

# SPRING CLASSES

March 31–May 23, 2026

To register, scan the QR code or visit  
**WholeChildren.ServiceNet.org**



**Inclusive recreational + social  
classes for children, teens and  
adults of ALL abilities!**



WHOLE CHILDREN™  
+  
MILESTONES





## WHO ARE WE?

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At **Whole Children™** and **Milestones**, children, teens and adults have freedom to pursue their interests, build skills, and develop deep friendships in all of our recreational and social classes.

We offer weekly afternoon and Saturday classes taught by skilled instructors, and most classes have a student-to-teacher ratio of 3:1 or less.

Whole Children™'s mission is to provide skill-building and enrichment for children and teens up to the age of 18, specifically designed to be inclusive for those with disabilities and/or autism. We've successfully provided this service for over two decades, creating a place where people are welcomed and respected.

Milestones Recreation provides a similar experience for adults ages 18+. This program was created as our individuals grew out of Whole Children™. Alongside enriching and fun classes, Milestones Recreation helps individuals learn more about building healthy relationships.

## SPECIAL EVENTS:

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*FREE for members / \$10 for non-members.  
Please register on Jackrabbit or by calling.*

**SPRING FLING POTLUCK**  
April 22, 5:30–7:30 p.m. for ages 16+

**MOVIE NIGHT**  
May 14, 6–8 p.m. for all ages  
Movie TBD

## THEATER SHOWS MAY 29+30

*We'll let everyone know when tickets are available*

## ENROLLMENT:

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- Each class is \$95 for an eight-week session. Cooking classes are an additional \$25 per session for supplies.
- Participants who take four or more classes receive 20% off.
- Class age ranges are suggestions. If you're outside the range, please call to talk with a program manager.

*Financial assistance available. Please inquire.*

All classes are held at 11 Village Hill Road, Northampton, MA 01060

*Age ranges are suggestions! Please call if you fall outside ranges and wish to join.*

## TUESDAY

Friendship Band	Ages 16+	4–5 p.m.
Minecraft for Kids	Ages 7–12	4:15–5:15 p.m.
Yoga Dance	Ages 16+	4:15–5:15 p.m.
Joyful Chorus	All ages	5:30–6:30 p.m.

## WEDNESDAY

Boundaries and Relationships	Ages 18+	4–5 p.m.
Creative Play <b>NEW!</b>	Ages 6–10	4–5 p.m.
Podcast <b>NEW DAY</b>	Ages 16+	4–5 p.m.

## THURSDAY

Games and Hangs <b>IT'S BACK</b>	Ages 13+	3–3:45 p.m.
Art Science	All ages	4–5 p.m.
Theater <b>LONGER TIME!</b>	Ages 13+	4–5:30 p.m.

## FRIDAY

Kung-fu Kids	Ages 6–11	4–5 p.m.
Cooking	Ages 16+	4–5:30 p.m.
Intro to Fantasy Role-playing Games <b>NEW DAY</b>	Ages 13+	4–5:30 p.m.
Kung-fu Adults	Ages 12+	5–6 p.m.

## SATURDAY

Movement and Play	Ages 3–6	10–10:45 a.m.
Anime Brunch Club	Ages 13+	10–11:30 a.m.
Cooking	Ages 16+	11 a.m.–12:30 p.m.
Games and Hangs <b>NEW DAY</b>	Ages 13+	12–1 p.m.
LEGOs and Trains	Ages 13+	12:45–1:45 p.m.
Art Class	Ages 13+	1–2 p.m.
Out and About <b>NEW!</b>	Ages 13+	2–3 p.m.
Video Game Club	All ages	2:15–3:15 p.m.



# CLASS DESCRIPTIONS:

## ANIME BRUNCH CLUB

Join us on Saturday mornings for an adventure into the world of Anime! Bring a nut-free brunch or snack and come relax, laugh, and cheer on your favorite anime characters as we explore the wide world of Japanese Animation and culture. For those familiar with Anime, we welcome you to bring recommendations for shows to share with the class. If you are new, come enjoy other students' and teachers' favorite anime and find out what kind of Anime you enjoy!

*All recommended anime is reviewed by teachers before showing episodes to the class, but we may show Anime that are rated anywhere from PG to TV14/15/16. We don't show any TVMA anime. We generally watch in English but will occasionally watch Anime in the original Japanese (with subtitles) if English is not available.*



## ART CLASS

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.



## ART SCIENCE

What did the artist and the scientist have in common? They both loved to experiment! Whether the discovery is on the canvas or found in the lab, the fields of science and art are powered by exploration. Are you curious about the whys and how's of the world we live in? Are you open to creating and expressing yourself in a relaxed environment? If yes, join us to learn a bit about a scientific topic and then do an

art project inspired by it. Topics we may investigate include plants, animals, rocks and minerals, chemical reactions, space, color, weather, and more.

## **BOUNDARIES AND RELATIONSHIPS**

This session we continue to focus on exploring the world of friendship while also discussing the other relationships we have in our lives, from classmates to dating and everyone else in between. In class we cover how to meet new people, make friends and how to stay connected. Our class provides students with the building blocks of creating relationships of all types and understanding that boundaries are needed to have safe and healthy relationships.

## **COOKING**

Come cook something 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!



## **CREATIVE PLAY**

Do you love to run around, crawl, jump, tumble and roll? Then join us for our new class where you can build forts, conquer obstacle courses and play! This is a class where you can move, stretch and flex your creative skills through games and other

movement-based activities. *Age range is flexible, please call to inquire with any specific questions for this class.*

## **FRIENDSHIP BAND**

*THIS CLASS HAS LIMITED OPENINGS SO PLEASE CALL/EMAIL TO INQUIRE ABOUT SIGNING UP.* Join in the fun of making music with the Friendship Band, Whole Children's™ resident rock group. We play our old hits and create new songs together. We explore writing lyrics, composing melodies, and matching rhythms as a group. We continue to generate ideas for the Friendship Band's LIVE performances – including costumes, choreography, and adding videos to the gigs. *Performers must consent to being photographed and videoed and are expected to participate in a number of community performances.*



## **GAMES AND HANGS**

Join us for a fun class all about hanging out and playing games with friends. Whether you have a game you want to share, you are interested in learning a new one or a bit of both, this is a great class to connect with people, practice social skills and spend some extra time with friends.

## **INTRO TO FANTASY ROLE-PLAYING GAMES**

Interested in learning how to play fantasy role-playing games, like Dungeons & Dragons or Pathfinder? In 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 and Milestones 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.*



## JOYFUL CHORUS

Encapsulating our spirit, the Joyful Chorus is a truly inclusive and, of course, a 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 (DDS). Singers must consent to photos and video, and are expected to participate in community performances.*

## KUNG-FU FOR KIDS AND ADULTS

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 attire from the instructor.

## LEGOS AND TRAINS

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 of class!



## MINECRAFT

Join us in the pixelated world of Minecraft, where gamers explore and build to their hearts’ content! We play together on our two Whole Children servers. Our creative server for students that want to build freely and our survival server for students who want to embark on an adventure. 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.

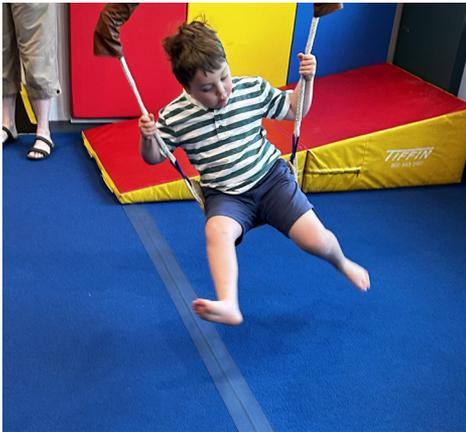
*“Minecraft Java Edition” for PC and Mac is required to play with other students on*

our servers. A personal account can be purchased at [Minecraft.net](http://Minecraft.net). Other versions, such as *Mobile/Tablet*, *Switch*, *Xbox*, *Playstation*, or other *Bedrock* devices, are not compatible with our servers. We have laptops available for students to use but will require parents or guardians to be available to login to student's accounts each week. We encourage students to bring their own laptops if possible.

## MOVEMENT AND PLAY

This fun, supportive class helps young children build communication, motor skills, and confidence through creative play. We start with hands-on art and imaginative activities, then head to our movement room — complete with a ball pit, climbing wall, and other exciting equipment that encourages coordination, exploration, and social connection.

We meet each child at their developmental level and celebrate their strengths every step of the way. *Age range is flexible—please inquire with any specific questions.*



## OUT AND ABOUT

Let's enjoy some time outside this Spring! This class will be a choose your own adventure with the group, sometimes a walk in the community, other days a lawn games but always with a focus of spending time outside with your friends.

## PODCAST

Interested in recording a podcast? Have an idea for a short segment? Join us for the first ever Milestones podcast! We will collaborate on ideas, record and have a good time sharing with our community. Come join us for our first official podcast!



## THEATER

Calling all actors and performers! Theater class is back for all who want to be on the stage and show off their talent. **This spring we are finalizing our preparation for the shows on May 29 + 30!**

## VIDEO GAME CLUB

Join us Saturday afternoons for some digital fun. Bring your own handheld devices or laptops and come hang out, play games, and socialize with fellow gaming enthusiasts.

New to gaming or don't have a device to bring? No problem! We have a Nintendo Switch hooked up to play multiplayer games like Mario Kart or Super Smash Brothers. Gamers of all levels are welcome!



## YOGA DANCE

Move to the sounds of fabulous music at your own pace to improve flexibility, strength, and your balance. Experience the reduction in stress levels, improved cardiovascular fitness, and well-being of mind, body, and spirit in a warm and welcoming group setting.

**Interested in joining, but want to get familiar with the space first?**

Take a virtual tour of the Inclusive Community Center on our website at [WholeChildren.ServiceNet.org/tour](https://WholeChildren.ServiceNet.org/tour) or call the office to set up an in-person tour with our staff.



# SPRING CLASSES START MARCH 31

## WHOLE CHILDREN + MILESTONES INCLUSIVE FUN FOR ALL ABILITIES!



**Register now!**

Scan the QR code or go to

[WholeChildren.ServiceNet.org](https://WholeChildren.ServiceNet.org)

or call us at **413-585-8010**

### 34TH ANNUAL AUTISM CONFERENCE KEYNOTE SPEAKER



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**Dr. Daniel  
Wendler, PsyD**

**Embracing Neurodiversity,  
Fostering True Inclusion,  
& Building Communities**

*A nationally recognized keynote  
speaker, clinical psychologist,  
best-selling author, and proud  
autistic self-advocate*  
.....

**Join us at this year's 34th annual  
Autism Connections Conference  
on April 30 in Springfield, MA!**

This exciting event is designed to foster a sense of community among a diverse group of attendees, including parents, caregivers, individuals with autism and autistic individuals, extended family members and friends, educators, social workers, and other professionals. The day-long conference features a keynote speaker, 18 live breakout sessions to choose from, and an Exhibitor Showcase for resources and supports.

**[Tickets and info at AutismConnections.ServiceNet.org/conference](https://AutismConnections.ServiceNet.org/conference)**

WholeChildren.ServiceNet.org | 413-585-8010 | 11 Village Hill Rd., Northampton, MA

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