Not Forgotten Home & Community Services

E-Mail Blast

Saturday July 6, 2019



HI Everyone! Hope you all had safe and wonderful Independence Day holidays! The heat is on now and the summer days are blazing! This is a great week to spend some time getting outdoors, whether it’s hiking, biking, relaxing in the shade or finding a swimming pool to cool off in. If you don’t have a pool at home, try one of the local pools…there is a link at the end of this email if you need some help finding one. Remember to check out our website at nfhcs.org to see the whole month schedules for all the locations.

**Activities at NF Centers**

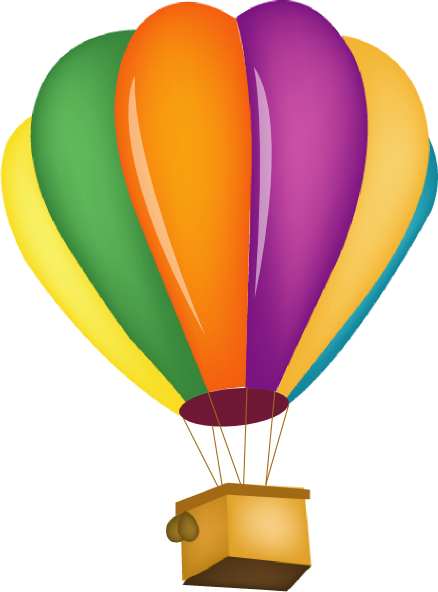
Forget-Me-Not Art Studio

101 W. Main Street, Carnegie PA 15106

\*\*Please pre-register for classes 24 hours in advance by text or email at: [lstuart@nfhcs.org](mailto:lstuart@nfhcs.org) or 724-674-8856

***VOLUNTEERS NEEDED*** for **CARNEGIE FARMERS MARKET SUNDAY JULY 7th Noon to 3 p.m.**

Volunteers are needed to come help out at the studio at 11 a.m. to pack items and bring them to the Farmer’s Market located in the big parking lot across from Carnegie Coffee. *Great thanks* to the following people who helped make the last Farmer’s Market such a success: Wanietta McNeill and Angel for their help and wonderful jewelry creations; Shane and Susan for their help with set up and tear down; and Thank you so kindly to Michelle McNally for help with set up and tear down at the Market and for mopping our studio floors!



**Tuesday July 9th from 6 to 8 p.m. Cost $10**

**3-D Hot Air Balloons!** “Wouldn’t you like to fly in my beautiful balloon?” Come to this class to learn a bit about hot air balloons and make one using up cycled maps

**Wednesday July 10th Just $5!!!**

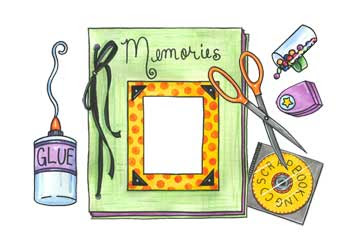
**Open studio** from 1 to 3 p.m.

Come on down and spend time exploring the studio space with Stacey and Sharon and pick a project to work on or bring one of your own.

**Friday July 12th from 6 to 8 p.m. Cost $10**

**Ceramic Butterfly bowls**  Come create a small adorable butterfly bowl to keep your jewelry, small change or whatever you like. Use a variety of textures in the clay to create a unique creation of your own. This is a 2-part class where we will create the bowl on this date, then after all the bowls are dried, on Friday July 26th you will need to come back to glaze your bowl to give it color before it is fired in the kiln. Final projects will be ready for pick up approximately one week after the July 26th class.

**Saturday July 13th**

**Scrapbooking made Easy!**  Come join instructor Christy with your photos and any supplies that you may have to create a beautiful scrapbook to keep your memories in. If you don’t have supplies, no worries! We will provide paper, scissors, accessories, fancy paper punches and more. We even have a few scrapbooks that you can use if you don’t have one of your own. Please RSVP with Christy at (724) 462-3608 so we can be sure to have your place reserved.

*Just to pass on the good news*….the art walk from The Vault in Lawrenceville on Friday July 5th was a great time and we are definitely planning on participating in future walks. We will post upcoming walk dates and times in future e-mail blasts.

*Some things to remember: most classes are $10 and include the materials for the class. Caregivers and/or Parents are expected to attend classes and assist and accompany their individuals at all times. Parents/Caregivers may also create class projects if they wish, but they will need to pay an additional fee ($10) and will be expected to assist their individual firstly.*

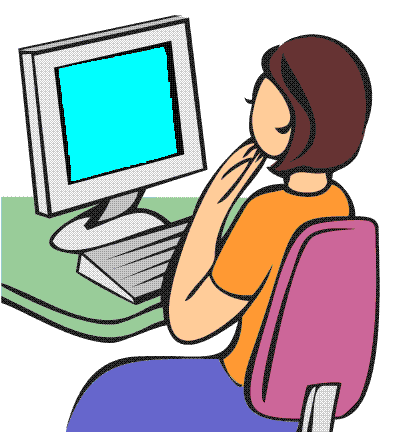
Club NF (Drop-in Center)

454 Montgomery Avenue, Bridgeville PA 15017

\*\*Please pre-register for classes 24 hours in advance by text or email at: [shysong@nfhcs.org](mailto:lstuart@nfhcs.org) or 724-705-5868 Most classes are $10. Feel free to text, call or email to reserve you place or ask any questions to Facilitator Susie Hysong.

**Monday July 8th**

**From 1 to 3 p.m. *Cookbook Club***

Come explore a variety of recipes and tastes and learn how to make new recipes that will be incorporated into a NFHCS cookbook.

**From 5 to 7 p.m. *Clever with Computers***

Come in to learn how to play it safe and have fun on the computers.

**Tuesday July 9nd**

**from 10 a.m. to Noon *The Other Side of the Fence Garden Club***

We will be making Fairy and Gnome gardens this week. Come design and build a little fantasy garden for magical Fairy and Gnomes to roam.

**Wednesday July 10th**

**from 1 to 3 p.m. *Creative Crafts***

Get organized and make a fancy key fob to keep all your keys together!

**Friday July 12th**

**from 1 to 3 p.m.** ***Jewelry making with Wanietta & Angel***

Lots of different designs & patterns to learn or use your creativity to make your own.

**Saturday July 13th**

**From 2 to 4 p.m. Cost $3 *B-I-N-G-O! with Wanietta***

Come have fun and find your luck to win prizes

**Sunday July 7th**

Sorry, but Club will be closed on this date but will reopen on Sunday July 14th from 11 a.m. to 4 p.m. with Barb and Evan.

Club Forget-Me-Not East

500 Garden City Drive, 14 N, Monroeville PA 15146

\*\*Please pre-register for classes 24 hours in advance by text or email at: halim.elamin12@gmail.com or 412-918-6074

**CLUB NF East** offers **open club** for $5 for up to 3 hours of great fun

Activities available include shooting pool, playing Ping-Pong, art room, technology (computer) use, television lounge, shooting hoops, drumming, dancing and more!

***Open Club hours for week of July 8th through the 14th***

Monday July 8th Noon to 4 p.m.

Tuesday July 9th 10 a.m. to 6 p.m.

Wednesday July 10th 10 a.m. to 4 p.m.

Friday July 12th 10 a.m. to 6 p.m.

***Open Art with Cary***

Mondays 4 to 8 p.m. at the Club FMN East!

Wednesdays 6 to 8 p.m. at The Gallery @ the Club

Cost is $5 to $10 depending on the project

Come join professional Artist & Teacher Cary to make a variety of fabulous projects to keep or put up for display or sale at The Gallery @ the Club (next door)

**Tuesday July 9th**

from 6:30 p.m. to 7:30 p.m. Cost just $5 ***Zumba!***

Come in for some cardio dance fun, get in shape and have a blast!

**Wednesday July 10th**

from 4 to 5 p.m. Cost $5 to $10 depending on recipe

***Food Creations made Easy with Amin***

Come learn a no-bake recipe with Amin. Delicious & fun!!

**Friday July 12th**

From 1 to 4 p.m. Cost $5

***The Big Screen—Club NF East style***

Come in for a Netflix movie on the big screen television complete with popcorn and a cool drink. Bring your friends!

By Reservation

***Yoga with Alice***

Available for groups on Mondays or Thursdays from 10:30 a.m. to 1 p.m. with one week advance reservation required. $10 per session

**Trainings**

Don’t forget to check on **Relias** website regularly to keep up to date on your trainings and get a free education on many different topics.



**Fitness News**

***Tuesday July 9th***

from 5 to 7 p.m. Cost is $5 per individual, staff is free ***Fitness for All!***

John McMillian Presbyterian Church

875 Clifton road, Bethel Park PA 15102

Join Jason every Tuesday to work fitness stations, learn skills, & try different sports. Track your steps with a pedometer to try to get 100 miles before the end of the year. Earn prizes from the 100 mile club and enter to win a signed Steelers picture for the top walker.

For any additional information or questions, please contact Jason Ericson at [JasonEricson2@gmail.com](mailto:JasonEricson2@gmail.com) or (412) 335-5836

***Wednesday July 10th***

from 6 to 7 p.m.Cost is $10 for non-NFHCS members, Free for NFHCS members

***Barry’s Boot Camp***

The Woodland, Woodlands Recreational Center

134 Shenot Road, Wexford PA 15090

Get your heart rate up and have a blast learning new sports and different PT moves.

**Special Events**

**Majestic Movement Art Show**

**Friday, August 2nd – 1pm to 8pm!**

Remember it’s less than a month away now! It’s not too late to submit a work of art to be displayed and/or put up for sale in the event. Check out the nfhcs.org home page and click on the paint palette icon at the bottom of the page for more information on the show and how to sign up to submit your artwork. Come be a part of our colorful, moving art show!

Majestic Movement will be at our new ***The Gallery @ The Club***, just beside Club Forget-Me-Not East in Monroeville.  The address is 500 Garden City Drive 14N, Monroeville PA! Festivities will kick off on that day at 1pm with a Ribbon Cutting Event done by the Monroeville Chamber of Commerce!  The plaza and parking lot will be filled with activities!

Here is just a sample of reasons as to why you need to come out and show your support:

                        Movement Art Exhibit and Sale!

                             Movement & Metamorphosis-Butterfly Release!

                             Pittsburgh Musician, John Wiatrak – Acoustic guitar/songs!

                             Local Food Vendors with food for sale!

*Majestic Movement* games involving paint and colored chalk!

                             Light refreshments!

                             Movement Art Raffle!

                             Craft activities inspired by MOVEMENT!

                             Movement Mystery Video – This is a big surprise!

Get your MOVE and GROOVE on and dance, dance, dance at the club!

**All are welcome to this free event!**

***Take me out to the ball game***

Tickets are on order for the Pirates game on July 25th and we are anxiously waiting for approval. We will be letting anyone who signed up for the event know as soon as possible!

***SHOUT OUTS!!!***

A Big Thanks to Barb Meglan and her husband for donating the vegetables for our raised bed garden behind the Club NF in Bridgeville. Although it appears a woodland friend has eaten a few of our peppers, we still have some lovely red and green lettuce, a few peppers & zucchini coming up. Hopefully we can get some of the harvest before our “deer friends” do!

Also, many many thanks to Debbie Johnson and Michele and Melissa McNally for all the wonderful donations they have brought to the art studio lately. It seems that Pat Catan’s closing has been a real windfall for all of our activities locations! Thanks Ladies!

**Events in the Community**

Need some ideas for outings, check out the following….



**City of Pittsburgh & surrounding community pools**

**If you are in the mood for a swim check out the city of Pittsburgh website for listings of local pools, including times and prices.**

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=4&cad=rja&uact=8&ved=2ahUKEwi83q_6k57jAhWjT98KHYHeB8cQFjADegQIAhAB&url=https%3A%2F%2Fpittsburghpa.gov%2Fcitiparks%2Fswimming-outdoor&usg=AOvVaw0-Jdh_tCuY3S8KQ3H1156->

***Sunny Days Camp***

Did you know that the Pennsylvania State Police has a summer camp for Adults with special needs to promote good relationships between police and the community? The camp for Allegheny County is on September 8th, 2019 at the Pioneer Education Center. More information on the camp and signing up you can connect to the Pennsylvania State Police website… Google PA state police Sunny Days Camp 2019

If you have any suggestions for outings or events or any good news you would like to share, or post on upcoming e-mail blasts, feel free to contact me at [staceyduff@hotmail.com](mailto:staceyduff@hotmail.com) or text me at 412-737-6501.