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The FCAAEE Insider

Volume 9, Summer 2025



Poised for the Future

FCAAEE began an exciting new chapter in our 62-year history: we now have two employees to better support you and help ensure our nonprofit continues to thrive for decades to come! Please join me in warmly welcoming Margaret Haas to Team FCAAEE!

Margaret and her husband, Mark, have lived in O'Hara Township for over 20 years. She's a mother of three, a long-time educator, and a familiar face at FCAAEE having taught several of our classes on succulent gardening.

Margaret also teaches the [Kind Kangaroos](#) at Fox Chapel Presbyterian Church Preschool and has served on numerous local boards including Backpacks for Hunger, Fox Chapel Killer Whales, and the Fox Chapel Area Band Parents Association.

Welcoming Margaret is also the first step in a thoughtful transition plan developed by the FCAAEE board to prepare for my retirement at the end of the 2025–2026 academic year. This is the first time I've written those words — and it is bittersweet, to say the least.

But knowing that FCAAEE will be supported by a strong, dedicated team gives me great peace of mind and hope for the future.

We're excited about the energy, creativity, and community spirit Margaret brings to our organization.

Margaret and I will see you in class!

Sue Goodwin

Executive Director, FCAAEE

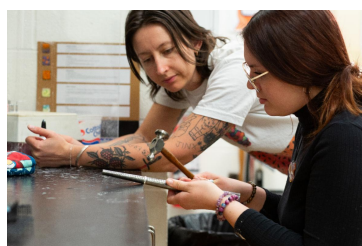
director@fcaae.org



Margaret Haas

Assistant to the Executive Director
classes@fcaae.org

Highlights of a Great Year



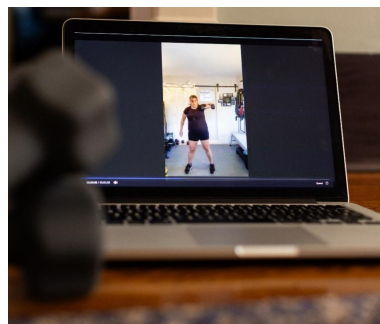
Sarah Sindler of [King Reld Jewelry](#) led students in a



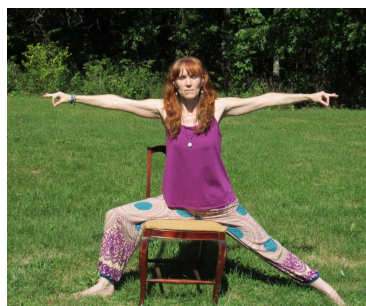
It's never too late to nurture the



Potters of all levels had the chance to join **Karen McKee** for all three semesters this year to learn pottery, to improve their skills, and to create functional and decorative pieces. **Pottery** is thought to have many healing benefits. See **what Psychology Today says about working with clay.**



At Home Fitness and Strength Training classes brought health and activity to men and women who prefer to exercise in the privacy of their own home. **Beth Ryce** steps you through sets of exercises — with modifications if needed — and gives encouragement all along the way!



Julie DiDomenico leads our students through **At Home**

customized **Jewelry Making** class, creating silver rings that fit perfectly. Sarah provided one-on-one instruction, and as you can see, it was fun, too!



Professional photographer **Randi Voss** taught **Better iPhone Photos for Beginners**. Students learned how to get the most out of their iPhone cameras during this one night class offered in both the Fall and Spring semesters. Are you getting the most out of *your* iPhone camera?



Line Dancing is a great way to get some exercise, meet people with similar interests, listen to music, and have some fun!! We are lucky to have a very experienced instructor like **Jennifer Fish** from **Life in Motion Gym** to guide you smoothly through the steps.

artist in you! Beginning as well as experienced students joined artist **Robin Menard** for one-on-one and group instruction this year. Robin taught **Drawing Skills** this fall followed by **Drawing Spring Flowers.**



"This is the exact class that I've wanted the FCAAE to offer. I'd sign up and do it again. Thanks for a wonderful experience!"
Matt, FCAAE Student

Educator and musician **Derek Johnson** taught **Guitar Basics and Music Theory** to beginners and experienced guitarists alike. The quote above says it all!



"I rate this class a 5/5. I plan to take it every two years indefinitely." **Heather B.**

This **CPR** class fills up every semester, every year! Students walk away with **AHA** Heartsaver certification, AED training, and the ability to

Chair TriYoga. All 'at-home' classes are recorded and are available for continued use all week so you can work out on your own, at your own pace, whenever you like. Give it a try!



If you are a more in-person kind of exerciser, try **In-Person Women's Fitness**. You'll have an FCAAE instructor present to train or assist while you enjoy full access to the FCAHS workout area.



Middle Eastern Cooking was a tasty experience for all. After the instructor, **Michelle Trumble**, gave a demonstration, the group worked with partners and made the Spanakopita and Gyros dishes and then feasted together. Watch for more cooking classes this coming season. We have some tasty meals planned!



Pickleball...Need we say more? Classes filled, beginners learned, those more advanced played Round Robin games. All had fun. Join us!



Sue Goodwin, FCAAE's Executive Director, and **Margaret Haas**, our new Assistant to the Executive Director, met up with the Pirate Parrot at **Fox Chapel Day** this year at McCahill Park. Sue and Margaret will also be at **Aspinwall's Big Night Out** on August 7 at the Aspinwall Baseball Fields. Be sure to stop by, say hi, and learn more about upcoming classes.

administer first aid for choking.



A look at the past year would not be complete without sharing the wonderful swim classes that we offer. **Lap Swim, Family Rec, Private Lessons, and Aqua Exercise!** Get full enjoyment of the FCAHS pool and learn to swim, have fun, stay fit.



Check out the nearly 200 classes we offered in 2024/2025!

Fall 2024

Winter 2024/2025

Spring 2025

Beyond the Classroom!

Well Deserved Treats

The FCAAE community often extends beyond classroom sessions! This year, after a great **Aqua Exercise** semester, with **Annie Kayser** as their instructor, a Tuesday Aqua Exercise student hosted a dessert pot luck where Annie and her swim friends



gathered to celebrate health and friendship. Be sure to listen to the "toast" Annie gave before everyone began working toward their sugar buzz.

Keep on Playing Mah Jongg

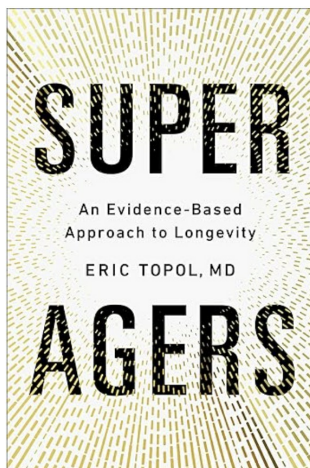
Our Spring **Mah Jongg** class was once again a big hit — and now that they've learned the game, some FCAAE students have begun coordinating their own regular "at home" game days with other FCAAE students. We are thrilled that our instructor, **Mary Emery-Williams**, has guided FCAAE Mah Jongg students so well that they continue playing together outside of FCAAE. Give Mah Jongg a try this coming FCAAE academic year! Class size is limited so sign up early!



FCAAE Clay Student Accepted for Juried Exhibit!

FCAAE Clay instructor Karen McKee invited all of her students to submit their work to a juried event. **Kim Connolly** did just that and her piece, "Ready to Jump," was accepted! The event, "**Anything But a Mug**" will take place at the Clay Place Gallery at Standard Clay, One Walnut Street, Carnegie, PA, from June 14th to August 9th. Stop by and support your fellow FCAAE students!

Become Your Best Self...Starting Now!!



It's never too late to be a super ager and it's never too early to begin!

Listen to an interview with Dr. Eric Topol on [Mel Robbins Podcast: Advice From the #1 Longevity Doctor: Add 10 Years to Your Life With 3 Simple Habits](#). (April 30, 2025, Episode 285).

Read the [Today Show article](#) about Dr. Eric Topol's studies that will help you live longer, feel better, and prevent diseases like cancer, heart disease, and dementia.

Thank you to all who donate, support, register, and teach for FCAAE. We would not exist without you!!



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