



SEPTEMBER 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://thearcofahn.org/new-signup-genius-registration/> Click on The Arc Portal for activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		\$15 1 Title Boxing North Andover 4:00-4:45pm	\$30 2 Creative Expressions Haverhill 3:30-4:30pm	\$30 3 The Studio Merrimac 10-11:15am	4	5
		Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	\$15 10-Pin Bowling Amesbury 4:30-6pm	Peer Support Haverhill 4-5:30pm		
6	LABOR DAY 7	\$15 8 Title Boxing North Andover 4:00-4:45pm	\$30 9 Creative Expressions Haverhill 3:30-4:30pm	\$30 10 The Studio Merrimac 10-11:15am	 11	12
		Stronger Together Haverhill 4:30-5:30pm	\$15 Candlepin Bowling Amesbury 4:30-6pm Yoga w/ Liz 6:30-7:30pm	\$20 Cook w/Scott Haverhill 4:30-6pm/4:30-6pm		
13 Caregiver Sunday Stroll Topsfield 10-11am	14 Game Time Hangman 4-5pm	\$15 15 Title Boxing North Andover 4:00-4:45pm	\$10 16 Drums w/ Zach Field - Amesbury 1-2pm NEW	\$30 17 The Studio Merrimac 10-11:15am	\$10 18 Dance Haverhill 6-8pm BACK BY POPULAR DEMAND	19 Art Class Able HeArt Amesbury 10-11am 11:15-12:15pm
	\$15 20 Bowling Amesbury 5-6:15pm	\$15 21 Dinner Club Sylvan Street Salisbury 5-7pm \$\$	\$15 22 Creative Expressions Haverhill 3:30-4:30pm	\$15 23 Mini Golf Café Sarina Georgetown 1-2pm		
		\$25 Caregiver Drum Class Amesbury 6-7pm	\$15 10-Pin Bowling Amesbury 4:30-6pm			
20	\$15 21 Bowling Amesbury 5-6:15pm	\$15 22 Title Boxing North Andover 4:00-4:45pm	\$30 23 Creative Expressions Haverhill 3:30-4:30pm	\$30 24 The Studio Merrimac 10-11:15am	25	26
		\$20 Movie Night Shaun the Sheep Salisbury TBD	\$15 Candlepin Bowling Amesbury 4:30-6pm	\$20 Apple Picking Amesbury 3:30-5pm 3:30-5pm		
27	\$15 28 Bowling Amesbury 5-6:15pm	\$15 29 Title Boxing North Andover 4:00-4:45pm	\$30 30 Creative Expressions Haverhill 3:30-4:30pm			
		Walk n' Roll Newburyport 4-5:30pm 4-5:30pm	\$15 10-Pin Bowling Amesbury 4:30-6pm			

Attention: Register & pay online <https://thearcofahn.org/new-signup-genius-registration/>
E-mail Neala Mercier @ nmercier@thearcofahn.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

September Activity Descriptions

2nd 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

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

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

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

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

Tuesday, September 1st @ 4:00-5:30pm, Tannery, Newburyport

Tuesday, September 29th @ 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

Peer Support (Ages 18+)

Thursday, September 3th @ 4-5:30pm, HC Media, 60 Elm St., Haverhill

Self-Advocates learn that with the right to manage their supports comes the responsibility of follow-through. With the individual at the center of the planning process, we focus on self-development, making choices, taking leadership, and achieving dreams.

Stronger Together (Ages 18+)

Tuesday, September 8th @ 4:30-5:30pm, 57 Wingate St, L'Arche Meeting Room, Haverhill

Learn how to use your voice, problem solve, make new friends, have fun! Create your own future and know you are not alone!

Yoga with Liz (Ages 12-17) & (Ages 18+)

Wednesday, September 9th @ 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**

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

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

Tuesday, September 10th @ 4:30-6pm, All Saints Church Kitchen, 120 Bellevue Ave, Haverhill

Tuesday, September 10th @ 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

Caregiver- Sunday Stroll (Ages 18+)

Sunday, September 13th @ 10-11am, Rest Stop Ranch, 202 Haverhill Rd, Topsfield, MA

Experience the sanctuary of the Ranch with a scheduled **Sunday Stroll**. These restorative sessions offer an intimate garden experience with hourly appointments to ensure a quiet, peaceful environment for every guest. We will be there for your initial check in. **Registration Required**

Caregiver Drum Class (Ages 18+)

Tuesday, September 15th @ 6-7pm, Trades Mill, 6 Chestnut St Suite 119, Amesbury

Jam with us for a fun Evening at Zach Field Drum Studios in Amesbury! We'll drum room, learning to jam on our own full drum set, guided by owner Zach Field. The ability to keep on noise-cancelling headphones on is required to attend this activity. **REGISTRATION REQUIRED**

Cost: \$25 per person

Min 4, Max 12, Staffing Ratio: Varies

Dinner Club Live (Ages 18+)

Tuesday, September 15th @ 5-7:00pm, Sylvan Street Grille, 195 Elm Street, Salisbury

Meet friends old and new as we chit chat over dinner about current events, music, movies, and more. Upon registration you will receive a link to the menu where you will choose your meal, drink, and dessert ahead of time. The cost of this activity will depend on the food you choose (tax and tip will be calculated into the total). **REGISTRATION REQUIRED**

Cost: TBD

Min 10, Max 25, Staffing Ratio: Varies

Drums w/Zach Field (Ages 18+)

Wednesday, September 16th @ 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

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

Mini Golf & Ice Cream (Ages 18+)

Thursday, September 17th, 1-2pm @ Café Sarina 269A Central St, Georgetown

Join us for a round of Mini Golf and an ice cream.

Cost: \$15 per person

Min 6, Max 12, Staffing Ratio: Varies

Dance (Ages 18+)

Friday, September 18th @ 6:00-8:00pm @ Haverhill Citizen's Center, 10 Welcome Street, Haverhill

Our DJ will be playing your favorite hits along with crowd requests! Bring a friend and join the fun.

The theme is Welcome Back. REGISTRATION REQUIRED

Cost: \$10.00 per person

Art Class (Ages 18+)

Saturday, September 19th @ 10-11am & 11:15-12:15pm Able HeART, 5 Market Sq. Ste 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, September 22nd (To Be Confirmed) Vision Max Cinema, 201 Elm St, Salisbury

Join us for a night out at the movies to see "Shaun the Sheep". 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

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://www.communityconnections.org>

<https://tinkerhaus.org>