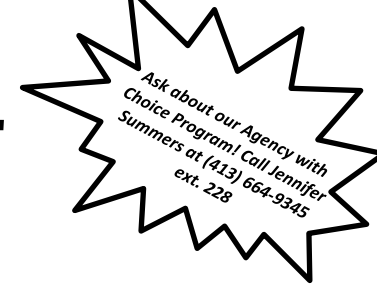


North Adams September 2024

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 (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 United States is the country of the month! 	2 UCP Offices CLOSED for Labor Day!	3	4 Drop-In 6:00PM-8:00PM Cost: See description	5 Caregiver Coffee Hour 1:00PM-2:00PM	6	7 Welcome to Scamalot Training 10:00AM-11:00AM Via Zoom
8 Polish Picnic Polanka Grounds-Adams 12:00PM- 3:00PM Cost: See Description	9	10 Caregiving and Planning for the Future 10:00AM- 11:00AM Via Zoom	11 BINGO Night 6:00PM-8:00PM Cost: See Description	12	13	14
15 	16	17 Caregiver Coffee Hour 3:30PM-4:30PM ----- Women's Group 6:00PM-8:00PM Cost: See Description	18 Walking Group 6:00PM-8:00PM Cost: See Description	19 Parent Advisory Group 6:00PM -7:00PM	20	21 
22	23 Men's Group 6:00PM-8:00PM Cost: See Description	24	25 Leaf Craft 6:00PM – 8:00PM Cost: See Description	26	27	28
29 	30 Self-Advocates 5:30PM-6:30PM					

Pittsfield September 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 (413) 664-9345, ext. 200.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 United States is the country of the month! 	2 UCP Offices CLOSED for Labor Day!	3	4 Drop-In 6:00PM- 8:00PM Cost: See Description	5 Caregiver Coffee Hour 1:00PM-2:00PM	6	7 Welcome to Scamalat Training 10:00AM-11:00AM Via Zoom
8 Polish Picnic Polanka Grounds Adams 12:00PM-3:00PM Cost See Description	9	10 Caregiving and Planning for the Future 10:00AM-11:00AM Via Zoom	11 BINGO Night 6:00PM-8:00PM Cost: See description	12	13	14
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29 	30 Self-Advocates 5:30PM-6:30PM					

PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

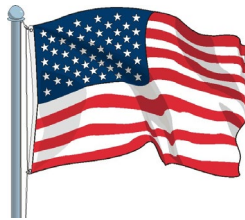
Events for September 2024

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!

The United States of America 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 The United States which is the country of the month! Did you know that the U.S. flag has over 27 versions? The United States is home to 715 cities, with 50,000 people. 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, September 4th from 6:00PM-8:00PM.**



- ❖ **Bingo Night (North Adams and Pittsfield)- B4! G45!** Join us for our most requested activity, Bingo Night! You don't want to miss out on all the cool prizes! Can you be the Bingo champion? **This event will be held on Wednesday, September 11th from 6:00-8:00PM. Please bring your own dinner or bring \$25+ to order out.**





- ❖ **Walking Group- (North Adams and Pittsfield) -** It's time to lace up those sneakers and get moving! Join UCP's walking group! For dinner we will be keeping it healthy with fresh Cesar salad with toppings! **This event will take place on Wednesday, September 18th from 6:00PM-8:00PM. The cost for the event will be \$10.**



- ❖ **Leaf Craft-** No two leaves are the same! Come and be creative with this month's leaf craft! Enjoy all the beautiful colors and create a personalized leaf! For dinner we will be enjoying a warm homemade chili! **This event will take place on Wednesday, September 25th from 6:00PM-8:00PM. The cost for the event will be \$10.**



ATTENTION! WEEKEND OFFERINGS!



Sunday

- **Polish Picnic (North Adams and Pittsfield)**
Come Join UCP at the Polish Picnic in Adams this month! Enjoy some Polish food, enjoying the sights, and while you're there, dance the Polka! **This event will take place Sunday, September 8th from 12:00PM – 3:00PM . Please bring \$5 for admission as well as \$25 for food and other events.**

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, September 19th from 6:00PM-7:00PM via Zoom.**

- ❖ Women's Group- Come join the ladies this month as they get crafty with wreath making! What colors and décor will you choose for your wreath? Homemade pasta alfredo will be served for dinner! **This event will be held on Tuesday, September, 17th from 6:00PM-8:00PM. The cost for the event is \$10.**

- ❖ Men's Group- Let's not forget about the fellas! Come and join the guys this month as they watch Summer Slam Wrestling! Cheer on your favorite competitor! For dinner there will be a variety of grinders along with potato chips. **This event will take place on Monday, September 23rd. The cost for the event will be \$10.**

- ❖ Self-Advocates: We need you!! The Self-Advocates group is BACK! Join your peers on **Monday, September 30 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, September 5 from 1:00PM-2:00PM and Tuesday, September 17 from 3:30PM-4:30PM, both dates 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!



Caregiving and Planning for the Future



Berkshire AHEC

Tuesday, September 10th

10:00AM-11:00AM

Presented by Berkshire AHEC and Elder Services

VIA Zoom

Visit <https://www.esbci.org/> for more information



MCPHS
UNIVERSITY



EYE & VISION
CENTER

Vision clinic for persons with developmental disabilities.



We believe all people with a disability deserve a thorough and comprehensive eye exam to maximize vision and promote well being.

At the Eye and Vision Center at the MCPHS University School of Optometry, knowledgeable, highly skilled optometrists work together with dedicated student interns to provide the best care available.

All appointments are 90 minutes. Longer appointments allow us to obtain a complete set of measurements at a comfortable pace for every individual.

- Exam rooms are easily accessible for each persons needs.
- No age limit. We welcome infants to the elderly.
- We provide complete vision exams to patients who are non-verbal.
- After your visit, you will be mailed a comprehensive exam letter explaining the exam findings, including lists of recommendations and accommodations to improve everyday visual function.

1

Call 508-373-5830

Call and make an appointment.
This specialty clinic is open Wednesday mornings from 8 a.m. - 12 p.m.

2

Fill Out the Packet

The clinic will mail you a packet with information and forms for you to fill out before your appointment.

3

Arrive with Packet

We are located at:
MCPHS University
10 Lincoln Square
Worcester, MA
01608

September Rite 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.
- 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****