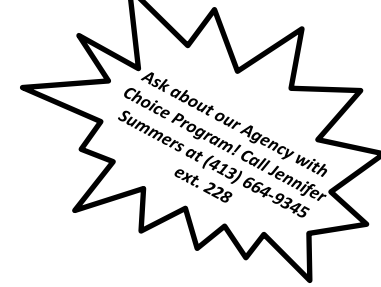








# North Adams October 2024

## 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	2 Drop-In 6:00PM-8:00PM Cost: See description <hr/> Avoid the Gift of Debt Training 12:00PM-12:30PM Via Zoom	3 CATA 4:00PM-5:00PM <hr/> Open Swim 6:00PM-7:00PM	4 Caregiver Coffee Hour 2:00PM-3:00PM <hr/> First Friday's! (NA) UCP Electrical Box Reveal on Eagle St! 5:00PM-7:00PM No transport provided.	5 
6 North Adams Fall Foliage Parade 10:00AM-4:00PM	7	8	9 Spooky Movie Night 6:00PM-8:00PM Cost: See Description	10 CATA 4:00PM-5:00PM <hr/> Open Swim 6:00PM-7:00PM	11	12
13 	14 UCP Office's CLOSED in observance of Columbus Day	15 Women's Group 6:00PM-8:00PM Cost: See Description	16 Caregiver Coffee Hour 4:30PM-5:30PM Spooky Bingo 6:00PM-8:00PM Cost: See Description	17 CATA 4:00PM-5:00PM <hr/> Open Swim 6:00PM-7:00PM	18	19 
20	21	22 Men's Group 6:00PM-8:00PM Cost: See description	23 Costume Party Prep Night 6:00PM-8:00PM Cost: See Description	24 Parent Advisory Group 6:00PM-7:00PM <hr/> Open Swim 6:00PM-7:00PM	25	26
27 	28 Self-Advocates 5:30PM-6:30PM	29	30 Costume Party 6:00PM-8:00PM Cost: See Description	31 CATA 4:00PM-5:00PM <hr/> NO OPEN SWIM		

# Pittsfield October 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	2 Drop-In 6:00PM-8:00PM Cost: See description Avoid the Gift of Debt Training 12:00PM-12:30PM Via Zoom	3 Open Swim 6:00PM-7:00PM	4 Caregiver Coffee Hour 2:00PM-3:00PM	5 
6 North Adams Fall Foliage Parade 10:00AM-4:00PM	7	8	9 Spooky Movie Night 6:00PM-8:00PM Cost: See Description	10 Open Swim 6:00PM-7:00PM	11	12
13 	14 UCP Office's CLOSED in observance of Columbus Day	15 Women's Group 6:00PM-8:00PM Cost: See Description	16 Caregiver Coffee Hour 4:30PM-5:30PM Spooky Bingo 6:00PM-8:00PM Cost: See Description	17 Open Swim 6:00PM-7:00PM	18	19 
20	21	22 Men's Group 6:00PM-8:00PM Cost: See description	23 Costume Party Prep Night 6:00PM-8:00PM Cost: See Description	24 Parent Advisory Group 6:00PM-7:00PM Open Swim 6:00PM-7:00PM	25	26
27 	28 Self-Advocates 5:30PM-6:30PM	29	30 Costume Party 6:00PM-8:00PM Cost: See Description	31 NO OPEN SWIM		

**PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!**

## **Events for October 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!**

**We will now be discovering the states! This month our state is Massachusetts!**



### **Wednesday's:**

- **Drop-In! (North Adams and Pittsfield)**
- ❖ **COME ONE! COME ALL! Stop into the UCP Offices and say hello! Come and learn all about the great commonwealth of Massachusetts which is the state of the month! Did you know Massachusetts is also known as the "Spirit of America?" Did you know the Pilgrims founded the Plymouth colony? 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 2<sup>nd</sup> from 6:00PM-8:00PM.**
- **Spooky Movie Night (North Adams and Pittsfield)**
- ❖ **Come and celebrate the spooky season with a good flick! The movie will be a surprise, but don't worry, it won't be too scary! Can you guess what the movie will be? Tacos with all the toppings will be served for dinner! The cost for the event is \$10. This event will be held Wednesday, October 9<sup>th</sup> from 6:00PM-8:00PM.**



- Spooky Bingo Night (North Adams and Pittsfield)
- ❖ B4! G45! Join us for our most requested activity, Bingo Night with a haunted twist! You don't want to miss out on this month's spooky prizes! Can you be the Bingo champion? **This event will be held on Wednesday, October 16<sup>th</sup> from 6:00-8:00PM. For dinner we will be doing "frank-an-weenies." (Hot dogs and beans) The cost of this event will be \$10.**
  
- Costume Party Prep Night (North Adams and Pittsfield)
- ❖ You heard correct! This year UCP will be throwing a Costume Party, but we can't do it without your help! Come ready to make decorations, masks, and all kinds of fun stuff! **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 23<sup>rd</sup> from 6:00PM-8:00PM.**
  
- Costume Party (North Adams and Pittsfield Office)
- ❖ It's time to get down and party! Join us in our Pittsfield office for our first annual Costume Party! Dress up in your best costume! Trick or treating will be included as well as a dinner of spooky intestines & eyeballs! (Spaghetti & meatballs) OH MY! **This event will be held on Wednesday, October 30<sup>th</sup> in our Pittsfield office. The cost for the event will be \$15.**

#### Thursday's:

- CATA Dance (North Adams)
- ❖ It's time to get your body moving with instructor Beth Liebowitz! Join UCP for CATA Dance and learn some new moves and techniques! **This event will be held every Thursday in October from 4:00PM-5:00PM, except October 24.**



#### **ATTENTION! WEEKEND OFFERINGS!**



- Fall Foliage Parade (North Adams and Pittsfield)
- ❖ It's time for the best event of the year! The annual Fall Foliage parade! Come march with UCP and show your support! This has been a North Adams tradition for 68 years! This year's theme is Berk Du Soleil! You won't want to miss out! **This event will take place on Sunday, October 6<sup>th</sup> from 10:30AM-4:00PM.**



## *Rejoin some pastime favorites!*



- ❖ Parent Advisory Group: Thursday, October 24  
**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, October 24 from 6:00PM-7:00PM via Zoom.**

- ❖ Women's Group: Tuesday, October 15  
Come join the ladies this month as they get crafty with pumpkin painting! What will you paint on your pumpkin? Pizza will be served for dinner! **This event will be held on Tuesday, October 15<sup>th</sup> from 6:00PM-8:00PM. The cost for the event is \$10.**

- ❖ Men's Group: Tuesday, October 22  
Let's not forget about the fellas! Come and join the guys this month as they have a nice relaxing dinner AJ's Trailside Pub in Adams! After dinner there will be a relaxing walk on the Ashuwillticook Rail Trail. **This event will take place on Tuesday, October 22<sup>nd</sup> from 6:00PM-8:00PM. Please bring \$30+ for dinner.**

- ❖ Self-Advocates: Monday, October 28  
We need you!! The Self-Advocates group is BACK! Join your peers on 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 4<sup>th</sup> from 2:00PM-3:00PM and Wednesday, October 16<sup>th</sup> from 4:30PM-5:30PM.**



**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!**





# *Fall Foliage Parade*

Join UCP For the 68th  
Annual North Adams  
Fall Foliage Parade

Sunday , October 6th  
10:00 am

Call (413)-664-9345 ex. 200  
to sign up  
Show your UCP PRIDE



**Starting October 3, 2024**  
**Open Swim at the Gladys Allen**  
**Brigham Center**  
**Thursday's from 6PM-7PM**

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Please make sure you sign up **TWO DAYS** prior to the swim event to ensure your spot!

**If pre-registration does not occur, Gladys's Allen will not allow admittance!**

Registration is required to ensure an adequate amount of lifeguards.  
Please RSVP to Cindy Poirier at (413) 664-9345 ext. 200!

Open and free to all individuals and families affiliated with UCP!



Please note that there will be no staffing at open swim, all children must be accompanied by an adult and any adults that will need personal care or supervision must come with a caregiver.

**There will be no swim on October 31, 2024**



of Western Massachusetts

*Life without limits for people with disabilities™*

# COSTUME PARTY

**FOOD  
GAMES**

**HAUNTED  
HOUSE**

**TRICK  
OR  
TREATING**

**30 OCTOBER, 2024  
6:00PM-8:00PM**

**UCP PITTSFIELD**





# Avoid the Gift of Debt

Do you find yourself taking on debt every year when the holidays roll around? Join this class to learn some strategies and tips to avoid debt during the holiday season. Let us help you make your holidays joyful, instead of stressful!



**When**

**Wednesday, October 2, 2024 - 12:00pm - 12:30pm**

**Where**

**Online (via Zoom)**

**Join Zoom Meeting**

**[https://greylock-org.zoom.us/j/91087298197?](https://greylock-org.zoom.us/j/91087298197?pwd=wfOUToL9liKKuKCS5hX8s5rcEo9bpq.1)  
[pwd=wfOUToL9liKKuKCS5hX8s5rcEo9bpq.1](https://greylock-org.zoom.us/j/91087298197?pwd=wfOUToL9liKKuKCS5hX8s5rcEo9bpq.1)**

**Meeting ID: 910 8729 8197**

**Passcode: &2cm287Yt\***



## **October Rite of the Month**

### **Equality**



What that means:

- I have the same rights as everyone else regardless of my abilities or disabilities.
  - I have the right to advocate for myself and my life path.
  - I have the responsibility to respect other people's right

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\*\***