



Winter Schedule 2019

Recreation and enrichment programs
for adults of all abilities

Milestones Winter 2019 Class Schedule

MONDAY JANUARY 7 - SATURDAY MARCH 9

Milestones classes are offered at a reduced rate thanks to support from the Department of Developmental Services.

Yoga Dance

Move to the sounds of fabulous music at your own pace to improve flexibility, strength, and balance. Experience a reduction in stress, improved cardiovascular fitness, and well-being of body, mind, and spirit in a warm and welcoming small group setting. *Target Skills: Social Awareness, Self-Regulation*
Mondays, 5:15-6:15 p.m. (ages 18+), \$50

Boundaries & Relationships

This class is for adults who need help navigating the world of relationships. Part of having a healthy relationship is learning how to respect boundaries of the other people in your life. That awareness begins with knowing what your own boundaries are. We discuss issues such as how you know if someone is a friend or a boy/girlfriend, how to ask someone out on a date, what to do on a date, and how to tell if someone is interested in you. Online registration is not available for this class. Please call 413-585-8010 to register. *Target skills: Boundaries & Relationships, Self-Advocacy, Self-Regulation, Social Awareness, Perspective Taking, Confidence*
Wednesdays, 5:45-7 p.m. (ages 18+), \$50

Friday Cooking

Come cook something up with your friends! Students work on practical cooking skills and find new foods to try. At the end of class we get to enjoy the meal together. A great class for socializing! (Potluck Socials to follow this class once a month. See Special Events, below!) *Target Skills: Communication, Community Building, Confidence, Creative/Critical Thinking*
Fridays, 5:15-6:30 p.m. (ages 18+), \$50 + \$20 materials fee

Let's Talk About Sex: A Workshop for the Whole Family

This three-part workshop is for students interested in learning more about sex and for family and other caregivers who are interested in supporting them. Privacy is respected and a safe environment is fostered so that all sorts of topics and questions can be addressed. Students are split into groups based on their gender identity. Students and their supporters take separate workshops concurrently so that everyone has the same information. *Topics Include: Anatomy, Identity, Safety, Self-Advocacy, Masturbation, and Sex with a Partner*

Part I – January 24, 6:30-8 p.m., Part II - February 7, 6:30-8 p.m., Part III - February 28, \$50.

Cost covers one student and up to two family members/caregivers. Please call for special pricing for group residences or larger families.

THE FOLLOWING CLASSES ARE SCHEDULED AT THE INCLUSIVE COMMUNITY CENTER THROUGH WHOLE CHILDREN, BUT ADULTS ARE WELCOME.

Joyful Chorus

Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive and (of course) joyful opportunity for people to come together in song. Kids, teachers, and volunteers all sing together. *Target Skills: Teamwork, Community Building, Confidence, Communication*
Mondays, 4-5 p.m. (ages 8+), \$25

*This class is supported by a grant from the Department of Developmental Services. **Singers must consent to being photographed and videoed, and are expected to participate in a number of performances.***

Superhero Fan Club

All you Marvel-ous fans, come join us for an hour of superhuman fun. In each class you will get to watch a clip from a film, discuss your favorite heroes and villains with your friends, and then create your own art and/or storyline. *Target Skills: Critical/Creative Thinking, Communication, Community-Building* Tuesdays, 4-5 p.m. (ages 16+), \$130, Franklin/Hampshire DDS price: \$100.

Friendship Band

Ever want to be in a band? Now's your chance! Whether or not you already play an instrument, we hope you'll join us to make friends while rocking out. Our instructors teach voice and instruments, and emphasize making quality music together. *Target skills: Teamwork, Community Building, Confidence, Communication* Tuesdays, 5-6 p.m. (ages 16+), \$100.

*Friendship Band is supported by a grant from the Department of Developmental Services. **Musicians must consent to being photographed and videoed, and are expected to participate in a number of performances.***

Art Explorations

This class is for everyone with an interest in exploring the visual arts – whether you're an accomplished artist or someone looking to discover your creative side. We do a little bit of everything in this class: drawing, painting, printmaking, fiber arts, and collage. Come learn a new artistic technique, practice a known one, or bring in an unfinished project from home that you just haven't gotten around to finishing. Let our friendly and helpful teachers cheer you on to completion, and help you along the way! *Target Skills: Creative Thinking, Confidence, Perspective Taking, Communication.* Wednesdays, 4:30-5:30 p.m. (ages 16+), \$130, Franklin/Hampshire DDS price: \$100.

Theater Studio

Director Matt Meers gears this class towards students dedicated to learning and practicing basic skills and techniques of theater. In this session actors work with a script written especially for them, practice their lines and acting, and work on their dance moves, all in preparation for the big performance on March 15 and 16, 2019 at Smith College! *Target Skills: Teamwork, Community Building, Confidence, Communication*

Thursdays, 4-6 p.m. (ages 13+), \$100 Continued from fall session (no re-registration necessary). No new openings for winter.

*This class is supported by grants from DDS, the Fafard Fund, and the Emily List Fund. **Actors must consent to being photographed and videoed, and are expected to participate in both performances.***

Thursday Cooking

Come cook something up with your friends! Students work on practical cooking skills and find new foods to try. And at the end of class we get to enjoy the meal together. A great class for socializing! *Target Social Skills: Teamwork, Community Building, Communication, Confidence, Critical/Creative Thinking* Thursdays, 6-7:15 p.m. (ages 16+), \$165 + \$20 food supply fee, Franklin/Hampshire DDS price: \$100 + \$20 food supply fee.

Dungeons & Dragons

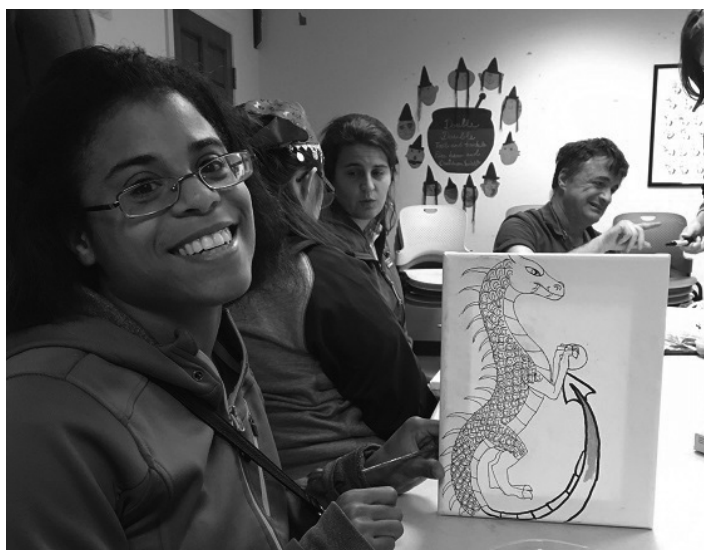
From dungeons to dragons, and everything else in-between! Come take part in a unique role-playing experience where you and other members of your adventuring party create characters, overcome obstacles, and explore the world. Veteran players and newcomers are welcome. Students are encouraged, but not required, to bring their own polyhedral dice set. *Target skills: Teamwork, Community Building, and Critical Thinking* Fridays, 4-6 p.m. (ages 13+), \$195, Franklin/Hampshire DDS price: \$150.

Indonesian Kung-Fu II

In Indonesian Kung-Fu, or "Silat", students learn both physical and verbal self-defense martial arts skills, with a focus on cooperation, respect, increasing self-awareness, and self-control. Students earn belts and stripes at their own pace, while learning the values of hard work and determination. Each session culminates in a presentation and board-breaking demonstration! Families may purchase shirt, belt and pants from the instructor. *Target Skills: Confidence, Self-Advocacy, Self-Regulation, Social Awareness* Fridays, 5-6 p.m. (ages 13+), \$130, Franklin/Hampshire DDS price: \$100

Be Empowered

What does it mean to be a girl or woman in today's world? What does it mean to be empowered? We'll explore these and other questions after starting each class learning some verbal



No classes: January 21, February 18-23

and physical self-defense skills. *Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication*
Saturdays, 10-11 a.m. (girls and women, ages 13+), \$130, Franklin/Hampshire DDS price: \$100

Animé and Manga Club

This club explores the world of Japanese animation (animé) and comic books (manga). Each class starts with a short lesson on drawing and storytelling, and moves on to an open drawing period in which students write and draw material that will be compiled into a small book. In the second half of class, we watch anime and have a short lesson and discussion. Even if you're only interested in writing, or only in drawing, or you just want to help organize the magazine, there is a place for you! *Target Skills: Critical/ Creative Thinking, Community Building, Communication*
Saturdays, 11 a.m.-12 p.m. (ages 13+), \$130, Franklin/Hampshire DDS price: \$100

Animé and Manga Extension Lunch

Join your friends for lunch and continue to work on the projects from Anime and Manga class.

Saturdays, 12-1 p.m. (ages 13+), \$75. Please bring a nut-free meal

Teens & Young Adults Lunch & Games

If you need a place to eat and socialize before or between classes, we'll be here! We play old-time favorite games as well as some new ones. We are glad to try a game you bring in from home!
Saturdays, 12-1 p.m. (ages 13+), \$75. Please bring a nut-free meal.

Ball Blitz

Floor hockey, basketball, boccer (yes, boccer!), and gaga ball - we'll play all of these and more! Come play at Whole Children, where everybody is included and everyone is a winner!
Target Skills: Teamwork, Community Building, Confidence, Perspective Taking

Saturdays, 1-2 p.m. (ages 13+), \$130, Franklin/Hampshire DDS price: \$100.

Pokémon Club II

Come join us for an hour of poké-fun and social games. Our club hosts a variety of fun activities each week, giving up-and-coming Pokémon masters a chance to chat, draw, trade, and battle in a comfortable and friendly environment. We welcome all aspects of the Pokémon universe, so please bring your cards, video games, toys and anything else you would like to share. Our main focus is socializing with peers through our common interests. *Target Skills: Communication, Community Building*
Saturdays, 1-2 p.m. (ages 13+), \$130, Franklin/Hampshire DDS price: \$100.

Class Discounts

Prices listed are for students under age 22. Partial scholarships are available. Ask at the front office for details and an application.

Adults 22 and above pay \$50, except for the Dungeons and Dragons class, which is \$75

Minecraft II

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! However, players are not alone. On our designated Minecraft Server, students interact with one another while being in the game world and in the same room. Teachers are ready to help those learning to play, and to model appropriate social skills. Minecraft at Whole Children promotes co-operation and enhances students' ability to negotiate space and resources. "Minecraft for PC" is required to play for this class, a personal account can be purchased at Minecraft.net for \$26.95. *Target Skills: Perspective Taking, Communication, Community Building*

Saturdays, 2:15-3:15 p.m. (ages 13+), \$130, Franklin /Hampshire DDS price: \$100





MILESTONES

A Pathlight Program

Inclusive Community Center
41 RUSSELL STREET
HADLEY, MA 01035

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Special events coming this winter!

Please register in advance on our website or by calling us at 413-585-8010.

Café Night

Friday, January 11, 6:30-8:30 p.m.; ages 18+

Students, families, and friends - come to the Café to socialize and hear live music while enjoying the excellent food that is provided! This back-by-popular-demand event is free, but donations are suggested to pay for food items.

Potluck Socials and Video Game Nights

**Fridays, January 25, February 22, and March 8,
6:30-8:30 p.m. (all ages)**

Whether you come to our monthly Potluck Socials to see old friends or to meet new ones (or a little of both), you are sure to have fun! In addition to sharing the delicious food you all bring, we'll have music to groove to, and a karaoke stage! If video games are more your thing, we have just the space for you and your friends! *Remember to bring a nut-free appetizer, dish, dessert, or a drink to share.* Free!

Sweetheart Dance

Friday, February 8, 6:30-8:30 p.m. (all ages)

*Fun, fancy clothes are welcome!

Eat, drink and be sweet! Join us on the dance floor, in the crafts room, or in the café for socializing. We'll also have video games in the back if that's more your style. *Remember to bring a nut-free treat or a drink to share.* Free!

To mail or not to mail?

In an effort to save a lot of money and maybe a few trees, we are moving to an all-online model for our catalogs, starting with the spring catalog.

We will email everyone when the catalog is uploaded to our website, where it will be available to view and download.

We realize that some people must have a printed version -- if that is you, please email us at info@wholechildren.org by March 1, 2019 and we will mail you one.

If you are not sure that we have your current email address, please send it to us at info@wholechildren.org

Check out our accessible catalog and enroll online at www.milestones-program.org or call 413-585-8010. Milestones is a program of Pathlight, Inc., Springfield MA