



MILESTONES

Spring Schedule 2019

Recreation and enrichment programs
for adults of all abilities

Milestones Spring 2019 Class Schedule

MONDAY APRIL 1 - SATURDAY JUNE 1

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 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 romantic interest, how to ask someone out on a date, what to do on a date, and how to tell if someone is interested in you. **New students – please register by calling 413-585-8010.** *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. And at the end of class we get to enjoy the meal together. A great class for socializing! (Potluck Socials to follow this class on April 5 and May 17!) *Target Skills: Communication, Community Building, Confidence, Critical Thinking*

Fridays, 5:15-6:30 p.m. (ages 18+); \$50 + \$20 materials fee

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

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

Joyful Chorus

Oh joy! Encapsulating the spirit of Whole Children, our Joyful Chorus is a truly inclusive and (of course) joyful opportunity for students to come together in song with teachers, and volunteers. *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.

Milestones World Wrestling Entertainment

All you World Wrestling Entertainment fans, come join us for an hour of MWWE! In each class you will watch a match, create your own wrestling character, invent costumes, and produce your own MWWE entrance. *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: drawing, painting, printmaking, fiber arts, and collage. So come learn a new artistic technique, practice a known one, or bring one of those unfinished projects from home that you just haven’t gotten around to finishing. Let our friendly and knowledgeable teachers cheer you on and help you along the way! *Target Skills: Creative Thinking, Confidence, Perspective Taking, Communication*

Wednesdays, 4:30-5:30 p.m. (ages 13+); \$130; Franklin/Hampshire DDS Price: \$100

Theater Shorts

Our Theater Shorts troupe provides wonderfully staged highlights of classic theater productions. Performers choose from three genres of Broadway musicals: rock opera, classic musicals, and contemporary musicals. *Target Skills: Teamwork, Community Building, Confidence, Communication, Creative Thinking*

Thursdays, 4-5 p.m. (ages 13+); \$100

This class is supported by grants from DDS, the Fafard Fund, and the Emily List Fund.

Music Mash

Do you like listening to music and talking about musical artists? Whether it’s be-bop, rap, rock, or something else, this class is for you. We’ll watch music videos, listen to albums, and share some music history. *Target Social Skills: Teamwork, Community Building, Confidence, Communication*

Thursdays, 4-5 p.m. (ages 13+); \$130; Franklin/Hampshire DDS Price: \$100

Photography

Learn how to take awesome pictures. We review how to use a camera - provided by us - and focus on a different theme each week, including portraits, nature, and action. *Target Social Skills: Communication, Perspective Taking, Confidence, and Creative Thinking*

Thursdays, 5-6 p.m. (ages 13+); \$130; Franklin/Hampshire DDS Price: \$100

Jazzercise

Get your body moving and groove to the tunes! This class combines dance, strength, and resistance-training movements with an experienced Jazzercise instructor. *Target Social Skills: Confidence, Self-Regulation, and Critical Thinking*

Thursdays, 5:15-6 p.m. (ages 13+); \$130; Franklin/Hampshire DDS Price: \$100

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 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

Come take part in a unique role-playing experience where you and other members of your adventuring party will 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 12+); \$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, 6-7 p.m. - **new time!** (ages 13+); \$130; Franklin/Hampshire DDS Price: \$100

No classes: April 15-20 and May 25 & 27

Women's Self-Defense

Our female black-belt instructor will teach verbal and physical self-defense skills to girls and women of all skill levels. *Target Skills: Boundaries and Relationships, Confidence, Self-Advocacy, Communication*

Saturdays, 10-10:45 a.m. (girls and women, ages 13+); \$115; Franklin/Hampshire DDS Price: \$100

PVTA Excursions

Catch that bus! Venture out into the community with friends and under the watchful supervision of a Whole Children teacher. Learn how read the bus schedule, navigate to nearby destinations, and ask the driver for assistance. Each week we'll have a different destination – in Northampton, Hadley, or Amherst. **Please bring \$3 per day for bus fare – plus a nut-free lunch or lunch money.** *Target Skills: Communication, Community Building, Boundaries & Relationships, Social Awareness, Confidence, Self-Advocacy, Self-Regulation, and Critical Thinking*

Saturdays, 11 a.m.-1 p.m. (ages 13+); \$170; Franklin/Hampshire DDS Price: \$150

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 Animé 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 book, there is a place for you! *Target Skills: Critical/Creative Thinking, Community Building, Communication*

Saturdays, 11 a.m.-12 p.m. (ages 13+); \$115; Franklin/Hampshire DDS Price: \$100

Animé and Manga Extension Lunch

Join your friends for lunch and continue to work on the projects from Animé and Manga Club.

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

Lunch & Games

If you need a place to eat and socialize before or between classes, we'll be here! We play some old-time favorite games as well as some new ones. We are also 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! *Target Skills: Teamwork, Community Building, Confidence, Perspective Taking*

Saturdays, 1-2 p.m. (ages 13+); \$115; Franklin/Hampshire DDS Price: \$100

Video Games and Pokémon

Join us for an hour of Pokémon, Smash Brothers, and many other video games. We host a variety of fun activities, giving up-and-coming Pokémon masters and video game aficionados a chance to play and chat in a comfortable and friendly environment. Pokémon folks should feel free to bring their cards, video games, toys and anything else they would like to share. *Target Skills: Communication, Community Building*

Saturdays, 1-2 p.m. (ages 13+); \$115; Franklin/Hampshire DDS Price: \$100

Minecraft II

Welcome to 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 just learning to play, and to model appropriate social skills. Minecraft at Whole Children promotes cooperation and enhances students' ability to negotiate space and resources. **"Minecraft for PC" is required for this class; a personal account can be purchased at [Minecraft.net](https://minecraft.net) for \$26.95.** *Target Skills: Perspective Taking, Communication, Community Building*

Saturdays, 2:15-3:15 p.m. (ages 13+); \$115; Franklin/Hampshire DDS Price: \$100

Zumba!

Move your body while dancing to tunes from Africa, Latin America, and just about anywhere else with a happy beat. You'll learn new dance steps and also have a chance to show off your own stuff. *Target Skills: Teamwork, Confidence*

Saturdays, 2:15-3:15 p.m. (ages 16+); \$115; 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 PVTA Excursions and Dungeons & Dragons classes, which are \$75



MILESTONES

A Pathlight Program

Inclusive Community Center
41 RUSSELL STREET
HADLEY, MA 01035

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Special Events This Spring!

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

Potluck Socials and Video Game Nights: **Fridays, April 5, and May 17, 6:30-8:30 p.m.** **(all ages) FREE!**

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.*

Celebrate Spring Dance: **Friday, April 26, 6:30-8:30 p.m. (all ages) FREE!**

Shake off those winter blues and welcome the spring! For those who don't want to dance, we will have crafts in the game room and space 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.*

Pokémon Regional Championships Trip: **Saturday, May 4 (all ages)**

Depart Whole Children at 6:30 a.m.; return to Whole Children at 4 p.m.

You have battled gym leaders, the elite four, legendary Pokémon, and even your closest friends. Now it's time to take your Pokémon game to the next level! This session we are pleased to offer Pokémon trainers a trip to the Pokémon Regional Championships in Hartford Connecticut! There you can compete against the best trainers in New England and have a chance to win substantial prizes. Regional events are also filled with vendors sporting cool Pokémon merchandise and selling rare cards, so even if you don't register to compete, you could come support your friends and enjoy the atmosphere. *Please bring a nut-free lunch.*

Registration deadline: April 19;
\$60 + \$20 registration fee if competing

**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**