



# APR 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
			<b>\$15</b> 10-Pin Bowling Amesbury 4:30-6pm	<b>NEW</b> MV Legislative Reception Haverhill 9:30-12pm Peer Support Haverhill 4-5:30pm		
	<b>Zoom</b> Game Time Bingo 4-5pm <b>\$15</b> Bowling Amesbury 5-6:15pm	<b>NEW</b> <b>\$15</b> Title Boxing North Andover 4:00-4:45pm	<b>\$15</b> Candlepin Bowling Amesbury 4:30-6pm	<b>\$30</b> The Studio Merrimac 10-11:15am		
<b>Family Movie</b> Mario Galaxy Salisbury 10am <b>\$15</b> <b>Caregiver Day</b> Sound Bath Haverhill 5pm	<b>\$15</b> Bowling Amesbury 5-6:15pm	<b>NEW</b> <b>\$15</b> Title Boxing North Andover 4:00-4:45pm <b>Stronger Together</b> Haverhill 4:30-5:30pm	<b>10-Pin</b> <b>\$15</b> Bowling Amesbury 4:30-6pm <b>\$10</b> Drums w/Zach Field Amesbury 1-2pm Yoga w/ LIZ 6:30-7:30pm	<b>\$30</b> The Studio Merrimac 10-11:15am <b>\$20</b> Cook w/Scott Haverhill 4:30-6pm 4:30-6pm	<b>\$10</b> Dance - Back to the 80's Haverhill 6-8pm	
		<b>NEW</b> <b>\$15</b> Title Boxing North Andover 4:00-4:45pm <b>\$20</b> Movie Night Mario Galaxy Salisbury TBD	<b>Earth Day Project</b> DIY Flower/Herb Garden Methuen 11am 	<b>\$30</b> The Studio Merrimac 10-11:15am <b>Walk n' Roll</b> Newburyport 4-5:30pm 4-5:30pm		<b>\$30</b> Art Class Able HeArt Amesbury 10-11am
<b>\$25</b> <b>Caregiver Day</b> Cookie Decorating Amesbury 2pm	<b>\$15</b> Bowling Amesbury 5-6:15pm	<b>NEW</b> <b>\$15</b> Title Boxing North Andover 4:00-4:45pm	<b>\$15</b> Candlepin Bowling Amesbury 4:30-6pm	<b>\$30</b> The Studio Merrimac 10-11:15am		

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

**1<sup>st</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 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 16, Staffing Ratio: Varies

### 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**

Cost: \$30 per person: Maximum participants: 12

### 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**

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

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

## Family Movie – Mario Galaxy (Family)

**Tuesday, April 12<sup>th</sup> @ 10am Vision Max Cinema, 201 Elm St, Salisbury**

We have partnered with Newburyport Youth Services to offer you a sensory friendly movie with your family “**Mario Galaxy**”. We will meet up and grab a drink and some popcorn and enjoy the movie **REGISTRATION REQUIRED**

## Caregiver Day-Rest & Restore (Ages 18+)

**Sunday, April 12<sup>th</sup> @ 5pm, 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: Min 6, Max 12 **REGISTRATION REQUIRED**

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

**Tuesday, April 16<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. **REGISTRATION REQUIRED**

Cost: \$10 per person; Min 4, Max 12, Staffing Ratio: Varies

## Yoga with Liz (Ages 18+)

**Wednesday, April 15<sup>th</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**

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

**Tuesday, April 16<sup>th</sup> @ 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

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

## Movie Night (Ages 18+)

**Tuesday, April 21<sup>st</sup> @ (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury**

Join us for a night out at the movies to see **"Mario Galaxy"**. 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

## Dance (Ages 18+)

**Friday, April 17<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 ack to the 19080's. REGISTRATION REQUIRED**

Cost: \$10.00 per person

## Earth Day Project (Family)

**Wednesday, April 22<sup>nd</sup> @ 11am Pleasant Valley Gardens, 255 Merrimack St, Methuen**

We are partnering with The Northeast Arc to offer you an opportunity to celebrate Earth Day. You will create your own take home 12" flower or herb garden. All supplies are included.

Min 8, Max 30, Staffing Ratio: Varies **REGISTRATION REQUIRED**

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

**Thursday, April 23<sup>rd</sup> @ 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 our walk, you are welcome to do that. **REGISTRATION REQUIRED**

Min 4, Max 12, Staffing Ratio: Varies

## Art Class (Ages 18+)

**Saturday, April 25<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

## Caregiver Day – Cookie Workshop (Ages 18+)

**Sunday, April 26<sup>th</sup>, 2pm @ Cher Victor Andrade, 105 Main St, Amesbury**

Join us for some cookie decorating with Sprinkles by Stacey. This is sure to be a fun afternoon getting into the holiday vibe. We will be decorating 4 different cookies and there will be food and snacks available for purchase. **REGISTRATION REQUIRED**

Cost: \$25 per person: Min 6, Max 12, Staffing Ratio: Varies

Register @ <https://thearcofghn.org/new-signup-genius-registration/> or contact Neala Mercier @ [nmercier@thearcofghn.org](mailto: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
- **2<sup>nd</sup> Thursday** - <https://stevensmemlib.assabetinteractive.com/calendar/mornings-at-the-library-for-all-abilities-5/> .
- Don't forget to register for Special Olympics Track and Field <https://www.thearcofghn.org/contact-family-support-center/special-olympics-partnership/>

***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>

<https://stevensmemlib.assabetinteractive.com/calendar/mornings-at-the-library-for-all-abilities-5/>

***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>