

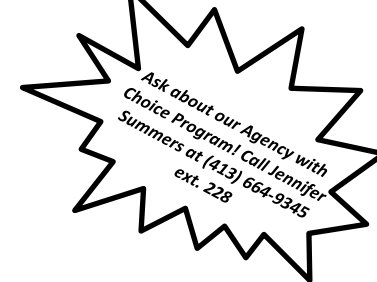


Life without limits for people with disabilities™

North Adams May 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
				1 CATA 4:00PM-5:00PM UCP Family Support Center 101 4:00PM-6:00PM Open Swim 6:00PM-7:00PM	2	3
4	5 Book Club 4:30PM-6:30PM	6 Caregiver Coffee Hour 1:00PM-2:00PM	7 Drop-In 6:00PM-8:00PM Cost: \$25+	8 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	9	10
11	12 Book Club 4:30PM-6:30PM	13 Self-Advocates 5:00PM-6:00PM Cost: \$2 Women's Group 6:00PM-8:00PM Cost: \$12	14 Pinata Party 6:00PM-8:00PM Cost: \$15	15 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	16	17 Lebanon Valley Racing 4:30PM-10:00PM Cost: \$30+
18	19 Book Club 4:30PM-6:30PM	20	21 New Mexico Trivia Night 6:00PM-8:00PM Cost: \$12	22 Caregiver Coffee Hour 2:00PM-3:00PM CATA 4:00PM-5:00PM Parent Advisory Group 6:00PM-7:00PM Open Swim 6:00PM-7:00PM	23	24
25	26 UCP Offices will be CLOSED in observance of Memorial Day!	27 Men's Group 6:00PM-8:00PM Cost: \$10	28 Splatter Paint Night 6:00PM-8:00PM Cost: \$10	29 CATA 4:00PM-5:00PM Open Swim 6:00PM-7:00PM	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..



of Western Massachusetts

Life without limits for people with disabilities™

Pittsfield May 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
				1 UCP Family Support Center 101 4:00PM-6:00PM Open Swim 6:00PM-7:00PM	2	3
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PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!

Events for May 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!**

The state of the month is New Mexico!



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! This event will be held every **Monday in May from 4:00PM-6:00PM via Zoom, EXCEPT May 26.**

Tuesday's:

- **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 May from 4:00PM-5:00PM at the Pittsfield office.**



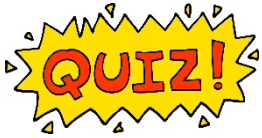
Wednesday's:

- **Drop-In! (North Adams and Pittsfield)**
 - ❖ COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about New Mexico which is the state of the month! Did you know that New Mexico is also called "The Land of Enchantment"? Did you know that New Mexico officially became a state on January 6, 1912? 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, May 7 from 6:00PM-8:00PM.**



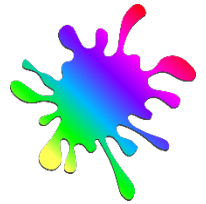
- **Pinata Party (North Adams and Pittsfield)**
 - ❖ There's nothing like a classic pinata party! Get your arm warmed up and ready! Will you be the one to break the pinata? There will be candy and small prizes inside! A fresh taco salad with all the toppings will be served for dinner, followed by snickerdoodle cookies for dessert! **This event will take place on Wednesday, May 14th from 6:00PM-8:00PM and will cost \$15 to attend.**





- **New Mexico Trivia Night (North Adams and Pittsfield)**
 - ❖ Let's learn all about our state of the month, New Mexico! How much about New Mexico do you already know? This is your chance to learn more cool facts! Spanish rice with grilled chicken will be served for dinner followed by apples and caramel for dessert! **This event will take place on Wednesday, May 21 from 6:00PM-8:00PM and will cost \$12 to attend.**

- **Splatter Paint Night**
 - ❖ Get ready to unleash your creativity with a fun and messy event! Come and create your own masterpiece! We will be using the parking lot as our canvas! A variety of subs as well as a fresh fruit platter will be served for dinner! **This event will take place on Wednesday, May 28 from 6:00PM-8:00PM and will cost \$10 to attend.**



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 May from 4:00PM-5:00PM at the North Adams 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 May from 6:00PM-7:00PM at the Gladys Allen Brigham Center.**



ATTENTION! WEEKEND OFFERINGS!



Saturday (North Adams and Pittsfield)

- **Lebanon Valley Racing**
 - ❖ Do you like fast cars and racing? This event is for you! Join UCP for a night at Lebanon Valley Raceway! Will your favorite car win? You don't want to miss out! **This event will take place on Saturday, May 17, from 4:30PM-10:00PM. Please ensure you eat dinner beforehand. This event will cost \$30+. This includes the price of your ticket and if you would like to purchase anything extra such as food or souvenirs!**

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, May 22 from 6:00PM-7:00PM via Zoom.**

❖ **Men's Group:**

This month the gentlemen of UCP will be gearing up for a classic Poker Night! Who will be the champion? A gift card will be awarded to the player with the most points. A party pizza will be served for dinner! **This event will take place on Tuesday, May 27 from 6:00PM-8:00PM and will cost \$10 to attend.**

❖ **Women's Group**

It's teatime! Join the ladies this month for a classic tea party! Cucumber sandwiches, deviled eggs, and fresh chocolate chip cookies will be served for dinner! **This event will take place on Tuesday, May 13th from 6:00PM-8:00PM and will cost \$12 to attend.**

❖ **Self-Advocates:**

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, May 13 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 Tuesday, May 6 from 1:00PM-2:00PM and Thursday, May 22 from 2:00PM-3:00PM 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!





PRESENTS

HOWL

2GO™

BY HOWL AT THE MOON®

FRIDAY, MAY 2, 2025

DOORS OPEN @ 7PM

**COUNTRY CLUB OF PITTSFIELD
639 SOUTH STREET • PITTSFIELD**

\$35 PER PERSON OR \$400 PER TABLE OF TEN



PURCHASE THRU ZEFFY
TICKET INCLUDES PASSED APPETIZERS



of Western Massachusetts

Proceeds to benefit UCP of Western Massachusetts



BRPC

**BERKSHIRE REGIONAL
PLANNING
COMMISSION**

MASSACHUSETTS HOME MODIFICATION LOAN PROGRAM

THE HOME MODIFICATION LOAN PROGRAM (HMLP) IS A STATE-FUNDED PROGRAM THAT CAN FUND ADDITIONS AND ADAPTATIONS TO HELP FAMILY MEMBERS WITH PHYSICAL AND COGNITIVE LIMITATIONS LIVE MORE INDEPENDENTLY AT HOME.

WHAT THEY DO

THE HMLP HELPS MASSACHUSETTS HOUSEHOLDS FINANCE HOME ACCESSIBILITY IMPROVEMENTS - MAKING IT POSSIBLE FOR INDIVIDUALS WITH DISABILITIES AND OLDER ADULTS TO REMAIN IN THEIR OWN HOMES AND COMMUNITIES.

BENEFITS

HMLP OFFERS ZERO PERCENT INTEREST LOANS, UP TO \$50,000, TO ASSIST HOMEOWNERS AND UP TO \$30,000 TO OWNERS OF MANUFACTURED OR MOBILE HOMES WITH PROJECTS SUCH AS ACCESSORY DWELLING UNITS, RAMPS AND LIFTS, KITCHEN AND BATHROOM MODIFICATIONS.



Image shows elevator installed in home

Modifications they can help with

- Ramps
- Kitchen Modifications
- Bathroom Modifications
- Sensory Spacing
- Fencing
- Elevators
- Lifts

For more information :

BRETT ROBERTS

413-442-1521 X25

or

HMLP@berkshireplanning.org

TAKE A CHANCE TO WIN A CAR!

TICKET PRICE \$50

BUY 2 TICKETS FOR \$90

DRIVING FORCE

The UCP of Western Massachusetts Car Raffle

WIN A 2025 MAZDA CX-30

VALUED AT \$25,000*

INCLUDES TAXES AND REGISTRATION FEES



BERKSHIRE MAZDA



Winner will be drawn at 1PM on June 16, 2025 at Berkshire Mazda. No need to be present. Winner must claim prize within 30 days. Prize is not transferable or redeemable for cash.

Raffle limited to 1200 tickets; if less than 700 tickets are sold, the car raffle will then become a 50/50 raffle with the net proceeds. Car provided by Berkshire Mazda Lenox, MA. UCP of Western Massachusetts is a registered 501(c)(3) charity. UCP employees who receive a W-2 or a person who receives a 1099 from UCP, as well as their immediate family members, are not eligible for the raffle.

AVAILABLE LOCATIONS TO PURCHASE TICKETS

UCP of Western Massachusetts, 535 Curran Highway, North Adams, MA

BBE Office Interiors/413Shirts, 1595 East Street Pittsfield, MA

Berkshire Mazda, 474 Pittsfield Road, Lenox, MA

Olde Heritage Tavern, 12 Housatonic Street, Lenox, MA

Starving Artist Café, 40 Main Street, Lee, MA

UCP of Western Massachusetts, 2260 Westfield Street, Unit 5, W. Springfield, MA

Hillside Pizza at 77 Church Street in Bernardston, MA



of Western Massachusetts

Life without limits for people with disabilities™



Does your child have an IEP?



Has your child been diagnosed with Autism, Intellectual Disability, Developmental Disability, etc.?



Did you know that there are services available to you and your loved one?



Are you aware of how to obtain services?



Do you care for someone in your home and would like to be paid?



Learn all of this and more at UCP's Family Support Center Informational Session!

Join us on the first Thursday of every month or by appointment!

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

Time: 4:00PM-6:00PM

May Right of the Month

Health



What that means:

- I have the right to know about my health and what could be dangerous to my health.
- I have the right to choose the healthcare providers I want involved in my care.
 - I have the right to refuse unnecessary medical treatments, medications, and care.
- I have the right to receive the treatment to meet all my health needs.

What I am responsible for with that Right:

I have the responsibility to educate myself on medications and treatment and their possible side effects before choosing to participate in them.

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