



Fall Class Schedule 2019

Recreation and enrichment programs
for adults of all abilities

MONDAY SEPTEMBER 30 - SATURDAY DECEMBER 7



Internet Exploration

The internet is an amazing place filled with unlimited information and meaningful social connection with others. However, there are also dangers to be found online, such as predators, viruses, and disturbing or harmful content. This class is all about empowering students to navigate the internet in general, and social media in particular, by giving them the tools to identify and avoid situations online that are potentially unsafe. *Target Skills: Communication, Perspective Taking, Social Awareness, Self-Advocacy*

Mondays, 5-6 p.m. (ages 18+), \$50

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

Class Discounts

CLASSES FOR STUDENTS WHO ARE DEEMED ELIGIBLE THROUGH THE HAMPSHIRE/FRANKLIN DEPARTMENT OF DEVELOPMENTAL SERVICES ARE \$100 UNLESS OTHERWISE NOTED.

Dating 101

This class is for pairs of students who are in a relationship. Throughout the session we'll be talking about what it means to have a romantic partner. We'll focus on the development of trust and communication as well as other important aspects of a couples relationship, like physical intimacy. The curriculum will be tailored to meet participants' specific needs and interests. *Target Skills: Communication, Perspective Taking, Teamwork, Boundaries & Relationships, Confidence, Self-Advocacy, Self-Regulation*

Tuesdays 3:30-4:30 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 to be a good friend or co-worker, feelings of attraction, how you know if your crush is attracted to you too, what to do if you are attracted to someone who is not appropriate for you, and consent. **Enrollment by phone only, at 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

This class is also offered at Pathlight's Springfield office: Wednesdays, 4:45-5:45 p.m

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 October 4 and November 22, from 6:30 – 8:30 p.m.!) *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.

September 30 – December 7, 2019

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

This special two-part workshop is for students interested in learning more about sex, and for family and other caregivers who are interested in supporting them. Students and their supporters take separate workshops concurrently. Privacy will be respected and a safe environment will be fostered so that all sorts of questions can be addressed by each group. Topics include: *Anatomy, Identity, Safety, Self-Advocacy, Masturbation, and Sex with a Partner*

Part I – Thursday, October 17, 6-8 p.m.;

Part II – Thursday, November 14, 6-8 p.m.; \$100 for both

Cost covers one student and one family member/caregiver. Please call for special pricing for group residences or larger families. Supporter sessions will start at 6 p.m. and last two hours or less, as needed by those group members.

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 community 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+), \$160

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 skills: Teamwork, Community Building, Confidence, Communication*

Tuesdays, 4-5 p.m. (ages 13+), \$160

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. This class offers a casual atmosphere with knowledgeable teachers on hand to help with suggestions and expertise. *Target Skills: Creative Thinking, Confidence, Perspective Taking, Communication*

Wednesdays, 4:30-5:30 p.m. (ages 16+), \$145

Dancing Jazzercise

Get your body moving and groove to some good tunes! This class combines dance with strength and resistance movements. *Target skills: Confidence, Self-Regulation, and Critical Thinking*

Wednesdays, 4:30-5:30 p.m. (ages 13+); \$145

Theater Studio

Our theater director gears this class towards students dedicated to learning and practicing basic skills and techniques of theater. Unlike our other classes, enrollment includes both our fall and winter sessions. In the fall, students play theater games and use improvisational tools. They then return in the winter session to a script the director has written just for them. Students are expected to work hard to memorize their lines and places for the performances in March 2020 at Smith College! *Target Skills: Teamwork, Community Building, Confidence, Communication*

Thursdays, 4-6 p.m. (ages 13+), \$100. *Theater Studio is supported by grants from DDS, the Fafard Fund, and the Emily List Fund.*

This class is also offered at Pathlight's Springfield office: Wednesdays, 6-7 p.m. Please register for the Springfield class by calling 413-585-8010.

Photography

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

Thursdays, 4:30-5:30 p.m. (ages 16+), \$145

No classes: October 14, November 11, and November 27-30

Thursday 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! *Target Skills: Teamwork, Community Building, Communication, Confidence, and Critical Thinking*

Thursdays, 6-7:15 p.m. (ages 16+), \$180 + \$20 food supply fee; Franklin/Hampshire DDS price; \$100 + \$20 for food supply fee

Dungeons & Dragons

From dungeons to dragons, and everything in-between! 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+), \$220;
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. (ages 13+), \$145

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+), \$145

PVTA Excursions

Catch that bus! Venture out into the community with friends and under the watchful supervision of a Whole Children teacher. Learn how to 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 a nut-free snack and \$3/day for bus fare. *Target Skills: Communication, Community Building, Boundaries & Relationships, Social Awareness, Confidence, Self-Advocacy, Self-Regulation, and Critical Thinking*

Saturdays, 10 a.m.-12 p.m. (ages 13+), \$220;
Franklin/Hampshire DDS price: \$150

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, 11 a.m.-12 p.m. – **new time!** (ages 13+), \$145

Manga Club

This club explores the world of Japanese 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. 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+), \$145

Animé Lunch

Join your friends for lunch as we watch a student-selected Animé each week. Animé can contain both good and somewhat questionable messages about society and values, so after the film our teachers invite students to participate in thoughtful reflection and discussion.

Saturdays, 12-1 p.m. (ages 13+), \$145. *Please bring a nut-free meal.*

Video Game Extravaganza!

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

Saturdays, 1-2 p.m. (ages 13+), \$145

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 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+), \$145

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

RETURN SERVICE REQUESTED

Special Events This Fall!

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

Potluck Socials & Video Game Nights – FREE! **Fridays, October 4, and November 22 (all ages),** **6:30 – 8:30 p.m.**

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 that everyone contributes, 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, dessert, or a drink to share.**

Adventure Outing – Hiking Trip **Sunday, October 6 (rain date October 20),** **1-5 p.m. (ages 13+), \$50**

Time to head to the mountains! Join our team of intrepid explorers as we enjoy a beautiful fall day in the great outdoors. We'll drive up to the Summit House in South Hadley and take it from there. Drop off and pick up at Whole Children. Remember to bring a nut-free snack and a bottle of water as well as sturdy sneakers or hiking shoes.

Halloween Party – FREE! **Friday, October 25, 6:30-8:30 p.m. (all ages)**

Party like the zombies are coming and there's no tomorrow! Come wearing a costume – or not, but ready to have fun either way! In addition to dancing to our DJs' beats, you can do crafts, play board games, or just chill in the café. As usual, we'll also have video games in the back. **Remember to bring a nut-free treat or a drink to share.**

Winter Party – FREE! **Friday, December 6, 6:30-8:30 p.m. (all ages)**

Semi-formal attire (fun, fancy clothes) is encouraged.

Dress up to celebrate the season! Aside from music and dancing, we'll have crafts in the game room and socializing in the café. Gaming fans can have fun in the back room playing board and video games. **Remember to bring a nut-free treat or drink to share.**

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