

# OCTOBER



## SENIOR 55+ PROGRAM GUIDE

**Now Including Virtual Programs!**  
**Register Online at [www.apexnc.org/peakconnect](http://www.apexnc.org/peakconnect)**

**This guide may change periodically with any changes in programming due to COVID-19. Please check back regularly.**

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.

# GENERAL INFORMATION



## How to Register for Programs

[www.apexnc.org/peakconnect](http://www.apexnc.org/peakconnect)

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 (defined as an individual who resides within the established corporate limits of the Town per the Apex Planning & Community Development Department). Waiting lists are available for most programs, with Apex residents receiving priority. Registration opens at 9am on the listed registration date.

*During this time, registration online is recommended.*

1. Online at PEAKconnect- [www.apexnc.org/peakconnect](http://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.

Mail-in payment is by check only, made payable to: Town of Apex

## 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.

### 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

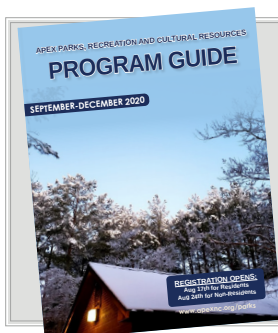
237 N. Salem St. Apex, Nc 27502

Phone: 919-249-1120

Fax: 919-362-8655

Hours: Mon-Fri 9am-6pm

Sat 9am-1pm, Closed Sundays



More Special Events, Youth, Adult and Cultural Arts Programs can be found in our all ages 2020 September-December Program Guide.

[www.apexnc.org/programguide](http://www.apexnc.org/programguide)

# GENERAL INFORMATION

## CONNECT WITH US!



/townofapex  
/apexparks



[www.apexnc.org/seniors](http://www.apexnc.org/seniors)



[www.apexnc.org/notifyme](http://www.apexnc.org/notifyme)



919-249-3402



[peakconnect@apexnc.org](mailto:peakconnect@apexnc.org)

## TABLE OF CONTENTS

This program guide will only show programs beginning in October/ early November. The goal is to put a guide out monthly. Your health and safety is our number one concern. We are continually re-evaluating based on guidelines from the governor and CDC. Please look carefully each month as we are doing this to allow for changes. All programs in this guide are online via zoom (except walking, pickleball outdoor play or otherwise noted).



## Program Registration Ongoing:

Register for programs at any staffed site or online at [www.apexnc.org/peakconnect](http://www.apexnc.org/peakconnect)

### Staffed registration sites:

Apex Community Center: 53 Hunter St. Apex 27502 919.249.3402  
Halle Cultural Arts Center: 237 N. Salem St. Apex 27502 919.249.1120

**All Town of Apex buildings will be closed on Sep 7, Nov 11, Nov 26-27, Dec 24-28**

## 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.



## Taking Virtual Classes

### What is Zoom?

Zoom is video conferencing software that allows people to have face to face meetings with groups of people online. It is free and easy to access.

We are using Zoom as a platform to hold our new online classes. Details about using Zoom will be available to you after you register, but feel free to email Allie Prelaske with any questions: [allie.prelaske@apexnc.org](mailto:allie.prelaske@apexnc.org). All you will need is a computer, laptop, ipad or smartphone to take these classes.

# SOCIAL & ART PROGRAMS



## An Update on Programming

### COVID-19 and Senior Programs

As we face an unprecedented event regarding COVID-19, we have had to make some quick decisions regarding all of our programming, especially as it pertains to senior programs considering the high risk nature of this population.

- During this time, we highly recommend online registration for all programs. Please only come in to the Community Center if you need to do so.
- We have introduced virtual programs for the first time! We will continue to run these online programs for the foreseeable future. Online classes are run through Zoom. Details about using Zoom will be available to you after you register, but feel free to email Allie Prelaske at [allie.prelaske@apexnc.org](mailto:allie.prelaske@apexnc.org) with any questions!
- Many of our normal senior programs have to be modified or cancelled. We have made the decision to cancel senior trips through the rest of the year out of an abundance of caution and concern for participant safety.

### HEADING OUTSIDE IN OCTOBER

Since we have been having such great weather lately, **Stitch & Hook** and **Coffee & Conversations** are being planned as outdoor meet-ups for October. If the weather on the planned dates looks bad, class will be held online via zoom. An email will be sent out to registered participants with that information.

All outdoor classes/programs will adhere to the guidance set forth by the governor and CDC. Pre-registration is required.

#### STITCH & HOOK CLUB

If you crochet, knit or do needlework, bring your own project to the Stitch & Hook Club ZOOM meeting! It's a great time to socialize while sharing ideas and learning new techniques.

Fee: Free

9301	Thu	Oct	11am-1pm
------	-----	-----	----------

#### COFFEE & CONVERSATIONS

Feeling isolated and out of contact due to COVID-19? Come join us outside for a socially distant roundtable discussion for an hour. Topics will depend on the interest of the group, but might include travel experiences, favorite films, or a grab-bag of topics from a "conversation box".

9308	1st and 3rd	Wed	Oct	10am-11am
------	-------------	-----	-----	-----------

#### Check your emails!

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



**ZOOM LINKS WILL BE SENT OUT TO YOU BY EMAIL BEFORE THE START OF THE CLASS.**

### STAY INFORMED!

Go to [www.apexnc.org/seniors](http://www.apexnc.org/seniors) and click STAY NOTIFIED to receive senior program updates and the monthly activity calendar.



### Time to Get Outside

The weather is starting to cool off (a little). Apex has a lot of wonderful outdoor walking trails and greenways. Start with some of my favorites that are pretty flat:

**Seagroves Farm- 201 Parkfield Dr**

Walking trail is about .5 miles around the pond

**Salem Pond Park- 6112 Old Jenks Rd**

Walking trail is about .5 miles around the pond

### TRIVIA NIGHT-ZOOM

We may be stuck at home but we can still have free (55+) trivia night fun! Join us for an informal fun competition all from the comfort of your own home. There will be 28 questions broken into four rounds. Categories will be released the week before and will keep you on your toes.

Fee: Free

9297	Mon	Oct 12	6:30-7:30pm
9298	Mon	Oct 26	6:30-7:30pm



# SOCIAL & ART PROGRAMS

## Early Voting at ACC

The Apex Community Center will again be an early voting site this year. It will also be an election day polling place for the appropriate district.

**There will be no walking or other activities permitted in the building from Oct 12-Nov 6.**

## DRAWING CHALLENGES- ZOOM

From beginner to experienced artist, this class will expand your drawing skills with challenges, tips and tricks. Limited to 15 people.

**Supplies you will need:** Graphite pencil, common No2, HB, or Ebony pencil, pencil sharpener, eraser (plastic non-abrasive is ideal) and drawing paper (9x14 or greater)

**Instructor:** Wade Carmichael

**Fee:** \$21(R) \* / \$31(NR) \* (5classes)

9213 Mon Sep 28- Oct 26 1pm-3pm

## IN THE SWING ~

### VIRTUAL HISTORY CLASS

As early Jazz evolved, and a lighter culture picked up the rhythm, a new form was born, and grew up with new technologies to where "it 'don't mean a thing, if it ain't got that swing." A listening and learning experience. Limited to 30 participants.

**Instructor:** Wade Carmichael

**Fee:** \$4(R) / \$14(NR) (1 class)

9092 Wed Oct 28 12:30pm-2:30pm

## ZUMBA GOLD- ZOOM

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)

9266 Tue Oct 20 - Dec 8 2:15pm-3:15pm

\*No class Nov 24

9264 Thu Oct 22 - Dec 10 2:15pm-3:15pm

\*No class Nov 26

## YOGA CLASSES- ZOOM

**Instructor:** Susan Fenimore

Limited to 36 participants.

### 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.

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

9256 Wed Sep 21- Nov 2 10:15am-11:15am

### 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.

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

9258 Wed Sep 30- Nov 11 10:15am-11:15am

### Now on Fridays

### 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.

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

9261 Fri Oct 30 - Dec 18 10:15am-11:15am



### ACC Update

*For the health and safety of everyone, all participants are required to wear a mask while at the Apex Community Center.*

# FITNESS PROGRAMS

## LINE DANCING- ZOOM

**Instructor:** Teresa VonCannon

Each session limited to 25 participants.

### Beginner

Learn to line dance in a fun and relaxed atmosphere. This class is designed for those new to line dancing. We will cover the terminology of basic steps. Sessions will begin with 1-wall (no turning) dances and slowly progress to simple 4-wall dances. This form of dance requires no partner and is a great way to exercise your mind and body!

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

9277 Fri Oct 2- Nov 6 9am-10am

### Beginner 1

For those with some line dance experience or have successfully completed the Beginner Line Dance Class. You should know basic line dance steps and terminology.

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

9272 Fri Oct 2- Nov 6 10:15am-11:15am

### Beginner 2

Designed for the dancer who has prior experience and has successfully completed the Beginner 1 Line Dancing Class. You are expected to know line dance terminology and patterns.

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

9275 Fri Oct 2- Nov 6 11:30am-12:30pm

## PICKLEBALL FOR 55+

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

## 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.

### Scheduled Senior Play 55+

**Location:** Kelly Road Park

**Fee:** Free, no registration required

Monday, Thursday and Saturday 9-11:30am

**Location:** Apex Nature Park

**Fee:** Free, no registration required

Tuesday and Wednesday 9-11:30am

## SENIOR EXERCISE

Due to Covid-19 this class will be offered through a mixture of pre-recorded videos and a once a week zoom meeting. Monthly registration will give you access to both the zoom live classes and weekly recorded videos. This will be a group fitness program designed to enable seniors to have fun while retaining flexibility and mobility through a series of motivating and enjoyable exercises.

Suggested supplies: light weights (bean bag or can goods) and an exercise band (or a robe tie or a bungee cord).

**Instructor:** Susan Fenimore

**One video per week: will be sent out on Monday mornings**

**Zoom live: Tuesdays**

**Fee:** \$Free(R)/ \$5 per month (NR)

9323 Tue Zoom Oct 9:45am-10:30am

9349 Tue Zoom Nov 9:45am-10:30am

## STEEL STRONG- ZOOM

Take that next step to building strong muscles and staying fit. Strength training provides benefits such as fat loss, increased bone density, improvements in cholesterol and increased muscle tone. Learn the proper techniques of strength training using the abdominals and upper and lower body muscles. Please bring your own hand weights and small exercise ball. Limited to 22 participants.

**Instructor:** Bettie Ittenbach

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

9051 T/Th Sep 15- Oct 29 11:10am-11:55am

9052 T/Th Nov 3 - Dec 22\* 11:10am-11:55am

\*No class Nov 26 or Dec 24

## GOLDEN "FIT" DRUMMERS- ZOOM

This is a full body interval cardio jam session combining light resistance with drumming. This is a one-of-a-kind workout for ALL levels. Strengthen and sculpt muscles with a combination of cardio moves, strength training and drumming. This combo works the entire body, raises the heart rate to a fat-burning zone and forces each move to be as precise as a basic beat. Limited to 20 participants.

**Instructor:** Bettie Ittenbach

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

9048 Tue Sep 15 - Oct 27 9am-9:45am

9049 T/Th Nov 3 - Dec 15 9am-9:45am

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

9046 Thu Sep 17 - Oct 29 9am-9:45am

9047 Thu Nov 5 - Dec 31\* 9am-9:45am

\*No class Nov 26 or Dec 24