

# Senior Program Guide

55+



*January - April 2015*

*Apex Parks, Recreation and Cultural Resources*

# The Program Guide is available online at [www.apexnc.org](http://www.apexnc.org)

## HOW TO REGISTER FOR PROGRAMS:

Pre-registration 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 that 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. See individual pages of the Program Guide for program registration dates. You may register online, in person or by mail. To avoid long lines and discourage overnight assembly, first day of registration for both residents and non-residents will be administered by a **lottery system 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:

A full refund of registration and participation fees and charges will be made for all programs, camps, activities, and events cancelled or adjusted by the Apex Parks, Recreation, and Cultural Resources Department (APRCR). For all other situations where refunds may be requested, the following guidelines shall apply. The Director of Parks, Recreation and Cultural Resources shall have the authority to make decisions on all requests not specifically covered herein. **No refunds will be made for any activity that costs less than \$6.**

## ATHLETIC AND INSTRUCTIONAL PROGRAMS:

1. If a participant requests a refund, in writing, 10 calendar days or more in advance of the first meeting of an instructional program or class, a full refund, minus a \$5 processing fee will be issued.
2. If a participant requests a refund, in writing less than 10 calendar days prior to the first meeting of an instructional program or class, a 75% refund will be issued if the participant can be replaced from the waiting list.
3. For instructional programs, no refunds will be issued on the first day or after the first day of the program.
4. A participant wishing to transfer from one session to another, within the same program and registration period, must do so in writing at least 10 calendar days or more in advance of the first meeting of a class or instructional program.

## EXCEPTIONS:

For instructional programs and classes, a full refund of all fees paid, less a \$5 processing fee, will be made if:

- 1) Prior to the first program or class meeting, a written excuse, from a licensed medical doctor, is provided indicating that the participant should not participate due to medical concerns or physical limitations.

## SENIOR TRIPS:

1. Full refund for trips cancelled or adjusted by Apex Parks, Recreation, and Cultural Resources Department.
2. If a refund is requested, in writing, prior to the registration deadline, a full refund minus a \$5 processing fee will be made.
3. If a refund is requested, 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.
4. 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 processing fee.
5. 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.

**PAYMENTS:** You can pay online, in-person or by mail. Make checks payable to the Town of Apex.

Mailing address: Apex Parks, Recreation and Cultural Resources P.O. Box 250, Apex, NC 27502

## APEX PARKS, RECREATION AND CULTURAL RESOURCES DEPARTMENT

### Park Maintenance

2306 Laura Duncan Rd.  
Phone: 919-363-6469  
Fax: 919-363-6875

### 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, Sat 9am-6pm,  
Sun (Sep-May: 1pm-6pm), (June-Aug: Closed)  
Administrative Office Hours: Mon-Fri 8am-5pm

### 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



## Message from Allie

As I write this letter in October, I can't help but think I am so much more excited for North Carolina's winter than Chicago's. Of course, I don't think it will take much to beat the 10 foot snow mound I had in my front yard last year. I think my family and I are acclimating well as we are now starting to think that 75 degrees is cold. My daughters, Madylin (age 5) and Katelin (age 3), absolutely love that "the sun comes out every day in NC." My family and I really like Apex and are excited to put down permanent roots here. I have had the great pleasure of meeting many of you and look forward to meeting the rest of you throughout the year. I feel so lucky to be working with such wonderful people that have welcomed me with open arms and

I hope that as our relationships grow, I will not only be your activity coordinator, but also your advocate and a resource. Thank you again for the warm welcome!

### IMPORTANT REGISTRATION DATES

NOVEMBER

17

RESIDENT

DECEMBER

1

NON-RESIDENT

### REGISTRATION REQUIRED

- All programs, trips, and events **require registration three days prior to the first meeting date.**
- Free programs such as luncheons, exercise, bingo, etc. require registration **every program guide.**
- Fill out all information on the registration form. This includes your birth date, home address, phone number, email, medical concerns, and emergency contacts.
- Programs that do not meet the minimum enrollment will be cancelled.
- **Please Note:** We are recollecting all information for the Senior Directory and participant information sheets. This information is all included on the new registration form located in the center of this guide.

## Wake County Senior Games 2015



Each spring, thousands of people enjoy participating in a Local Senior Games in North Carolina. The qualifiers are invited to participate each fall in the Senior Games State Finals held in Raleigh. These annual games are open to anyone aged 55 or over. Senior Games is a holistic approach to body, mind and spirit, while enjoying the company of friends, family, spectators, and volunteers. Competitions are held in over 30 sports and Silver Arts which is comprised of Performing Arts, Visual Arts, Literary Arts and Heritage Arts. For more information please visit [www.ncseniorgames.org](http://www.ncseniorgames.org).

Registration forms, dates, deadlines and fees will be available in Jan or Feb and will be posted on the Senior Information Board in the lobby at the Apex Community Center.

**NOTE: 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.**

# SOCIAL PROGRAMS

## OPEN CARDS AND GAMES

Spend the afternoon playing a variety of games, including Mah Jongg, Canasta and Pinochle. Open for all levels and players. Limited to 35 participants.

Fees: **Free**  
 3013            Every Mon            1-4pm  
                   Every Fri                1-4pm  
 (No games Jan 19 or April 3)

## MAH JONGG

Are you ready for a fun and intellectual challenge? If so, then the Chinese tile game Mah Jongg is just for you! If you have your own set, you may want to bring it. Limited to 20 participants.

Fees: **Free**  
 3014            Every Mon            1-4pm  
                   Every Fri (located at The Halle)    1-4pm  
 (No games April 3)

## BUNCO NIGHT!

Little or big, whatever you roll, it's time for BUNCO! Join us for a night of carefree laughing and socializing while playing this addictive dice game. No prizes are offered. You're welcome to bring refreshments to share. Limited to 20 participants.

Fees: **Free**  
 3015            2nd & 4th Mon            6-8:30pm

## PEAKSETTERS

Great programs and events are made up of great people doing great things. Apex Senior Programs and Special Events needs helping hands and you may make the difference. If you like to volunteer there is something that you can do such as make phone calls, set up monthly activities (i.e. Bingo, luncheons, or getting the coffee started). In addition there are many opportunities to help with PeakFest, the Easter Egg Hunt or Touch-a-Truck. So many of the Town's Senior program participants pitch in and help on a daily basis by getting out and setting up chairs and brewing coffee that we want to recognize and coordinate efforts. Our Senior PeakSetters are Wonderful! Sign up to help by contacting Allie Prelaske at [allie.prelaske@apexnc.org](mailto:allie.prelaske@apexnc.org) or call (919)249-3402.



## BRIDGE

Enjoy playing bridge in a social and pleasant environment. Must be familiar with the game. Limited to 35 participants.

Fees: **Free**  
 3012            Every Tue            10am-1pm

## WII BOWLING

Bowling enthusiast join us for Wii Bowling. This popular Nintendo video game uses a remote control and your arm movement to bowl a frame. Perfect your technique as you get exercise and fun rolled into one great game. Open to new and experienced players. Limited to 35 participants.

Fees: **Free**  
 3011            2nd & 4th Wed            9:30-11:30am

## BINGO

Bingo with a maximum cash prize of \$10. Please bring \$1 per card. Coffee and water provided. You can also bring snacks to share. MaryAnn Kruss instructs. Limited to 65 participants.



Fees: **\$1 per card**  
 3017            1st & 3rd Wed            1:30-3pm

## POTLUCK LUNCHEONS

Spend your lunch time visiting with friends while sharing a meal together. Great opportunity to get to know fellow participants. Bring a covered dish to share. Help support the local WesternWake Crisis Ministry by bringing any nonperishable food items or toiletry products. Coffee, water, and paper products provided.

Fees: **Free**  
 3019 Jan 8            Th            11:15am-12:15pm

3020 Feb 12            Th            11:15am-12:45pm  
Apex High School String Quartet will perform  
 Dessert provided by Carolina Family Estate Planning

3021 Mar 12            Th            11:15am-12:45pm  
A representative from NC Attorney General's office will discuss fraud, scams and personal identity protection  
 Desserts provided by Cambridge

3022 April 9            Th            11:15am-12:15pm

**Book Exchange:** Located in the Mail Room, the book exchange is open to anyone free of charge. Please only bring slightly used books that are in good condition.

**PLEASE ONLY DONATE BOOKS! NO OTHER ITEMS SHOULD BE PLACED ON BOOKSHELVES!**

**Bocce Ball:** Court is open year round. Ball set is available at the Front Desk.

## ART CLUB

Join friends old and new for a two hour art session. Guidance will be provided in different types of mediums, such as drawing, pastels, watercolors, and more. Try something new or work on an existing piece. This is an open art club with socializing as a part of the design. This is a collaborative group with no formal instruction. Limited to 15 participants.

**Located at the Halle.**

Fees: **Free**

2968 Jan 8, Feb 5, Mar 5, Apr 2 Th 1-3pm

## FRIDAY FLICKS

The 4th Friday of every month is the day to get your Flick Fix. A variety of current and classics flicks will be shown. Each movie title will be posted two weeks before each showing on the Senior Information Board or call the Community Center for the listing. Bring your favorite drink and we'll supply the popcorn. Limits to 25 participants.

Fees: **Free**

3041	Jan 23	F	10am-Noon
3042	Feb 27	F	10am-Noon
3043	Mar 27	F	10am-Noon
3044	Apr 24	F	10am-Noon

## THE PEAK CITY SINGERS

The Peak City Singers provides senior adults the enjoyment of singing with the fellowship offered by a choir family. Director Judy White, accompanied by Gaylene Henry, leads the singers with over 50 years of combined experience in music instruction. The 'Singers' tour and perform locally in nursing homes, retirement facilities and other venues. Vocal technique lessons, performance opportunities, music appreciation and harmonizing in open singing time are incorporated during weekly practice. New members are always welcome.

Fees: **\$10(R) \$20(NR)**

3010 Every Mon

Fees cover Sep - Dec

11am-12:30pm  
(No singing Jan 19)

## 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.

Fees: **Free**

3009

Every Th

11am-1pm  
(No club Jan 1)

## READERS THEATRE

If you've been to the theatre and thought, "I'd like to do that!" then the Readers Theatre is the class to do just that. This style of performance theatre does not require actors to memorize lines. Participants use vocal expression to help the audience understand the story rather than sets, costumes, intricate blocking or movement on the stage. Learn how to be on stage by participating in a variety of theatre activities used to build confidence and boost creativity. The session will culminate in a Readers Theatre presentation for friends and family. NO previous experience necessary just a willingness to get on stage and perform. Limited to 10 participants. **Located at the Halle.**

Fees: **\$16 (R) \$26 (NR)**

(10 classes)

2759 Jan 16- Mar 20 F 9:30-10:30am  
(Performance will be held on March 20 at 10am)

## CREATIVE FLORAL DESIGN

Thanks to their beautiful colors, scents and shapes, flowers can elicit true happiness. Learn how to arrange fresh flowers in a new design each class. Take home a celebration of the colors of the seasons and special Holiday creations with your own arrangement. All flowers and materials provided. Warren Pusak with North Raleigh Florist instructs. Limited to 10 participants.



Fees: **\$13(R) \$23(NR)**

(1 class)

2982	Jan 21	W	1-3pm
2983	Mar 18	W	1-3pm



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.

Fees: **Free**  
3029                      March 4                      W                      9am-Noon

## AARP SMART DRIVER COURSE

Join friends for a safety learning experience in the AARP Smart Driver Course. This one day refresher course is especially designed for drivers aged 50+ and is the oldest and largest course of its kind bringing participants up-to-date on the topics of knowing your driving habits, safe driving techniques, current laws and highways. We'll reinforce how to judge your individual driving fitness, personal vehicle and your understanding of your partners on the road. 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.

Fees: **Course Materials must be purchased from instructor** (\$15 AARP members, \$20 Nonmembers—payable to AARP check or cash the first day of class). Registration Deadline is March 31. Limited to 25 participants.  
3026                      Apr 7                      T                      9am-2:30pm

## MEDICARE MADE CLEAR

Are you new to the Medicare system? Do you know what laws have changed in recent years? Learn what the differences are between original Medicare, Medicare Advantage plans and Supplemental plans. We'll also cover the explanation of Part D (drug) coverage and why it is so important for seniors to choose a prescription drug plan in order to avoid penalties. Ann Swinson, RHU,CSA presents. Limited to 30 Participants.

Fees: **Free**  
3027                      Apr 16                      Th                      11:30am-12:30pm

## BLOOD PRESSURE SCREENINGS

Come have your blood pressure taken for free! This screening may help save your life. Screenings provided by Comfort Keepers of Cary. Limited to 25 participants.

Fees: **Free**  
3008                      2nd Tue                      9am-10am

## MUFFINS AND DISCUSSIONS

Join your friends for stimulating topics and information sessions while enjoying a delicious light breakfast and coffee. Guest speakers will join us on the 3rd Friday of every month.

Fees: **Free**  
3036                      Jan 16                      F                      9am-10am

Apex Fire Department will discuss securing your environment and general health and fire safety tips. Cary Audiology will provide the food

3037                      Feb 20                      F                      9am-10am  
**Billy Graham's Nearing Home: Thoughts on life, Faith, And Finishing Well**

*A narrative that not only shares Graham's personal experiences of growing older, but also to teaches some important lessons on how to view time here on earth.*

Transitions LifeCare will lead a summary, overview, and discussion on issues raised by the author. Cambridge Village of Apex will provide food.

3038                      Mar 20                      F                      9am-10am  
Apex Historical Society will discuss the historic Maynard-Pearson House, Circa 1870, and provide a glimpse into Apex's history when the community had only a few hundred residents and life was a bit simpler. Carillon Assisted Living will provide the food

3039                      April 17                      F                      9am-10am  
Apex Funeral Home will provide helpful advice regarding funeral pre-planning and Veteran's benefits. Discover 4 simple steps to planning your final arrangements while bringing peace of mind to yourself and your family. Apex Funeral Home will provide the food



Participant's First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Primary Phone# \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Primary Email: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

1st Emergency Contact: \_\_\_\_\_ Emergency Phone# \_\_\_\_\_

2nd Emergency Contact \_\_\_\_\_ 2nd Emergency Phone# \_\_\_\_\_

Special/ Medical Concerns: \_\_\_\_\_

Program Title	Course Code	Fee	Receipt #

**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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## 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 not a waiting list for the program or athletic league then **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

### **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:**

- 1) 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 Adult Program***

### **Directory Consent Form**

*Let us help you stay in touch with your friends!*

Due to popular demand we have created a directory consisting of names, addresses, phone numbers and email addresses etc. of Senior Adults who participate in activities here at Apex Community Center.

This is a **VOLUNTARY** directory that will be free and open to Apex Senior Participants.

**Signature of Consent:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

***Thank you!***

For more information, please contact Apex Parks, Recreation & Cultural Resources at

(919) 249-3402 or at [allie.prelaske@apexnc.org](mailto:allie.prelaske@apexnc.org).

## PICKLEBALL

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. It's easy to learn, fun to play and a great opportunity to meet friends old and new.

### Introduction Clinic:

LET'S PLAY PICKLEBALL! Learn the fundamentals of the game as a beginner or take a refresher course. In this introductory clinic forehand, backhand, overhead and ground strokes will be taught and practiced. In addition, the fundamentals of the game such as scoring, volley shots and proper serving will be taught. No Partner Required. Please wear rubber soled athletic shoes. All equipment provided. Instructed by local U.S. Pickleball Association Ambassadors. Limited to 35 Participants.

Fees: **Free**

3004	Jan 23	F	10:30am-12:30pm
3006	Mar 27	F	10:30am-12:30pm

### Open Play:

Are you familiar with the game and now looking to play Pickleball on a regular basis? Then come to open play time created just for you. Must wear rubber soled athletic shoes. Equipment provided, limited paddles are first come, first serve. Feel free to bring your own paddle. Limited to 35 participants.

Fees: **Open gym membership is required**

Residents: <b>Free</b>	Non-resident: <b>\$20 for 10 plays</b>
Every Wed	10:30am-12:30pm
Every Fri	10:30am-12:30pm

### Please note:

On Jan 23 and March 27 open play will be from 11:30-12:30 because of clinic.  
(No Pickleball Apr 3)

## 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. Whether you are younger or older, perfectly healthy or recovering from an injury, extremely fit or just beginning, the pool is a great place for you. This low impact workout will challenge those who need to get into shape, have arthritis, or have had replacements or challenges with their joints. This class incorporates low cardio, muscle toning, strengthening and balance work. Limited to 12 participants

Fees: <b>Free</b>	provided by Cambridge Village of Apex		
3046	Jan 28	W	12:30-1:30pm
3047	Feb 25	W	12:30-1:30pm
3048	Mar 25	W	12:30-1:30pm
3048	Apr 22	W	12:30-1:30pm

**Located at Cambridge Village of Apex,  
951 S. Hughes Street**



## EXERCISE

A fitness program designed to enable seniors to have fun while retaining flexibility and mobility through a series of motivating and enjoyable exercises. Bean bag weights and stretch bands provided. You can bring your own weights for added resistance.

Instructed by Elaine Tyte on Mondays  
Instructed by Bettie Ittenbach on Tue/Th  
Limited to 75 participants.

Fees: **Free**

2973	Every Mon/Tue/Thu	10-11am
(No class Jan 1 or Jan 19)		

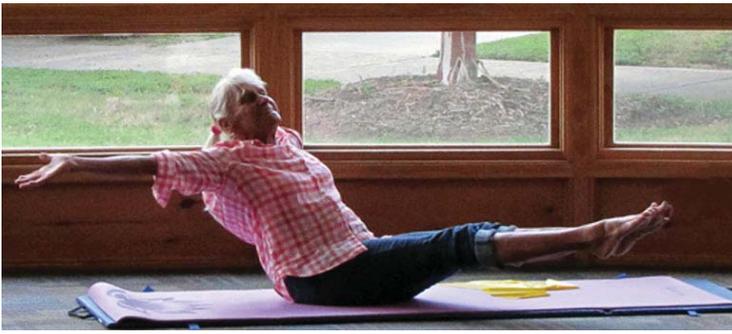
## WALKING

Take simple steps to improving your health! Walking just 30 minutes a day has been shown to reduce high blood pressure and cholesterol while increasing bone and joint strength. Four laps around the gym = ¼ mile, 8 laps = ½ mile, 16 laps = 1 mile. Dates and times are subject to change.

Fees: **Free**

2890	Mon-Fri	9-10am & 1-2pm
	Saturday	9-10am
(No walking Jan 1, Jan 19 or April 3)		

# EXERCISE



## 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, blankets, blocks and straps may be used for modifications. Bring your own mat and any other available props.

### Beginner

Designed for those with little or no yoga experience and/or simply needing a gentle practice. A portion of the class will be chair (seated) yoga. Susan Fenimore instructs. Limited to 30 participants.

Fees: **\$22(R) \$32(NR)** (7 classes)  
 2977 Jan 7- Feb 18 W 9:15-10:15am  
 2978 Mar 11- April 22 W 9:15-10:15am

### Intermediate

6 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. Mila Holy instructs. Limited to 30 participants.

Fees: **\$22(R) \$32(NR)** (7 classes)  
 2979 Jan 7- Mar 4 W 10:30-11:30am  
 (No class Jan 21 or Jan 28)  
 2980 Mar 11- Apr 22 W 10:30-11:30am

### Advanced

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, perform poses on your knees and be free of any medical conditions or precautions limiting your ability to perform poses 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. Susan Fenimore instructs. Limited to 30 participants.

Fees: **\$22(R) \$32(NR)** (7 classes)  
 2975 Jan 5- Feb 23 M 9:45-10:45am  
 (No class Jan 19)  
 2976 Mar 9- Apr 20 M 9:45-10:45am

## 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. Known to improve your balance and reduce tension while promoting overall health and well-being. Carolyn Perry instructs. Limited to 18 participants.

Fees: **\$12(R) \$22(NR)** (6 classes)  
 2994 Jan 6- Feb 17 T 2:45-4pm  
 2995 Nov 4-Dec 16 T 2:45-4pm  
 (No class Nov 11)

## ZUMBA

Zumba is a feel-happy workout that combines a motivating fusion of Latin and international music with unique moves and dynamic combinations that allow participants to dance away their worries. It is based on the principle that a workout should be "Fun and Easy to Do" allowing participants to stick to the program and achieve long-term health benefits in both body and mind. A mixture of body-sculpting movements with 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, maximizing caloric output, fat burning and total body toning. Mya Barghouthi instructs. Limited to 25 participants.

Fees: **\$11(R) \$21(NR)** (6 classes)  
 3024 Jan 6- Feb 10 T 2:15-3:15pm  
 3025 Feb 24- Mar 31 T 2:15-3:15pm

## ZUMBA GOLD

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements! The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while also burning fat. Geared towards a slower pace than regular Zumba course. Bettie Ittenbach instructs. Limited to 20 participants.

Fees: **\$11(R) \$21(NR)** (7 classes)  
 2997 Jan 6- Feb 17 T 8:45-9:30am  
 2998 Mar 3- Apr 14 T 8:45-9:30am

## IRON YOGA

Iron Yoga is the beautiful synergy between weight training and Yoga. Weight training is a discipline that requires a connection between mind and muscle, while yoga is an art form that connects mind, body and spirit. Combining the two gives you all the benefits of Yoga and weight training in one workout. You will improve lean muscle mass (lose weight if that is what you need), increase flexibility and range of motion, sharpen mental focus, develop proper breathing, enhance functional strength and endurance in legs and core and create balance and symmetry. A basic knowledge of Yoga is required. You may bring your own 1 or 2 lb. hand weights, a small towel and your yoga mat (plus any yoga props that you like).

Susan Fenimore instructs. Limited to 15 participants.

Fees: **\$11(R) \$21(NR)** (7 classes)  
 3028 Jan 15-Mar 3 Th 2-3pm

## LINE DANCING

Learn traditional and new line dances in a relaxed atmosphere while getting great exercise! No partner needed. Teresa VonCannon instructs.

### 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 slowly progressing 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.

Fees: **\$11(R) \$21(NR)** (6 classes)  
 2987 Jan 9- Feb 13 F 9-10am  
 2988 Mar 6- Apr 17 F 9-10am  
 (No class Apr 3)

### Beginner 1

For those who have some line dance experience. You should know basic line dance steps and terminology. Limited to 25 participants.

Fees: **\$11(R) \$21(NR)** (6 classes)  
 2989 Jan 9- Feb 13 F 10:15-11:15am  
 2990 Mar 6- Apr 17 F 10:15-11:15am  
 (No class Apr 3)

### 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.

Fees: **\$11(R) \$21(NR)** (6 classes)  
 2991 Jan 9- Feb 13 F 11:30am-2:30pm  
 2992 Mar 6- Apr 17 F 11:30am-12:30pm  
 (No class Apr 3)

## STEEL STRONG

Take that next step to building strong muscles and staying fit. Thirty minutes of strength training two-to-three times per week can result in huge 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. Must provide your own hand weights and small exercise ball. Bettie Ittenbach instructs. Limited to 20 participants.

Fees: **\$17(R) \$27(NR)** (14 classes)  
 3000 Jan 6- Feb 19 T/Th 11:10-11:55am  
 3001 Mar 3- Apr 16 T/Th 11:10-11:55am

## 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.

Elaine Tyte instructs. Limited to 20 participants.

Fees: **\$16(R) \$26(NR)** (7 classes)  
 2892 Jan 7- Feb 18 W 3-4pm  
 2893 Mar 4- Apr 15 W 3-4pm



## NEW LESSON LINE DANCING

Line Dancing made easy and exercise that is fun! After the first class, each night will consist of learning one new dance and practicing up to five dances total. 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. Bob Webster instructs. Limited to 20 participants.

Fees: **\$10(R) \$20(NR)** (6 classes)  
 3002 Th 5:30-7pm  
 Jan 8- Feb 12

 **CHECK IT OUT!**

# Touch A Truck



April 19, 2015 1pm-4pm, Apex Community Park

## Touch-a-Truck: A Free Community Event April 19 1-4 pm

Horn free hour from 1-2pm for kids with special needs

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.

## DAY TRIPS

Trip Registration Deadline is Jan 20, 2015

### JERSEY BOYS at DPAC

Saturday April 11, 2015

Depart/ Return: Apex Community Center

Fees: **\$75 (R)**      **\$85(NR)**  
3050 Apr 11      Sat      12:45-5:30  
This is the story of how four blue-collar kids became one of the greatest successes in pop music history. The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! JERSEY BOYS, winner of the 2006 Grammy® Award for Best Musical Show Album features their hit songs "Sherry," "Big Girls Don't Cry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." This is a show you don't want to miss.

Fees include deluxe motor coach and theatre tickets. Tickets are located in the first two rows on the balcony in the center. Min 20/ Max 28

### FIRST BAPTIST OF IVY

at The Barn Dinner Theater, Greensboro

March 17, 2015

Depart/ Return: Apex Community Center

Fees: **\$45 (R)**      **\$55 (NR)**  
3051 Mar 17      Tue      Noon-6pm  
Taking place during WWII, this play follows the story of six very different women, whose lives become intertwined in the fellowship hall of the First Baptist Church of Ivy Gap, a fictional town in Tennessee. With humor, drama, pathos, and revelations, the women of FBC Ivy Gap find comfort, forgiveness, and redemption in the arms of each other.

Fees include deluxe motor coach, theatre tickets, buffet meal, tax and gratuity. Min 20/ Max 35

### CIVIL WAR TOUR

Save the date

**May 20th**

Hillsborough, NC

Specific information will be in the May- Aug Program Guide

#### MARCH - OCTOBER

Apex Community Park:	6:30am-10pm/Shelter Rentals: 8:30am-9:30pm	6:30am-8pm/Shelter Rentals: 10am-7:30pm
Jaycee Park:	7am-10pm/Shelter Rentals: 8:30am-9:30pm	7am-8pm/Shelter Rentals: 10am-7:30pm
Kelly Road Park:	7am-10pm/Shelter Rentals: 8:30am-9:30pm	7am-8pm/Shelter Rentals: 10am-7:30pm
Hunter St. Dog Park:	7am-10pm	7am-8pm
Nature/Seymour:	6:30am-10pm/Shelter Rentals: 8:30am-9:30pm	6:30am-8pm/Shelter Rentals: 8:30am-9:30pm
All other Town Parks:	7am-8pm/Shelter Rentals: 8:30am-7:30pm	7am-6pm/Shelter Rentals: 10am-5:30pm
Public Greenways:	Sunrise to 30 minutes after Sunset	Sunrise to 30 minutes after Sunset

#### NOVEMBER - FEBRUARY

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 the Apex Community Center (919)249-3402 for more information.