

*Apex Parks, Recreation & Cultural Resources*

# Senior 55+

## Program Guide

### *January - April 2017*



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.

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**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:

### Cover photograph © Rick Cornell

Rhythm in my Soles, a 55+ dance team, incorporates line dancing with a variety of dance styles & utilizes multiple music genres. The team demonstrates innovative ways to promote the joy of dance. While they enjoy performing for local nursing facilities, as well as talent shows & other local venues. Rhythm in my Soles is an award winning group, having won multiple times at the Wake County Senior Games & NC State Fair. This team is under the direction of Teresa VonCannon, who teaches Line Dancing at the Apex Community Center on Fridays.

### Wake County Senior Games

Come out and enjoy the fun! Each spring, thousands of people enjoy participating in the Wake County Senior Games (WCSG). This annual event is for anyone age 55+ to participate in athletic and artistic activities. It provides an opportunity to meet new people, enjoy healthy competition, be creative, and most importantly, have fun! Events include athletics, performing arts, heritage arts, visual arts and literary arts. Registration deadline for 2017 is March 1. For more information visit [www.wcseniorgames.com](http://www.wcseniorgames.com). The WCSG relies on wonderful volunteers to help run all the events. If you would like to get involved please email, [WCSG\\_Volunteer@gmail.com](mailto:WCSG_Volunteer@gmail.com).

## Important Dates Apex Community Center will be closed

Holiday • Mon, Jan 2  
Martin Luther King Jr. • Mon, Jan 16  
Good Friday • Fri, Apr 14

### Registration Dates

Mon, Nov 14 • Residents  
Mon, Nov 28 • Non-Residents



Join us on  
Facebook

Apex Senior Adult

## 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/seniors](http://www.apexnc.org/seniors) and click STAY NOTIFIED.

## Special Events

### Grab the grandkids! Town of Apex Annual Egg Hunts

Apex Nature Park • 2600 Evans Rd.

Thursday, April 6 • Free

#### 7:30pm • Flashlight Egg Hunt • #5144

Ages 6+. This is a special event for individuals with disabilities. Grab your flashlight and search for "glow in the dark" candy filled eggs. Registration required!

Town Hall Campus • 53 Hunter St.

Saturday, April 8 • Free

#### 9am • Egg-Citing Easter Egg Hunt

6 and under. Join us for our annual event. This is a special event for children with disabilities.

#### 10am • Apex Easter Egg Hunt

Grab the grandkids and their baskets! Arrive early to meet the Easter Bunny and find candy-filled eggs. Bring your camera! Sponsored by the Apex Youth Council.

(Egg hunts start promptly at 9am and 10am!)

### Touch-a-Truck

Apex Community Park • 2200 Laura Duncan Rd.

Sunday, April 23 1-4 pm • Free community event

Horn free hour from 1-2pm

Your grandkids are in the driver's seat with this hands-on experience with vehicles of all kinds. We will have local representatives and their vehicles from emergency, construction, landscaping, military and delivery all in one place. Children will be allowed to touch, climb on, and ask questions about their favorite trucks and cars in a safe, supervised environment. Bring the kids, grandkids, and your camera. Adult supervision is required.



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

## Bridge

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

**Fee:** Free

5043 Tue Jan- Apr 10am-1pm

## Learn to Play Bridge

Have you never played and want to learn or just need a refresher course. You can learn to play Bridge from some of our regular Bridge players. Please contact Allie, 919-249-3507 to schedule a time. These play and learn lessons will require a few interested participants.

**Fee:** Free

## 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

5051 Mon & Fri Jan- Apr 1-4pm

No play Jan 2, Jan 16 or Apr 14

## 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

5049 Mon & Fri Jan- Apr 1-4pm

No play Jan 2, Jan 16 or Apr 14

## 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.

5042 1st and 3rd Wed Jan- Apr 1-3pm

## 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

5053 Wed Jan- Apr 9:30-11:30am

## 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

5159 2nd Thu Jan 12 11:15-12:30pm

5160 2nd Thu Feb 9 11:15-12:30pm

5161 2nd Thu Mar 9 11:15-12:30pm

5163 2nd Thu Apr 13 11:15-12:30pm

## 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

5045 Fri Jan 20 11am-1pm

5046 Fri Feb 17 11am-1pm

5047 Fri Mar 17 11am-1pm

5048 Fri Apr 21 11am-1pm

## 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

5052 Thu Jan- Apr 11am-1pm

## 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

5050 1st Thu Jan- Apr 1-3pm

## Creative Floral Design

Explore your creative side as you learn the ins and outs of floral design. Enjoy the fresh scents as you create your own masterpiece while increasing your range of motion with your hands, arms and fingers. Awaken all your senses as you learn about color, balance and flower care. All flowers and materials provided. Limited to 12 participants.

Instructor: Cary Florist Staff

Fee: \$20(R)/\$30(NR)(1 class)

5147 Wed Feb 1 1-3pm

5148 Wed Apr 12 1-3pm

## Craft Savvy- Nail String Art

Do you enjoy doing hands on crafts with a little bit of help? On a wooden board, you will create a mason jar or flower basket with nails and string. Within your newly created container, you will place faux flowers, creating a beautiful work of art. Materials are included. All materials provided. Limited to 15 participants.

Instructor: Craft Savvy

Fee: \$25(R)/\$35(NR)(1 class)

5166 Sat Mar 11 12:30-2:30pm

## 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.

5054 Mon Jan 9- Apr 24 11am-12:30pm

No singing on Jan 2

## Musical Memories

Do you like to act? Do you love to sing? Then this class is for you! Stroll down memory lane as you learn to sing a medley of your favorite Rodgers and Hammerstein hits. Then, working as a group, write your own modern retelling of the stories. The session will culminate in a presentation for family and friends on March 16. No previous experience necessary. Raleigh Little Theatre instructs. Limited to 12 participants.

Located at the Halle Cultural Arts Center

Instructor: Raleigh Little Theatre

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

5018 Thu Jan 12-Mar 16 9:30-10:30am

## Easter Cupcake Creations

Explore the world of icing, decorating and colors and have fun along the way. This class will teach you to fill, create and then decorate your festive cupcakes with piped grass, handmade yellow baby chick and pink baby rabbits from fondant and candy. You will leave with hand decorated cupcakes and the skills and recipes to decorate your own at home. All supplies are included in fee. Max 10 participants.



Instructor: Nancy Chinnock

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

5156 Wed Apr 5 1pm-3pm

## Homemade 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 homemade cards to take home. Max 8 participants.

Instructor: Chaille O'Neal

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

## Love is in the Air

Create Valentine cards using folding techniques.

5168 Wed Jan 25 11am-12:30pm

## Magic with Watercolors

Create cards using two different watercolor techniques.

5169 Wed Feb 8 11am-12:30pm

## Senior Readers Theatre

Ages 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 on March 24. No previous experience necessary. Limited to 12 participants.

Located at the Halle Cultural Arts Center

Instructor: Raleigh Little Theatre

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

5022 Fri Jan 13-Mar 24 9:30-10:45am

Class Performances at the Halle Cultural Arts Center  
Senior Readers Theatre • Fri, March 24 at 10am  
Musical Memories • Thu, March 16 at 10am

## 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)

5080	Tue	Jan 10- Feb 21	3-4:15pm
5081	Tue	Mar 14- Apr 25	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

5092	2nd Wed	Jan- Apr	12:30-1:30pm
5093	4th Wed	Jan- Apr	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)

5170	Thu	Mar 16	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)

5078	Thu	Feb 2- Mar 30	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)

5072	Fri	Jan 20- Feb 24	9-10am
5073	Fri	Mar 17- Apr 28	9-10am
No class on Apr 14			

### 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)

5074	Fri	Jan 20- Feb 24	10:15-11:15am
5075	Fri	Mar 17- Apr 28	10:15-11:15am
No class on Apr 14			

### 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)

5076	Fri	Jan 20- Feb 24	11:30-12:30pm
5077	Fri	Mar 17- Apr 28	11:30-12:30pm
No class on Apr 14			

## 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.

Spring registration begins Nov 14 for residents and Nov 28 for non- residents.

**WWW.APEXNC.ORG/SENIORS**

## 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, Retirement Living at it's Finest

## 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)

5086	Thu	Jan 12- Feb 23	9-9:45am
5087	Thu	Mar 16- Apr 27	9-9:45am

## Walking

A simple way to improve your health! Walk around the gym: 4 laps = ¼ mile, 8 laps = ½ mile, 16 laps = 1 mile

Dates and times are subject to change. Please check the posted monthly calendar on the Senior Information Board for the most up-to-date walking information.

**Fee:** Free

5067	Mon-Fri	Jan- Apr	9-10am/1:30-2:30pm
		No walking on Jan 2, Jan 16 or Apr 14.	
	Sat	Mar 4- Apr 29	9-10am
		No Sat gym walking Jan 7- Feb 25	

## 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	Jan 3- Apr 28	10-11am
		No exercise Jan 2, Jan 16 or Apr 14.	



## 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)

5089	T/Th	Jan 10- Feb 23	11:10-11:55am
5090	T/Th	Mar 14- Apr 27	11:10-11:55am

## Zumba Gold

Experience a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants 55+ to dance away their worries. A mixture of body-sculpting movements and easy-to-follow dance steps, the routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body while maximizing caloric output, fat burning and total body toning. Limited to 20 participants.

**Instructor:** Mya Barghouthi

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

5083	Tue	Jan 17- Feb 21	2:15-3:15pm
5084	Tue	Mar 14- Apr 18	2:15-3:15pm

## 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.

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

**Registration Dates: Mon, Nov 14 (Residents)/ Mon, Nov 28 (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)

5063	Wed	Jan 11- Feb 22	9:15-10:15am
5064	Wed	Mar 15- Apr 26	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)

5065	Wed	Jan 11- Feb 22	10:30-11:30am
5066	Wed	Mar 15- Apr 26	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)

5061	Mon	Jan 9- Feb 27	9:45-10:45am
		No class Jan 16	
5062	Mon	Mar 20- May 1	9:45-10:45am



**Join us on  
Facebook  
Apex Senior Adult**

### 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)

5059	Mon	Jan 9- Feb 27	11:15am-12:15pm
		No class Jan 16	
5060	Mon	Mar 20- May 1	11:15am-12:15pm

### 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)

5056	Thu	Jan 12- Feb 23	2-3pm
5057	Thu	Mar 16- Apr 27	2-3pm

### 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)

5069	Wed	Jan 11- Feb 22	3-4pm
5070	Wed	Mar 15- Apr 26	3-4pm



## 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)

## 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

### Wildflowers

Spring is back! We will look for wildflowers and other signs of spring.

**Fee:** Free

**Location:** Apex Community Park Shelter.

5174 Mon Mar 20 11:30am-12:30pm

### 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

5175 Mon April 17 11:30am-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

## 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 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).

### 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

Jan- Apr

10:15-1:15pm

### Pickleball Tournament

This tournament is open to seniors 55+. It will be a double elimination doubles tournament, with teams drawn at random from those who sign up. Players must have some prior pickleball experience. Event schedule will be released 1 week prior to tournament. Limited to 24 players.

**Location:** Apex Community Center Gym 2

Registration Deadline: Fri, Feb 3

**Fee:** \$5 per person

5098

Mon

Feb 13

9am-2pm

### 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 18 participants.

#### Spins and Lobs

5095

Mon

Jan 9

11:30-1pm

#### Short Shots

5096

Mon

Mar 13

11:30-1pm

#### Serving

5097

Mon

Apr 10

11:30-1pm

## 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

\*There will be no movie in March

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).

### Triangle Russian Festival

Sat, Feb 4, 2017

12pm-8pm

\$3 per person, under 2 is Free

Come and enjoy Russian culture and experience the unique folk and ethnic heritage of this part of the world for the second year at the Halle Cultural Arts Center!!

The **Golden Gates** folk dance group and the **Moscow Nights Trio** are back again with **two** performances this year and will perform Russian & Georgian music and dances.

The all day festival includes Russian and Georgian folk games and dances and workshops for kids and adults. Traditional Russian food and desserts such as Shashlik, Olivier, Blini will be available all day long and plenty of vendors to peruse!!!!

The Triangle Russian Festival was established by The Rotary Children's Fund along with the Halle Cultural Arts Center. The RCF is an arts non profit that aims to promote music and dance and constantly works towards its mission of preserving folk culture and building cultural bridges between the USA and Eastern European countries through performing arts.

*The Festival Schedule and additional activities will be updated closer to the event. Stay tuned and follow us on Facebook and the website [trianglerussianfestival.com](http://trianglerussianfestival.com).*



### 2017 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

**Sat, Feb 11**

Special guests • Featuring Special Guests-critically acclaimed vocalist Jack Wood, guitarist Doug MacDonald, eminent bassist John Brown and drummer Peter Ingram. *A FREE Master Class will be given by vocalist Jack Wood and guitarist Doug MacDonald at 4pm on Sat, Feb 11. Call for reservations and more information. 919.249.1120.*

**Sat, Apr 15**

Featuring Special Guest saxophonist Ray Blue! *A FREE Master Class will be given by Ray Blue at 4 pm on Sat, Apr 15. Call for reservations and more information.*

### 2017 Classical Concert Series

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

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

*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!

*Women Composers and other Masters of the 19th Century*

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.

### Visual Arts Exhibits

**Full Spectrum: The Fine Art of Colored Pencils**

Jan 13- Feb 10

Opening Reception: Jan 13, 6-8pm • FREE

**Pondering Environment and Culture**

Feb 17- Mar 17

Opening Reception: Feb 17, 6-8pm • FREE

**Annual Apex and Friendship High Schools**

Mar 24- Apr 28

Opening Reception: Mar 24, 6-8pm • FREE

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

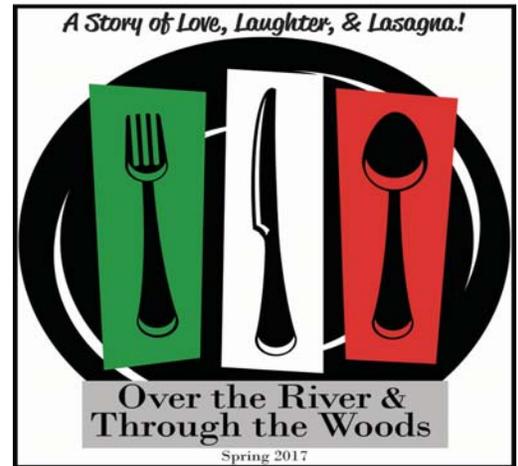
- For more programs at the Halle Cultural Arts Center please see Apex Parks, Recreation and Cultural Resources all ages 2017 Jan- Apr Program Guide or visit us online at [www.apexnc.org/programguide](http://www.apexnc.org/programguide)
- For programs and event updates call 919-249-1120, visit [halleculturalartscenter@apexnc.org](mailto:halleculturalartscenter@apexnc.org) or follow us on Facebook: Halle Cultural Arts Center

# OVER THE RIVER AND THROUGH THE WOODS

By Joe DiPietro

**Tickets: Adults: \$15, Seniors \$10**

- Friday, February 24, 7:30pm
- Saturday, February 25, 7:30pm
- Sunday, February 26, 3:00pm
- Friday, March 3, 7:30pm
- Saturday, March 4, 7:30pm
- Sunday, March 5, 3:00pm



“Loaded with laughs every step of the way.” -Star-Ledger.

“A hilarious family comedy that is even funnier than his long-running musical revue *I Love You, You’re Perfect, Now Change*. - BackStage. Nick is a single, Italian-American guy from New Jersey. His parents retired and moved to Florida. That doesn’t mean his family isn’t still in Jersey. In fact, he sees both sets of his grandparents every Sunday for dinner. This is routine until he has to tell them that he’s been offered a dream job. The job he’s been waiting for—marketing executive—would take him away from his beloved, but annoying, grandparents. He tells them. The news doesn’t sit so well. Thus begins a series of schemes to keep Nick around. How could he betray his family’s love to move to Seattle, for a job, wonder his grandparents? Well, Frank, Aida, Nunzio and Emma do their level best, and that includes bringing to dinner the lovely—and single—Caitlin O’Hare as bait...we won’t give the ending away here..... A 1998 Off-Broadway hit comedy written by Teaneck, NJ-born playwright and lyricist Joe DiPietro *Over the River and Through the Woods* played at the John Houseman Theatre for 800 performances over two years.

## GRAB THE GRANDKIDS FOR SOME FUN AT THE HALLE

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

Grab the grandkids, 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).

### Pizza and a Movie • 3rd Thursday of each month, 6-8pm (doors open at 5:30)

Tickets: \$5, \$2 for children under 2

All Ages. Spend a fun-filled evening viewing a film in our cozy theatre. We set up tables and ONLY 80 chairs for this special event. Enjoy a slice or two of pizza while watching the movie. Additionally, bottled water, fruit and dessert is included while you sit back and enjoy the show. Please call 919-249-1120 for movie title or sign up to be on our email list at [halleculturalartscenter@apexnc.org](mailto:halleculturalartscenter@apexnc.org). Children under 12 must be accompanied by an adult.

### FREE Super Fun Saturdays • 1st and 3rd Saturday of each month, 10:30-12:30pm

Join us for “super” fun with free arts & crafts for children. No registration necessary. Parents or adults must accompany children.

### Family Dances • 3rd Friday of each month, 7-9pm

Tickets: \$2 per person or \$5 per family at the door

Traditional dance caller, Connie Carringer, will teach fun dances for the whole family: Squares, Circles, Appalachian, and more. Live, old-time, string band music by local musicians. No experience or partner required.

## 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)

5099 Tues Jan 17- Mar 14 1:30-3:30pm

### Beginner Level 2 (9 classes)

5100 Tues Mar 28- May 23 1:30-3:30pm

## 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)

5102 Fri Jan 20- Mar 17 1:00-2:30pm

## Understanding the Middle East

Gain a deeper appreciation and understanding for the Middle East by comparing its history, culture and economics to that of Europe. Explore the roots of the conflict and understand that religion is not the only factor. Then discuss the possible future for the Middle East and what factors play a part in this determination. Limited to 30 participants.

**Instructor:** Kevin Richards

**Fee:** Free (4 classes)

5145 Mon Jan 23- Feb 27 1-3pm

## WWII

This four week interactive history class will investigate WWII. Throughout the course you will study and discuss the causes and effects of the war, the war itself plus how the lives of those on the home fronts, especially in the US and its allies were affected. Participants will be encouraged to add personal stories of their experiences as well as those of their families. Limited to 30 participants.

**Speaker:** Steven Hennessey

**Fee:** Free (4 classes)

5157 Mon Mar 6- Mar 27 1-2pm

## Travel Logs with J.C Knowles

Learn the history of N.C. as you travel from the mountains to the sea. Mr. J.C. Knowles, is the owner of the Salem Street Gazette, and the official Apex, NC Ambassador. Different topics will be discussed each week. Limited to 40 participants.

5179 Thu Apr 6- Apr 20 1:30-2:30pm

## Computer Classes

Please bring your device with you.

### Intro to Tablets

Get know your Android or iPad tablet with this discussion on the user interface, apps, widgets and how tablets communicate with other devices. Limited to 15 participants.

**Instructor:** John Harter

**Fee:** Free (1 class)

5150 Thu Jan 26 1:30-3pm

### Customizing Your Laptop

This workshop discusses Windows 10 and MacBook OS-X and how to customize your computer so that it looks and acts the way you want. Limited to 15 participants.

**Instructor:** John Harter

**Fee:** Free (1 class)

5151 Thu Feb 23 1:30-3pm

### 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)

5152 Thu Mar 9 1:30-3pm

### Introduction to the iCloud

Learn what “the cloud” really is and how you can use it from your computer, smartphone and tablet device. Limited to 15 participants.

**Instructor:** John Harter

**Fee:** Free (1 class)

5153 Thu Mar 23 1:30-3pm

### 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)

5154 Thu Apr 27 1:30-3pm

### Walgreens Mobile App

Learn how to easily use your phone to refill prescriptions, send photos to pick up in an hour, clip coupons and more with the award-winning app. Limited to 25 participants.

**Speaker:** Walgreens of Apex Representative

**Fee:** Free (1 class)

5155 Thu Feb 9 1:30-3pm

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.

<b>Code</b>	<b>Course</b>	<b>Day(s)</b>	<b>Date(s)</b>	<b>Receipt #</b>
<b>Free Social Programs</b>				
5051	Open Cards and Games	Mon & Fri	Jan- Apr	
5049	Mah Jongg	Mon & Fri	Jan- Apr	
5043	Bridge	Tues	Jan- Apr	
5053	Wii Bowling	Every Wed	Jan- Apr	
5042	Bingo	Wed	Jan- Apr	
5159	Jan Potluck Luncheon	2nd Thu	Jan 12	
5160	Feb Potluck Luncheon	2nd Thu	Feb 9	
5161	Mar Potluck Luncheon	2nd Thu	Mar 9	
5163	Apr Potluck Luncheon	2nd Thu	Apr 13	
5045	Jan Friday Flicks	Fri	Jan 20	
5046	Feb Friday Flicks	Fri	Feb 17	
5047	Mar Friday Flicks	Fri	Mar 17	
5048	Apr Friday Flicks	Fri	Apr 21	
<b>Free Art Programs</b>				
5050	Art Club	1st Thu	Jan 5, Feb 2, Mar 2, Apr 6	
5052	Stitch and Hook Club	Thu	Jan- Apr	
<b>Free Educational Programs</b>				
5099	Conversational Spanish 1	Tue	Jan 17- Mar 14	
5100	Conversational Spanish 2	Tue	Mar 28- May 23	
5150	Intro to Tablets	Thu	Jan 26	
5151	Customizing Your Laptop	Thu	Feb 23	
5152	Ancestry	Thu	Mar 9	
5153	Introduction to the iCloud	Thu	Mar 23	
5154	Facebook	Thu	Apr 27	
5155	Walgreens Mobile App	Thu	Feb 9	
5102	ESL	Fri	Jan 20- Mar 17	
5174	Wildflowers	Mon	Mar 20	
5175	Pollinators: Butterflies and Bees	Mon	Apr 17	
5145	Understanding the Middle East	Mon	Jan 23- Feb 27	
5157	WWII	Mon	Mar 6- Mar 27	

Make checks payable to: The Town of Apex

DO NOT MAIL CASH

**SIGN WAIVER ON  
BACK**

Registration begins on Nov 14 for Apex residents • Nov 28 for non- residents

# REGISTRATION FORM CONTINUED

Code	Course	Day(s)	Date(s)	Receipt #
<b>Educational Programs Continued</b>				
5179	Travel Logs with J.C. Knowles	Thu	Apr 6- Apr 20	
5178	Forever Sexual	Thu	Feb 15- Mar 22	
5170	Protect Yourself!	Thu	Mar 16	
<b>Exercise Programs</b>				
5092	Aqua Fitness	2nd Wed	Jan- Apr	
5093	Aqua Fitness	4th Wed	Jan- Apr	
5095	Spins and Lobs	Mon	Jan 9	
5096	Short Shots	Mon	Mar 13	
5097	Serving	Mon	Apr 10	
5067	Walking	Mon- Sat	Jan- Apr	
<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 Nov 14 for Apex residents • Nov 28 for non- residents**

## AARP Smart Drivers Course

AARP Smart Driver Course is a one day refresher course designed for drivers aged 55+. Topics covered are; knowing your driving habits, safe driving techniques, current laws and highways. **Please bring your AARP card and driver's license the day of the class.** This is a long class, feel free to bring a snack or lunch. Limited to 25 participants.

**Instructor:** Ava Bailey, AARP Volunteer

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

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

5165 Thu Apr 20 9am-2pm  
Registration Deadline is Apr 13th.

## Forever Sexual

There is no expiration date on intimacy. Sexuality is an important and enjoyable part of people's lives, no matter their age. This program helps to better define the role it plays through the years. Bonnie Nilsen, a retired health advocate for women's rights, midwife, and nurse, will lead this discussion group through a variety of topics including understanding body changes as we age, diseases, gender roles, LGBT and much more in a comfortable and secure environment. Limited to 15 participants.

**Instructor:** Bonnie Nilsen

**Fee:** Free

5178 Wed Feb 15- Mar 22 1-3pm

## 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)

5101 Thu Feb 9- Feb 23 1-3pm



## +55 Day Trips

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

### 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.)

Please include an email address on your registration form so that we can communicate any last minute trip details.

**Look for our April and June Trips in the 2017 May- Aug Senior Program Guide.**

## Art in Bloom and Vollis Simpson Whirligig Park # 5177

Friday, March 31 • 8:15am-5:15pm

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

Enjoy a day of exceptional art. We will start at Art in Bloom, an annual festival of art and flowers inspired by the permanent collections at the NC Museum of Art. The event will feature over 50 floral exhibits created by world-class floral designers. Next we will board the bus and travel to Wilson, NC where we will have lunch at Parker's Barbecue in Wilson. They are famous for their Eastern North Carolina style barbecue. Lastly, to round out our weird art tour, we will discover how the late Vollis Simpson created amazing pieces of art known as Whirligigs in his unique park. Please bring \$11 cash for lunch.

Fee Includes: tours and deluxe motor coach transportation.

Min 30/ Max 50

Registration Deadline: Jan 31

## Momma Mia! # 5167

DPAC • Saturday, May 6, 2017 • 2pm show

**Fee:** \$75 (R)/ \$85(NR)

MAMMA MIA! is the ultimate feel-good show that has audiences coming back again and again to relive the thrill. Now it's your turn to have the time of your life at this smash-hit musical that combines ABBA's greatest hits, including "Dancing Queen," "S.O.S.," "Super Trouper," "Take A Chance on Me" and "The Winner Takes It All," with an enchanting tale of love, laughter and friendship. Whether it's your first visit or your fourteenth, see the show that has the whole world coming back for more, because every time feels like the first time at MAMMA MIA!

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

Min 25/ Max 37

Registration Deadline: March 1, 2017



**CHECK IT OUT!**

### **APEX ELEMENTARY SCHOOL PARK TENNIS COURTS REMODELED**

With the help a \$19,000 grant from the State and National chapters of USTA, the public tennis courts at Apex Elementary School Park were recently reconstructed. Park updates included surfacing, new fencing, and lighting. The courts are available for public use when school is not in session and during hours when the park is open for public use.



### **COMMUNITY SERVICE VOLUNTEERS**

Local volunteers make Apex such a special place to live, work, and play. On Sept 16th, Jr. and Sr. High students from Thales Academy worked with Parks Maintenance staff to replenish the mulch in common areas at the Apex Nature Park and Apex Community Park. On September 25th, 40+ Volunteers from Apex United Methodist Church came together at Kelly Road Park and, along with Park Maintenance staff, replenished mulch at the ever-popular Kidstowne Playground. Town Park's staff appreciates the time that these organizations provided in making our parks better.



### **WHITE OAK CREEK GREENWAY**

The Towns of Apex and Cary recently entered into an agreement that will eventually extend Cary's White Oak Creek Greenway through Apex and out to the American Tobacco Trail. Connecting north to Mills Park and east to Bond Park, the White Oak Creek Greenway is a part of the East Coast Greenway running from Maine to Florida. The construction is being funded by State, Federal, and Local Grants, in addition to development fees. Construction of the trail is anticipated to start in 2017 and should take 12-18 months to complete.

#### **PARK HOURS OF OPERATION**

##### MARCH - OCTOBER

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

##### NOVEMBER - FEBRUARY

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

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

### **RECENTLY COMPLETED PARK ADDITIONS & IMPROVEMENTS**

Several park improvement projects have recently been completed throughout town. A permanent restroom facility has been added adjacent to the Lake Pine entrance to Apex Community Park.



Located beside Salem Middle & Elementary Schools, Phase I of improvements to Salem Pond Park are almost complete. These improvements include grading, additional parking spaces,

irrigation, sod, and fencing for a new multi-purpose athletic field to be completed in September. Trail reconstruction and repair, as well as educational signage, installed as part of an Eagle Scout project, will take place in October.



As part of routine maintenance, the Seymour Athletic Fields at the Apex Nature Park received new sod this summer. Field 1 is currently in use for fall athletics and Field 2 will reopen soon.

