



# JAN 2025

## 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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1	\$35 <sup>2</sup> The Studio Newburyport 1:30-3pm	3	4
5	Zoom <sup>6</sup> Game Time Bingo 4-5pm  \$15 Bowling Amesbury 5-6:15pm	\$20 <sup>7</sup> Movie Night Sonic 3 Salisbury TBD	\$15 <sup>8</sup> 10-Pin Bowling Amesbury 4:30-6pm	\$35 <sup>9</sup> The Studio Newburyport 1:30-3pm	10	\$35 <sup>11</sup> Art Class Able HeArt Amesbury 10-11am
12	\$15 <sup>13</sup> Bowling Amesbury 5-6:15pm	\$20 <sup>14</sup> Movie Night Mufasa Salisbury TBD	\$15 <sup>15</sup> Candlepin Bowling Amesbury 4:30-6pm	\$35 <sup>16</sup> The Studio Newburyport 1:30-3pm	\$10 <sup>17</sup> Dance New Year's Haverhill 6-8pm	18
19	 MARTIN LUTHER KING JR. DAY I HAVE A DREAM	21	\$15 <sup>22</sup> 10-Pin Bowling Amesbury 4:30-6pm  Zoom Yoga w/ Liz TBC 6:30-7:30pm	\$35 <sup>23</sup> The Studio Newburyport 1:30-3pm	24	25 Let's Talk About... Healthy Relationships Haverhill 10:30-12:00pm
26	\$15 <sup>27</sup> Bowling Amesbury 5-6:15pm	28	\$15 <sup>29</sup> Candlepin Bowling Amesbury 4:30-6pm	\$35 <sup>30</sup> The Studio Newburyport 1:30-3pm	\$10 <sup>31</sup> Latin Dance Night Haverhill 6-8pm	

**Attention: Register & pay now with our new forum SignUpGenius.**  
 E-mail Neala Mercier @ [nmercier@thearcofghn.org](mailto:nmercier@thearcofghn.org) with any questions



# 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)

## January Activity Descriptions

### Game Time (Ages 14+)

1<sup>st</sup> 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**

### Bowling (Ages 18+) FULL

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 15, Staffing Ratio: Varies

### 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: 12, Cost: \$35 per person

### Movie Night (Ages 14+)

Tuesday, January 7<sup>th</sup> & 14<sup>th</sup> @ (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Join us for a night out at the movies to see "Sonic 3" on January 7<sup>th</sup> and "Mufasa" on January 14<sup>th</sup>. 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. REGISTRATION REQUIRED**

Cost: \$20 per person

Min 6, Max 20, Staffing Ratio: Varies

Register @ [after@thearcofghn.org](mailto:after@thearcofghn.org) or contact Neala Mercier @ [nmercier@thearcofghn.org](mailto:nmercier@thearcofghn.org)

## Art Class (Ages 18+)

**Saturday, January 11<sup>th</sup> @ 10am-11am, Able HeART Studio, 77 Elm St, Unit 203, Amesbury**

Join us at Able HeArt Studio for creative art class. Carolyn and Lisa lead you through step-by-step instructions with fun ideas and great tips. **REGISTRATION REQUIRED**

Cost: \$30 per person

Min 6, Max 12, Staffing Ratio: Varies

## Dance (Ages 18+)

**Friday, January 17<sup>th</sup> @ 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 New Year Celebration. REGISTRATION REQUIRED**

Cost: \$10.00 per person

## Yoga with Liz (Ages 14+)

**Wednesday, January 22<sup>nd</sup> @ 6:30pm via Zoom (Date to be confirmed)**

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**

## Let's Talk About...Healthy Relationships (Ages 18+)

**Saturday, January 25<sup>th</sup> @ 10:30-12pm, 57 Wingate St, 1<sup>st</sup> 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

## Latin Dance Night (Ages 18+)

**Friday, January 31<sup>st</sup> @ 6:00-8:00pm @ Haverhill Citizen's Center, 10 Welcome Street, Haverhill**

Come learn a few Latin dance steps with us! We'll try a few different dance styles, learn a bit of history about the dance and most importantly have so much fun! **REGISTRATION REQUIRED**

Cost: \$10.00 per person

Register @ [after@thearcofghn.org](mailto:after@thearcofghn.org) or contact Neala Mercier @ [nmercier@thearcofghn.org](mailto:nmercier@thearcofghn.org)

## Community Connections

*All activities listed 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 January**- 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](https://haverhillrec.activityreg.com/selectactivity_t2.wcs?leaguesid=915)

*Inclusive Dance Classes | Everybody Dance Now (everybody-dancenow.com)*

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

<https://www.communityconnections.org>