

NortheastArc

Changing lives. Discovering abilities.

Recreation Programs

MARCH 4 - APRIL 28, 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 / 978-412-7111

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



Powerlifting starts soon!



Basketball has started and we currently have 5 teams: 2 in Lynn and 3 in Danvers. Powerlifting will begin in March. We could not be happier with the progress we are making and it's all because of you! You all helped us raise over \$3,550 for our Special Olympics programs —

you are amazing!

Congrats and thank you to all of our athletes!

Aiyanna Lamkin is our Special Olympics Coordinator 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

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. *****Now accepting new participants, please let us know if you want to attend!*****

Tuesday

6:00 - 7:00 pm Fitness & Dance

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

We will be working on weightlifting, 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.

6:00 - 7:00 pm Boxing - NEW!

Ages 16+ Staff ratio 8:1 \$140 for the series

BRAND NEW! 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.

6:30 - 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.

March 8th - Mardi Gras Party

Welcome to the Northeast Arc Mardi Gras Party! We will be playing some games, eating some treats, and spending some time together! Come dressed in your favorite yellow, purple and green attire!



March 15th - St. Patrick's Day Dance

Come dressed in your best St. Patty's Day apparel and let's get our dance on with your friends!



March 22nd - Staff Trivia Night

How much do you know about our staff? Birthdays? Favorite food? Well, we are about to find out! (You may want to start brushing up on your staff knowledge.)



March 29th - Movie Night

Movie night — time for us all to relax and watch a movie with friends!



April 5th - Recycle Arts & Crafts Night

Let's make a beautiful thing out of trash...or recycling. Time to use your creative energy for this fun night of crafting!



April 12th - Tournament Night

Hockey, basketball, corn hole, and relay races! What prizes can you and your team win?



April 19th - Spring Fling Dance

We are ready for spring! And we are bringing it in the best way we know how — with a dance! Bring your best dancing shoes and be ready to have some fun!



April 26th - Exercise Night

Evan will be running this exercise night — time to work out and de-stress! Bring a yoga mat if you have one and wear comfortable clothing.



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>.

March 9th
Roller Derby at Shriner's
3:30 - 7:30 pm

Tickets: \$7.00

Today we will head to Shriner's Auditorium in Wilmington to watch a roller derby match-up between Naptown and Sacramento. Roller skating, strong athletes, and some showing off is to be expected!

Please pack a lunch/dinner.

March 16th
Orangetheory Fitness
Noon - 3:00 pm

Tickets: \$10.00

Today we will be getting a good sweat on! We will all go to Orangetheory Fitness for a group exercise class that involves cardio on treadmills and rowing machines, along with weight training and core exercises. All exercises are monitored and tracked for our future outings!

Please pack a lunch.

March 23rd
Mamma Mia!
2:00 - 6:30 pm

Tickets: \$18.00

Today we will head to the Hamilton Community House to see an "enchanted tale of love, laughter and friendship," Mamma Mia! Come enjoy this classic musical with all of your friends!

Please bring a small snack.

Saturday Outings *cont'd*

March 30th
Inner Cycle
Noon - 3:30 pm

Tickets: \$5.00

Today we hope you will “lose yourself in the ride.” Inner Cycle is offering us a fabulous deal, too good to miss out on! We will take a spinning/cycling class for 30 minutes and then an aerobics class for an additional 30 minutes.

Please pack a lunch.

April 6th
Orangetheory Fitness (Class 2)
Noon - 3:00 pm

Tickets: \$10.00

Today we will be getting a good workout in! Orangetheory has invited us for a group exercise class that involves cardio on treadmills and rowing machines, along with weight training and core exercises. All exercises are monitored and tracked for our future outings.

Please pack a lunch.

April 13th
MSPCA at Nevins Farm
Noon - 3:00 pm
Tickets: FREE
(but donations help the animals!)

Cats, dogs and horses...oh my! We are going to visit homeless pets today. Nevins Farm is associated with the MSPCA and is the temporary home to many different types of animals. Let's educate ourselves on what we can do to help and send some love to these great animals!

Please pack a lunch.

April 20th
Aleppo Shriners Circus
Noon - 4:30 pm

Tickets: \$10.00

“Ladies and gentleman, girls and boys,” today we will be attending the Aleppo Shriners Circus in Wilmington! Tigers, clowns, elephants, zebras, ringmasters and acrobats — what more could you want?

Please pack a lunch.

April 27th
New England Aquarium
Noon - 5:00 pm
Tickets: \$21
plus \$5.50 for subway ticket

Today we will go to the New England Aquarium. We can touch sharks and rays in the touch tank, watch penguins play, learn about all of the fish and animals in the ocean, and spend some time with good friends!

Please pack a lunch.



Register for Recreation Programs online at:

<https://nearcrec.recdesk.com>

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