



# JUNE 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                                    |
|--|--|---|---|---|--|---|
|  | 1 Zoom<br><b>Game Time</b><br>Disney Trivia<br><b>4-5pm</b><br>\$15 Bowling<br>Amesbury<br><b>5-6:15pm</b> | 2 Title Boxing<br>North Andover<br><b>4:00-4:45pm</b><br><b>Walk n' Roll</b><br>Newburyport<br><b>4-5:30pm</b><br><b>4-5:30pm</b> | 3 \$15 Bowling<br>Amesbury<br><b>4:30-6pm</b><br>10-Pin   | 4 \$30 The Studio<br>Merrimac<br><b>10-11:15am</b><br><b>Healthy Living &amp; Weight Challenge</b><br>Haverhill <b>4-5pm</b><br><b>Peer Support</b><br>Haverhill<br><b>4-5:30pm</b> | 5  | 6   |
| 7  | 8 \$15 Bowling<br>Amesbury<br><b>5-6:15pm</b>  | 9 \$15 Title Boxing<br>North Andover<br><b>4:00-4:45pm</b><br><b>Stronger Together</b><br>Haverhill<br><b>4:30-5:30pm</b>         | 10 Creative Expressions<br>Haverhill<br><b>3:30-4:30pm</b><br>\$15 Candlepin Bowling<br>Amesbury<br><b>4:30-6pm</b>   | 11 \$30 The Studio<br>Merrimac<br><b>10-11:15am</b><br><b>Healthy Living &amp; Weight Challenge</b><br>Haverhill <b>4-5pm</b><br>\$20 Cook w/Scott<br>Haverhill<br><b>4:30-6pm</b>  | 12 Meet-Up @<br>Salisbury Beach<br><b>4-6pm</b>  | 13 \$30 Art Class<br>Able HeArt<br>Amesbury |
| 14 \$25 Caregiver Day<br>High-Tea & Create<br>a Bouquet<br>Haverhill<br><b>2pm</b> | 15 Game Time<br>Hangman<br><b>4-5pm</b><br>\$15 Bowling<br>Amesbury<br><b>5-6:15pm</b>                     | 16 \$15 Title Boxing<br>North Andover<br><b>4:00-4:45pm</b>   | 17 \$10 Drums w/Zach<br>Field Amesbury<br><b>1-2pm</b><br>Creative Expressions<br>Haverhill<br><b>3:30-4:30pm</b><br>\$15 10-Pin Bowling<br>Amesbury<br><b>4:30-6pm</b> | 18 \$30 The Studio<br>Merrimac<br><b>10-11:15am</b><br><b>Healthy Living &amp; Weight Challenge</b><br>Haverhill <b>4-5pm</b>   | 19  | 20  |
| 21   | 22 \$15 Bowling<br>Amesbury<br><b>5-6:15pm</b>   | 23 \$15 Title Boxing<br>North Andover<br><b>4:00-4:45pm</b><br>\$20 Movie Night<br>Toy Story 5<br>Salisbury - TBD                 | 24 Creative Expressions<br>Haverhill<br><b>3:30-4:30pm</b><br>\$15 Candlepin Bowling<br>Amesbury<br><b>4:30-6pm</b>   | 25 \$30 The Studio<br>Merrimac<br><b>10-11:15am</b><br><b>Walk n' Roll</b><br>Newburyport<br><b>4-5:30pm</b><br><b>4-5:30pm</b>   | 26   | 27  |
| 28 \$15 Caregiver<br>Wellness Series<br>Sound Bath<br>Haverhill <b>5pm</b>         | 29 \$15 Bowling<br>Amesbury<br><b>5-6:15pm</b>   | 30 \$15 Title Boxing<br>North Andover<br><b>4:00-4:45pm</b>   |   |   |  |   |

**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\*\**

## June 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 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 15, Staffing Ratio: Varies

### 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**

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

### 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**

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

Register @ <https://www.thearcofghn.org/after-registration/> or Neala Mercier @ [nmercier@thearcofghn.org](mailto:nmercier@thearcofghn.org)

## Walk n' Roll (Ages 12-17) & (Ages 18+)

**Tuesday, June 2<sup>nd</sup> & 25<sup>th</sup> @ 4:00-5:30pm, Tannery, Newburyport**

**Thursday, June 2<sup>nd</sup> & 25<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 Black Duck @ 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*

## Creative Expressions

**Wednesdays @ 3:30-4:30pm, The Arc of GHN, 57 Wingate St, Haverhill**

This class explores different ways to express yourself creatively. We are partnering with Professor Marc Mannheimer of Northern Essex Community College. It is a fun, judgement-free zone based on the idea that you can't get it wrong. **REGISTRATION REQUIRED**

*Maximum participants: 12*

## Healthy Living Challenge (Ages 18+)

**Thursdays in June 4:00-5:00pm, The Arc of GHN, 57 Wingate St., 3<sup>rd</sup> Floor, Haverhill**

Let's get healthy. This is a fun challenge to get us moving and challenge ourselves.

We will weight in, learn some helpful instructions/tips on being & staying healthy along with some movements. This is a 6 – week commitment with a prize at the end of the challenge.

**REGISTRATION REQUIRED**

*Cost: \$15 per person (this is a 1x fee)*

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

**Tuesday, May 11<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*

## Salisbury Beach Meet-Up (Ages 18+)

**Friday, June 12<sup>th</sup> @ 4-6pm, Salisbury Beach (meet by the bathrooms at the parking lot)**

Meet me at the beach! We will walk around and do some activities, check out the goodies they have and walk the beach. You can bring money for food and games if you would like.

**REGISTRATION REQUIRED**

*Min 4, Max 12, Staffing Ratio: Varies*

Register @ <https://www.thearcofghn.org/after-registration/> or Neala Mercier @ [nmercier@thearcofghn.org](mailto:nmercier@thearcofghn.org)

## **Art Class (Ages 18+)**

**Saturday, June 13<sup>th</sup> @ 10-11am, Able HeART Studio, 5B Market Square, 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-High-Tea & Create a Bouquet (Ages 18+)**

**Sunday, June 14<sup>th</sup> @ 2pm, Cottage Gardens, 935 Amesbury Rd, Route 110, Haverhill**

We have partnered with Cottage Garden to offer this activity. Join us for High-Tea and create your own garden-fresh cut flower bouquet. This is a great way to meet others and craft.

**REGISTRATION REQUIRED**

Cost: \$25 per person

Min 4, Max 10

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

**Wednesday, June 11<sup>th</sup> @ 1-2:00pm, 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

## **Movie Night (Ages 18+)**

**Tuesday, June 23<sup>rd</sup> @ (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury**

Join us for a night out at the movies to see "Toy Story 5". 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

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

**Sunday, June 28<sup>th</sup> @ 4pm, 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 **REGISTRATION REQUIRED**

Min 6, Max 12

Register @ <https://www.thearcofghn.org/after-registration/> or 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 June**- Kids in the kitchen, 3:30pm Lawrence Library 3:30pm
- **Tuesdays** - Vision Max Cinema - Movies are \$7.00 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://Healthykidsrunningseries.org)

<https://www.communityconnections.org>