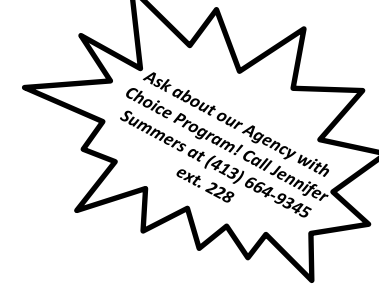


# North Adams January 2025

## 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
	<b>Our State of the month is New York!</b>		<b>1</b> UCP Offices CLOSED in Observance of New Years Day	<b>2</b> <b>Open Swim</b> 6:00PM-7:00PM	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Caregiver Coffee Hour 1:00PM-2:00PM  Book Club 4:30PM-5:30PM	<b>7</b> <b>Men's Group</b> 6:00PM-8:00PM Cost: \$10	<b>8</b> <b>Drop-In</b> 6:00PM-8:00PM Cost: \$25+	<b>9</b> <b>Open Swim</b> 6:00PM-7:00PM	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> <b>Book Club</b> 4:30PM-5:30PM	<b>14</b> Welcome to Scamlot Training  Women's Group 6:00PM-8:00PM Cost: \$10	<b>15</b> <b>State Bingo Night</b> 6:00PM-8:00PM Cost \$10	<b>16</b> <b>Parent Advisory Group</b> 6:00PM-7:00PM  <b>Open Swim</b> 6:00PM-7:00PM	<b>17</b>	<b>18</b> <b>K&amp;M Bowling</b> 10:00AM-2:00PM Cost: \$25+
<b>19</b>	<b>20</b> UCP Offices are CLOSED in observance of Martin Luther King, Jr. Day	<b>21</b> <b>Self-Advocates</b> 5:30PM-6:30PM	<b>22</b> <b>Snowman Craft</b> 6:00PM-8:00PM Cost: \$10	<b>23</b> <b>Open Swim</b> 6:00PM-7:00PM	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>Book Club</b> 4:30PM-5:30PM	<b>28</b>	<b>29</b> Caregiver Coffee Hour 3:30PM-4:30PM Indoor Snowball Fight 6:00PM-8:00PM Cost: \$10	<b>30</b> <b>Open Swim</b> 6:00PM-7:00PM	<b>31</b>	



of Western Massachusetts

Life without limits for people with disabilities™

# Pittsfield January 2025

## 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
	Our State of the month is New York!		1 UCP Offices CLOSED in Observance of New Years Day	2 Open Swim 6:00PM-7:00PM	3	4
5	6 Caregiver Coffee Hour 1:00PM-2:00PM	7 Men's Group 6:00PM-8:00PM Cost: \$10	8 Drop-In 6:00PM-8:00PM Cost: \$25+	9 Open Swim 6:00PM-7:00PM	10	11
12	13	14 Women's Group 6:00PM-8:00PM Cost: \$10	15 State Bingo Night 6:00PM-8:00PM Cost: \$10	16 Parent Advisory Group 6:00PM-7:00PM <hr/> Open Swim 6:00PM-7:00PM	17	18 K&M Bowling 10:00AM-2:00PM Cost: \$30+
19	20 UCP offices closed in observance of Martin Luther King Jr. Day	21 Self-Advocates 5:30PM-6:30PM	22 Snowman Craft 6:00PM-8:00PM Cost: \$10	23 Open Swim 6:00PM-8:00PM	24	25
26	27	28	29 Caregiver Coffee Hour 3:30PM-4:30PM <hr/> Indoor Snowball Fight 6:00PM-8:00PM Cost: \$10	30 Open Swim 6:00PM-7:00PM	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 January 2025**

**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 New York!**



### **Monday's:**

- **Book Club (North Adams)**
  - ❖ Join staff and other members as they journey through the pages of the classics! We will try a new book every month! We are continuing with the book "Cinder" by Marissa Meyer. This event will be held every **Monday in January from 4:00PM-5:30PM.**



### **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 New York, which is the state of the month! Did you know New York State is home to famous cities like New York City, landmarks like Niagara Falls, and the picturesque countryside in the Hudson River Valley. However, New York is known for so much more, from its iconic foods to its professional sports teams and charming villages. 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, January 8th from 6:00PM-8:00PM.**



- **State Bingo Night (North Adams and Pittsfield)**

- ❖ Time to incorporate a favorite game with some trivia! Learn all about the different states and what they are known for! For dinner we will be serving hot dogs and chips, just as if you were spending the day on Coney Island! **This event will take place on Wednesday January 15<sup>th</sup> from 6:00PM-8:00PM and cost \$10 to attend.**



- **Sock Snowman Craft (North Adams and Pittsfield)**

- ❖ Who knew you could do so much with a pair of socks? Join us as we make our own snowmen out of socks! Feel free to decorate your snowman any way you would like! **This event will take place on Wednesday, January 22<sup>nd</sup> from 6:00PM-8:00PM and will cost \$10 to attend.** For dinner we will do a make your own deli sandwich and chips, just as if you were at Katz's Deli in New York City!



- **Indoor Snowball Fight (North Adams and Pittsfield)**

- ❖ If you live in upstate New York you are used to a lot of snow, so why not have a snowball fight? Let's see who can win the snowball war! For dinner we will warm up with a nice Manhattan Clam Chowder and garlic bread. **This event will take place on Wednesday, January 29<sup>th</sup> from 6:00PM-8:00PM and will cost \$10 to attend.**



### **Thursday's:**

- **Open Swim (Pittsfield)**

- ❖ Pre-registration is required each week! Please contact (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's Allen Brigham Center.**



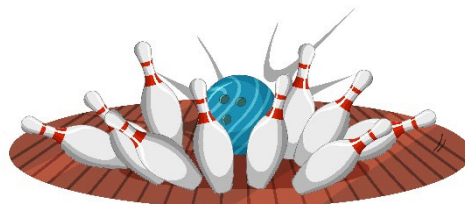
**ATTENTION! WEEKEND OFFERINGS!**



### **Saturday (North Adams and Pittsfield)**

- **K&M Bowling**

- ❖ Back by popular demand! Join the UCP team for a trip to K&M Bowling! Let's see who can get the most strikes! The arcade will also be available! Please bring money for bowling and shoe rentals, playing in the arcade, and lunch. **This event will take place on Saturday, January 18<sup>th</sup> from 10:00AM-2:00PM and cost \$30+.**



## *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, January 16<sup>th</sup> from 6:00PM-7:00PM via Zoom.**

### ❖ **Men's Group:**

This month the gentlemen of UCP will be meeting at the office for the Royal Rumble! Who are you rooting for? **Homemade meatball grinders will be served for dinner! This event will take place on Tuesday, January 7<sup>th</sup> and cost \$10 to attend.**

### ❖ **Women's Group**

Join the ladies this month as they create some beautiful teacup snow globes! How will you decorate your snow globe? For dinner we will be serving up a classic tomato soup and grilled cheese along with making our own chocolate chip cookies! **This event will take place on Tuesday, January 14<sup>th</sup> from 6:00PM-8:00PM and cost \$10 to attend.**

### ❖ **Self-Advocates:**

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, January 21<sup>st</sup> 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 Monday, January 6<sup>th</sup> from 1:00PM-2:00PM and Wednesday, January 29<sup>th</sup> from 3:30PM-4:30PM.**



**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!**





# Saturday Bowling Trip

SATURDAY ,  
JANURAY 18, 2025  
10AM -2PM  
KM BOWLING  
PITTSFIELD  
CALL (413)664-9345  
EX 200 TO SIGN UP  
HOPE TO SEE YOU  
THERE !





## Peter W. Foote Vietnam Veterans Memorial Rink-Recreation Program

1267 South Church St  
North Adams, MA 01247

(413) 664-8185



# Adaptive Skating—Games on Ice!

Thursdays

1–3 p.m.

December 19, January 16

February 13 & March 13



Join the Universal Access Program for accessible skating, socializing and fun at Peter W. Foote Vietnam Veterans Memorial Rink in North Adams. This program is run by our partner All Out Adventures.

Use your wheelchair, an ice sled, a skate walker, ice grippers, or conventional skates on the ice. Spin, slide and play gently competitive games! There will be pucks and colorful balls to shoot around, races, and a tower of blocks to crash down!

The rink is cold, so please dress warmly and bring your winter coat, gloves, and a hat!

This program is for people with disabilities, their families, support staff, and friends. All are encouraged to help support on the ice (Yaktrax are available for those who don't skate).

**Pre-registration is required.** You must request to register by 12 p.m. the day before the program and can skate for one hour.

**Groups:** Maximum group size is 15, including staff.

**Cost:** FREE; AOA suggested donation—\$5/person

**Questions & To Register:** Register with AOA online at [alloutadventures.org](http://alloutadventures.org), call (413) 584-2052, or email [programs@alloutadventures.org](mailto:programs@alloutadventures.org).

Ice sleds are available on site for ongoing community use.



## Coming Event



Department of Conservation and Recreation, Universal Access Program  
[mass.gov/dcr/universal-access](http://mass.gov/dcr/universal-access)

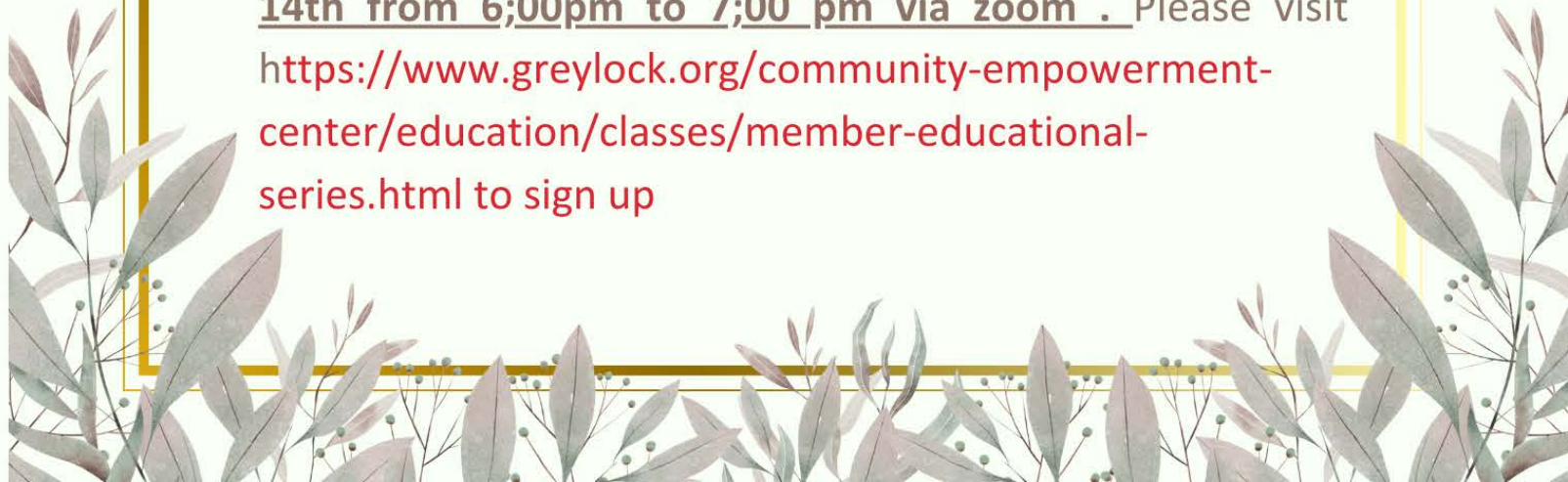


# Spamalot Training



This interactive seminar will review the latest frauds and scams, as well the old tried and true scams that unfortunately cost consumers millions of dollars every year. Actual fraudulent recordings, email and text samples are shared in the session, as well as tools to protect yourself and also what to do if/when you become a victim.

Offered by our friends at Greylock Credit Union , this event is free and open to the public on **Tuesday January 14th from 6;00pm to 7;00 pm via zoom** . Please visit <https://www.greylock.org/community-empowerment-center/education/classes/member-educational-series.html> to sign up





# January Right of the Month

## Expression



What that means:

- I have the right to be my own person.
- I have the right to express my own wants, needs, and desires in a judgement free atmosphere without fear of punishment.
- I have the right to show my beliefs through my art, music, religion, and political views.

What I am responsible for with that Right:

I have the responsibility to respect other beliefs even if they are different than mine.

**\*\*UCP Supports the Rights and Responsibilities of all our members\*\***