

# NortheastArc

*Changing lives. Discovering abilities.*

## Recreation Programs

January 6 - March 1, 2020





## Recreation Programs

### Department Information

Northeast Arc Recreation Programs run for 8 weeks at a time. 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 978-624-2336 or 978-624-2385.

### 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.

### Payment Information

Payment for Weekly Programs (Mon-Fri) are due upon registration through RecDesk (<http://nearc.org/recdesk.com>). If you need to pay via cash or check, select the Pay Later option. Your cash or check payment must be received within one week of completing online registration. Payment for Saturday Outings is due upon completion of registration. Any applicable ticket fee will be due on the day of the outing. If you need to pay via cash or check, select the Pay Later option in RecDesk; your payment must be received within one week of completing registration. If a Saturday outing is subsequently cancelled, your RecDesk account will be credited and can be applied to a future registration. (For DDS funding through our Family Resource Center, please provide a signed Flex Form (located on the front page of <http://nearc.org/recdesk.com>) within one week of registration. Failure to complete, sign and submit the Flex Form may result in removal from the registered program. Upon checkout, you will be able to choose the Fee Option that corresponds with your funding source.

### 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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Hi Everyone!

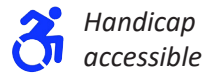
Thank you all so much for another successful soccer season. We are officially underway with our basketball season and had approximately 30 athletes attend the first practice — we are so happy to see so many new and returning faces!

We also want to thank everyone who supported the Holiday Torch Run and Calendar Raffle fundraisers. Together, we were able to raise \$4,635!

Thank you all for your hard work and dedication!



# 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 / \$120 for the series 

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

5:15 - 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 / \$80 for the series 

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

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## Thursday

3:00 - 4:00 pm *Heritage Bowling League* Ages 22+ / Staff ratio 8:1 / \$80 for the series

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://nearrec.recdesk.com>. To participate, an Emergency Fact Sheet and intake interview are required.

## January 10<sup>th</sup> - Recycled Art Night



Tonight we will get our creativity flowing by making our own creations out of recycled bottles, cans, boxes and more! Feel free to bring some supplies with you if you want.

## January 17<sup>th</sup> - Movie Night



Tonight we will get together to watch Inside Out with all of our friends! Popcorn will be provided. Feel free to bring along a blanket to be extra comfy!

## January 24<sup>th</sup> - Snowball Dance



Come join us for an elegant night of dancing and enjoyment! We will take photos and have snacks to enjoy. Semi-formal attire encouraged.

## January 31<sup>st</sup> - Super Bowl Party



Tonight we will get together for a fun night of football-themed games, crafts and snacks!

## February 7<sup>th</sup> - Night to Shine Prom



There will be no Friday Night Happening tonight. We hope to see you at the Night to Shine Prom!

## February 14<sup>th</sup> - Karaoke



Join us for everyone's favorite night of singing, laughter and fun! Choose your favorite song and practice in front of your mirror to make sure you're ready!

## February 21<sup>st</sup> - Valentine's Day Dance



Come gather together and dance the night away! Love is always in the air when you're with your friends!

## February 28<sup>th</sup> - Group Exercise



Come join us as we get active and sweat off that Valentine's Day chocolate!

# Saturday Outings

Ages 16+ Staff ratio 4:1

*\$30 pre-registration fee per outing, plus applicable ticket fee on the day of the outing*

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 or unsafe driving 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 72 hours' notice for cancellation of Saturday Outing attendance. If 72 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 11<sup>th</sup>  
Improv Asylum  
3:30 - 7:00 pm

Tickets: \$25

Today we go to the Norht End for a fun afternoon of laughter! (Please note that this outing is not handicap accessible and will require participants to walk up and down a flight of stairs.)

*Please eat a late lunch/early dinner prior to coming to the outing.*

January 18<sup>th</sup>  
Tour of the Bruins Practice  
Facility - Warrior Ice Arena  
9:00 am - 2:00 pm

Tickets: \$15

On this outing we will take a tour of the Bruins Practice Facility, the Warrior Ice Arena! A lunch of pizza, chips and water is included.



January 25<sup>th</sup>  
Pippin at the Hamilton  
Community House  
2:00 - 5:30 pm

Tickets: \$20

Come with us to the Hamilton Community House to enjoy their production of Pippin! Feel free to bring along money for concessions.

*Please pack a lunch, we will eat before we leave the Arc.*



# Saturday Outings cont'd

February 1st  
MetroRock  
1:00 - 4:30 pm

Tickets: \$20

Today we will be going to MetroRock in Newburyport to challenge ourselves with some rock climbing!

*Please pack a lunch, we will eat before we leave the Arc.*

February 8<sup>th</sup>  
Museum of Science  
11:30 am - 4:00 pm

Tickets: \$8

Today we will be going to The Museum of Science to explore the exhibits and enjoy a Planetarium show!

*Please pack a lunch, we will eat before we leave the Arc.*



February 15<sup>th</sup>  
Wamesit Lanes  
Noon - 3:30 pm

Tickets: \$25

Today we go to Wamesit Lanes for a fun day of bowling and arcade games! Lunch of pizza and soda will be included.



February 22<sup>nd</sup>  
Lowell Winterfest  
11:30 am - 3:30 pm

Tickets: \$5

Today we are heading to Lowell for the Lowell Winterfest. We will enjoy walking through the winter market and even riding on the carousel! Please bring spending money for the market and the carousel.

*Please pack a lunch, we will eat before we leave the Arc.*



February 29<sup>th</sup>  
The Hall at Patriot Place  
Noon - 5 pm

Tickets: \$10

Today we will be venturing to Foxboro to visit The Hall at Patriot Place. It is an exciting, innovative and interactive, modern museum experience. The Hall regularly adds to its collection and changes out artifacts and exhibits to ensure a fresh experience — so even if you've been before, you may experience something new this time!

*Please pack a lunch, we will eat before we leave the Arc.*





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

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