

NortheastArc

Changing lives. Discovering abilities.

Recreation Programs

September 3 - October 27, 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 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 / 978-624-3752

General Contact recreation@ne-arc.org / 978-766-4368



Thank you!



Thank you to our families and volunteers
who helped out with this year's Special Olympics
summer session!

*We offered softball and bocce, both of which
had athletes participate in State Games.*

*We were also able to offer another session of Young Athletes this summer,
due to the support of our volunteers.*

*Thank you all for your hard work and dedication.
We look forward to many more successful seasons going forward!*

*Email Aiyanna Lamkin at alamkin@ne-arc.org with any questions you have
regarding Special Olympics programming.*

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 

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.

Tuesday

5:00 - 6:00 pm *Walking Club* Ages 16+ / Staff ratio 4:1 / \$60 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* Ages 16+ / Staff ratio 4:1 / \$80 for the series

We will be working on weightlifting, aerobic exercises, cardio and core work. Fitness improves personal health, spiritual health and behavioral health.

Wednesday

5:00 - 6:00 pm *Chair Yoga* Ages 13+ / \$80 for the series 

Chair Yoga is a form of yoga that people with limited mobility can utilize. It offers a practical alternative to regular yoga therapy while enhancing flexibility and strengthening personal body awareness. Come try out this class at the Arc! It's a perfect class for people using wheelchairs as well.

5:15 - 6:15 pm *Boxing* Ages 16+ / Staff ratio 8:1 / \$140 for the series

This is an inclusive program. Our Recreation team is partnering with TITLE One Boxing in Danvers (29 Andover Street) for a new boxing class! Are you ready for some boxing? Come build your strength and confidence with us! Please bring your own wraps; gloves will be provided.

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.

5:00 - 6:00 pm *Golf* Ages 13+ / \$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 the proper swing techniques, putting, driving and chipping. We will be hitting the course at least once over the summer, so don't miss this!

6:30 - 7:30 pm *Adult Fitness* Ages 40+ preferred / \$80 for the series

Over 40 and looking for a fitness alternative? Well, it is here! We are looking for adults looking to change their lifestyle and get healthy with us. Join us at the Arc and we will focus on balance, endurance, and strength training.

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.

Read on for details about our Friday Night Happenings and our 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.

September 6th - Fitness

Tonight we will be enjoying a night of fitness. We will do some circuit training in small groups, working on core muscle groups. As always, we will be enjoying healthy smoothies as a snack!



September 13th - Outdoor Games

Tonight we will be playing some game outside. September is the best month for outdoor games — not too hot, not too cold! Let's take advantage of this time and enjoy the outdoors with our friends.



September 20th - Fall Flannel Dance

Tonight, we will be dancing the night away in our flannel attire! Hopefully DJ Dave will play us some fun country music to match the theme!



September 27th - Guided Art Night

Tonight we will be enjoying a group art project guided by a staff member. It will be a step by step process which everyone will be able to participate in. We cannot wait to see what everyone's art looks like!



October 4th - Karaoke

Tonight we will be singing our little hearts out at our Recreation Karaoke Night! Is any night better than this one? Make sure you let us know what song you want to sing. We love listening to how much talent you all have!



October 11th - Outdoor Movie Night

Tonight we will be watching Halloweentown outside on the big screen! Please bring bug spray, warm clothes, and a blanket just in case!



October 18th - Halloween Dance

Tonight we will wear our favorite costumes and dance the night away! Make sure you wear your dancing shoes with your costume because it is going to be a fun and tiring night!



October 25th - Halloween Costume Party

Tonight we will have a costume contest, some scary treats, and play some spooky games! Who will wear the scariest costume? Who will wear the funniest? We will have to wait and see.



Saturday Outings

Ages 16+ Staff ratio 4:1

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

Please note that this summer, we are offering each outing twice!

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>.

September 7th
Stone Zoo
Noon - 4:00 pm

Tickets: \$8.00

Today we will be heading to Stone Zoo to check out the otters, alligators, and big cats! Have you ever seen a wolf up close? Today may be the day! Join us for a fun adventure at our favorite zoo!

Please pack a lunch. 

September 14th
Canobie Lake Park
11:00 am - 4:00 pm

Tickets: \$29

Today is everyone's favorite outing — we are returning to Canobie Lake Park for our usual craziness! There will be rides, games, snacks, and even a brand new water park. Please dress appropriately.

Please pack a lunch.

September 21st
Orangetheory Fitness (1)
12:45 pm - 3:00 pm

Tickets: \$10.00

Today we will be getting a good sweat on! We will be going to Orangetheory Fitness for a group exercise class involving cardio on treadmills and rowing machines, along with weight training and core exercises.


Please pack a lunch.

Saturday Outings cont'd

September 28th
Maudslay Park
Noon - 4:00 pm

Tickets: Free

Today we will be going for a hike/walk as a group in Newburyport. We will enjoy the amazing outdoors while the leaves are changing. Could we live in a more beautiful place?

Please pack a lunch. 

October 5th
Cider Hill
Noon - 4:00 pm

Tickets: TBD

Today we will be heading to Cider Hill Farm to pick some apples! We will go on a hay ride, enjoy all the smells, and pick some perfectly ripe apples! Bring spending money if you want any other treats throughout the trip.

Please pack a lunch.

October 12th
Connors Farm
Noon - 3:00 pm

Tickets: \$13.00

Connors Farm is a staple for our fall outings. We get to enjoy the hay rides, corn maze, barn animals, small train ride, and much more! Come walk through the pumpkin patch with us!

Please pack a lunch. 

October 19th
Orangetheory Fitness (2)
12:45 pm - 3:00 PM

Tickets: \$10.00

Today we are going to get a good sweat on again! We will be going to Orangetheory Fitness for a group exercise class that involves cardio on treadmills and rowing machines, along with weight training and core exercises.

Please pack a lunch.

October 26th
Extreme Craze Laser Tag
11:45 am - 4:00 PM

Tickets: \$23.00

Today we will be heading over to Extreme Craze for a good ole' game of laser tag! Red and Blue have been super competitive through the years...who will win this round?

Please pack a lunch.



Register for Recreation Programs online at:
<https://nearcrec.recdesk.com>

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