



FALL SESSION



WHOLE CHILDREN + MILESTONES



 Pathlight programs



October 8–December 7, 2024

Recreational and social classes
for children, teens and adults of
ALL abilities!

*Session membership includes two in-person classes,
unlimited online classes and free entry to special event nights.*



To register, scan the QR code with a camera app
or go to WholeChildren.org/class-schedule

TUESDAY

Friendship Band (FULL)	Ages 16+	4–5 p.m.	In-person
Minecraft	All ages	4–5 p.m.	Discord
Yoga Dance	Ages 16+	4:15–5:15 p.m.	In-person
Joyful Chorus	All ages	5:30–6:30 p.m.	In-person

WEDNESDAY

Boundaries	Ages 18+	4–5 p.m.	In-person
Intro to Tabletop/Roleplay Games	Ages 10+	4–5:30 p.m.	In-person

THURSDAY

Theater Games	Ages 16+	4–5 p.m.	In-person
Cooking*	Ages 16+	4–5:30 p.m.	In-person

FRIDAY

Art	Ages 13+	4–5 p.m.	In-person
Jam Band	Ages 16+	4–5 p.m.	In-person
Kids Kung-fu	Ages 8–14	4–5 p.m.	In-person
Dungeons & Dragons	Ages 13+	4–6 p.m.	Discord
Adult Kung-fu	Ages 15+	5–6 p.m.	In-person
Multiplayer Video Game Nights (every other week)	All ages	6:30–8 p.m.	Discord

SATURDAY

Movement and Play	Ages 4–7	10–10:45 a.m.	In-person
Anime Lunch Club	Ages 13+	11 a.m.–12:30 p.m.	In-person
Cooking*	Ages 13+	11 a.m.–12:30 p.m.	In-person
Art	Ages 13+	12:45–1:45 p.m.	In-person
Legos and Trains	Ages 13+	12:45–1:45 p.m.	In-person
Lawn Games	Ages 13+	2–3 p.m.	In-person
Video Game + Minecraft Club	All ages	2–3 p.m.	In-person

SPECIAL EVENTS:

Special event nights are FREE with session membership or \$10 for non-members. Please sign-up on Jackrabbit or by calling.

HALLOWEEN COSTUME KARAOKE PARTY

Oct. 31, 6:30–8:30 p.m. at the ICC

Costumes are encouraged for this event! Join us to sing your favorite songs while the rest of us cheer you on. Meet new and old friends and spend a fun night sharing talents with our community. Light snacks (GF and not) will be provided. Please call ahead if you'd like to bring anything.

IN-PERSON MOVIE NIGHT

Nov. 15, 6:30–8:30 p.m. at the ICC

Join us for an in-person and all-ages movie night at the ICC! We'll pop the corn, dim the lights and have a blast! Enjoying a film together is a great way to build community and deepen friendships, so come watch a fun film, laugh together and make some great memories! Feel free to bring a blanket or plushie to get cozy. Movie will be announced.

OTHER EVENTS:

These events are open to the public.

WORKSHOP: HOW TO UNLOCK THE NEW IEP

Sept. 24, 6–7:30 p.m. at the ICC FREE!

Register for this in-person workshop with educational advocate Alison Green to get the full scoop on the new IEP and your child's rights in special education. Childcare is provided during the workshop! Free to sign-up: WholeChildren.org/IEP

ADULT FAMILY CARE INFO

Sept. 24, 6:30–7:30 p.m. on Zoom FREE!

Join an info session about Pathlight's AFC program, which pays family and non-family caregivers a monthly, tax-exempt stipend for their care of eligible adults ages 16+ with physical, cognitive, or medical disabilities. Free to sign-up: Pathlight.life/SeptAFCinfosession

Register at wholechildren.org/class-schedule

SESSION INFORMATION

Age ranges are suggestions! Please call to talk with the program manager if you fall outside the ranges and wish to join.

Price: \$175 (includes two in-person classes). \$50 per additional in-person class, and unlimited online classes. If a student takes just one class, the account will be credited \$85.

**Cooking classes are an additional \$25 for supplies.*



CLASS DESCRIPTIONS

TUESDAY

FRIENDSHIP BAND

4–5 P.M. | AGES 16+ | IN-PERSON

Friendship Band currently has no openings; however, if you are interested in this class, please contact our office to be placed on our waiting list.

Come join in the fun of making music with the Friendship Band, Whole Children's resident rock group. We will play our old hits and create new songs together. We will explore writing lyrics, composing melodies, and matching rhythms as a group. We will continue to generate ideas for the Friendship Band's LIVE performances – including costumes, choreography, and adding video to the gigs. Performers must consent to being photographed and videoed and are expected to participate in a number of community performances. If you are interested in music, but not performing live, you can check out our Jam Band class.



MINECRAFT

4–5 P.M. | ALL AGES | DISCORD

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! On our designated Minecraft server, students interact with one another while in the game world and while chatting with their friends online. Teachers are ready to help those just learning to play and to model appropriate social skills. Minecraft here promotes cooperation and enhances students' ability to negotiate space and resources.

"Minecraft Java Edition" is required to play with other students on our servers. A personal account can be purchased at Minecraft.net for \$26.95. Other versions of Minecraft, such as Win 10 or Bedrock, are not compatible with our servers.



YOGA DANCE

4:15–5:15 P.M. | AGES 16+ | IN-PERSON

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 mind, body, and spirit in a warm and welcoming group setting.



JOYFUL CHORUS

5:30–6:30 P.M. | ALL AGES | IN-PERSON

Encapsulating the spirit of Whole Children and Milestones, our Joyful Chorus is a truly inclusive and, of course, joyful opportunity for students to come together in song. We are a performance group, singing at events all over the valley.

Joyful Chorus is supported by a grant from the Department of Developmental Services. Singers must consent to being photographed and video-ed, and are expected to participate in community performances.



WEDNESDAY

BOUNDARIES

4–5 P.M. | AGES 18+ | IN-PERSON

Our Boundaries and Relationships class provides students with the building blocks of creating relationships of all types and understanding that boundaries are needed to have safe, healthy relationships. This session we will be focusing on healthy relationships and dating.

INTRO TO TABLETOP/ROLEPLAYING GAMES

4-5:30 P.M. | AGES 10+ | IN-PERSON

Interested in learning tabletop role-playing games (TTRPGs), like Dungeons & Dragons, but get overwhelmed by the amount of reading, writing and rules you need to know just to play? In this class we'll playtest the Milestones Adventure System, a brand-new and easy-to-learn TTRPG system created by staff with our community in mind. This puts the focus on the storytelling and role-playing aspects rather than complicated rules and is designed with all skill levels in mind.

This class is mainly for newcomers learning the basics, but veteran players are welcome too.



arts, collage and more! This class is for everyone with an interest in exploring the visual arts, whether you're already an accomplished artist or someone looking to discover your creative side.

JAM BAND

4-5 P.M. | AGES 16+ | IN-PERSON

Come hang out and jam with the Milestones Jam Band! No experience with instruments needed- just an interest in getting together and making some sweet music. If you play an instrument, feel free to bring it to show off your skills!

KIDS KUNG-FU

4-5 P.M. | AGES 8-14 | IN-PERSON

In Indonesian Kung-fu, or "Silat," students learn both physical and verbal self-defense and martial arts skills, with a focus on cooperation, respect, self-awareness and self-control. Students earn stripes and belts at their own pace, while learning the values of hard work and determination. Each session culminates in a presentation and board-breaking demonstration! Students may purchase shirt, belt and pants from the instructor.



THURSDAY

THEATER GAMES

4-5 P.M. | AGES 16+ | IN-PERSON

Join us for a new class that helps you develop your theater skills to prepare for our yearly performance. Play lots of theater games and become more confident performing in front of others, while having lots of fun and making new friends!



COOKING

4-5:30 P.M. | AGES 16+ | IN-PERSON

This class has a \$25 fee for supplies.

Come cook something up with your friends! Students work on practical cooking skills while finding new foods to try. They each get a chance to suggest a nut-free dish that we do our best to recreate. And of course, at the end of class, we get to enjoy the meal together!

DUNGEONS & DRAGONS

4-6 P.M. | AGES 13+ | DISCORD

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, create characters, overcome obstacles, and explore the world. Veteran players and newcomers are welcome.

ADULT KUNG-FU (SEE KIDS KUNG-FU DESCRIPTION)

5-6 P.M. | AGES 15+ | IN-PERSON

MULTIPLAYER VIDEO GAME NIGHTS

6:30-8 P.M. | ALL AGES | DISCORD

This class meets every other week: October 11+25, November 8+ 22, and December 6.



FRIDAY

ART

4-5 P.M. | AGES 13+ | IN-PERSON

We do a little bit of everything in this class – drawing, painting, fiber

Join us every other Friday night for some multiplayer gaming excitement on Nintendo Switch and PC. Students are encouraged to bring suggestions for multiplayer games that we could play together as a group. We recommend game suggestions that are free to play on Switch/PC or that we have played in class before (examples: Mario Kart,

Super Smash Bros, Among Us, Fall Guys). In each class we vote on the game(s) we want to play together in the next class.

To get the most out of this class, it is recommended that students have access to a Nintendo Switch and/or a PC that can run games, as well as a Discord account and headset with a microphone. Non-members can drop into one class during the session for \$10. Call us to sign up for a specific day!

SATURDAY

MOVEMENT AND PLAY

10–10:45 A.M. | AGES 4–7 | IN-PERSON

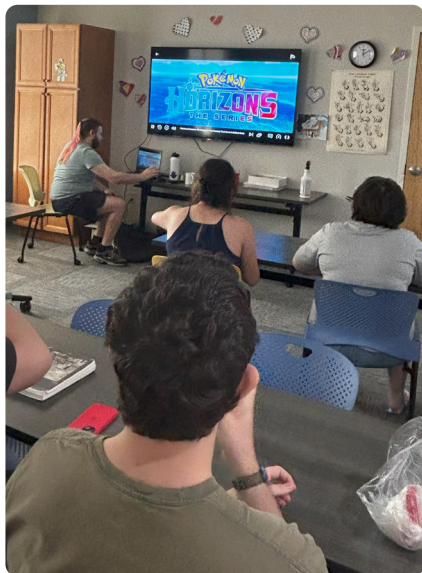
This social group for young folk focuses on expanding communication by meeting kids at their developmental level and building their strengths. The class is divided into two parts, first focusing on fine motor activities through art and play, and then on gross motor skills in our movement room space.



ANIME LUNCH CLUB

11–12:30 P.M. | AGES 13+ | IN-PERSON

Relax and watch anime with friends! Many people think of anime as a genre, but it's actually just another way that stories can be told with many different genres to explore. This class offers a forum for everyone to share their favorite



shows with each other, which treats us to a large variety of storytelling and art. Anime can contain both constructive and somewhat questionable messages about society and values, so teachers invite students to participate in thoughtful discussion while also cracking a few jokes and gushing about our favorite characters. Because we are watching during lunchtime, feel free to bring a nut-free meal or snack with you!

SATURDAY COOKING (SEE THURSDAY DESCRIPTION)

11–12:30 P.M. | AGES 13+ | IN-PERSON

ART (SEE FRIDAY DESCRIPTION)

12:45–1:45 P.M. | AGES 13+ | IN-PERSON

LEGOS AND TRAINS

12:45–1:45 P.M. | AGES 13+ | IN-PERSON

We set out all kinds of building materials each class for students to explore: trains, K'NEX, blocks, and of course, Legos. They can build by themselves or cooperatively with others, and we make sure to take time at the end to share our creations. Talking and sharing among the group is strongly encouraged and usually one of the best parts!



LAWN GAMES

2–3 P.M. | AGES 13+ | IN-PERSON

Bocci Ball, Badminton, Corn Hole, and more! Join us for some fun outdoors. Learn to play some new games while hanging out with your friends and making new ones. Do you have another game you love to play outside? Bring it to share with the group!

On days when the weather does not cooperate, we will have indoor games available.

VIDEO GAME + MINECRAFT CLUB

2–3 P.M. | ALL AGES | IN-PERSON

We have combined our Minecraft and general Video Game Club. Play with your friends in-person in Smash Brothers, Pokémon, or maybe your favorite indie game! Play alone and talk with others or connect in games with multiplayer functionality and play together. We usually play games on the Nintendo Switch console but feel free to bring along any games you want to share or talk about.

If you are more of a Minecraft enthusiast, join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! On our designated Minecraft server, students interact

with one another while being in the game world, and chat with their friends online. Teachers are ready to help those just learning to play, and to model appropriate social skills.

To get the most out of this class, it is recommended that students have access to a Nintendo Switch with an online subscription for multiplayer, and/or another device that can run games.



All in-person classes are held at 11 Village Hill Road, Northampton 01060

THE FRIENDSHIP BAND

YO LA TENGO

THE BASH

CELEBRATING
20 YEARS OF
WHOLE CHILDREN
AND MILESTONES



6:30 P
M
WEDNESDAY
OCT.
23
— LIVE AT —
33 HAWLEY ST.
NORTHAMPTON

Whole Children + Milestones are celebrating 20 years of inclusion with a special LIVE performance on October 23.

Come party with our very own Friendship Band along with indie rock band Yo La Tengo!

EARLY BIRD PRICES END SEPT. 15!



Get tickets to The Bash now:
Pathlight.life/TheBashTickets

We're social. Follow us!



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Register for classes at wholechildren.org/class-schedule