

# NortheastArc

*Changing lives. Discovering abilities.*

## RECREATION PROGRAMS

JANUARY 7 - MARCH 3, 2019





# 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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**PROGRAM DIRECTOR** Katie Sweet / [ksweet@ne-arc.org](mailto:ksweet@ne-arc.org) / 978-624-2308

**ASSISTANT DIRECTOR** Stephen Bouchie / [sbouchie@ne-arc.org](mailto:sbouchie@ne-arc.org) / 978-624-2385

**SPECIAL OLYMPICS COORDINATOR** Aiyanna Lamkin / [alamkin@ne-arc.org](mailto:alamkin@ne-arc.org) / 978-412-7111

**GENERAL CONTACT** [recreation@ne-arc.org](mailto:recreation@ne-arc.org) / 978-766-4368



**NEW FUNDRAISERS AND GOLD MEDALS!**



Basketball has started and we currently have 5 teams: 2 in Lynn and 3 in Danvers!

Soccer won the Gold Medal at competition this season —  
congratulations to ALL of our athletes!

We could not be happier with the progress that we are making  
and it is all because of you!

You helped us raise \$3,550 for our Special Olympics programs!

**YOU ARE AMAZING!**

Aiyanna Lamkin is the Special Olympics Coordinator now and we are thrilled to have  
her as part of our team!

**AS ALWAYS, THANK YOU FOR  
YOUR CONTINUED SUPPORT!**

# 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>.

**Programs with low enrollment are subject to change or cancellation.**

## Monday

### 5:00 - 6:30 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

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

In this fitness class we'll work together on weight lifting, aerobic exercises, cardio and core work. 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.

# 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>.

## 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.

# 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.

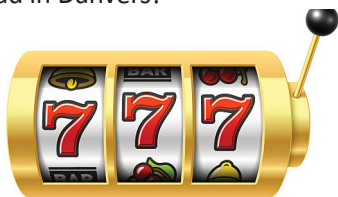
## JANUARY 11<sup>TH</sup> - KARAOKE NIGHT

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!



## JANUARY 25<sup>TH</sup> - CASINO NIGHT

The Las Vegas Strip, Atlantic City's Boardwalk, and now Southside Road in Danvers!



## FEBRUARY 8<sup>TH</sup> - NIGHT TO SHINE PROM

There is no Friday Night Happening tonight, as we are encouraging everyone to attend the Night to Shine prom in Beverly. For more information please visit the Night to Shine webpage at [www.nscbc.org/nighttoshine](http://www.nscbc.org/nighttoshine).



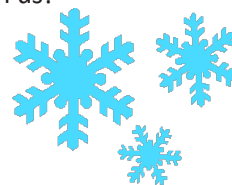
## FEBRUARY 22<sup>ND</sup> - PIZZA & BOARD GAMES

Come out to Northeast Arc and enjoy pizza and all of your favorite board games with your favorite people! Please bring an additional \$3 if you plan on eating pizza.



## JANUARY 18<sup>TH</sup> - WINTER WONDERLAND DANCE

Walking along, singing a song, dancing in a Winter Wonderland! Come on out and have a lovely winter night inside dancing with us!



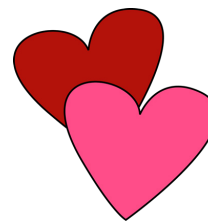
## FEBRUARY 1<sup>ST</sup> - COMEDY NIGHT

Get your jokes ready! Tonight we will be watching a comedy special and then we will be trying our hand at stand-up comedy! Let's get our best jokes together and try to bring a smile to everyone's face!



## FEBRUARY 15<sup>TH</sup> - VALENTINE'S DAY DANCE

Love is in the air! Tonight we will be coming together to dance the night away and celebrate Valentine's Day!



## MARCH 1<sup>ST</sup> - BINGO NIGHT

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



# 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>.

JANUARY 12<sup>TH</sup>  
DAVE & BUSTER'S  
NOON - 4 PM

TICKETS: \$22.00

Today we go to Dave & Buster's for a fun-filled day of games and prizes!

*Please pack a lunch.*

JANUARY 19<sup>TH</sup>  
ORANGETHEORY FITNESS  
NOON - 3 PM

TICKETS: \$15.00

Today we will be getting a good sweat on! We will all be going to Orangetheory Fitness for a group exercise class!

*Please pack a lunch.*

JANUARY 26<sup>TH</sup>  
THE MYSTERY OF EDWIN DROOD  
3:00 - 6:00 PM

TICKETS: \$20.00

Today we will be heading to Gordon College in Wenham for a performance of The Mystery of Edwin Drood!

*Please eat prior to coming.*

# SATURDAY OUTINGS CONT'D

FEBRUARY 2<sup>ND</sup>  
MOVIE & LUNCH AT THE MALL  
TIME TBD

TICKETS: TBD

Today we will be going to AMC Theaters to watch a movie, and we will eat lunch in the food court! Time, movie and price are to be determined.

*Please bring money for lunch in the food court.*

FEBRUARY 9<sup>TH</sup>  
SALEM ICE SCULPTURE FESTIVAL  
11:30 AM - 3:00 PM

TICKETS: FREE

Today we will venture to Salem to walk around the historic city and look at the ice sculptures that will be on display!

*Please pack a lunch.*

FEBRUARY 16<sup>TH</sup>  
METROROCK  
NOON - 4:00 PM

TICKETS: \$10.00

Today we will be going to Newburyport for a day of rock climbing! We will be challenging ourselves and supporting our peers as we try to reach the top of the walls!

*Please pack a lunch.*

FEBRUARY 23<sup>RD</sup>  
WAMESIT LANES  
NOON - 4:00 PM

TICKETS: \$22.00

Today we will be going to Wamesit Lanes for bowling, pizza and arcade games!

*The price includes 2 slices of pizza and a soda for lunch.*

MARCH 2<sup>ND</sup>  
SKYZONE  
NOON - 3 PM

TICKETS: \$25.00

Today we will head to SkyZone for a day of jumping! This trampoline park offers dodgeball, basketball, and a foam pit!

*Please pack a lunch.*





**REGISTER FOR RECREATION PROGRAMS ONLINE AT:**

<https://nearcrec.recdesk.com>

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