



MONDAYS

- **Strength Training, Treadmill** (9-11am)
- **Needlecrafts Group** (10am-12pm)*
- **Albany Aikido** (12pm)
- **Bridge** (Alternating Mon 1-3pm Starts Jan 5)*
- **Archery** (6:30-7:30pm)



THURSDAYS

- **Albany Aikido** (7:30am)
- **OWL Homeschool Co-Op** (9:00am)
- **TOAST: Thur. Open Art Studio Time** (1-4pm)*
- **Story Writing** (1-3pm)*
- **Community Ping Pong** (6-7:30pm)*
- **Indoor Cycling/Spin** (Start Dec 2, 6:30pm)
- **Yoga with Jen** (5:30pm Starts Jan 8)

TUESDAYS

- **Albany Aikido** (7:30am)
- **Cooking Class** (10am-12pm)*
- **Chair Yoga** (5:30-6:15pm, Starts March 3rd)
- **Indoor Cycling/Spin** (Start Dec 2, 6:30pm)



FRIDAYS

- **Strength Training, Treadmill & Spin** (9-11am)
- **Senior Foam Ball Tennis** (10am-11am)*
- **Community Ping Pong** (6:30-8pm)*

WEDNESDAYS

- **Strength Training, Treadmill** (9-11am)
- **Mexican Train Dominoes** (10am-12pm)*
- **Alzheimer's Caregiver Support & Memory Cafe for People with Symptoms** (11am-12:30pm Dec 17, Jan 21, Feb 18, Mar 18)*
- **Mah Jongg Club** (1-3pm)*
- **Paint & Drip Art Cafe** (6-8pm, Alternate Tues Starting Jan 7)
- **Youth Strength Training** (5-6pm) TBA



SATURDAYS

- **Indoor Cycling/Spin** (Start Dec 2, 10am)
- **Women's Self Defense** (11am-1pm, Mar 17)
- **Snowshoe Walking at SHAC*** (10am When we have snow!)



SUNDAYS

- **Albany Aikido** (10am)



SPECIAL EVENTS & PROGRAMS



REGISTER at: www.SHACcenter.org

SHAC Turkey Trot 5K & Walk



Thursday, Nov 27
8:30am FREE Kids
Run
9:00am 5K Start



Festival of Trees @ SHAC

Entries Accepted Nov 1-30th
Voting Starts Dec 1 - Jan 19

Tablet & Phone Tech Help

By Appointment Email:
Maggie@SHACcenter.org*



American Red Cross CPR & First Aid

Daytime CPR Hybrid Option

9-11am Tue, Jan 6

Evening CPR Hybrid Option

6-8pm Tue, Jan 13

Wilderness First Aid/CPR

9am-4pm Sat & Sun, Feb 7 & 8

FREE Thanksgiving

Thursday, Nov 27, 1-3pm

Jewelry Faire

Whiskers Feline Rescue

Sat. Dec 6, 10am-6pm



Mom Starts Here

Diaper Supply Program*

By Appointment: Call/Text Lori

518-461-1439

*Free

www.SHACcenter.org

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

Street Address: SHAC Center, 27 Lake Avenue, Averill Park, NY 12018

Mailing Address: PO Box 236, Sand Lake, NY 12153



Register HERE!

