

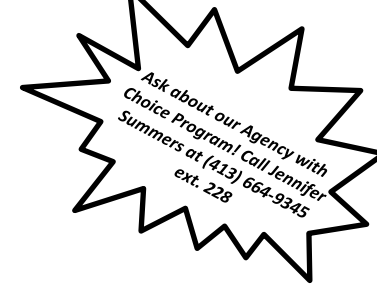


Life without limits for people with disabilities™

North Adams March 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
	Our State of the month is Vermont!					1
2	3 Book Club 4:00PM-6:00PM	4	5 Drop-In 6:00PM-8:00PM Cost: \$25+	6 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM UCP Family Support Center 101 4:00PM-6:00PM (See Flyer)	7 Caregiver Coffee Hour 1:30PM-2:30PM	8
9	10 Book Club 4:00PM-6:00PM Women's Group 6:00PM-8:00PM Cost: \$15	11 Self-Advocates 5:00PM-6:00PM	12 Vermont Trivia 6:00PM-8:00PM Cost: \$10	13 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	14	15
16 Springfield Thunderbirds Game 1:00PM-7:00PM	17 Book Club 4:00PM-6:00PM	18	19 NO EVENING GROUP	20 CATA 4:00PM-5:00PM Parent Advisory Group 6:00PM-7:00PM Open Swim 6:00PM-7:00PM	21 Corned Beef & Cabbage Dinner 6:00PM-8:00PM Cost: \$12	22
23	24 Caregiver Coffee Hour 3:30PM-4:30PM Book Club 4:00PM-6:00PM	25 Men's Group 6:00PM-8:00PM Cost: \$10	26 Ben & Jerry's Ice Cream Social 6:00PM-8:00PM Cost: \$5	27 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	28	29
30	31 Book Club 4:00PM-6:00PM					

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..



of Western Massachusetts

Life without limits for people with disabilities™

Pittsfield March 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.



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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for March 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 Vermont!



Monday's:

- **Book Club (North Adams & Pittsfield)**
 - ❖ Join staff and other members as they journey through the pages of the classics! We will try to read a new book every month! We are continuing with the book “Cinder” by Marissa Meyer. This event will be held every **Monday in March from 4:00PM-6:00PM via Zoom.**

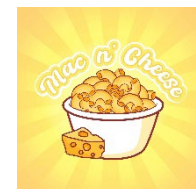


Wednesday's:

- **Drop-In! (North Adams and Pittsfield)**
 - ❖ COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Vermont, which is the state of the month! Did you know that Vermont is also known as the Green Mountain State? Vermont is also famous for its fresh maple syrup! 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 5 from 6:00PM-8:00PM.**



- **Vermont Trivia (North Adams and Pittsfield)**
 - ❖ Let's learn all about the great state of Vermont! How much knowledge do you have? This is your chance to become the trivia master! A homemade mac and cheese will be served for dinner with a variety of famous Vermont cheeses! **This event will take place on Wednesday, March 12 from 6:00PM-8:00PM and will cost \$10 to attend.**





- **Ben & Jerry's Ice Cream Social (North Adams and Pittsfield)**
 - ❖ What better way to get in the Vermont state of mind than with a Ben & Jerry's Ice Cream social! Make your own sundae with a variety of Ben & Jerry's ice cream! What kind of toppings will you choose? **This event will take place on Wednesday, March 26 from 6:00PM-8:00PM and will cost \$10 to attend. Please bring your own dinner to this event.**

Thursday's:

- **CATA Visual Arts (North Adams)**
 - ❖ Join art teacher Lauren Coyne as she teaches you different tips, tricks, and techniques to creating a masterpiece! **This visual art series will run every Thursday in March from 4:00PM-5:00PM at the North Adams office.**
- **CATA Drumming (Pittsfield)**
 - ❖ Drumming is back! Come jam to the rhythm of the music with instructor Katie! **This drumming series will run every Tuesday in March from 4:00PM-5:00PM at the Pittsfield office.**



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

Friday's

- **Corned Beef & Cabbage Dinner (North Adams & Pittsfield)**
 - ❖ A UCP favorite is back and better than ever! Join us for our annual corned beef & cabbage dinner! Get in the Irish spirit! You won't want to miss out! Traditional corned beef, cabbage, potatoes, and carrots will be served for dinner followed by dessert! **This event will be held on Friday, March 21 at the North Adams office from 6:00PM-8:00PM and cost \$12 to attend.**



ATTENTION! WEEKEND OFFERINGS!



Sunday (North Adams and Pittsfield)

- **Thunderbirds Hockey Game**
 - ❖ Time for some hockey! Join UCP to watch the Springfield Thunderbirds take on the Boston Bruins in a sensory friendly game! You won't want to miss this event! Space is limited so ensure you sign up. **This event will take place on Sunday, March 16 from 1:00PM-7:00PM and will cost \$30+. Tickets are \$20, and then you will need extra money for whatever food & souvenirs you would like to purchase.**



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 20th from 6:00PM-7:00PM via Zoom.**

❖ **Men's Group:**

This month the gentlemen of UCP will be gearing up to watch WWE Elimination Changer! Who will be the champion? Pizza will be served for dinner! **This event will take place on Tuesday, March 25th from 6:00PM-8:00PM and will cost \$8+ to attend.**

❖ **Women's Group**

Join the ladies this month for a stained art class! Mendel's Stained-Glass Studio in Adams will be hosting the ladies for a stained art & resin class! Come try this new event! **This event will take place on Monday March 10th from 6:00PM-8:00PM and will cost \$15 to attend. Please ensure you eat dinner before this event!**

❖ **Self-Advocates:**

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, March 11th from 5:00PM-6:00PM** 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, March 24th from 3:30PM-4:30PM and Friday, March 7th from 1:30PM-2:30PM 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!





UCP Family Support Center 101

How can we help support you and your family?

Date: March 6, 2025

Location: 292 North Street Pittsfield, MA 01201 (Pittsfield YMCA Lobby)

Time: 4:00PM-6:00PM



An opportunity for families, individuals, professionals, and the community to bring questions to the UCP Family Support team and to hear information about:

- ❖ **How to obtain services.**
 - ❖ **Services that are available to children, teens, and adults.**
- ❖ **How can you change your current services to better fit your needs?**
- ❖ **Department of Developmental Service (DDS) eligibility application assistance.**
 - ❖ **Community resources.**
 - ❖ **Training opportunities.**
 - ❖ **Recreational opportunities.**

*Mark your calendars!
You don't want to miss this opportunity!*





SPRINGFIELD THUNDERBIRDS



MGM
SPRINGFIELD



SENSORY FRIENDLY SUNDAY

THUNDERBIRDS VS. BRUINS

SUNDAY FUNDAY  **MAR 16**
With Post Game Skate & Character Appearances
@3:05PM

SPRINGFIELD THUNDERBIRDS SENSORY FRIENDLY GAME

EXCLUSIVE \$17 TICKET RATE FOR CLIENTS, PROGRAMS, STAFF, FAMILY AND FRIENDS!

OPTIONAL \$4 FOOD VOUCHER ADD ON FOR A HOTDOG, SODA AND POPCORN!

GAME PRESENTATION WILL FEATURE DECREASED SIMULATION INCLUDING: NO GOAL HORN/ NOISE METERS, DECREASE MICROPHONE AND MUSIC VOLUME, CONSISTENT LIGHTING THROUGHOUT THE GAME AND PREGAME, NO STROBING LIGHTS, "COOL-DOWN STATIONS", A SENSORY STORY BOOKLET AND OTHER SUPPORTIVE ITEMS FOR GUESTS!



**ORDER TICKETS
VIA QR CODE OR
LINK**

TO ENSURE SEATS WITH THE GROUP, PLEASE ORDER NO LATER THAN MARCH 10TH
FOR ADDITIONAL QUESTIONS OR PURCHASE TICKETS OVER THE PHONE, CONTACT LAUREN : (413) 417-2289
[HTTPS://SPRINGFIELDTHUNDERBIRDS.FORMSTACK.COM/FORMS/SENSORY0316](https://springfieldthunderbirds.formstack.com/forms/sensory0316)



LAUREN BLANCHARD

Senior Account Executive, Groups & Experiences

(413) 417-2289 SpringfieldThunderbirds.com

@ThunderbirdsAHL

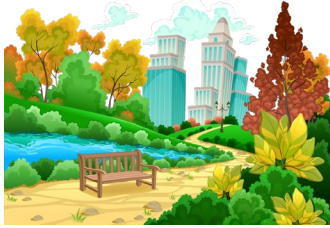
PROUD AFFILIATE
ST. LOUIS BLUES



EXCLUSIVE GROUP OFFER

ADD-ON
\$5 T-BIRDS HAT
WITH YOUR ORDER

Pittsfield Parks ADA Survey



Accessibility In Pittsfield Parks

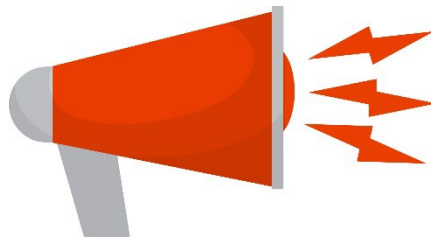
The city of Pittsfield wants to learn more about the barriers people with disabilities experience when utilizing city parks and outdoor spaces.

A person with a disability is someone who experiences, or experienced, a physical or mental impairment that substantially limits one or more major life activity. Typical barriers that make it more challenging for people with disabilities include broken curb ramps, steep pedestrian pathways, cracked sidewalks, lack of maneuverability for wheelchairs, playgrounds without transfer systems, signs that are difficult to read or understand, and lack of accessible parking.

Please share your experiences with us as we strive to ensure that our parks and recreational opportunities are truly for everyone.

Go to <https://www.surveymonkey.com/r/PittsfieldADA>

Your input is important!



March Right of the Month

Due Process



What that means:

- I have the right to be presumed competent unless I am determined incompetent by a court of law.
- I have the right to file a grievance and be free from unwanted physical and chemical restraints.
 - I have the right to use the court system for legal issues

What I am responsible for with that Right:

I have the responsibility to follow the law in my actions, words, and decisions regarding my life.

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