



JULY 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**

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	\$15 1 Bowling Amesbury 4:30-6pm	2	3	 4 have a rockin' July PicMax	5	6
7	Zoom 8 Game Time Guest Host 4-5pm	Zoom 9 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	\$15 Candlepin 10 Bowling Amesbury 4:30-6pm	\$35 11 The Studio Newburyport 1:30-3pm	12	Zoom 13 Crockpot Cooking w/Diane: Peach Chicken w/Basil 11-12pm
	\$15 Bowling Amesbury 5-6:15pm	\$20 Movie Night Vision Max Inside Out 2 6:30pm (TBC)				
14	15 Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	16 Dinner Club 99 Restaurant Haverhill 5-7pm	\$15 10-Pin 17 Bowling Amesbury 4:30-6pm	\$35 18 The Studio Newburyport 1:30-3pm	19 Salisbury Beach Meet-Up 4-6pm	\$30 20 Arts Class Able HeArt Amesbury 10-11am
	\$15 Bowling Amesbury 5-6:15pm					
21	Zoom 22 Game Time Family Fued 4-5pm	Zoom 23 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	\$15 Candlepin 24 Bowling Amesbury 4:30-6pm	\$35 25 The Studio Newburyport 1:30-3pm	26	27
	\$15 Bowling Amesbury 5-6:15pm	\$20 Movie Night Vision Max Dispicable Me 4 6:30pm (TBC)	Zoom Yoga w/ Liz 6:30-7:30pm			
28	\$15 29 Bowling Amesbury 5-6:15pm	30	\$15 10-Pin 31 Bowling Amesbury 4:30-6pm			



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

July Activity Descriptions

Game Time (Ages 14+)

Every Other Monday @ 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 2nd & 4th Tuesday in July @ 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 July @ 5-6:15pm, Gametime Lanes, 84 Haverhill Rd, Amesbury (Candlepin Only)

Wednesdays in July @ 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

Crockpot Cooking w/ Diane (Ages 18+)

Saturday, July 13th @ 11-12pm via Zoom

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. **July's Recipe is Peach Chicken with Basil**

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

The Studio (Ages 18+)

Thursdays in July @ 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 per person

Movie Night (Ages 14+)

Tuesday, July 9th & 23rd @ 6:30pm (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Join us for a night out at the movies to see "Inside Out 2" & "Despicable Me 4". We will meet up and grab a drink and some popcorn for a relaxing night at the movies. **I cannot confirm the time until Thursday before activity we will notify all registered individuals if there is a time change.**

Cost: \$20 per person, Min 6, Max 12, Staffing Ratio: Varies

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

Monday, July 15th @ 4:00-5:30pm, Tannery, Newburyport

Monday, July 15th @ 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.

Min 4, Max 12, Staffing Ratio: Varies

Dinner Club Live! (Ages 18+)

Tuesday, July 16th, 5-7pm @ 99 Restaurant, 786 River St., Haverhill

Meet friends old and new as we chit chat over dinner about current events, music, movies, and more. Upon registration you will receive a link to the menu where you will choose your meal, drink, and dessert ahead of time. The cost of this activity will depend on the food you choose (tax and tip will be calculated into the total).

Cost: TBD

Min 8, Max 18, Staffing Ratio: Varies

Salisbury Beach Meet-Up (Ages 18+)

Friday, July 19th @ 4-6pm, Salisbury Beach (meet by the bathrooms at the parking lot)

Meet me at the beach! We will walk around and do some activities, check out the goodies they have and walk the beach. Don't forget your spending money!

Min 4, Max 12, Staffing Ratio: Varies

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

Art Class (Ages 18+)

Saturday, July 20th @ 10-11am, Able HeART Studio, 77 Elm St, Unit 203, Amesbury

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

Cost: \$30 per person

Min 6, Max 12, Staffing Ratio: Varies

Yoga with Liz (Ages 14+)

Wednesday, July 24th @ 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

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 July** - 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, 5:30-8:30pm, Haverhill Public Library
- **Thursday Nights** - Summer Series Live Music 6-8pm, Al Capp Amphitheater, Amesbury
- **Friday Nights** - Bradford Common Concert Series, 6-7pm, Bradford Common, Bradford
- **Monday's & Wednesday's** - Free Summer Lunches 11-12pm, Haverhill Public Library
- **July 1st - July 4th** - Amesbury Days check the site for more information <https://www.amesburydays.com/>
- **July 6th** - Dalmatians in Firefighting 1-3pm, Haverhill Firefighting Museum
- **July 6th** - Goats & Giggles(Ages up to 18) 12-1pm, Haverhill Public Library
- **July 10th** - Cruise Nights - Cafe Sarina Every other Thursday, 5 - 8 pm, Georgetown
- **July 13th** - Craft Buffet 2:00—3:30pm, Children's Activity Room, Newburyport Public Library
- **July 18th** - PI Beach Jams, 6-9pm, Annapolis Way, Plum Island Beach
- **July 20th & 27th** - Blueberry and Flower Festival, 9-5pm, Cider Hill Farm, Amesbury
- **July 27th - Aug 3rd** - Newburyport's Yankee Homecoming check the site for more details <https://yankeehomecoming.com>

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>