

North Adams November 2026

Family Support Center North County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 24 hours prior.
For more information, or to RSVP for events, please contact (413) 664-9345, ext. 200.

Ask about our Agency with
Choice Program! Call Jennifer
Summers at (413) 664-9345
ext. 228

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 West Virginia is our state of the month! 	2 Book Club (Zoom) 4:30PM-6:30PM	3 CATA Drumming 4:00PM-5:00PM	4 HEAP Info Session (Online) 9:00AM-10:00AM Drop-In 6:00PM-8:00PM Cost: \$25+	5 Social Club: Cooking Class 6:00PM-8:00PM Cost: \$5 Open Swim (Pittsfield) 6:00PM-7:00PM	6 Parent Advisory Group (Online) 4:30PM-5:30PM	7
8	9 Book Club (Zoom) 4:30PM-6:30PM	10 CATA Drumming 4:00PM-5:00PM Social Club: Candle Craft 6:00PM-8:00PM Cost: \$10	11 UCP Offices Closed for Veteran's Day	12 Open Swim (Pittsfield) 6:00PM-7:00PM	13 Caregiver Coffee Hour (Online) 12:00PM-1:00PM	14 
15 	16 Book Club (Zoom) 4:30PM-6:30PM	17 Self-Advocates 5:15PM-6:15PM Cost: \$2	18 Minute to Win It 6:00PM-8:00PM Cost: \$5	19 Open Swim (Pittsfield) 6:00PM-7:00PM	20	21 Kringle Candle Trip 10:00AM-3:00PM Cost: \$40+
22	23 Caregiver Coffee Hour (Online) 2:00PM-3:00PM Book Club (Zoom) 4:30PM-6:30PM	24 CATA Drumming 4:00PM-5:00PM	25 Murder Mystery Dinner (Pittsfield) 6:00PM-8:00PM Cost: \$10	26 UCP Offices Closed for Thanksgiving weekend	27 UCP Offices Closed for Thanksgiving weekend	28 
29 	30 Book Club (Zoom) 4:30PM-6:30PM					

Pittsfield November 2026

Family Support Center Central County Offerings

Please remember that unless otherwise indicated, you must RSVP to all events AT LEAST 24 hours prior.
For more information, or to RSVP for events, please contact (413) 664-9345, ext. 200.



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Events for November 2026

PLEASE SIGN UP 24 HOURS PRIOR TO ALL UCP EVENTS!

**Please sign up for each event by calling
(413) 664-9345 ext. 200**

**If you are not on the electronic newsletter, please call to get your email on the list!
For Zoom events, the link will be sent out after you sign up and give your email.**

The state of the month is West Virginia!



Mondays:

- Book Club (Location: Online via Zoom)
 - ❖ Join the Book Club on **Mondays from 4:30PM-6:30PM** to discuss what we liked about the story, our favorite characters, and our love of reading! We will continue reading *Harry Potter and the Sorcerer's Stone* this month.

Tuesdays:

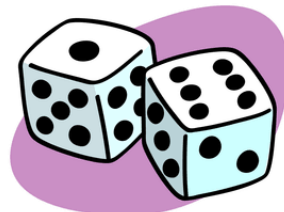
- CATA Drumming (Location: North Adams Office)
 - ❖ Experience the joy and energy of making music in this fun, lively rhythm and percussion workshop for all abilities! In this sensory-friendly, welcoming workshop, we'll use percussion and adaptive instruments, as well as our own voices, to explore rhythm and musical expression while connecting with each other. **This event will take place Tuesday, November 3rd, 10th, and 24th from 4:00PM-5:00PM.**



Wednesdays:



- Drop-In!
 - ❖ COME ONE! COME ALL! Stop by the UCP Offices to say hello and learn about our state of the month! Did you know that West Virginia is the only state located completely within the Appalachian Mountain Range? This is also a great opportunity to meet new people, explore what the UCP Family Support Center has to offer! For dinner, feel free to order out, eat beforehand, or bring your dinner with you! **This event will take place on Wednesday, November 4th from 6:00PM-8:00PM. If you choose to order out, please bring at least \$25.**
- Minute-to-Win-It Games
 - ❖ Test your skill, your luck, and your reflexes with these fun and quick party games. Using dice, balls, cups, and straws, there's endless ways to play! We will be serving West Virginian pepperoni rolls for dinner! **This event will take place on Wednesday, November 18th from 6:00PM-8:00PM and costs \$5.**



- Murder Mystery Night (Location: Pittsfield Office)
 - ❖ Back by popular demand, a night of whodunnit fun is in store! Can you figure out this 80s-themed mystery? We will be serving a spaghetti dinner and salad bar. **This event will take place on Wednesday, November 25th from 6:00PM-8:00PM and costs \$10.**



Thursdays:

- CATA Visual Art (Location: Pittsfield Office)
 - ❖ Let your creativity fly in this fun art-making workshop for all abilities! You'll create exciting art projects and experiment with painting, drawing, pastels and more. With support from CATA faculty, we'll explore a variety of art materials using various creative techniques and sensory-friendly approaches. Artists of all abilities and levels of experience are welcome to express your creativity and individual perspectives through art! **This event will take place on Thursday, November 5th, 12th, and 19th from 4:00PM-5:30PM.**



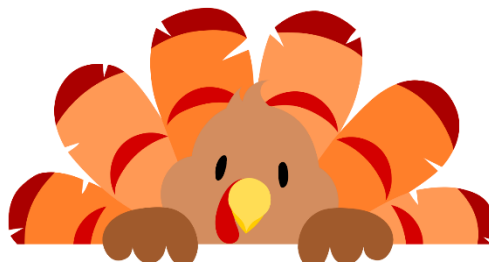
Rejoin us for some old favorites!



- Social Club: Cooking Class (Location: North Adams Office)
 - ❖ We have a special guest teaching this class, Chase, the chef from Wild Oats! We will be learning how to make chicken stuffing casserole. **This event will take place on Thursday, November 5th from 6:00PM-8:00PM and costs \$5.**
- Parent Advisory Group (Location: Online via Zoom)
 - ❖ Your input is vital! Help choose family trainings, events, and other programming. This is a chance to share your thoughts about what the future holds for your family member and learn about the support options we have to offer! **This event will take place on Friday, November 6th from 4:00PM-5:00PM.**
- Social Club: Candle Craft (Location: North Adams Office)
 - ❖ Join special guest artist Jill Drummond to make your own festive candle! Please save and bring a toilet paper roll or paper towel roll if you have any. We will serve Swedish meatballs and green beans for dinner. **This event will take place on Tuesday, November 10th from 6:00PM-8:00PM and costs \$10.**



- Caregiver Coffee Hour (Location: Online via Zoom)
 - ❖ You bring the coffee, we bring the conversation! Join Care Manager Meghan Robertson-Hayes to talk about concerns, current events, and any other topic you may wish! All ideas are welcome! **These events will take place on Friday, November 13th from 12:00PM-1:00PM and Monday, November 23rd from 2:00PM-3:00PM.** The topic for Friday is Finding and Building Friendship and the topic for Monday is a Q&A about the upcoming merger with BFAIR and how it will affect caregivers.
- Self-Advocates (Location: Hybrid – North Adams Office and Zoom)
 - ❖ Join your peers to catch up, chat, and brainstorm new ideas for events! What will the next fundraiser be? You decide! Self-Advocates is always looking for new members, so join a meeting and see what we are all about! **This event will take place on Tuesday, November 17th from 5:15PM-6:15PM and costs \$2.**





ATTENTION! WEEKEND OFFERING!



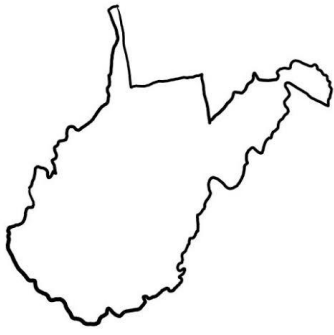
Weekend offering attendees are chosen based upon who has already attended events, as space is limited.

- Kringle Candle Trip (Location: Kringle Candle in Bernardston, MA)
 - ❖ Get in the holiday spirit with your favorite festive scents! Pine, gingerbread, pumpkin, cinnamon, peppermint... which one is your favorite? This year, we will be checking out Kringle Candle in Bernardston and stopping for lunch in Greenfield. **This event will take place on Saturday, November 21st from 10:00AM-3:00PM and costs \$40+. Please ensure you bring enough money for shopping and lunch!**



Our Human Rights Committee is looking for UCP family members to provide your insight!

Email Emily Shoestock at eshoestock@ucpwma.org for more information!



State of the month:

West Virginia (WV)

Capital: Charleston

State bird: Cardinal

State animal: Black Bear

State flower: Rhododendron



Fun facts:

The New River in West Virginia is actually one of world's oldest rivers! It unusually flows south to north because it was formed before the Appalachian Mountains.

The New River Gorge Bridge is the longest steel-arch bridge in the United States, spanning 1,815 feet across the New River Canyon.



November PBS Strategy of the Month: Relationship Building & Social Skills



Relationship building is about creating positive, respectful, and meaningful connections with the people we support and the people in their lives.

Social skills are the everyday skills we use to connect with others, such as starting a conversation, listening, taking turns, expressing ourselves, respecting boundaries, and handling disagreements.

PBS in Action:

Follow the member's interests: Use what the member enjoys as a natural way to connect and engage with others. "You both like music. Would you like to tell her about your favorite song?"

Offer Choices, don't force interaction: Create opportunities for social connection while respecting the members' choice. "Would you like to sit with the group or have some quiet time?"

Reinforce positive interactions: Notice and acknowledge when the person uses positive social skills. Be specific about what they did well. "I noticed you waited for him to finish speaking before you shared your thoughts. That was great listening."

Respect personal space and boundaries: Model and support healthy boundaries, including giving people space, respecting privacy, and recognizing when someone needs a break. "It looks like they need some space right now. Let's give them some time and check back later."

November 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 health care 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 treatment to meet all my health needs

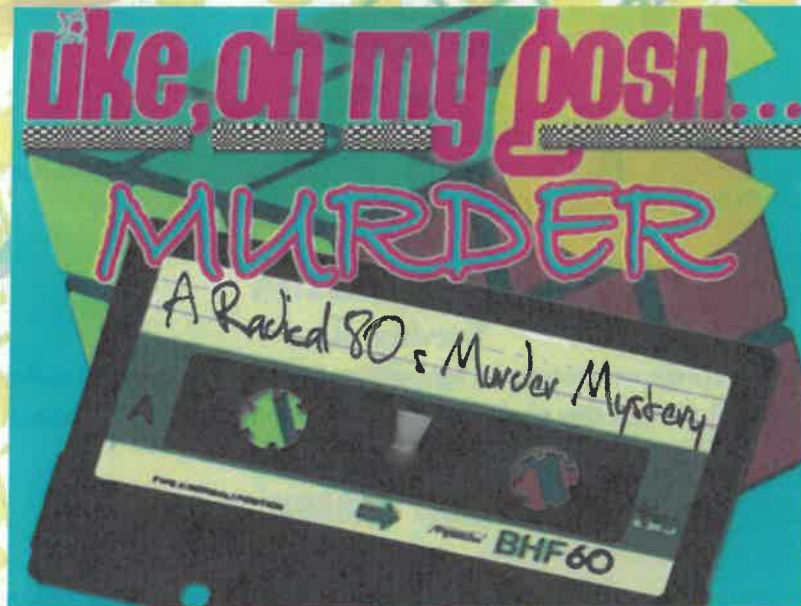
What I am responsible for with that right:

- I have the responsibility to educate myself on medications and treatments and their possible side effects before choosing to participate in them
- I have the responsibility to respect other people's private health information
- I have the responsibility to respect other people's personal space



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

YOU ARE CORDIALLY INVITED TO ATTEND A MURDER MYSTERY PARTY:



HOSTED BY: Polly Abdoal (Jenn R)

YOU'LL PLAY THE ROLE: Guest

DATE: Nov 25th TIME: 6-8pm

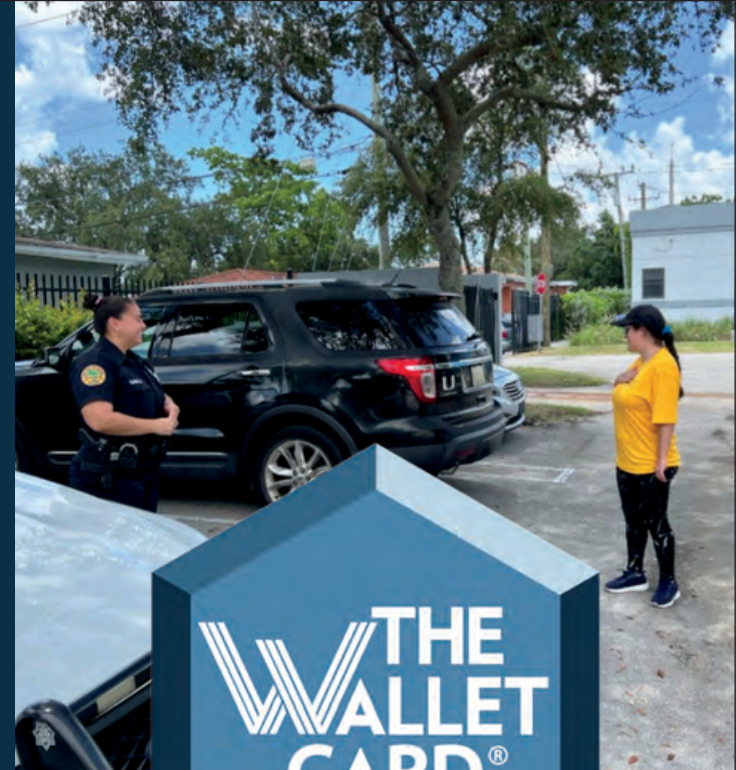
SCENE OF THE CRIME: UCP Pittsfield

RSVP: 413 664-9345

Go to www.yourmysteryparty.com/85 for costume suggestions, and more.



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About the Project



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**If you are interested in UCP
purchasing these cards on
behalf of yourself or a family
member, let us know by
emailing Leo Skoble at
Lskoble@ucpwma.org!**

**Stay Safe
Be Understood**

**Helping people with disabilities
and first responders
communicate with each other**



Do you need help paying your Heating Bills?

Berkshire Community Action Council may be able to help!

Fuel assistance, also known as the Home Energy Assistance Program (HEAP), can help low-income households with their heating bills. This program includes all heating types: oil, propane, kerosene, coal, cord wood, wood pellets, natural gas and electric.

**Some households that have heat included in their rent may also be eligible.*

UCP is hosting an online info session with BCAC to answer your questions and help you apply. Join our Zoom meeting at 9:00AM on Wednesday, November 4th by scanning the QR code below or emailing Lskoble@ucpwma.org to get the link.



If you have already applied for fuel assistance, you may track your application status 24/7 by calling 1-866-216-6200.

2026-2027 Income guidelines to qualify for Fuel Assistance	
Family Size	Income
1	\$53,585
2	\$70,073
3	\$86,561
4	\$103,049
5	\$119,536
6	\$136,024
7	\$139,116
8	\$142,207
9	\$145,299
10	\$148,390



Community Bulletin Board

UCP does not provide transportation
or staffing for community events



Open Swim

(Location: Gladys Allen
Brigham Community Center)

Open Swim is back for all UCP members and families! Pre-registration is required each week, please contact UCP at (413)-664-9345 ext. 200 to sign up!

This program is free and will be offered Thursday, November 5th, 12th, and 19th from 6:00PM-7:00PM.



Family Night

(Location: MASS MoCA)

This free, family-friendly event will feature after-hours access to select exhibitions in the museum, live performances, art-making, face painting, a museum of mysteries quest, food, giveaways, and fun! **This event will take place on Thursday, November 12th from 5:30PM-7:30PM.**



FESTIVE Holiday Market

(Location: Greylock WORKS)

Immerse yourself in beautiful and delicious goods at the return of Greylock WORKS' FESTIVE Holiday Market celebrating the handcrafted magic of the Berkshires and beyond. Featuring the region's best fresh food, farmers, craftspeople, and artisans!

This event will take place on Saturday, November 21st from 10:00AM-4:00PM.



**Date: Saturday,
November 7, 2026**
**Location: Logan Airport
Terminal E**

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 1000 adults and children with
disabilities.**