



MILESTONES

SUMMER 2020 AT MILESTONES REC

Recreation and enrichment programs for adults of all abilities.

MONDAY, JULY 6 - FRIDAY, AUGUST 21

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, 4-5 p.m. (No class July 6 or Aug. 3)

Friendship Band

Ever want to be in a band? Whether you already play an instrument or not, join us to make friends while rocking out! Instructors teach voice and instruments, but our main focus is having fun. *Target skills: Teamwork, Community Building, Confidence, Communication*

Tuesdays, 4 – 5 p.m.



Art Explorations

Let your inner artist shine in this afternoon of art explorations. We do a little bit of everything in this class—drawing, painting, printmaking, fiber arts, collage and more! Art Explorations 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.

Wednesdays, 4 – 5 p.m.

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 you know if someone is a friend or a romantic interest, how to ask someone out on a date, what to do on a date, and how to tell if someone is interested in you. *New students – please register by calling 413-585-8010.*

Wednesdays, 5:15 – 6:30 p.m.

Classes are offered for only \$50 to students 18 and older thanks to support from The Department of Developmental Services.

Cooking

Come to the ICC and cook with your friends! Students work on practical cooking skills and find new foods to try. The class sits down to dinner and conversation at the end of the class.

**Thursdays, 4 – 5:15 p.m.;
Additional \$20 food supply fee**

Indonesian Kung-Fu (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.

Fridays, 4 – 5 p.m.

SEE BACK FOR MORE SUMMER FUN!



MILESTONES

A Pathlight Program
41 Russell Street
Hadley, MA 01035

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SUMMER EVENTS

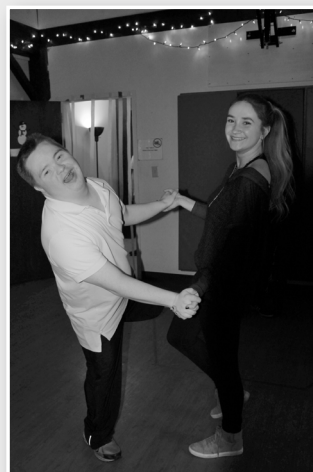
THREE EVENINGS PACKED FULL OF SUMMER FUN!

Potluck Socials / Video Game Nights

Whether you come to meet up with old friends or to meet new ones (or a little of both!) you are sure to have tons of fun. There will be music, karaoke, and of course FOOD!

Or, come play your favorite video games with your Whole Children and Milestones friends.

Remember to bring a nut-free snack or a drink to share.



THREE FRIDAYS
6:30 – 8:30 p.m.; FREE!

June 26 • July 24 • August 21 (Dance party)

Register online at www.milestones-program.org or call 413-585-8010.