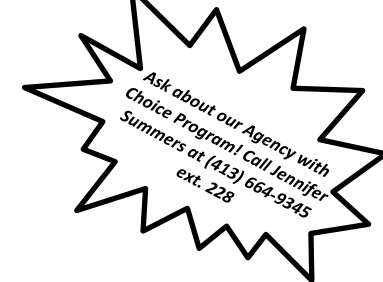


North Adams March 2024

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
The country of the month is Bali 					1	2 
3	4 Meditation Monday 4:00PM-5:00PM	5 CATA Dance 4:30PM-5:30PM <hr/> Women's Group 6:00PM-8:00PM Cost- See Description	6 Drop In 6:00PM-8:00PM Cost- See Description <hr/> Caregiver Coffee Hour 11:00AM-12:00PM	7 Open Swim 6:00PM-7:00PM (Pittsfield)	8	9
10 	11 Meditation Monday 4:00PM-5:00PM <hr/> Self-Advocates 5:00PM-6:00PM Cost: \$2	12 CATA Dance 4:30PM-5:30PM	13 Corned Beef & Cabbage Dinner 6:00PM-8:00PM Cost- See Description	14 Open Swim 6:00PM-7:00PM (Pittsfield)	15	16 
17	18 Meditation Monday 4:00PM-5:00PM <hr/> Caregiver Coffee Hour 3:30PM-4:30PM	19 CATA Dance 4:30PM-5:30PM	20 Slime Night 6:00PM-8:00PM Cost- See Description	21 Parent Advisory Group 6:00PM-7:00PM <hr/> Open Swim 6:00PM-7:00PM (Pittsfield)	22	23 Hockey Game 7:00PM-11:00PM Cost- See Description
24  31	25 Men's Group 6:00PM-8:00PM Cost- See Description	26 CATA Dance 4:30PM-5:30PM	27 Charades/Game Night 6:00PM-8:00PM Cost- See Description	28 Coping with Stress Training 4:00PM-5:00PM <hr/> Open Swim 6:0PM-7:00PM (Pittsfield)	29	30 

Pittsfield March 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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The country of the month is Bali 					1	2 
3	4	5 Women's Group 6:00PM-8:00PM Cost- See Description	6 Drop In 6:00PM-8:00PM Cost- See Description <hr/> Caregiver Coffee Hour 11:00AM-12:00PM	7 Open Swim 6:00PM-7:00PM	8	9
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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for March 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!

Bali 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, March 4th, 11th and 18th from 4:00PM-5:00PM in the North Adams Office.**

Tuesday's

- **CATA DANCE (North Adams)**

- ❖ Are you ready to move, groove, and get your body warmed up? How about rocking out to some fun tunes? Join CATA and UCP as we learn new dance techniques, skills, and moves! **This event will be held every Tuesday in March from 4:30PM-5:30PM 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 Bali which is the country of the month! Did you know that Bali currently has two active volcanos? 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, March 6th from 6:00PM-8:00PM.**





- **Corned Beef & Cabbage Dinner (North Adams and Pittsfield)**
 - ❖ UCP's Annual St. Patrick's Day dinner is BACK! Get in the Irish spirit and attend one of our MOST favorite events! Of course, there will be corned beef and cabbage, carrots, potatoes, and rolls served for dinner! There will also be a St. Patrick's Day themed craft! **This event will be held on Wednesday, March 13th from 6:00PM-8:00PM and cost \$15 to attend.**



- **Slime Night (North Adams and Pittsfield)**
 - ❖ What better way to celebrate National Alien Day than with a slime night? Choose your favorite color(s) to create your very own slime! It is sure to be an out of this world experience! **This event will be held on Wednesday, March 20th, and cost \$2 to attend. Please bring your own dinner or feel free to order out! If you are ordering out, please make sure you bring at least \$25.**



- **Charades/Game Night (North Adams and Pittsfield)**
 - ❖ Are you good at guessing games? Show off your acting skills with fun games of charades! There will also be other games to partake in as well! Join your peers in a fun and friendly brain teaser night with various word games! **This event will be held on Wednesday, March 27th from 6:00PM-8:00PM. Breakfast for dinner will be served! The cost of this event will be \$10.**

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 March from 6:00PM-7:00PM at the Gladys Allen Brigham Center.**



ATTENTION! WEEKEND OFFERINGS!



Saturday's

- **Hockey Game (North Adams and Pittsfield)**
 - ❖ It's time for some hockey! Join UCP in attending a Springfield Thunderbirds hockey game! The Thunderbirds will be playing against the Syracuse Crunch! You don't want to miss out! This event is limited so make sure you sign up! **Tickets to this event are FREE! This event will be held Saturday, March 23 from 7:00PM-11:00PM. Please plan to bring at least \$30 for snacks and souvenirs!**



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, March 21th from 4:00PM-5:00PM via Zoom.**

- ❖ Joint Women's Group: **Tuesday, March 5th from 6:00PM-8:00PM.** Come have a girl's night out with UCP! This month for Women's Group, the ladies are going to get their "hibachi" on and go to Koto for dinner! **Please bring at least \$30 for dinner!**

- ❖ Joint Men's Group: **Monday, March 25th from 6:00PM-8:00PM.** 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 fun night out at dinner at AJ'S Trailside Pub!

- ❖ Self-Advocates: We need you!! The Self-Advocates group is BACK! Join your peers on **Monday, March 11th 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 Wednesday, March 6th from 11:00AM-12:00PM via Zoom, as well as March 18rd from 3:30PM-4:30PM 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!





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BERKSHIRE HILLS COUNTRY CLUB • 500 BENEDICT ROAD • PITTSFIELD

\$30 PER PERSON OR \$350 PER TABLE OF TEN



**PURCHASE THRU
EVENTBRITE**

**TICKET INCLUDES KJ NOSH
CATERED APPETIZERS!**



**Proceeds to benefit UCP of Western Massachusetts
Assistive Technology PATCH Scholarship Fund.**

Ask us about sponsorship opportunities throughout the year.



March Right of the Month

Expression



What that means:

- I have the right to be my own person.
- I have the right to express my wants, needs and desires in a judgement-free atmosphere without fear of punishment.
- I have the right to show my beliefs through art, music, religion and political views.
- I have the responsibility to respect other beliefs even if they are different than mine.

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****