

Fall Programs at SHAC!

FREE* & Low-Cost Community Programs for All Ages

THURSDAYS

 $(1-4pm)^*$

Starting Monday, September 15, 2025

MONDAYS

- Strength Training, Treadmill & Spin (9-11am)*
- Needlecrafts Group (10am-12pm)*
- Albany Aikido (12pm)
- Bridge (Alternating Mon 1-3pm. Starts 9/15)*
- Youth Strength Training (5-6pm)
- Mini Book Nook/Vignette Crafting (6-8pm Sept 29 & Oct 13)
- **Archery** (6:30-7:30pm Starting Nov 3)



TUESDAYS

- Albany Aikido (7:30am)
- Cooking Class (10am-12pm)*
- **Chair Yoga** (5:30-6:15pm)
- **Paint & Drip Art Cafe** (6-8pm Alternate Tues From Aug 26 - Dec)

FRIDAYS

Strength Training, Treadmill & Spin (9-11am)*

Albany Aikido (7:30am)

Story Writing (1-3pm)*

Outdoor Cycling (9 am Start)*

(Meets at Nassau Post Office/ Empire Trail)

TOAST: Thursday Open Art Studio Time

Vegetable Fermentation (6-8pm, Oct 29)

Community Ping Pong (6:00-7:30pm)*

- Senior Foam Ball Tennis (10am-11am)*
- **Tablet & Smartphone Tech Help** (10-12pm) By Appointment Email: Maggie@SHACcenter.org*



WEDNESDAYS

- Strength Training, Treadmill & Spin (9-11am)*
- Mexican Train Dominoes (10am-12pm)*
- Pickleball at Butler Park (10am-12pm)*
- Alzheimer's Caregiver Support & **Memory Cafe for People with Symptoms** (11am-12:30pm Sept 17, Oct 15, Nov 19 & Dec 17)*
- Mah Jongg Club (1-3pm)*
- Parent-Child Foam Ball Tennis (5:45-6:45pm)*



SATURDAYS

Women's Self Defense (10am-12pm, Nov 29)

SUNDAYS

Albany Aikido (10am)





SPECIAL EVENTS

Pickleball Tournament

Sat, October 4 at Butler Park 10:30am Novice Group 12:30pm Intermediate Group Email: Sherwood216@gmail.com

Spikeball Tournament

Sun, October 12, 2-5pm SHAC Center



Halloween Bash Oct 24 & 25*

Music, Games, Food, Raffles & A Boo Room

Haunted House & Tarot Cards*

Fri Oct 24 5-9pm

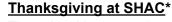
Trick or Treating & **Costume Contest***

Sat Oct 25 2-6pm



SHAC Turkey Trot 5K & Wall

Thursday, Nov 27 9am Race Start



Thursday, Nov 27 at 1pm

Register **NOW**



www.SHACcenter.org

Email: <u>SKYHIGHadventures@gmail.com</u> Phone: 518-281-6480 Street Address: SHAC Center, 27 Lake Avenue, Averill Park, NY 12018