

May 2021



SENIOR 55+ PROGRAM GUIDE

Now Including Virtual AND In-Person Programs!

Register Online at 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

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
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-5pm

(Office hours M-F 8am-5pm)

Sat 9am-6pm, Sun 1pm-6pm (Sep- May)

Halle Cultural Arts Center

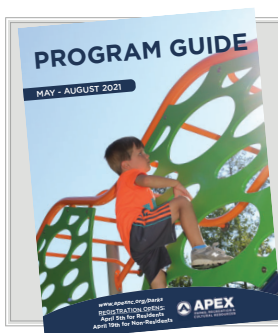
237 N. Salem St. Apex, Nc 27502

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

GENERAL INFORMATION

CONNECT WITH US!



/townofapex
/apexparks



www.apexnc.org/seniors



www.apexnc.org/notifyme



919-249-3402



peakconnect@apexnc.org

TABLE OF CONTENTS

This program guide will only show programs beginning in May. 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. Programs in this guide are online via zoom or in-person as noted.

Program Registration Ongoing:

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

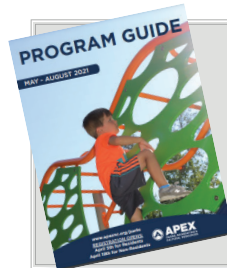
Staffed registration sites:

*If you need assistance please email staff at 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 May 31

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.



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

SOCIAL PROGRAMS

An Update on Programming



COVID-19 and Senior Programs

- Program registration is now available in person and online. The John M. Brown Community Center reopened to the public on March 1, 2021.

If you need assistance registering please contact Allie Prelaske at 919.249.3507 or allie.prelaske@apexnc.org

- Programs will be held in person or virtually as noted. 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 with any questions!

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

Location: John Brown Community Center

9962 Thu May 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".

Fee: Free

Location: John Brown Community Center

9961 Wed May 5 & May 19 11am-12pm

TRIVIA NIGHT-ZOOM

Join us for an informal fun competition consisting of 28 questions broken into four rounds. Categories will be released the week before and will keep you on your toes.

Fee: Free

Location: Zoom

9986 Mon May 10 6:30-7:30pm

TRIVIA NIGHT-IN PERSON

Fee: Free

Location: John Brown Community Center

9987 Mon May 24 6:30-7:30pm

IN PERSON CLASSES- MAY

As restrictions set by the Governor continue to ease, we will slowly start phasing Senior Programs back to in-person. At first several programs will have the option to meet in person or stay on zoom. We do not have a specific timeline for when additional programs will move to in-person. Please be patient as we are constantly re-evaluating programs and guidelines. Safety is our number one priority! Stitch & Hook, Coffee & Conversations, Trivia Night on May 24 and Uniquely Homemade will begin meeting in person in May.

All indoor classes/programs will adhere to the guidance set forth by the governor and CDC.

Pre-registration, masks and social distancing are required.

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.

All you will need is a computer, laptop, ipad or smartphone to take these classes.

ART PROGRAMS

VIRTUAL ART WITH WADE CARMICHAEL

Limited to 15 participants.

TREES AND PLANTS: DRAWING CHALLENGES- ZOOM

Due to COVID-19 this class will be virtual. Each class presents a new drawing challenge for the student with tips and tools for creating more satisfying images.

Supplies you will need: Pencils, paper, eraser (maybe) Other media as the student may wish to use (pen/ink, color pencils, watercolors, etc).

Instructor: Wade Carmichael

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

9972 Mon May 3 - Jun 7* 1pm-3pm

*No class May 31

SCRAPBOOKING OUR LIVES ZOOM

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)

9952 Thu May 6 - Jun 3 1:30pm-4:30pm

UNIQUELY HOMEMADE IN-PERSON

WATERCOLOR TOUCHES (2 ANY OCCASION CARDS)

This program will be held in person at the John Brown Community Center. This 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 two handmade cards to take home. Registration ends a week prior to class. In accordance with guidance from the CDC participants will be required to wear masks and socially distance.

Supplies you will need: Double-sided adhesive tape runner (with refill), adhesive-backed foam dots/squares, mini glue dots/zots, small scissors and clear & black 3 mm (small) adhesive-backed rhinestones.

Instructor: Chaille O'Neal

Fee: \$11.50(R) / \$22.50(NR) (1 class)

Location: John Brown Community Center

9964 Tue May 4 1pm-3pm



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

STAY INFORMED!

Go to www.apexnc.org/seniors and click STAY NOTIFIED to receive senior program updates and the monthly activity calendar.

 Join us on Facebook
Apex Senior Adults

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)

9979	Wed	May 5 - Jun 16	9am-10am
9984	Fri	May 7 - Jun 25*	9am-10am

*No class on Jun 18

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)

9980	Fri	May 7 - Jun 25*	10:15am-11:15am
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*No class on Jun 18

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)

9982	Fri	May 7 - Jun 25*	11:30am-12:30pm
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*No class on Jun 18

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)

9950	Tue	May 4 - Jun 15	2:15pm-3:15pm
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9948	Thu	May 6 - Jun 17	2:15pm-3:15pm
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SENIOR EXERCISE-ZOOM

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: TBD

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

Zoom live: Thursdays

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

Zoom May	10:15am-am
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*Registration information for this program will be available by Apr 15

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)

9954	T/Th	Apr 27 - Jun 10	11:10am-11:55am
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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)

9957	Tue	Apr 27 - Jun 8	9am-9:45am
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Fee: \$13(R) / \$23(NR) (7 classes)

9958	Thu	Apr 29 - Jun 10	9am-9:45am
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FITNESS PROGRAMS



ACC Update

The Community Center and Halle Cultural Arts Center have reopened to the public as of March 1.

You are able to come walk inside the Community Center during business hours of 8am-5pm M-F

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

Stay Notified!

Sign up for email updates about programs, greenways, and everything Parks and Rec!

Visit www.apexnc.org/notifyme

For HCAC info, visit www.TheHalle.org



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)

9943 Mon May 10 - Jun 28* 10:15am-11:15am

* No class May 31

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)

9945 Wed May 12 - Jun 23 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)

9941 Fri May 14 - Jun 25 10:15am-11:15am

EDUCATIONAL PROGRAMS

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

AMERICA 1920-1940

Due to Covid 19 this class is being offered virtually. This class will take a look at the American story between World War I and World War II.

Instructor: Wade Carmichael

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

9974 Wed May 5 - Jun 2 12:30pm-2:30pm

HACKING DARWIN- ZOOM

The Eugenics movement of a century ago came to no good. However, our current understanding of genetics and our newest techniques for editing DNA make possible Eugenics 2.0. We are on the cusp of ending many genetic disabilities but certain questions arise. Limited to 30 participants.

Instructor: Harry Dammers

Fee: Free (3 classes)

9977 Mon May 10- May 24 10am-11am

APEX PARKS, RECREATION AND CULTURAL RESOURCES

STAY & PLAY

Check out www.apexnc.org/stayandplay for pop up family friendly events.

HALLE CULTRAL ARTS CENTER PROGRAMS

SCENE STUDY

Make a scene! In this two-part workshop, students will develop essential acting skills including characterization and blocking while working with partners on a fun scene. No experience necessary.

Instructor: Kathleen Rudolph

Fees: \$15(R) / \$25(NR) (2 classes)

9917 Tue Aug 3 & Aug 10 1pm-2:30pm

MONOLOGUE MANIA

Do you wish you were better at public speaking? In this workshop students will use monologues to learn tactics on how to present a speech using intention, objective, vocal inflection and body language. No experience necessary.

Instructor: Kathleen Rudolph

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

9862 Tue Jul 13 1pm-2:30pm

