



# AFTER Program

Activities, Fun, Trainings, Enrichment & Recreation

## May 2019 Activities

### **Chair Yoga (Ages 16+)**

**Wednesday's 4:15-5pm at Hamel Mills, 40 Locke St, Haverhill.**

This is a 6 week class that is being taught by a certified yoga instructor. Chair yoga a gentle form of yoga that can be done sitting on a chair or standing while using the chair for support. This is beneficial for people with limited mobility and those who want to practice yoga. It's an effective and gentle way to improve your strength and flexibility. There are so many benefits to chair yoga you should come and give it a try!

*Minimum participants: 4, Maximum participants: 8*

*Cost: \$12.00 per person, Staffing Ratio: Varies*

### **Bowling (Ages 16-26)**

**Monday's 6:30-8pm at Leo's SuperBowl, Amesbury; Thursday's 6:30-8pm at Academy Lanes, Haverhill**

This is a fun energetic group of people that love to bowl. We always welcome new bowlers.

*Minimum participants: 4, Maximum participants: 8*

*Cost: \$15.00 per person, Staffing Ratio: 2:4*

### **Mini Golf (Ages 16+)**

**Tuesday, May 7th & 21st, 4-6pm at Cedarland, 888 Boston Rd, Haverhill**

Tee up for mini golf and socialize with peers. So much fun last year I hope to see you back!

*Minimum Participants: 4, Maximum Participants: 12*

*Cost: \$15.00 per person, Staffing Ration: Varies*

Register online at [www.thearcofghn.org](http://www.thearcofghn.org) or call Neala Mercier at 978-373-0552 x233

Reminder: Intake and Emergency Fact Sheets must be completed before attending any activity.

### **Ladies Night (Ages 16+)**

**Friday, May 10th, 6-9pm at Veasey Park, 201 Washington St. Groveland**

Calling all ladies for dinner, dessert & mocktails. Lets get our girly on, and do what girls do watch movie, play music, chit chat, recipe swap, beauty tips, nail painting and karaoke are all possibilities. Bring your ideas with you!

*Minimum Participants: 4*

*Cost: \$30.00 per person , Staffing Ratio: Varies*

### **Crockpot Cooking (Ages 16+)**

**Saturday, May 11th, 12:00-2:00pm at The Arc of GHN, 57 Wingate Street, Suite 301, Haverhill**

Learn simple meals with only a handful of ingredients. "Set it and forget it" style cooking, for quick easy meals ready when you get home! Plus, learn basic techniques on preparation, reading recipes, using a combination of fresh, frozen and canned ingredients! **Please inform of any allergies/food restrictions.**

*Minimum Participants: 5, Maximum Participants: 13*

*Cost: \$20.00 per person or \$30.00 per person with a crockpot, Staffing Ratio: Varies*

### **Paint Night (Ages 16+)**

**Tuesday, May 14th, 4:00-6:00pm, Plaster Fun Time, 255 Lincoln Ave, Haverhill**

Come and pick your piece of pottery to paint. You can make a gift or a unique keepsake.

**Late comers are welcome!**

*Minimum Participants: 5, Maximum Participants: 15*

*Cost: \$25.00 per person , Staffing Ration: Varies*

### **Art Class (Ages 16+)**

**Saturday, May 18th, 10:00-11:30am at Able HeART Studio, 111 Main St, Suite 1, Amesbury**

Art class with experienced artists in Amesbury! You will leave class with a fabulous craft and a great social experience with peers.

*Minimum Participants: 3, Maximum Participants: 8*

*Cost: \$25.00 per person, Staffing Ratio: Varies*

### **Tasty Talk Dinner Club (Ages 22+)**

**Saturday, May 25th, 5-7:00pm at TBA .**

Let's meet up and chit chat over dinner. Get together with peers and talk about current events, music, movies, pop culture etc. For interest in the MVRTA ride program please let me know.

- ◆ Please notify me if you have a staff or friend attending with you.
- ◆ **Desserts and alcoholic beverages not included.**

*Minimum Participants: 4, Maximum Participants: 12*

*Cost: \$30.00 per person, Staffing Ration: Varies*

### **Dinner & Movie (Ages 16+)**

**Tuesday, May 28th, 5:30-8:00pm at Crossroad's Pizza, 6 Merrill Street #9, Salisbury**

Eat dinner and then walk over to Vision Max for a movie TBA! Come join the fun! Times may vary depending on the movie schedule. Drop off at Crossroad's Pizza and pick up at Vision Max.

*Minimum Participants: 4, Maximum Participants: 12*

*Cost: \$30.00 per person, Staffing Ration: Varies*

### **Salisbury Beach Meet-Up (Ages 16+)**

**Friday, May 31st, 5-8pm at Salisbury Beach, Salisbury**

A fun time getting together with friends. We will have staffing available to pair into groups, and head out in different directions . Please bring your money for dinner, games, ice cream etc.

*Minimum Participants: 6, Maximum Participants: 12*

*Cost: \$15.00 per person, Staffing Ration: Varies*