



Program Information

Participants **must** have an Intake Form on file before they can attend an GHN activity.

Registration

Please register 48 hours **prior** to the start of the activity to secure a spot.

To Register

Email Neala Mercier, AFTER Program Coordinator
after@thearcofghn.org

**Age Group
Color Code**

- All Ages**
- Ages 12-17**
- Ages 18+**



AFTER Activities

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	2 \$15 Bowling GameTime Amesbury 10-Pin 4:30-6pm	3 \$35 The Studio Newburyport NEW! 1:30-3pm	4 Ornament Making for Tree - Pizza Party 6-8pm	5 Lunch Hour Live w/Guest Chef Kelly: Pumpkin Spice Oatmeal Cookies 11-12pm
6 Festival of Trees Decorating Day 12 till decorated	7 Game Time Mad Libs 4-5pm \$15 Bowling Academy Lanes Haverhill 6-7:30pm	8 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	9 \$15 Bowling GameTime Amesbury Candlepin 4:30-6pm Yoga with Liz 6:30-7:30pm	10 \$35 The Studio Newburyport NEW! 1:30-3pm	11 	12 \$25 Art Class Able HeArt Amesbury 10-11am Lunch Hour Live w/Diane: Crockpot Cream Cheese Swirl Pumkin Bread 12-1pm
13	14 Game Time Scavenger Hunt 4-5pm \$15 Bowling Academy Lanes Haverhill 6-7:30pm	15 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	16 \$15 Bowling GameTime Amesbury 10-Pin 4:30-6pm	17 \$35 The Studio Newburyport NEW! 1:30-3pm Walk n' Roll the Rail Trail Newburyport 4-5:30pm 4-5:30pm	18 \$10 Harvest Dance Haverhill Citizens Center 6-8pm 	19 Lunch Hour Live with Kim: Pumpkin Chili 11-12pm
20	21 Game Time Thanksgiving theme games 4-5pm \$15 Bowling Academy Lanes Haverhill 6-7:30pm	22 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	23	24	25	26 
27	28 Game Time Name 5 4-5pm \$15 Bowling Academy Lanes Haverhill 6-7:30pm	29 Story Telling w/Patrick "Harry Potter" 6:30-7:30pm	30 \$15 Bowling GameTime Amesbury Candlepin 4:30-6pm Yoga with Liz 6:30-7:30pm			

Registration required for all activities. For more information see activity descriptions below.
To register contact Neala Mercier at after@thearcofghn.org



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

November Activity Descriptions

Game Time

Mondays @ 4pm (All Ages)

Zoom in for some social game challenges! Each week we will have new games and activities, check calendar for details.

Story Telling with Patrick

Tuesdays in November @ 6:30pm (All Ages)

Zoom into this journey and explore the world of Harry Potter while Patrick tells the story. Feel free to read along or put your feet up, grab a snack and unwind through this adventure. This will be a continuous series.

Lunch Hour Live

Saturday's November 5th, 12th, & 19th @ 11am (Ages 18+)

Join your virtual hosts Kim and Diane! Cook along as they take you step by step thru the process of making a delicious home cooked meal.

Yoga with Liz

Wednesday, November 9th & 30th @ 6:30pm (All Ages)

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!

To register contact Neala Mercier at after@thearcofghn.org

Bowling (Ages 18+)

Mondays in November at 6-7:30pm @ Academy Lanes, Haverhill

Wednesdays in November at 4:30-6pm @ GameTime, 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.

Min 4, Max 12, Staffing Ratio: Varies

Cost: \$15 per person

Art Class (Ages 18+)

Saturday, November 12th @ Able HeART Studio, 77 Elm St, Unit 203, Amesbury

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

Min 6, Max 12, Staffing Ratio: Varies

Cost: \$25 per person

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

Thursday, November 17th, 4:00-5:30pm & 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 or walk, you are welcome to do that.

Minimum participants: 4, Maximum participants: 8

Staffing Ratio: Varies

Festival of Trees Ornament Making & Tree Decorating (All Ages)

Friday, November 4th at 5:30-7:30pm-Ornament Making & Pizza @ The Arc of GHN, 57 Wingate St, Haverhill

Sunday, November 6th @ 12pm till decorated - Tree Decorating@ The Arc of GHN, 57 Wingate St, Haverhill

We will get together to make ornaments for our tree donation. Pizza will be provided!

Sunday we will reassemble to decorate our tree to be delivered and installed at the festival.

The Studio (Ages 18+)

Thursdays in November 1:30-3pm @ The Studio, 253 Low St., Newburyport, MA

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. Please see the flyer below.

Maximum participants: 10

Cost: \$35.00 per person

To register contact Neala Mercier at after@thearcofghn.org

Dance (Ages 18+)

Friday, November 28th, 6:00- 8:30pm at the Haverhill Citizen's Center, 10 Welcome Street, Haverhill

DJ in the house playing Top 40 hits along with lots of crowd favorites! Bring a friend and join the fun. **The theme is Harvest.**

No registration required.

Cost: \$10.00 per person

CSP Available (Must register for supplies & pickup info)

- Craft Kits – \$25
- Watercolor Paint Set & Brushes \$30 (Limited Quantity)
- Storage Bag Holder (Crockpot class June) \$5
- Loom Kit - Loom, yarn & loom tool \$15
- Glue Gun - includes glue sticks \$10
- 2 Quart Crockpot \$12

Curbside Pick-up (CSP)

Please contact Neala for pick up date & time.

For your convenience and safety supplies for select activities can be purchased through our CSP!

To register contact Neala Mercier at after@thearcofghn.org

Community Connections

All activities listed in 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.
- **Every Wednesday** - Amesbury Farmers Market, 3-7pm @ Barewolf Brewing, Amesbury
- **November 1st** - Understanding Your Cat, 6:30-7:30pm @ Haverhill Public Library, Contact Brendan 978-373-1586, x608 programming@haverhillppl.org
- **November 6th** - Teen Film Making Class (Grades 6-12) 4pm, Haverhill Public Library Contact Rachel Gagnon 978-373-1586, x650 rgagnon@haverhillppl.org
- **November 7th** - World of Gnomecraft, (Teens) 3-5pm, Georgetown Peabody Library
- **November 9th** - Teen Arts and Crafts Club (Ages 12-18) 3-4pm, Nevins Memorial Library, Methuen Contact Nevins Teens nevinsteens@nevinslibrary.org
- **November 12th** - Amesbury Open Studios 10-5pm 62 Friend Street, Amesbury
- **November 16th** - Family Movie Nigh (TBD) 6-8pm Haverhill Public Library Contact Youth Services 978-373-1586, x626 kids@haverhillppl.org
- **November 17th** - Forever Youngish (Book Club) 7-8:30pm Nevins Memorial Library, Methuen Contact Alison Cochrane acochrane@nevinslibrary.org
- **November 18th - 20th** - Chicago the Musical, Haverhill City Hall, Haverhill. [See poster below](#)
- **November 19th** - Children's Yoga (Ages 6-11) 11-12pm Haverhill Public Library Contact Youth Services 978-373-1586, x626 kids@haverhillppl.org
- **November 19th-Dec. 4th** - SeaFestival of Trees, 4 Ocean Front N, Salisbury Beach, MA
- **November 19^t-Dec. 4th** - Festival of Trees, 13 Branch Street Methuen, Weekdays 5-9pm, Weekends 9-9pm, Special Hours 11/23 12-9pm
- **November 19th** - Methuen Santa Parade 1-3pm starts on Pelham St. Methuen
- **November 20th** - Santa Parade 1-3pm Downtown Haverhill
- **November 26th** - Story Time with Mrs. Claus 8:30-9:15 Cider Hill Farm, Amesbury
- **November 27th** - Santa Parade & Tree Lighting 3pm Downtown Newburyport

Our local libraries offer many activities, check out their event calendars online!

<https://libraries.state.ma.us/calendar>

Check out The Arc of the United States Virtual Program Library!

<https://programlibrary.thearc.org>



www.thestudionbpt.com

253 Low Street
Newburyport MA 01950
michelemartin13@yahoo.com
978-837-0591

The foundation of this program is to offer a place where people can be creative and express themselves through a variety of art projects.

We also know the importance of offering many other activities to help build coping skills, improve social interactions, gain self-esteem and develop techniques to improve emotion regulation. Guidance with activities of daily living, sensory tool kits, pet therapy, mindfulness skills are just a few of the things we do at The Studio.

We will have refreshments together which makes for a wonderful opportunity to socialize and build positive relationships.

Here at The Studio we meet people where they are at. They take the lead on their projects and areas of interest!

We have a supportive team that has been helping people and serving the community for 20 plus years. The Studio offers a welcoming, interesting, and caring environment for all that are interested.

Thursdays 1:30-3
\$35 per person, per week
All materials/snacks provided