



OCTOBER 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
		\$20 Fall Fitness Bootcamp Newburyport Rec Community Center 5pm Movie Night Beetle Juice Salisbury 6pm TBC	\$15 <i>Candlepin</i> Bowling Amesbury 4:30-6pm	\$35 The Studio Newburyport 1:30-3pm		Lego Hangout Haverhill 10:30-11:30am
6	Zoom Game Time Name 5 4-5pm Special Olympics Info Session Veasey Park 6pm	Zoom Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	\$15 <i>10-Pin</i> Bowling Amesbury 4:30-6pm	\$35 The Studio Newburyport 1:30-3pm	11	Zoom Crockpot Cooking w/Diane: Tuscan Chicken Stew 11-12pm
13		\$20 Movie Night The Wild Robot 6pm TBC	\$15 <i>Candlepin</i> Bowling Amesbury 4:30-6pm Zoom Yoga w/ Liz 6:30-7:30pm	\$35 The Studio Newburyport 1:30-3pm Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	18	\$35 Halloween Dance Haverhill 6-8pm Arts & Crafts Collaboration Able HeArt Amesbury 11:30am-1:30pm
20	Zoom Game Time What's in the bag? 4-5pm \$15 Bowling Amesbury 5-6:15pm	Zoom StoryTelling w/Patrick "Harry Potter" 6:30-7:30pm	\$15 <i>10-Pin</i> Bowling Amesbury 4:30-6pm	\$35 The Studio Newburyport 1:30-3pm	25	Let's Talk About... Friendship Game Haverhill 10:30am-12pm \$25 Create a Haunted House The Studio Newburyport 5-7pm
27	\$15 Bowling Amesbury 5-6:15pm	29	\$15 <i>Candlepin</i> Bowling Amesbury 4:30-	\$35 The Studio Newburyport 1:30-3pm		

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

TO REGISTER: email Neala Mercier, AFTER Coordinator at after@thearcofghn.org

October 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, October 12th @ 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. **October's Recipe is Tuscan Chicken Stew. 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

Movie Nights (Ages 14+)

Tuesday, October 1st @ 6:00pm (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Tuesday, October 15th @ 6:00pm (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Join us for a night out at the movies to see "BeetleJuice" and "The Wild Robot". We will meet up and grab a drink and some popcorn for a relaxing night at the movies.

We cannot confirm the time until Thursday before activity we will notify all registered individuals if there is a time change. REGISTRATION REQUIRED

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



Lego Hangout (Ages 14+)

Thursday, October 5th, 10:30-11:30am, 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

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

Tuesday, October 17th @ 4:00-5:30pm, Tannery, Newburyport

Tuesday, October 17th @ 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

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

Saturday, October 19th @ 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 Halloween. **REGISTRATION REQUIRED**

Cost: \$35 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, October 16th @ 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, October 18th @ 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 Halloween Costume Party. REGISTRATION REQUIRED**

Cost: \$10.00 per person

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

Saturday, October 26th, 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



Create a Haunted House (Ages 18+)

Saturday, October 26th @ 5-7pm, The Studio, 253 Low St., Newburyport

We will meet up with Michele at the Studio and create a haunted house with step by step instructions. There will be life snacks and drinks provided. This is a new activity that I have no doubt about it being an amazing night. **REGISTRATION REQUIRED**

Cost: \$25 per person

Min 6, 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 October** - 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

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 \(everybody-dancenow.com\)](https://everybody-dancenow.com)

[Healthykidsrunningseries.org](https://healthykidsrunningseries.org)

<https://www.communityconnections.org>