

Fall Programs at SHAC!

FREE* & Low-Cost Community Programs for All Ages

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)



THURSDAYS

- **Albany Aikido** (7:30am)
- **Outdoor Cycling** (9 am Start)*
(Meets at Nassau Post Office/ Empire Trail)
- **TOAST: Thursday Open Art Studio Time** (1-4pm)*
- **Story Writing** (1-3pm)*
- **Vegetable Fermentation** (6-8pm, Oct 29)
- **Community Ping Pong** (6:00-7:30pm)*

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)*
- **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)

REGISTER TODAY!



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 & Walk

Thursday, Nov 27
9am Race Start



Thanksgiving at SHAC*

Thursday, Nov 27 at 1pm

**Register
NOW**



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