

RECREATION PROGRAMS

OCTOBER 29 - DECEMBER 23, 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 Aiyanna Lamkin / alamkin@ne-arc.org / 978-412-7111

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

SPECIAL OLYMPICS UPDATE

NEW FUNDRAISERS
AND
GOLD MEDALS!



Hello everyone! We have two new fundraisers going on to end this year strong! We have a calendar raffle and the Torch Run — check out the links on social media or ask us how you can help! The money raised provides uniforms, housing and covers other costs for our teams to compete in the Special Olympics Games.

Basketball begins in December, Soccer will go on to compete this season, and OUR SOFTBALL TEAM WON THE GOLD MEDAL! We could not be happier with the progress we are making and it is all because of you!

Our previous Special Olympics Coordinator has moved on (or down to Florida), but we are happy to have Aiyanna Lamkin to take over the position.
We are thrilled to have her as part of our team!

AS ALWAYS, THANK YOU FOR YOUR SUPPORT!

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 \$15 per week

****Please note the price change for this program**** 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

6:00 - 7:00 PM FITNESS & DANCE

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 mixing in some dance. Fitness improves personal health, spiritual health and behavioral health.

Wednesday

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.

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.

7:00 - 8:00 PM BARRE WORKOUT CLASS

Ages 18+ Staff ratio 8:1 \$80 for the series

Come join us for a new fun and dynamic fitness class that mixes elements of Pilates, yoga and dance, creating a fun, high energy, full body workout. Exercise includes precise movements and heavy repetition, focusing on lengthening and toning the muscles, while also building strength and endurance. This class is appropriate for all levels of fitness, and can be modified as needed.

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>.

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.

6:30 - 8:30 PM FRIDAY NIGHT HAPPENINGS

Ages 13+ Staff ratio 8:1 \$15 per week

Keep reading to see our 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.



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



BASKETBALL: SUNDAYS, DEC. 16 - MAR. 17
10:00 - 11:00 AM

For ages 16+, this free weekly training will be held at St. John's Prep, 72 Spring Street in Danvers. All skill levels are welcome.



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

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://nearc.recdesk.com>. To participate, a Medical Fact Sheet and intake interview are required.

NOVEMBER 2ND: BINGO NIGHT

Tonight we will get together for a fun night of bingo! Come over to Northeast Arc and bring your luck with you!



NOVEMBER 9TH: PIZZA & DISNEY TRIVIA

Come show us all that you know about Disney movies! Tonight we will be answering questions about our favorite animated movies. Please bring an additional \$3 if you plan on eating pizza.



NOVEMBER 16TH: GLOW DANCE

Come turn on the glow and dance the night away! Bring your glow sticks and party with us!



NOVEMBER 23RD: NO EVENT

There will be no Friday Night Happening on November 23rd. We hope you all have a wonderful Thanksgiving weekend with family and friends!



NOVEMBER 30TH: GROUP EXERCISE NIGHT

Come over to Northeast Arc and get that body moving! Tonight we will be working off all that delicious Thanksgiving food! Please wear appropriate clothing and sneakers to work out in.



DECEMBER 7TH: MOVIE NIGHT

Tonight we will gather together for a fun night of movie watching with friends! Come have some snacks and relax.



DECEMBER 14TH: HOLIDAY PARTY POTLUCK

Come gather together as we play fun games and eat snacks together to celebrate the holiday season, and bring your favorite holiday dish to share!



DECEMBER 21ST: UGLY SWEATER DANCE

Come on out and show off your ugliest sweater! Don't worry, we won't tell Grandma that you hate it!



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, 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 plus the ticket price.

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

NOVEMBER 3RD
NO OUTING

Enjoy your weekend!

NOVEMBER 10TH
PAINTING WITH A TWIST
NOON - 4 PM

TICKETS: \$25.00

On this outing we will be learning to paint step by step with an instructor! Our instructor will show us every technique needed to paint the selected picture. Then after, you will be able to take your painting home and hang it up for everyone to admire!

Please pack a lunch.

NOVEMBER 17TH
SALEM STATE VS. FITCHBURG
HOCKEY GAME
12:30 - 4:30 PM

TICKETS: FREE!

Come with us to the O'Keefe Center for a conference match-up where the Fitchburg State Falcons will take on the Salem State Vikings!

Please pack a lunch.

SATURDAY OUTINGS CONT'D

NOVEMBER 24TH
NO OUTING

Enjoy your Thanksgiving weekend!

DECEMBER 1ST
GORDON VS. CURRY
BASKETBALL GAME
2:30 - 5:30 PM

TICKETS: FREE

Today we will be heading to the Bennett Athletic and Recreation Center to see the Gordon College Fighting Scots in a game against the Colonels of Curry College!

Please eat prior to attending.

DECEMBER 8TH
BOXING @ TITLE BOXING
NOON - 4 PM

TICKETS: \$10.00

Today we will go to Title Boxing in Danvers to jab, hook and upper-cut our way through a class! We will also be going out to lunch at Kelly's after the class, so please bring additional money for that.

Please bring extra money for lunch at Kelly's.

DECEMBER 15TH
PLASTER FUN TIME
NOON - 3 PM

TICKETS: \$15.00

Let's bring out our artistic side with a fun-filled trip to Plaster Fun Time in Saugus. We will be picking out our own piece to paint and bring home.

Please pack a lunch.

DECEMBER 22ND
THE HALL AT PATRIOT PLACE
NOON - 5 PM

TICKETS: \$10.00

Today we will venture to Foxborough to visit "The Hall at Patriot Place." It is an exciting, innovative and interactive modern museum experience. The Hall regularly adds to its collection and changes out artifacts and exhibits to ensure a fresh experience, so even if you have been before, you may be experiencing something new this time!

Please pack a lunch.

NortheastArc

Changing lives. Discovering abilities.

www.ne-arc.org

