

# Mar - Apr



## 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

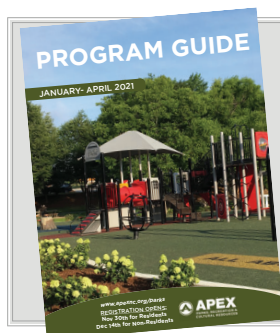
237 N. Salem St. Apex, Nc 27502

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 2021 January - April 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 March/April. The goal is to put a guide out monthly or every two months. 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 pickleball outdoor play or otherwise noted).

## Program Registration Ongoing:

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

Staffed registration sites: (Currently closed until Mar 1)

\*If you need assistance please email staff at [peakconnect@apexnc.org](mailto:peakconnect@apexnc.org)

Apex Community Center: 53 Hunter St. Apex 27502

Halle Cultural Arts Center: 237 N. Salem St. Apex 27502

**All Town of Apex buildings will be closed on Apr 2**

## 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 PROGRAMS

## An Update on Programming



### COVID-19 and Senior Programs

- All program registration is currently online. The Apex Community Center is currently closed to the public until March 1, 2021. If you need assistance registering please contact Allie Prelaske at 919.249.3507 or [allie.prelaske@apexnc.org](mailto:allie.prelaske@apexnc.org)
- All programs are currently being ran virtually. We will continue to run these online programs until it is safe to return inside the building. 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!

### OUTSIDE IN MARCH/APRIL

Stitch & Hook and Coffee & Conversations will be considered for outdoor meet-ups. 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

9652	Thu	Mar/Apr	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".

9650	1st and 3rd	Wed	Mar/ Apr	11am-12pm
------	-------------	-----	----------	-----------

### DOG PARKS



#### LOCATIONS:

Hunter St. Park, 1250 Ambergate Station

Apex Nature Park, 2600 Evans Road

Registration available online

Visit [www.apexnc.org/dogparks](http://www.apexnc.org/dogparks) for more information!

### 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.



### 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

9662	Mon	Mar 8	6:30-7:30pm
9663	Mon	Mar 22	6:30-7:30pm
9664	Mon	Apr 12	6:30-7:30pm
9665	Mon	Apr 26	6:30-7:30pm

### A CLUELESS MURDER VIRTUAL MURDER MYSTERY

A known millionaire, Mr. Boddy is a man of great wealth, of which you hope to gain an inheritance from- but only if you are brave enough to attend the reading of his will. Even though foul play was indicated in his death, the culprit has yet to be brought to justice... and the killer is likely to strike again!

You will receive a role in this virtual murder mystery as one of the deceased's confidants or family members. Throughout the night your detective skills will help piece together his mystifying death, while avoiding being the victim of yet another murder at the will reading.

It will be an evening filled with murder and mystery! Packets will be available to pick up with everything you will need for the night- your character, objectives, attire suggestions and more 2 weeks prior to the virtual event.

Registration Deadline: March 15

Fee: \$5(R) / \$5(NR) (1 classes)

9676	Tue	Apr 20	6pm-8pm
------	-----	--------	---------

# ART PROGRAMS

## VIRTUAL ART WITH WADE CARMICHAEL

Limited to 15 participants.

### GETTING TO KNOW YOUR ART STYLE- ZOOM

Each individual has a "style" in which he or she works. We will explore each student's style and ways to strengthen their art expression. There will be some 'style exchange' exercises among the class participants. Limited to 15 people.

**Supplies you will need:** Pencil, color pencil and or watercolor is suggested, but any medium is welcome – we'll all learn from each other. Surface: 8 x10 or 9 x 12 to facilitate online exchange of images.

**Instructor:** Wade Carmichael

**Fee:** \$22(R) / \$32(NR) (5 classes)

9672 Mon Mar 1- Mar 29 1pm-3pm

### INK AND WATERCOLOR- ZOOM

This short 3-Part class will explore pen-ink-and watercolor possibilities. Focus will be on small format imaging suitable for creating greeting and note cards. We will play with different techniques.

**Supplies you will need:** India ink and quill nib or permanent technical pen (like Pigma MICRON or other waterproof pen) and water colors of your choice. 8x10 watercolor or multimedia paper recommended.

**Fee:** \$13(R) / \$23(NR) (3 classes)

9673 Mon Apr 12- Apr 26 1pm-3pm

## Please Note

The day and time for this class has changed.

### SCRAPBOOKING OUR LIVES

Create a scrapbook album you and your family will treasure! Scrapbooks are photo albums with stories - every photo holds a memory and every memory is a story. Scrapbooks give us a chance to preserve those stories and pass those memories on to the next generations. Learn how to design powerful scrapbook pages that include pictures, memorabilia, and journaling. No previous experience with scrapbooking is required; if you have started scrapbooks in the past, this is an opportunity to finish them. You will receive emails with information about the topics covered in class, such as design principles, color theory, and various techniques. Limited to 6 participants.

**Supplies you will need:** This is a zoom class so you will be working at home with your own supplies. You will need photos, a scrapbook, scissors, some paper, a pen to write your stories, and some adhesive. Everything else is nice but not necessary!

**Instructor:** Hanna Lyons, Ph.D.

**Fee:** \$23(R) / \$33(NR) (5 classes)

9671 Thu Mar 4- Apr 8\* 1:30pm-4:30pm  
\*No class Apr 1

### MUSICAL MEMORIES- ZOOM

We're acting!! We're singing!! We're dancing up a storm!! Come join the South of Broadway Players!! We'll stay safe and meet virtually this session, but have just as much fun. Whether you love being center stage or one of the crowd, we are the group for you! Each session we write a short play, throw in some songs, and perform the whole thing on the last day of class. No experience necessary.

**Instructor:** Annette Stowe

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

9465 Thu Mar 18- May 27\* 10am-11am  
\*No class May 6

### IMAGINATIVE IMPROV- ZOOM

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

**Instructor:** Kathleen Rudolph

**Fee:** \$11.50(R) / \$22.50(NR) (4 classes)

9472 Fri Apr 2- Apr 23 9:30am-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.**

If you need to update your email address in our system, please call Allie Prelaske at 919.249.3507 or email front desk staff at [peakconnect@apexnc.org](mailto:peakconnect@apexnc.org)



# FITNESS PROGRAMS

## Please Note

New Beginner Wed class added!

### 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:** \$15(R) / \$25(NR) (7 classes)

9666	Wed	Mar 10- Apr 21	9am-10am
9638	Fri	Mar 12- Apr 30*	9am-10am

\*No class on Apr 2

#### Beginner 1

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

**Fee:** \$15(R) / \$25(NR) (7 classes)

9634	Fri	Mar 12- Apr 30*	10:15am-11:15am
------	-----	-----------------	-----------------

\*No class on Apr 2

#### Beginner 2

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

**Fee:** \$15(R) / \$25(NR) (7 classes)

9636	Fri	Mar 12- Apr 30*	11:30am-12:30pm
------	-----	-----------------	-----------------

\*No class on Apr 2

### 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)

9667	Tue	Mar 2- Apr 20*	2:15pm-3:15pm
------	-----	----------------	---------------

\* No class Mar 30

9668	Thu	Mar 4- Apr 22	2:15pm-3:15pm
------	-----	---------------	---------------

\*No class Apr 15

### 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: Thursdays**

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

9669	Thu Zoom	Mar	10:15am-11am
9670	Thu Zoom	Apr	10:15am-11am

### 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)

9646	T/Th	Mar 2- Apr 15	11:10am-11:55am
------	------	---------------	-----------------

### 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)

9657	Tue	Mar 2- Apr 13	9am-9:45am
------	-----	---------------	------------

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

9655	Thu	Mar 4- Apr 15	9am-9:45am
------	-----	---------------	------------

# FITNESS PROGRAMS



## MARCH MADNESS FITNESS CHALLENGE

Cold weather, global pandemic or even boredom can throw you off your fitness and nutrition goals. Don't cave into your excuses. Instead, stick to your goals with this 31-day fitness challenge. The best part; you don't need to be super-fit or belong to a gym to commit to this challenge.

Participants will log and earn points for participating in Senior fitness classes (line dancing, yoga, senior exercise, etc) and/or walking. Top participants with most points earned at the end of the month will win some awesome Apex swag!

9650 Mar 1 -Mar 31 Anytime!

## 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

## YOGA CLASSES- ZOOM

**Instructor:** Susan Fenimore

Limited to 36 participants.

## BEGINNER YOGA- ZOOM

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)

9606 Mon Mar 8- Apr 19 10:15am-11:15am

## INTERMEDIATE YOGA- ZOOM

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)

9608 Wed Mar 10- Apr 21 10:15am-11:15am

## ADVANCED YOGA- ZOOM

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)

9604 Fri Mar 12- Apr 23 10:15am-11:15am

# EDUCATIONAL PROGRAMS



## ACC Update

Currently the Apex Community Center and Halle Cultural Arts Center are closed to the public until March 1.



Check out [www.apexnc.org/stayandplay](http://www.apexnc.org/stayandplay) for pop up family friendly events.

### Connect with us on Facebook!

Join our group- **Apex Senior Adults**. You can also follow our Department's page @ApexParks



## VIRTUAL HISTORY CLASSES WITH WADE- ZOOM

### U.S. 1865-1915

Between the American Civil War and World War II the United States experienced a virtual explosion of progress and challenges. This history review will take a look at the period of growth, industrial achievement, and unending conflict both inside and beyond our borders.

Limited to 30 participants.

**Instructor:** Wade Carmichael

**Fee:** \$18(R) / \$28(NR) (5 classes)

**9615** Wed Mar 3- Mar 31 12:30pm-2:30pm

### WHAT ABOUT INDIA?- ZOOM

This history review will take a look at India and the Sub-Continent. An ancient and sometimes mysterious story that has made a significant impact on our region and community. Limited to 30 participants.

**Instructor:** Wade Carmichael

**Fee:** \$11(R) / \$21(NR) (3 classes)

**9616** Wed Apr 14- Apr 28 12:30pm-2:30pm

## VIRTUAL SCIENCE CLASSES WITH HARRY- ZOOM

### 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? Limited to 30 participants.

**Instructor:** Harry Dammers

**Fee:** Free (4 classes)

**9675** Mon Mar 1- Mar 22 10am-11am

### 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? Limited to 30 participants.

**Instructor:** Harry Dammers

**Fee:** Free (4 classes)

**9674** Mon Apr 5- Apr 26 10am-11am