



# MAY 2024



## AFTER Activities



### Program Information

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

### Registration

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

Age Group  
Color Code

**Ages 9-13**



**Ages 14+**

**Ages 14-17**

**Ages 18+**

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](mailto:after@thearcofghn.org)

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			\$15 10-Pin Gametime Amesbury 4:30-6pm	\$35 2 The Studio Newburyport 1:30-3pm	3	4
5	Zoom 6 Game Time Hangman 4-5pm \$15 Gametime Amesbury 5-6:15pm	7 Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	\$15 8 Candlepin Gametime Amesbury 4:30-6pm Knitting w/Shana & Destiny 1:30-3pm	\$35 9 The Studio Newburyport 1:30-3pm	10	\$35 11 Arts & Crafts Collaboration Able HeArt Amesbury 11:30-1:30am
12 	Zoom 13 Game Time Name 5 4-5pm \$15 Gametime Amesbury 5-6:15pm	Zoom 14 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	\$15 15 10-Pin Gametime Amesbury 4:30-6pm	\$35 16 The Studio Newburyport 1:30-3pm	17	18 Let's Talk About... Internet Safety Salisbury Library 10:30-12:00pm
19	Zoom 20 Game Time Bingo 4-5pm \$15 Gametime Amesbury 5-6:15pm	21	\$15 22 Candlepin Gametime Amesbury 4:30-6pm Zoom Yoga w/ Liz 6:30-7:30pm	\$35 23 The Studio Newburyport 1:30-3pm Music Exploration Nevens Library 6-7pm	24	25
26	27 	Zoom 28 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	\$15 29 10-Pin Gametime Amesbury 4:30-6pm	\$35 30 The Studio Newburyport 1:30-3pm	31	



# 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\*\*

**TO REGISTER:** email Neala Mercier, AFTER Coordinator at [after@thearcofghn.org](mailto:after@thearcofghn.org)

## May Activity Descriptions

### **Game Time (Ages 14+)**

**Mondays @ 4pm via Zoom**

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 2<sup>nd</sup> & 4<sup>th</sup> Tuesday in May @ 6:30pm via Zoom**

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.

### **Bowling (Ages 18+)**

**Mondays in May @ 5-6:15pm, Gametime Lanes, 84 Haverhill Rd, Amesbury (Candlepin Only)**

**Wednesdays in May @ 4:30-6pm, Gametime Lanes, 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

### **Yoga with Liz (Ages 14+)**

**Wednesday, March 27<sup>th</sup> @ 6:30pm via Zoom**

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](mailto:after@thearcofghn.org)

## **The Studio (Ages 18+)**

**Thursdays in May @ 1:30-3pm, The Studio, 253 Low St., Newburyport**

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*

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

**Thursday, May 7<sup>th</sup>, 4:00-5:30pm @ Tannery, Newburyport**

**Thursday, May 7<sup>th</sup>, 4:00-5:30pm @ Tannery, Newburyport**

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*

## **Arts & Crafts Day Collaboration with Able Heart (Ages 18+)**

**Saturday, May 11<sup>th</sup>, 11:30am-1:30pm @ Able HeART Studio, 77 Elm St, Unit 203, Amesbury**

Join us for a creative afternoon of making arts and crafts. I will have lunch for everyone.

This will be focused around Mother's Day.

*Cost: \$35 per person*

*Min 6, Max 12, Staffing Ratio: Varies*

## **Let's Talk About...Internet Safety (Ages 18+)**

**Saturday, May 18<sup>th</sup>, 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. Bring your yoga mat with you if you have one. Your input is so important we appreciate any questions or subjects you would like us to build a class on.

*Min 4, Max 12, Staffing Ratio: Varies*

## **Music Exploration! (Ages 18+)**

**Thursday, May 23<sup>rd</sup>, 6-7pm @ Nevins Library, 305 Broadway St., Methuen, MA**

Come with your musical instrument and/or voice and a desire to join others who enjoy all kinds of music! Showcase your musical talents or come to explore your musical side. All abilities welcome!

*Min 2, Max 10, Staffing Ratio: Varies*

**Register @ <https://thearcofghn.org/events> or contact Neala Mercier @ [after@thearcofghn.org](mailto: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.
- **Sundays** - Amesbury Farmers Market, 1-4pm @ Barewolf Brewing, Amesbury
- **Mondays in May** - Kids in the kitchen, 3:30pm Lawrence Public Library 3:30pm
- **Tuesdays** - Vision Max Cinema - Movies are \$6.00 all day!
- **Thursday Night** - Game Nights (5/2, 5/9, 5/16, 5/23 & 5/30) 5:30-8:30pm, Haverhill Public Library
- **May 1<sup>st</sup>** - Create & Explore Nature (Ages 9-12) 6-7pm, Nevins Memorial Library
- **May 8<sup>th</sup>** - Teen Arts & Crafts (Ages 12-18) 3-4pm, Nevins Memorial Library
- **May 14<sup>th</sup>** - Sensory Sensitive Storytime (Ages 1-6) 4-4:45pm, Haverhill Public Library
- **May 15<sup>th</sup>** - Crafty Kids, (Ages 6-8) 6-7pm, Nevins Memorial Library
- **May 17<sup>th</sup>** - Drop in Lego Event 3-4:30pm, Georgetown Public Library
- **May 20<sup>th</sup>** - Art Club: Yarn Painting (Ages 6-11) 4-5pm, Haverhill Public Library
- **May 24<sup>th</sup>** - Donuts with Grown Ups: Turtles (Ages 9-13) 3-8pm, Nevins Memorial Library
- **May 28<sup>th</sup>** - Teen Crafternoon- Mayflower Magnets 4-5pm, Haverhill Public Library
- **May 28<sup>th</sup>** - Glow in the dark Mini Golf (Ages 0-6, 7+ & Teens & Adults) 5-6pm, 6-7pm & 8-9pm based on age, Newburyport Public Library,
- **May 29<sup>th</sup>** - Family Movie Night: Wish 6-8pm, Haverhill Public Library

***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>