

RECREATION PROGRAMS

SEPTEMBER 3 - OCTOBER 28, 2018





RECREATION PROGRAMS

DEPARTMENT INFORMATION

Northeast Arc Recreation Programs run for 8 weeks at a time and all are open enrollment. All new participants are required to schedule an introductory meeting with Recreation staff before attending programs, and may include parents, legal guardians, etc. To schedule your meeting, email us at recreation@ne-arc.org or call 978-624-2308.

PROGRAM INFORMATION

We offer a variety of weekly programs that change seasonally, as well as Friday Night Happenings and Saturday Outings. Information about the price of participating in each is found in each specific section throughout this booklet. You can register online at <https://www.nearc.org/recdesk.com>. We offer specialty programs at different times throughout the year, and additional sports opportunities in conjunction with Special Olympics Massachusetts.

PROGRAM SOCIAL STORIES

Social Stories for most Recreation programs can be found online alongside the program details. Social Stories are written and visual guides describing various social interactions, situations, behaviors, skills or concepts that may face your family member when participating in our events. The goal of our Social Stories is to share relevant social cues, perspectives and common responses with people served, in a reassuring manner that can be easily understood.

PAYMENT INFORMATION

Payments are due in full before a program begins; please note that registration is not complete until payment is processed. Upon receiving program registration confirmation, please pay via cash or check, or online via credit card. Checks made payable to *Northeast Arc* can be mailed to Katie Sweet's attention at 6 Southside Road, Danvers, MA 01923.

POLICIES & PROCEDURES / TRANSPORTATION INFORMATION

To help us provide safe, quality programs, participants are to be escorted into program sites. **It's very important that you do not leave anyone at a program site without confirming that program staff has arrived.** Before leaving the building, please ensure that the participant is checked in with a member of the Recreation staff. There are several different programs running in the building on a daily basis, and as a result there may be other staff in the building — however, they are not able to cover Recreation participants. Please note the start and end times of each program and plan accordingly. Participants should not arrive more than 15 minutes early nor be picked up more than 15 minutes after the program ends. If your family member will be utilizing The Ride or any other transportation service, please schedule drop-off as close to the program time as possible. **The safety of our participants is paramount.**

EMERGENCY PROTOCOL

Northeast Arc Recreation staff will not utilize restraints in *any* situation. In the event of an emergency or severe behavioral occurrence, the supervising employee will call 911, safely secure the area, and notify the parent/guardian immediately. In the event of minor injuries — bumps, bruises, scrapes — first aid will be administered on-site.

PROGRAM DIRECTOR Katie Sweet / ksweet@ne-arc.org / 978-624-2308

ASSISTANT DIRECTOR Stephen Bouchie / sbouchie@ne-arc.org / 978-624-2385

SPECIAL OLYMPICS COORDINATOR Patrick Cullen / pcullen@ne-arc.org / 978-412-7111

GENERAL CONTACT recreation@ne-arc.org / 978-766-4368

SPECIAL OLYMPICS UPDATE

THANK
YOU
ALL!



We appreciate the love and support all of you showed during our Special Olympics fundraisers these past few months! We have raised this money to provide uniforms, housing, and other costs for our teams to compete in the Special Olympics Games. Our Basketball program has expanded to four teams, Softball will be competing in state games this season, Powerlifting won more medals at the summer games this year, and we trained a Soccer and Tennis team. Softball has started and we have 32 people who are participating with us this year! We could not be happier with the progress that we are making and it is all because of you!

THANK YOU FROM THE BOTTOM OF OUR HEARTS!

Special Olympics
Massachusetts



WEEKLY PROGRAMS

Weekly programs are hosted at our Center for Developmental Excellence, 6 Southside Road in Danvers, unless otherwise noted. To register, visit <https://nearcrec.recdesk.com>.

Programs with low enrollment are subject to change or cancellation.

Monday

6:00 - 7:30 PM NORTH SHORE BOWLING

Ages 13+ Staff ratio 8:1 \$10 per week

Join us at Sunnyside Bowladrome (176 Water Street in Danvers), and have a blast as you bowl alongside your friends for two games. Learn turn-taking and social skills and good sportsmanship. *Program is currently full, please call for more information.*

Tuesday

5:30 - 6:30 PM WALKING CLUB IS BACK!

Ages 16+ Staff ratio 4:1 \$40 for the series

Meet us at 6 Southside Road for some exercise! This program will help you get your steps in. We will monitor and track our steps and heart rate during each walk and will discuss the importance of health and fitness.

6:00 - 7:00 PM FITNESS & WORKOUT

Ages 16+ Staff ratio 4:1 \$80 for the series

Paula is back to assist with our Fitness & Workout program, where we'll work on weight lifting, aerobic exercises, cardio, core work, and other exercises to improve personal health, wellness and behavioral health.

Wednesday

5:00 - 6:00 PM GOLF

Ages 13+ Staff ratio 4:1 \$80 for the series

Have you always wanted to learn how to play golf? This is the perfect class to do so! We will be meeting at Sun 'N Air Golf Center (210 Conant Street in Danvers) to learn proper swing techniques, putting, driving and chipping. Mini golf games are included and don't forget money for ICE CREAM! We will be hitting the course at least once over the summer, so don't miss this!

6:00 - 7:00 PM YOGA

Ages 13+ Staff ratio 8:1 \$80 for the series

This is a fun, challenging, all-levels yoga class. Students will learn basic yoga postures to increase overall health and wellness. We have mats, so do not worry about bringing your own!

WEEKLY PROGRAMS

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6:30 - 8:00 PM CAPE ANN BOWLING LEAGUE

Ages 18+ Staff ratio 8:1 \$10 per week

For our friends closer to Cape Ann than Danvers, join us at Cape Ann Lanes (53 Gloucester Ave in Gloucester), as we bowl alongside our friends for three games and practice turn-taking, social skills and good sportsmanship.

Thursday

3:00 - 4:00 PM HERITAGE BOWLING LEAGUE

Ages 22+ Staff ratio 8:1 \$10 per week

Join us at Metro Bowl (63 Foster Street in Peabody) and bowl alongside your friends for two games and practice turn-taking, social skills and good sportsmanship.

5:00 - 6:30 PM "SEASONED CHEFS" COOKING FOR ADULTS

Ages 22+ Staff ratio 4:1 \$120 for the series

This class offers fun, healthy, and delicious recipes that are easy to make at home! Not only is this class a great way to learn how to cook, but it is a great way to build relationships. When registering, please inform us of any food allergies.

7:00 - 8:00 PM ARTS & CRAFTS

Ages 16+ Staff ratio 4:1 \$80 for the series

This class offers different imaginative projects each week that for the most part are finished to be taken home that night. You will be able to make items to keep for yourself or even give as gifts!

Friday

5:00 - 6:30 PM YOUNG APPRENTICES - COOKING FOR TEENS!

Ages 13-21 Staff ratio 4:1 \$120 for the series

This class offers fun, healthy and delicious recipes that are easy to make at home! Not only is this class a great way to learn how to cook, but it is a great way to build relationships. When registering, please inform us of any food allergies.

WEEKLY PROGRAMS

Weekly programs are hosted at our Center for Developmental Excellence, 6 Southside Road in Danvers, unless otherwise noted. To register, visit <https://nearcrec.recdesk.com>.

6:30 - 8:30 PM FRIDAY NIGHT HAPPENINGS

Ages 13+

Staff ratio 8:1

\$15 per week

See the next page for the current calendar of Friday Night Happenings!

Saturday

TIMES VARY

SATURDAY OUTINGS

Ages 16+

Staff ratio 4:1

\$30 registration fee plus applicable outing cost

Keep reading to see our current calendar of Saturday Outings!

Special Olympics
Massachusetts



Registration is required for all programs.
Questions? Contact us at recreation@ne-arc.org



FLAG FOOTBALL: SATURDAYS (DATES TBD) TIME TBD

For ages 16+, this free, unified flag football program is offered in collaboration with Special Olympics Massachusetts. Practices will be held at Volunteer Field behind Lynn English School in Lynn. This program is designed to be inclusive so those with and without intellectual disabilities are able to join. There will be an opportunity to participate in Special Olympics qualifiers and state tournaments. Up-to-date SOMA medical forms are required.



SOCCER: SUNDAYS, SEPT 9TH - NOV 4TH 10:30 - 11:30 AM

For ages 16+, this free soccer program is offered in collaboration with Special Olympics Massachusetts. We are excited to offer this exhilarating experience for our participants, regardless of skill set and/or ability. Players will learn soccer skills including dribbling, passing, crossing, turning and shooting. There will be an opportunity to participate in Special Olympics qualifiers and state tournaments. Up-to-date SOMA medical forms are required. Location: Bishop Fenwick High School, 99 Margin Street, Peabody

FRIDAY NIGHT HAPPENINGS

6:30 - 8:30 pm

Ages 13+

Staff ratio 8:1

\$15 per week

Unless otherwise noted, all Friday Night Happenings are hosted at our Center for Developmental Excellence, 6 Southside Road in Danvers. To register, visit <https://nearcrec.recdesk.com>. To participate, a Medical Fact Sheet and intake interview are required.

SEPTEMBER 7TH: GAME SHOW NIGHT

Tonight we will get together for a fun and exciting game show night! You may want to brush up on your game show skills to get ready!



SEPTEMBER 21ST: FALL HARVEST DANCE

Time to dress up in your favorite cowgirl or cowboy attire! We will be having a fall harvest dance — make sure to bring your dancing shoes!



OCTOBER 5TH: OUTDOOR MOVIE NIGHT

Tonight we will try one last time for an outdoor movie! Maybe the third time is a charm! We will be watching a movie with a fall or Halloween theme. Don't forget to dress warm, bring a blanket and bring bug spray, just in case!



OCTOBER 19TH: HALLOWEEN DANCE

Tonight we will be dancing to our favorite Halloween songs, played by our favorite DJ! Don't forget to dress up in your best costume and dance the night away with your friends!



SEPTEMBER 14TH: OUTDOOR TOURNAMENTS

A participant favorite! Tonight we will be playing some games competitively. Basketball, wiffle ball, maybe a little relay racing? We will see what the staff has planned!



SEPTEMBER 28TH: KARAOKE

Tonight is everyone's absolute favorite night, including staff! Get ready to show us what you are made of and sing until your heart aches! We cannot wait to see how talented you are! Do you think the staff should all sing a song together? We do!



OCTOBER 12TH: RECYCLED CRAFTS

Tonight we will make treasures out of trash! Please feel free to bring some of your interesting recycling pieces with you. We are looking forward to the creativity that this night brings.



OCTOBER 26TH: HALLOWEEN PARTY

Come on out to the Arc for our Halloween party! Dress up in your favorite costume and play some spooky games with us! We will be having a Scariest, Most Creative, and Staff Favorite costume contest as well!



SATURDAY OUTINGS

Ages 16+ Staff ratio 4:1

\$30 pre-registration fee per outing, plus applicable outing cost

Drop-off and pick-up for each outing are at our Center for Developmental Excellence at 6 Southside Road in Danvers.

In the event of inclement weather during outdoor outings, we will have an alternative activity planned. In the event of snow, we will decide whether the roads are safe enough for travel or if the outing should be cancelled.

If the decision is made that it is unsafe to go on the outing, you will be notified of its cancellation and a credit will be applied to your account if you had prepaid.

Cancellation policy: The Recreation department requires 48 hours' notice for cancellation of Saturday Outing attendance. If 48 hours is not given and we cannot fill the spot, you will be charged the full \$30 registration fee.

To register, visit <https://nearcrec.recdesk.com>.

SEPTEMBER 8TH
CANOBIE LAKE PARK
NOON - 5 PM

TICKETS: \$27.00

Today we go to Canobie Lake Park for a fun day of rides and excitement! Please let us know what rides you enjoy most so we can plan the trip accordingly.

Please pack a lunch.

SEPTEMBER 15TH
STAGE FORT PARK
11 AM - 3 PM

TICKETS: FREE!

Today we will go to Stage Fort Park in Gloucester. We will play games, go for a scenic walk on the water, and enjoy our lunch! Please bring money for ice cream if you would like one!

Please pack a lunch.

SEPTEMBER 22ND
CIDER HILL FARM
NOON - 4 PM

TICKETS: \$8.00

Today we go to Cider Hill Farm to pick apples, visit the families, and enjoy the local country store! Bring extra money if you want anything extra at the store. A bag of apples is included in the ticket price.

Please pack a lunch.

SATURDAY OUTINGS CONT'D

SEPTEMBER 29TH
NO OUTING

No outing today; it's Northeast Arc's Family Harvest Festival! We are hoping that all families join us for a fun-filled day of sports, music, food, face painting, entertainment and more! This is a day for us to celebrate you and how lucky we are to know you! Thank you for continuing to support us and our agency. [See the event flyer.](#) We will *not* be providing transportation to this event.

OCTOBER 6TH
ENDICOTT VS. NICHOLS
FOOTBALL GAME
11 AM - 3 PM

Today we will be rooting for the Endicott Gulls! Come on Gulls, beat those Bison!

Please pack a lunch.

TICKETS: FREE

OCTOBER 13TH
XTREME CRAZE
11:30 AM - 4 PM

Today we will be playing fun, competitive games of laser tag. Is Team Blue ever going to beat Team Red? We will find out!

Please pack a lunch.

TICKETS: \$23.00

OCTOBER 20TH
CONNORS FARM
NOON - 3 PM

Time for our annual visit to Connors Farm! We will be going through the corn maze, enjoying some hayrides, walking through a pumpkin patch, visiting animals, and possibly riding the mechanical bull!

Please pack a lunch.

TICKETS: \$14.00

OCTOBER 27TH
NEVINS FARM
NOON - 4 PM
TICKETS: WHATEVER YOU
CAN DONATE TO SUPPORT
THE MSPCA

Today we will be heading to Nevins Farm in Methuen. We will be enjoying a day alongside rabbits, birds, dogs, cats, you name it! These animals are all up for adoption and need our help. Let's give them the love they deserve!

Please pack a lunch.

SPECIALTY PROGRAM: MUSIC THERAPY

All programs take place at Northeast Arc's Center for Developmental Excellence at 6 Southside Road in Danvers. The staff ratio for each is 8:1. Please call for fee details.

SATURDAY MORNINGS
SEPTEMBER 8TH - OCTOBER 13TH



MUSIC MAKERS

Ages 2-5

9:00 - 9:45 AM

This is a development-oriented program where children can explore, play and grow as they learn socialization skills using songs, instruments and movement to encourage musical, social, physical and emotional growth and learning. Parent participation is required for this session.

SING & PLAY TOGETHER

Ages 6-12

10:00 - 10:45 AM

Come sing along with new friends in this music therapy group that focuses on language and communication skills. Designed for children with emerging and developing verbal skills to participate in a supportive and therapeutic group activity, group members will be encouraged to communicate and participate using multi-sensory systems that work best for them. Parent participation is required for this session.

MUSIC, FRIENDS & ME!

Ages 13+

11:00 - 11:45 AM

We will listen to our favorite tunes, record new songs, and have a great time rocking out! Participants will be able to make new friends and develop their love for music.



REGISTER FOR RECREATION PROGRAMS ONLINE AT:
<https://nearcrec.recdesk.com>

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