



MAY 2026

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 12-17
Ages 18+
Family

Registration required for all activities. For more information see activity descriptions below.

Register at <https://thearcofghn.org/new-signup-genius-registration/> Click on The Arc Portal for activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Caregiver Day Shell Art Georgetown 1pm	4 Zoom Game Time What's in the bag? 4-5pm \$15 Bowling Amesbury 5-6:15pm	5 \$15 Title Boxing North Andover 4:00-4:45pm 	6 Creative Expressions Haverhill 3:30-4:30pm \$15 10-Pin Bowling Amesbury 4:30-6pm	7 \$30 The Studio Merrimac 10-11:15am \$15 Healthy Living & Weight Challenge Haverhill 4-5pm NEW Peer Support Haverhill 4-5:30pm	8 \$50 Candlelight Ball The Renaissance Haverhill 6-10PM Black Tie	9 \$20 Craft Day Mother's Day Haverhill 10-11:30am
10 	11 \$15 Bowling Amesbury 5-6:15pm	12 \$15 Title Boxing North Andover 4:00-4:45pm Walk n' Roll Newburyport 4-5:30/4-5:30pm Stronger Together Haverhill 4:30-5:30pm	13 \$15 Candlepin Bowling Amesbury 4:30-6pm	14 NEW Healthy Living & Weight Challenge Haverhill 4-5pm \$20 Cooking w/Scott Haverhill 4:30-6pm/4:30-6pm	15	16
17 Zoom Game Time Mad Libs 4-5pm	18 \$15 Bowling Amesbury 5-6:15pm	19 \$15 Title Boxing North Andover 4:00-4:45pm \$20 Movie Night Sheep Detectives Salisbury TBD	20 \$10 Drums w/Zach Field - Amesbury 1-2pm \$15 10-Pin Bowling Amesbury 4:30-6pm	21 \$30 The Studio Merrimac 10-11:15am NEW Healthy Living & Weight Challenge Haverhill 4-5pm	22	23 
24	25 	26 \$15 Title Boxing North Andover 4:00-4:45pm \$\$ Dinner Club 99 Restaurant Haverhill 5-7pm	27 \$15 Candlepin Bowling Amesbury 4:30-6pm	28 \$30 The Studio Merrimac 10-11:15am NEW Healthy Living & Weight Challenge Haverhill 4-5pm	29	30 \$30 Art Class Able HeArt Amesbury 11am
31 \$15 Caregiver Day Sound Bath Haverhill 5pm						

Attention: Register & pay online <https://thearcofghn.org/new-signup-genius-registration/>
E-mail Neala Mercier @ 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

May Activity Descriptions

Game Time (Ages 18+)

1st & 3rd 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 12-17) (Ages 18+)

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

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 6, Max 15, Staffing Ratio: Varies

Title Boxing (Ages 18+)

Tuesdays @ 4:00-4:45pm, 137 Turnpike St, North Andover

Students will boost endurance, relieve stress, and develop the confidence and mindset of a champion. Boxing offers powerful benefits-improving fitness, coordination, and social connection-while empowering participants to feel strong and capable. **REGISTRATION REQUIRED**

Maximum participants: 12, Cost: \$15 per person

The Studio (Ages 18+)

Thursdays @ 10-11:15am, Merrimac Senior Center, 100 E. Main St, Merrimac

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: \$30 per person

Register @ <https://www.thearcofghn.org/after-registration/> or Neala Mercier @ nmercier@thearcofghn.org

Creative Expressions

Wednesdays @ 3:30-4:30pm, The Arc of GHN, 57 Wingate St, Haverhill

This class explores different ways to express yourself creatively. We are partnering with Professor Marc Mannheimer of Northern Essex Community College. It is a fun, judgement-free zone based on the idea that you can't get it wrong. **REGISTRATION REQUIRED**

Maximum participants: 12

Healthy Living Challenge (Ages 18+)

Thursdays in May 4:00-5:00pm, The Arc of GHN, 57 Wingate St., 3rd Floor, Haverhill

Let's get healthy. This is a fun challenge to get us moving and challenge ourselves.

We will weight in, learn some helpful instructions/tips on being & staying healthy along with some movements. This is a 6 – week commitment with a prize at the end of the challenge.

REGISTRATION REQUIRED

Cost: \$15 per person (this is a 1x fee)

Caregiver Day-Shell Art (Ages 18+)

Sunday, May 3rd @ 1pm, Hatter's Tea Shoppe, 10 E. Main St, Georgetown

We have partnered with Hatter's Tea Shoppe to offer this activity. Come and grab a Tea or a cup of Jo) and relax while creating a shell theme piece of art. This is a great way to meet others and craft. **REGISTRATION REQUIRED**

Candlelight Ball

Friday, May 8th @ 6-10pm, The Renaissance Golf Club, 377 Kenoza St, Haverhill

The Annual Candlelight Ball is the longest running celebration in the Merrimack Valley for people with disabilities, their families, and friends. Join us for an unforgettable evening of celebration, fine dining & dancing! **REGISTRATION REQUIRED**

Cost: \$50 per person

Craft Day (Ages 18+)

Saturday, May 9th @ 10-11:30am, The Arc of GHN, 57 Wingate St, 3rd Floor, Haverhill

Join me at the office for a craft day. We will be creating a gift for Mom a painted vase with a DIY flower arrangement. You can bring a snack and drink with you if you would like.

REGISTRATION REQUIRED

Cost: \$20 per person

Min 6, Max 12, Staffing Ratio: Varies

Register @ <https://www.thearcofghn.org/after-registration/> or Neala Mercier @ nmercier@thearcofghn.org

Cooking w/Scott (Ages 12-17) (Ages 18+)

Tuesday, May 14th @ 4:30-6pm & 4:30-6pm All Saints Church Kitchen, 120 Bellevue Ave, Haverhill

Learn some basic cooking skills with friends and prepare a delicious meal to enjoy together! Space is limited. **REGISTRATION REQUIRED**

Cost: \$20 per person

Min 6, Max 12, Staffing Ratio: Varies

Walk n' Roll the Rail Trail (Ages 12-17) & (Ages 18+)

Tuesday, May 12th @ 4:00-5:30pm, Tannery, Newburyport

Tuesday, May 12th @ 4:00-5:30pm, Tannery, Newburyport

This is a great way to get out, stretch and explore some nature. We will meet at **The Black Duck @ 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

Drums w/Zach Field (Ages 18+)

Wednesday, May 20th @ 1-2:00pm Trades Mill, 6 Chestnut St Suite 119, Amesbury

Jam with us for a fun afternoon at Zach Field Drum Studios in Amesbury! We'll take turns in small groups in the drum room, learning to jam on our own full drum set, guided by owner Zach Field. The ability to keep on noise-cancelling headphones in the drum room is required to attend this activity.

Cost: \$10 per person

Min 4, Max 12, Staffing Ratio: Varies

Movie Night (Ages 18+)

Tuesday, May 19th @ (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Join us for a night out at the movies to see "Sheep Detectives". 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

Dinner Club Live (Ages 18+)

Tuesday, May 26th @ 5-7:00pm, 99 Restaurant, 786 River Road, 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). **REGISTRATION REQUIRED**

Cost: TBD

Min 10, Max 25, Staffing Ratio: Varies

Register @ <https://www.thearcofghn.org/after-registration/> or Neala Mercier @ nmercier@thearcofghn.org

Art Class (Ages 18+)

Saturday, May 30th @ 10-11am, Able HeART Studio, 5B Market Square, 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

Caregiver Day-Rest & Restore (Ages 18+)

Sunday, May 31st @ 4pm, Devine Wellness, 90 Washington St, Haverhill

A sound healing session works with sound frequencies & vibrations to help soothe imbalances that may occur throughout our lives. The frequencies gently stimulate the vagus nerve, supporting the parasympathetic nervous system (rest & relaxation) and promoting deep calm. There are gongs, crystal bowls, chimes and more. It is a form of guided meditation that allows the body and mind to have a deep sense of restoration. Space is limited!

Cost: \$15 per person

REGISTRATION REQUIRED

Register @ <https://www.thearcofghn.org/after-registration/> or Neala Mercier @ nmercier@thearcofghn.org

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 May**- 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

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

<https://www.communityconnections.org>