



HEALTHY COOKING

Come learn how to prepare a healthy meal, then enjoy it with your cooking friends.

Saturdays, January 6th,
February 10th & March 3rd

11:30-1:00pm @ BA Arc, \$5.00 fee

THEATRE CLUB

Join BA Arc at the East Bridgewater Cinema or other local theaters for a movie.

Friday, December 29th
Tuesday, February 13th

FRIDAY NIGHT FUN

January 19th: Winter Craft Party
February 2nd: Valentine's Day Party

All Activities 6:30-8:30pm, \$5.00 fee



Friday, January 12th join BA Arc at the Bridgewater Family Theater to see **Once Upon a Mattress**. This musical is BSU's fun rendition of the beloved fairy tale, **The Princess And The Pea**. Limited number of tickets available.

Healthy Relationships

The Brockton Area Arc is partnering with Family and Community Resources to offer a Healthy Relationships Workshop for adults with intellectual disabilities. People build relationships with many different parties; family, friends, co-workers, significant others, etc. For people with developmental and intellectual disabilities it may be difficult to know whether or not a relationship is beneficial. This workshop will provide information and understanding of what a healthy relationship looks like.

@ BA Arc, Ages 22+

Dates and time to be announced.



A fun filled hour of music, dance, and upbeat exercise. Join Karen Gouthro at the Brockton Area Arc for another session of Zumba.

Saturdays, March 3rd, 10th, 17th & 24th
11:00am -12:00, \$40.00 fee for program

Brockton Area Arc is located at
1250 West Chestnut Street
Brockton, MA 02301



Pre-registration required for activities.

Please e-mail Christina Grande at recreation@brocktonarc.net or call 508-583-8030 X209.

Events may be cancelled if there is low enrollment or inclement weather.