
Echo Village Community News

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SAVE THE DATES!

October 19th
No Homework Club

October 24th:
First Meeting of
Exercise/Walking Group

October 26th:
SPOOK-TACULAR
Halloween Party

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Echo Village Halloween Party & Costume Contest! *October 26th @ 5:30pm*

Halloween is coming to Echo Village and you are invited to a SPOOK-TACULAR good time to celebrate it! Get in the spirit and join us on **October 26th at 5:30pm** for Halloween games and fun! There will be pumpkins to paint, Halloween games to play, an arts & craft activity, a costume contest for kids and adults, and much more!

Parents and children are encouraged to come in costume. Prizes will be awarded to the



best costumes so get creative and have fun!

Ghoulishly good food and drinks will be provided. Please contact us if you can volunteer to bake Halloween cookies or other Halloween sweets. We also need volunteers to help run Halloween activities at the party. Any

and all artists are encouraged to help out with decorating and set-up. Please contact Gariné at (413) 259-3720 to sign up or for more information.

Information for New Tenants: Homework Club

We wanted to let new tenants know about a great resource for children at Echo Village: the Homework Club!



The Homework Club is an all-volunteer effort to provide children at Echo Village who are in 1st through 6th grades with extra help on their homework and school related work. Volunteers meet with small groups of students Mondays-Thursdays from 3:30-4:30pm to provide them with extra academic support and encouragement.

So if you have a child who is in elementary school (1st-6th grades), please contact Francine at (413) 259-3720 to sign them up.

Please note: To ensure that children are getting the most out of the Homework Club, we are asking parents to make sure that their kids have homework to work on before they come to the Homework Club. If kids do not have homework to work on that day (or more generally), we are asking parents to send school related worksheets or workbooks or to let Francine know so she can secure such items for kids.

ON TRACK: Group Formed For Youth Moving Into Adulthood

Every Tuesday — starting October 25th, 12:30-2:00pm

Family Outreach of Amherst is offering a group for teens and young adults (ages 17-24) who are transitioning into adulthood and facing the responsibilities that come with such a change. The group helps youth gain the necessary skills and knowledge needed to live healthy, independent lives. The group focuses on the following components:

Transition skills — Learn life skills.

Responsibility — For self and others.

Advocacy — Learn to advocate for yourself!

Community — Find your place.

Knowledge and Support – Discover resources and support systems.

The group is meeting every Tuesday from 12:30-2:00pm and will help teens and young adults gain information and skills in various areas, including:

▶ **Finances and money management**

▶ **Identity**

▶ **Education**

▶ **Job and Career**

▶ **Life Skills**

▶ **Housing**

▶ **and much more!**

FOOD AND DRINKS provided at every meeting! If you have questions or need more information, please contact Garine at (413) 259-3720.



QUOTES of the Month

The future depends on what we do in the present.
— Mahatma Gandhi

The most common way people give up their power is by thinking they don't have any.
—Alice Walker

Not everything that is faced can be changed. But nothing can be changed until it is faced.
—James Baldwin

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.
—Eleanor Roosevelt

Echo Village Exercise Group Forming: "Movers & Shakers"

Every Monday — starting October 24th, 11:00am-12:00pm



Family Outreach of Amherst received feedback from some Echo Village tenants that they'd like to see an Exercise Group formed at Echo Village so we've formed a weekly exercise group called "Movers & Shakers." The group will meet every Monday, starting October 24th, from 11:00am-12:00pm to exercise together.

Come every week or once a month — it's completely drop-in.

The group will meet to walk together (outdoor and indoor) and participate in any other physical activity the group wants to try out (basketball, zumba, yoga, etc).

Please contact Garine at (413) 259-3720 for more information or to sign up!

Fun Fitness Facts About Exercise

- ▶ If you had every single muscle in your body work together at the same time, you could lift about 50,000 pounds.
- ▶ If you are not a regular exerciser, by the time you are 65 you may experience as much as an 80% decrease in your muscle strength.
- ▶ By the time you have reached old age, you will have walked approximately 70,000 miles.
- ▶ The best way to judge whether or not you are exercising at too high of an intensity is to see whether or not you can carry on a conversation. If you can't, you may want to back off of the intensity just a little until you can.
- ▶ If you're always in a bad mood, then getting fit just may help. Regular exercise can enhance mood and overall well-being.
- ▶ The top three factors that determine whether or not you will stick to your exercise routine include having support, finding a workout that you like and knowing what you're doing.