

WINTER SESSION



WHOLE CHILDREN + MILESTONES



 Pathlight programs



January 6–March 1, 2025

**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 events.*



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 and Relationships	Ages 18+	4–5 p.m.	In-person
Cooking*	Ages 16+	4–5:30 p.m.	In-person

THURSDAY

Theater	Ages 16+	4–5:30 p.m.	In-person
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FRIDAY

Craft Club	Ages 13+	4–5 p.m.	In-person
Kids Kung-fu	Ages 6–12	4–5 p.m.	In-person
Dungeons & Dragons	Ages 13+	4–6 p.m.	Discord
Adult Kung-fu	Ages 16+	5–6 p.m.	In-person
Multiplayer Video Game Nights (every other week)	All ages	6:30–7:30 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 Explorations	Ages 13+	12:45–1:45 p.m.	In-person
Intro to Fantasy Role-playing Games	Ages 13+	12:45–1:45 p.m.	In-person
LEGOs and Trains	Ages 13+	12:45–1:45 p.m.	In-person
Music Exploration	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.

BOARD GAME NIGHT

JAN. 22, 5:45–7 p.m. at the ICC, ages 16+
Join us for the first ever Milestones Rec Board Game Night! Bring a friend or come meet some new ones. This evening event is open for students who are interested in practicing some social skills while playing games together. There will be lots of multi-person games to try out, or feel free to bring your own favorite game to share with others. You're welcome to bring a meal, but nut-free light snacks will be provided.

PAL-ENTINES KARAOKE

Feb. 13, 6–8 p.m. at the ICC, ages 16+
Do you love to sing? Want to take a solo or do a duet? Whether you are a natural-born star or trying karaoke for the first time, you're sure to have a great time at our Pal-entine's Karaoke party! Bring a partner or friend, or come on your own for a fabulous evening of music, crafts and laughs. Light snacks and drinks will be provided, but feel free to bring a nut-free treat to share.

OTHER EVENTS:

These events are open to the public.

WORKSHOP + PLAYGROUP: ADVOCACY 101

Dec. 10, 5:30–7 p.m. at the ICC FREE!
This advocacy workshop has free childcare provided. Educational advocate Alison Greene will teach you the ins and outs of advocating for your child: How to be more successful by focusing on the most impactful activities that will result in quality supports and services for your child. Learn the processes that turn the wheels of special education, as well as tips for maintaining both a good relationship with the school and high standards for your child. Register at WholeChildren.org/Advocacy

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

**Cooking classes are an additional \$25 to offset the cost of supplies.*



CLASS DESCRIPTIONS

TUESDAYS

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.

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.



WEDNESDAYS

BOUNDARIES AND RELATIONSHIPS

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.

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 the class, we get to enjoy the meal together!

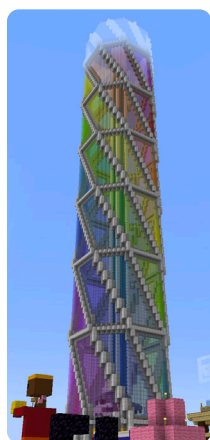


THURSDAYS

THEATER

4–5:30 P.M. | AGES 16+ | IN-PERSON

Calling all actors and performers! Theater class is back for all who want to be on the stage and show off their talent. In this class we begin our preparation



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

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

for the show in Spring! *If you are signing up for this class, you are committing to both the winter and spring sessions of Theater class, with the final performance on May 30 and 31, 2025.*

FRIDAYS



CRAFT CLUB

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

Do you love to make art and craft? Do you have a lot of half-finished projects at home? Join us for Craft Club where you can hang out with other artists. Bring in your own craft supplies or use what we have to explore different mediums and styles of art! We will have various types

of paper and coloring materials available. All the supplies used in our traditional art class (Art Explorations) will be available. There will not be any weekly projects supplied or required. Participants are encouraged to bring their own in-progress works of art, or to start something new.

KIDS KUNG-FU

4-5 P.M. | AGES 6-12 | 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.



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 16+ | IN-PERSON

MULTIPLAYER VIDEO GAME NIGHTS

6:30-7:30 P.M. | ALL AGES | DISCORD

This class meets every other week on Jan. 10 + 24 and Feb. 7 + 21.

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 computer 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!

SATURDAYS

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 and play 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 OTHER DESCRIPTION)

11-12:30 P.M. | AGES 13+ | IN-PERSON

This class has a \$25 fee for supplies.

ART EXPLORATIONS

12:45-1:45 P.M. |

AGES 13+ | IN-PERSON

We do a little bit of everything in this class – drawing, painting, fiber arts, collage and more! This class is for everyone with an interest in exploring the visual arts, whether you are already an accomplished artist or someone looking to discover your creative side.



INTRO TO FANTASY ROLE-PLAYING GAMES **NEW!**

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

Interested in learning how to play fantasy role-playing games like Dungeons & Dragons or Pathfinder? In this class, we use the Milestones Adventure System to teach you how to play these games. The Milestones Adventure System is a brand-new and easy-to-learn fantasy role-playing system created by Whole Children staff with our community in mind. This system puts the focus on the group storytelling, teamwork, and role-playing aspects of fantasy games. It is designed with all skill levels in mind.

This class is for all newcomers and veterans of fantasy role-playing games.



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!

MUSIC EXPLORATIONS

2-3 P.M. | AGES 13+ | IN-PERSON **NEW!**

This class is for all types of music lovers! No experience with instruments is needed, only an interest in getting together and making some sweet music. If you play an instrument, feel free to bring it and show off your skills. We also have lots of different instruments for you to try. Come jam with your pals and share your voice!



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.

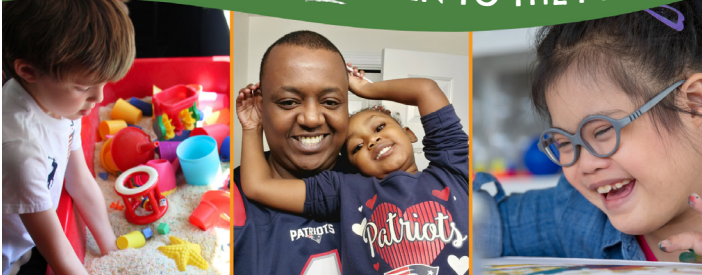
If you are more of a Minecraft enthusiast, join us in the pixelated world of Minecraft, where gamers explore and build to their hearts' content! On our designated Minecraft server, students interact with one another while being in the game world, and chat with their friends online. Teachers are ready 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

FREE WORKSHOP  OPEN TO THE PUBLIC



ADVOCACY 101: HOW TO BE THE BEST ADVOCATE FOR A CHILD

December 10 from 5:30–7 p.m.
at our Inclusive Community Center

Whole Children is having another **FREE** workshop and playgroup, open to the public, on December 10. Join us for a presentation by educational advocate Alison Greene who will teach you the ins and outs of advocating for a child. She will show you the tricks to becoming more successful by focusing on the most impactful activities that will result in quality supports and services for the child. Learn the processes that turn the wheels of special education, as well as tips for maintaining both a



good relationship with the school and high standards for the child. Please register in advance with the QR code or go to WholeChildren.org/Advocacy

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CLASSES FOR ALL ABILITIES!



Register for classes at wholechildren.org/class-schedule