



# APR 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 12-17**  
**Ages 18+**  
**Family**

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>\$20</b>  Cooking w/ Scott Haverhill 4:30-6pm	<b>\$15</b>  Candlepin	<b>2</b> Bowling Amesbury 4:30-6pm	<b>3</b>  Legislative Reception Haverhill 10-12pm	4
6	<b>Zoom</b> Game Time Family Feud 4-5pm	<b>7</b>  Cooking w/Scott Haverhill 4:30-6pm	<b>8</b>  10-Pin	<b>9</b> Bowling Amesbury 4:30-6pm	<b>10</b>  The Studio <b>New Location</b> 1:30-3pm	<b>11</b> <b>\$20</b> Game Night Eggstra Fun Newburyport 5-8pm
	<b>\$15</b> Bowling Amesbury 5-6:15pm	<b>Stronger Together</b> Haverhill 4:30-5:30pm				<b>12</b>  Family Drum Class Amesbury <b>10-11:30am</b>
13	 <b>\$15</b> Bowling Amesbury 3:30-4:45pm	<b>14</b>  <b>\$10</b> Drums w/Zach Field Amesbury 1-2:30pm	<b>15</b>  Candlepin	<b>16</b> Bowling Amesbury 4:30-6pm	<b>17</b>  The Studio <b>New Location</b> 1:30-3pm	<b>18</b> <b>\$10</b> Spring Dance Haverhill 6-8pm
	<b>\$15</b> Bowling Amesbury 5-6:15pm			 Walk n' Roll @ Riverside Park Haverhill 1-2pm	Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	<b>19</b> <b>\$30</b> Art Class Able HeArt Amesbury 10-11am
20	 <b>Zoom</b> Game Time Movie Trivia 4-5pm	 <b>21</b> Earth Day Planting TBD <b>10:00-11:30am</b>	<b>22</b> <b>Zoom</b>	<b>23</b> Yoga w/ Liz 6:30-7:30pm	<b>24</b>  The Studio <b>New Location</b> 1:30-3pm	<b>25</b> <b>Family Movie</b> Mine Craft Salisbury <b>11am</b>
27	 <b>\$15</b> Bowling Amesbury 3:30-4:45pm	28	29	<b>30</b>  10-Pin Bowling Amesbury 4:30-6pm		<b>26</b> <b>Let's Talk</b> About...Dating Haverhill <b>10:30-12pm</b>
	<b>\$15</b> Bowling Amesbury 5-6:15pm					

**Attention:** Register & pay online <https://thearcoghn.org/new-signup-genius-registration/>  
 E-mail Neala Mercier @ [nmercier@thearcoghn.org](mailto:nmercier@thearcoghn.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\*\**

## April Activity Descriptions

### Game Time (Ages 18+)

1<sup>st</sup> & 3<sup>rd</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 12-17) (Ages 18+)



2<sup>nd</sup> & 4<sup>th</sup> Mondays @ 3:30-4:45pm, Gametime Lanes, 84 Haverhill Rd, Amesbury (Candlepin)

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

### The Studio (Ages 18+)

Thursdays @ 1:30-3pm, (New Location: Hope Church, 11 Hale 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

Register @ <https://thearcoghn.org/new-signup-genius-registration/> or contact Neala Mercier @ [nmercier@thearcoghn.org](mailto:nmercier@thearcoghn.org)



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

**Tuesday, April 1<sup>st</sup> @ 4:30-6pm, All Saints Church Kitchen, 120 Bellevue Ave, Haverhill, MA**

**Tuesday, April 8<sup>th</sup> @ 4:30-6pm, All Saints Church Kitchen, 120 Bellevue Ave, Haverhill, MA**

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



## Family Drum Class w/Zach Field (Family)

**Saturday, April 12<sup>th</sup> @ 10-11:30am Trades Mill, 6 Chestnut St Suite 119, Amesbury**

Let's rock! Join us for a super fun morning 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. Teenagers get the first try, but parents and siblings will have a chance too!

**The ability to keep on noise-cancelling headphones in the drum room is requirement to attend this activity.** Come try something cool, new and connect with other families in the process.

Min 4, Max 12, Staffing Ratio: Varies



## Drums w/Zach Field (Ages 18+)

**Tuesday, April 15<sup>th</sup> @ 1-2:30pm 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



## Walk n' Roll @ Riverside Park (Ages 18+)

**Wednesday, April 16<sup>th</sup> @ 1:00-2:00pm, Riverside Park, Haverhill**

This is a great way to get out, stretch and explore some nature. We will meet at [Parking Lot near the Basketball Courts](#). Bring a cold drink and a fun topic to walk and talk about.

Min 4, Max 12, Staffing Ratio: Varies

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

**Monday, April 17<sup>th</sup> @ 4:00-5:30pm, Tannery, Newburyport**

**Monday, April 17<sup>th</sup> @ 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

## Dance (Ages 18+)

**Friday, April 18<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 Spring. REGISTRATION REQUIRED**

Cost: \$10.00 per person

## Art Class (Ages 18+)

**Saturday, April 19<sup>th</sup> @ 10-11am, 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

## Earth Day Herb Planting (Family)

**Tuesday, April 22<sup>nd</sup> @ 10-11:30am, (Location to be announced)**

Celebrate Earth Day with us and decorate a pot & pick an herb to start your own herb garden at home.

**REGISTRATION REQUIRED**

## Yoga with Liz (Ages 18+)

**Wednesday, April 23<sup>rd</sup> @ 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! **REGISTRATION REQUIRED**

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

**Saturday, April 26<sup>th</sup> @ 10:30-12pm, 57 Wingate St., 3<sup>rd</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

Register @ <https://theearcoghn.org/new-signup-genius-registration/> or contact Neala Mercier @ [nmercier@theearcoghn.org](mailto:nmercier@theearcoghn.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 April**- 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](https://haverhillrec.activityreg.com/selectactivity_t2.wcs?leaguesid=915)

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

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

<https://www.communityconnections.org>