

# Fall 2025 Programs at SHAC!

FREE\* & Low-Cost Community Programs for All Ages

# **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)
- **Archery** (6:30-7:30pm Starting Nov 3)

# **TUESDAYS**

- Albany Aikido (7:30am)
- Cooking Class (10am-12pm)\*
- Chair Yoga (Starts Oct 14, 5:30-6:15pm)
- Paint & Drip Art Cafe (6-8pm Alternate Tues Starting Oct 9 - Dec)

# **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 Oct 15, Nov 19 & Dec 17)\*
- Mah Jongg Club (1-3pm)\*
- **Parent-Child Foam Ball Tennis** (5:45-6:45pm)\*



#### 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)\*

# **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\*



### SATURDAYS

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

#### SUNDAYS

Albany Aikido (10am)

Register at SHACcenter.org/programs

# 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 25, 2-5pm SHAC Center

# **Halloween Bash** Oct 24 & 25\*

Music. Games. Food. Raffles & A Boo Room

**Haunted House & Tarot Cards\*** 

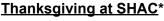
Fri Oct 24 5-9pm

Fall Fun Day Trick or Treat & **Costume Contest\*** Sat Oct 25 2-6pm



# SHAC Turkey Trot 5K & Walk

Thursday, Nov 27 9am Race Start



Thursday, Nov 27 at 1pm

Register for classes & **Events HERE** 





Email: <u>SKYHIGHadventures@gmail.com</u> Phone: 518-281-6480 Street Address: SHAC Center, 27 Lake Avenue, Averill Park, NY 12018 Mailing Address: PO Box 236, Sand Lake, NY 12153

