



Program Information

Participants **must** have an Intake Form on file before they can attend an GHN activity.

Registration

Please register 48 hours **prior** to the start of the activity to secure a spot.

To Register

Email Neala Mercier, AFTER Program Coordinator
after@thearcofghn.org

**Age Group
Color Code**
Ages 14+
Ages 14-17
Ages 18+



AFTER Activities

November 2023

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | \$15 1 Bowling GameTime 10-Pin 4:30-6pm | \$35 2 The Studio 1:30-3pm | \$5 3 Thrive Fitness 5 Dragons 4:30-5:30pm | \$25 4 Art Class Able HeArt 10-11am |
| 5 Festival of Trees Donation Ornament Making & Decorating The Arc of GHN - 1-4pm  | 6 Game Time Pictionary 4-4:45pm \$15 Bowling GameTime 5-6:15pm | 7  | 8 \$15 Bowling GameTime Candlepin 4:30-6pm | 9 \$35 The Studio 1:30-3pm Walk n' Roll The Rail Trail 4-5:00pm 4-5:00pm | 10 \$10 Friendsgiving Game Night NBPT Senior Center 5-8pm | 11 Lunch Hour Live w/Diane: Crockpot Pumpkin Soup 11-12pm  |
| 12 | 13 Game Time What am I? 4-4:45pm \$15 Bowling GameTime 5-6:15pm | 14 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm | 15 \$15 Bowling GameTime 10-Pin 4:30-6pm Yoga with Liz 6:30-7:30pm | 16 \$35 The Studio 1:30-3pm \$5 Yoga Riverside Yoga Studio 4-5pm | 17 \$10 Dance Boot Scootin' Boogie Dance 6-8pm | 18 Let's Talk About TBD 10:30-12pm |
| 19 | 20 Game Time Bingo 4-4:45pm \$15 Bowling GameTime 5-6:15pm | 21 | 22 | 23  | 24  | 25  |
| 26 | 27 Game Time Family Fued 4-4:45pm \$15 Bowling GameTime 5-6:15pm | 28 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm | 29 \$15 Bowling GameTime Candlepin 4:30-6pm | 30 \$35 The Studio 1:30-3pm | | |

Registration required for all activities. For more information see activity descriptions below.

Register at <https://thearcofghn.org/events/> or contact Neala Mercier at after@thearcofghn.org



AFTER ACTIVITIES

Activities, Fun, Training, Enrichment & Recreation

Participants **must** have an intake form on file before they can attend a GHN activity in person.

caregiver/provider needs to participate if special assistance is required

REGISTER AT: <https://thearcofghn.org/events> or email Neala Mercier, AFTER Coordinator at after@thearcofghn.org

Activity Descriptions

Game Time (Ages 14+)

Mondays @ 4pm

Zoom in for some social game challenges! Each week we will have new games and activities, check the calendar for details.

Story Telling with Patrick (Ages 14+)

Every 2nd & 4th Tuesday in November @ 6:30pm

Zoom into this journey and explore the world of Harry Potter while Patrick tells the story. Feel free to read along or put your feet up, grab a snack and unwind through this adventure. This will be a continuous series.

Lunch Hour Live (Ages 18+)

Saturday November 11th @ 11-12pm

Join your virtual host, Diane! Cook along as she takes you step by step through the process of making a delicious home cooked meal in your crockpot.

Yoga with Liz (Ages 14+)

Wednesday, November 15th @ 6:30pm

Join us on zoom for Yoga. Liz Kennedy DeGroot, Founder of Traveling Yogi, will bring yoga to your home via Zoom! Classes start with calm meditation, build up through movement, creativity, excitement, and end in reflection. Traditional yoga terminology will be sprinkled throughout class, but the goal is to have fun and be creative through movement - not to get stuck in the mold of how a mainstream yoga class is perceived to run!

Register @ <https://thearcofghn.org/events> or contact Neala Mercier @ after@thearcofghn.org

Bowling (Ages 18+)

Mondays in November at 5-6:15pm @ GameTime, 84 Haverhill Rd, Amesbury

Wednesdays in November at 4:30-6pm @ GameTime, 84 Haverhill Rd, Amesbury

This is a fun energetic group of people that love to bowl. You can email me for any open slots in case we have a cancellation.

Cost: \$15 per person

Min 4, Max 12, Staffing Ratio: Varies

The Studio (Ages 18+)

Thursdays in November, 1:30-3pm @ The Studio, 253 Low St., NBPT

A place to be creative through a variety of art projects. Also offering many other activities to help build coping skills, improve social interactions, gain self-esteem and develop techniques to improve emotional regulation.

Maximum participants: 10

Cost: \$35.00 per person

Thrive Autism Fitness (Ages 14+)

Friday, November 3rd, 4:30-5:30pm @ 5 Dragons, 57 Wingate St, 1st Floor, Haverhill (Use entrance on side of the building)

We will be having Thrive Autism Fitness take us through a step by step workout. High or low impact is your choice along with adaptive options. Please join us in this new adventure.

Cost: \$5.00 per person

Min 4, Max 12, Staffing Ratio: Varies

Art Class (Ages 18+)

Saturday, November 4th, 10-11am @ Able HeART Studio, 77 Elm St, Unit 203, Amesbury

Art class with experienced artists in Amesbury! You will leave class with a fabulous craft and a great social experience with peers.

Cost: \$25 per person

Min 6, Max 12, Staffing Ratio: Varies

Festival of Trees Ornament Making & Tree Decorating (All Ages)

Sunday, November 5th, 1pm-4pm @ The Arc of GHN, 57 Wingate St, Haverhill

We will get together to make ornaments & decorate our donation tree. Ornaments are for the festival of trees for our tree donation. We will do another craft day for the holidays next month. There will be snacks.

Min 6, Max 12, Staffing Ratio: Varies

Register @ <https://thearcofghn.org/events> or contact Neala Mercier @ after@thearcofghn.org

Walk n' Roll the Rail Trail (Ages 14-17) & (Ages 18+)

Thursday, November 9th, 4:00-5:00pm & 4:00-5:00pm @ Tannery, NBPT

This is a great way to get out, stretch and explore some nature. We will meet at **the Tannery** and be picked up at **the Tannery**. If you would like to bring some money for a treat at the end of our walk, you are welcome to do that.

Minimum participants: 4, Maximum participants: 8

Staffing Ratio: Varies

Friendsgiving Game Night partnership with Peer Support (Ages 18+)

Friday, November 10th, 5-8:30pm, Newburyport Community Center., 331 High St., NBPT

Join us for a night of fun and games as Peer Support and AFTER Program put our heads together to create another amazing activity for you. We will be serving a thanksgiving inspired dinner with drinks. Please let us know of any allergies. **REGISTRATION REQUIRED**

Cost: \$5 per person

Min 10, Max 50, Staffing Ratio: Varies

Yoga (In-Person) (Ages 14+)

Thursday, November 16th, 4:00-5:00pm @ Riverside Yoga Studio, 75 Water St, NBPT, MA

Join Meghan Leighton, M.A.T., special educator and yoga instructor, for breathing exercises, stretches, music, and a Fall art activity. Apple cider will also be offered at the end of class! Meghan has worked in the field of education for 20 years with children, teens and young adults with differing abilities. Now she specializes in mindfulness and yoga for all ages and abilities.

Minimum Participants: 6, Maximum Participants: 10

Cost: \$5.00 per person

Dance (Ages 18+)

Friday, November 17th, 6:00- 8:00pm at the Haverhill Citizen's Center, 10 Welcome Street

DJ in the house playing Top 40 hits along with lots of crowd favorites! Bring a friend and join the fun. **The theme is Boot Scootin' Boogie.**

No registration required.

Cost: \$10.00 per person

Let's Talk About ... TBD (Ages 18+)

Saturday, November 18th, 10:30-12pm @ Salisbury Public Library, 17 Elm St, Salisbury, MA

Hosted by Elizabeth Fulks this class is about getting together with our peers and having an open discussion about life's challenging subjects. This is a great time to brush up on important reminders on being healthy, physical activity, decision making, relationships, bullying etc. Bring any questions or subjects you would like us to build a class around.

Min 4, Max 12, Staffing Ratio: Varies

Register @ <https://thearcofghn.org/events> or contact Neala Mercier @ after@thearcofghn.org

Community Connections

All activities listed in below are goings-on' in the local community, are not Arc staffed activities. For information or to make arrangements, please contact the host organizations.

- **Sundays** - Newburyport Farmers Market, 9-1pm, Tannery Marketplace, 50 Water St.
- **Saturdays** - Amesbury Farmers Market, 12-3pm @ Barewolf Brewing, Amesbury
- **Tuesdays** - Vision Max Cinema - Movies are \$6.00 all day!
- **November 2nd** - Five Nights at Freddy's Fan Fest (Teens) 4-5:30, Haverhill Public Library
- **November 4th** - Donuts with Dad (Ages 3-8) 10-10:45am, Nevins Memorial Library, Methuen
- **November 8th** - Teen Arts and Crafts (Ages 12-18) 3-4pm, Nevins Memorial Library, Methuen
- **November 8th** - Teen Crafternoon: Diwali Lanterns (Grades 6-12) 4-5pm, Haverhill Public Library
- **November 9th** - Adult Glass Painting Party 6:30-7:30pm Lawrence Public Library
- **November 9th** - Gaming Club (Ages 12-18) 7-8pm, Nevins Memorial Library, Methuen
- **November 10th** - Mini Bulletin Craft (Teens) 3-4:30pm, Lawrence Public Library
- **November 15th** - Family Movie Night Ruby Gillman Teenage Kraken, 6-8pm, Haverhill Public Library
- **November 16th** - Teen Crafternoon: Macrame Fall Rainbows (Grades 6-12) 4-5pm, Haverhill Public Library
- **November 17th** - Friendsgiving Dinner - Autism Eats - 6-8pm, Michael's Harborside, Newburyport
- **November 18th** - Santa Parade 1pm starting on Pelham St. Methuen
- **November 19th** - Santa Parade 1pm Downtown Haverhill
- **November 25th** - Muffins with Moms (Ages 3-8) 10-10:45am, Nevins Memorial Library, Methuen
- **November 29th** - Ten to Teen: Autumn Bookmarks (10-13) 3-4pm, Nevins Memorial Library, Methuen

Our local libraries offer many activities, check out their event calendars online!

<https://libraries.state.ma.us/calendar>

Check out The Arc of the United States Virtual Program Library!

<https://programlibrary.thearc.org>