

NFHCS Activities

January, February, March 2025

nfhcs.org

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

Get Healthy with Don't Forget-Ur Fabulous! ⭐\$40 per month or \$5 each activity.

Are you ready to ignite your wellness journey and unlock a healthier, stronger you? With DFURF, we're offering a one-of-a-kind experience that blends strength training, cardio, mobility, mindfulness, and personalized coaching, all in a vibrant and supportive community. Whether you're looking to build strength, increase flexibility, or achieve balance, we've got everything you need to thrive. 🌈

No long-term commitment required! We're making wellness accessible and flexible so you can drop in for one or more activities each week—at a time that fits your schedule.

Here's what's waiting for you:

DFURF Weekly Schedule:

- Monday - Athletics - Eruption style - 4pm
- NEW -Tuesday - Yoga by way of Zoom - Time TBA
- Wednesday - Freestyle Dance 4pm
- Thursday Athletics - Eruption style - 4pm
- Friday - Group Coaching - 3pm

Sign up now and start your journey toward becoming your healthiest, happiest self. The first step is just a click away! 🌟



Shane's Happy Brunch Club! 10:00am – 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 Winter, we will meet at a variety of locations:

- Tuesday, February 18—Bitty and Beau's - 1920 Smallman St, Pittsburgh, PA 15222
- Tuesday, March 18—Brother Andre's Cafe - 164 Washington Pl, Pittsburgh, PA 15219



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, January 7th - activities at the office/community
- Tuesday, January 14 - activities at the office/community
- Tuesday, January 21 - activities at the office/community
- Tuesday, February 18 - in combination with Shane's Happy Club
- Tuesday, February 25 - activities at the office/community
- Tuesday, March 4 - activities at the office/community
- Tuesday, March 11 - activities at the office/community
- Tuesday, March 18 - in combination with Shane's Happy Club
- Tuesday, March 25 - activities at the office/community

A different

Activity

each Tuesday!



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!



Dine to Donate—Moe's Southwest Grill

1597 Washington Pike, Bridgeville, PA 15017

Join us on Wednesday, March 19th - Time TBA—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.

NF Activities Continued

NEW – Valentine's Day Social – \$10

♥ Located at the NFHCS office location - 505 Washington Ave. Carnegie, PA 15106 - February 11 - 6 to 8pm.

Celebrate Love and Friendship at Our Valentine's Day Social! Enjoy sweet treats, fun games, creative crafts, lively music, and exciting prizes in a festive atmosphere. Come with your sweetheart or solo – there's something for everyone to enjoy! ♥

NEW – St. Patty's Day Social – \$10

Located at the NFHCS office location - 505 Washington Ave. Carnegie, PA 15106 - March 11th - 6 to 8pm.

✪ Join us for a St. Patrick's Day Social Gathering! Celebrate with lively music, festive games, creative crafts, and delicious refreshments that will have you feeling the luck of the Irish. Wear your best green or dress festive and come ready for an afternoon of shamrockin' fun! ✪

Monthly Bingo Night – \$5

Join the Fun! Mark your calendar for the fourth Thursday of every month. Head over to 505 Washington Ave. for Bingo every month, complete with snacks, refreshments, and plenty of excitement. Thursday, January 23, Thursday, February 27, and Thursday, March 27, from 6 PM to 8 PM – we'll see you there! 🎲



Karaoke Night – \$5

Sing Your Heart Out! Join us at 505 Washington Ave. on Sunday, January 14, from 6 PM to 8 PM for an evening of music, snacks, and fun. Whether you're a star performer or just love cheering others on, this is your time to shine! 🎵

NEW – Mind Over Chatter

Starts Monday, January 13th – watch for a new video each week.

Join us every Monday on our social media pages for a special mindfulness feature with Darah! Each week, she'll share a video exploring practical mindfulness techniques to support your overall well-being in a holistic way. We'd love to hear from you—share your thoughts and feedback in the comments after you watch! Links:

FB - www.facebook.com/notforgottenactivities

Instagram - www.instagram.com/notforgottenactivities

NEW – Creative Support Group

Starting January 12 – 7:30 to 8:30pm (via Zoom)

Join us on Sunday nights for a supportive, creative space to connect, share, and build lasting friendships. Through simple artmaking and refreshing activities, you'll leave feeling recharged and ready for the week. Led by Kristin Cortese, a graduate student in art therapy and counseling, this group fosters self-expression, emotional well-being, and meaningful connections.

Winter in the Burgh!

Here are some exciting activities to enjoy:

PiratesFest Returns

(And One More Year for Cutch)

Join us for PiratesFest on January 6, 2024, at the David L. Lawrence Convention Center.

Zoo Lights

Drive through the festive displays until January 12!

Maker & Muse: Women and Twentieth-Century Art Jewelry - Visit The Frick Pittsburgh on February 15, from 10 a.m. to 5 p.m.

St. Patrick's Day Celebration

Join us for the fun on Saturday, March 15, 2025, at 10 a.m. in downtown Pittsburgh!

Pittsburgh boasts numerous museums, making them a perfect way to stay warm during the winter months. Be sure to visit these favorites: Carnegie Museum of Art, Carnegie Museum of Natural History, Carnegie Science Center, and The Andy Warhol Museum.



LOOKING TO GROW YOUR BUSINESS OR SIDE HUSTLE?

ADS STARTING AT \$25

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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!




🎉 2025 Calendars Are Here! 🎉

Don't miss out—our beautifully designed 2025 calendars are still available for purchase at Studio Forget-Me-Not and online! 🌸

🌟 Price: \$12

🌟 Proceeds: 100% of proceeds support our studio programs, helping us continue to serve our vibrant community.

This calendar was thoughtfully curated with input from the Carnegie Community—thank you for being a part of this creative journey!

 17 Get yours today and start planning for an inspired 2025! 🌟

Calendars can also be ordered through our website at this link -

<https://www.nfhcs.org/product-page/studio-forget-me-not-2025-calendar>

NOMINATE a 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 Istuart@nfhcs.org. Thank you for helping us celebrate these amazing achievements!

Special Thanks to our sponsors and supporters:

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Home & Community Services
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STUDIO FORGET-ME-NOT!

329 E. Main Street, Carnegie, PA 15106
January, February, March 2025



★ Exciting Changes Coming to Studio Forget-Me-Not in 2025! ★

We're thrilled to share some exciting updates as we gear up for a transformative year ahead. First, we're making a change to our schedule—while we'll be saying goodbye to our Thursday class, we're excited to introduce a new Tuesday class with Kristin! This fresh addition will bring new energy and opportunities to your weekly routine.

As part of an exciting partnership, we'll also be including participants from REACH (a new day program at our office location), which means you'll start to see some new faces in the studio on Mondays, Tuesdays, and potentially Wednesdays. We're eager to foster a welcoming and inclusive community where both current and new students can thrive together!

Lastly, we're thrilled to announce the launch of our "Next Level" vocation art program this April. Designed to take your creativity to new heights, this program promises to be an inspiring addition to our offerings. Stay tuned for more details—2025 is shaping up to be an incredible year, and we're so excited to have you on this journey with us. Let's make it a year to remember! 🌟

MONDAY

AM (10am–12pm) – ART for FUN/ART to Sell! - \$10

Unlock your creativity and discover the joy of making art you'll be proud to take home—or even sell! Our art classes at the studio are about more than just the finished masterpiece; they're an opportunity to build valuable skills, expand your artistic horizons, and grow your confidence.

Join us as we dive into real art concepts, guided by expert instruction, and work with high-quality, artist-grade supplies that bring your vision to life.

Whether you're a beginner or looking to refine your craft, this is your chance to explore, create, and elevate your artistry in a welcoming and inspiring environment!

PM (2pm–4pm) – Open Studio - \$10

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

AM (10am–12pm) – Canvas to Clay: Art Unlimited! - \$10

Canvas to Clay: Art Unlimited is a dynamic art class designed to unleash your creativity across a wide range of media. From painting on canvas to sculpting with clay, students will explore different materials and techniques, all while experimenting with their own unique style. Whether you're a beginner or seasoned artist, this class encourages hands-on learning and artistic expression, offering endless possibilities to create, connect, and discover. Dive into the world of mixed media and watch your imagination come to life!

WEDNESDAY

AM (10am–12pm) – We LOVE Art! - \$10

Embark on an exciting creative adventure where every week brings something new to discover! Dive into a world of artistry as we craft stunning masterpieces using vibrant papers, rich paints, malleable clay, and so much more. From collages and ceramics to jewelry-making and sewing, each project is a chance to explore diverse techniques and materials.

Along the way, you'll uncover fascinating art concepts, delve into inspiring stories from art history, and learn about incredible artists who've shaped the world of creativity. Whether you're a beginner or seasoned creator, this journey is designed to spark your imagination and leave you eager for the next project!

PM (3pm–5pm) – Build and Spin Ceramics - \$10

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.

FRIDAY

AM (10am–12pm) – Create your World in Drawings, Paintings, and Sculpture. - \$10

Bring your ideas to life in three dimensions! In this hands-on class, you'll create stunning sculptures using a variety of materials, including plaster, papier-mâché, cardboard, and found objects. Explore innovative techniques as you shape, build, and transform everyday items into extraordinary works of art.

PM (2pm–4pm) – Drawing/Open Studio - \$10

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.