



# Winter Class Schedule 2020

Recreation and enrichment programs  
for adults of all abilities

**MONDAY JANUARY 6 - SATURDAY MARCH 7**



## 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

## 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, 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, Communication, 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 January 10 and March 6, 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 food supplies fee

## Class Discounts

For students under age 22 who are eligible with the Hampshire/Franklin Department of Developmental Services (DDS), classes are normally \$100. Prices listed are for those under 22 who are not Hampshire/Franklin DDS eligible.

Adults 22 and above pay \$50 for each class, except for Dungeons & Dragons and PINZ Bowling, which are \$75.

Milestones Recreation classes are offered at a reduced rate thanks to Franklin/Hampshire DDS support.

*Please call us at 413-585-8010 if you have questions about class prices.*

## January 6 – March 7, 2020

---

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

### Joyful Chorus

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.**

### Milestones World Wrestling Entertainment (MWWE)

All you World Wrestling Entertainment fans, come join us for an hour of muscular fun! In each class we'll watch a match, create wrestling characters, invent costumes - and you get to produce your own MWWE entrance! *Target Skills: Critical/Creative Thinking, Communication, Community-Building*

Tuesdays, 4-5 p.m. (ages 16+), \$130

### Photography

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

Tuesdays, 4-5 p.m. (ages 13+), \$130

### Game Design

Let's make some video games! In this class students put their creative ideas into action, with help as needed on the harder parts. We teach basic coding skills through manipulating blocks of code. Students design characters, objects, and even entire worlds! *Target skills: Community Building, Perspective-Taking, Communication*

Tuesdays, 5-6 p.m. (ages 13+), \$130

### 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+), \$130

### Dance Movement

Get your body moving and groove to some popular tunes! Song requests are definitely taken. *Target skills: Confidence, Self-Regulation, and Critical Thinking*

Wednesdays, 4:30-5:30 p.m. (ages 13+); \$130

### 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, practicing their lines, stage positions, and dance moves for the community performances on March 20 and 21 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 in 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. At the end of class we get to enjoy the meal together. A great class for socializing! *Target Skills: Teamwork, Community Building, Confidence*

Thursdays, 6-7:15 p.m. (ages 16+), \$160 + \$20 food supply fee; Franklin/Hampshire DDS price; \$100 + \$20 food supply fee

## No classes: January 20, and February 17-22

---

### 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 11+), \$195

Franklin/Hampshire DDS price \$150 for under 22

Franklin/Hampshire DDS price \$75 for over 22

### 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+), \$130

### 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: Confidence, Self-Advocacy, Self-Regulation, Social Awareness*

Saturdays, 10-10:45 a.m. (girls and women, ages 13+), \$130

### 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+), \$130

### 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. **Please bring a nut-free meal.** *Target Skills: Social Awareness, Perspective Taking, Critical Thinking*

Saturdays, 12-1 p.m. (ages 13+), \$130.

### Magic: The Gathering

You've asked for it and here it finally is! Join us in trading cards and battling in a variety of different rule formats, such as Commander or Draft. *Target Skills: Critical/Creative Thinking, Communication, Community Building,*

Saturdays, 12-1 p.m. (ages 13+), \$130. Feel free to eat your nut-free lunch during this class..

### Video Game Extravaganza!

Come on in for an hour of video games. We host a variety of fun activities, giving up-and-coming gamers 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+), \$130

### Minecraft and Gaming Club

Bring your own video game devices to play or join us on our designated Minecraft Server, where students interact with one another while being in the game world and in the same room. Minecraft Gaming Club promotes cooperation and enhances students' ability to negotiate space and resources. *Target Skills: Perspective Taking, Communication, Community Building*

Saturdays, 2:15-3:15 p.m. (ages 13+), \$130

### Bowling at PINZ!

Come get bowled over with fun at the Hampshire Mall's PINZ bowling alley.

Our teachers will be there to play alongside students and support them as needed.

Bring \$11 each week for entrance fee and shoe rental, and PINZ will throw in a \$5 arcade gift card for each student!

Every Saturday from 3:30-5 p.m. (ages 13+), \$150

Under 22 Franklin/Hampshire DDS price: \$125.

Over 22 Franklin/Hampshire DDS price: \$75.

### YOUR GIVING MAKES A DIFFERENCE

We truly could not do our work without you! Here's how you can donate today:

DONATE ONLINE: [www.wholechildren.org/ways-to-give/donations](http://www.wholechildren.org/ways-to-give/donations)

DONATE BY CHECK: Whole Children, 41 Russell Street, Hadley, MA 01035

Thank you!



## MILESTONES

A Pathlight Program

**Inclusive Community Center**

**41 RUSSELL STREET**

**HADLEY, MA 01035**

RETURN SERVICE REQUESTED

### Special Events This Winter!



#### **Potluck Socials & Video Game Nights – FREE! Fridays, January 10, and March 6 (all ages), 6:30 – 8:30 p.m.**

Whether you are a video gamer or a karaoke star, come hang out with old friends and meet new ones! Remember to bring a nut-free appetizer, dessert, or a drink to share.

#### **Sweetheart Dance Party and Video Game Night – FREE! Friday, February 14, 6:30-8:30 p.m. (all ages)**

\*Fun, fancy clothes are welcome!

Eat drink, and be sweet! Come join us on your own or with a date, and take to the dance floor, the crafts room, or the cafe. We'll also have video games in the back! Remember to bring a nut-free treat or a drink to share.

**Check out our accessible catalog and enroll online at [www.milestones-program.org](http://www.milestones-program.org)**