



SEPTEMBER 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 \$40 Kayaking Plum Island Kayaking Amesbury 2-5pm	4 \$15 Candlepin Bowling Amesbury 4:30-6pm	5 \$35 The Studio Newburyport 1:30-3pm	6	7
8	9 Zoom Game Time Bingo 4-5pm \$15 Bowling Amesbury 5-6:15pm	10 Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	11 \$15 10-Pin Bowling Amesbury 4:30-6pm 	12 \$35 The Studio Newburyport 1:30-3pm Lego Hangout Haverhill 4-5pm 	13 \$10 Game Night Fiesta Newburyport 5-8pm	14 Zoom Crockpot Cooking w/Diane: Meatball Soup 11-12pm
15	16 \$15 Bowling Amesbury 5-6:15pm	17 \$0 Dinner Club Sylvan Street Grille Salisbury 5-7pm	18 \$15 Candlepin Bowling Amesbury 4:30-6pm	19 \$35 The Studio Newburyport 1:30-3pm Fairy House Workshop Groveland 4-5:30pm 4-5:30pm 	20	21 \$30 Art Class Able HeArt Amesbury 10-11am
22 	23 Zoom Game Time Mad Libs 4-5pm \$15 Bowling Amesbury 5-6:15pm	24 \$20 Apple Picking Amesbury 3:30-5:00pm	25 \$15 10-Pin Bowling Amesbury 4:30-6pm Zoom Yoga w/ Liz 6:30-7:30pm	26 \$35 The Studio Newburyport 1:30-3pm	27 \$10 Welcome Back Dance Haverhill 6-8pm	28 Let's Talk About... Friendship Game Haverhill 10:30am-12pm
29	30 \$15 Bowling Amesbury 5-6:15pm					



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

September 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. **REGISTRATION REQUIRED**

Story Telling with Patrick (Ages 14+)

Every 2nd & 4th Tuesday @ 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. **REGISTRATION REQUIRED**

Bowling (Ages 18+)

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

Wednesdays @ 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. **REGISTRATION REQUIRED**

Cost: \$15 per person

Min 4, Max 12, Staffing Ratio: Varies

Crockpot Cooking w/ Diane (Ages 18+)

Saturday, September 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. **September's Recipe is Meatball Soup. REGISTRATION REQUIRED**

Register @ after@thearcofghn.org or contact Neala Mercier @ nmercier@thearcofghn.org

The Studio (Ages 18+)

Thursdays @ 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. **REGISTRATION REQUIRED**

Maximum participants: 10, Cost: \$35 per person

Kayaking (Ages 18+)

Tuesday, September 3rd, 2-5pm, 81 High St., Amesbury

This is a guided kayak paddle with Plum Island Kayak. After an on-land orientation and on-water demonstration the participants will then practice their skills with a leisurely paddle. Life preservers will be provided. This is a staffed activity. **Rain date is Tuesday, September 10th.**

Minimum Participants: 6, Maximum Participants: 14

Cost: \$40.00 per person

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

Tuesday, September 10th @ 4:00-5:30pm, Tannery, Newburyport

Tuesday, September 10th @ 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. **REGISTRATION REQUIRED**

Min 4, Max 12, Staffing Ratio: Varies

Lego Hangout

Thursday, September 12th, 4-5pm, 57 Wingate Street, 1st Floor, Haverhill

By request we are going to have a Lego build hang out. We will get together and build/create individual structure or a group project. **REGISTRATION REQUIRED**

Min 4, Max 12, Staffing Ratio: Varies

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

Friday, September 13th, 5-8:00pm, Newburyport Community Center., 331 High St., NBPT

Back by popular demand a **Fiesta** 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 dinner and drinks. Please let us know of any allergies. **REGISTRATION REQUIRED**

Cost: \$10 per person

Min 10, Max 50, Staffing Ratio: Varies

Register @ after@thearcofghn.org or contact Neala Mercier @ nmercier@thearcofghn.org

Dinner Club Live! (Ages 18+)

Tuesday, September 17th, 5-7pm @ Sylvan Street Grille, 195 Elm St, Salisbury

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). **REGISTRATION REQUIRED**

Cost: TBD

Min 6, Max 14, Staffing Ratio: Varies

Fairy House Workshop (Ages 14-17) & (Ages 18+)



Thursday, September 19th, 4-6pm @ Veasey Park, Groveland

Thursday, September 19th, 4-6pm @ Veasey Park, Groveland

This is a fun get together where we get creative and craft our own unique Fairy House's for the Fairy House walk September 21st - 22nd at Veasey Park. If you have any recycled items, feel free to bring them with you. If you have a glue gun you can bring that too. All other crafting supplies will be provided. **REGISTRATION REQUIRED**

Minimum participants: 4, Maximum participants: 12

Cost: \$25.00 per person, Staffing Ratio: 2:4

Art Class (Ages 18+)

Saturday, September 21st @ 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. **REGISTRATION REQUIRED**

Cost: \$30 per person

Min 6, Max 12, Staffing Ratio: Varies

Apple Picking partnership with Peer Support (Ages 18)

Tuesday, September 24th @ 3:30-5pm Cider Hill Farm, 45 Fern Ave, Amesbury, MA

Join us at the farm for a fun afternoon of apple picking, hanging with friends and snacks.

Rain date will be on the 26th same time. REGISTRATION REQUIRED

Cost: \$15 per person

Min 6, Max 12, Staffing Ratio: Varies

Register @ after@thearcofghn.org or contact Neala Mercier @ nmercier@thearcofghn.org

Yoga with Liz (Ages 14+)

Wednesday, September 21st @ 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! **REGISTRATION REQUIRED**

Dance (Ages 18+)

Friday, September 27th, 6:00-8:00pm @ Haverhill Citizen's Center, 10 Welcome Street, Haverhill

Our DJ will be playing Top 40 hits along with lots of crowd favorites! Bring a friend and join the fun. **The theme is Welcome Back. REGISTRATION REQUIRED**

Cost: \$10.00 per person

Let's Talk About...Friendship Game (Ages 18+)

Saturday, September 28th, 10:30-12pm, 57 Wingate St, 1st floor, Haverhill

Hosted by Elizabeth Fulks and partnering with Peer Support, 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. Your input is so important we appreciate any questions or subjects you would like us to build a class on. **REGISTRATION REQUIRED**

Min 4, Max 12, Staffing Ratio: Varies

Register @ after@thearcofghn.org or contact Neala Mercier @ nmercier@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 September** - Kids in the kitchen, 3:30pm Lawrence Library 3:30pm
- **Tuesdays** - Vision Max Cinema - Movies are \$6.00 all day!
- **Thursday Night** - Game Nights, 5:30-8:30pm, Haverhill Library
- **Friday's** - Methuen Farmers Market, 10-4pm, Nevins Library, Methuen
- **September 3rd** - Messy Art (Ages 3-6) 6-6:45pm, Nevin Library, Methuen
- **September 10th** - Lego Link Up (Ages 4-11) 4-5pm, Haverhill Library
- **September 18th** - Taste of Italy (6-11) 4-5pm, Haverhill Library
- **September 21st & 22nd** - Fairy House Festival, 10-4pm, Veasey Park, Groveland
- **September 21st** - River Ruckas 12-8:30pm Washington Street & River Front Park Haverhill
- **September 25th** - Family Movie Night - Inside Out 2 - 6-8pm, Haverhill Library

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

<https://haverhillpl.org>

<https://www.nevinslibrary.org>

<https://www.lawrencepl.org/events>

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

<https://www.merrimaclibrary.org/calendar.html>

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

<https://programlibrary.thearc.org>

Additional Resources

<https://www.ciderhill.com/farm-events>

<https://www.veaseypark.org/community-events>

https://haverhillrec.activityreg.com/selectactivity_t2.wcs?leaguesid=915

[Inclusive Dance Classes | Everybody Dance Now \(everybody-dancenow.com\)](http://everybody-dancenow.com)

Healthykidsrunningseries.org