

Senior Adult Newsletter

July-September 2010

Volume 4, Issue 3



Apex Parks, Recreation & Cultural Resources

PO Box 250
53 Hunter Street
Apex, NC 27502
(919) 249-3402

www.apexnc.org/parks

Olde Fashion Fourth of July (*on the 3rd*)

Join us Saturday, July 3 on Salem Street in Downtown Apex from 9am-12:30pm for our annual Olde Fashioned Fourth of July Festival. Our own KeenAgers of Apex will be running six booths in order to raise funds for local charities and provide a fun and eventful day for the kids!



We still need volunteers who can work. If you are interested, please contact Jessica Puckett at 249-3402. We also are in need of baked goods donations for the Cake Walk. We are accepting non-peanut cookies, cakes and brownies. Please bring them to Apex Community Center on Friday, July 2 by 2pm.

Email Updates Needed!

Do you use email? Is it easier for you to look up information online then to go through booklets and papers? Then let us help you by updating your email address with us. Join our mailing list for the monthly Greetings Newsletter email we send out that contains all of the latest news and program updates. Come up to the Front Desk to provide or make sure we have your proper address so you can stay in the loop!

All programs listed in this bulletin take place at the Apex Community center unless otherwise noted.

July 2010



Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>Regular Weekly Programs:</p> <p>1. <u>Walking:</u> 9am/1pm, M-Fri</p> <p>2. <u>Exercise:</u> 10am, M/T/Th</p>					
<p>ACP = Apex Community Park</p> <p>HCAC = Halle Cultural Arts Center</p>			1 9am Bocce Ball 11am Stitch & Hook Club	2 9am Bird Walk-ACP 1pm Pinochle	3 9am Olde Fashion 4th of July - Salem St
5 ~CLOSED~	6 9am Zumba Gold 11am Bridge 11am Steel Strong	7 10:30am Yoga-Int. 1:30pm Bingo	8 9am Golden Jammin' Plus 11am Steel Strong 11am Stitch & Hook Club	9 1pm Pinochle	10
12 9:45am Yoga-Adv 11am Yoga-Beg 1pm Cards & Games	13 9am Zumba Gold 11am Steel Strong 11am Bridge	14 9:30am Wii Bowling 10:30am Yoga-Int.	15 9am Golden Jammin' Plus 9am Bocce Ball 11am Steel Strong 11am Stitch & Hook Club	16 9:30am Line Dancing - Beg 10:30am Line Dancing-Beg II 1pm Pinochle 1:30pm Movie Day	17
19 9:45am Yoga-Adv 11am Yoga-Beg 1pm Cards & Games	20 9am Zumba Gold 11am Steel Strong 11am Bridge	21 10:30am Yoga-Int. 1:30pm Bingo	22 9am Golden Jammin' Plus 11am Steel Strong 11am Stitch & Hook Club	23 9:30am Line Dancing-Beg 10:30am Line Dancing-Beg II 1pm Pinochle	24
26 9am Resident Registration 9:45am Yoga-Adv 11am Yoga-Beg 1pm Cards & Games	27 9am Zumba Gold 11am Steel Strong 11am Bridge	28 9:30am Wii Bowling	29 9am Golden Jammin' Plus 11am Steel Strong 11am Stitch & Hook Club	30 9:30am Line Dancing-Beg 10:30am Line Dancing-Beg II 1pm Pinochle	31

August 2010



Mon	Tue	Wed	Thu	Fri	Sat/Sun
<p>2 9:45am Yoga-Adv 11am Yoga-Beg 1pm Cards & Games</p>	<p>3 9am Zumba Gold 11am Steel Strong 11am Bridge</p>	<p>4 1:30pm Bingo 1:45pm Drawing-The Magic of Line</p>	<p>5 9am Golden Jammin' Plus 9am Bocce Ball 11am Steel Strong 11am Stitch & Hook Club</p>	<p>6 9am Bird Walk- ACP 9:30am Line Dancing-Beg 10:30am Line Dancing- Beg II 1pm Pinochle</p>	<p>7 8</p>
<p>9 9am Non-Resident Registration 9:45am Yoga-Adv 11am Yoga-Beg 1pm Cards & Games</p>	<p>10 9am Zumba Gold 11am Steel Strong 11am Bridge 2:30pm Tai Chi</p>	<p>11 9:30am Wii Bowling 10:30am Yoga-Int. 1:45pm Drawing-The Magic of Line</p>	<p>12 9am Golden Jammin' Plus 11am Steel Strong 11am Stitch & Hook Club 1:30pm Focus Group</p>	<p>13 9:30am Line Dancing-Beg 10:30am Line Dancing-Beg II 1pm Pinochle</p>	<p>14 15</p>
<p>16 9:45am Yoga-Adv 11am Yoga-Beg 1pm Cards & Games</p>	<p>17 9am Zumba Gold 11am Steel Strong 11am Bridge 2:30pm Tai Chi</p>	<p>18 10:30am Yoga-Int. 1:30pm Bingo 1:45pm Drawing-The Magic of Line</p>	<p>19 9am Bocce Ball 9am Golden Jammin' Plus 11am Steel Strong 11am Stitch & Hook Club 1:30pm Movie Day</p>	<p>20 9:30am Line Dancing-Beg 10:30am Line Dancing-Beg II 1pm Pinochle</p>	<p>21 22</p>
<p>23 9:45am Yoga-Adv 11am Yoga-Beg 1pm Cards & Games</p>	<p>24 11am Bridge</p>	<p>25 9:30am Wii Bowling 10:30am Yoga-Int. 1:45pm Drawing-The Magic of Line</p>	<p>26 11am Stitch & Hook Club</p>	<p>27 9:30am Line Dancing-Beg 10:30am Line Dancing- II 1pm Pinochle</p>	<p>28 29</p>
<p>30 1pm Cards & Games</p>	<p>31 11am Bridge</p>				

Regular Weekly

Programs:

- 1. **Walking: 9am/1pm, ACP = Apex**
M-Fri
Community Park
- 2. **Exercise: 10am, HCAC = Halle**
M/T/Th
Cultural Arts Ctr

Apex Parks, Recreation & Cultural Resources

PO Box 250
Apex, NC 27502

Phone: 919-249-3402

Fax: 919-249-3368

E-mail:

jessica.puckett@apexnc.org

- **Jessica Puckett**– Senior Programs Coordinator

Apex Community Center:

53 Hunter Street
Apex, NC 27502

Halle Cultural Arts Center:

237 North Salem Street
Apex, NC 27502

Fall Registration Information

Registration for September to December programs is almost here! Dates are as follow:

-Residents: Monday, July 26

-Non-Residents: Monday, August 9

- The lottery will begin lining up at 8:45am with registration beginning at 9am.
- All classes require registration. Courses will be cancelled 3 days prior to the start date if the class minimum is not met.

Don't forget to register before classes fill up!

Congratulations!

We would like to say congratulations to all of our participants in the 26th Annual Raleigh-Wake Senior Games. You did a great job and we couldn't be more proud of you!

