dog Park: 7am-10pm
 Nature/Seymour: 6:30am-10pm/Shelter Rentals: 8:30am-9:30pm
 All other Town Parks: 7am-8pm/Shelter Rentals: 8:30am-7:30pm
 Public Greenways: Sunrise to 30 minutes after Sunset

6:30am-8pm/Shelter Rentals: 10am-7:30pm
 7am-8pm/Shelter Rentals: 10am-7:30pm
 7am-8pm/Shelter Rentals: 10am-7:30pm
 7am-8pm
 6:30am-8pm/Shelter Rentals: 8:30am-7:30pm
 7am-6pm/Shelter Rentals: 10am-5:30pm
 Sunrise to 30 minutes after Sunset

All closing times are effective except for programs scheduled by the Town of Apex. Tennis court lights are normally adjusted with Daylight Savings Time. Shelter rental hours vary depending on time of year. Please call (919) 249-3402 for more information.