



AUGUST 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
2	3 Game Time What Am I? 4-5pm \$15 Bowling Amesbury 5-6:15pm	4 Title Boxing North Andover 4:00-4:45pm \$15 Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	5 Creative Expressions Haverhill 3:30-4:30pm \$15 10-Pin Bowling Amesbury 4:30-6pm Yoga w/ Liz 6:30-7:30pm	6 The Studio Merrimac 10-11am \$30	7	8 Art Class Able HeArt Amesbury 10-11am 11:15-12:15pm \$30
9	10 Bowling Amesbury 5-6:15p \$15	11 Title Boxing North Andover 4:00-4:45pm \$15 Movie Night Spider-Man Salisbury TBD \$20	12 Creative Expressions Haverhill 3:30-4:30pm \$15 Candlepin Bowling Amesbury 4:30-6pm	13 The Studio Merrimac 10-11am \$30 Game Night Newburyport Senior Center 5-7:30pm \$20	14 Family Fun @ JayGees Fun Center Methuen 12pm \$25	15
16 Caregiver Pottery Painting 10-11:30am \$25	17 Game Time Mad Libs 4-5pm \$15 Bowling Amesbury 5-6:15pm	18 Title Boxing North Andover 4:00-4:45pm \$15 Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	19 Kayaking Foote's Canoe Ipswich 10:00am \$35 Creative Expressions Haverhill 3:30-4:30pm \$15 10-Pin Bowling Amesbury 4:30-6pm	20 Mini Golf Café Sarina Georgetown 4-5pm NEW	21 Meet-Up @ Salisbury Beach 4-6pm	22
23	24 Bowling Amesbury 5-6:15pm \$15	25 Title Boxing North Andover 4:00-4:45pm \$15	26 Creative Expressions Haverhill 3:30-4:30pm \$15 Candlepin Bowling Amesbury 4:30-6pm	27 The Studio Merrimac 10-11am \$30	28	29
30	31 Bowling Amesbury 5-6:15pm \$15					

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

August 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 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

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: 10

Title Boxing (Ages 18+)

Tuesday's @ 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 - Min 4, Max 12

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

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

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

Monday, August 4th & 18th @ 4:00-5:30pm, Tannery, Newburyport

Monday, August 4th & 18th @ 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.

Min 4, Max 12, Staffing Ratio: Varies

Yoga with Liz (Ages 14+)

Wednesday, August 5th @ 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 - not to get stuck in the mold of how a mainstream yoga class is perceived to run! **REGISTRATION REQUIRED**

Art Class (Ages 18+)

Saturday, August 8th @ 10-11am & 11:15 -12:15pm Able HeART Studio, 5 Market Sq. Suite B, 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

Movie Night (Ages 18+)

Tuesday, August 11th (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Join us for a night out at the movies to see "Spider-Man: Brand New Day". 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

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

Game Night - A Partnership with Peer Support (Ages 18+)

Thursday, August 13th @ 5-7:30pm, Newburyport Community Center, 331 High St, Newburyport

Join us for a night of fun and games as Peer Support and AFTER Program put our heads together to create another amazing activity for you. We will be having pizza party with drinks. Please let us know of any allergies. **REGISTRATION REQUIRED**

Cost: \$20 per person

Min 20, Max 50, Staffing Ratio: Varies

Family Fun @ JayGee's Fun Center (Family)

Friday, August 14th @ 12pm, JayGee's Fun Center, 602 Lowell St, Methuen, MA

Join us for some fun at Jay Gee's. Check in, get your passes, and go at your own pace!

Cost: \$25 per person **REGISTRATION REQUIRED**

Max 30,

Caregiver Pottery Painting (Ages 18+)

Sunday, August 16th, 10:30-11:30am @ 160 Cozy Kiln, UNIT 18, Plaistow Rd, Plaistow, NH

Caregivers coming together to let their artistic side show. Kick off the week connecting with other caregivers and have a fun relaxing morning, Transform your piece into an extra ordinary masterpiece. **REGISTRATION REQUIRED**

Cost: \$25

Min 6, Max 14



Mini Golf (Ages 18+)

Thursday, August 20th @ 4-5pm, Café Sarina, 269A Central St., Georgetown

We will meet up and play a round of mini golf. Please remember your hat and sunblock.

Min 6, Max 12 **REGISTRATION REQUIRED**

Cost: \$15.00 per person



Kayaking (Ages 18+)

Wednesday, August 19th @ 10am-12pm Foote Brothers Canoe & Kayak, Ipswich.

This is a guided kayak paddle with Foote's Canoe. We will take a leisurely paddle and enjoy nature. Life preservers will be provided. This is a staffed activity. There are no tandem kayaks available.

Minimum Participants: 6, Maximum Participants: 14

Cost: \$35.00 per person

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

Salisbury Beach Meet-Up (Ages 18+)

Friday, August 21st @ 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.

Min 4, Max 12, Staffing Ratio: Varies

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 \$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?leaguesid=915

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

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

<https://www.communityconnections.org>