



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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|--|--|--|---|---|
| | | 1 \$20 NEW Cooking w/ Scott Haverhill 4:30-6pm | 2 \$15 Candlepin Bowling Amesbury 4:30-6pm | 3 NEW Legislative Reception Haverhill 10-12pm Peer Support Haverhill 4-5:30pm | 4 | 5 |
| 6 | 7 Zoom Game Time Family Feud 4-5pm | 8 \$20 Cooking w/Scott Haverhill 4:30-6pm NEW | 9 \$15 10-Pin Bowling Amesbury 4:30-6pm | 10 \$35 The Studio New Location 1:30-3pm | 11 \$20 Game Night Eggstra Fun Newburyport 5-8pm | 12 Family Drum Class Amesbury NEW 10-11:30am |
| | \$15 Bowling Amesbury 5-6:15pm | Stronger Together Haverhill 4:30-5:30pm | | | | |
| 13 | 14 \$15 NEW Bowling Amesbury 3:30-4:45pm | 15 \$10 NEW Drums w/Zach Field Amesbury 1-2:30pm | 16 \$15 Candlepin Bowling Amesbury 4:30-6pm | 17 \$35 The Studio New Location 1:30-3pm | 18 \$10 Spring Dance Haverhill 6-8pm | 19 \$30 Art Class Able HeArt Amesbury 10-11am |
| | \$15 Bowling Amesbury 5-6:15pm | | Walk n' Roll @ Riverside Park Haverhill 1-2pm NEW | Walk n' Roll Newburyport 4-5:30pm 4-5:30pm | | |
| 20 | 21 Zoom Game Time Movie Trivia 4-5pm | 22  Earth Day Planting TBD 10:00-11:30am | 23 Zoom Yoga w/ Liz 6:30-7:30pm | 24 \$35 The Studio New Location 1:30-3pm | 25 Family Movie Mine Craft Salisbury 11am | 26 Let's Talk About...Dating Haverhill 10:30-12pm |
| 27 | 28 \$15 NEW Bowling Amesbury 3:30-4:45pm \$15 Bowling Amesbury 5-6:15pm | 29 | 30 \$15 10-Pin Bowling Amesbury 4:30-6pm | | | |

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*

April 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+)



2nd & 4th 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://thearcofghn.org/new-signup-genius-registration/> or contact Neala Mercier @ nmercier@thearcofghn.org



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

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

Tuesday, April 8th @ 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 12th @ 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 15th @ 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 16th @ 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 17th @ 4:00-5:30pm, Tannery, Newburyport

Monday, April 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.

Min 4, Max 12, Staffing Ratio: Varies

Dance (Ages 18+)

Friday, April 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 Spring. REGISTRATION REQUIRED**

Cost: \$10.00 per person

Art Class (Ages 18+)

Saturday, April 19th @ 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 22nd @ 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 23rd @ 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 26th @ 10:30-12pm, 57 Wingate St., 3rd 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://thearcofghn.org/new-signup-genius-registration/> or contact 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 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?leagueid=915

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

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

<https://www.communityconnections.org>