

# Senior Program Guide

*September - December 2016*

*55+*



*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:

Preregistration is required for most programs offered by Apex Parks, Recreation and Cultural Resources. **The first two weeks of each registration period is limited to Apex residents only.** A resident is defined as an individual who resides within the established corporate limits of the Town as defined by the Apex Planning & Community Development Department. Waiting lists are available for most programs, with Apex residents receiving priority.

1. Online at PEAKconnect- <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. Please make checks payable to: Town of Apex.

To avoid long lines and discourage overnight assembly, the first day of registration for both residents and non-residents will be administered by a **lottery system starting promptly at 8:45am** at the Community Center. Those in line will be given the opportunity to randomly draw a number and line up according to their number. Anyone arriving after 8:45am will go to the back of the line. **Registration will begin promptly at 9am based on this system.** This is for instructional programs, camps and individual youth athletic registration only and does not apply to adult team registration deadlines. One person may register only one family at a time.

## REFUND POLICY:

**Full Refunds.** Registration fees are 100% refundable when programs and events are canceled or adjusted by the Apex Parks, Recreation, and Cultural Resources Department. The Director of Parks, Recreation, and Cultural Resources shall have the authority to make decisions on all requests not specifically covered herein.

### Refunds/Withdrawals/Transfers

1. **Withdrawal 10 Calendar days or more in advance.** A participant requesting to withdraw from a class must provide a written request at least 10 calendar days in advance of the scheduled start date of the program or tryouts for an athletic league. The participant will receive the full refund of fees minus a \$5.00 processing fee. No refunds will be issued when the amount is less than \$6.00.
2. **Withdrawal less than 10 Calendar days in advance.** A participant requesting a refund in writing, less than 10 calendar days prior to the scheduled start date of the program or tryouts for an athletic league, will receive a **75%** refund of the fees if the participant can be replaced from the waiting list. If there is no waiting list for the program or athletic league **no refund will be issued.**
3. **Withdrawal after first meeting of a program/First regular season game.** A participant requesting to withdraw on the day of or after the first meeting of any program or the first regular season game of the affected league, **will not be issued a refund.**
4. **Transfer Request.** A participant requesting to transfer from one class date to another, within the same program and registration period, must do so in writing at least 10 calendar days or more prior to the scheduled start date of the program.
5. **Adult Team Withdrawals.** Refunds for adult athletic programs requiring "team" registration will be issued based on policies and procedures covering that particular program and are not subject to #s 1, 2, 3, and 4 above.

### Medical Exceptions

**A full refund of all fees paid, minus a \$5.00 processing fee, will be made for Athletic and Non-Athletic Programs only if:** Prior to the first meeting of a program the participant requests a refund in writing including a written excuse from a licensed medical doctor indicating that the participant should not participate due to medical concerns or physical limitations.

### Senior Trip Refund Policy

1. If a refund is requested, in writing prior, to the registration deadline, a full refund minus a \$5.00 processing fee will be issued.
2. If a participant requests a refund in writing after the registration deadline, and 48 hours prior to trip departure, a 75% refund will be issued if the participant can be replaced from the waiting list. If there is not a waiting list for the program then no refund will be issued.
3. If 48 hours prior to the trip departure, a written excuse from a licensed medical doctor is provided indicating that the participant should not participate due to medical concerns or physical limitations, a partial refund will be issued after deducting expenses incurred by the Town of Apex-Apex Parks, Recreation, and Cultural Resources Department such as prepaid admission fees, tickets, deposits, and a \$5.00 processing fee.
4. For situations where non-refundable deposits and admission fees must be paid in advance by the Town, no refunds will be given to participants who cancel.

Park Maintenance  
2306 Laura Duncan Rd.  
Phone: 919-363-6469  
Fax: 919-363-6875  
2600 Evans 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:

Apex residents, Jackie Nilsson and Carol Woodward, on a Day Trip to the NC Symphony to see the Rodgers and Hammerstein Celebration at Meymandi Concert Hall. Fall Day Trips can be found on page 15.

## Peaksetter News

Want to stay up to date with what is going on for 55+? Subscribe to our emails and receive monthly activity calendars that includes program changes, luncheon entertainment, Friday Flick information, etc.

Go to [www.apexnc.org/senior](http://www.apexnc.org/senior) and click STAY NOTIFIED.

## Important Dates

**Apex Community Center will be closed**

Labor Day • Mon, Sep 5  
Veteran's Day • Fri, Nov 11  
Thanksgiving • Nov 24-25  
Holiday • Dec 23-27

### Registration Dates

Mon, Jul 18 • Residents  
Mon, Aug 1 • Non- Residents



Join us on  
Facebook

Apex Senior Adult

## Special Events



September 14, 2016 9am-12pm

Discover all of the health and wellness resources Apex and surrounding communities have to offer! Over 35 different agencies and companies will be in attendance to provide you with information on nutrition, staying active, medical providers, home health care and much more. Caregiver's are encouraged to attend. Raffle prizes and giveaways included. Pre-registration for some screenings and immunizations is require.

**Fees:** Free

4806 Sep 14 W 9am-Noon

## PJs & Popcorn ~ Movie Night

Apex Community Center • Free Admission

Grab the grandkids and their pajamas for a fun-filled evening of pjs, popcorn and a "little-kid-friendly" movie! Call 919-249-3402 or visit [www.apexnc.org](http://www.apexnc.org) one week prior to the event for movie title.

Apex Youth Council Fundraiser ~ Popcorn for Sale ~ \$1  
*\*Bring water or juice box - no soft drinks or other food allowed*

Fri Nov 4 6:30-8:30pm

## Lights! Camera! Murder! Murder Mystery Party

Come walk the blood red carpet for a night of secrets, celebrities & scandal. As the night unfolds, so will a web of lies and scandals intricately woven to point you to a killer. It is up to you to uncover the clues or the culprit will remain concealed. You will be given a part in the murder mystery, come in character, and try to solve the mystery. Everyone's a suspect when murder is on the menu! We will enjoy a night of music, food and murder. You will be given a script for your part in the mystery 1 week in advance. Please bring an appetizer to share.

Located at the Halle Cultural Arts Center

Registration Deadline: Sep 15

Limited to 40 participants.

**Fee:** \$12.00 per person

4780 Fri Oct 7 6-8pm

More special events, such as, the Turkey Trot, Ham Toss and Glowing Disc Golf Tournament can be found in our all ages Program Guide.

## Holiday Catered Meal

Join us for a special holiday celebration! A full catered buffet holiday meal with dessert will follow a musical performance. Registration is required and limited.

Registration Deadline: Dec 1

Limited to 100 participants.

**Fee:** \$15 per person

4773 Thu Dec 15 11:15-1pm

## Bridge

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

**Fee:** Free

4712 Tue Sep- Dec 10am-1pm  
No play Dec 27

## Open Cards and Games

Spend the afternoon playing a variety of games, including, but not limited to, Phase 10, Canasta and Pinochle. Open for all levels and players.

Limited to 50 participants.

**Fee:** Free

4703 Mon & Fri Sep- Dec 1-4pm  
No play Sep 5, Nov 11, Nov 25, Dec 23 or Dec 26

## Mah Jongg

Are you ready for a fun and intellectual challenge? If so, then the Chinese tile game Mah Jongg is just for you! Must be familiar with the game and please bring your own card. Limited to 20 participants.

**Mondays at the Apex Community Center**

**Fridays at the Halle Cultural Arts Center**

**Fee:** Free

4735 Mon & Fri Sep- Dec 1-4pm  
No play Sep 5, Nov 11, Nov 25, Dec 23 or Dec 26

## Bingo

Come out and enjoy this game of chance with friends! Coffee and water provided. You can also bring snacks to share. Limited to 100 participants.

**Instructor:** Mary Ann Kruss

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

4707 Wed Sep 7, Sep 21, Oct 5, 1-3pm  
Oct 12, Nov 16, Nov 30, Dec 7, Dec 21  
Oct and Nov are different because of Early Voting

## Friday Flicks

A variety of current and classic flicks will be shown. Each movie title will be posted one week before each showing on the Senior Information Board. Or call 919-249-3402 for the listing. Bring your favorite drink and we'll supply the popcorn. Limited to 35 participants.

**Fee:** Free

4721 Fri Sep 16 11am-1pm  
4722 Fri Oct 14 11am-1pm  
4723 Fri Nov 18 11am-1pm  
4724 Fri Dec 16 11am-1pm

## Registration Reminder

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! Free programs are essential to our senior programs. Please notify staff if you are unable to attend a free class for which you are registered.

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

## 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 80 participants.

**Fee:** Free

4748 2<sup>nd</sup> Thu Sep 8 11:15-12:30pm

4749 2<sup>nd</sup> Thu Oct 13 11:15-12:30pm

4772 3<sup>rd</sup> Thu Nov 17 11:15-12:30pm

\* Please note: Nov is the 3<sup>rd</sup> Thursday due to facility needs.

4773 3<sup>rd</sup> Thu Dec 15 11:15-1pm

\* Please note: Dec luncheon is our Special Holiday Catered Meal. For full discription please see pg 3.

## Wii Bowling Tournament

Represent the Apex community center seniors in this senior center show-down between Apex Community Center and Cambridge Village. Registrants will be placed on teams of four and face off against one another. Event will be located at Cambridge Village of Apex. Don't want to play? You are still invited to come cheer and support your friends. Transportation to the tournament is on your own. Limited to 16 participants.

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

**Fee:** Free

4801 Wed Oct 12 2:30-4:30pm

## Wii Bowling

Bowling enthusiasts, join us every Wednesday 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 16 participants.

**Fee:** Free

4758 Wed Sep- Dec 9:30-11:30am

No bowling on Sep 14

## 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

**Fee:** Free

4751 Thu Sep 15, Oct 6, Nov 3, Dec 1 1-3pm

## 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

4755 Thu Sep- Dec 11am-1pm  
No club on Nov 24

## 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.

4756 Mon Sep 12- Dec 19 11am-12:30pm

## PEAK CITY SINGERS PRESENT

### *Jukebox Saturday Night*

Saddle oxfords, penny loafers, poodle skirts, and rock and roll! The Peak City Singers recall favorite songs of the 1950s — the era synonymous with Jukebox Saturday Night!

Sat, Oct 22 at 3pm • Halle Cultural Arts Center

Free tickets available starting in October at the Halle Cultural Arts Center or at the Apex Community Center.

## 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)(1 class)

4718 Wed Oct 19 1-3pm  
4719 Wed Nov 16 1-3pm

## Cupcake Creations

Explore the world of icing, decorating and colors and have lots of fun along the way. This class will teach you to fill, create and then decorate your cupcakes using swirls, stars, flowers, rosettes and other easy techniques. You will leave with hand decorated cupcakes and the skills and recipes to decorate your own at home. All supplies and materials are included in fee. Max 10 participants.

**Instructor:** Nancy Chinnock

**Fee:** \$16(R)/\$26(NR) (1 class)

4798 Wed Sep 28 1pm-3pm

## Mini Scrapbook Memory Album

Learn how to create a mini scrapbook memory album. This one-of-a-kind project will be perfect to display or give to a special someone. All supplies and materials are provided. Max 8 participants.

**Instructor:** Chaille O'Neal

**Fee:** \$21(R)/\$31(NR) (1 class)

4803 Wed Oct 5 1pm-2:30pm

## Homemade Cards

Get ready for the holidays! Learn how to create holiday cards that hold gift cards. Handmade cards are special, not only for the recipients but for the creator as well. No experience necessary. All materials are provided and class includes 2 holiday cards to take home. Max 8 participants.

**Instructor:** Chaille O'Neal

**Fee:** \$11(R)/\$21(NR) (1 class)

4802 Mon Nov 7 1pm-2:30pm

## Senior Readers Theatre

Agnes 55+. Have you ever seen a play and thought, "I could do that!?" Well then this class is for you! Readers Theatre is a style of theatre in which actors do not memorize their lines and use vocal expression to help the audience understand the story rather than sets, costumes, intricate blocking or movement. Learn what it is like to be onstage by participating in a variety of theatre activities used to build confidence and boost creativity. Session will culminate in a Readers Theatre presentation for friends and family. No previous experience necessary. Limited to 12 participants. Performance will be held at 10 am on Dec 9.

**Instructor:** Raleigh Little Theatre

**Fee:** \$23(R)/\$33(NR) (11 classes)

4525 Fri Sep 9-Dec 9 9:30-12:30pm  
No class on Oct 28, Nov 11 or Nov 25

## Senior Readers Theatre Performance

Fri, Dec 9 at 10am • Halle Cultural Arts Center

## 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)

4793	Tue	Sep 6- Oct 18	3-4:15pm
4794	Tue	Nov 8- Dec 20	3-4:15pm

## 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 20 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

4705	2 <sup>nd</sup> Wed	Sep- Dec	12:30-1:30pm
4706	4 <sup>th</sup> Wed	Sep- Dec	12:30-1:30pm

## Protect Yourself!

### Self-Defense and Senior Scams

Don't be a victim. Burglars, scam artists and petty thieves see seniors as "targets of opportunity". Learn about the most recent scams in the area and basic self-defense in one class so you can protect yourself. 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. (1 class)

4750	Thu	Oct 13	3pm-5pm
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## New Lesson Line Dancing

Line Dancing made easy with exercise that is fun! After the first class, each night will consist of learning one or two new dances, then practicing dances previously learned. If you miss the prior week, you won't be behind. Beginners are welcome and instruction is provided. Class is open to all skill levels and no partner is necessary. Limited to 22 participants.

**Instructor:** Bob Webster

**Fee:** \$18(R)/\$28(NR) (9 classes)

4739	Thu	Aug 18- Oct 13	5:30-7pm
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## 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 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! Limited to 20 participants.

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

4729	Fri	Sep 2- Oct 14	9-10am
		No class on Sep 16	
4730	Fri	Nov 4- Dec 20	9-10am
		No class on Nov 11, Nov 25, or Dec 23	

### 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)

4731	Fri	Sep 2- Oct 14	10:15-11:15am
		No class on Sep 16	
4732	Fri	Nov 4- Dec 20	10:15-11:15am
		No class on Nov 11, Nov 25, or Dec 23	

### 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)

4733	Fri	Sep 2- Oct 14	11:30-12:30am
		No class on Sep 16	
4734	Fri	Nov 4- Dec 20	11:30-12:30am
		No class on Nov 11, Nov 25, or Dec 23	

## BROWSE OUR PROGRAM OFFERINGS AND REGISTER ONLINE.

Register for activities or rent a shelter immediately online- anytime!

**To get more information about programs, registration and updates visit, [www.apexnc.org/notifyme](http://www.apexnc.org/notifyme) to be added to our email list or join us on Facebook at Apex Senior Adults.**

Fall registration begins Jul 18 for residents and Aug 1 for non- residents.

**[WWW.APEXNC.ORG/SENIORS](http://WWW.APEXNC.ORG/SENIORS)**

## Golden “Fit” Warriors

This is a full body interval cardio jam session, combining light resistance with drumming. Drum off pounds, aggression and stress! 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 18 participants.

**Instructor:** Bettie Ittenbach

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

4767	Thu	Sep 1- Oct 13	9-9:45am
4768	Thu	Nov 10- Dec 29	9-9:45am
No class on Nov 24 or Dec 15			

Do you enjoy walking? Try the 18th Annual Turkey Trot on Nov 19th at 10am. Grab a friend or a grandkid and train for this 5k walk/run around Lake Pine. More information can be found online at [www.apexnc.org](http://www.apexnc.org). Registration is required!

## Walking

*Please note: Afternoon walking time has changed!*

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

4779	Mon-Fri	Sep- Dec	9-10am/1:30-2:30
No walking on Sep 5, Nov 11, Nov 24-25, Dec 13-15, Dec, 23, or Dec 26-27.			

	Sat	Aug 27- Oct 22	9-10am
No Sat gym walking Oct 29- Dec 30			

## Exercise

A fitness program designed for seniors to have fun while retaining flexibility and mobility through a series of motivating and enjoyable exercises. Equipment provided. Limited to 75 participants.

**Instructors:** Elaine Tyte on Mon & Fri

Bettie Ittenbach on Tue & Thu

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

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

	M/T/Th/F	Sep 1- Dec 30	10-11am
No exercise Sep 5, Nov 11, Nov 24-25, Dec 23 or Dec 26-27			

## Steel Strong

Take that next step to building strong muscles and staying fit. Strength training provides benefits such as fat loss, increased bone density, improvements in cholesterol and increased muscle tone. Learn the proper techniques of strength training using the abdominals, 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)

4753	T/Th	Sep 6- Oct 20	11:10-11:55am
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4754	T/Th	Nov 1- Dec 29	11:10-11:55am
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No class on Nov 24, Dec 13, Dec 15 or Dec 27

## 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.

**Instructor:** Mya Barghouthi

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

4770	Tue	Sep 6- Oct 11	2:15-3:15pm
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4771	Tue	Nov 15- Dec 20	2:15-3:15pm
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## Blood Pressure Screenings

2nd Tue of each month from 9-10am

Come have your blood pressure taken for free in the conference room! Provided by Preston Pointe.



## 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 your name is placed on the wait list if a class is full. For your convenience registration is available online or in person. For up-to-date senior program information please visit [www.apexnc.org/senior](http://www.apexnc.org/senior).

**Registration Dates: Mon, Jul 18 (Residents)/ Mon, Aug 1 (Non- Residents)**

### 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, towels, 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 or for those simply needing a gentler practice. A portion of the class will be chair (seated) yoga, followed by standing poses with the chair as a prop. The class finishes with stretching and relaxation on the floor. If you are unable to get down to the floor, you may choose to sit in the chair.

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

4762	Wed	Aug 31- Oct 19	9:15-10:15am
		No class on Sep 14	
4763	Wed	Nov 9- Dec 21	9:15-10:15am

#### 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)

4764	Wed	Aug 31- Oct 19	10:30-11:30am
		No class on Sep 14	
4765	Wed	Nov 9- Dec 21	10:30-11:30am

#### 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 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)

4760	Mon	Aug 29- Oct 17	9:45-10:45am
		No class on Sep 5	
4761	Mon	Nov 7- Dec 19	9:45-10:45am

### Chair Yoga

Chair Yoga is a great option for those who find it hard to get up and down from the floor. This class will increase mobility, while improving range of motion and balance through a series of crafted yoga postures performed from a chair.

Limited to 20 participants.

**Instructor:** Elaine Tyte

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

4777	Mon	Sep 12- Oct 24	11:15-12:15
4778	Mon	Nov 7- Dec 19	11:15-12:15

### Iron Yoga

This is a great class for those already enrolled in Intermediate and/or Advanced Yoga who would like to participate in two classes per week. This class will combine yoga poses with a 1 lb weight (optional). Combining the two gives you the benefits of Yoga and strength training in one workout. You will improve lean muscle mass, increase flexibility, balance and range of motion, sharpen mental focus, develop proper breathing, enhance functional strength in legs, hips, core, arms, and back creating balance and symmetry. Please bring your own yoga mat, strap, block, towel and if you want a hand weight (1 lb soft with handles are recommended). Limited yoga mats available. Limited to 25 participants.

**Instructor:** Susan Fenimore

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

4726	Thu	Sep 15- Oct 27	2-3pm
4727	Thu	Nov 3- Dec 22	2-3pm
		No class on Nov 24	

### 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)

4744	Wed	Aug 31- Oct 19	3-4pm
		No class Sep 14	
4745	Wed	Nov 16- Dec 28	3-4pm

## PICKLEBALL • FOR PARTICIPANTS 55+

Pickleball is a racquet sport which combines elements of badminton, tennis and table tennis. It is played with a paddle and a plastic ball. 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.

**Fee:** Open Gym Pass for 55+

\$0(R)/\$20 for 10 Plays (NR)

W/F

Sep- Dec

10:15-1:15pm

### 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. Informal meet-up times are posted on the Senior Monthly Activity Calendar. This calendar can be found at the Apex Community Center or online at [www.apexnc.org/senior](http://www.apexnc.org/senior).



### Discover Your Next Outdoor Experience!

Our 8 miles of paved greenway trails enrich lives and provide economic, environmental, and transportation benefits to the community.

For a complete guide to all of our park facilities and amenities visit: [www.apexnc.org](http://www.apexnc.org)

### Round Robin Pickleball Tournament

This tournament is open to seniors 55+. This is a mixed round robin for all skill levels. Each game will be played with a different partner against a different pair of opponents. Points to win will be determined by the number of players. Event schedule will be released 1 week prior to tournament. Limited to 20 participants.

**Location:** Apex Community Center Gym 2

Registration Deadline: Fri, Nov 4

**Fee:** \$5 per person

4740

Mon

Nov 14

9:30-1pm

### Pickleball Strategies and Techniques

2nd Mon of each month. Please note this is not open play. These clinics are designed for players who have experience with Pickleball and want to improve their game. Each clinic will include instruction and active drills.

Limited to 24 participants.

#### Serving and Return of Serve

4742

Mon

Sep 12

11:30-12:30pm

#### Backhand and Forehand Shots: Keeping the Ball Low

4790

Mon

Oct 10

11:30-12:30pm

#### Lobs and Overhead Shots

4791

Mon

Dec 12

11:30-12:30pm

### 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](mailto: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. Please place in box so they can be date stamped and put away.

**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.

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

## Concert Singers of Cary Present

*HANDEL'S MESSIAH - Part I*  
Guest Artists - The North Carolina  
Baroque Orchestra

Sat, Dec 17 • 7:30pm  
(doors open at 7pm)

Celebrate the Christmas season by experiencing an intimate performance of Handel's *Messiah* in a setting not unlike where Handel gave the first performance in Dublin in 1742. Written for small chorus and orchestra, the *Messiah* of Handel's era bears little resemblance to most modern performances featuring large forces. This performance will feature 30 voices and 10 instrumentalists.

## 2016-2017 Classical Concert Series

Artist meet and greet reception will be held directly after the performance!

*An Afternoon at the Opera*  
Sun, Oct 9 • 3pm  
(doors open at 2:30pm)

Come join members of the NC Opera Chorus in an afternoon of glorious music from some of the world's most beloved operas.

*Boylan Bridge Brass*  
Sun, Feb 19 • 3pm  
(doors open at 2:30pm)

Composed of members of the NC Symphony, this professional brass quintet will enliven a grey winter's day!

*Back By Popular Demand*  
Sun, Apr 2 • 3pm  
(doors open at 2:30pm)

Pianist Jonathan Moyer and Violinist Luciana Arraes will thrill you with their beautiful interpretations of classic masterworks.

Series tickets: \$30/Adults,  
\$15 Students 16 and under  
Individual Tickets: \$12/Adults,  
\$6/Students 16 and under

## Apex Music and Movies in the Park Series

Nature Park Amphitheatre  
2600 Evans Rd

### Free

Bring your chair, blanket and picnic for an evening of outside entertainment for the whole family!

No alcohol or pets allowed.

### Schedule

Sat, Aug 6, 7pm  
Étú-Bmik

Sat, Aug 13, Dusk  
Batman v Superman:  
Dawn of Justice

Sat, Aug 27, 7pm  
David Childers

Sat, Sep 10, 7pm  
The Old Ceremony

Sat, Sep 17, Dusk  
Kung Fu Panda 3

Sat, Sep 24, 7pm  
Marcus Anderson



- For more programs at the Halle Cultural Arts Center please see Apex Parks, Recreation and Cultural Resources all ages 2016 Program Guide.
- For programs and event updates call 919-249-1120, visit [halleculturalartscenter@apexnc.org](mailto:halleculturalartscenter@apexnc.org) or follow us on Facebook: Halle Cultural Arts Center

## 2016-17 JAZZLIVE Concert Series

Featuring internationally renowned  
Steinway Artist and Jazz Pianist,  
Lenore Raphael, and Special Guests

Shows at 7:30pm (doors open at  
7pm)

Tickets: \$15 adults/\$12 students 18 and  
under

Artist meet and greet reception will be  
held directly after the performance!

Sat, Oct 8

Special guests • World famous  
Benedetto Guitarist Howard Paul and  
distinguished Bassist Jason Foureman.

Sat, Nov 19

Special guests • Dynamic Guitarist  
Wayne Wilkinson and swinging Bassist  
Hillard Greene.

Sat, Feb 11

Special guests • Critically acclaimed  
Vocalist Jack Wood, superb Guitarist  
Doug MacDonald, eminent Bassist  
John Brown and talented Drummer  
Peter Ingram.

Sat, Apr 15

Special Guests to be announced.

**Programs listed on this page are 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 canceled classes as quickly as possible.

**First Wednesday Flicks**  
**1st Wednesday of each month**  
**7:30pm • FREE**

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](mailto:halleculturalartscenter@apexnc.org).

**Visual Arts Exhibits**

**It's a Dog Show**  
 Sep 16- Oct 14

Opening Reception- FREE  
 Sun Sep 18, 2-4:30pm  
 Featuring over 80 works of dog art.  
 For more information go to [www.egginnest.com](http://www.egginnest.com).



**The Politics of Love • Oct 20 - Nov 19**  
 Opening Reception: Thu Oct 20, 6-8pm • FREE  
 \$5 fee per entrant • Two pieces max per entrant  
 Open to residents and nonresidents 18 years old and up.  
 Drop off Sat Oct 15, 9am to 12pm (firm) at the Halle.  
 Awards for first, second, third place winners

**9TH Annual Christmas Tree Exhibit And Wreath Auction • Dec 2-21**

**To benefit Western Wake Crisis Ministry**  
 Opening Reception: Fri Dec 2, 5-8pm • FREE

**GRAB THE GRANDKIDS FOR SOME FUN AT THE HALLE**

**FREE Tuesday Morning Movies • 1st and 3rd Tuesday of each month, 10am**

Grab the kids, snacks, blankets and visit us for your free, favorite movies on the big screen! 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](mailto:halleculturalartscenter@apexnc.org).

**Christmas All Over the Place**

A Contemporary Christmas Play from  
 The Paper Bag Players  
 Book by Judith Martin

**Ten Minutes Till Christmas**

By Roger Clark

**Bring on the Snow**

By Andy Beck and Brian Fisher

Fri, Dec 9 • 7:30pm

Sat, Dec 10 • 3pm and 7:30pm

Sun, Dec 11 • 3pm



*Christmas All Over the Place*, an engaging mini-play from the famous Paper Bag Players, is about a merrily mixed up misunderstanding between the Hufflepuff and Wigglebee families. *Ten Minutes Till Christmas*, by Roger Clark, takes us to the North Pole where Santa has decided not to deliver presents and the Elves have only ten minutes to convince him! *Bring On the Snow*, by Andy Beck and Brian Fisher, is a hilarious variety show chock-full of one-liners, wintertime puns and catchy holiday tunes!

**Goblin's Groove Family Dance and Trick Or Treat On Salem Street**

Sat, Oct 29, 7-9:30pm

Tickets: \$5/couple and \$2 per additional child

Celebrate Halloween this year with the Goblin's Groove Family Dance at the Halle Cultural Arts Center and Trick or Treat on Salem St!

**Infinity Ballet Theatre Presents A "Storybook Ballet"**

Assigned Seating • Tickets: \$6

Sat, Nov 5, at 3:30pm and 7pm

**Infinity Ballet Theatre's "Dances of the Nutcracker"**

Assigned Seating • Tickets: \$6

Fri Dec 2, 8pm • Sat, Dec 3, 3pm • Sun, Dec 4, 2pm and 4pm

Fri, Dec 2, 5pm • Lighting of the Town Christmas Tree and Menorah

Sat, Dec 3 • Christmas on Salem Street

Pictures with Santa (9-2pm) & Parade (5pm)

## Nature Naturalists

Do you enjoy fresh air, sunshine, getting your hands dirty, and spending time in the great outdoors? Then join David Wood as he guides you out into nature and teaches you to keep in touch with the awe and mystery of the natural world. Topics will vary each month. Please bring field guides and/ or binoculars if you have them. Limited to 15 participants.

**Instructor:** David Wood

### Pollinators: Butterflies and Bees

Discover the physical features, benefits, behaviors, and habitat of bees and butterflies. Explore the world of pollinators and learn how pollinators help produce food in gardens.

**Location:** Apex Town Campus Courtyard Shelter

4737 Mon Sep 19 11:30am-12:30pm

### Birding Walk

We will look for migrating birds, late wildflowers and fall colors.

**Fee:** Free

**Location:** Apex Community Park Shelter.

4738 Mon Oct 17 11:30am-12:30pm

### Owl Pellets

This class will explore the silent hunters of the night through hands-on learning. Come find out what owls and other nocturnal predators have been eating! We'll dissect sterilized owl pellets and see what we can learn.

**Fee:** \$2

**Location:** Apex Community Center

4776 Mon Nov 21 11:30am-12:30pm

## 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)

4797 Fri Oct 7- Dec 16 1:00-2:30pm  
No class on Nov 11 or Nov 25

## Apex: The Rise to the Peak

This 2-part lecture series will take you through the past, present and future of Apex and what makes it great. Different topics will be discussed each week. Limited to 40 participants.

**Fee:** Free (2 classes)

4805 Tue Sep 15- Sep 22 1:30-2:30pm

## Computer Classes

Please bring your device with you.

### Facebook

Facebook is one of the most popular social media applications available online. It allows you to keep up with all the people you care about, as well as see photos and videos of your children, grandchildren, friends and acquaintances. With an emphasis on how to manage your privacy settings, this class will give you the tools you need to use Facebook safely. Limited to 10 participants.

**Instructor:** Bonnie Nilsen

**Fee:** Free (1 class)

4714 Thu Sep 29 2-3pm

### Ancestry

Ancestry has grown to be one of the best online tools for the beginner wishing to make a family tree. You can add all the information you have about your family and the program will help you to find much more, using all sorts of documents available online. While it does cost money to use the full program, you can use the program for free for 30 days to see if you like it. Limited to 20 participants.

**Instructor:** Bonnie Nilsen

**Fee:** Free (1 class)

4715 Thu Oct 27 2-3pm

### Settings for iPads and iPhones

Come learn about the many ways you can make your iPhone/iPad easier to use. Voice Control, accessibility settings, voiceover, text size, invert colors and much more will be discussed. Limited to 16 participants.

**Instructor:** David Epley, Town of Apex IT

**Fee:** Free (1 class)

4807 Thu Nov 17 2-3pm

## Conversational Spanish 1

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)

4716 Tues Sep 6- Nov 1 2-4pm

## Prisoners of Geography

Discuss how countries' histories and cultures are strongly affected by their geography. Limited to 20 participants.

**Speaker:** Steven Hennessey

**Fee:** Free (4 classes)

4795 Mon Sep 26- Oct 17 1-2pm

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Contact Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Medical Conditions / Allergies / Special Needs: \_\_\_\_\_

**Does the participant need reasonable accommodation(s) to participate in this program? Yes / No**

If yes, someone from inclusion services will follow-up with you regarding your request. The Apex Parks, Recreation and Cultural Resources welcomes the participation of individuals of all abilities. In compliance with the ADA, we will provide reasonable accommodations to facilitate participation in our program. To ensure that reasonable accommodations are in place, accommodation requests should be received at least two weeks prior to the start date of the program. For more information, please contact Inclusion Services at 919-249-3507.

Code	Course	Day(s)	Date(s)	Receipt #
<b>Free Social Programs</b>				
4703	Cards and Games	Mon & Fri	Sep- Dec	
4735	Mah Jongg	Mon & Fri	Sep- Dec	
4712	Bridge	Tues	Sep- Dec	
4758	Wii Bowling	Every Wed	Sep- Dec	
4801	Wii Bowling Tournament	Wed	Oct 12	
4707	Bingo	Wed	Sep- Dec	
4748	Sep Luncheon	2nd Thu	Sep 8	
4749	Oct Luncheon	2nd Thu	Oct 13	
4772	Nov Luncheon	3rd Thu	Nov 17	
4721	Sep Friday Flicks	Fri	Sep 16	
4722	Oct Friday Flicks	Fri	Oct 14	
4723	Nov Friday Flicks	Fri	Nov 18	
4724	Dec Friday Flicks	Fri	Dec 16	
<b>Free Art Programs</b>				
4751	Art Club	Thu	Sep 15, Oct 6, Nov 3, Dec 1	
4755	Stitch and Hook Club	Thu	Sep- Dec	
<b>Free Educational Programs</b>				
4805	Apex: The Rise to the Peak	Tue	Sep 15- Sep 22	
4716	Conversational Spanish 1	Tue	Sep 6- Nov 1	
4714	Facebook	Thu	Sep 29	
4715	Ancestry	Thu	Oct 27	
4807	Settings for iPads and iPhones	Thu	Nov 17	
4797	ESL	Fri	Oct 7- Dec 16	
4737	Pollintars: Butterflies and Bees	Mon	Sep 19	
4738	Birding Walk	Mon	Oct 17	
4776	Owl Pellets (\$2)	Mon	Nov 21	
4795	Prisoners of Geography	Mon	Sep 26- Oct 17	
4796	Medicare Made Clear	Thu	Oct 6	

Make checks payable to: The Town of Apex

DO NOT MAIL CASH

**SIGN WAIVER  
ON BACK****Registration begins on Jul 18 for Apex residents • Aug 1 for non- residents**

## REGISTRATION FORM CONTINUED

Code	Course	Day(s)	Date(s)	Receipt #
<b>Free Exercise Programs</b>				
4750	Protect Yourself!	Thu	Oct 13	
4705	Aqua Fitness	2nd Wed	Sep- Dec	
4706	Aqua Fitness	4th Wed	Sep- Dec	
4779	Walking	Mon-Sat	Sep- Dec	
4742	Serving and Return of Serve	Mon	Sep 12	
4790	Backhand and Forehand Shots	Mon	Oct 10	
4791	Lobs and Overhead Shots	Mon	Dec 12	
<b>Special Events</b>				
4806	Apex 55+ Health and Wellness Fair	Wed	Sep 14	
<b>Paid Programs</b>				
<b>Staff:</b>			<b>\$</b>	<b>#</b>

**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** \_\_\_\_/\_\_\_\_/\_\_\_\_

Registration begins on Jul 18 for Apex residents • Aug 1 for non- residents

## 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. Limited to 10 participants.

**Instructor:** Bethany Singer

**Fee:** \$8(R)/ \$18(NR)

4799 Thu Oct 13- Oct 27 1-3pm

## +55 Day Trips

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

### Out of this World Mystery Trip #4808

Thursday, Sep 29 • 9:00am- 5:00pm

**Fee:** \$50(R)/\$60(NR)

Climb aboard for an adventure that will keep everyone guessing! You'll travel to unknown locations, enjoy delicious dining experiences and encounter a few surprises along the way. Come along and enjoy the adventure and mystery of not knowing where we are going until we get to the destination! No details will be given ahead of time. Be sure to dress for the weather, wear comfortable shoes and bring something in case A/C is involved! This trip will include some stairs and a moderate amount of walking.

Fee Includes: tours, inclusive lunch (menu options available that day) and deluxe motor coach transportation. Min 25/Max 50

**Registration Deadline: September 8**

For Trip Refund Policy, please see page 2.

Please notify staff when registering if you have any physical and/or dietary limitations or needs. (ex. Lactose intolerant, use a walker, gluten-free, vegetarian, etc.)

## Medicare Made Clear

Get answers about your Medicare choices! Open enrollment begins October 15. Learn what the differences are between Original Medicare, Medicare Advantage Plans and Medicare Supplement Plans. We will also cover the explanation of Part D (Drug) Coverage and understanding eligibility, enrollment windows and timing. Limited to 30 participants.

**Speaker:** Ann Swinson

**Fee:** Free

4796 Thu Oct 6 1:30-2:30pm

### Tangled up in Blue #4809

Thursday, Nov 3 • 9:15am-5:15pm

**Fee:** \$65(R)/\$75(NR)

This day trip offers tours of two internationally renowned attractions in Durham. First stop will be at the centerpiece of Duke's beautiful campus, Duke Chapel. The tour of this Gothic style chapel will amaze you as you learn about its architecture, design, and history. Lunch will be family style at Bullocks BBQ, featuring bbq, fried chicken, vegetables, hushpuppies and more. We will then travel to the Duke Lemur Center, the largest sanctuary for rare and endangered prosimian primates. We will learn about the similarities and differences between lemur species and what makes lemurs some of the most fascinating animals in the world. To top off our senses, we will be having an exquisite dessert at the Duke Washington Inn Fairview Restaurant.

Fee Includes: tours, inclusive lunch (menu options available that day), dessert and deluxe motor coach transportation. Min 25/Max 50

**Registration Deadline: October 5**

### Ira David Wood III'S A Christmas Carol #4811

Memorial Auditorium • Thursday, December 8, 2016 • 7pm show

**Fee:** \$82 (R)/ \$92(NR)

One of the Triangle's most beloved Christmas traditions that sells out every year is back for its 42nd year. Theatre In The Park's original musical comedy adaptation of A Christmas Carol, based on the book by Charles Dickens and adapted for the stage by Ira David Wood III, has been cited as "one of the most successful shows in North Carolina theatre history" and voted one of "the top 20 events in the Southeast" by the Southeast Tourism Society. In 2010, it was voted Best in the Triangle by readers of Triangle Arts and Entertainment. A Christmas Carol has become a holiday tradition in the Southeast, and has also enjoyed critically acclaimed tours to England and France.

Fee includes: Deluxe motor coach transportation and theatre tickets located in the Orchestra section.

Min 25/ Max 50

**Registration Deadline: September 8**



# CHECK IT OUT!

## PARKS PROJECTS & IMPROVEMENTS

The Town of Apex is constantly working to improve and expand the various parks facilities throughout Town.

Listed below are but a few of the projects Town and parks staff are working on.

### PHASE 1 SALEM POND PARK

Located adjacent to Salem Elementary and Middle Schools, Phase I of Salem Pond Park includes increased parking, improvements to the existing walking trail, environmental education signage, and all work needed to create a grassed / open field that can be used for both scheduled and unscheduled activities. Phase II of the project will include field lighting, a multi-age playground, and a shelter.



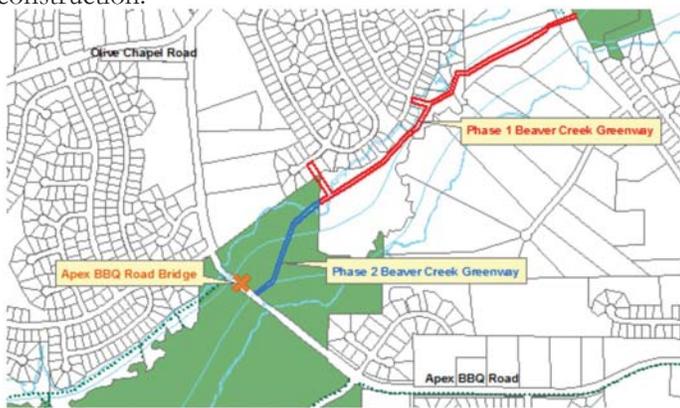
### HUNTER STREET TURF CONVERSION

The Town of Apex now has its first synthetic turf field located at Hunter Street Park. This recent conversion from grass to synthetic will allow for year-round play, reduce cancellations, and enable the Town to work with various groups on rental opportunities that will increase revenue and maximize the Town's resources.



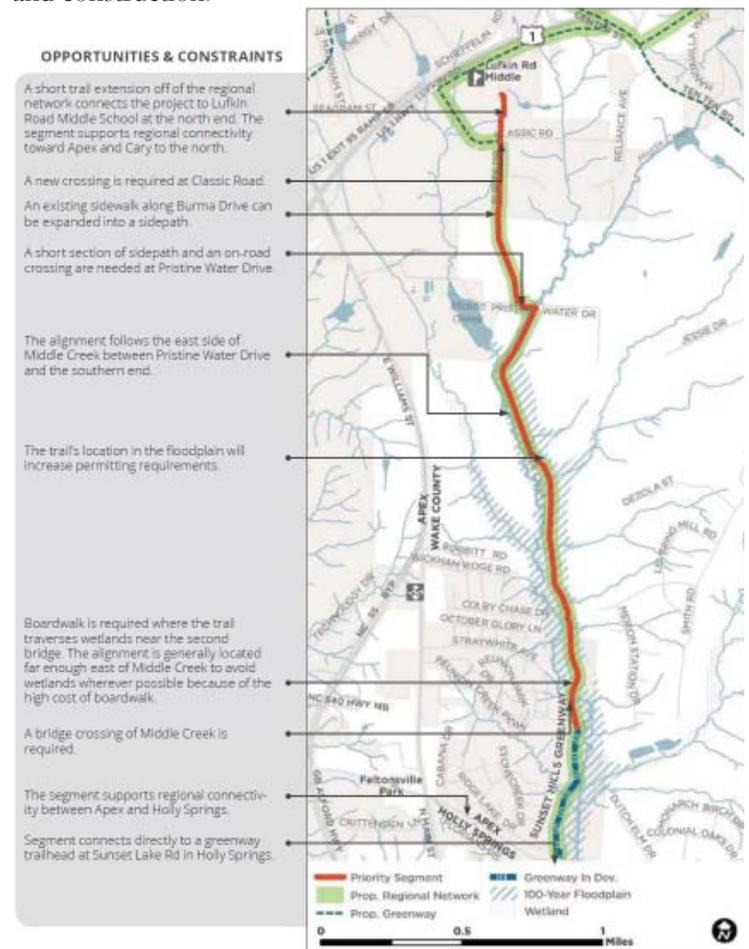
### BEAVER CREEK GREENWAY CONNECTION (Kelly Road Park to Apex Nature Park)

Design has begun on the Beaver Creek Greenway from Kelly Road towards Apex Nature Park. The proposed segment will connect the Greenbrier and Kelly West subdivisions to Kelly Road Park and Jaycee Park. Connections to the communities are being evaluated and may not be exactly as shown. A future phase will connect from these areas to the Apex Nature Park under the new bridge in design by NCDOT across Apex BBQ Road. The Town has received a \$160,000 grant through Wake County's Open Space Program to help fund design and construction.



### MIDDLE CREEK GREENWAY (Apex to Holly Springs)

Design will begin on the Middle Creek Greenway from the Holly Springs town limits north towards Apex crossing the proposed 540 corridor. The proposed segment will connect the Sunset Hills community to Holly Springs and ultimately connect the Miramonte and Pemberley Subdivisions, as well, north to Lufkin Road Middle School. The Town has received a \$140,000 grant through Wake County's Open Space Program to help fund design and construction.



### LAKE PINE RESTROOM



By mid-July, the Town of Apex will be installing a permanent restroom facility at the Lake Pine Entrance to Apex Community Park located at 1808 Lake Pine Drive. This facility will replace the porta-johns that have served that site for many years.