

Winter 2026 SHAC Programs

THURSDAYS

ACTIVE - HEALTHY - ENGAGED

*FREE & Low-Cost Community Programs for All Ages

Albany Aikido (7:30am)

Story Writing (1-3pm)*



MONDAYS

- Strength Training, Treadmill (9-11am)
- Needlecrafts Group (10am-12pm)*
- Albany Aikido (12pm)
- Bridge (Alternating Mon 1-3pm Starts Jan5)*
- **Archery** (6:30-7:30pm)

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)

OWL Homeschool Co-Op (9:00am)

Community Ping Pong (6-7:30pm)*

Yoga with Jen (5:30pm Starts Jan 8)

TOAST: Thur. Open Art Studio Time (1-4pm)*

Indoor Cycling/Spin (Start Dec 2, 6:30pm)

- 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

By Appointment Email:

Maggie@SHACcenter.org*

Mom Starts Here



Cross **CPR & First Aid**

American Red

Daytime CPR Hybrid Option

9-11am Tue, Jan 6

Evening CPR Hybrid Option

6-8pm Tue, Jan 13

Wilderness First Aid/CPR

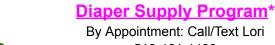
9am-4pm Sat & Sun, Feb 7 & 8

FREE Thanksgiving

Thursday, Nov 27, 1-3pm

Jewelry Faire Whiskers Feline Rescue

Sat. Dec 6, 10am-6pm



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

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