

NFHCS Activities

nfhcs.org

October, November, December 2024

C-ART

Located at the Baierl Family YMCA at 2565 Nicholson Rd, Sewickley, PA 15143 - C-ART at the YMCA is a donation based or free but you must sign up through our website!

Join us for C-ART at the YMCA! Every Friday from 1:00pm to 3:00pm, dive into a world of creativity with Kristin. Build your art skills, explore exciting concepts, and discover the magic of art history. Plus you'll get hand-on with fun, expressive projects that will spark your imagination and bring joy to your day! Grab your paint-brush, lets make some art!



Don't Forget Ur Fabulous! – fitness, wellness, coaching

Membership is \$35, Drop-in rate \$10

Get Healthy with DON'T FORGET Ur FABULOUS!

Get ready to transform your wellness journey with DFURF! ✨ Join us for a dynamic mix of strength training, cardio, mobility, mindfulness, and personalized coaching—all in a vibrant, supportive community. Whether you're building strength or finding balance, we're here to help you thrive. Take the first step towards a happier, healthier you—sign up today and start living your best life! 🌟

Our program offers:

- Monthly Membership: Only \$35 per month, which includes both Online and in-person exercise classes, as well as group coaching sessions.
- Flexible Class Options: You can now try out our online classes as a “drop-in”. See our website for details.

DFURF Weekly Schedule:

- Sunday at 10am, via online—Fabulous Yoga with Brytta (online yoga from Portugal).
- Tuesday at 4pm, via online (DFURF group coaching).
- Tuesday at 7pm, via online (Eruption Athletics).
- Wednesday at 7pm, Work it Out! Freestyle Dance with DJ Simms (Freestyle Dance with DJ Sims).
- Thursday at 7pm, via online (Eruption Athletics).



Shane's Happy Breakfast Club! 9:30am – free but Please RSVP

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!

This Fall we will meet at a variety of locations:

- Tuesday, October 22—Starbucks—11354 Perry Highway, Wexford, PA 15090
- Tuesday, November 12—Ruckus Coffee—1707 Babcock Blvd, Pittsburgh PA 15209
- Tuesday, December 17—Panera Bread—8800 Covenant Ave., Pittsburgh, PA 15237



Tuesdays with Trudy – Cost varies. Please RSVP for the quarter.

Join Trudy every Tuesday for exciting field trips and activities! Most excursions are budget-friendly, but we'll let you know in advance if there's a cost involved. Please be aware that trips may be rescheduled, delayed, or canceled due to inclement weather. Please sign up for the quarter through the website so that we have an accurate idea of who to contact in the event of a schedule change or cancellation.

- Tuesday, October 1st - Cookie, Cookie Ice Cream - 12pm to 2pm - Decorate a cookie, games, etc. **\$5 participant \$5 staff**
- Tuesday, October 8 - Carnegie Library - 10:30 to 11:30am - read stories to kids - **Free**
- Tuesday, October 15 - Windmill Ice Cream and Mini Golf/Halloween Theme - 6:00pm to 8pm (NF staff is free, individuals pay \$11)
- Tuesday, October 22 - no day activity but come to our Spooktacular Halloween Dance! (see below for more info).
- Tuesday, October 29 - Simmons Farm - 10:00am to 12pm - pick a pumpkin and enjoy a Hayride! Be sure to pack a lunch! **Free for all!**
- Tuesday, November 5 - Craft Day -11am to 2pm - location TBA - **Be sure to pack a lunch.**
- Tuesday, November 12 - Friendsgiving - Everyone bring a dish! - **Located at the Rec Room**
- Tuesday, November 19 - Craft Day -11am to 2pm - location TBA - **Be sure to pack a lunch.**
- Tuesday, December 2 - Craft Day -11am to 2pm - location TBA - **Be sure to pack a lunch.**



Bowling—Monday Maniacs—NF's own bowling league

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

No need to sign up through the website, just meet us at the bowling alley!

The cost is \$11.35 for 3 games and includes shoe rental! A pool table is also available. This is a fun social event!



This schedule is subject to change.

Continued

NF Activities Continued

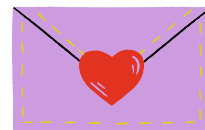
Letters of Love

Join us at Studio Forget-Me-Not - Date TBA - (after the Wednesday morning 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 leading this!

Letters of Love's mission is to give emotional support to each and every child who is battling cancer and other serious illnesses.



Dine to Donate-Primanti Brother's

1539 Washington Rd. Mt Lebanon, PA

Join us on Wednesday, October 16th—11am to 11pm—We will be having another Dine-to-Donate lunch. This is just another way to support your favorite non-profit ;-) and have a great and tasty time doing it! Feel free to go anything during this day and make sure to tell your server that you are part of Not Forgotten's Dine-to-Donate event.

Holiday Artisan Market— November 22

Located at the North Hills Art Center—3432 Babcock Blvd, Pittsburgh, PA15237

Studio Forget-Me-Not is excited to partner with the North Hills Art Center for this year's Holiday Art Market, featuring the exceptional work of over 50 talented regional artists. With 30% of all sales benefiting our studio, it's a wonderful opportunity to discover unique, handmade treasures while supporting the local arts community. This special collaboration brings together artists, a fellow community-serving art center, and our beloved studio, making it a truly meaningful event. We invite you to join us and show your support!

Studio Small Business Saturday Sale - Saturday, November 30th - 12Pm to 5Pm

Don't miss our Art Studio Sale this Small Business Saturday! Shop unique, handcrafted ornaments, festive T-shirts, beautiful calendars, and creative coloring books—all perfect for holiday gifts. Plus, be the first to see and purchase brand new art pieces straight from the studio. Support local art and find one-of-a-kind treasures for everyone on your list!

SPOOKTACULAR HALLOWEEN DANCE

6pm to 8:30pm

Tuesday, October 22

**THOMAS R. LLOYD RECREATION CENTER
1801 Dormont Ave, Pittsburgh, PA 15216**

Join us for a night of thrills, chills, and dance at the Spooktacular Halloween Dance! Get ready to groove to eerie beats as the dance floor transforms into a haunted wonderland filled with spooky decorations, glowing jack-o'-lanterns, and creepy cobwebs. Costumes are encouraged, so come dressed as your favorite ghoul, ghost, or monster for a chance to win the best costume prize! With bone-chilling music, spine-tingling surprises, and plenty of Halloween treats, it's a night of fun you won't want to miss. Grab your friends and make this a hauntingly good time!

RSVP on our website by October----

\$30 per participant

Non NF staff - \$30

NF staff with ID badge - Free!



NOMINATE An NF SUPERSTAR!

Dear NF Caregivers and
Friends,

We're excited to announce the return of the Superstars! If you notice a participant excelling, achieving their goals, or becoming more independent, we'd love to hear about it. We also welcome nominations for any other notable accomplishments.

Please nominate a participant by emailing lstuart@nfhcs.org. Thank you for helping us celebrate these amazing achievements!

Check out these Holiday Burgh Extras!

Light Up Night - Saturday, November 23rd - visitpgh.com

Highmark First Night - December 31 - firstnightpgh.trust.org

Kennywood Lights - November 15 through January 1st - kennywood.com

Zoo Lights Drive Through - November 15 through January 12!



LOOKING TO GROW YOUR BUSINESS OR SIDE HUSTLE?



ADS
STARTING
AT \$25

Or perhaps you know someone with their own business?

Why not spotlight it in our monthly email newsletter? With a circulation of over 1,000 people connected to NF, it's the perfect opportunity to expand your reach!

A digital ad not only supports us but drives traffic directly to your website, helping customers find you faster. Plus, the cost is tax-deductible! Don't miss this chance to elevate your business—reserve your spot today!

email: lstuart@nfhcs.org for the details!



Holiday Dance Exterordinaire!

5:00pm to 8:00pm

Date – Tuesday, December 10th

Cefalo's Banquet Center, located at 428 Washington Ave, Carnegie, PA 15106.

Last year's celebration at Cefalo's was such a magical success, we're bringing the holiday cheer back for another unforgettable night! Prepare to be dazzled by a beautiful evening filled with delicious food, lively music, and plenty of dancing. Put on your favorite festive outfit and get ready to dance the night away in true holiday spirit. This is an event you won't want to miss – let's make this Christmas season one to remember!

\$60 per participant

Non NF staff – \$60

NF staff with ID badge – Free!

Special Thanks to our sponsors and supporters:

EDITH L. TREES
CHARITABLE TRUST

The Scott Foundation, Inc.

AE&E

Arts, Equity, & Education Fund



Home & Community Services

Uniqueness / Inclusion / Opportunity



STUDIO FORGET-ME-NOT!

329 E. Main Street, Carnegie, PA 15106



OCTOBER, NOVEMBER, DECEMBER 2024

We've introduced new software to streamline our class registration process! You can now use your own debit card and enjoy the convenience of a shopping cart, allowing you to sign up for multiple activities at once. We hope this makes things easier for you, and we'd love to hear your feedback or address any issues you encounter.

MONDAY

AM (10am-12pm) - Make it Sell!

Unlock your creativity and turn it into profit! In this exciting class, you'll dive into projects designed to sell in our shop. Learn how to craft irresistible, sellable items like paper beads, elegant picture frames, T-shirt rugs, and much more. Discover the secrets to making products customers can't resist!

PM (2pm-4pm) - Open Studio

Artists can draw, paint, or work on individual projects with guidance from the instructor. A still-life setup, along with other reference photos, will always be available for drawing or painting.

TUESDAY - Studio Reserved - No Art

WEDNESDAY

AM (10am-12pm) - Expressive Art!

Embark on a creative journey as we craft masterpieces from various materials like vibrant papers, rich paints, malleable clay, and more. Explore projects spanning collage, sewing, ceramics, jewelry crafting, and beyond.

PM (3pm-5pm) - Build and Spin Ceramics

Join us for a hands-on ceramics class where you'll explore hand-building and wheel throwing techniques. Each week, you'll shape and mold clay into unique creations. Be prepared to get messy! Our adaptive pottery wheel ensures everyone can participate.

THURSDAY

AM (10am-12pm) - Hand-building Ceramics

Explore the art of hand-building ceramic pieces. Whether you're creating to sell, cherish, or gift, the possibilities are endless. Plus, try your hand at wheel throwing with our wheelchair-accessible pottery wheel.

FRIDAY

AM (10am-12pm) - Make it in 3D

Create three-dimensional sculptures using materials like plaster, papier-mâché, cardboard, and found objects.

PM (2pm-4pm) - Drawing/Open Studio

Artists can draw, paint, or work on individual projects with guidance from the instructor. A still-life setup and other reference materials will be available.



SPECIAL ANNOUNCEMENTS THIS QUARTER:

- The 2025 Studio Forget-Me-Not Calendar - Date TBA
- Holiday Artisan Market- North Hills Art Center - November 22 through December 14th
- Small Business Saturday Studio Holiday Show - November 30th - Studio FMN!
- A visit from Mallory Hudson - Disability Justice - October 11
- Non-partisan VOTE signs with Penny - October 16 and 18

This schedule is subject to change.