

NFHCS Activities

Spring/Summer 2024—April, May, June

Art classes are \$10 each, C-ART classes at the YMCA are free, pricing varies for other activities

All activities require you to sign up through our website at nfhcs.org

SCHEDULE IS SUBJECT TO CHANGE



Studio Forget-Me-Not! — 329 E. Main Street, Carnegie, PA—Studio classes, enter at the 323 door.

STUDIO CLASSES—We are now implementing quarterly registrations for all art classes. This means that you only need to sign up one time for the quarter. All classes have a participant limit to assure that everyone gets the best experience. We encourage you to sign up quickly to assure your spot in class. If you can't make it to a class, please let us know in advance so that we can let someone on the waitlist attend. Thank you!

MONDAY

- **AM—10am to 12pm—Make your Mark! w/Kirsten/Laura**— Printmaking, screen printing and more! Create your own designs and learn how to apply them to t-shirts, bags, canvas, pillows, and so much more. The Monday afternoon class is an extension of this class. For maximum understanding of art development, please sign up for both.
- **PM—2pm to 4pm—Make Art that Sells! w/Kirsten/Laura**—Do you know what it takes to make art that sells? In this class we will work together to create products that the public will love to buy. Learn tips and techniques to make professional quality work. We recommend that you take the morning class to get the maximum learning benefits.

TUESDAY— NO CLASSES

WEDNESDAY

- **AM—10am to 12pm - We Love Art! w/Laura**—Join us each week to create art out of a variety of materials: papers, paint, clay and everything in between. We will make projects that include collage, simple sewing, ceramics, jewelry making, and more.
- **PM—3pm to 5pm—Studio FMN Coloring Books! w/Laura**—That's right! In this studio class you will explore different drawing concepts to help develop your illustrative skills. Each week, we will focus on ways to make your drawing skills better. You will complete each class by creating a pencil drawing that will hopefully end up being a page in our SFN coloring book. **In addition, you may break away to the pottery wheel with Clove to make a lovely thrown creation.**

***Wednesday Afternoon Trips!**— These will take place one Wednesday afternoon of each month in the place of the afternoon coloring book class. Refer to the below listing. ***Please note the museum dates below and make appropriate arrangements for select Wednesday afternoons. ***

THURSDAY

AM—10am to 12noon—Thursday—Hand-building Ceramics - w/Kristin C.— Try your hand at hand-building ceramic pieces to show, sell, keep, or gift! Everything about this class is fun! You can even try your hand at wheel throwing on one of our pottery wheels.

PM—6pm to 8pm— NEW -Bingo w/Trudy—\$5—Bingo will be held every second Thursday of each month. Win prizes and socialize with friends! **Join us on the following dates: April 11, May 9, and June 13th. Please register.**

FRIDAY

- **AM—Friday— Drawing and Painting— 10am to 12noon—**: Artists will explore drawing the world around them and also explore experimental painting techniques.
- **This Quarter we will be focusing on drawing and painting Carnegie Landmarks and businesses:** Carnegie Coffee, Carnegie Library and Ukrainian Church.
- **PM—Friday—Sculpture w/Kirsten E—2pm to 4pm**— Artists will learn building techniques using found objects, paper clay, cardboard and paint.

***WEDNESDAY AFTERNOON TRIPS**—Four people can get into most Carnegie museums for \$1 with an Access card. Staff can usually get in for free with an employee ID.—Different rates apply to privately owned locations. **Anyone who wishes to meet us at activity/museum sites are welcome to do so. We will meet at the select locations at 2pm.** Please text Laura upon your arrival 724-674-8856.

- ⇒ **Wednesday, April 24 —Museum of Illusions—267 N. Shore Dr., Pittsburgh, PA-** —\$25 per person—RSVP by April 17th —Enter the fascinating world of illusions where nothing is ever quite as it seems. Join us at the Museum of Illusions Pittsburgh and experience the unbelievable!
- ⇒ **Wednesday, May 15—Pittsburgh Botanical Gardens—779 Pinkerton Run Road, Pittsburgh, PA**—\$2 admission with an ACCESS card. Four people can enter with one ACCESS card. Staff with an NF ID badge can access for free. Explore 65 acres of outdoor, cultivated gardens and woodlands to build connections to plants and the environment. This family and pet-friendly public garden provides spaces to inspire and calm the mind.
- ⇒ **Wednesday, June 19—Randyland Museum—FREE!** - 1501 Arch St, Pittsburgh, PA 15212—Randyland is an art museum in the North Side section of Pittsburgh. It is widely regarded as one of America's most colorful public art landmarks. Check it out with us and plan to visit Gus and Yiayia's afterward for ice balls.

• Fridays at the YMCA

Located at the Baierl Family YMCA at 2565 Nicholson Rd, Sewickley, PA 15143—Fridays at the YMCA are donation based or free but you must sign up through our website!

Special thanks to AE&E and NFHCS for supporting this project.

- **C-ART at the YMCA—Friday ART with Kristin—1:00pm to 3:00 pm—** to build your art skills, learn some creative concepts, art elements, and a bit of art history. Plus you will learn to create fun expressive art to enjoy!
- **Zumba at the YMCA—3:00 to 4:00pm—**Dance, sweat, and have fun while you burn calories with us! Zumba is a wonderful way to kick off the weekend!



• Don't Forget Ur Fabulous—Fitness/Wellness

Get Healthy with DON'T FORGET Ur FABULOUS! - athletics, dance, yoga, and more. Monthly Membership—\$35 per month (includes zoom and in-person exercise and coaching). Not sure about a membership commitment, consider doing some of our classes individually. For a small fee you can try out any of our Zoom activities.

DFUrF Weekly Schedule:

- Tuesday at 4pm, via zoom (group coaching).
- Tuesday at 7pm, via zoom (athletics).
- Wednesday at 7pm, Work it Out! Freestyle Dance with DJ Simms (Freestyle Dance with DJ Sims).
- Thursday at 7pm, via zoom (athletics).
- Fridays at 3:00pm, live at Baierl YMCA—Free but also included with the membership for those who wish to attend. (in-person athletics).
- Sunday at 10am, via zoom—Fabulous Yoga with Brytta (zoom yoga from Portugal).



• Walk & Talk—RSVP required through our website—free

- ⇒ **Steel Valley Trail (Waterfront) —11am—with Hannah** - Meet at Starbucks 360 Waterfront Drive, Homestead, PA 15120. Every first and third Sunday of each month at 11am. (Dates: 4/7, 4/21, 5/5, 5/19, 6/2, 6/16).
- ⇒ **Frick Trail Walk—10am—with Stephanie**—Meet at 1981 Beachwood Blvd, Pittsburgh, PA 15217. The last Monday of every month. Dates: April 29th, May 27th & June 24th
- ⇒ **North Hills Walk—4pm—with MaryAnn**—Meet in various locations in the North Hills like North Park, Heartwood Acres, Fall Run Trail, and the Ross Park Mall (inclement weather location). Dates: April 8th, May 13th, & June 10th

• Spring Fun Day! – Friday, April 5th

Join Kristin and Maryann for a day of post Easter fun!

Meet at the zoo at 9:30 am or in the event of inclement weather, meet at the Carnegie Science Center at 10am. Please text an RSVP to Kristin— 412-709-0989
If you bring an access card, you can get into the zoo for \$3 and you can get into the science center for \$4. Staff can get in for free with their employee ID badge.

Sign up to receive our email newsletter to get activity updates at nfhcs.org

• Shane's Happy Breakfast Club!

Join us for breakfast, socialization, and coffee. We always have fun and we enjoy meeting new people. Shane loves to tell jokes but if you have a special story, joke, or game that you wish to share, please share with us! We meet at Panera Bread located at McCandless Crossing—8800 Covenant Ave. Pittsburgh, PA 15237

Tuesday, April 16

Tuesday, May 14

Tuesday, June 18

• Tuesdays with Trudy—Free or donation based

Every Tuesday starting in April from 11am to 2pm join Trudy at the Not Forgotten Home Office (230 E. Main St., Carnegie, PA) for fun activities and sweet adventures. Please sign up weekly through the website.

• Monday Maniacs—NF's own bowling league

Monday at 6:30—Located at AMF, Mt. Lebanon -1601 Washington Road, Pgh, Pa. 15228

Please sign up through the website but pay at the entrance.

The cost is \$11.35 for 3 games and includes shoe rental!

A pool table is also available. This is a fun social event!



• Kiki Dee—Therapy dog visit—Friday June 14th

If you attend the Friday art class, Kiki Dee and her handler, Heidi will be visiting us again. Join us to get some furry-friend love!



• Karaoke—\$10—6pm to 8pm

Karaoke is back and will be the 2nd Tuesday of each month. We will also have birthday celebrations for any birthday of the month. This event will include drinks, snacks and cake. Participants who have a birthday during the select month will not have to pay but ALL will need to sign up! This will be located at our office location at 230 E Main St. Carnegie, PA 15106

April 11, May 9, June 6

• Texas Roadhouse—Dine to donate—please RSVP by April 15

Wednesday, April 17th—11am to 10pm—Go to Texas Roadhouse (1155 Washington Pike, Bridgeville, Pa 15017) for lunch or dinner on this day with one of our flyers (flyers available at the office and art studio). Enjoy dinner or lunch and 10% of what you spend will go to Not Forgotten Activities.

Not only will this be fun but your dinner will support NF to boot! ;-).

• Wild West Dance—Tuesday, May 21st, 2024—\$25

Location: Andrew Carnegie Free Library & Music Hall (Located at 300 Beechwood Ave, Carnegie, PA 15106. Time: 6 to 8:30pm

Keeping with our western theme, we are heading into Spring with a lasso in hand! Not really, but if country-western is your thing or if you just like to boot-scoot on the dance floor, join us! All types of music will be played but feel free to stomp on the dance floor. Wear your favorite western hats, bandanas, boots, and more! Fringe is encouraged!

A light dinner will be served. Special meal accommodations can be requested with advance notice. NF staff accompanying a NF participant is free. Staff from another agencies and all participants pay \$25. You must RSVP by Friday, May 17th.



• **Bingo's Back!** —Please RSVP!

Located at Studio Forget-Me-Not!—329 E. Main Street, Carnegie, PA 15106

PM—6pm to 8pm— **Bingo w/Trudy**—\$5—Bingo will be held every second Thursday of each month. Win prizes and socialize with friends! Join us on the following dates: April 11, May 9, and June 13th.



• **Letters of Love**

Join us at Studio Forget-Me-Not on April 25th at 12:30pm (after Kristen's Clay class) for our partnership with *Letters of Love*. Heather and Mary will be instructing this quarterly endeavor of making cards for this non-profit! A special shout out to Heather for suggesting this! Letter of Love's mission is to give emotional support to each and every child battling cancer and other serious illnesses.

Join us to make a child's day a bit brighter.

• **Gourmet Popcorn!**

Watch for our gourmet fundraiser in June—Dates TBA! Yes, that's right another treat to raise funds for NF activities. All funds go to offset the cost of activities and for those who can't afford them.



Check out these Summer Possibilities

- **Dollar Bank Cinema in the Park**—Grab a blanket or lawn chair and head out for an unforgettable evening of free cinema under the stars! Dollar Bank Cinema in the Park entertains throughout the summer in various park settings. Movies begin at dusk. The free movie series kicks off with a month-long schedule of POP-UP MOVIES at a variety of Citi Parks locations. To learn when and where these movies will take place each week follow the Office of Special Events on social media—<https://www.facebook.com/PghEventsOffice/>
- **Bicycle Museum**—The world's largest bicycle museum (and adjoining shop) are free year-round for visitors, but donations are appreciated! See a wide variety of antique and vintage bicycles, custom-built bicycles, and rare bicycles from around the world as well as a collection of bicycle-related artifacts and memorabilia, including posters, photographs and artwork.
- **Brother Andre's Café**—*Stop by this downtown cafe to smell the smells, socialize, and play games. You can warm up by sipping coffee or tea all while supporting your friends. Located at 164 Washington Place Pittsburgh, PA 15219 - M-F: 7:30am-3:30pm*
- **Visit Cookie Cookie** - Cookie Cookie Ice Cream is dedicated to providing the community with satisfyingly sweet treats while creating fulfilling, meaningful work to teens and adults with disabilities. 1815 McKees Rocks Road, McKees Rocks, Pennsylvania 15136, United States M-F 7am to 9pm, Sat -9am – 10pm, Sun -11am – 9pm
- **Museum Visits**—Pittsburgh has some wonderful museums that are meant to be explored and with an Access card you can get four people admitted for \$1 each. Be sure to take advantage of these perks.
- **Rainy Day? Opt for a Movie**—Many of our local movie theaters will discount tickets to caregivers who take people with disabilities to the movies. Contact your local theater to see what options are available to you!

Share your talents!

We are so lucky that at NFHCS we have many talented employees. If you wish to share a talent by organizing an activity or if you are interested in submitting creative ideas for our newsletter please reach out—Istuart@nfhcs.org

Special thanks to our sponsors.

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To sign up for activities, please go to our website at nfhcs.org.

- **IMPORTANT—PLEASE SIGN UP FOR ALL ACTIVITIES AT LEAST 24 HOURS IN ADVANCE!**
- **If an activity falls on a Monday, please sign up by the Friday prior!**
- **This schedule is subject to change. Activities may be cancelled due to lack of attendance or inclement weather, please be sure to sign up so that we can notify you of such changes.**

