

ATTENTION!

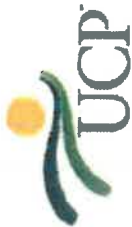
UCP is Going Electronic!

**Starting March 1st, 2024, the UCP Events
Monthly Calendar will be sent via email.**



**To be added to the email list, please reach out to
Cindy Poirier at 413-664-9345 ext. 234 or via
email cpoirier@ucpwma.org.**

**(If an email is not an option, please call Cindy and notify
her if you'd still like to continue receiving the calendar.)**



of Western Massachusetts





Uja without limits, for people with disabilities

North Adams February 2024

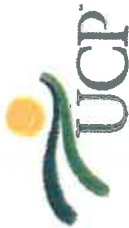
Family Support Center North County Offerings

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
China is the country of the month 				1 CATA 4:00PM-5:30PM	2	3 
4	5	6 Caregiver Coffee Hour 2:00PM-3:00PM	7 Drop In 6:00PM-8:00PM Cost- See Description	8 CATA 4:00PM-5:30PM	9	10
11	12 Meditation Monday 4:00PM-5:00PM	13 Self-Advocates 5:00PM-6PM Cost- \$2 Women's Group 6:00PM-8:00PM Cost- See Description	14 Valentine's Party 6:00PM-8:00PM Cost- See Description	15 Basic First Aid Training 4:00PM-5:00PM	16	17 Winterfest 11:00AM-3:00PM Cost- See Description
18	19 UCP is CLOSED in observance of President's Day!	20	21 Self-Care Night 6:00PM-8:00PM Cost- See Description	22	23 Caregiver Coffee Hour 3:00PM-4:00PM	24
25 	26 Meditation Monday 4:00PM-5:00PM	27 Men's Group 6:00PM-8:00PM Cost- See Description	28 Word Game Night 6:00PM-8:00PM Cost- See Description	29 Parent Advisory Group 4:00PM-5:00PM		

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.



of Western Massachusetts





Life without limits for people with disabilities

Pittsfield February 2024

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.



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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for February 2024

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!

China is the country of the month!



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, February 12th and 26th from 4:00PM-5:00PM in the North Adams Office.**



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 China which is the country of the month! Did you know that China has a population that's 4 times bigger than the USA at 1.4 billion? 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, February 7th from 6:00PM-8:00PM.**



• **Valentine's Party (North Adams and Pittsfield)**

- ❖ A friend is what the heart needs all of the time! Join us for a Valentine's dance, party, and movie! **This event will be held on Wednesday, February 14th from 6:00PM-8:00PM. Spaghetti and meatballs will be served for dinner! The cost of this event will be \$10.**





- **Self-Care Night (North Adams and Pittsfield)**
 - ❖ It's important to take care of ourselves during our busy schedules! Please join us in learning about easy self-care and hygiene tips. **This event will be held on Wednesday, February 21. A delicious potato and sausage meal will be served for dinner! The cost of the event will be \$15.**

- **Word Game Night (North Adams and Pittsfield)**

- ❖ How fast can you think of words when given prompts? Join your peers in a fun and friendly brain teaser night with various word games! **This event will be held on Wednesday, February 28th from 6:00PM-8:00PM. Homemade white chili will be served for dinner! The cost of this event will be \$8.**



Thursday's

- **Open Swim (Pittsfield)**

- ❖ **Pre-registration is required each week! Please contact Cheryl 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 February from 6:00PM-7:00PM at the Gladys Allen Brigham Center.**

- **CATA- Visual Arts (North Adams)**

- ❖ Join Lauren in creating interactive art! **This event will be offered on Thursday February 1st and 8th from 4:00PM-5:30PM.**



ATTENTION! WEEKEND OFFERINGS!



Saturday's

- **Winterfest (North Adams and Pittsfield)**

- ❖ Join your peers in bundling up and going to Winterfest and enjoy all the activities there are to offer! There is ice sculpting, cocoa, a mini flea market, and more! **This event will be held Saturday, February 17th from 11:00AM-3:00PM. Please bring \$20+ for lunch and \$15+ if you wanted to get anything at the flea market or the attending vendors.**



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 on Thursday, February 29th from 4:00PM-5:00PM via Zoom.**



❖ Joint Women's Group: Tuesday, February 13th 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 are going to get up and get the blood flowing with Wii Bowling! **Pizza will be served for dinner! The cost of the event will be \$5.**



❖ Joint Men's Group: Tuesday, February 27th from 6:00PM-8:00PM at the North Adams office. Men's Group wants you to join! The guys of UCP are back and want you to join! The guys are going to have a friendly competition on Wii Bowling! **Pizza will be served for dinner! The cost of the event will be \$5.**



❖ Self-Advocates: We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, February 13th from 5:00PM-6:00PM in person** 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 Tuesday, February 6th from 2:00PM-3:00PM via Zoom, as well as Friday, February 23rd from 3:00PM-4:00PM 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!



Basic First Aid

Presented by: Lisa Ryan Cullen

Thursday, February 15th 2024, from 4:00PM-5:00PM

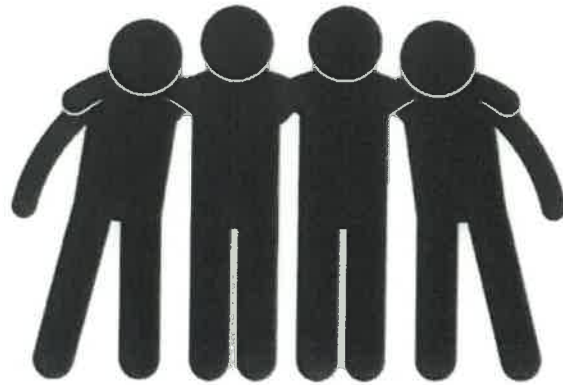
Do you know what the top 10 items are that should be included in your personal first aid kit?



It is very common to go to the store and buy a prefilled first aid kit. But when you use it, do you refill the items? Or do you check periodically for expired items? Or what about how to properly treat a burn, scrape, or sprain? Join us in a basic first aid knowledge to make sure your prepared for emergencies!



Please call Cheryl Tidwell at (413) 664-9345 ext. 200 to sign up



February Right of the Month Association



What that means:

- I have the right to choose my friends and any community groups I join and socialize with

What I am responsible for with that Right:

- I have the responsibility to be respectful if people don't want to be my friend

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



Self Advocates is starting in person again!! Join us as we talk about topics that increase your self advocacy skills and talk about fundraising we could do for the year.

Meetings will be on a Tuesday of each month with a \$2 dues fee.

Our next meeting is February 13th at 5:00pm to 6:00pm. Meetings will be held at UCP in North Adams.

To sign up for meetings, please call Cheryl at 413-664-9345 ext. 200



Recreation Program

1267 South Church St., North Adams, MA
(413) 664-8185



Universal Access Program

Adaptive Skating—Games on Ice!

Thursdays:
January 4,
February 15,
March 14,
11:30 am-1:30 pm



Use your wheelchair, an ice sled, or conventional skates on the ice. Spin, slide and play gently competitive games! Ice sleds, skate walkers, yak trax, and conventional skates available. **Registration is required.**

Call **(413) 584-2052** or email Kailean@alloutadventures.org to reserve a time.

Rink will be cold so dress warmly—wearing winter gloves, coats, hats, and scarves is highly encouraged! **Face masks are welcome.**

Ice sleds available on site for ongoing community use.



Coming Event



DEPARTMENT OF CONSERVATION AND RECREATION, Universal Access Program

www.mass.gov/dcr/universal-access