

Recreation Programs

October 28 - December 22, 2019



NortheastArc

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.

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



Northeast Arc has two Special Olympics soccer teams who competed in the qualifier and will continue on to the state tournament on November 3rd at The Governor's Academy. They are also participating in a local tournament with North Shore Rovers and Newburyport Clippers at Brooks Academy.

Our basketball program will start up in mid-December. We will once again have two adult teams and one junior team (ages 8 to 15). Practice will be at St. John's Prep in Danvers; schedule to come.

One of our tennis volunteers competed in an Iron Man competition and raised funds in the name of our Special Olympics MA program. HE RAISED AN AMAZING \$9,110!!

We are currently in our fundraising season for sports programming:

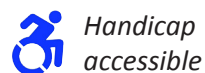
Tickets for our Special Olympics MA calendar raffle are \$10 each and can be purchased online at <https://www.specialolympicsma.org/events/fundraising-events/calendar-raffle>.

Please be sure to select 'Northeast Arc' when making your purchase.

For physical tickets or for more information, contact Aiyanna Lamkin at alamkin@ne-arc.org.

We are also having a Northeast Arc Recreation team in the 2019 Holiday Torch Run. We welcome anyone to join in the run/walk or donate to our team by visiting [this page](#).

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

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

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+ / Staff ratio 4:1 / \$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 4:1 / \$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://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.

6:30 - 7:30 pm Adult Fitness Ages 40+ preferred / Staff ratio 4:1 / \$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://nearcrec.recdesk.com>. To participate, an Emergency Fact Sheet and intake interview are required.

November 1st - Fitness/Yoga

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!



November 8th - Bingo Night

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



November 15th - Turkey Dance

Gobble, gobble! Happy Turkey Day! Let's dance our calories away before the holiday season even begins! Get ready for a fun night!



November 22nd - Game Show Night

Tonight we will be joining together for a fun and exciting game show night! You may want to brush up on your game show skills before the night begins!



November 29th - Happy Thanksgiving!

There will be no Friday Night Happening tonight, as we are all still celebrating Thanksgiving!



December 6th - 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.

December 13th - Holiday Party

Come gather together as we play fun games and eat snacks together to celebrate the holiday season!



December 20th - Holiday Dance

Tonight we are going to dance the night away to all of our holiday favorites. Wear your favorite holiday clothing and get ready to spending the night boogieing with your friends! Let's tear it up!



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 2nd
Dave & Buster's
Noon - 4:00 pm

Tickets: \$22.00

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

Please pack a lunch.

November 9th
Painting with a Twist
Noon - 4:00 pm

Tickets: \$25

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 it home and hang it up for everyone to admire!

Please pack a lunch.

November 16th
Salem State Hockey
12:30 - 4:30 pm

Tickets: Free

Come with us to the O'Keefe Center for a conference match-up between the Salem State Vikings and the Fitchburg State Falcons!

Please pack a lunch.

Saturday Outings *cont'd*

November 23rd
Plaster Fun Time
1:00 - 4:30 pm

Tickets: \$15.00

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

Please pack a lunch.

November 30th
No Outing!

In a continued celebration of the Thanksgiving holiday, there will be no Saturday Outing today.

Happy Thanksgiving!

December 7th
TITLE Boxing
Time: 11:00 am - 2:30 pm

Tickets: \$10.00 for wraps only

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

Lunch: Please bring additional money.

December 14th
Gordon College Basketball
11:30 am - 3:30 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 Plymouth State Panthers!

Please pack a lunch.

December 21st
Sun Wheel Celebrations at
Salem Pioneer Village
11:30 am - 3:30 pm

Tickets: Free

Come to Pioneer Village: Salem in 1630 to learn the traditions and folklore about solstices and equinox. Sun Wheel Celebrations will recognize these holidays that mark the movement of the sun and are shared the world over. Storytelling, crafts and s'mores! Dress warmly as this is an outdoor outing!

Please pack a lunch.



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

NortheastArc

Changing lives. Discovering abilities.

www.ne-arc.org

