

PROGRAM GUIDE

MAY - AUGUST 2025

SENIOR 55+



APEX
PARKS, RECREATION &
CULTURAL RESOURCES

Scan to
Visit Our
Website



www.apexnc.org/parks

REGISTRATION OPENS:
Mar 17th for Residents
Mar 31st for Non-Residents



Letter from the Director

Dear Apex Neighbors,

As summer arrives, it's time to step outside and enjoy the warm weather at our beautiful parks and greenways. Our Department is excited to offer a number of activities for all ages. Whether you're looking to be more active, connect with nature or simply enjoy special event festivities with your loved ones, we have offerings for everyone.

I'm excited to announce a new program called Play It Forward. In Apex, we believe all citizens should have an equal opportunity to participate in recreation. Our Play It Forward scholarship fund helps remove barriers to participation by allowing residents to apply for funds that can be used towards most of our programs. This is a great opportunity to either give back to your community or apply for assistance. Please visit www.apexnc.org/playitforward for more information.

Over the next few months I encourage you to participate and get involved not only in our programming but future projects. Design efforts continue for: West Street Park renovation, the Hunter Street Park bike park, Pleasant Park, and the Apex Nature Park Environmental Education Center. If you have an interest in engaging in one of the projects please visit www.apexnc.org/prcrprojects for more information. We're moving forward with construction efforts for several projects. Middle Creek Greenway is being constructed between Sunset Lake Rd to just beyond Colby Chase Drive and is highlighted on the back cover of this Program Guide. Beaver Creek Greenway is being completed from Kelly Rd to Apex Nature Park. The Town has partnered with the Carolina Hurricanes and construction of two street hockey rinks at the front of Apex Community Park is underway with a goal of opening in early spring.

In its first year Pleasant Park had an estimated 2,000,000 visitors. With the additions of new facilities like Pleasant Park and maximizing programming through full day camps and other new offerings, we have been able to more than double our program opportunities and participation. This Program Guide showcases all these activities and events. Check out our offerings and I encourage you to try something new this season.

Sincerely,

Craig Setzer

Parks, Recreation & Cultural Resources Director

TABLE OF CONTENTS

General Information	2-5
Special Events	6-7
Senior Trips	8-9
Cooking Programs	10
Arts Programs	11-13
Fitness Programs	14-19
Social Programs	20-21
Educational Programs	22-25
Highlights	26-28



On the Cover

Glenis Redmond, an award-winning poet, teaching artist and imagination activist joined us for our January Learning Lunch about Martin Luther King Jr. Find the summer series dates on page 6 of this guide.

PROGRAM REGISTRATION BEGINS AT 9AM:

Mon, March 17th for Residents
Mon, March 31st for Non-Residents



Looking for more?
Find more programs in our all
ages Program Guide!
www.apexnc.org/programguide

SUMMER 2025 HOLIDAY CLOSURES: May 26, June 19 & July 4

CONNECT WITH US!

PHONE: 919-249-3402 (Community Center)
919-249-3354 (Senior Center)
919-249-1120 (Cultural Arts Center)
919-372-7503 (Pleasant Park)

Trying to reach a specific staff member?

VISIT: www.apexnc.org/directory

FOLLOW US ON SOCIAL MEDIA:



/ApexParks

/theHalleofApex

/groups/ApexSeniorAdults

/groups/ApexSpecializedRecreation



/ApexParks
/theHalleofApex

EMAIL: seniorcenter@apexnc.org

WEBSITE: www.apexnc.org/parks

MAILING ADDRESS: P.O. Box 250
Apex, NC 27502

STAY NOTIFIED:

www.apexnc.org/notifyme



Inclusion and Medical Support Services

Apex Parks, Recreation and Cultural Resources (APRCR) welcomes the participation of individuals of all abilities. Support is provided to individuals who request modifications, due to disability or medical condition, to assist with participation in all APRCR programs. To ensure that reasonable modifications are in place, modification requests should be received at least two weeks prior to the start date of the program. For more information, please email parksinclusion@apexnc.org.

WHAT IS A REASONABLE ADA MODIFICATION?

Reasonable modifications are resources used to help allow a person with a disability to participate in any program. Resources may include, but are not limited to, auxiliary aids or services, adaptive equipment, additional staff training, and/or additional staff. Any modification that the Department considers cannot fundamentally alter a program.

PERMITS & PASSES

Open Gym

The gyms at the John M. Brown Community Center are available for all to use to play basketball, volleyball or 55+ pickleball during Open Gym hours. To participate, an Open Gym Pass must be purchased in person at the Community Center. Monthly Open Gym schedules (subject to change) are available at the Community Center or online. For more info, please visit www.apexnc.org/opengym.

Fishing & Vessels

Interested in fishing or boating? Pick up a fishing permit or vessel permit at the John M. Brown Community Center. Call 919-249-3402 for more info or visit www.apexnc.org/parks.

Apex Dog Parks

Apex has two dog parks located at **Hunter Street Park** (1250 Ambergate Station) and **Apex Nature Park** (2600 Evans Road). Registration is available at the Community Center or online. Visit www.apexnc.org/dogparks for more info.



Want to be an Instructor?

We are always looking to add new programs! If you are interested in teaching for Preschool, Youth, Teen or Adult Programs, please email elizabeth.shoaf@apexnc.org. If you are interested in teaching Senior (55+) programs, please email meghan.rushing@apexnc.org. For Specialized Recreation programs, please email parksinclusion@apexnc.org. If you are interested in teaching Cultural Arts programs at The Halle, please email marie.neal@apexnc.org.

WELCOME WEDNESDAYS

Are you new? We want to say welcome!

Stop by the Apex Senior Center on the **first Wednesday* of each month at 9:30am**. This is a special time for newcomers to receive a specialized tour of the facility by our Program Advisory Committee Members. Get answers to any questions that you may have and learn more about our programs.

***Note: Welcome Wednesdays for the Summer will occur on May 7, Jun 4, Jul 2 & Aug 6**



Please Note...

We do our best to ensure accuracy of all the information in this guide at the time of printing. However, sometimes programs need to be changed or adjusted post-printing. We keep the most up-to-date version of our Program Guides online at www.apexnc.org/programguide.



Looking For More?

Visit www.apexnc.org/seniors for all the information you need on Senior offerings in Apex. You can view the Program Guides and the Senior Monthly Calendar, sign up for the *Senior Recreation Station* email newsletter, register online and more!

FACILITIES



John M. Brown Community Center

- Formerly known as the Apex Community Center, this facility houses several rental rooms, two gymnasiums and is the central point of contact for APRCR programs and offerings.
- **Address:** 53 Hunter Street, Apex, NC 27502 (**Mail to:** P.O. Box 250)
- **Contact Phone Number:** 919-249-3402
- **Contact Email:** peakconnect@apexnc.org
- **Hours:** Mon-Fri 8am-9pm (Office Hours 8am-5pm), Sat 9am-6pm, Sun 1pm-6pm (Sep-May)



Apex Senior Center

- Our Senior Center has the largest rental space, many rooms for classes including a pottery studio, and is the hub for our Senior 55+ population.
- **Address:** 63 Hunter Street, Apex, NC 27502 (**Mail to:** P.O. Box 250)
- **Contact Phone Number:** 919-249-3354 (**Fax:** 919-367-6185)
- **Contact Email:** seniorcenter@apexnc.org
- **Hours:** Mon-Fri 8am-9pm (Office Hours 8am-5pm), Sat 9am-3pm, Sun Closed



The Halle Cultural Arts Center

- The most historic of our facilities, The Halle has a large auditorium available for rentals, a rotating art gallery and hosts a majority of our cultural arts classes and events. The Halle also has its own website and social media pages (visit www.TheHalle.org for more info).
- **Address:** 237 N. Salem Street, Apex, NC 27502 (**Mail to:** P.O. Box 250)
- **Contact Phone Number:** 919-249-1120
- **Contact Email:** halleculturalartscenter@apexnc.org
- **Hours:** Mon-Fri 9am-6pm, Sat 9am-1pm, Sun Closed



Pleasant Park & More

- Apex currently has 12 Town-owned parks. Most of our parks have ball fields and shelters. Shelters are available for rent at select parks and reservations can be made online. Soccer and Baseball/Softball field rentals are also available when they not being used by the Town. Shelters and fields can be used for free (first come first served) when not rented or in use by the Town. Find more information at www.apexnc.org/parks
- **Contact Phone Number:** 919-372-7503
- **Contact Email:** peakconnect@apexnc.org

VISIT OUR WEBSITE AT WWW.APEXNC.ORG/RENTALS TO LEARN MORE ABOUT OUR FACILITY RENTAL OPTIONS AND PROCEDURES.



How to Register for Programs

www.apexnc.org/peakconnect

Preregistration is required for most programs offered by Apex Parks, Recreation and Cultural Resources.

Registration online is recommended.

1. Online at PEAKconnect- www.apexnc.org/peakconnect
2. In person at the John M. Brown Community Center, Apex Senior Center, Pleasant Park Fieldhouse or Halle Cultural Arts Center

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. **No refunds will be issued when the amount is less than \$6.00.**

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. The participant will receive the full refund of fees minus a \$5.00 processing fee.
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, will receive a 75% refund of the fees only 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.
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.
6. **Youth Sports League Withdrawals.** If there is a tryout for the athletic league, a full refund minus a \$5.00 processing fee will be issued if a written request to withdraw is made prior to the tryout day for the league. If the written request is made after the tryout for the athletic league, a 75% refund will be issued only if the participant can be replaced from the waiting list.
7. **Ticketed Events.** All ticket sales are final. Refunds and withdrawals are not permitted.

Senior Trip Cancellation/ 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.



Residency and ETJ

For the purposes of Apex Parks, Recreation and Cultural Resources program registration, an Apex resident is considered to be any family or individual that resides within the established corporate limits of the Town as defined by the Apex Planning and Community Development Department. Non-residents who may have an Apex mailing address but live outside the corporate limits are considered "ETJ" (Extra Territorial Jurisdiction). Apex residents are given a two-week registration period before non-residents and ETJ participants can register for programs. Many of our programs fill quickly and waiting lists are formed. When we call participants off the waiting lists, residents are given priority followed by ETJ and then the remaining non-residents. If you have any questions regarding residency, please give us a call at 919-249-3402.

SPECIAL EVENTS

Learn more about all the special events happening here in Apex by visiting our website at www.apexnc.org/specialevents or you can find a more complete list of events in our all ages Program Guide.

PeakFest

Sat, May 3, 2025 • 9am-5pm

Learning Lunch – Asian American Pacific Islanders Month

Wed, May 21, 2025 • 12pm-1pm, Register with #17809

Memorial Day Ceremony

Mon, May 26, 2025 • 9:30am-10:30am

Pride Festival

Sat, Jun 7, 2025 • 10am-4pm

Learning Lunch – Juneteenth

Wed, Mar 19, 2025 • 12pm-1pm, Register with #17810

Juneteenth

Sat, Jun 21, 2025 • 12pm-7pm

Pollinator Event

Thu, Jun 26, 2025 • 5pm-7pm

Fireworks Frenzy

Thu, Jul 3, 2025 • 5pm-10pm

Olde Fashioned Fourth of July

Fri, Jul 4, 2025 • 9am-1pm

Learning Lunch – National Disability Independence Day

Wed, Jul 16, 2025 • 12pm-1pm, Register with #17811

Learning Lunch – National Dog Day

Wed, Aug 13, 2025 • 12pm-1pm, Register with #17812

Peak City Fitness Festival

Sat, Sep 6, 2025 • 9am-1pm

Patriots Day Ceremony

Wed, Sep 11, 2025 • 9am-1pm

Learning Lunch – Hispanic Heritage Month

Wed, Sep 17, 2025 • 12pm-1pm, Register with #17813



Special Events in Apex

Want to get involved? We have volunteer opportunities to fit all interests. Contact our Volunteer Coordinator, Ellison. Lambert@apexnc.org, for more information!

THE HALLE HAPPENINGS



To purchase tickets, sign up for the weekly Halle email newsletter or learn more about any of the information below, call 919-249-1120 or visit The Halle Cultural Arts Center in person or online at www.TheHalle.org.

Senior Showcase

May 17 & May 18 at 3pm

Visit the historic Halle Cultural Arts Center for a fun and festive performance by our talented 55+ community! Audiences of all ages will enjoy a variety of scenes and songs while students showcase their skills and passion for the performing arts. Tickets are FREE, but must be reserved. Tickets will be available at HCAC, SC, and CC starting on April 1.

Rhythm & Reels ~ Apex's Free Summer Concert & Movie Series

Join us on select Saturday evenings at the Apex Nature Park Amphitheatre for a night of music and movies under the stars. Our 2025 music lineup boasts a variety of genres from nu-funk to garage punk, and features several bands from Western North Carolina! Bring your family and friends, pack a picnic basket, and come enjoy a memorable, magical summer evening! Concerts begin at 7:00pm, movies begin at dusk. To learn more about the event visit thehalle.org or follow @thehalleapex on Instagram and Facebook

VISUAL ARTS EXHIBITS

Earth in Focus: A Dialogue Between Art and Environment, Apr 1 – May 30

Witness several artists' unique interpretations of our planet, encouraging a deeper understanding of how individual experiences shape our connection to the planet.

Apex Pride Art Exhibit, Jun 2 - Jul 27

This exhibition honors individuality, community, and pride, while fostering a space for artistic expression and celebrating the ongoing fight for equality, acceptance, and celebration of queer identities.

Chasing Sunbeams: Celebrating Summer's Palette, Jul 7 - Sep 5

Featuring artists Natacha Sochat and Kathleen Adams, "Chasing Sunbeams" celebrates the light, color, and fleeting moments of summer.

PAINTING MILES WORKSHOP

This program is supported by the United Arts Council of Raleigh and Wake County, and is in partnership with Painting Miles. Register online at www.paintingmiles.com

Daily Painting with Teddi Parker, May 30 – Jun 1

Draw Your Adventures with Samantha Dion Baker, May 30 – Jun 1

With demos, exercises, and time to practice yourselves, ALL skill levels are welcomed.



Blood Pressure Screening

Come have your blood pressure taken for free on the **2nd Wednesday of each month from 8am - 9am**. Walk-in, no registration necessary. *Provided by Preston Pointe, Retirement Living at it's Finest.*

JUST FOR SENIORS (pre-register)

FAMILY BINGO NIGHT BINGO

Join us for family bingo! On this night, we will play multiple versions of classic bingo. Winners will receive some sweet prizes, including Apex swag. Every participant must be registered individually. Dinner, drinks and dessert will be provided. **Location:** Apex Senior Center

Fee: \$10 per person

17781 Fri May 16 6pm-8pm

SASSY J SUMMER BASH ZUMBA PARTY

Take the "work" out of workout! This party will be a mixture of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Dances will accommodate all levels. Be sure to dress festive! No experience necessary. Light refreshments will be served. **Location:** Apex Senior Center **Instructor:** Jackie Gaines

Fee: \$5 per person

17499 Mon Jul 28 6:45pm-8:15pm

SUMMER NIGHT BINGO

Bingo with a maximum cash prize of \$10. Please bring \$1 per card. Feel free to bring your dinner or a snack.

Location: Apex Senior Center **Fee:** Free

17818 Thu May 29 5pm-7pm

17819 Thu Jul 31 5pm-7pm

BOOT SCOOTIN' LINE DANCING PARTY WITH TERESA

Join us for a boot scootin', foot stompin' good time! Grab your (55+) friends and enjoy an afternoon of line dancing to your favorite songs from yesterday and today. Dances will accommodate all skill levels. Bring a snack to share. Bonus points if you dress festive! **Location:** Apex Senior Center **Instructor:** Teresa VonCannon

Fee: \$5 per person

17456 Fri Aug 29 1pm-3pm

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and have meaningful conversations that can help dispel misconceptions. We will explore strategies that help us to reframe and reshape the narrative to honor older adults' rich experiences and foster age-friendly communities. This year, join us in promoting the importance of viewing aging not as a limitation but as a journey filled with purpose, exploration, and connection. *Stay tuned for additional pop-up activities in May to celebrate!*

OLDER AMERICANS MONTH POTLUCK PICNIC

Let's kick-off Older American's Month with a picnic at Apex Community Park! Spend your lunch time visiting with friends while sharing a meal together. Bring a covered dish to share. Hot Dogs, soda, water, and paper products will be provided. Help support the Western Wake Crisis Ministry by bringing any nonperishable food items or toiletry products.

Location: Apex Community Park, Large Shelter

Fee: \$5 per person

17326 Thu May 8 12pm-1:15pm



Pop-Up Events

Look out for pop-up events and activities coming this summer! Join our Facebook group @ApexSeniorAdults or sign up for our weekly newsletter at www.apexnc.org/notifyme to learn more.



Note on Senior Trips

Departure Site: All trips will depart from the Apex Senior Center: 63 Hunter St. Apex, NC 27502.

Departure time: The beginning time for each trip is bus departure time.

Communication: Please provide an email address on your registration form so that staff can communicate any additional trip details. Please add meghan.rushing@apexnc.org to your safe sender list. All trip communications will come directly from this email.

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

Transportation: All trips will take place on a chartered motor coach or Town-owned passenger bus. Rest stops are made on longer trips. We are unable to accommodate special requests or reserve seats on vehicles.

Cancellation/ Refund Policy: See page 5 for more details.

MONTICELLO AND MICHIE TAVERN

Upon arrival in Charlottesville, we will go to Michie Tavern, one of the oldest homesteads in Virginia. Dine on hearty midday fare in the Tavern's Ordinary where you will be greeted by servers in period attire. Afterwards, a tour of the original Tavern features living history where guests participate in 18th-century activities including a lively Virginia dance. The tour continues, viewing the dependent outbuildings, the Virginia Wine Museum and the Meadow Run Grist Mill. In the afternoon, we will visit Monticello, home of Thomas Jefferson, third US President, author of the Declaration of Independence and Statue for Religious Freedom, as well as a founder of the University of Virginia. Price includes transportation, lunch and tours. Gratuities for the driver and the tour escort are not included. Gratuity in the range of \$3 - \$5 for the driver, and \$2 - \$4 for the tour.

Registration Deadline: Apr 1

Fee: \$110(R) / \$120(NR)

17412	Mon	Jun 16	7:30am-7:30pm
-------	-----	--------	---------------

DUKE LEMUR CENTER & WASHINGTON INN

Join us for an unforgettable adventure at the Duke Lemur Center, home to over 200 lemurs! Our excursion begins with a delicious breakfast at the Washington Inn, followed by a guided tour of the lemur center. This all-inclusive trip covers transportation, staff, and meals.

Registration Deadline: Apr 22

Fee: \$69(R) / \$79(NR)

17599	Thu	May 22	9am-2pm
-------	-----	--------	---------

JC RAULSTON ARBORETUM & HOWLING COW

Join us for a tour of NC State's JC Raulston Arboretum. The JC Raulston Arboretum is a nationally acclaimed botanic garden located in Raleigh, NC, with one of the largest and most diverse collections of landscape plants in the Southeast. The trip will be followed by a visit to NC State's Dairy Farm for Howling Cow ice cream. This trip includes transportation, a tour, and ice cream.

Registration Deadline: May 3

Fee: \$22(R) / \$32(NR)

17613	Thu	Jun 5	9:30am-1:30pm
-------	-----	-------	---------------

SYLVAN HEIGHTS BIRD PARK & BARLEY AND BURGERS

Join us for a guided tour of Sylvan Heights Bird Park in Scotland Neck for an unforgettable experience to see over 2,000 birds from around the world, including South America, North America, Europe, Africa, Asia, and Australia. Following our guided tour, we will stop at Barley and Burgers Restaurant, located in Rocky Mount. This trip will include staff, transportation and lunch.

Registration Deadline: May 12

Fee: \$115(R) / \$125(NR)

17804	Thu	Jun 12	8:30am-4:30pm
-------	-----	--------	---------------

SOUTHERN DISTILLING AND TWISTED OAK RESTAURANT

We will start the day with lunch at Twisted Oak American Bar & Grill. After lunch, we'll explore the entire distilling process, from plant to bottle, through a guided tour of Southern Distilling Company. Along the way, you'll have the opportunity to sample some of their award-winning bourbons. This all-inclusive trip includes staff, transportation, the guided tour, and lunch.

Registration Deadline: Jun 17

Fee: \$89(R) / \$99(NR)

17617 Thu Jul 17 9am-5pm

DPAC: THE WIZ AND TOBACCO ROAD RESTAURANT

We will start our evening at Tobacco Road Sports Café to enjoy a delicious southern-inspired dinner overlooking the Durham Bulls Athletic Park. After dinner, we will head over to the DPAC for a showing of *The Wiz*. Based on L. Frank Baum's children's book *The Wonderful Wizard of Oz*, *The Wiz* takes one of the world's most enduring (and enduringly white) American fantasies and transforms it into an all-Black musical extravaganza for the ages. The price includes transportation, dinner, and the show. Gratuities for the driver are not included, but a gratuity of \$2-\$3 is recommended.

Registration Deadline: Jun 17

Fee: \$163(R)/\$173(NR)

17806 Wed Aug 6 4:15pm-11:15pm



Scenes from Past Day Trips



Pop-Up Trips

Look out for pop-up adventures and short day trips on our new passenger buses. Join our Facebook group or sign up for our weekly newsletter at www.apexnc.org/notifyme to learn more.

IN THE KITCHEN WITH JULIE

Location: Apex Senior Center

Instructor: Julie Shepherd

British Baking

Britain isn't known for their pastry, but there are a few traditions that can't be beat! English muffins, buttery scones, Victoria sponge cake and of course, sticky toffee pudding. The supply fee is included in the cost.

Fee: \$26(R) / \$36(NR) (1 class)

17416 Thu May 1 10am-12pm

Paris Nights

Come create a memorable dinner to share with someone special! The theme of our meal comes from the city of light. The meal will include soup, salad, entree, and dessert. The supply fee is included in the cost.

Fee: \$41(R) / \$51(NR) (1 class)

17417 Fri Jun 13 6pm-8pm

Challah Anyone?

Join me in the delicious tradition of challah! We will make the classic and also get a little creative with our dough. The supply fee is included in the cost.

Fee: \$26(R) / \$36(NR) (1 class)

17420 Thu Jul 17 10am-12pm

Charcuterie 101

Learns the basics of charcuterie, including different types of cured meats, cheeses, and complementary ingredients. The supply fee is included in the cost.

Fee: \$36(R)/\$46(NR) (1 class)

17432 Thu Aug 21 10am-12pm

COOKING WITH CHRIS BAZ

Location: Apex Senior Center

Instructor: Chris Basladynski

Summer Scones

Learn the art of making delicious scones with Chris Basladynski. These scones are perfect to enjoy fresh or you can freeze them. The supply fee is included in the cost of the class.

Fee: \$10 per person (1 class)

17626 Thu May 29 2:30pm-4:30pm

Chinese Spaghetti

Learn the art of making delicious Chinese Spaghetti with Chris Basladynski. The supply fee is included in the cost of the class.

Fee: \$10 per person (1 class)

17627 Thu Jun 26 2:30pm-4:30pm



Medical Needs & Allergies

If you have medical needs or allergies staff should know about, please let us know during registration. If you have any questions, please email parksinclusion@apexnc.org.

COOKING WITH THE SIHRAS

Location: Apex Senior Center

Instructor: Manmohan & Tripta Sihra

Basic Indian Cooking

The basic techniques of Indian cooking will be explained, including the description of typical spices that are used. As a group we will make four dishes and a rice dish. You get to taste what we make and critique the dishes. There will be a handout for you to take home. The supply fee is included in the cost of the class.

Fee: \$27(R) / \$37(NR) (1 class)

17535 Tue May 20 6pm-8pm

Spice Up Your Cooking

Spices have good Therapeutic Values/Properties and can make food taste good. This session will introduce participants to vast variety of Spices and help select few of the Spices to create an individual "Portfolio of Spices." There will be hands on cooking session to teach how to use the selected spices for specific cooking applications. Participants will get the opportunity to see-feel-smell &-taste the selected spices. Information on where and how to purchase these spices will also be shared. Supply fee is included in the cost.

Fee: \$27(R) / \$37(NR) (1 class)

17537 Tue Jul 15 6pm-8pm

Healthy Seafood With Indian Flair

This hands-on class will expose participants to prepare seafood with aromatic Indian spices and ensuring it is a healthy way to have delicious sea food. Three dishes will be prepared with distinctly different taste and flavors. Participants will enjoy these dishes with basmati rice and a yogurt side dish. Session will also include an overview of spices used in Indian cooking and get recipes for the three dishes. The supply fee is included in the cost.

Fee: \$42(R) / \$52(NR) (1 class)

17536 Tue Aug 5 6pm-8pm

DIY NATURAL FACE MASK

You're in for a treat! Join small business owner of ROU Soap & Skincare, Diamond, for an interactive class. She specializes in handcrafted bath and skincare products. You will learn how to make face masks with activated charcoal and green clay. Clay masks are great for drawing out dirt and impurities. They can also brighten the skin and help with breakouts.

Location: Apex Senior Center

Instructor: ROU Soap & Skincare

Fee: \$27(R) / \$37(NR) (1 class)

17618 Tue Jun 17 1pm-3pm

DIY NATURAL DEODORANT

You're in for a treat! Join small business owner of ROU Soap & Skincare, Diamond, for an interactive class. She specializes in handcrafted bath and skincare products. You will learn how to make deodorant sticks made with pure, natural ingredients. Aluminum-free and sensitive skin friendly.

Location: Apex Senior Center

Instructor: ROU Soap & Skincare

Fee: \$14(R) / \$24(NR) (1 class)

17619 Tue Aug 19 1pm-3pm

BASKET WEAVING

Location: Apex Senior Center **Instructor:** Susan Dombrowski
Beach Baby Basket

Weave this delightful basket with cool Mediterranean Blue and natural reed. Add a starfish and seashell charms and you have a basket to transport you to those warm summer breezes on the beach. The supply fee is included in the cost of the class.

Fee: \$26 per person (2 classes)

17773 Thu/Fri May 29 & May 30 1:30pm-4:30pm

ANY OCCASION CARDS

Each class offers a wide variety of design techniques to create one-of-a-kind beautiful cards to take home. Each class has it's own theme and design. No experience necessary. Students will create and take home two handmade cards. Registration ends a week prior to class. *Supply list: double-sided adhesive tape runner (with refill), adhesive-backed foam dots/squares, mini glue dots/zots, small scissors and small (3 mm) or graduated-sized (clear, black, and multicolored) adhesive-backed rhinestones.*

Location: Apex Senior Center **Instructor:** Chaille O'Neal

Fee: \$13(R) / \$23(NR) (1 class)

Simple Joys of Summer- 2 pop-up cards

17605 Tue May 6 1pm-3pm

Games Our Boys Play- 2 buckle-latch cards

17604 Tue Jun 3 1pm-3pm

Palm Leaves & Ocean Breezes- 2 stair step fold

17606 Tue Aug 5 1pm-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. Take home a wonderful personalized creation. Supply fee is included in the cost.

Location: Apex Senior Center **Instructor:** Annette Hassinger

Fee: \$52(R) / \$62(NR) (1 class)

17601 Tue Jul 15 1pm-3pm

17602 Tue Aug 19 1pm-3pm

ART WITH MOLLY

Location: Apex Senior Center

Instructor: Molly Odum

Studying Nature ~ Flora & Fauna

Get inspired by the world around you by learning to paint flora and fauna in watercolors. We will practice washes/glazes, color mixing, and our drawing skills. This class is great for those with beginner experience in watercolors and drawing.

Fee: \$10(R) / \$20(NR) (3 classes)

17615 Wed May 7 - May 21 6pm-8pm

Introduction to Print Making ~ The Art of Block Printing

Learn the ancient technique of block printing! This fun technique allows for you to make your very own stamps for you to print on a multiple surfaces. We will be using soft linoleum blocks to create our designs using linoleum cutters. This class will cover many art techniques such as positive/negative space, line, and value. This is a true beginners class so no experience is required, all are welcome.

Fee: \$20(R) / \$30(NR) (6 classes)

17616 Wed Jun 4 - Jul 9 6pm-8pm



The Halle Art Exhibitions

Visit The Halle Cultural Arts Center for rotating exhibitions of local and regional artists. Are you interested in showing your work? Submit an artist application in person, or online at www.TheHalle.org.

ART WITH WADE

All of Wade's classes require you to purchase supplies ahead of time. Supply lists are available at the ASC front desk.

Location: Apex Senior Center **Instructor:** Wade Carmichael

All Media Open Workshop

Explore the possibilities of using any media to create imagery. From beginner to experienced artist can benefit from this Open Studio which will provide instruction, demonstration and constructive critique of whatever you want to work on.

Fee: \$15(R) / \$25(NR) (5 classes)

17585 Mon May 5 - Jun 9* 2pm-4pm

*No class on May 26

Watercolor Workshop

Whether just getting started using watercolors or seeking to further develop your watercolor skills, exploring different techniques, tools, and effects.

Fee: \$18(R) / \$28(NR) (6 classes)

17583 Tue May 6 - Jun 10 9:30am-11:30am

Acrylic Painting Workshop

Exploring more ways of creating paintings with acrylics. Explore different techniques and styles of abstract and representational painting. Start a new image or bring something you have been working on.

Fee: \$18(R) / \$28(NR) (6 classes)

17588 Wed May 7 - Jun 11 3:30pm-5:30pm

Color Pencils and More

This class will focus on ways you can use Color Pencils in your work. We will explore different types of colored pencils and ways to combine them.

Fee: \$18(R) / \$28(NR) (6 classes)

17582 Mon Jul 21 - Aug 25 2pm-4pm

Painting with Acrylics

Refresher and new challenges working with acrylic paints. Start something new or continue a piece from earlier classes.

Fee: \$18(R) / \$28(NR) (6 classes)

17586 Tue Jul 22 - Aug 26 9:30am-11:30am

Watercolor Workshop

Whether just getting started using watercolors or seeking to further develop your watercolor skills, exploring different techniques, tools, and effects.

Fee: \$18(R) / \$28(NR) (6 classes)

17589 Wed Jul 23 - Aug 27 3:30pm-5:30pm



Note on Pottery Classes

Wear clothes that can get dirty even though there are aprons! (Optional) Bring a shoebox or plastic container for work storage and/or taking work home, a sketchbook or notebook.

WHEEL

Sessions include demonstrations and practice time under the guidance of the instructor. Students are encouraged to practice between class sessions. **Location:** Apex Senior Center **Instructor:** Rachel Stewart

Beginner Wheel

This course introduces students to the basics of throwing pottery and provides them with an understanding of ceramic terms and processes. During this class we will cover clay preparation for the wheel, centering, opening and pulling as well as finishing techniques like glazing. By the end of the 7 week session students will be able to make basic bowls and mugs. This is a beginner class, no prerequisite.

Fee: \$65(R) / \$75(NR) (7 classes)

17760 Wed May 21 - Jul 2 10:30am-12:30pm

Intermediate Wheel

This course is designed for those who have taken Beginner Wheel at Apex Senior Center and want further refinement in basic throwing skills in order to progress to more challenging levels. We will review clay preparation for the wheel, centering, opening and pulling. We will add techniques for shaping and making multiples.

Fee: \$71(R) / \$81(NR) (7 classes)

17766 Thu May 22 - Jul 17* 2pm-3:30pm

*No class on Jun 19

ADVANCED WHEEL STUDIO PASS

Prerequisite: These classes are only available to students that have taken Intermediate Wheel at the Apex Senior Center.

For serious and experienced students who wish to further their personal growth with the potter's wheel. Students will receive 25 lbs of clay and have 14-week access to the studio to finish projects. *Students will meet for class periodically for a total of 7 weeks for any extra guidance.* Most students' work should be independent with students taking advantage of open studio hours (Monday, Wednesday, Friday 12:00-3:00 pm and Tuesday, Thursday 3:30-6:30 pm. Subject to change)

Location: Apex Senior Center

Instructor: Rachel Stewart

Fee: \$125(R) / \$135(NR) (7 classes)

17756 Mon May 12 - Aug 18 3pm-4:30pm

17771 Mon May 19 - Aug 25 3pm-4:30pm

POTTERY DESIGN CLASSES

Location: Apex Senior Center

Jellyfish Airplant Holder

Who doesn't love a creatively displayed airplant? Come add your personal flair to a jellyfish styled airplant holder. In this short class students will form cuplike jellyfish top, decorate with additive textures or subtractive carving, glaze and assemble at least one jellyfish airplant. Beginners Welcome.

Instructor: Alissa Shahin

Fee: \$44(R) / \$54(NR) (4 classes)

17764 Mon May 5 - Jun 2 8:15am-10:15am

Pinch Pot Snowmen

This class is part of the "Hot Holidays" series that focuses on seasonal themed projects to cool off the heat of the summer and stress of the Holiday seasons. During this class students will learn the basics of ceramics by making snowmen through the pinch pot method. Students will create the body of the snowmen by creating hollow forms. Once assembled students will make their snowmen come to life by adding various additive or subtractive textures. Students will then add color using glaze to finalize. All levels of ceramic students are welcome. **Instructor:** Rachel Stewart

Fee: \$51(R) / \$61(NR) (4 classes)

17768 Tue May 20 - Jun 10 2pm-3:30pm

Clay Coasters

In this beginner class we will cover the best methods for working with flat slabs of clay. You will be guided in using natural items to add impressions and textures or original hand carving designs. Students will make a set of 4-6 coasters with a unifying theme. **Instructor:** Rachel Stewart

Fee: \$45(R) / \$55(NR) (4 classes)

17758 Mon Jun 9 - Jun 30 10:30am-12pm

Cookie Cutter Ornaments

This class is part of the "Hot Holidays" series that focuses on seasonal themed projects to cool off the heat of the summer and stress of the Holiday seasons. In this class students will explore clay by creating textured ornaments. Students will roll out flat clay slabs and cut out various shapes of their choosing using cookie cutters. Students will then texturize on to their cut-out shapes by using additive and subtractive texture techniques. Students will finalize their ornaments by glazing and stringing them up with a ribbon of their choice. All levels of ceramic students are welcome.

Instructor: Rachel Stewart

Fee: \$38(R) / \$48(NR) (3 classes)

17765 Tue Jun 17 - Jul 1 2pm-3:30pm

Slab Plant Pot

In this class students will learn how to use different colored clay to create vessels with unique marbled surfaces and designs. While learning the basics of clay students will create slabs to drape over a mold of their choosing. Students will have many options to create a variety of vessels all with their own distinctive patterns. All levels of ceramic students are welcome!

Instructor: Rachel Stewart

Fee: \$78(R) / \$88(NR) (7 classes)

17767 Mon Jul 7 - Aug 25* 10:30am-12pm

*No class on Jul 28

Gingerbread Houses

This class is part of the "Hot Holidays" series that focuses on seasonal themed projects to cool off the heat of the summer and stress of the Holiday seasons. In this class students will use a pattern to make a classic gingerbread house. They will learn the hard slab method of hand building to create their house structure. Students will be encouraged to add sculptural elements, slip decoration and gingerbread people to make their house one of a kind. Students will then finalize their house by adding color with glaze. Although some experience with clay is encouraged, beginners are welcome.

Instructor: Rachel Stewart

Fee: \$78(R) / \$88(NR) (7 classes)

17762 Tue Jul 8 - Aug 26* 2pm-3:30pm

*No class on Jul 29

Making Minis

Prerequisite: *Beginner Wheel at Apex Senior Center.* In this class students will learn how to create a variety of miniature vessels by throwing off the same hump of clay. We will also cover the best methods for cutting off and trimming our tiny pieces without the risk of distorting them. Finally, Students will glaze and take home their finished pieces to keep or gift to others. This class is recommended for those who are comfortable and have had independent success with throwing on the potter's wheel.

Instructor: Rachel Stewart

Fee: \$50(R) / \$60(NR) (5 classes)

17761 Thu Jul 24 - Aug 28* 2pm-3:30pm

*No class on Jul 31



Pottery Open Studio

Pottery Open Studio hours are held for students 18+ currently enrolled in our pottery classes. Participants can use this time to work on their pieces and get extra assistance in between classes. Studio hours will be posted in the pottery studio and emailed out after registration. Please make sure your email is up-to-date in your account.



Senior Exercise & Open Gym Pass

Interested in Senior Exercise or Pickleball Open Play?

Please fill out the registration form at the Apex Senior Center. You will get a photo ID card which you will scan each day you want to participate. **FREE for Apex residents and for a small fee to non-residents.**

SENIOR EXERCISE

Limited to 90 participants. A fitness program designed for seniors to have fun while retaining flexibility and mobility through a series of motivating and enjoyable exercises. Some equipment is available, but it is highly recommended to bring your own. **A Senior Exercise Pass is required to attend Senior Exercise.** **Location:** Apex Senior Center **Instructors:** Maureen Doetzer (Mondays), Kendall Hardin (Tuesdays), Beth Arthur (Wednesdays), Karee White (Fridays)

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

Mondays	May - Aug*	9am-9:45am
		10am-10:45am
Tuesdays	May - Aug	9am-9:45am
Wednesdays	May - Aug	9am-9:45am
		10am-10:45am
Fridays	May - Aug*	9am-9:45am

*No class on May 26 or Jul 4

SENIOR SIESTA IN THE SILKS

Join us for Senior Siestas that are as easy as sitting in a relaxing beach chair or laying in a silken hammock - 12 to 18 inches above your yoga mat! You'll move through slow, mindful, supported yoga poses that focus on gently increasing flexibility, improving circulation, and easing tension. Each month LaRue Thomas, Duke-trained Integrative Health and Fitness Coach, will offer wellness guidelines and inspire you to feeling better from the inside out. Ideal for anyone looking for a more gentle and holistic approach to fitness and well-being.

Location: Apex Senior Center **Instructor:** LaRue Thomas

Fee: \$18.50(R) / \$28.50(NR) (1 class)

Mindful Movement

17800 Thu May 22 3pm-4pm

Get Better Sleep

17801 Thu Jun 26 3pm-4pm

Reduce Stress

17802 Thu Jul 24 3pm-4pm

Connect with your Community

17803 Thu Aug 21 3pm-4pm



Fitness Room

The Fitness Room at the Apex Senior Center is available for use Monday-Friday, 8:30am-8:30pm, and Saturday, 9:30am-2:30pm. A membership must be obtained by completing a registration form at the front desk. Residents age 55+ are free and non-residents age 55+ may purchase a package of 10 visits for \$20. The Fitness Room includes two ellipticals, three treadmills, a recumbent bike and stepper, a total body exerciser, an Achieve Dual (for leg extensions/curls), and a Functional Trainer.

FITNESS PLUS

A series of bodyweight exercises (such as pushups, planks, squats and lunges) that use an individual's own weight to provide resistance against gravity. These are designed for any level or ability and focuses on strength, including strength, endurance, speed, flexibility, coordination and balance.

Location: Apex Senior Center

Instructor: Curt Baney

Fee: \$14(R) / \$24(NR) (7 classes)

17575 Sat May 3 - Jun 28* 11:15am-12pm

17578 Sat Jul 12 - Aug 23 11:15am-12pm

*No class on Jun 7 or Jun 21

BONE BUILDERS

Bone Builders is a great way to improve or stabilize individuals with osteoporosis or osteopenia. It is a program developed by Tufts university. The Qigong warm up is a gentle and therapeutic way to warm up each part of the body, including internal organs, using QI/energy, with range of motion exercises, gentle stretching, balance and more. Bringing your own wrist and ankle weights preferred. There are some hand weights available.

Location: Apex Senior Center

Instructor: Margie Chu

Fee: \$25(R) / \$35(NR) (7 classes)

17817 Tue Jul 8 - Aug 19 2pm-3pm



Indoor Walking

Come by the Apex Senior Center or John M. Brown Community Center anytime during open hours to walk in the halls. **No registration is necessary.**

16 laps in the Senior Center hallway is 1 mile.

12 laps in the Community Center hallway is 1 mile.

4 (Figure-8) laps around both buildings is 1 mile.

WALKS & HIKES

Will return in the Fall!

YOGA WITH SUSAN

Please bring your own mat and other props, and refrain from eating a heavy meal at least one hour before class.

Location: Apex Senior Center **Instructor:** Susan Fenimore

Fee: \$26(R) / \$36(NR) (7 classes)

Beginner Yoga

Yoga is a natural stress reliever and a great way to maintain your health! Simple stretching, yoga postures, breathing and relaxation techniques will be taught. Props such as chairs, blankets, blocks and straps may be used for modifications. A portion of the class will be chair (seated) yoga, followed by standing poses with the chair as a prop and finishing with floor and stretching and relaxation. If you are unable to get down on the floor, you may choose to sit in a chair.

17516 Mon May 5 - Jun 23* 10:15am-11:15am

17519 Mon Jul 7 - Aug 18 10:15am-11:15am

*No class on May 26

Intermediate Yoga

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.

17520 Wed May 7 - Jun 18 10:15am-11:15am

17521 Wed Jul 9 - Aug 20 10:15am-11:15am

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, perform poses on your knees and not have any medical conditions or precautions to performing poses above your head, or inverted poses. Modifications may be made with the use of props you bring to class.

17517 Fri May 9 - Jun 20 10:15am-11:15am

17518 Fri Jul 11 - Aug 22 10:15am-11:15am

PIYO

We fused Pilates that strengthens your abs and builds a stronger core, with yoga that transforms you in body and spirit. Feel the self-massage and deeper breathing that you will experience as well to complete this innovative class, leaving refreshed, yet relaxed. Please bring your own yoga mat, weighted ball, light dumbbells, and blocks if you have them. **Location:** Apex Senior Center **Instructor:** Karee White **Fee:** \$26(R) / \$36(NR) (7 classes)

17522 Thu May 8 - Jun 26* 9am-9:45am

17523 Thu Jul 10 - Aug 21 9am-9:45am

*No class on Jun 19

YOGA @ NIGHT

Ages: 18+ yrs. **Location:** Apex Senior Center

Instructor: Alicia Ten Brink

Intermediate Yoga @ Night

Yoga is a wonderful way to give back to yourself at the end of the day! This class offers opportunities for exploration of movement to promote balance, strength, and mobility. Participants will also discover postures and breathing techniques that help nurture and calm the nervous system. You must be able to easily get up and down off of the floor and perform poses on your knees. Must have 6 months of prior Yoga experience.

Fees: Ages 55+: \$26(R) / \$36(NR) (7 classes)

17514 Wed May 7 - Jun 18 5:15pm-6:15pm

17515 Wed Jun 25 - Aug 13* 5:15pm-6:15pm

*No class on Jul 2

Gentle Yoga @ Night

Yoga is a great way to unwind after a busy day! Enjoy the benefits of yoga's stress relieving qualities, while improving strength, balance, and mobility. This class will focus on simple stretches, postures and breath techniques that help restore and strengthen the body. Designed for those who prefer a gentle practice. Participants must be able to move easily up and down off of the floor. Open to all levels.

Fees: Ages 55+: \$26(R) / \$36(NR) (7 classes)

17512 Thu May 8 - Jun 26* 5:15pm-6:15pm

17513 Thu Jul 10 - Aug 21 5:15pm-6:15pm

*No class on Jun 19

CHAIR YOGA FOR BALANCE

Interested in having fun while improving balance? This may be the class for you! This series of classes will focus on poses and movement that strengthen and stretch the key muscle areas crucial to balance. The goal is to build a strong, supple body, so that it's ready for balance when you need it most.

Location: Apex Senior Center **Instructor:** Alicia Ten Brink

Fee: \$26(R)/\$36(NR) (7 classes)

17508 Wed May 7 - Jun 18 11:30am-12:30pm

17510 Wed May 7 - Jun 18 1:30pm-2:30pm

17509 Wed Jun 25 - Aug 13* 11:30am-12:30pm

17511 Wed Jun 25 - Aug 13* 1:30pm-2:30pm

*No class on Jul 2

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. Movements are specifically designed to strengthen and lengthen the muscles with special focus on the core. Please bring your own mat.

Location: Apex Senior Center **Instructor:** Maureen Doetzer

Fee: \$26(R) / \$36(NR) (7 classes)

17528 Mon May 5 - Jun 23* 11am-11:45am

17529 Mon Jul 7 - Aug 18 11am-11:45am

*No class on May 26

BARRE

Barre fuses elements of ballet, pilates and yoga for a total body workout. Class is a blend of light cardio, strength, flexibility, balance, and core conditioning. No experience necessary. Please bring your own mat.

Location: Apex Senior Center **Instructor:** Beth Arthur

Fee: \$26(R) / \$36(NR) (7 classes)

17465	Wed	May 7 - Jun 18	11am-11:45am
17466	Wed	Jul 9 - Aug 20	11am-11:45am

STEEL STRONG

Low, impact class that is mostly seated. Take that next step to building strong muscles and staying fit. This forty five minutes strength training class is perfect for older seniors and those who find less strenuous exercise with light weights, higher reps a good start to toning muscles. Must provide your own light hand weights and small exercise ball.

Location: Apex Senior Center **Instructor:** TBD

Fee: \$26(R) / \$36(NR) (14 classes)

17472	Tue/Thu	May 6 - Jun 24*	11am-11:45am
17473	Tue/Thu	Jul 8 - Aug 21	11am-11:45am

*No class on May 27 or Jun 19

STRENGTH TRAINING

This *high impact* 45 minute strength training class will help you to prevent muscle loss, increase bone density, and improve mobility and range of motion using dumbbells and resistance bands. Please bring your own weights.

Location: Apex Senior Center

Fee: \$26(R) / \$36(NR) (7 classes)

Instructor: Karee White

17480	Thu	May 8 - Jun 26*	10am-10:45am
17481	Thu	Jul 10 - Aug 21	10am-10:45am

Instructor: Maureen Doetzer

17482	Tue	May 6 - Jun 24*	10am-10:45am
17483	Tue	Jul 8 - Aug 19	10am-10:45am

*No class on May 27 or Jun 19

TRIPLE FIT: CARDIO, STRENGTH AND BALANCE

A fun, dynamic 45 minute fusion class combining low impact cardio, strength training using light weights and resistance bands, and balance exercises with a great end of class stretch. This class will improve cardiovascular health, functional strength and range of motion. Just bring a mat and a great attitude! **Location:** Apex Senior Center

Rotating Instructor: Maureen Doetzer, Kendall Hardin, Beth Arthur, Karee White

Fee: \$26(R) / \$36(NR) (8 classes)

17492	Tue	May 6 - Jun 24	5:30pm-6:15pm
17493	Tue	Jul 8 - Aug 26	5:30pm-6:15pm

STRENGTH TO STAND TALL

This class is for all levels of experience and abilities. Pilates (standing & seated), Yoga and Barre will be incorporated to move and stretch every muscle. Focus will be on using our bodies for maximum efficiency. Explore how form, proper breathing, and various core techniques help us realize more dramatic results in our strength, balance, health and overall attitude. Come create a taller and leaner you! Please bring an optional mat if desired.

Location: Apex Senior Center **Instructor:** Debra Robert

Fee: \$21(R) / \$31(NR) (7 classes)

17486	Mon	May 5 - Jun 23*	11:45am-12:30pm
-------	-----	-----------------	-----------------

*No class on May 26

TAI CHI & QI GONG

Instructor: Susan Fenimore **Location:** Apex Senior Center

Fee: \$26(R) / \$36(NR) (7 classes)

Tai Chi Basics

Tai Chi is a martial art that utilizes gentle, flowing movements to enhance health in the mind & body. Beginner & intermediate level students will learn and practice simple Tai Chi and Qi Gong movements including the 8 form and the 24 Yang Short form. Emphasis will be on the underlying principles of Tai Chi such as posture, balance, proper breathing and relaxation. *No class on May 26

17488	Mon	May 5 - Jun 23*	5:30pm-6:30pm
-------	-----	-----------------	---------------

17489	Mon	Jul 7 - Aug 18	5:30pm-6:30pm
-------	-----	----------------	---------------

Qi Gong Easy Movements

This class is highly recommended before taking Tai Chi Basics. Qi Gong is a healing art which involves performing individual movements. Tai Chi is a martial art that was used for self-defense but now as a moving meditation for health & wellness with many proven benefits. This class will combine movements from Qi Gong & Tai Chi in short, easy sequences to emphasize relaxation, mind-body connection and awareness of breath while improving your balance and overall strength. This class is for new students and/or those that prefer easier sequences.

17490	Wed	May 7 - Jun 18	9am-9:45am
-------	-----	----------------	------------

17491	Wed	Jul 9 - Aug 20	9am-9:45am
-------	-----	----------------	------------

BALLROOM DANCE LESSONS

Ballroom dancing is enjoyed by many all across the world both socially and competitively. These beginner lessons will provide you with a firm foundation for Fox Trot, Waltz, Rhumba, and Cha Cha. All styles used for ballroom dancing. It is encouraged that you sign up with a partner, but not necessary as we can partner you with another student or volunteer. **Location:** Apex Senior Center

Instructor: Roger Powell

Fee: \$26(R) / \$36(NR) (6 classes)

17772	Wed	May 21 - Jun 25	3pm-4:30pm
-------	-----	-----------------	------------

PEACEFUL MOVEMENTS FOR GRIEF RELIEF

Seated, instructor facilitated breathing and movement exercises designed to help move and release grief in all its aspects out of the body/cells, mind and spirit. Suitable for anyone experiencing any type of loss (death of loved one, loss of health/mobility, loss from trauma, loss from caregiving, etc.) **Location:** Apex Senior Center **Instructor:** Nancy Cole
Fee: Free (6 classes)

17579 Sat Jul 12 - Aug 16 11am-11:45am

HAPPY FEET FITNESS CLASS

Ages: 18+ yrs. No Partner needed for these classes!

Location: Apex Senior Center **Instructor:** Joel Plys

Fees: Ages 55+: \$29(R) / \$39(NR) (7 classes)

Beginner

If you are looking for a new form of Cardio - this class is for you! No partner needed for these classes! We will focus on individual movement, taking Swing Dance, Charleston and Jazz rhythms and putting them together for a great workout. We will cover routines like the Shim Sham, Jitterbug Stroll, 1950s Madison Time, and more as we "Dance through the Decades".

17494 Tue May 6 - Jun 17 6:15pm-7pm

17495 Tue Jul 8 - Aug 19 6:15pm-7pm

Partner Era Swing Dancing

Beginners welcome! Learn to Swing Dance with a partner with our Two-time Hall of Fame instructor, Joel Plys. In 2011 he was inducted into the Camp Hollywood Hall of Fame & in 2014 the California Swing Dance Hall of Fame. You are in good hands as he shares 6-count Swing, Lindy Hop, and Charleston.

17496 Tue May 6 - Jun 17 7pm-7:45pm

17497 Tue Jul 8 - Aug 19 7pm-7:45pm

POUND FITNESS®

Ages: 18+ yrs. POUND® is an exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Instead of listening to music, you become the music in this workout! Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Modifications available for all fitness levels. RipStix are provided, but bring your own yoga mat, water bottle and towel.

Location: Apex Senior Center **Instructor:** Robin Coull

Fees: \$11(R)/\$21(NR) (3 classes) *No class on Jun 9

17475 Mon May 5 - May 19 5:30pm-6:30pm

17476 Mon Jun 2 - Jun 23* 5:30pm-6:30pm

17477 Mon Jul 7 - Jul 28 5:30pm-6:30pm

17478 Mon Aug 4 - Aug 18 5:30pm-6:30pm

ZUMBA WITH SASSY J @ NIGHT

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. 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. **Location:** Apex Senior Center **Instructor:** Jackie Gaines
Fee: Free (15 classes) *No class on May 26 or Jul 28

17504 Mon May 5 - Aug 25* 6:45pm-7:45pm



Zumba Party

Register for the Zumba Party with Sassy J in July! More details on page 7 of this guide.

ZUMBA GOLD

Experience a feel-happy workout that combines a mixture of body sculpting movements and easy-to-follow dance steps. The routines utilize the principles of aerobic interval and resistance training. A combination of fast and slow rhythms tone and sculpt the body while maximizing caloric output, fat burning and total body toning.

Location: Apex Senior Center **Instructor:** Mya Barghouthi

Fee: \$15(R) / \$25(NR) (6 classes)

17502 Tue May 6 - Jun 17* 11am-12pm

17503 Tue Jul 8 - Aug 12 11am-12pm

17500 Thu May 1 - Jun 12 11am-12pm

17501 Thu Jul 10 - Aug 14 11am-12pm

*No class on May 27

TAP

Supply fee is included in the cost.

Location: Apex Senior Center **Instructor:** Connie Belton

Fee: \$2 per person (15 classes)

Beginner Tap

Get your heart a-pumping and your feet a-tapping as you learn basic tap steps that build into simple dance routines. What a way to tap into life! Wear tap shoes or hard-soled shoes for the first class; tap shoes (available from any local dance store) will be discussed the first day.

17506 Mon May 12 - Aug 25* 3pm-4pm

Intermediate Tap

You've practiced your shuffles and can flap with the best of them. Now it's time to challenge those feet with tried-and-true tap combinations. Whether a Buck Time Step, Soft Shoe Essence, or an intermediate combo, you'll practice rhythm and foot memory as you tap your way to good health.

17505 Mon May 12 - Aug 25* 2pm-3pm

*No class on May 26



Open Gym Pass for Pickleball

Interested in Senior Exercise or Pickleball Open Play?

Please note, pickleball requires a good sense of balance to avoid falls on the court. Fill out the registration form at the Apex Senior Center. You will get a photo ID card which you will scan in each day you want to participate. **FREE for Apex residents and for a small fee to non-residents.**

PICKLEBALL INDOOR 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 court shoes. Bring your own paddle or use provided paddles on first come, first serve basis. Schedule below is subject to change. You can check the senior calendar for updates, or call the JMBCC Front Desk at 919-249-3402. **Location:** John M. Brown Community Center
Fee: \$0(R) / \$20 for 10 Plays (NR)

Mon - Fri	May - Aug*	8:30am-11:30am
------------------	-------------------	-----------------------

*No Open Play on May 26, Jun 19, Jun 23 - 26, Jul 4, Jul 7-10, Jul 28-31, Aug 11-15 or Aug 18-21

PICKLEBALL OUTDOOR PLAY

Pickleball is available outdoors at: **Kelly Road Park (1609 Kelly Rd), Apex Nature Park (2500 Evans Rd), Apex Community Park (2200 Laura Duncan Rd), and Pleasant Park (3400 Pleasant Plains Rd).** Net heights cannot be altered. Court schedules are posted at the park. Apex programs and events are subject to change and are given priority.

ROUND ROBIN COED PICKLEBALL TOURNAMENT

In this fun tournament, each male and female player will be randomly paired with a different partner of the opposite gender for up to 6 games. Team point totals will be recorded and the 2 male and 2 female players with the most points will take part in a 2-game playoff to determine the winners.

Location: John M. Brown Community Center

Instructor: Mark Blatchford

Fee: \$10 per person

17720	Men	Fri	Aug 8	9am-2pm
17721	Women	Fri	Aug 8	9am-2pm

INTRODUCTION TO PICKLEBALL

Have you been wondering what this new sport Pickleball is all about? If so, come and spend an hour and a half learning about the history of the game, the equipment and court, the rules and the scoring, and watching experienced players give a demonstration.

Location: John M. Brown Community Center

Instructor: Mark Blatchford

Fee: Free (1 class)

17722	Fri	May 2	1pm-2:30pm
17723	Mon	Jul 21	1pm-2:30pm

PICKLEBALL SPECIALTY WORKSHOPS

Pickleball Tournament Prep Class

Get ready to compete with confidence in our Tournament Prep Class! This session focuses on fine-tuning your skills and strategy for competitive play. You'll work on poaching, court positioning, and match specific drills to sharpen your readiness for tournaments. We'll also cover mental preparation, partner communication, and tournament rules to ensure you're fully equipped for success. Perfect for players gearing up for their next big event. Note: this class is intended for players at the 3.0 level and above. We also recommend that players register with their tournament partner.

Location: Kelly Road Park

Instructor: Craig Pyne

Fee: \$20(R) / \$30(NR) (3 classes)

17775	Tue/Thu	Aug 21 - Aug 28	8am-10am
-------	---------	-----------------	----------

Court Positioning & Strategy Workshop

Designed for players rated 3.0 and above. This is a new training offering focused on-court positioning and strategy. We will demonstrate concepts such as stacking, varying serve location and height, 3rd shot techniques to set up your 5th shot, effective dinking patterns, and how to beat different types of players. The session is comprised primarily of intense drilling and coached games.

Location: Kelly Road Park

Instructor: Craig Pyne

Fee: \$20(R) / \$30(NR) (3 classes)

17774	Tue/Thu	Jun 3 - Jun 10	10am-12pm
-------	---------	----------------	-----------

PICKLEBALL CLINICS

Participants should wear court shoes, bring water and a pickleball paddle, if they have one. We will have a selection of paddles available for use for those who do not have a paddle. We'll end each class with coached gameplay. Outdoor clinics are weather dependent and may be moved indoors.

Beginner 1

Introductory clinic for anyone looking to learn basic strokes and rules. We will train you on three strokes: the dink, the drop shot, and the serve. We also cover playing fundamentals, including rules, equipment, warm-up, and on court safety.

Location: John M. Brown Community Center

Instructor: Mark Blatchford

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

17725 Wed/Fri Jun 4 & Jun 6 12pm-2pm

Beginner 2

This clinic builds on what was learned in Beginner 1. You will practice different types of shots, such as dinks, drop shots, and serves and we'll introduce forehands, backhands, volleys, and service returns.

Location: John M. Brown Community Center

Instructor: Mark Blatchford

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

17726 Wed/Fri Jun 11 & Jun 13 12pm-2pm

Beginner 3

This clinic is designed to help players improve their consistency and strategy. Drills will cover shot placement, effective dinking, and 3rd shot drops. Introductory strategy focuses on partner communication and court positioning.

Location: Apex Nature Park

Instructor: Craig Pyne

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

17727 Mon/Wed Jul 14 & Jul 16 12pm-2pm

Intermediate

Designed for players rated 3.0 to 3.5. This clinic is focused on improving footwork, consistency, control and placement on the court.

Location: John M. Brown Community Center

Instructor: Craig Pyne

Fee: \$15(R)/ \$25(NR) (3 classes)

17728 Tue/Thu May 6 - May 13 12pm-2pm

Advanced

Designed for players rated 3.5 and above. Level up your game by focusing on footwork, using spin, kitchen lobs, resetting the ball, and counter attacks. We'll discuss game strategies such as stacking and the shake and bake.

Location: Kelly Road Park

Instructor: Craig Pyne

Fee: \$20(R)/ \$30(NR) (3 classes)

17724 Tue/Thu May 15 - May 22 10am-12pm

LINE DANCING

Location: Apex Senior Center **Instructor:** Teresa VonCannon
Fee: \$17(R) / \$27(NR) (7 classes)

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!

17452 Fri May 16 - Jun 27 9am-10am

17453 Fri Jul 18 - Aug 29 9am-10am

Beginner Plus

You must have successfully completed the Beginner Line Dancing class with approval from the instructor. For those who have some line dance experience. You should know basic line dance steps and terminology.

17454 Fri May 16 - Jun 27 10:15am-11:15am

17455 Fri Jul 18 - Aug 29 10:15am-11:15am

Low Intermediate

You must have successfully completed the Beginner Plus Line Dancing class with approval from the instructor. 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.

17450 Fri May 16 - Jun 27 11:30am-12:30pm

17451 Fri Jul 18 - Aug 29 11:30am-12:30pm



Line Dance Party

Don't miss the Line Dancing Party in August! More details on page 7 of this guide.

EVENING BEGINNER PLUS

LINE DANCING

Line Dancing made easy and fun! For those who have some line dance experience. You should know basic line dance steps and terminology. **Location:** Apex Senior Center

Instructor: Teresa VonCannon

Fee: \$17(R) / \$27(NR) (7 classes)

17447 Wed May 14 - Jun 25 6:15pm-7:15pm

17448 Wed Jul 16 - Aug 27 6:15pm-7:15pm

SPECIAL INTEREST CLUBS

Location: Apex Senior Center

Fee: Free, Led by Senior facilitator

Senior Book Club

Join us once a month to discuss books of different genres.

Books are chosen by the group.

17327 4th Tue May - Aug 1pm-2:30pm

Book Lovers Club

This will not be a book club discussing a particular book, but a chance to discuss what everyone is reading and recommend titles and authors. Coffee, books & friends are a perfect blend!

17328 2nd Tue May - Aug 1pm-2:30pm

Challenged Books Club

Will return in the Fall!

Quilting Club

Calling all quilters! Whether you piece or applique, bring your sewing machine or hand project and socialize while creating your heirloom. You are welcome to bring your lunch or snack.

17330 Wed May - Aug 11:45am-2:45pm

Stitch & Hook Club

If you crochet, knit or do needlework, bring your own project to the Stitch & Hook Club! You're welcome to bring your lunch or favorite snack. *No meeting Jun 19

17332 Thu May - Aug* 10am-12pm

Apex Community Writers Club

Join this supportive community of like-minded writers who come together to discuss the beauty of writing. Respectively critique, offer feedback, provide helpful information to enhance their writing skills. Also, to simply offer a safe space to share their work. *No meeting on Jul 4

17333 Fri May - Aug* 10am-12:30pm

Paper Crafters Club

All paper crafters welcome scrap bookers, paper quillers, card makers, book creator, and coloring artists. Bring your projects and ideas to share with fellow crafters as you socialize. You're welcome to bring your meal or favorite snack.

17334 2nd/4th Fri May - Aug 9am-3pm

Garden Enhancement Interest Club

This club will assist in the planting and maintenance of our main entrance large planters.

17335 May - Aug Date/Times coordinated by facilitator

Scrapbooking Club

Whether you're a seasoned scrapbooker or just starting out, unleash your creativity and connect with fellow enthusiasts. Share ideas, learn new techniques & show your unique style.

17336 1st Thu May - Aug 1pm-4pm

Outdoor Lovers Club

Join us for outdoor education and information sharing and meet other outdoor enthusiast who share your interest.

17337 1st Tue May - Aug 1pm-2:30pm

POTLUCK LUNCHEONS

Spend your lunch time visiting with friends while sharing a meal together. Bring a covered dish to share. Coffee, water, and paper products provided. Help support the Western Wake Crisis Ministry by bringing any nonperishable food items or toiletry products. **Location:** Apex Senior Center

Fee: Free

17325 Thu Jun 12 12pm-1:15pm

17324 Thu Jul 10 12pm-1:15pm

17323 Thu Aug 14 12pm-1:15pm

MOVIETIME MATINEE

We will be watching a variety of great movies, from well-known classics to less familiar treasures. Comedies, mysteries, westerns, musicals, film noir; from silents to the 21st century. FREE POPCORN - bring your own beverage. Scheduled titles will be emailed to registrants and posted on the Senior Information Board at least one week before each showing. COME JOIN THE FUN!

Location: Apex Senior Center **Fee:** Free

17672 2nd/4th Wed May - Aug 1:30pm-4pm*

*Time on May 14 is 12pm-4pm

ASC NIGHT AT THE MOVIES

Enjoy a night out at the Apex Senior Center for a showing of preselected movies. Feel free to bring your dinner or favorite soft drink. We will provide popcorn. Make sure you are signed up for the Recreation Station Newsletter to know what movies are scheduled.

Location: Apex Senior Center **Fee:** Free

17666 Tue May 6 5:30pm-8pm

17805 Mon Jun 16 5:30pm-8pm

17668 Tue Jul 15 5:30pm-8pm

17669 Tue Aug 12 5:30pm-8pm

CLASSIC TV TIME

Remember the great TV shows of the 1950's - 1980's? Having only 3-4 channels? The weekly TV Guide? If you feel nostalgic about those days, and still enjoy seeing those classic comedies & dramas, then sign up for these events in the "ASC Living Room". Three or four entertaining television episodes per show will be shown (and our 'Mom' will provide popcorn!). Title of show will be announced in the weekly senior newsletter. **Location:** Apex Senior Center **Fee:** Free

17670 Tue Aug 19 1pm-3pm

COFFEE & CONVERSATION

Will return in the Fall!

TRIVIA NIGHT

Free (55+) trivia night fun! Join us for an informal fun competition while socializing with friends. There will be 28 questions broken into four rounds. Rounds will change each week. Come join the fun! Feel free to bring snacks to share.

Location: Apex Senior Center

Fee: Free

17342 2nd Mon May - Aug 6pm-7pm

THE PEAK CITY SINGERS

The Peak City Singers provide senior adults the enjoyment of singing with the fellowship offered by a chorus family. The Singers perform locally in nursing homes, retirement facilities and other venues. New members are always welcome! **Location:** Apex Senior Center

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

17381 Mon May - Aug* 11am-12:30pm

*No meeting on May 26

LEARN TO PLAY 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. Please bring your own current year card. **Location:** Apex Senior Center

Instructor: Ann Kessler

Fee: \$10(R) / \$20(NR)

17343 Thu May - Aug* 2:30pm-5pm

*No meeting on Jun 19

BRIDGE

Location: Apex Senior Center

Learn to Play Bridge ~ Intermediate

Will return in the Fall!

Tuesday Bridge

Fee: Free

Enjoy playing bridge in a social and pleasant environment. Must be familiar with the game. Registration is required. Contact Chris Baz at tuesdaybridge@outlook.com to get scheduled.

17382 Tue May - Aug 10am-12:30pm

Thursday Bridge

Fee: Free

Enjoy playing bridge in a social and pleasant environment. Must be familiar with the game. Registration is required. Contact Chris Baz at huhwali@hotmail.com to get scheduled.

17383 Thu May - Aug 12pm-2:30pm

TRAVEL CHAT

Some of us like to travel, think about travelling, want to hear other's experiences or just like to live vicariously through others. Come share stories and pictures, listen or come asking questions. **Location:** Apex Senior Center

Instructor: Debra Robert **Fee:** Free

17384 4th Thu May - Aug 9:30am-10:30am

LET'S PLAY!

Led by moderator. **Location:** Apex Senior Center **Fee:** Free

Open Cards and Games

Spend the afternoon playing a variety of games, including Scrabble, Hand and Foot, Canasta, Phase 10 and Pinochle. Open for all levels and players.

17385 Mon/Fri May - Aug* 1pm-4pm

*No meeting on May 26 or Jul 4

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. Please bring your own card. *No meeting on May 26 or Jul 4

17386 Mon/Fri May - Aug* 1pm-4pm

Dominoes

Join your friends for this classic tile game!

17387 Mon/Fri May - Aug* 1pm-4pm

*No meeting on May 26 or Jul 4

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.

17442 Wed May - Aug 8:30am-10:30am

Rummikub

Come socialize and play Rummikub with friends! New players welcome.

17443 2nd & 4th Wed May - Aug 2:30pm-4:30pm

Bunco

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

17444 3rd Mon May - Aug 9:30am-11:30am

Bingo

Come enjoy this game of chance with friends! You can bring snacks to share. **Fee:** \$1 per card. Max cash prize \$10.

17445 1st & 3rd Wed May - Aug 1pm-3pm

Saturday Fun & Games

While you must be registered for this program, this is a drop-in time to come together with friends new & old to play chess, mahjongg, or bridge.

17446 Sat May - Aug 9:30am-12:30pm

SCIENCE WITH HARRY

Location: Apex Senior Center **Instructor:** Harry Dammers
Fee: Free (4 classes)

Rust

As soon as we learned to use iron we learned about rust. The US alone spends around \$600 billion per year fighting rust. So, then, how do we make iron and steel and how do we avoid making rust? Here's where chemistry meets history and real life.

17822 Mon May 5 - Jun 2 11am-12pm

Mauve

In 1856 a young English chemist learned how to produce a purple dye. In the process he became fabulously wealthy, revolutionized the textile and petrochemical industries, and jumpstarted the German chemical industry. And along the way he made modern cell biology possible. Not a bad run.

17823 Mon Jun 9 - Jun 30 11am-12pm

The Alchemy of Air

A German chemist discovers how to feed billions by converting air into fertilizer. Along the way he pioneers the use of poison gas in warfare and almost hands victory to Germany in WWI. After the war he tries to pay off Germany's debts. But he's a Jew and now Hitler is in charge. More chemistry you didn't learn in High School.

17824 Mon Jul 14 - Aug 4 11am-12pm

HISTORY WITH WADE

Location: Apex Senior Center **Instructor:** Wade Carmichael
Fee: \$4.50(R) / \$14.50(NR) (1 class)

Why 20 May 1775

This presentation explains why May 20, 1775 is on the North Carolina state flag, and explores the controversy of events around that date.

17592 Wed May 21 12:30pm-2:30pm

Why There is No Color

Whether or not one is an artist the phenomenon we call COLOR affects us all. This presentation explores how it is both real and non-existent at the same time. The physics and physiology of light and the human eye will be illuminated.

17593 Wed Jun 4 12:30pm-2:30pm

Why Do We Say That?

This presentation explores the curiosity of language and how different words and phrases have evolved and become part of the ways in which people speak. Origins and legends play a part.

17594 Wed Jul 23 12:30pm-2:30pm

Children of Abraham

Three great traditions of religion spring from the single fountainhead of Abraham and the God of Abraham. This presentation looks at the relationship of Judaism, Christianity, and Islam and how their paths diverged from Abraham on.

17595 Wed Aug 20 12:30pm-2:30pm

SHOULD I SELL MY HOME IN THIS MARKET?

Join us to learn about current market trends concerning updating, pricing and timing. How has the process changed since the last time you bought/sold a home? Why you might need a professional to help you with the process.

Location: Apex Senior Center

Instructor: Freda Hamlett, Milestone Moves

Fee: Free (1 class)

17712 Fri May 9 10am-11:30am

HOW TO PAY FOR ASSISTED LIVING

Moving to an assisted living community is sometimes desirable and sometimes necessary. The question most people have is how they will pay for it. Join us for a discussion related to financing options associated with assisted living costs such as: Medicaid and Medicare Veteran Aid and Attendance Longterm Care Insurance.

Location: Apex Senior Center

Instructor: Freda Hamlett, Milestone Moves

Fee: Free (1 class)

17713 Fri Jun 13 10am-11:30am

HOW DO I GET RID OF ALL THIS STUFF?

Liquidating personal household items is not as easy and straightforward as it may sound. Finding out what will sell and for how much requires research and experience and that's only the beginning. Get your estate liquidation questions answered at our upcoming free seminar featuring industry experts who know the secrets to liquidating your excess stuff.

Location: Apex Senior Center

Instructor: Freda Hamlett, Milestone Moves

Fee: Free (1 class)

17714 Fri Jul 11 10am-11:30am

CCRC - WHAT ARE THEY REALLY?

This type of retirement living option is often misunderstood. Learn the facts about continuing care and life care options in our area. What is a continuing care or life care community? What do these communities have to offer? Can I afford to move to a CCRC or life care community?

Location: Apex Senior Center

Instructor: Freda Hamlett, Milestone Moves

Fee: Free (1 class)

17715 Fri Aug 8 10am-11:30am

TECHNOLOGY HELP DESK

Do you need help with a specific problem on your smartphone, tablet or laptop computer? Attendees will be taken in order of arrival and will receive one-on-one help with specific questions or problems. Bring your device with you. No registration necessary. **Instructor:** John Harter
Location: Apex Senior Center **Fee:** Free

17704 Thu: May 15, Jun 12, Jul 17, Aug 14 1:30pm-3:30pm

FILM HISTORY ~

WHAT IS FILM NOIR?

Ever wonder what "film noir" means? It can often be a rather subjective classification. Through discussion, documentaries and sample films, this presentation will cover the narrative & visual elements synonymous with this wave of 1940s-50s crime dramas, including influences, evolution, and merging with other genres. **Instructor:** Shawn Moore

Location: Apex Senior Center **Fee:** Free

17674 Thu Jun 5 1pm-2:30pm

TRAVEL SAFETY PRESENTATION

Do you plan on traveling this Summer? Before you leave town, join us for this informative presentation that will cover Out-of-Town Travel Security and Home Security as it relates to leaving your home for an extended period of time while traveling. **Location:** Apex Senior Center **Instructor:** Scott Rose
Fee: Free (1 class)

17711 Tue May 6 1pm-2:30pm

BIRDING 101

Join Larry Zoller, Wake Audubon Bird Expert, on the trails to learn about identifying birds. Come walk around Lake Pine and learn to spot and identify the many birds that live in this area. Bring walking shoes and water. Meet by the bathrooms closest to the lake at the Laura Duncan Road park entrance.

Instructor: Larry Zoller, Wake Audubon Society

Location: Apex Community Park (meet by the bathrooms closest to the lake entrance)

Fee: Free (1 class)

17621 Wed Jun 11 8:30am-10:30am

17829 Wed Jul 2 8:30am-10:30am

17622 Wed Aug 13 8:30am-10:30am

GREAT AMERICAN SONGBOOK

Will return in the Fall!

HISTORY WITH TOM

Will return in the Fall!

COMPUTER CLASSES

Location: Apex Senior Center **Instructor:** John Harter

Fee: Free (1 class) Please bring your device.

Introduction to Smartphones

Learn about your iPhone or Android smartphone with this discussion on the user interface, apps, widgets, and how smartphones communicate with other devices.

17699 Thu May 8 1:30pm-3:30pm

Introduction to Laptops

Learn about your laptop or desktop computer with this discussion of the user interface, organization of files and folders, applications and how your computer can communicate with other devices.

17698 Thu May 22 1:30pm-3:30pm

Customizing Your Laptop

This workshop discusses Windows and Mac OS-X and how to customize your computer so that it looks and acts the way you want.

17697 Thu Jun 5 1:30pm-3:30pm

Introduction to Tablets

Learn about your iPad or Android tablet computer with this discussion on the user interface, apps, widgets and how tablets communicate with other devices.

17700 Thu Jun 26 1:30pm-3:30pm

Using Office Applications

Learn how to make the most of office applications, like Microsoft Office or the free LibreOffice apps. The discussion will mostly cover word processors, but will also describe the basics of spreadsheet and presentation applications.

17703 Thu Jul 10 1:30pm-3:30pm

Introduction to the Internet

Learn what the Internet really is and how it works. Learn the origin and basics of computer networks and how the World Wide Web made network computing easy for everyone.

17702 Thu Jul 24 1:30pm-3:30pm

Introduction to the Cloud

Learn what "the cloud" really is and how you can use it from your computer, smartphone and tablet device.

17701 Thu Aug 7 1:30pm-3:30pm

Backup and Recovery

Learn about the tools provided by Windows and Mac OS-X to help you keep backup copies of important files (like documents and pictures) and how to recover those files if they are accidentally deleted or a storage device fails.

17696 Thu Aug 21 1:30pm-3:30pm



Join our Facebook Group

Visit www.facebook.com/groups/apexsenioradults to join our private Facebook Group, only for our 55+ community! We often post photos from recent programs, notices about upcoming events, and more.

ENHANCE YOURSELF

Learn professional makeup application techniques and helpful beauty tips. Experiment, play and explore hands-on what skincare and color cosmetics can do for you. Fun and fellowship guaranteed.

Location: Apex Senior Center

Instructor: Kathy Marton

Fee: \$6(R) / \$16(NR) (1 class)

17709	Tue	Jun 24	2pm-4pm
17710	Tue	Aug 5	2pm-4pm



Resources for Seniors (RFS)

Resources for Seniors serves older adults and adults with disabilities in Wake County, NC by providing home and community-based services and information so that they can maximize their choices for independence, comfort, safety, security and well-being. **Apex Senior Center Office Hours for RFS Appointments or Walk-Ins:** Mon, 10am-2pm, Thu & Fri, 10am-12pm. **RFS Representative:** A RFS Regional Service Coordinator is available on-site at the Apex Senior Center or by phone for inquiries and aging resources. Call 919-249-3344 to set-up a private appointment to discuss your needs and available resources in the community.

SHIIP Counseling Appointments: This 1:1 time will help Seniors to understand their Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65, or on disability and qualify for Medicare, a SHIIP counselor can help you learn about Medicare and your options. During Medicare open enrollment, counselors can review your Part D drug coverage or Advantage plan. By appointment only. Call the Apex Senior Center at 919-249-3354 for scheduling.

RFS CLASSES

Location: Apex Senior Center **Fee:** Free (1 class)

End of Life: Project Pre-Plan

You didn't always have a choice. Today, learn about the many options in planning ahead for cremation, burial, anatomical donation and possible future methods of final disposition. Learn why you may not want to rely on life insurance. Learn about Medicaid requirements and ways to protect against overspending, survivor doubt and family quarreling. Presented by Renaissance Funeral Home

17629	Wed	May 7	11am-12:30pm
-------	-----	-------	--------------

Stronger Grandparents, Happier Grandkids

This workshop will help create generations of strength. Come learn the proper way to pick up your grandkids and enjoy the most out of your time with them and lessen any physical pain. Presented by FYZICAL Therapy & Balance Centers

17630	Wed	Jun 4	11am-12:30pm
-------	-----	-------	--------------

Medicare 101

Listen to a presentation on the basics of Medicare and have your questions answered by volunteer SHIIP counselors. You will learn when and how to apply for the different Medicare coverage options and how to determine which option best meets your healthcare needs.

17631	Wed	Jul 9	11am-12:30pm
-------	-----	-------	--------------

Thoughts on Aging

Gain insight to the key things that are most important as we journey through life. Those would include, but aren't limited, to: living options/arrangements, health issues, wealth preservation, safety & socialization, and managing transition(s). We will candidly discuss options that seniors are using as they age and how/when to make those decisions. Advice will be given on how to plan/prepare for transition, if/when necessary. Presented by Oasis Senior Advisors

17632	Wed	Aug 6	11am-12:30pm
-------	-----	-------	--------------



Check Your Emails!

We will be sharing more information about pop-up activities when available via email in our weekly newsletter. Sign up for the Senior mailing list here: www.apexnc.org/notifyme. You can also ask the Senior Center front desk to add you to the email list. To receive specific program and trip updates, please add meghan.rushing@apexnc.org and seniorcenter@apexnc.org to your safe sender list.

SPANISH LANGUAGE CLASSES

Location: Apex Senior Center **Instructor:** WakeTech
Fee: \$16(R) / \$26(NR) (6 classes)

Next Steps in Learning Spanish (Part 1)

ADVANCED This course builds content taught in the Jump Start series and will use a Textbook (not included). Textbook: *Advanced Spanish Step-by-Step: Master Accelerated Grammar to Take Your Spanish to the Next Level 1st Edition*, ISBN: 978-0071768733.

17636 Tue May 6 - Jun 17 10:30am-12:30pm

Next Steps in Learning Spanish (Part 2)

ADVANCED This course builds content taught in the Jump Start series and will use a Textbook (not included). Part 2 Textbook: *Advanced Spanish Step-by-Step: Master Accelerated Grammar to Take Your Spanish to the Next Level 1st Edition*, ISBN: 978-0071768733.

17643 Tue Jul 8 - Aug 12 10:30am-12:30pm

Jump Start to Spanish (Part 4)

Gain confidence in your Spanish conversational skills! The fourth of a four-part series for students who have little Spanish language experience. Learn basics of grammar and vocabulary. Textbook not included. Textbook: *Easy Spanish Step-by-Step: Master High-Frequency Grammar for Spanish Proficiency*.

17637 Tue May 6 - Jun 17 1:30pm-3:30pm

Jump Start to Spanish (Part 1)

Gain confidence in your Spanish conversational skills! The first of a four-part series for students who have little Spanish language experience. Learn basics of grammar and vocabulary. Textbook not included. Textbook: *Easy Spanish Step-by-Step: Master High-Frequency Grammar for Spanish Proficiency*.

17644 Tue Jul 8 - Aug 12 1:30pm-3:30pm

AMERICAN SIGN LANGUAGE: SOCIAL PRACTICE

This class is for students who have taken ASL classes. In this class you will focus on going over previous learned signs, practice dialogues and expand your conversational skills.

Location: Apex Senior Center

Instructor: Bettie Ittenbach

Fee: Free (14 classes)

17825 Thu May 15 - Aug 21* 9am-9:45am

*No class on Jun 19

FYI

Location: Apex Senior Center **Fee:** Free (1 class)

Tales of My Coast Guard Life

Everyone has a story to share including our speaker Dick Beaver. Back by popular demand to shares his tales about his time as a coast guard. Mostly good, usually interesting, and seldom indifferent.

17831 Tue Jun 24 2pm-3pm

MODERN AGING IN PLACE PANEL DISCUSSION

Welcome to a discussion of Modern Aging in Place with the Professional Advisory Council. The panel discussion and Q&A forum will be centered around the topics of:

- Keys to Aging Well at Home
- Deprescribing - What is it and the Benefits
- Senior Living Community Options
- When Does Home Care Services Make Sense
- Affordability and What Options to Consider
- What is the role of a Care Manager

Location: Apex Senior Center

Instructor: Maria Litzinger & Dave Knier

Fee: Free (1 class)

17828 Thu Jun 12 6:30pm-8:30pm

THE 4 PILLARS OF THE NEW RETIREMENT

This class provides an in-depth look at "The Four Pillars of the New Retirement" (Health, Family, Purpose and Finances). Attendees will be empowered to think through their own circumstances, goals and challenges so that they can take action today that impacts their quality of life in retirement.

Location: Apex Senior Center

Instructor: Presented by Edward Jones

Fee: Free (1 class)

17826 Thu Aug 28 6pm-7:30pm



Facility Rentals

Did you know we rent out our rooms and our park shelters? Call 919-249-3402 for more information or learn more online by visiting www.apexnc.org/rentals.



APEX SENIOR CENTER

Health & Wellness Fair

55+

SAT, SEPTEMBER 13, 2025
9AM - 12PM | 63 HUNTER ST

Discover all of the health and wellness resources Apex and surrounding communities have to offer! Many 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. Caregivers are encouraged to attend. Raffle prizes and giveaways included.

More details and registration link
will be available on the website at
www.apexnc.org/seniorfair



Play It Forward

Apex, NC



GIVE BACK TO YOUR COMMUNITY

Here in Apex, we believe all citizens should have an equal opportunity to participate in recreation. **Play It Forward** provides need-based scholarships to increase resident access and participation in our programs. The scholarships are funded by tax deductible donations from community members like you.

APPLY FOR ASSISTANCE

Beginning in March, Apex residents are eligible to apply once a year for their household to receive funding, ensuring that financial barriers don't prevent anyone from joining in on the fun and experiences our programs offer. Funds can be used towards most department recreation offerings, such as classes, camps, workshops, recreation permits and Open Gym passes.

Ways to Donate:

- Online (scan QR code)
- In-person at our staffed facilities
- During APRCR program registration (either in-person or online via PeakConnect)

Learn More:



[www.apexnc.org/
playitforward](http://www.apexnc.org/playitforward)



919-249-3402



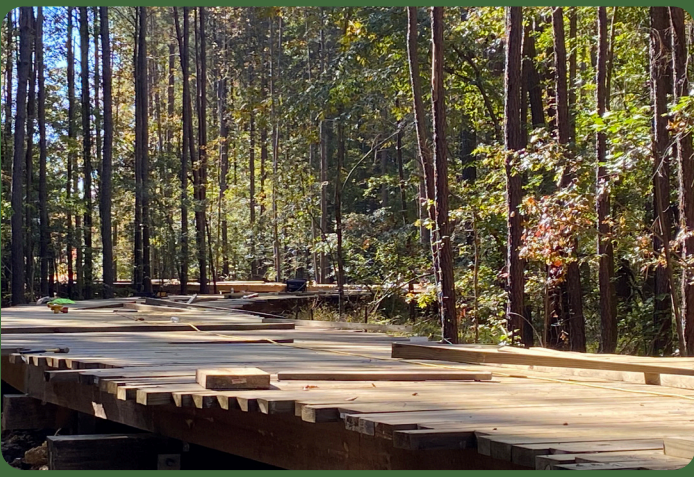
[playitforward@
apexnc.org](mailto:playitforward@apexnc.org)



SCAN TO
LEARN MORE!

CELEBRATE GREAT TRAILS STATE DAY OCTOBER 18TH AT MIDDLE CREEK GREENWAY

Get ready to celebrate the opening of an additional 1+ miles of Middle Creek Greenway. Planning has started for Great Trails State Day events--check our social media and project page for the most current details. Construction funding provided through a 2017 Parks Bond, \$1.5M Wake County grant and Fee-in-Lieu of dedication funds. The project extends the Greenway corridor from Sunset Lake Road, south of NC540, to the northern limits of Horton Park. Middle Creek Greenway is ideal for walking, running, bicycling, roller blading, skating and dog walking. This 10' multi-use trail comprised of asphalt and boardwalk will eventually connect to multi-use greenway in Holly Springs at Sunset Lake Road. A recently completed feasibility study identifies a future greenway route that would eventually extend northward to Ten-Ten Road and into the planned Swift Creek Greenway Corridor in Cary.



GREENWAYS INFO

WWW.APEXNC.ORG/PARKS

PARKS INFO



Learn more about our upcoming and ongoing greenway projects by using the QR code and visiting our website!

Learn more about our upcoming and ongoing parks projects by scanning the QR code and selecting the park you want to know about!

