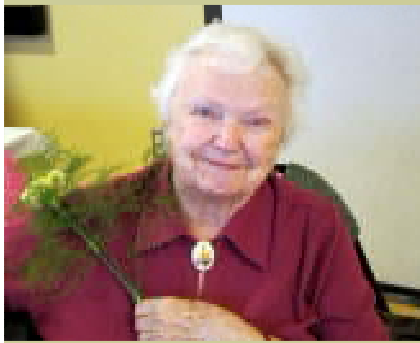


Senior Adult Newsletter

September-December 2011

Volume 5, Issue 3



Apex Parks, Recreation &
Cultural Resources
PO Box 250
53 Hunter Street
Apex, NC 27502
(919) 249-3402

www.apexnc.org

Business Hours
Mon-Fri: 8:00am-9:00pm
Sat: 9:00am-6:00pm
Sun: 1:00pm-6:00pm
(September-May)

All activities take place at
the Apex Community
Center unless otherwise
stated.

Keep It Moving!

An idle brain is the devil's workshop. ~ *English Proverb*

Staying active means you work both physically and mentally to keep your body, mind and spirit in tip-top shape. No one area is more important than the other. Take a look at four of our upcoming classes that provide you with the perfect opportunity to keep you able-bodied and full of life!

Silver Cardio

Fitness class specifically made for the Senior who wants to step it up a notch. This is a Level II cardio class consisting of cardio kicks & boxing, plus abdominal work. Bettie Ittenbach instructs. Limited to 20 participants.

Fees: \$10(R) \$20(NR) (7 classes)
7724 Sep 8-Oct 20 Th 9-9:45am
7725 Nov 3-Dec 22 Th 9-9:45am
(No class Nov 24)

The Peak City Singers

Find yourself singing in the shower or humming in the kitchen? Then have tons of fun and enjoy good harmony as we travel down memory lane via song. Occasionally take the show on the road for performances. Directed by Jill Smith. Fees cover Sept.-Dec.

Fees: \$8(R) \$18(NR)
7704 Every Mon 11am-12:30pm
(No class Sep 5, Dec 26)

Health & Resource Fair

Come attend the Free 5th Annual Apex Senior Health & Resource Fair. Local health professionals will be on hand to answer questions. Health screenings, flu shots, pharmacy consultations and raffle all in one place! Screenings and workshops available on September 6.
7529 Wednesday, Oct 26
9am-12pm

Cards & Games

Join friends for an afternoon of socializing while playing Mahjong, Canasta, Spades or other fun games! Open for all levels and players. Free.
7700 Every Mon 1-4pm
(No class Sep 5, Dec 26)

Classes & Programs~ *Fitness & Wellness to Keep You Moving*



Yoga

Ages 55+. Simple yogic stretches, postures, breathing and relaxation techniques. Props such as chairs, blankets, blocks and straps may be used for modifications. Refrain from eating 1 hour before class.

Fees: \$21(R) \$31(NR) (7 classes)

Beginner: If you have little or no yoga experience and /or simply need a gentle

practice. Susan Fenimore instructs. Limited to 30 participants.

7711	Sep 12-Oct 24	M	11am-12pm
7712	Nov 7-Dec 19	M	11am-12pm

Intermediate: 6 months of yoga experience required unless approved by instructor. Students must be able to get up and down off of floor easily, perform poses on their knees. Mila Holy instructs. Limited to 30 participants.

Fees:	\$21(R)	\$31(NR)	(7 classes)
7713	Sep 14-Nov 2	W	10:30-11:30am
(No class Sep 28)			
7714	Nov 9-Dec 21	W	10:30-11:30am

Advanced: 1 year of experience required unless approved by instructor. Students must be able to get up and down off of the floor easily, perform poses on knees and not have any contraindications to performing inverted poses. Poses will be modified when needed with the use of props, which the student is expected to bring to class. Advanced yogic breathing and meditation techniques will be taught. Susan Fenimore instructs. Limited to 30 participants.

Fees:	\$21(R)	\$31(NR)	(7 classes)
7715	Sep 12-Oct 24	M	9:45-10:45am
7716	Nov 7-Dec 19	M	9:45-10:45am

T'ai Chi Chih

Ages 55+. Come enjoy the unique experience of T'ai Chi Chih, known to improve balance and reduce tension while promoting overall health and well-being. Carolyn Perry instructs. Limited to 17 participants.

Fees:	\$10(R)	\$20(NR)	(7 classes)
7731	Sep 13-Oct 25	T	3-4:15pm
7732	Nov 8-Dec 20	T	3-4:15pm

Pilates

Ages 55+. Designed to fit the needs of seniors! An excellent non-aerobic form of body conditioning and training that anyone can do regardless of age or ability. Pilates is a series of exercises performed on a mat based on the work of Joseph Pilates. Movements are specifically designed to strengthen and lengthen the muscles with special focus on the core. Mats provided, or you can bring your own. Elaine Tyte instructs. Limited to 20 participants.

Fees:	\$9(R)	\$19(NR)	(4 classes)
7748	Sep 21-Oct 12	W	3-4pm
7749	Nov 30-Dec 21	W	3-4pm

Steel Strong

Ages 55+. Non-aerobic strengthening class using your personal hand-weights. Learn the proper



techniques of weight training using the upper/lower body and abdominals. Weight training has been proven to help strengthen bones. Must provide your own hand weights and small exercise ball. Bettie Ittenbach instructs. Limited to 20 participants.

Fees:	\$16(R)	\$26(NR)	(14 classes)
7729	Sep 6-Oct 20	T/Th	11-11:45am
7730	Nov 3-Dec 22	T/Th	11-11:45am
(No class Nov 24)			

Zumba Gold

Ages 55+. Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® fanatics achieve long term benefits while experiencing an absolute blast! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! Bettie Ittenbach instructs. Limited to 20 participants.

Fees: \$10(R) \$20(NR) (7 classes)
 7727 Sep 6-Oct 18 T 9-9:45am
 7728 Nov 8-Dec 20 T 9-9:45am

Exercise

Ages 55+. An exercise program designed to enable Seniors to have fun while retaining flexibility and mobility through a series of motivating and enjoyable exercises. Instructor Lisa Wilder-Cappoli leads on Mondays. Instructor Bettie Ittenbach leads Tuesdays and Thursdays. Bean bag weights and stretch bands provided. Bring own weights for added resistance. Free.
 7733 Every Mon/Tue/Thur 10-11am
 (No class Sep 5, Nov 24, Dec 26, Dec 27)

Walking

Ages 55+. Walk for fitness to improve cardiovascular endurance and more zest and energy. 4 laps around the gym = ¼ mile, 8 laps = ½ mile, 16 laps = 1 mile. Dates & times are subject to change. Please see monthly calendar in the Senior Newsletter for updated dates & times. Dates and times subject to change. Free.
 7618 Mon-Fri 9-10am & 1-2pm,
 Sat 9-10am
 (No walking Sep 5, Nov 11, Nov 24, Nov 25, Dec 13-1pm, Dec 14, Dec 26, Dec 27)

**Line Dancing**

Ages 55+. Learn traditional and new lines dances in a relaxed atmosphere while getting great exercise! No partner needed. Teresa VonCannon instructs. Limited to 20 participants.
 Fees: \$10(R) \$20(NR) (6 classes)

Ultra Beginner: Wanting to try out a new type of dance? This class is designed for those students who have no prior experience with and are brand new to line dancing. Covered in this class will be the terminology of basic steps. Learning only 1 -wall dances.

7717 Sep 16-Oct 21 F 9-10am
 7718 Nov 4-Dec 23 F 9-10am
 (No class Nov 11, Nov 25)

Beginner 1: A class for those who have some line dance experience. Participants should know basic line dance steps and terminology.

Fees: \$10(R) \$ 20(NR) (6 classes)
 7719 Sep 16-Oct 21 F 10:15-11:15am
 7720 Nov 4-Dec 23 F 10:15-11:15am
 (No class Nov 11, Nov 25)

Beginner 2: This class is designed for the dancer who is confident in their line dance ability. Must know line dance terminology and patterns.

Fees: \$10(R) \$20(NR) (6 classes)
 7721 Sep 16-Oct 21 F 11:30am-12:30pm
 7722 Nov 4-Dec 23 F 11:30am-12:30pm
 (No class Nov 11, Nov 25)





Fall Into Health!

Senior Health Fair

Apex Community Center
Wednesday, October 26th
9am-12pm * FREE!

- Features 30+ vendors of local health, medical and recreational resources
- Raffle prizes
- Screenings



Walk & Stretch

Ages 55+. Enjoy a fun way to get back into shape! You will have a thinner waistline and a healthier body as you learn and practice yoga warm-up and cool down stretches to get you ready to walk 2 miles at a brisk pace. Learn centering and deep breathing exercises that will leave you feeling refreshed and energized for your day. Tips on walking with proper posture, injury prevention, meditation and nutrition before and after walking will be taught as well. Held at Apex Community Park. Susan Fenimore instructs. Limited to 15 participants.

Fees: \$10(R) \$20(NR) (7 classes)
 7723 Sep 16-Oct 28 F 9:30-10:30am

Ageless Grace

Ages 55+. Ageless Grace is an easy-to-learn seated fitness and wellness program that is designed to create lifelong comfort and ease by promoting the “Three Rs” of lifelong comfort: ability to respond, react and recover efficiently and safely. Using natural and organic movements that focus on healthy longevity of body and mind, Ageless Grace helps to promote optimal function of joints, spinal flexibility, cognitive, and motor function, balance and more. Instructed by Julie Ihrig. Limited to 15 participants.

Fees: \$12(R) \$22(NR) (7 classes)
 7741 Sep 8-Oct 20 Th 1:30-2:30pm
 7742 Nov 3-Dec 22 Th 1:30-2:30pm
 (No class Nov 24)



Blood Pressure Screenings

Ages 55+. Come have your blood pressure taken for free! This screening may help save your life. Held the second Tuesday of each month. Sponsored by Spring Arbor of Apex. Limited to 25 participants. Free.

7695	Sep 13	T	9-10am
7696	Oct 11	T	9-10am
7697	Nov 8	T	9-10am
7698	Dec 13	T	9-10am

Now What Was I Saying?

Ages 55+. A presentation on brain health showing how your memory works. You’ll be engaged in fun activities to obtain a better understanding of how it all works and what you can do to stay sharp! Instructed by Eileen Vaillancourt of the Alzheimer’s Association and Kevin Corrigan of Caring Senior Services. Free.

7744	Oct 12	W	1:30-2:30pm
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Self Help Techniques for A Healthier You

Ages 55+. We would all love to feel better on a daily basis! We’ll investigate different methods that might help us achieve a more balanced life on all kinds of levels; physical, emotional, mental etc. Color Therapy, reflexology, positional release, mediation and breathing techniques are some areas we will explore. Judy Mellor instructs. Limited to 18 participants.

Free. (4 classes)
 7739 Oct 19-Nov 9 W 10:30-11:30am





NEW Food Guide!

On June 2 First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government’s new food icon, *MyPlate*, to serve as a reminder to help consumers make healthier food choices.

MyPlate is designed to remind Americans to eat healthfully; it is not intended to change consumer behavior alone. MyPlate illustrates the 5 food groups using a familiar mealtime visual, a place setting.

The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups. Selected messages also emphasized:

1. Enjoy your food, but eat less
2. Avoid oversized portions.
3. Make half your plate fruits and vegetables.
4. Switch to fat-free or low-fat (1%) milk.
5. Make at least half your grains whole grains.
6. Compare sodium in foods like soup, bread, and frozen meals– and choose foods with lower numbers.
7. Drink water instead of sugary drinks.

‘Let’s Eat for the Health of It’

All About Arthritis

Ages 55+. Dr. Casey Jenkins, MD of Wake Orthopaedics will join us to talk about arthritis and joint pain. Topics will include the explanation of arthritis and it's symptoms as well as the most recent and up-to-date treatments, both operative and non-operative. Time will be available for question and answer also. Free.

7750 Nov 1 W 2-3pm

Speech & Learn

Ages 55+. Learn from State Licensed Hearing Specialist Kimberly Parrish with Ear Masters about ear, noise reduction and hearing education. Also receive a free ear wax screenings. She is also licensed to remove wax for an additional charge. Limited to 45 participants.

7737 Sept 21 W 10:30am-12:30pm
 7738 Nov 16 W 10:30am-12:30pm

Medicare Made Clear

Ages 55+. Learn about the difference between original Medicare, Medicare Advantage plans and Supplemental plans. Also discussing the explanation of Part D (drug) coverage and why it is so important for seniors to choose a prescription drug plan to avoid penalties. Ann Swinson, RHU, CSA of Secure Horizons presents. Free.

7745 Oct 19 W 11am-12pm



Classes & Programs ~ Social Gatherings

Bridge

Ages 55+. Join others for bridge in a social, pleasant environment. Must be familiar with the game. Free.

7699 Every Tues 10:30am-1:30pm
(No class Dec 27)

Stitch & Hook Club

Ages 55+. Come socialize while crocheting, knitting or sewing. Great time to catch up with other seniors and learn new techniques. Bring your lunch or favorite snack. Free.

7703 Every Thur 11am-1pm
(No class Nov 24)

Wii Bowling

Ages 55+. Enjoy playing the popular video game by Nintendo called the Wii. It is a game that uses a remote control to simulate you swinging your arms for different activities. Great exercise and fun all in one! We will play the bowling game every second and fourth Wednesday of the month. Open to all levels. those experienced and new to the game. Instruction provided. Free.

7705 2nd & 4th Wed 9:30-11am
(No class on Oct 26)

Bingo

Ages 55+. Bingo with a maximum cash prize of \$10 will be offered every first and third Wednesday of the month. Please bring \$1 per card. Coffee and water provided. Pre-registration required for each day bingo meets. Limited to 65 participants.

7702 1st & 3rd Wed 1:30-3pm

Caring By Sharing-Volunteer Opportunities

Are you looking for a way to give back or have extra free time? Then come and volunteer with the Senior Adult Program! Attend the one-time orientation to learn more and sign-up for a wide variety of available opportunities.

7726 Sep 9 F 1-3pm

Creative Floral Designs

Ages 55+. Learn how to arrange beautiful fresh flowers in an array of different designs. The best part is that you get to take your creations home. A new design each class. All flowers and materials provided. Abloom'n Garden Florist instructs. Limited to 12 participants.

Fees: \$12(R) \$22(NR) (1 class)

7734 Sep 14 W 2-4pm

7735 Nov 9 W 2-4pm

7736 Dec 6 Tu 1:30-3:30pm

Conversational Spanish

Ages 55+. I'm sorry, could you say that again? Come learn basic conversational skills and vocabulary of the Spanish language. Fun activities in an interactive format will help you learn how to converse in everyday interactions as well as learn about the cultural aspects of Latin America. Miriam Moore instructs.

Limited to 16 participants.

Free. (4 classes)

7740 Sep 6-27 T 1:45-2:45pm

Scams Targeting Seniors

Ages 55+. Senior citizens are often targeted by scam artists as they are perceived to be unaware of the latest scams. Knowledge is the best defense against these crimes. In this seminar, you will learn how to recognize scams and receive tips on what to do if you are a target of fraud. Instructed by Mallory Schmidt of the Better Business Bureau Serving Eastern N.C. Free.

7743 Sep 15 Th 2-3pm

Pinochle

Ages 55+. Join us for a fun game of Pinochle in a social atmosphere. Some instruction provided.

Free.

7701 Every Fri 1-4pm

(No class Nov 11, Nov 25)

General Announcements

Registration Required

-ALL programs, trips and events require registration-

Please register 3 days prior to the start date of the class. Registering early allows us time to plan ahead with the instructor(s). Classes are generally cancelled if they have not meet their minimum enrollment. If we know you would like to take the class, by registering, we can make the proper arrangements.

Go ahead and get registered!

Directory Deadline

Submissions for the 2012 January-June Senior Adult Directory are due.

Friday, December 2, 2011.

If you would like to be included or need any corrections, please fill out the neon green 'Directory Consent Form'.

Spring 2012—Registration Dates

Residents: Monday, November 21

Non-residents: Monday, December 5

The lottery begins at 9am in the Community Center. You can also register online through PEAKConnect and via postal mail.

Fall Trips

Pick up the Senior Adult Trip Brochure today! We have 3 exciting new trips for you to enjoy! See the brochure for more information such as dates, prices and deadlines.

Mark It Down!

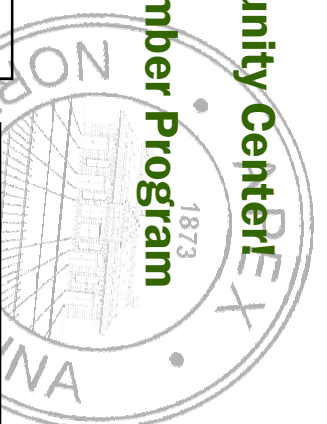
Don't forget to mark down all of your class registrations in your calendar (s). You will receive a confirmation and receipt when you register to keep as a reminder as well.

Painting in Gym 1

During the weeks of November 1-21, Gym 1 is getting a new coat of ceiling paint!

Walking and M/T/Th Exercise will not be affected by this.

**Explore the many FUN activities that occur at the Apex Community Center!
Look at the listings in this newsletter or in the September-December Program
Guide for more details!**



Monday	
9:00	Walking
9:45	Yoga-Adv.
10:00	Exercise
11:00	Yoga-Beg.
11:00	Peak City Singers
1:00	Cards & Games/ Walking



Tuesday	
9:00	Walking
9:00	Zumba Gold
9:00	Blood Pressure
10:00	Exercise
10:30	Bridge
11:00	Steel Strong
1:00	Walking
1:45	Conversational Spanish
3:00	Tai Chi Chih



Wednesday	
9:00	Walking
9:30	Wii Bowling (2nd/4th Wed)
10:30	Yoga-Interm.
10:30	Speech & Learn
10:30	Self Help Techniques
1:00	Walking
1:30	Bingo (1st & 3rd Wed)
2:00	Creative Floral Design
3:00	Pilates



Thursday	
9:00	Walking
9:00	Silver Cardio
10:00	Exercise
11:00	Steel Strong
11:00	Stitch & Hook Club
11:00	Luncheons
1:00	Walking
1:30	Ageless Grace



Friday	
9:00	Walking
9:30	Stretch & Walk
9:00	Line Dancing Ultra Beg.
10:15	Line Dancing-Beginner 1
11:30	Line Dancing -Beginner 2
1:00	Walking
1:00	Pinocle

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11:30am Luncheon	2	3
4	5 -CLOSED-	6	7	8	9	10
11	12	13 9am Blood Pressure	14	15	16	17
18	19 1:30/6 Focus Group	20	21	22	23	24
25	26	27	28 7pm Advisory Com. Mtg	29	30	

Special Events

Focus Group

Ages 55+. We need your help! Are there new programs that you want to see us creating? Do you have any new ideas? Come share them with the Senior Recreation Specialist while enjoying provided snacks and coffee. We will be planning our 2012 programs. Free.
 7706 Sep 19 Th 1:30-2:30pm
 7707 Sep 19 Th 6-7pm

N.C. Senior Games State Finals

Come out to the N.C. Senior Games State Finals! Our own Peak City Singers will be performing in the Silver Follies on Friday, September 30th at the McKimmon Center in Raleigh. Tickets are required for entry. Come to the cheerleaders showcase on Thursday, September 29th!

For more information information go to www.ncseniorgames.org or call their main office at 919-851-5456.

N. C. SENIOR
GAMES
Senior Games



October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 9am Blood Pressure	12	13	14	15
16	17	18 8:15am State Fair Trip	19	20	21	22
23/30	24/31	25	26 9am Health Fair 7pm Advisory Com. Mtg	27	28	29

Special Events

Wash It Down?

Ages 55+. What is or is not supposed to go down your drains? Jessica Bolin, Stormwater/Utility Engineer with the Town of Apex, gives us an update of what fluids and materials are & are not safe to go into our sewer system. Also covered will be water conservation & current water restrictions.

Free.

7747 Oct 6 Th 2-3pm

Fall Into Color

Ages 55+. Everyone wants the plants & flowers in their landscape to be colorful & healthy. Learn which plants will brighten your yard & porch. Planting tips & techniques to help the proper winter colors brighten & thrive. Bring a picture of your landscape or porch you would like to improve to possibly be used as an example. Angela Reincke of Flat Rock Landscaping instructs. Limited to 20 participants. Free.

7746 Oct 15 Sat 2-4pm

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 8am Tanger Outlets Trip	4	5
6	7	8	9	10 11:30am Lunch- eon	11 -CLOSED-	12
13	14	15	16	17	18	19
20	21 9am Resident Registration	22	23	24 -CLOSED-	25 -CLOSED-	26
27	28	29	30 7pm Advisory Com. Mtg.			

Special Events

Veteran's Luncheon



Ages 55+. Bring a covered dish to share with others. Great opportunity to get to know other participating seniors. Please bring non-perishable food items or toiletry products for the Western Wake Crisis Ministry. Coffee, water, and paper products provided. Free.

Veteran's Celebration: Honor our veterans of the U.S. Armed Forces.

7709 November 10 Th 11:30am-1pm



December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 4pm Duke Chapel Trip	3
4	5	6	7	8	9	10
11	12	13 9am Blood Pressure	14	15 11:30am Luncheon	16	17
18	19	20	21	22	23	24
25	26 -CLOSED-	27 -CLOSED-	28 7pm Advisory Com. Mtg.	29	30	31



Apex Parks, Recreation & Cultural Resources

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Jessica Puckett- Recreation
Program Specialist

Apex Community Center:

53 Hunter Street
Apex, NC 27502

Halle Cultural Arts Center:

919-249-1120
237 North Salem Street

All Town Facilities are CLOSED on the following dates:

- Monday September 15 (*Labor Day*)**
- Friday November 11 (*Veteran's Day*)**
- Thur/Fri November 24, 25 (*Thanksgiving*)**
- Mon/Tues December 26, 27 (*Christmas*)**

Don't forget to mark it down!