



of Western Massachusetts

Life without limits for people with disabilities™

North Adams October 2023

Family Support Center North 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
1  Fall Foliage Parade 11AM-3PM	2	3	4 Drop In 6:00PM-8:00PM Cost- See Description	5 Seizure Training 4:30PM-5:30PM	6	7  Sweden is the country of the month
8	9 UCP offices will be CLOSED in Observance of Indigenous People Day! 	10 Women's Group 6:00PM-8:00PM Cost- See Description	11 Hocus Pocus Night 6:00PM-8:00PM Cost- See Description	12	13 Caregiver Coffee Hour 11:00AM-12:00PM	14
15	16 Meditation Monday 4:30PM-5:30PM	17	18 Fall Ball 6:00PM-9:00PM Cost- See Description	19 AFC Caregiver Training 11:00AM-12:30PM	20	21
22	23	24 Self-Advocates 5:00PM-6:00PM Cost- \$2	25 Pumpkin Painting 6PM-8PM Cost- See Description AFC Caregiver Training 5:00PM-7:00PM	26 Applesauce Making 4:30PM-5:30PM Cost- See Description Parent Advisory Group 5:00PM-6:00PM	27	28
29 	30 Men's Group 6:00PM-8:00PM Cost- See Description Caregiver Coffee Hour 5:30PM-6:30PM	31				

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, Williamsown 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.



UCP
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Pittsfield October 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
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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for October 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!

Sweden 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 Sweden which is the country of the month! Did you know that the first ice hotel was built in Sweden from ice blocks cut out of a river? 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, October 4th from 6:00PM-8:00PM.**



- Hocus Pocus Night (North Adams and Pittsfield)

- ❖ "It's a bunch of Hocus Pocus!" Come get in the Halloween mood with a popcorn movie night! **This event will be held on Wednesday, October 11th from 6:00PM-8:00PM. Pizza and popcorn will be served. The cost will be \$5.**



- Fall Ball (North Adams and Pittsfield)

- ❖ We are bringing back a pastime favorite with a new twist. Wear your best evening outfit for Prom Night Fall Ball and remember your dancing shoes! **This event will be held on Wednesday, October 18th from 6:00-8:00PM. The cost of a ticket for this event will be \$25 with a plated dinner served.**



- Pumpkin Painting (North Adams and Pittsfield)

- ❖ Join us in showing all your festive craftiness with pumpkin painting! It will be your choice at the end of the night to let your artwork stay at UCP or if you prefer to showcase it on your own front porch! **This event will be held on Wednesday, October 25th from 6:00PM-8:00PM. The cost of the event will be \$5. Please bring your own dinner or bring \$25+ to purchase dinner.**



Thursday's

- Applesauce Making

Unfortunately, going out to pick your own apples this year isn't available. But that won't stop us from still taking advantage of the fun, fall activities. Please, join us and learn how to make your own applesauce! **This event will be held on Thursday, October 26th from 4:30PM-5:30PM at the North Adams office and 3:30PM-4:30PM at the Pittsfield office. The cost is \$3.**



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, October 16th from 4:30PM-5:30PM in the North Adams Office.**



ATTENTION! WEEKEND OFFERINGS!



Sunday's

- Fall Foliage Parade (North Adams and Pittsfield)

- ❖ This year UCP will be participating in the Fall Foliage again! Come out and watch the fairytale stories that the parade has lined up this year! **This event will be held Sunday, October 1st from 11:00AM-3:00PM. *Please note that this event will not be staffed for transport, but please feel free to bring your family and show your love and support.***





❖ **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 Thursday, October 26th from 5:00PM-6:00PM via Zoom.**

❖ **Joint Women's Group: Tuesday, October 10th from 6:00PM-8:00PM.**

Come have a girl's night out with UCP! This month for Women's Group, the ladies will do a witch's pot craft to get an early start on Halloween decorating! **A lasagna soup will be served for dinner. The cost is \$10.**



❖ **Men's Group: Monday, October 23rd from 4:00PM-6:00PM in Pittsfield and Monday, October 30th from 6:00PM-8:00PM in North Adams.**



Men's Group wants you to join! The guys of UCP are back and want you to join! This month the guys will get together and watch a Halloween themed WWE pay-per-view! **The dinner will be lasagna soup. The cost is \$8.**

❖ **Self-Advocates:** We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, October 24th 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 Friday, October 13th from 11:00PM-12:00PM via Zoom, as well as Monday, October 30th from 5:30PM-6:30PM via Zoom.**



• **AFC Caregiver Training**

❖ This training is mandatory for all AFC caregivers. Please plan on attending one date to fulfil compliance in the program. **These events will be held on October 19th in person or on zoom from 11:00AM-12:30PM and October 25th from 5:00PM-7:00PM on 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!



Seizure Training

Presented by: Nicole Middleton

Thursday, October 5th, 2023, from 4:30PM-5:30PM

Seizures can be scary and sudden, so it is best to stay on top of the course of action.



Please join our nurse Nicole Middleton on zoom as she teaches us how to treat someone having a seizure. If you are unable to attend but would like to still be able to view the recording, please inform Kiersten Sharar and she can send you the recording.



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



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UCP'S Parent Advisory Group

WE NEED YOUR VOICES!

Calling all parents, community members, and professionals!

We want YOU to join us!



HELP! HELP! HELP! UCP is looking to create an active Parent Advisory Group to help choose family training's, events to enhance programming, and a chance to share your thoughts about what the future holds for your member, for the agency, and your choices through Department of Developmental Services!

A time for us to plan for the future and to have a voice in what is offered through DDS and UCP's Family Support Center! We want everyone's voices to be heard!

Thursday, October 26th, 2023 from

5:00PM-6:00PM

To sign up, please contact Emily Shoestock at (413) 664-9345 ext. 229

