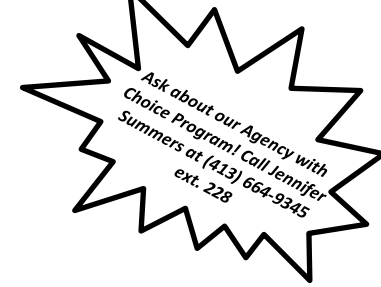


North Adams December 2024

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
<p>1</p>  <p>Colorado is our state of the month!</p>	<p>2</p> <p>Book Club 4:30PM-5:30PM</p>	<p>3</p> <p>Caregiver Coffee Hour 12:00PM-1:00PM</p>	<p>4</p> <p>Credit Ability Training 5:30PM</p> <hr/> <p>Drop-In 6:00PM-8:00PM Cost: \$25+</p>	<p>5</p> <p>CATA 4:00PM-5:00PM</p> <hr/> <p>Open Swim 6:00PM-7:00PM</p>	<p>6</p>	<p>7</p> 
<p>8</p>	<p>9</p> <p>Book Club 4:30PM-5:30PM</p>	<p>10</p> <p>Joint Women and Men's Group 6:00PM-8:00PM Cost: \$10</p>	<p>11</p> <p>Holiday Movie Night 6:00PM-8:00PM Cost: \$10</p>	<p>12</p> <p>CHP Health Mobile 9:30AM-12:00PM CATA 4:00PM-5:00PM</p> <hr/> <p>Open Swim 6:00PM-7:00PM</p>	<p>13</p>	<p>14</p> <p>Festival of Trees 10:00AM-2:00PM Cost: \$25+</p>
<p>15</p> 	<p>16</p> <p>Book Club 4:30PM-5:30PM</p>	<p>17</p> <p>Self-Advocates 5:30PM-6:30PM Cost: \$2</p>	<p>18</p> <p>Emily's Store & Holiday Crafts 6:00PM-8:00PM Cost: \$10+</p>	<p>19</p> <p>Parent Advisory Group 6:00PM-7:00PM</p> <hr/> <p>Open Swim 6:00PM-7:00PM</p>	<p>20</p> <p>Caregiver Coffee Hour 2:00PM-3:00PM</p>	<p>21</p> 
<p>22</p>	<p>23</p> <p>Book Club 4:30PM-5:30PM</p>	<p>24</p>	<p>25</p> <p>UCP Offices CLOSED in observance of Christmas!</p>	<p>26</p> <p>NO OPEN SWIM</p>	<p>27</p>	<p>28</p>
<p>29</p> 	<p>30</p> <p>Book Club 4:30PM-5:30PM</p>	<p>31</p>				



of Western Massachusetts

Life without limits for people with disabilities™

Pittsfield December 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 Colorado is our state of the month!	3 Caregiver Coffee Hour 12:00PM-1:00PM	4 Credit Ability Training 5:30PM Drop-In 6:00PM-8:00 PM Cost: \$25+	5 Open Swim 6:00PM-7:00PM	6	7 
8	9	10 Joint Women and Men's Group 6:00PM-8:00PM Cost: \$10	11 Holiday Movie Night 6:00PM-8:00PM Cost: \$10	12 Open Swim 6:00PM-7:00PM	13	14 Festival of Trees 10:00AM-2:00PM Cost: \$25+
15 	16	17 Self-Advocates 5:30PM-6:30PM Cost: \$2	18 Emily's Store & Holiday Crafts 6:00PM-8:00PM Cost: \$10+	19 Parent Advisory Group 6:00PM-7:00PM Open Swim 6:00PM-7:00PM	20 Caregiver Coffee Hour 2:00PM-3:00PM	21 
22	23	24	25 UCP Offices CLOSED in observance of Christmas!	26 NO OPEN SWIM	27	28
29 	30	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, 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.

PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for December 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 we will be looking at

Colorado!



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 state of Colorado, which is the state of the month! Did you know that Colorado is known as the centennial state? Or that it has a mountainous area six times greater than Switzerland? 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, December 4th from 6:00PM-8:00PM.**



•**Holiday Movie Night (North Adams and Pittsfield)**

- ❖ Come and unwind before the holiday season with a good flick! The movie for the evening will be a mystery! Can you guess which holiday movie it will be? **An extensive and loaded baked potato bar will be served for dinner with all the toppings! This event will be held Wednesday, December 11th from 6:00PM-8:00PM and will cost \$10.**





•Emily’s Store and Holiday Crafts (North Adams and Pittsfield)

- ❖ Shop for gifts for your family and friends at UCP! We will also be making some gifts! Packaging and wrapping help will be provided! Don’t miss out on this opportunity! **A variety of finger foods with sides will be served for dinner!** **This event will be held on Wednesday, December 18 from 6:00PM-8:00PM and will cost \$10. Please ensure you bring extra money if you would like to purchase gifts!**



Thursday’s

•CATA (North Adams)

- ❖ Get your body moving and grooving with some dance moves! Join CATA as we explore dance routines and techniques! **This event will be held every Thursday in December from 4:00PM-5:00PM, except December 26.**

•Open Swim (North Adams and Pittsfield)

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



ATTENTION! WEEKEND OFFERINGS!



Saturday’s

•Festival of Trees (North Adams and Pittsfield)

- ❖ Join UCP this year at The Berkshire Museum Festival of Trees, a community celebration of creativity over the holidays! This year's theme is all about the sea, river, and wetland critters that we know and love. We will be going out to lunch first, followed by stopping at the Cheshire Community House to view their festival of trees! Lunch will be decided upon that day! **This event will be held on Saturday, December 14 from 10:00AM-2:00PM. Please ensure you bring at least \$25+ for lunch.**



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

❖ Joint Women and Men's Group:

This month the ladies and gentlemen of UCP will be getting together for the holidays! What better way to kick them off than with an ugly sweater party? Let's see who can win the contest! **There will be pizza served for dinner! This event will be held on Tuesday, December 10 from 6:00PM-8:00PM and will cost \$10 to attend.**

❖ Self-Advocates:

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, December 17th from 5:30PM-6:30PM** 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, December 3rd from 12:00PM-1:00PM and Friday, December 20th from 2:00PM-3:00PM.**



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!





Coming to a
Neighborhood
Near You!

Services Provided by Mobile Health Unit		
AGE GROUP:	K. Floyd, FNP 5yr +	M. Jefferson, PA-C 2months +
VACCINATIONS:	Flu 6mo+, Covid 6mo+, RSV 60+	
TESTING:	Covid, Flu, RSV, Strep, Glucose, A1C, STI, Pregnancy, Urinalysis, PT/INR, Hgb	
SICK VISITS:	Respiratory infections Sore throats Abdominal Pain Asthma/COPD exacerbation (Updrafts available) Eye infections/abrasion/Foreign body* Ear infections/Foreign Body/Cerumen Impaction UTI's/STI/GYN Problems Skin Rashes/ Infections/Abscesses*/Wounds/Minor Lacerations* Musculoskeletal Pain/Orthopedic Injuries	
PROCEDURES:	Wound care, Sutures*/Removal, Abscess (I&D)*, Epistaxis (Nosebleed), Foreign body removal (Eyes/Ears/Nose)	
WELL VISITS:	Annual Physical Exams Monitoring Chronic Health Issues (DM, HTN, CAD, COPD)/Health Screenings GYN Exams/Birth Control/Gender affirming care & referrals. Camp Physicals and Sport Clearance Weight Management/Nutrition Counseling Smoking Cessation Treatment SDOH Screening & Social Service referral/Family Services/Food Insecurity Behavioral Health Screening/Treatment/Referral Substance use disorder/Treatment/Referral/Narcan Education & Distribution	
FAMILY SERVICES:	WIC, Food Assistance, Insurance Help, SNAP, Fuel Assistance	
*Not available with all clinicians		



FOOD PANTRIES AND MEAL SITES IN BERKSHIRE COUNTY

(Since program hours and days can change without notice, please call the location to be sure of times and requirements.)

Pittsfield FOOD PANTRIES

Berkshire Dream Center

Morningside Baptist Church
475 Tyler St., Pittsfield
413-522-3495
• Tues., 2:30pm – 3:30pm

Berkshire Dream Center Mobile

413-522-3495

3rd Tues. of the month:

- Dower Square at 5:30pm
- Wilson Park at 6:15pm
3rd Wed. of the month
- Central Annex, 2nd St. at 4:00pm
- Providence Court at 4:45pm
- Berkshire Peak (Old Riverview Apartments) at 5:30pm

Berkshire Humane Society Pet

214 Barker Rd. Pittsfield
413-447-7878

- Tues. & Thurs. 10:00am – 6:00pm
- Wed., Fri., & Sat. 10:00am-4:00pm
- Sundays 1:00pm – 4:00pm
- ✓ Fill out a request card at time of pick-up

Berkshire Veterans' Outreach Ctr.

505 East St., Suite 103 Pittsfield
413-448-6052

- Thurs. 11:00am – 1:00pm
- ✓ Available for veterans and their families

Campus Cupboard at Berkshire Community College

(in the Susan B. Anthony Building)
1750 West St. Pittsfield
413-236-1602

- Mon. thru Fri. 9:00am – 3:00pm
- ✓ (Stop in or schedule appt.
www.berkshirecc.edu/student-engagement/campuscupboard)
- ✓ Must be a current BCC student with a BCC student ID

Christian Assembly Church

850 Williams St. Pittsfield
413-442-1495

- Wed. & Fri. 10:00am – 1:00pm
- ✓ Assistance provided

Christian Center Client Choice

193 Robbins Ave. Pittsfield
413-443-2828

- Mon. thru Fri. 9:00am – 2:00pm
- ✓ Assistance available once a week

First Baptist Church

88 South St. Pittsfield
413-445-4539

- Tues. 10:30am – 12:30pm
- ✓ Sign in when utilizing services

First United Methodist Church

55 Fenn St. Pittsfield
(Use Fenn St. entrance)
413-499-0866

- Tues. 4:00pm – 5:30pm

Mercado De Vida

✓ Bring your own bags if you can
O.U.R. Resurge Community Bldg.
119 Fenn St. Pittsfield

- Mon. 6:00pm – 8:00pm
- RE-Define Community Center
5 Melville St. Pittsfield
- Tues. 11:00am – 2:00pm
- Thurs. 11:00am – 5:00pm
- Sat. 3:00pm – 5:00pm

St. Joseph's Church

(Held at the Parish Center)
414 North St. Pittsfield
413-445-5789

- Wed. 8:30am – 10:00am
- ✓ Sign in when utilizing services

St. Mark's Church

400 West St. Pittsfield 413-447-7510

- Last two Fri. of each month
9:00am – 11:00am

The Salvation Army

298 West St. Pittsfield
413-442-0624

- Mon., Tues., and Wed.
12:30pm – 3:00pm

Soldier On Food Pantry

360 West Housatonic St. Pittsfield
413-236-5644

- Sat., 7:00am – 11:00am

South Community Food Pantry

110 South St. Pittsfield
413-464-8042, ext. 19

- Wed. & Thurs. 7:30am – 11:00am
- Wed. 4:30pm – 5:30pm
- ✓ Assistance available once a week

South Community Food Pantry Mobile Food Delivery

110 South St. Pittsfield
413-464-8042, ext. 19

- ✓ Deliveries on Mon., Tues., & Wed.
if you don't have transportation to
come in person

Pittsfield MEAL SITES

BREAKFAST MEAL SITES

Christian Center

193 Robbins Ave. Pittsfield
413-443-2828

Continental Breakfast

- Mon. thru Fri. 8:30am – 10:30am

First United Methodist Church

55 Fenn St. Pittsfield
(Use Fenn St. Entrance)
413-499-0866

- Tues. - 8:00am – 9:30am (Harvest
Table Breakfast)

The Salvation Army

298 West St. Pittsfield
413-442-0624

- Mon. thru Thurs. Brunch served
10:30am – 11:30am

South Community Food Pantry - St. Joseph's Kitchen

110 South St. Pittsfield
413-464-8042, ext. 19

- Wed. & Thurs. 7:30am – 9:00am
Grab & Go Breakfast Bag

LUNCH MEAL SITES

Bright Morningstar Kitchen Dine with Dignity

475 Tyler St. Pittsfield- Downstairs
413-522-3495

- Tues. & Fri. 11:30am – 12:30pm

Cathedral of the Beloved

292 North St. Pittsfield
413-344-8262 or 413-344-8092

- Sundays 2:00pm
- ✓ The 2pm service will include coffee
and will be followed by a free meal.
- ✓ Held indoors in the auditorium of
the Berkshire Family YMCA

Christian Center

193 Robbins Ave. Pittsfield
413-443-2828

- Mon. thru Fri. Noon – 1:00pm

Jewish Federation at Knesset Israel Synagogue

16 Colt Rd. Pittsfield
413-442-2200

- Mon., Tues., & Thurs. 11:45 – Noon
- ✓ No Tues. meals in June, July, August,
and September
- ✓ Grab & Go - Pick-up at kitchen door
- ✓ In-person dining option also Kosher
senior meals by reservation by
calling 413-442-2200. MUST CALL
NO LATER THAN 9AM SAME DAY

Pittsfield Senior Center

330 North St. Pittsfield
413-499-9346

- Mon. thru Fri. 10:30am – 12:30pm
- ✓ Modified congregate meals Take
and go meals
- ✓ Call 1 day ahead by Noon for
reservations
- ✓ Recommended \$3 donation for
seniors 60 and over

Price Memorial AME Zion Church

163 Linden St. Pittsfield
413-464-7827

- Saturdays 11:00am – 1:00pm
- ✓ Bagged lunches to go – Call Connie
at 413-358-8393 for information on
deliveries

DINNER MEAL SITES

Bright Morningstar Kitchen Dine with Dignity

475 Tyler St. Pittsfield - Downstairs
413-522-3495

- Wed. 4:30pm – 5:30pm

First Baptist Church – "Feed My Sheep"

88 South St. Pittsfield
413-445-4539

- Mon. 5:30pm – 6:00pm

First United Methodist Church

55 Fenn St. Pittsfield
(Use Fenn St. entrance)
413-499-0866

- Tues. - Harvest Table Meal
4:00pm – 5:30pm

St. Stephen's Church

67 East St. (Enter on Allen St.) Pittsfield
413-448-8276

- Thurs. & Fri. 4:30pm - 5:30pm

The Salvation Army

298 West St. Pittsfield
413-442-0624

- Sundays 4:30pm

South Community Food Pantry

St. Joseph's Kitchen

110 South St. Pittsfield
413-464-8042, ext. 19

- Wed. 4:30pm – 5:30pm
- ✓ A cooked take-home dinner is
available

Becket, Dalton & Hinsdale FOOD PANTRIES

Becket Federated Church Parish House

3381 Main St. Becket
413-841-1701
413-623-5217

- 1st & 3rd Saturdays of each month 9:00am – 11:00am
- ✓ For Becket, Washington, and the surrounding Hilltowns
- ✓ Emergencies: 413-770-1897

Dalton United Methodist Church

755 Main St. Dalton
413-684-0521

- Tues. 4:00pm – 6:00pm
- ✓ Open to Berkshire County residents

The Food Bank of Western Massachusetts

Mobile Food Bank
Held at the Dalton CRA
400 Main St. Dalton
413-247-9738, ext. 121

- 4th Wed. of each month 11:00am – Noon Rain or shine

Hinsdale Food Pantry

Located at Hinsdale Trading Company Parking Lot
371 Old Dalton Rd. Hinsdale
413-655-2670

- Thurs. 10:00am – 11:00am

St. Agnes Church

489 Main St. Dalton
413-684-0125

- Thurs. 5:30pm – 6:00pm
- ✓ For Dalton and Hilltown residents only

Lanesboro Food Pantry

American Legion
Located in the old school house in Berkshire Village
144 Old State Rd. Lanesboro
413-442-1025

- Fri. 9:00am – 11:00am

Dalton MEAL SITE

LUNCH MEAL SITE

Dalton Senior Center

(Hosted by the Dalton Council on Aging)
40 Field St. Ext. Dalton
413-684-2000

- Mon. and Thurs. Noon – 1:00pm
- ✓ Congregate meals or grab & go available for seniors
- ✓ Recommended donation of \$3
- ✓ Need 24 hour notice. Call 684-2000

SUNDAY COMMUNITY LUNCH

Dalton Senior Center

(Hosted by the Dalton Council on Aging)
40 Field St. Ext. Dalton
413-684-2000

- 1st & 3rd Sundays of each month 1:00pm
- ✓ ALL AGES WELCOME!
- ✓ Donations are appreciated

North County FOOD PANTRIES

Adams COA Mobile Food Bank

Food Bank of Western Mass.
3 Hoosac St. Adams
413-743-8333

- 2nd and 4th Tues. of every month 10:00am – 11:00am
- ✓ Walk-up location
- ✓ One distribution per household
- ✓ Must be a Berkshire County resident

Adams COA Brown Bag

3 Hoosac St. Adams
413-743-8333

- 4th Fri. of every month 11:00am – Noon
- ✓ For residents 60+. Must complete application to join program.

Al Nelson Friendship Center

45 Eagle St. North Adams
413-664-0123

- Wed. 10:00am – 2:00pm
- ✓ Friends physically unable to get to the food pantry, call on Wed. between 10am-2pm to set-up a delivery which will take place on Thurs., 10:00am – Noon
- ✓ Assistance to residents of Clarksburg, Florida, and North Adams every other week

Berkshire Dream Center Mobile Food Pantry

413-522-3495
4th Wed. of the month at the following North Adams locations:

- Mohawk Forest at 5:00pm
- Brayton Hill at 6:00pm
- Greylock at 6:45pm

Berkshire Family YMCA Northern Berkshire Branch

22 Brickyard Court North Adams
413-663-6529

- Mon. – Fri. 6:00am – 8:00pm
- Saturdays 8:00am – 2:00pm
- Closed on Sundays

Cheshire Food Pantry

Held at the Cheshire School
190 Church St. Cheshire
413-464-2024

- 1st Saturday of each month 11:00am – Noon
- ✓ Available to all Cheshire residents with proof of residency
- ✓ Emergency food is also available

Community Bible Church

160 Bridges Rd. Williamstown
413-458-5556

- 3rd Wed. of each month Noon – 2:00pm

The Food Bank of Western Massachusetts Mobile Food Bank

Brien Center Parking Lot
124 American Legion Drive
North Adams
413-247-9738 ex 121

- 1st and 3rd Fri. of each month 10:00am – 11:00am
- ✓ Drive through or walk-up

North Adams COA Brown Bag Distribution at Spitzer Center

116 Ashland St. North Adams
413-662-3125

- 4th Fri. of every month 12:30pm – 1:30pm

The Salvation Army Gateway New Life Center

393 River St. North Adams
413-663-7987

- Tues. Noon – 3:00pm Drive or walk-thru
- Deliveries on Wed. Noon – 2:00pm Call Tues. 10:00am – Noon to schedule a delivery
- ✓ For North County residents only
- ✓ Emergency Pantry call 413-663-7987

Williamstown COA Brown Bag Distribution at the Harper Center

118 Church St. Williamstown
413-458-8250

- 4th Fri. of every month 1:00pm
- ✓ For residents 60+. Must complete application to join program

Williamstown Food Pantry

At St. Patrick & St. Raphael Parish
53 Southworth St. Williamstown
413-458-4946 x11 or 413-458-3149

- 1st & 3rd Wed. of each month 9:00am – Noon
- ✓ Holidays could be different Drive or walk-thru
- ✓ Assistance to residents of Hancock, New Ashford, Williamstown, and Pownal, VT

North County MEAL SITES

Breakfast, Lunch, & Dinner

Adams COA

3 Hoosac St. Adams
413-743-8333

- Congregate meals Mon. thru Thurs. at 11:30am
- ✓ 60+ (\$3 suggested donation)
- ✓ If under 60, price is \$8
- ✓ Grab & Go Meals Fri. 11:00am – 11:30am Please call 24 hours in advance to register for a meal at 413-743-8333

Berkshire Food Project

First Congregational Church of North Adams
134 Main St. North Adams
413-664-7378

- Mon., Wed., and Fri. 11:30am – 1:00pm

Cheshire COA

Held at Cheshire Community Center
119 School St. Cheshire
413-743-9719

- Mon. thru Fri. Grab & Go – Pick up at 10:30am Mon., Tues., & Wed.
- Congregate meals available at 11:30am
- ✓ Must call Cheshire COA to make a reservation

First Baptist Church Community Soup Kitchen

Eagle St. Entrance 131 Main St.
North Adams 413-652-7619

- Saturdays 11:00am – Noon

Williamstown COA

Distribution at the Harper Center
118 Church St. Williamstown
413-458-8250

- Grab & Go Hot meals Mon., Wed., and Fri. 11:30am
- ✓ Registration must be completed in advance Residents 60+ \$3 suggested donation

South County FOOD PANTRIES

The Food Bank of Western Massachusetts Mobile Food Bank Held at CHP

444 Stockbridge Rd.

Gt. Barrington 413-247-9738, ext. 121

- 1st Tues. of each month 11am – Noon Rain or shine
- ✓ www.graceberkshires.org

Lee Food Pantry

45 Railroad St.
Lee 413-644-0022

- Saturdays 10:00am – Noon
- ✓ Serves people in Becket, Lee, Lenox Dale, Otis, Stockbridge, Tyringham, & West Stockbridge

Lenox Ecumenical Food Pantry

Located at the United Methodist Church of Lenox 6 Holmes Rd., Lenox
413-445-5918 or 413-822-8673

- Saturdays 10:00am – 11:00am
- ✓ Serves Lenox and Lenox Dale residents along with our members of Lenox and Lenox Dale churches

Monterey Pantry Pickup

Held at the Meetinghouse 449 Main Rd. (In the basement) Monterey
413-429-4254 – Call with questions or to schedule a home delivery

- Saturdays 10:00am – 11:00am
- ✓ Deliveries available for Monterey homebound individuals.
- ✓ Monterey area residents can do in-person shopping.

Otis Food Pantry

1 North Main Rd. Otis

- Wed. 9:00am – 11:00am
- ✓ otisfoodpantry@gmail.com
- ✓ On Facebook at: Otis Food Pantry

Peoples Pantry

5 Taconic Ave. at St. James Place –
Across from CVS Gt. Barrington
www.thepeoplespantrygb.org

- Mon. 4:00pm – 5:30pm
- Thurs. 10:00am – 12:30pm
- ✓ South County residents only

Sheffield Food Assistance

Held at Old Parish Church
125 Main St. Sheffield
413-229-2624

- Mon. 9:00am – 10:00am
- ✓ Must be resident of Southern Berkshire Regional School District

Stephentown, NY Food Pantry

Stephentown Federated Church
1513 Garfield Rd. (County Rd. 26)
Stephentown, NY 518-487-8606

- Saturdays 9:00am – 11:00am
- Available weekly from your car
- ✓ Serves residents of Hancock and Stephentown. Need proof of residency

South County MEAL SITES

LUNCH MEAL SITE

Guthrie Center

2 Van Deusenville Rd.
Gt. Barrington
413-528-1955

- Wed. Free Community Lunch
Noon – 1:00pm

Lenox COA

Community Center
65 Walker St. Lenox
413-637-5535

- Grab & Go
Mon. thru Fri. Noon – 12:30pm
- ✓ If new to program, you must fill out a form

Sheffield Senior Center

25 Cook Rd. Sheffield
413-229-7037

- Soup & Sandwich Lunch
Mon. 11:30am
- Free from the Sheffield Senior Center
- Wed. & Fri. Meals served at Noon
Provided through Elder Services
- ✓ For residents 60+ \$3 suggested donation
- ✓ If under 60, price is \$8
- ✓ 1st & 3rd Wed., free to veterans

DINNER MEAL SITES

Berkshire South Regional Community Center

15 Crissey Rd. Gt. Barrington
413-528-2810

- Every other Mon. beginning 8/7
5:00pm – 6:00pm
- ✓ Curbside pick-up only
- ✓ Meals are first come first served
- ✓ Everyone is welcome.

Breaking Bread Community Supper

Held at the American Legion
Corner of Cook Rd. & Rt. 7, Sheffield
413-229-8614

- Thurs. 5:00pm – Grab & go dinners
- ✓ Call for a reservation 413-229-7037
- ✓ Free to all

OTHER FOOD PROGRAMS

Brown Bag Program

- This program is a supplemental monthly food program offering 10-15 pounds of food to eligible individuals, 55 years or older, free or for a small donation. For income eligibility requirements and further information, call your Council on Aging.

Elder Services' Elder Nutrition Program

- Noontime meals are offered for those 60 years of age and older at several senior centers throughout the County. Some sites offer transportation through the Council on Aging. A suggested donation of \$3.00 per meal is requested. Individuals under 60 years of age are welcome for a required fee of \$8.00 per meal. Call Elder Services of Berkshire County for information and locations at 1-800-981-5201.

Elder Services' Meals on Wheels Program

- Nutritious, hot noontime meals are offered Mon. through Fri. to homebound Berkshire seniors, who are 60 years of age or older. A suggested donation of \$3.00 is requested to help cover the cost of food preparation and delivery. There are eligibility requirements. Please call Elder Services of Berkshire County at 413-499-0524 to make a referral for yourself, family member or friend.

Take and Eat Program

- A program for individuals 60 years of age and older who are homebound, unable to prepare meals, shop, or get out. Meals are delivered on Sundays and are provided for weekends and three-day holiday weekends. Contact Kathleen Ryan at 413-672-1404 or 413-664-1041 for information.

Food Pantries Need YOU!

Food insecurity is at an all time high across the nation, and Berkshire County is no exception. With rising food costs, and the end of pandemic era benefits, families are being faced with hard decisions of buying nutritious food or paying utility bills, medical costs, transportation costs, and other basic needs. Thanks to the tireless efforts of our community, Berkshire County is home to a robust network of emergency food sites including food pantries, meal sites, school district food distributions, senior centers, and other food access organizations. As the Executive Director of Berkshire Bounty, a food security nonprofit, I witness almost daily how the generous support and care of our community members provides nutritious food for our neighbors in need. **If you are looking to donate food, or your time, every bit helps support this network.**

Emergency food sites across the county are primarily volunteer run. **If you are interested in donating your time, contact Jenny Schwartz at jenny@berkshirebounty.org.** There are a variety of ways to volunteer from delivering



Photo courtesy of The People's Pantry



Photo Courtesy of Berkshire Food Project

food boxes to families homes, or picking up and delivering purchased and donated food. We are mindful to indicate when there is heavy lifting involved (typically a minimum of 40-50#). Food can bring up a lot of emotions for a variety of reasons. Mostly, our volunteers see first hand the inequities of our food system. We ask that volunteers do their best to report to duty in a respectful manner. If anything comes up, please don't hesitate to contact us and share your thoughts.

Berkshire Bounty happily accepts monetary donations. This allows us to buy cases of fruits, vegetables, eggs, cheese and milk in large quantities for partnering food distribution sites.

Donating money is another way to support this network and invest in community food security. The Giving Back Guide is a good way to get to know the organizations doing this work.

Together we can reduce food insecurity, support health, and have a positive impact in our community.

*Authored by: **Morgan Ovitsky**, Executive Director of Berkshire Bounty (<https://www.berkshirebounty.org/>) and **Jenny Schwartz**, Volunteer Coordinator for Berkshire Bounty, and Manager of The People's Pantry in Great Barrington (<https://www.thepeoplespantrygb.org/>)*

FOOD PANTRY ITEMS NEEDED:

If you are interested in donating food, the items most needed include:

- Rice
- Pasta
- Pasta sauce
- Cereal
- Peanut Butter
- Jelly
- Canned beans
- Soups
- Coffee/tea
- Masa Harina
- Cooking Oil
- Kid-friendly snacks

Please be sure to check expiration dates.



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

What I am responsible for with that Right:

- I have the responsibility to respect other people's rights and personal space.

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