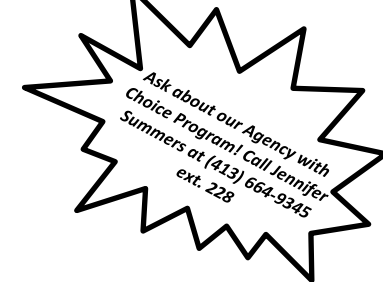


# North Adams August 2025

## 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.

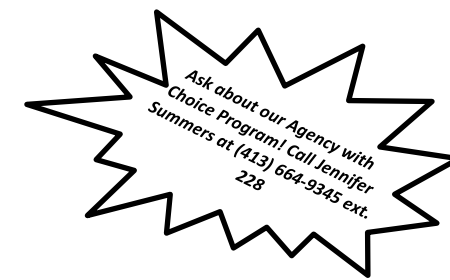


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our state of the month is Louisiana! 					1	2 
3	4	5 Self-Advocates 5:00PM-6:00PM Cost: \$2 AFC Family Picnic 5:30PM-7:30PM Women's Group 6:00PM-8:00PM Cost: \$30+	6 Drop-In 6:00PM-8:00PM Cost: \$25+	7 CATA 4:00PM-5:15PM	8	9 Bowling at The G.O.A.T. 12:00PM-3:00PM Cost: \$30+
10 	11	12	13 Downtown Celebration 6:00PM-8:00PM Cost: \$25+	14 CATA 4:00PM-5:15PM	15	16 
17	18	19	20 NO PROGRAMMING	21 Create Better Health: Meal Planning and Grocery Shopping Tips: NBCC 11:30AM-12:30PM	22	23
24 	25	26 Men's Group 6:00PM-8:00PM Cost: \$30+	27 Concert at Windsor Lake 6:00PM-8:00PM Cost: \$25+	28 CATA 4:00PM-5:15PM Parent Advisory Group 6:00PM-7:00PM	29	30 31

# Pittsfield August 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 Louisiana! 					1	2 
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**PLEASE SIGN UP TWO DAYS PRIOR TO ALL UCP EVENTS!**

**Events for August 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 Louisiana!**



**Wednesday's:**

- **Drop-In!**



- ❖ COME ONE! COME ALL! Stop in to the UCP Offices and say hello! Come and learn all about Louisiana which is the state of the month! Did you know that Louisiana has the largest bridge across water in the world? Did you know that Louisiana is the origin of jazz music? 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, August 6 from 6:00PM-8:00PM.**

- **Downtown Celebration**

- ❖ It's time for the annual North Adams downtown celebration! The heart of downtown is closed off to traffic and the streets are filled with delicious food vendors, music, and more! There will be bands playing and the local storefronts will be bustling with goodies! For dinner, the group will be eating out downtown. **This event will take place on Wednesday, August 13<sup>th</sup> from 6:00PM-8:00PM and will cost \$25+.**





- Concert at Windsor Lake
  - ❖ The Windsor Lake Concert Series kicks off! Bring your camp chairs, a picnic blanket, and dinner to enjoy live local music lakeside! Come listen to the sounds of Pandemic Relief for an evening outside! **This event will take place on Wednesday, August 27 from 6:00PM-8:00PM. Please ensure you bring dinner for the concert. If you would like to order out, please bring at least \$25+.**

### Thursday's

- CATA Visual Arts
  - ❖ Join art teacher Lauren Coyne as she teaches you different tips, tricks, and techniques to create a masterpiece! **This visual art series will run every Thursday in August from 4:00PM-5:15PM at the North Adams office, EXCEPT August 21.**

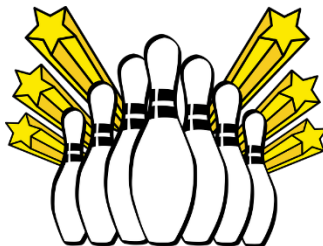


**ATTENTION! WEEKEND OFFERINGS!**



### Saturday

- Bowling (Ken's Bowl and the G.O.A.T.)
  - ❖ SPARE! STRIKE! Time to brush up on your bowling skills and join UCP for a day at the alleys! Come and see if you can be the bowling champion! **North County members will be going to The G.O.A.T. to bowl and Pittsfield members will go to Ken's Bowling. This event will take place on Saturday, August 9 and cost \$30+ to attend, which will cover your bowling and 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, August 28 from 6:00PM-7:00PM via Zoom.**

### ❖ **Women's Group:**

Join the ladies and get ready for some mini golf! The ladies will be going to Baker's Golf in Lanesborough to shoot some holes! How many hole in ones can you get? **This event will take place on Tuesday, August 5th from 6:00PM-8:00PM and will cost \$30+ to attend. The money will cover your food at Krispy Kone and mini golf admission!**



### ❖ **Men's Group**

Join the men and get ready for some mini golf! The guys will be heading to Baker's Golf! Will you be the mini golf winner? **This event will take place on Tuesday, August 26 from 6:00PM-8:00PM and will cost \$30+ to attend. The money will cover your food at Krispy Kone and mini golf admission!**


### ❖ **Self-Advocates:**

We need you!! The Self-Advocates group is BACK! Join your peers on **Tuesday, August 5 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 month, the advocates will be starting a quilting project! Please bring dinner as the event may run a little later for the project. **This event costs \$2.00.**




**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 of Western MA AFC  
Program

# Family Picnic



For AFC and Shared  
Living Members

North Adams Office  
535 Curran Highway

**August 5<sup>th</sup> 2025**

**5:30 PM-7:30 PM**




Please RSVP to Lisa at 413 664 9345 EXT 200

We will provide food and drinks

Let us know if you can bring a side or dessert to share

Please avoid strawberries, nuts, oranges and shellfish due to allergies





Date: Saturday,  
September 13, 2025

Worcester Regional Airport  
375 Airport Drive  
Worcester, MA

**Please join us!**

**Registration is  
required**



For more information and to register, scan the QR  
code above or visit:

[https://www.charlesrivercenter.org/news-  
events/major-events/wings-for-autism/](https://www.charlesrivercenter.org/news-events/major-events/wings-for-autism/)

A FREE half-day event for parents,  
and their children with special needs  
to "practice" a trip to the airport.

Families get to experience:

- Entering the airport
- The check-in process and checking bags
- Security screening
- Boarding the plane
- Preparing for take-off
- Exiting the plane

Wings for Autism® was created by the Charles River Center, in collaboration with the Massachusetts Port Authority and TSA. The program began in 2011.

The Charles River Center, a member of the Arc, is based in Needham and Natick, MA and provides services and programming to more than 1,000 adults and children with disabilities.

***Northern Berkshire Community Coalition***  
***presents***  
***Create Better Health: Meal Planning & Grocery***  
***Shopping Tips***

**When: Thursday, August 21, 2025, from 11:30AM-12:30PM**

**Where: UNO Community Center**

**157 River Street North Adams, MA 01247**



The Food Bank of Western Massachusetts, in partnership with SNAP-Ed, offers free nutrition education programs to our member agencies. Explore MyPlate healthy eating guidelines, tips to add more exercise into your day, and learn to make a budget-friendly meals!





**BERKSHIRE**  
COMMUNITY ACTION

# COMMUNITY DAY

**FREE**

**Food & Fun**

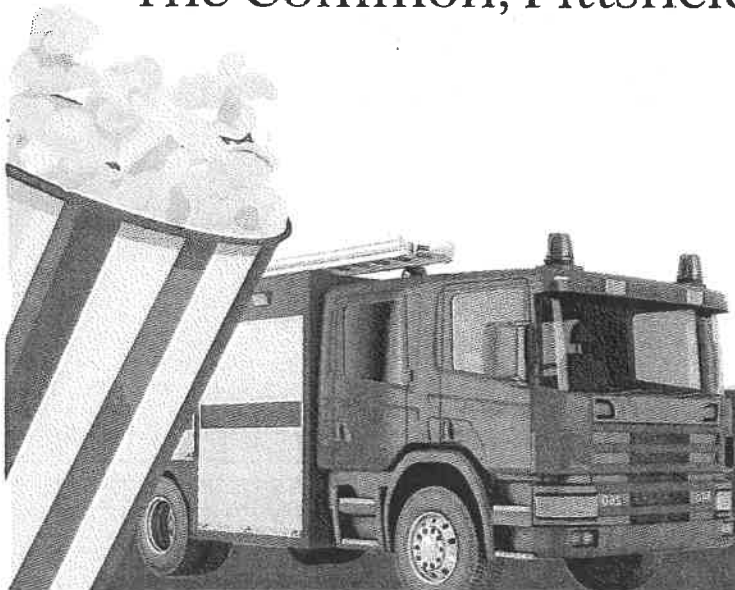
**August 14th**

10:00am – 2:00pm

The Common, Pittsfield

Enjoy Frozen Treats  
with Officer Derby  
& Service Dog Winston

- Popcorn
- Cotton Candy
- Juicy Hamburgers
- Childrens Activities
- Firetruck (11:00 – 1:00)
- Community Resources
- Bike Raffle
- Bounce & Score Sports Challenge
- Giveaways
- and MORE!



To learn more visit [bcacinc.org](http://bcacinc.org)



# August Right of the Month

## Equality



### What that means:

- I have the same rights as everyone regardless of my abilities or disabilities.
- I have the right to advocate for myself and my life path.

### 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\*\***