



JULY 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 & PAY ONLINE www.thearcofghn.org/after-registration

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			\$15 Candlepin Bowling Amesbury 4:30-6pm	\$30 The Studio Merrimac 10-11:15am		
5	6 Game Time Family Fued 4-5pm	\$15 7 Title Boxing North Andover 4:00-4:45pm	\$15 10-Pin Bowling Amesbury 4:30-6pm	\$30 9 The Studio Merrimac 10-11:15am	10 Family Movie Moana Salisbury 10am	\$30 11 Art Class Able HeArt Amesbury 10-11am 11:15-12:15pm
	\$15 Bowling Amesbury 5-6:15pm	\$20 Movie Night Minions & Monsters Salisbury TBD		Walk n' Roll Newburyport 4-5:30pm 4-5:30pm		
\$30 12 Lowell Spinners Lowell Pizza @ 3:30pm Game @ 5pm	\$15 13 Bowling Amesbury 5-6:15pm	\$15 14 Title Boxing North Andover 4:00-4:45pm	\$15 15 Candlepin Bowling Amesbury 4:30-6pm	\$30 16 The Studio Merrimac 10-11:15am	17 Meet-Up @ Salisbury Beach 4-6pm	18
				\$15 NEW Mini Golf Café Sarina Georgetown 4-5pm		
19	\$15 20 Game Time Bingo 4-5pm	\$15 21 Title Boxing North Andover 4:00-4:45pm	\$15 10-Pin Bowling Amesbury 4:30-6pm	\$30 23 The Studio Merrimac 10-11:15am	\$25 24 Caregiver Paint & Sip Evergreen Farm West Newbury 5-7pm	25
	\$15 Bowling Amesbury 5-6:15pm	\$20 Movie Night Moana Salisbury TBD		Family Fun Day Veasey Park Groveland 5:30-7:30pm		
26	\$15 27 Bowling Amesbury 5-6:15pm	\$15 28 Title Boxing North Andover 4:00-4:45pm	\$15 29 Candlepin Bowling Amesbury 4:30-6pm	30	31	

Attention: REGISTER & PAY ONLINE www.thearcofghn.org/after-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

July 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

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

Movie Night (Ages 18+)

Tuesday, July 7th & July 21st @ (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Join us for a night out at the movies to see "Minions & Monsters" on July 7th & "Moana" on July 21st. 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

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

Thursday, July 9th @ 4:00-5:30pm, Tannery, Newburyport

Thursday, July 9th @ 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

Family Movie – Moana (Family)

Friday, July 10th @ 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 "Moana". We will meet up and grab a drink and some popcorn and enjoy the movie **REGISTRATION REQUIRED**

Art Class (Ages 18+)

Saturday, July 11th @ 10-11am & 11:15am-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



Lowell Spinners Game (All Ages)

Sunday, July 12th @ 3:30pm, LeLacheur Park, 450 Aiken Ave, Gate C, Lowell, MA

Please join us for a night out at the Ball Game. We will meet at Gate C@ 3:15pm to enter park and have a Pizza Party the game will start at 5pm. Please register by 7/3 as registration will be closed after that date. The cost includes ticket to game and all you can eat pizza, drink and dessert. **REGISTRATION REQUIRED**

Cost: \$30

Min 20, Max 50

Register @ <https://www.thearcofghn.org/after-registration/> or Neala Mercier @ nmercier@thearcofghn.org



Mini Golf (Ages 18+)

Thursday, July 16th @ 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

Salisbury Beach Meet-Up (Ages 18+)

Friday, July 17th @ 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 **REGISTRATION REQUIRED**

Family Fun Day (Family)

Thursday, July 23rd 5-7:30pm @ Veasey Park, 201 Wahington St. Groveland

Join us for a day full of laughter, games, and unforgettable memories! Enjoy delicious food, exciting activities, and fun for all ages — including face painting, temporary tattoos, bubbles, and more! Bring the whole family for a fantastic day in the sun! **REGISTRATION REQUIRED**

Maximum 125

Caregiver Paint Night (Ages 18+)

Friday, July 24th, 5-7pm @ Evergreen Farm, 114 Ash St. W, Newbury, MA

Caregivers coming together to let their artistic side show. This is a night off for you to engage with other caregivers and have a fun relaxing evening, Michele Martin will guide us through the fun process of painting. **REGISTRATION REQUIRED**

Cost: \$25

Min 6, Max 20

Caregiver Wellness Series (Ages 18+)

Sunday, July 26th @ 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 vague 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

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 July**- 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>