



SHAC Center Fall Programs

Our mission is to facilitate and support the development of healthy, active lifestyles for people of all ages in Averill Park and surrounding communities.



Fall Guided Naturalist Walk

Date: Thursday September 22nd

Time: 5:30 to 7:00 PM

Ages: Open to all

Capacity: 20

Cost: Free, donations accepted



Learn how to find and appreciate nature in your community backyard! During this fall-time guided walk, Dr. Jennifer Dean, an invasive species biologist, will help us explore the grounds of SHAC and discuss basic traits to look for when identifying plants and insects, tools to help with identifying native and invasive species will be discussed as well.

Learn to Play Pickleball

Location: Averill Park HS Tennis Courts

Dates: Thursdays September 15th and 29th

Registration: 5:30PM; **Play:** 5:45PM – Dusk

Cost: Free, donations accepted

All ages welcome (those under 18 must have a parent sign a waiver). Please bring paddles, balls, and a net if you have them.



Bring Your Own Device Event

Dates: Thursday 9/15, 10/13 & 11/17

Time: 9:00AM-10:00AM

Ages: All

Cost: Free, donations accepted

Do you need help using your digital device? Drop in to the Sky High Adventure Community Center with your laptop, tablet, or smartphone to get help from Digital Literacy educator Delia Hubbard, who is available on a first come-first served basis. She can help with logging in, finding your files, basic skills, or just getting to know your devices, and can refer you to an area repair center if your device is broken.

Safe Zone Game Night for Teens

Dates: Mondays starting September 19th

Time: 4:30PM-6:30PM

Ages: 12-17

Cost: Free, donations accepted

SHAC welcomes all area kids to drop in at the Center on Monday evenings for game room activities, socialization, and open discussions of issues important to them. Come when you can, have some fun, and enjoy some downtime with other teens. Bring your favorite game if you like. Try it, SHAC is **your** place!



Wholehearted Yoga with Jen (RYT)

Dates: Sundays, 9/11, 9/18, 9/25, 10/2, & 10/9

Time: 9:30am-10:30am

Ages: Adults

Capacity: 15

Cost: \$45 full series, payment received before 9/11. \$10 drop in class.

We will focus on gentle to moderate yoga sequences and breathwork. No yoga experience necessary. This five week yamas-themed series is designed to include breathwork, movement, and meditation so that you can feel good on and off the mat. This course is offered in a safe, non-competitive environment. **Note:** Please consult with your medical provider before participating in any physical activity.



Juggling for Fun and Fitness

Dates: Saturdays, September 10th and 17th

Time: 10:00 to 11:00 AM

Ages: Ages 12 and up

Capacity: 10

Cost: Free, donations accepted



Whether you are a beginner or can already juggle, join Jim Snack, a magician, juggler, and man of many talents for a Saturday morning juggling workout. Beginners will learn the basics of juggling, while more experienced jugglers will have a place to practice and connect with others. We will learn by doing, starting with scarves and working our way up.

No special equipment will be required, but if you have balls or clubs, bring them. There will be a lot of fun- be prepared to amaze your family and friends!

Yoga for Kids with Erin McElwee

Dates: Saturdays, 9/17, 9/24th, 10/1, & 10/8

Time: 10:45am to 11:45am

Age: Children in grades 3 to 5

Cost: \$75 for the 4 weeks

Erin is an experienced, certified yoga instructor and school psychologist with a love for teaching yoga and mindfulness to young people, and is excited to bring this program to the SHAC this fall. Learning to breathe, move their bodies, and calm their minds helps children learn to self-regulate and ease strong feelings that they may be having. For this class, we will have fun learning new breathing techniques, practicing yoga poses, doing small craft projects, and practicing mindfulness. Please have your child bring either a yoga mat or towel and their water bottle each week to class.



Quilting

Dates: Wednesdays, 10/5, 10/12, 10/19, 10/26, 11/1

Time: 6:00PM to 8:00PM

Age: All ages

Capacity: 10

Registration Cost: \$50

Do you have an interest in quilting? Many adults in our community do. Luckily, quilters Joan and Kathy are willing to share the art of quilt-making with you right here at Sky High Community Center. The instructors will guide you step-by-step in the process, share quilting tips, help you create your own designs, demonstrate safe use of a quilter's rotary cutter and even give you materials to work with at home between classes. We will keep the classes easy and projects small. When you complete the course you will be taking home a beautiful table topper or two that you will be very proud of. Please bring quilting supplies of your own or obtain the following: 24"x18" quilter's self-healing cutting mat, 3"x18" quilter's ruler, Rotary Cutter, 3 different fat quarters of fabric, sewing needle & thread or an easy-carry sewing machine. All of the above can be found at Jo-Ann's Fabrics in the Northway Mall.



Look for our announcement of SPECIAL fall events, including a Corn Hole Tournament in September and Fall Fun Field Day in October!

Memoir Writing with Val Cavanaugh

Dates: Eight consecutive Mondays, 9/26 to 11/14
Time: 1:00PM-3:00PM
Age: Seniors, Adults
Capacity: 12
Cost: \$80



Do you have memories that you want to save for your family or perhaps publish to the world? The classes will include instruction on some of the best practices in memoir writing, including what makes memoir different from autobiography or biography and how to make your memoirs both interesting and readable. Individual feedback and editing help will be given. Class members will also have the opportunity to share with other class members and get the most valuable and encouraging feedback. A refund is available if it is not your thing – so try it, we’re sure you will love it!

Yoga for Little Ones with Erin McElwee



Dates: Saturdays, 9/17, 9/24, 10/1, &10/8
Times: 9:30 to 10:30
Ages: Children in grades K to 2
Cost: \$75 for the 4 weeks

Erin McElwee is an experienced, certified yoga instructor and school psychologist with a love for teaching yoga and mindfulness to very young children. Learning to breathe, move their bodies, and calm their minds, helps children

learn to self-regulate and ease strong feelings that they may be having. For this class, we will have fun while learning new breathing techniques, practicing yoga poses, doing small craft projects, and practicing mindfulness. Please have your child bring either a yoga mat or towel and their water bottle.

Young Musicians Program with Patrick Ryan

Attention all young musicians, and their parents. SHAC is the new place for young musicians to rehearse, perform, and showcase their talents. Come out for Open Mic, take time to see the rehearsal/performance spaces that will be available to you, and learn how to sign up for band practice times.
Next Open Mic: Friday, 09/09
Time: 6-8PM.
Just sign in to show your talent, stay to listen to more young musicians, and who knows, we might discover the next great local musician or band.
Cost: Free, donations accepted



Future fall music opportunities will include rehearsal/jam space for young musicians. We will have opportunities for bands to perform live in front of an audience on the Sky High Adventures Community Center’s indoor and outdoor stages.

Let Your Artistic Talent Shine with John Hebert



Dates: Tuesdays & Thursdays, starting October 4th
Time: 5:00PM-6:00 PM
Ages: Middle & High School Students
Capacity: 12
Cost: \$100

This is a 12 session, 6 week arts program for Middle and High School students interested in developing and expanding their artistic talent. The instructor is John

Hebert, a former Marvel Comics illustrator who has drawn Punisher, X-Men, Jonny Quest and many more characters will teach students general drawing and figure drawing (anatomy, light & shade, setting the scene, etc). Students will create their own original characters and artwork. John will use his portfolio, images from the web, and how-to books to illustrate lessons and exercises as well as talking at length via “Chalk-talks” about his years in the art world and how it all fits together and works.

Miss Jenn’s Piano Lessons

Dates: Tuesdays, Wednesdays & Thursdays, starting September 13th
Time: 30 min. private lessons between 4PM & 6PM
Age: Kindergarten and up
Capacity: 12 half-hour lesson times available
Cost: \$30 per half-hour lesson



Jennifer Caswell will offer piano lessons at SHAC for students of all ages. Jennifer has over 20 years of experience teaching students from beginning through intermediate piano. From pre-readers to adult learners, Jennifer brings her love of music to her students in a gentle and positive manner. Jennifer utilizes the Faber Piano Adventure books series which she will provide for students to purchase. The total cost for the books is between \$25 and \$30 depending on the student’s level. After you register, email Jennifer to arrange specific lesson days/times at jlmatters101@gmail.com.

Substance Abuse Information Forums

Dates: Monthly on Wednesday evenings, starting 10/19
Topic: Vaping: A Big Problem or No Problem?
Time: 6:30PM-8:00PM
Cost: Free, donations accepted

The 1st of our monthly open discussion community forum is provided by Nopiates. Each forum will discuss the current nature of substance use and substance abuse occurring on the national and local level. Resources to address these issues will be presented. Each forum has momentum to build or strengthen our local community to find local solutions to the substance abuse crisis.



Register Online at:
SHACcenter.org/programs
or by using the form below



Registration Form

To register using this form, please print clearly and make checks payable to: **Sky High Adventure Center Inc.**
322 Methodist Farm Road
Averill Park, NY 12018

Course Name	Course Cost
Total Cost	

Name: _____

Address: _____

Email: _____

Phone: _____

Signature: _____

Parent Signature: _____

(for any participant 17 and under)

Date: _____

All participants will be required to sign a waiver upon entry to the program they have registered for.

SHAC believes in creating a safe, welcoming environment for all people regardless of race, sex, gender identification, sexual orientation, national origin, native language, religion, age, disability, marital status, citizenship, genetic information, pregnancy, or any other characteristic protected by law.

Look for our announcement of SPECIAL fall events, including a Corn Hole Tournament in September and Fall Fun Field Day in October!