Late Fall SHAC Programs

ACTIVE - HEALTHY - ENGAGED

**FREE, Donation-Based Community Programs for All Ages*

MONDAYS

- ★ **Strength & Fitness** (9-11am)*
- ★ **Baby & Me: Music & Move** (10-11am)*
- ★ **Bridge** (1-3pm Starts Sept 14, Alt Wks)*
- ★ **Beginner Guitar Lessons** (Oct 5-Dec 14)*
- ★ **Evening Tai Chi** (4:00pm)*

TUESDAYS

- ★ **Albany Aikido** (7:30am)
- ★ **Morning Tai Chi** (9:00am)
- ★ **Cooking Class** (10am Alt Weeks)*
- ★ **Chair Yoga** (5:30-6:15pm)
- ★ **Romantasy Book Club** (6pm Last Tues Monthly)*

WEDNESDAYS

- ★ **Strength & Fitness** (9-11am)*
- ★ **Mexican Train Dominoes** (10am)*
- ★ **Mah Jongg Club** (1pm)*

THURSDAYS

- ★ **Albany Aikido** (7:30am)
- ★ **Morning Tai Chi** (9am)*
- ★ **Story Writing** (1-3pm)*
- ★ **Open Art Studio** (1-4pm starts 9/10)*

FRIDAYS

- ★ **Strength & Fitness** (9-11am)*
- ★ **Foam Ball Adv Skills** (9:30am)*
- ★ **Foam Ball Beginner** (10:30am)*
- ★ **Community Ping Pong & Family Game Nights** (6:30-8pm)*

SATURDAY SPECIAL EVENTS

- ★ **Pet Appreciation Day w/ Out of the Pits** (11am-3pm Nov 14)*
- ★ **Last Minute Shopping w/ Santa** (Dec 19, 11am-3pm)*

SUNDAYS

- ★ **Albany Aikido** (10am)
- ★ **Circus Strong for Kids** (12:30-2pm)

Register for all programs HERE!

www.SHACcenter.org/programs

Monthly Programs

- ★ **Girl Scouts Music for All** (6-7pm, Wed Nov 11, Dec 9)*
- ★ **Alzheimer's Caregiver Support & Memory Cafe for Folks with Symptoms** (11am-12pm Wed 11/18, 12/16)*

SHAC After-School

Middle School & High School

2:30-5:00pm Nov16 - Dec 17

- ○ **Strength & Fitness - Mon/Thur**
- ○ **Art & Murals - Tue/Wed**
- ○ **Taconic Table Building - Fri**

Register Today!

SPECIAL Programs

- ★ **Lactation Peer Support Circle** (10am-12pm, Nov 13)

SHAC/Sand Lake Turkey Trot

- ○ **FREE Kid's Turkey Run** 8:30AM*
- ○ **5K Start** 9:00AM

FREE THANKSGIVING DINNER

Open to Everyone

1-3:00PM*



Creative Re-Use Center

- ★ **DIY Pet Accessories Workshop** (11am-1pm Nov 14)
- ★ **DIY Crazy Sweater** (11am-1pm Dec 5)

Festival of Trees

Nov 2 - Dec 19

Santa Vists SHAC



Dec 19, 11am-3pm*

www.SHACcenter.org Email: SKYHIGHadventures@gmail.com Phone: 518-281-6480

SHAC Center, 27 Lake Avenue, Averill Park, NY 12018 / Mailing Address: PO Box 236, Sand Lake, NY 12153

This flyer is distributed by the Averill Park Central School District as a community service to students and parents for information purposes only. This program is not affiliated with, nor endorsed in any way by the APCSD. Students are not required to attend.