



Pittsfield November 2023

Family Support Center Central County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 2 days prior.
For more information, or to RSVP for events, please contact Cindy at (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The country of the month is Zimbabwe</p> 			<p>1 Drop In 6:00PM-8:00PM Cost- See Description</p>	<p>2 Open Swim 6:00PM-7:00PM</p>	<p>3</p>	<p>4 Hockey Game 4:00PM-11:00PM Cost- See Description</p>
<p>5</p>	<p>6 Meditation Monday 4:00PM-5:00PM</p>	<p>7</p>	<p>8 Spa Night 6:00PM-8:00PM Cost- See Description</p>	<p>9 Open Swim 6:00PM-7:00PM <hr/>Caregiver Coffee Hour 12:00PM-1:00PM</p>	<p>10</p>	<p>11 Yankee Candle 10:00AM-2:00PM Cost- See Description</p>
<p>12</p>	<p>13 Caregiver Coffee Hour 5:30PM-6:30PM</p>	<p>14 Women's Group 6:00PM-8:00PM Cost- See Description</p>	<p>15 Turkey Wreath 6:00PM-8:00PM Cost- See Description</p>	<p>16 Open Swim 6:00PM-7:00PM <hr/>Med List Training 4:00PM-5:00PM</p>	<p>17</p>	<p>18</p>
<p>19</p>	<p>20 Meditation Monday 4:00PM-5:00PM</p>	<p>21 Self-Advocates 5:00PM-6:00PM Cost- \$2</p>	<p>22 Tree Lighting 5:00PM-7:00PM Cost- See Description</p>	<p>23 UCP will be closed in observance of Thanksgiving </p>	<p>24 UCP will be closed in observance of Thanksgiving</p>	<p>25</p>
<p>26 </p>	<p>27 Parent Advisory Night 5:00PM-6:00PM</p>	<p>28 Men's Group 6:00PM-8:00PM Cost- See Description</p>	<p>29 Bingo Night 6:00PM-8:00PM Cost- See Description</p>	<p>30 Open Swim 6:00PM-7:00PM</p>		

Funding support for the UCP programs and services are provided under the Department of Developmental Services Family Support Center, Northern Berkshire and Berkshire United Way, Williamstown Community Chest, MassMatch, Massachusetts Rehabilitation Commission, Berkshire Life Charitable Foundation, Berkshire Bank Foundation, Rotary Club of Pittsfield, Massachusetts Commission for the Blind, City of Pittsfield and the Commonwealth of Massachusetts DHCD with funds made available by the City of North Adams.



Life without limits for people with disabilities

North Adams November 2023

Family Support Center North County Offerings

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For more information, or to RSVP for events, please contact Cindy at (413) 664-9345, ext. 200.



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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for November 2023!

All in-person events will have social distancing!

Please sign up for each event by calling

(413)-664-9345 ext. 200

**For Zoom events, the link will be sent out after you sign up and
give your email!**

Zimbabwe is the country of the month!



Wednesday's:

• **Drop-In! (North Adams and Pittsfield)**

- ❖ **COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Zimbabwe which is the country of the month! Did you know that the Zimbabwe is three times the size of England? Join us to learn more fun facts and trivia! This is a great opportunity to meet new people and explore what the UCP Family Support Centers have to offer! For dinner, feel free to bring money to order out, eat beforehand, or bring your dinner with you! If you choose to order out, please bring at least \$25. This event will be held Wednesday, November 1st from 6:00PM-8:00PM.**



• **Spa Night (North Adams and Pittsfield)**

- ❖ **There's no time like the present to treat yourself! Join us for face masks, cucumber water, and relaxation! This event will be held on Wednesday, October 11th from 6:00PM-8:00PM. Dinner will be veggie noodle soup. The cost will be \$10.**

• **Turkey Wreath (North Adams and Pittsfield)**

- ❖ **Get yourself in the crafting spirit and join in on the fun of making a fall craft, perfect decoration for Thanksgiving! This event will be held on Wednesday, November 15th from 6:00-8:00PM. The cost will be \$3 for the craft. Please bring your dinner or \$25+ to order.**



• Tree Lighting (North Adams and Pittsfield)

- ❖ Get in the holiday spirit and join us in supporting North Adams Tree Lighting service! For dinner, the group will be meeting at Ramuntos. This event will be held on Wednesday, November 22nd from 5:00PM-7:00PM. Please bring \$25+ for the cost of dinner.



• Bingo Night (North Adams and Pittsfield)

- ❖ B4, O72! Join us for an exciting night of Bingo! Enjoy an assortment of prizes for every winner! This event will be held on Wednesday, November 26th from 6:00PM-8:00PM. Dinner will be chips and sandwiches. The cost of the event is \$8.



Thursday's

• Open Swim (Pittsfield)

Pre-registration is required each week! Please contact Cindy Poirier at (413)664-9345 ext. 200 to sign up! Open swim is back for all UCP members and families! This program is free and will be offered every Thursday in November from 6:00PM-7:00PM at the Gladys Allen Brigham Center.



Monday's

• Meditation Monday (North Adams)

- ❖ Stretching, meditation, self-reflection, and movement are crucial for our physical and mental health. Join Jen Ross in a class that features improv dancing, yoga, and fun meditation techniques to feel the best you ever have! This event is held on Monday, November 6th and 20th from 4:00PM-5:00PM in the North Adams Office.



ATTENTION! WEEKEND OFFERINGS!



Saturday's

• Hockey Game (North Adams and Pittsfield)

- ❖ Bundle up and root for the Springfield Thunderbirds to score! This event will be held Saturday, November 4th from 4:00PM-11:00PM. The tickets will be \$30. Please bring \$25+ for food and any extra souvenirs.

• Yankee Candle (North Adams and Pittsfield)

- ❖ Get a head start on holiday shopping at Yankee Candle! It's also a perfect time to treat yourself! This event will be held on Saturday, November 11th from 10:00AM-2:00PM. Lunch will be at KFC in Deerfield. Please bring \$25+ for spending money as well lunch!



Rejoin some pastime favorites!

- ❖ **Parent Advisory Group:**
Your input is vital! HELP! HELP! HELP! UCP is looking to create an active Parent Advisory Group to help choose family trainings, events to enhance programming, and a chance to share your thoughts about what the future holds for your member, for the agency, and your options through Department of Developmental Services! **This event will be Monday, November 27th from 5:00PM-6:00PM via Zoom.**
- ❖ **Joint Women's Group:** **Tuesday, November 14th from 6:00PM-8:00PM at the North Adams Office.** Come have a girl's night out with UCP! This month for Women's Group, the ladies will do a Leaf Dinner Bowl craft! **Dinner will be honey, garlic chicken over rice. The cost is \$10.**
- ❖ **Men's Group:** **Tuesday, November 28th from 6:00PM-8:00PM in North Adams for Pittsfield and North Adams.** Men's Group wants you to join! The guys of UCP are back and want you to join! There will be a plethora of games out for the guys to partake in and enjoy from UNO to bowling! **Dinner will be cheeseburger soup. The cost is \$10.**
- ❖ **Self-Advocates:** We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, November 21st from 5:00PM-6:00PM via Zoom** and catch up, chat, and brainstorm new ideas and innovations! Self-advocates is always looking for new members, so join a meeting and see what we are all about! **This event costs \$2.00.**
- ❖ **Caregiver Coffee Hour:** You bring the coffee; we will bring the conversation! Join Care Manager Meghan Robertson-Hayes to talk about issues, current events, or any other topic ideas you may have! This is also a great time to brainstorm ideas to enhance programming! All ideas are welcome! **This event will be held Thursday, November 9th from 12:00PM-1:00PM via Zoom, as well as Monday, November 13th from 5:30PM-6:30PM via Zoom.**



If you have not already and want to be on our email list for calendars, activities, and special events, please call (413) 664-9345 ext. 200 to get your name and email on our electronic list!



Med List Importance

Presented by: Kiersten Turoczy

Thursday, November 16th, 2023, from 4:00PM-5:00PM

Have you ever been to the doctor's or experienced an emergency and needed to know your meds?



Not everyone can remember what they are taking, no matter how long the list. But, there are times more crucial than others to have that information on hand. Join Kiersten Turoczy to look at statistics that emphasize the importance of carrying a list and also what key details should be on that list.



Please call Cindy Poirier at (413) 664-9345 ext. 200 to sign up

Please join us for our Caregiver Coffee Hour

This will be offered Virtually

November 9th 2023 12:00 PM

November 13th 2023 5:30 PM

December 5th 2023 12:00 PM

December 13th 2023 5:30 PM

Hosted By: Meghan Robertson-Hayes and other select AFC Staff

You bring the coffee, we will bring the conversation!

We will use this time to talk about issues, current events or any other topics that come to mind.

We will also be offering training credit to any caregivers that come and discuss the chosen topic that month.

Please bring any ideas you have for future events!

To sign up please call Cindy Poirier at the North Adams office (413) 664-9345 ext 200

She will need your name and email and you will be sent a zoom link the week of the event.

We hope to see you there!



Wellness in the Berkshires

Family Support Conference 2023

Hear personal stories from families

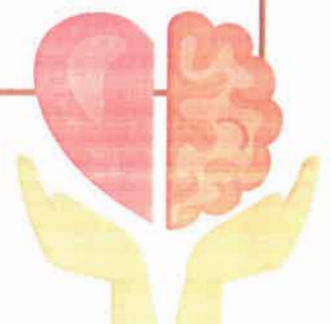
Hear Experts on Individuals with Disabilities discuss:

- Navigating for the health care you deserve
- Optimizing the mental health for all family members
- Physical Fitness as family recreation

Thursday, Nov. 16, 2023, 10 a.m. to 2 p.m.

Country Club of Pittsfield

639 South Street



Register Today!

www.bcarc.org/FamilySupport

Event includes:

Breakfast and Lunch

Raffle prizes

Service Providers exhibit

Art and Craft sale

BCArc

*Serving the Berkshires
& Pioneer Valley*





November Right of the Month

Liberty

What that means:

- I have the right to be treated with Dignity and Respect by everyone
- I have the right to use my self-determination skills
- I have the right to make choices about my education, living arrangements, self-directed supports, voting and the people who are a part of my support team

What I am responsible for with that Right:

- I have the responsibility to make sure I treat everyone as I want to be treated

****UCP Supports The Rights and Responsibilities of all our members****