

SPRING SESSION



WHOLE CHILDREN + MILESTONES



 Pathlight programs



April 2 – May 25, 2024

Recreation and enrichment programs for children, teens and adults of all abilities!

Session membership is \$175 per student.

The fee includes two in-person classes and unlimited online classes. Each additional in-person class is \$50. If a student takes just one class, their account will be credited \$85.



Register: wholechildren.org/class-schedule or scan the QR code with a camera app

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

TUESDAY

Friendship Band (FULL)	Ages 16+	4–5 p.m.	In-person
Voice Acting	All Ages	4–5 p.m.	Zoom
Yoga Dance	Ages 16+	4:15–5:15 p.m.	In-person
Movie Club	All Ages	5–6 p.m.	Zoom
Joyful Chorus	All Ages	5:30–6:30 p.m.	In-person

WEDNESDAY

Book Club: <i>Harry Potter</i> (book 5 continued)	All Ages	3–4 p.m.	Zoom
Boundaries and Relationships	Ages 18+	4–5 p.m.	In-person
Men's Group	Ages 18+	4–5 p.m.	In-person
Minecraft	All Ages	4–5 p.m.	Discord
Cooking*	Ages 16+	4–5:30 p.m.	In-person

THURSDAY

Theater (FULL)	Ages 13+	4–5:30 p.m.	In-person
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FRIDAY

Indonesian Kung-fu: Kids	Ages 6–12	4–5 p.m.	In-person
Art Exploration	Ages 13+	4–5 p.m.	In-person
Dungeons and Dragons	Ages 13+	4–6 p.m.	Discord
Indonesian Kung-fu: Teens + Adults	Ages 13+	5–6 p.m.	In-person
Multiplayer Gaming Club (every other week)	All Ages	6:30–8 p.m.	Discord

SATURDAY

Movement and Play	Ages 3-7	10–10:45 a.m.	In-person
Legos and Trains: Kids	Ages 6-12	11–11:45 a.m.	In-person
Anime Club	Ages 13+	12–1:30 p.m.	In-person
Cooking*	Ages 13+	12–1:30 p.m.	In-person
Art Exploration	Ages 13+	1:45–2:45 p.m.	In-person
Legos and Trains: Teens + Adults	Ages 13+	1:45–2:45 p.m.	In-person
Lawn Games	Ages 13+	2:45–3:45 p.m.	In-person
Video Game + Minecraft Club	All Ages	2:45–4 p.m.	In-person

NEW!

SOCIAL HOUR: BOUNDARIES CLASS/ MEN'S GROUP

May 1, 5–6 p.m., Ages 18+

Free with membership to either class. Boundaries and Relationships and Men's Group will be having a joint social hour. Join us for an extra hour after class on May 1 to hang out with your peers, play games, and practice some social skills. This is a great opportunity to meet some new friends and work on small talk/ friendship skills with staff nearby to help!

MULTIPLAYER GAMING CLUB OPEN TO FRIENDS

Invite a friend to drop in for a class!

If you have a friend who'd like to join us for a Friday night multiplayer gaming session, who is not a member of Whole Children and Milestones, they can drop into one class per session for \$10.



Register at [wholechildren.org/class-schedule](https://www.wholechildren.org/class-schedule)

SESSION INFORMATION

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

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

INCLUSIVE COMMUNITY CENTER



11 Village Hill Road, Northampton, MA 01060 • (413) 585-8010 • [wholechildren.org](https://www.wholechildren.org) • info@wholechildren.org

CLASS DESCRIPTIONS

TUESDAY

FRIENDSHIP BAND

4–5 P.M. | AGES 16+ | IN-PERSON

This class is full and closed to enrollment. However, we hope to add another Friendship Band in the future so, if you are interested, please let us know!

“We got the rock and roll beat! We’ll knock you off our feet! We are the Friendship Band!” Come join in the fun of making music with the Friendship Band, our resident rock group. This session we will meet to 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 band’s LIVE performances – including costumes, choreography, and adding video to the gigs. Like the song says, “Friendship is a good idea, the best ideas will save the world!”

Performers must consent to being photographed and videoed, and are expected to participate in a number of community performances.

VOICE ACTING

4–5 P.M. | ALL AGES | ZOOM **IT’S BACK!**

Get ready to play and learn about the power of your voice in this introduction to the basics of voice acting! Over the course of a few weeks, we will warm up our voices, practice the building blocks of character creation and become more comfortable using our fabulous voices. Come prepared to make lots of silly sounds and do a lot of laughing. This class is best suited for students who are comfortable reading or memorizing small amounts of text with the help of an adult. We will be conducting class over Zoom; please find a quiet, comfortable space as class audio may be recorded for projects.

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.



MOVIE CLUB

5–6 P.M. | ALL AGES | ZOOM **NEW CLASS!**

Are you a movie lover? Come join us on Zoom each week for our movie club. We will watch and discuss a variety of films, including new releases and timeless classics. Our club offers a welcoming space to share recommendations, discover new favorites and talk about the movies we enjoy. Grab a snack, sit back, and enjoy the show!

This class is for all ages; however, we will be watching movies with ratings ranging from G to PG-13.

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.



This class 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

BOOK CLUB: HARRY POTTER AND THE ORDER OF THE PHOENIX

3–4 P.M. | ALL AGES | ZOOM

Come join in on a little magic! This weekly book club is a continuation of our read through of the Harry Potter book series. We are currently reading Book 5: *Harry Potter and the Order of the Phoenix*. The group is run by an enthusiastic voice actor who aims to whisk you away into the story. We also take turns reading and discussing the wizarding world. The book is shared digitally over Zoom, so anyone can participate!

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.

On May 1, Boundaries and Relationships and Men's Group will have a joint social hour. Join us for an extra hour after class (5–6 p.m.) to hang out with your peers, play games, and practice some social skills.

MEN'S GROUP

4–5 P.M. | AGES 18+ | IN-PERSON

What is a real man, anyway?! Men's Group is a place where men come together, give each other support and discover all the ways we can be good men. Come join us!

On May 1, Boundaries and Relationships and Men's Group will have a joint social hour. Join us for an extra hour after class (5–6 p.m.) to hang out with your peers, play games, and practice some social skills.



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](https://minecraft.net) for \$26.95. Other versions of Minecraft, such as Win 10 or Bedrock, are not compatible with our servers.

COOKING

4–5:30 P.M. | AGES 16+ | IN-PERSON

NEW DAY!

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 dish that we do our best to recreate. And of course, at the end of class, we get to enjoy the meal together!

Weekday cooking class has moved from Friday to Wednesday for this session.

THURSDAY

THEATER

4–5:30 P.M. | AGES 13+ | IN-PERSON

This class is full and closed to enrollment this session.

We will continue to work on our production of *Barbie's Dreamhouse of Horrors*. The performance will be on Friday, May 31 and Saturday, June 1. All students involved in the play are expected to be available for tech week – Wednesday, May 29 and Thursday, May 30.

FRIDAY

INDONESIAN KUNG-FU: KIDS

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! Families may purchase shirt, belt and pants from the instructor.



ART EXPLORATION **NEW CLASS!**

4–5 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're an accomplished artist or someone looking to discover your creative side.

DUNGEONS AND 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.

INDONESIAN KUNG-FU: TEENS & ADULTS

(SEE INDONESIAN KUNG-FU: KIDS DESCRIPTION)

5–6 P.M. | AGES 13+ | IN-PERSON

MULTIPLAYER GAMING CLUB

6:30–8 P.M. | ALL AGES | DISCORD

NEW CLASS!

This class meets every other week.

April 5- Super Smash Bros Ultimate | **April 19-** Among Us

May 3- Super Smash Bros Ultimate | **May 17-** Mario Kart 8

Join us every other week for an evening of multiplayer gaming fun as we dive into a rotating selection of beloved multiplayer games. Each class will focus on playing a specific game together. Whether you're a seasoned player or just starting out, there's a place for everyone. Come join in the excitement, make new friends and experience the thrill of gaming together!

A Nintendo Switch is required, along with a Nintendo Switch Online subscription to play multiplayer. We have a subscription plan that you can join for \$10 per year. There are only seven (7) slots available and are given on a first come, first served basis. Please contact us for info.

NEW: *If you have a friend who'd like to join you for a gaming night, who is not a member of Whole Children and Milestones, they can drop into one class per session for a cost of \$10.*

SATURDAY

MOVEMENT AND PLAY

10–10:45 A.M. | AGES 3–7 | 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.



LEGOS AND TRAINS: KIDS

11–11:45 A.M. | AGES 6–12 | 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!



ANIME CLUB

12–1:30 P.M. | AGES 13+ | IN-PERSON

Relax and watch anime with your friends! Many think of anime as a genre, but it is 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 during and after the film our 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 lunch!



SATURDAY COOKING

12–1:30 P.M. | AGES 13+ | IN-PERSON

This class has a \$25 fee for supplies.

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

ART EXPLORATION

1:45–2:45 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're already an accomplished artist or someone looking to discover your creative side.



LEGOS AND TRAINS: TEENS + ADULTS

(SEE LEGOS AND TRAINS: KIDS DESCRIPTION)

1:45–2:45 P.M. | AGES 13+ | IN-PERSON



LAWN GAMES **NEW CLASS!**

2:45–3:45 P.M. | AGES 13+ | IN-PERSON

Bocci Ball, Badminton, Corn Hole, and more! Join us this spring for some fun outdoors. Learn to play some new games while hanging out with

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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 want to cooperate, we will have indoor games available.

VIDEO GAME + MINECRAFT CLUB

2:45–4 P.M. | ALL AGES | IN-PERSON

We have combined our Minecraft and general Video Game Club for the session. Join us in person to play with your friends 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 while chatting with their friends online. Teachers are ready to help those just learning to play, and to model appropriate social skills.



We're social. Follow us!



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Register for classes at [wholechildren.org/class-schedule](https://www.wholechildren.org/class-schedule)