

# NortheastArc

*Changing lives. Discovering abilities.*

## RECREATION PROGRAMS

JULY 9 - SEPTEMBER 2, 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](mailto: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.

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**GENERAL CONTACT** [recreation@ne-arc.org](mailto: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://nearrec.recdesk.com>.

## 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

### 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!

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

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

Everyone's favorite adult cooking class offered on an additional day and time! 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.

### 6:00 - 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://nearrec.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 PROGRAMS

Registration is required for all programs.  
Questions? Contact us at [recreation@ne-arc.org](mailto:recreation@ne-arc.org)

**Special Olympics**  
Massachusetts



**YOUNG ATHLETES**  
**SUNDAYS, JUNE 17<sup>TH</sup> - JULY 22<sup>ND</sup>**  
**10:00 - 11:00 AM**

For ages 2½ to 7 - located at St. John's Prep Wellness Center in Danvers.

Northeast Arc is partnering with Special Olympics Massachusetts to host this weekly sports and play program, focusing on fun activities that are important to mental and physical growth. This program is an early introduction to sports and the world of Special Olympics.



**SOFTBALL**  
**TUESDAYS, JUNE 12<sup>TH</sup> - AUGUST 21<sup>ST</sup>**  
**6:00 PM - 7:30 PM**

For ages 16 and above - located at Bishop Fenwick in Peabody.

Northeast Arc is partnering with Special Olympics Massachusetts to host weekly Unified Softball practices at Bishop Fenwick High School in Peabody starting June 12<sup>th</sup>. All skill levels are welcome. This program is designed to be inclusive so those with and without intellectual disabilities are able to join.

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

## JULY 13<sup>TH</sup>: ARTS AND CRAFTS NIGHT

Tonight, we will get together for a creative night of Arts & Crafts! Let's get those creative juices flowing.



## JULY 20<sup>TH</sup>: RED, WHITE AND BLUE DANCE

Come on out to the Northeast Arc to celebrate America with our Red, White and Blue Dance. We will let freedom ring as we dance with all of our friends.



## JULY 27<sup>TH</sup>: PIZZA AND TRIVIA NIGHT

Tonight, we will be ordering pizza and breaking up into teams for a fun night of trivia! Come and see if you can answer questions about books, movies, celebrities, and much more! Please bring an additional \$3 if you plan on eating pizza.



## AUGUST 3<sup>RD</sup>: OUTDOOR MOVIE

Tonight, we will watch a movie on the BIG screen! We will be enjoying a movie outside. Dress warm and bring a blanket, just in case!



## AUGUST 10<sup>TH</sup>: S'MORES AND STORIES

Tonight, we will be gathered around the campfire for s'mores and stories. Please let us know of any food allergies that need to be accommodated.



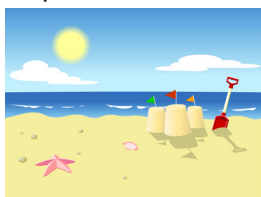
## AUGUST 17<sup>TH</sup>: SUMMER FLING DANCE

Tonight, we will be joining our friends for a fun night of summertime dancing. Break out those dancing shoes and boogie the night away!



## AUGUST 24<sup>TH</sup>: BEACH NIGHT

Tonight, we will be playing beach games and building sandcastles right here at Northeast Arc. Be prepared to get sandy and build your own sand fortress!



## AUGUST 31<sup>ST</sup>: END OF SUMMER COOKOUT

Come on our to the Arc for our end of summer cookout. We will be grilling burgers and hot dogs while playing games and enjoying the last of our warm weather!



# 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>.

JULY 14<sup>TH</sup>  
BEARSKIN NECK  
NOON - 4:00 PM

TICKETS: \$1.00

Today we will be going to Bearskin Neck in Rockport for a day of ice cream and browsing the shops. Please bring additional money for ice cream.

*Please pack a lunch.*

JULY 21<sup>ST</sup>  
SAUGUS IRON WORKS  
NOON - 3:00 PM

TICKETS: FREE!

Today, we will go on a tour of the historic Saugus Iron Works. We will enjoy a picnic lunch, then go on a guided tour to learn the history of one of Saugus' oldest trades.

*Please pack a lunch.*

JULY 28<sup>TH</sup>  
CANOBIE LAKE PARK  
NOON - 5 PM

TICKETS: \$27

Today, we go to Canobie Lake Park for a fun day of rides and excitement.

*Please pack a lunch.*



# SATURDAY OUTINGS CONT'D

AUGUST 4<sup>TH</sup>  
HAMPTON BEACH  
NOON - 4:00 PM

TICKETS: \$5.00

Today we will be heading to Hampton Beach to check out the boardwalk. Please bring additional money if you are interested in buying something or playing arcade games.

*Please pack a lunch or bring money to buy one.*

AUGUST 11<sup>TH</sup>  
IPSWICH WILDLIFE  
SANCTUARY  
NOON - 3:30 PM

TICKETS: \$8.00

Today we will be heading to Ipswich Wildlife Sanctuary to engage in a guided tour and an introductory lesson on the birds in our area.

*Please pack a lunch.*

AUGUST 18<sup>TH</sup>  
BOSTON DUCK TOUR  
11:00 AM - 4:00 PM

TICKETS: \$25.00

Today we will be going on a tour of historic Boston in a World War II-era amphibious vehicle. Come see all the sights and learn the history of Boston.

*Please pack a lunch.*

AUGUST 25<sup>TH</sup>  
FRANKLIN PARK ZOO  
NOON - 4:30 PM

TICKETS: FREE!

Lions, tigers and zebras - oh my! Today we will have a fun day visiting the animals at the zoo.

*Please pack a lunch.*

SEPTEMBER 1<sup>ST</sup>  
NO OUTING

There will be no outing over Labor Day weekend. Enjoy the holiday!



**REGISTER FOR RECREATION  
PROGRAMS ONLINE AT:**

<https://nearcrec.recdesk.com>

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