



Not Forgotten Home and Community

ACTIVITIES—April, May, June 2023

Club Forget-Me-Not! EAST—500 Garden City Dr. Monroeville, PA

THE CLUB IS BACK! - Tell your friends!

If you have not checked out Club Forget-Me-Not in Monroeville, you are missing out! Check out what is happening for the Spring Quarter. Your first visit is on us! Be sure to meet Katie, our amazing new Activities Coordinator at the Club! AM activities are \$5, PM activities are \$5. Monthly memberships are \$35.

For more information email—kbulova@nfhcs.org

THE CLUB SCHEDULE:

- **AM—Tuesday—Painting—10am to 12noon**—Join us each week at we get inspired to paint by studying the work of famous artists like: Monet, O'Keefe, Kandinsky and more. Let's explore concepts and paint together!
- **PM—Tuesdays—Fun with Textile—12noon to 2:30**—Plan to create art from fabric with us! Each week, we will make incredible art from fabric scraps. It's amazing what can be created from items that are sometimes tossed away.
- **AM—Wednesday—Spread the Love—10am to 12noon**—There is no greater joy than doing meaningful work for others. Come and explore how we can share love in helpful and meaningful ways.
- **PM—Wednesday—Drawing—12noon to 2:30**—Each week we will learn about ways to relax and draw! Join us to learn about a variety of artists like: Durer, Van Gogh, and Himid.
- **AM—Thursday—Sculpture—10am to 12noon**—Gather at the club to create sculptures using a variety of materials.
- **PM—Thursday—Sing-a-long—12noon to 2:30**—There is nothing like singing and swaying with friends. Come and sing along with us!
- **AM—Friday—Wacky Workout—10am to 12noon**—Just as fun as it sounds! Come and see the wacky ways that you can make working out fun!
- **PM—Friday—Still Life Painting—12noon to 2:30**—What is a still-life? Well, it is the foundation of painting of course! Learn about the positive and negative space of the still life painting.

The DFUrF Dance!—In-person with DJ Sarah Sims—Located at

Club Forget-Me-Not! East, 500 Garden City Drive Monroeville, Pa 15146

Sunday, May 21st - 2pm to 4pm—\$10

As part of our Don't Forget Ur Fabulous program, we offer a dance to make you move and sweat!

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

We've combined our studio and store into one inspiring location. Join us each week for ongoing art classes and some made-by-hand shopping.

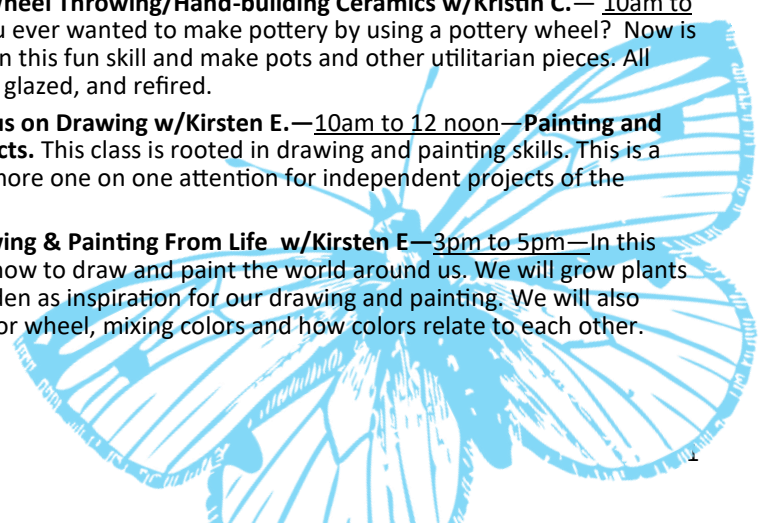
All classes are \$10 individually or \$35 for four classes.

You do not have to pay online but we do require you to now sign up through our website. Please visit nfhcs.org to sign up.

For more information email: lstuart@nfhcs.org

THE CLASSES:

- **AM—Monday—Folk Art—w/Kirsten E. 10am to 12noon**—In this class we will use folk art traditions like fiber and paper mache to create small sculpture, masks and animals.
- **PM—Monday—Printmaking— w/Kirsten E.— 3pm to 5pm**—In this class we will learn how to make prints with everyday objects on paper and fabric. We will design our own images to print on objects like cards, pillows and t-shirts.
- **AM—Wednesday—Wearable Art w/Laura—10am to 12pm**—This class is all about artsy fashion! We will explore simple sewing, jewelry design, upcycled clothing, hair accessories, hats and even fashion history! Come and create one-of-a-kind couture and more!
- **PM—Wednesday—Finish Ur Art w/Laura—3pm to 5pm—\$5 or donation**—This is an open studio! There is no planned project but if you have art to finish, come and do it with us! You are welcome to finish projects that you started in any of our art classes or you can bring an unfinished project from home and do it with supervision in a social environment.
- **AM—Thursday—Wheel Throwing/Hand-building Ceramics w/Kristin C.— 10am to 12 noon** - Have you ever wanted to make pottery by using a pottery wheel? Now is your chance to learn this fun skill and make pots and other utilitarian pieces. All pieces will be fired, glazed, and refired.
- **AM—Friday— Focus on Drawing w/Kirsten E.—10am to 12 noon—Painting and Independent Projects.** This class is rooted in drawing and painting skills. This is a smaller class with more one on one attention for independent projects of the artist's choosing
- **PM—Friday—Drawing & Painting From Life w/Kirsten E—3pm to 5pm**—In this class we will learn how to draw and paint the world around us. We will grow plants and a butterfly garden as inspiration for our drawing and painting. We will also learn about the color wheel, mixing colors and how colors relate to each other.



MORE NF FUN— various locations

Community, Zoom and more!

Don't Forget Ur Fabulous—fitness and 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 Class Schedule:

DFUrF Group Coaching

- Tuesday at 4pm, via zoom

DFUrF Eruption Athletics

- Tuesday at 7pm, via zoom
- Thursday at 7pm, via zoom
- Friday at 3:00pm, live at Baierl YMCA

Work it Out! Freestyle Dance with DJ Simms

- Wednesday at 7pm, via zoom

DFUrF Zumba with MaryAnn

- Friday at 12pm, live at Baierl YMCA (Starting February 3rd)

Fabulous Yoga with Brytta

- Sunday at 10am, via zoom



DFUrF at the YMCA— Located at Baierl Family YMCA located at

2565 Nicholson Rd, Sewickley, PA 15143—Fridays at the YMCA are donation based or free!

- Friday Exercise — 3:00pm to 4:00 pm— Don't Forget Ur Fabulous—ATHLETICS! —Eruption Athletics trained teachers will bring you adaptive exercise, movement, and so much more. Reach your 2023 goals with us!

Walk with us at the Ross Park Mall

(as part of DFUrF) \$1—Please sign up!

- Mondays at 3pm—April 24th, May 22nd, June the 26th

The NF 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!



New—DFUrF Zumba— Located at

Ross Community Center — 1000 Ross Municipal Dr. Pittsburgh, PA 15237

\$10 per class or \$40 for 5 classes!

There is not a more fun way to get your exercise than to take Zumba! Now you can do it with us!

- AM—Wednesdays—11:30am to 12:30—May 3rd, May 10th, May 17th, May 24th & May 31st

C-ART at the YMCA— Located at the

Baierl Family YMCA located at 2565 Nicholson Rd, Sewickley, PA 15143—Fridays at the YMCA are donation based or free!

- Friday ART with Kristin—1:00 pm to 3:00 pm—C-ART - donation based

Join us each Friday 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!



Spring Dance—1950s style! - \$30

Located at the Bridgeville Fire Department—370 Commercial St, Bridgeville, PA 15017

- 6pm to 8pm—Wednesday, May 10—Join us to dance the night away with DJ Chubbs and take festive photos in our fun photo booth! Dress in your best 1950s sock-hop style and join the fun! A light dinner is included.



- **NEW in June—Travel Club**— Join Liz and Scott for trips outside of the city! Explore fun places that you are sure to love. Watch for an announcement in our newsletter soon.

The Happy Club!

—Free! - Join Shane and Laura on select Mondays at Starbucks in Wexford—11354 Perry Hwy, Wexford, PA 15090—1 to 2pm

The Happy Club is a social club. We sometimes play games and do basic crafts. Most of the time, we visit and enjoy each others company.

Please email Shane if you wish to attend at: shanedogg1986@gmail.com

- Mondays, April 24, May 22, June 26!

More Spring Ideas

- **The Three Rivers Arts Festival**—Fri, Jun 2, 2023 – Sun, Jun 11, 2023—Free!
- **Carnegie Museums of Art and Natural History, Carnegie Science Center, and The Andy Warhol Museum and Phipps Conservatory**—If you have an access card, you can be admitted in museum for a \$2. Staff can get into most museums free with an I.D. badge.
- **Pittsburgh Botanical Gardens**—The Pittsburgh Botanic Garden is a botanical garden in Settler's Cabin Park in the Pittsburgh suburbs of Collier Township and North Fayette Township, United States. The garden spans across a total of 452 acres, making it among the top 10 largest American botanical gardens. If you have an access card, you can be admitted in museum for a \$2. Staff can get into most museums free with an I.D. badge.

Some local trails to check out:

- Frick Park Loop Trail**—Explore this 4.9-mile loop trail near Pittsburgh, Pennsylvania. Generally considered a moderately challenging route, it takes an average of 2 h 8 min to complete. This is a very popular area for cross-country skiing, hiking, and mountain biking, so you'll likely encounter other people while exploring. The trail is open year-round and is beautiful to visit anytime.
- Three Rivers Heritage Trail (northshore)**—Try this 6.2-mile out-and-back trail near Pittsburgh, Pennsylvania. Generally considered an easy route, it takes an average of 1 h 51 min to complete. This is a popular trail for hiking, mountain biking, and road biking, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime.
- Eliza Furnace Trail**—Get to know this 5.7-mile out-and-back trail near Pittsburgh, Pennsylvania. Generally considered an easy route, it takes an average of 1 h 43 min to complete. This is a popular trail for birding, mountain biking, and road biking, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime.
- Emerald View and Grandview Park Loop**—Explore this 4.7-mile loop trail near Pittsburgh, Pennsylvania. Generally considered a moderately challenging route, it takes an average of 1 h 59 min to complete. This is a popular trail for hiking, running, and walking, but you can still enjoy some solitude during quieter times of day. The best times to visit this trail are December through December.



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—lstuart@nfhcs.org



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.**

