



CLASS SCHEDULE

Phinney Neighborhood Association Class Registration & Information

Class fees vary and are listed in each class description. Pre-registration is required for all PNA-sponsored classes unless noted otherwise.

PNA Class Cancellations & Refunds: We refund tuition in full if we cancel a class, or if you cancel your registration at least seven days before class.

Greenwood Senior Center (GSC) is a program of the Phinney Neighborhood Association. GSC classes are held at 525 N. 85th St. Seattle, WA 98103.

Other Classes at the Center: In addition to PNA-sponsored classes, a variety of community organizations and individual instructors rent space at the Phinney Neighborhood Center, offering classes ranging from dog obedience to martial arts to dance. Registration for community classes is done through the sponsoring organization or individual instructor. Registration information is listed in each ad.

PNA Public Access Computers: The PNA has Public Access Computers available for use weekdays from 9 am-9:30 pm and Saturdays from 9 am-2 pm.

Arts & Crafts

Be Prepared

HOLIDAY CARD MAKING WORKSHOP

Thur 1-3 pm 11/12
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Materials and samples will be on hand to make your own handmade cards at this fun and crafty workshop. Veteran card makers will help show you the ropes if you need assistance with stamping, embossing, cutouts and a variety of other unique card making techniques. No experience necessary.
GSC \$4 PNA member \$6 Public

BEGINNING DRAWING

Patty Makatura (Ages 6-10 yrs)
Tue 3:15-4:45 pm 9/22-10/27
To register call 206-794-0386
www.makaturamurals.com
 Patty, a professional artist with over 17 years of experience, will guide, instruct and inspire your child. Your child will learn the basic elements of art, different drawing techniques and work in a variety of media. Materials included.
Room 36 \$125
Brick Bldg Min: 4 / Max: 8

COLLAGE ART CLASS

Sandra Judd
Wed 1-3 pm 10/7-10/21
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Come explore the exciting world of collage art with its many possibilities! Learn the history of this medium as we also touch on design elements and color combinations. We will examine materials and a variety of completed pieces. Class is hands-on as you create your own art with a different project each week. No experience necessary. Cost covers materials.
GSC \$20 PNA member \$25 Public

COLLAGE ART WORKSHOP

Sandra Judd
Wed 1-3 pm 9/30
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Find out all about the creative art of collage. It is fun and anyone can do it! This will be a perfect opportunity to check out collage in a supportive environment. Instructor will be available for guidance and feedback in this open studio time created for you to experiment with the materials. Everything will be provided to get you started.
GSC \$10 PNA member \$13 Public

SIMPLE HARD COVER BOOKS

Karin V. Chickadel (Ages 14 & up)
Sat 1-4 pm 11/14
To register contact
kvchickadel@gmail.com
 Build your basic bookbinding skills. Dedicate a Saturday afternoon to learning how to make a single section hard cover book and a perfect bound hard cover book. Minimum four, maximum 10 students. Class fee includes all materials.
Room 3 \$55
Blue Bldg

DIA DE LOS MUERTOS MASKS

Jeanne Dodds (Age 15 & up)
Sat 1-3 pm 10/10-10/17
To register call 206-783-2244
 Sculpt a custom plaster mask on the theme of *Dia de los Muertos* using your face as the model. In the first session, build the plaster mask forms; in the second session, paint and decorate your masks. Decorative themes will include sugar skulls, monarch butterflies, skeletons and more. Wear your finished mask in the PNA's Day of the Dead procession on Nov. 6.
Room 5 \$50 PNA member \$55 Public
Blue Bldg

DIA DE LOS MUERTOS

MINI-ALTARS
Jeanne Dodds (Age 15 & up)
Sat 10 am-noon 10/10
To register call 206-783-2244
 Create a mini-altar inspired by *Dia de los Muertos* traditions. Alter small candy tins with a variety of mixed-media art techniques: paint, print, drill and glue to design a piece in honor of an ancestor or friend. Please bring small (three inches max) personal artifacts: keys, photocopies of original photographs, shells, letters... items that inspire and commemorate.
Room 6 \$25 PNA member \$30 Public
Blue Bldg

TELL YOUR STORY

Patty Makatura (Ages 6-10yrs)
Wed 3:15-4:45 pm 9/23-10/28
To register call 206-794-0386
www.makaturamurals.com
 Patty, professional artist and illustrator of *Little Lala*, will help your child write and illustrate their very own book! We'll learn some of the history behind our favorite writers and illustrators while learning how to create our own books. Materials included.
Room 36 \$145
Brick Bldg Min: 4 / Max: 8

WATERCOLOR PAINTING

Glen Oberg
Wed 1-4 pm Ongoing
For information call 206-297-0875
www.greenwoodseniorcenter.org
 Join a great group and learn to paint. Some experience is necessary. Bring your own supplies. Fee due for each class.
GSC \$15 PNA member \$18 Public

WIRE CHAIN & BEAD JEWELRY WORKSHOP

John Gray
Fri 1-4 pm 9/25, 10/30 or 11/20
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Learn to create your own beautiful jewelry! Using wire jump rings and a few basic tools, you will complete your own cross-linked chain bracelet in silver and gold, as well as witness demonstrations of a number of other designs and techniques for beautiful, yet simple jewelry making. No experience necessary. Pre-registration with a \$29 material fee is required.
GSC \$4 PNA member \$6 Public

AARP DRIVING SAFETY CLASS

Corrine Olson, AARP (Ages 55 & up)
4th Thur & Fri 9:30 am-2:30 pm
To register call 206-297-0875 Ongoing
www.greenwoodseniorcenter.org
 Come and join this refresher course in defensive driving. Different issues will be covered each time. If you are an AARP member, bring your card or membership number with you on the first day.
GSC \$12 AARP member \$14 Public

BABYSITTER'S TRAINING

American Red Cross Instructor
Fri 9 am-4 pm 10/9
To register call 726-3534 or www.seattleredcross.org
 This course teaches 11 to 15-year-olds how to handle emergencies, prevent accidents and understand children's needs at different ages. Learn the skills every parent wants in his or her babysitter including safety, basic child care, safe play, first aid and critical emergency action skills. Graduates receive certificate and handbook, and can be added to the PNA Babysitting Referral List.
Room 6 \$50 student
Blue Bldg

CPR/FIRST AID/HIV CERTIFICATION

Ken Norris, Retired Seattle Firefighter
Sat 9 am-1 pm 9/19, 10/24, 11/14 or 12/12
To register call 206-783-2244
 Learn how to provide first aid in emergencies, locate and take care of injuries, help a choking infant or child and stop cardiac arrest. You'll learn first aid, infant, child and adult CPR, HIV and bloodborne pathogens, focusing on injury prevention and safety. Meets L&I WISHA-WAC general safety standards: certificates issued upon completion of class. *Bring a sack lunch!*
Room 6 \$30 PNA member \$35 Public
Blue Bldg

INFANT/CHILD CPR

Ken Norris, Retired Seattle Firefighter
Fri 7-8:30 pm 9/18, 10/23, 11/13 or 12/11
To register call 206-783-2244
 Would you be able to help a choking infant or child? Be prepared by enrolling in this 1.5-hour class which focuses on injury prevention and safety. Ken Norris is a 26-year veteran of the Seattle Fire Department and has taught CPR for 15 years. Register early - class space is limited!
Room 6 \$10 PNA member \$15 Public
Blue Bldg



EXCELLENCE IN DANCE INSTRUCTION

Ballet • Hip-Hop • Modern • Irish • Flamenco • Polynesian
 Jazz • Tap • Pre-Ballet • Creative • Parent/Toddler • Nurturing Baby
All levels are available and beginners are welcome.

BIRTHDAY PARTIES & STUDIO RENTALS AVAILABLE

206-783-0755

8001 Greenwood Ave. N.

www.AmericanDanceInstitute.com

Elizabeth Chayer, Director

Computer

eBay-BUY & SELL LIKE A PRO

Suzanne Nelson

Tues 6-7:30 pm 9/15-9/22 or 11/17-11/24

To register call 206-783-2244

www.phinneycenter.org

This course will get you started on the path to turn your unwanted items into cash! Learn how to get started on eBay: how to set up an account, price your item, avoid seller pit-falls and to market your item like a pro. It will also provide tips like how to win an item and pay for it safely.

GSC \$15 PNA member
\$20 Public

EXCEL WITH EXCEL

Kerry Fowler

Tues 6-7:30 pm 9/1-9/8 or 11/3-11/10

To register call 206-783-2244

www.phinneycenter.org

Spreadsheets? Pie charts? Math formulas? Tables and graphs? Don't worry! We'll ease you into using this popular and handy spreadsheet application. We'll also learn how to calculate math functions to make your spreadsheets more than "laundry lists" of numbers and names. A two-day class for beginners which is EXCEL-lent!

GSC \$15 PNA member
\$20 Public



INTERMEDIATE MS WORD

Tues 6-7:30 pm 10/20-10/27

To register call 206-783-2244

www.phinneycenter.org

MS Word can be more than word processing. You can create brochures, illustrated work reports, flyers, newsletters, simple web pages, labels and resumes! We will teach you how to use styles, templates, charts, graphs and integrate spreadsheets from other programs. This two-day intermediate level class will provide useful know-how for projects at work and home.

GSC \$15 PNA member
\$20 Public

ONE-ON-ONE COMPUTER MENTORING FOR SENIORS

Thur 8:30-9:30 am & 3-5 pm

Fri 10 am-noon

Ongoing

To register call 206-297-0875

Calling all seniors. Are you having problems on your personal computer and not sure how to find the answers? Sign up for an hour-long session and receive personalized help! Volunteer computer mentors will work with you to improve your skills. These one-on-one sessions are perfect to get you started or help you gain more skills. By appointment only.

GSC Donation Suggested: \$3

PHOTOS WITH AN ARTISTIC TOUCH

Julie Nathon

Tues 6:30-8 pm 10/6-10/13 or 12/1-12/8

To register call 206-783-2244

www.phinneycenter.org

A professional graphic designer will teach beginners to improve the look and quality of photos using Photoshop Elements 6. This two-session class will cover easy to implement techniques great for family photos and to improve graphic presentations at work. Participants should bring a digital photo to work on and will leave class with new skills, excitement and confidence!

GSC \$15 PNA member
\$20 Public

SENIORS TEACHING SENIORS APPLE LAPTOP MENTORING

Quin Jackins

Call for dates and times

To register call 206-297-0875

Got a Mac laptop and want some help figuring out how to use it? Get help with your specific questions or learn about some of the features and applications on your Mac. Schedule an hour-long appointment for one-on-one help. *Participants must bring a Mac laptop and appropriate power cord.*

GSC \$5 PNA member
\$7.50 Public

SENIORS TEACHING SENIORS BASICS & BEYOND!

Shirley Lyshol

Tues 10 am-3 pm 9/2, 10/7 or 11/4

To register call 206-684-0639

A Seniors Teaching Seniors Class. You already know the basics, and want to advance your knowledge. Your ready to s-t-r-e-t-c-h and gain new skills - from understanding attachments to pictures you receive/send, to creating personal folders so things don't get lost and much more. To fully participate in class students *must* know their email address and their personal password.

GSC \$10 PNA member
\$15 Public

SENIORS TEACHING SENIORS COMPUTER BASICS

Sara Mockett & Shirley Lyshol

Tues & Thur 10 am-3 pm

9/1-9/3, 10/6-10/8 or 11/3-11/5

To register call 206-684-0639

A Seniors Training Seniors Class. Students will learn how to use the computer, mouse, internet and electronic mail. Enjoy learning in a relaxed and non-intimidating environment. Participants must attend both days in the session.

GSC \$10 PNA member
\$15 Public



SENIORS TEACHING SENIORS PHOTO EDITING USING ADOBE ELEMENTS

Lynn Mickelson

Mon-Fri 1-3 pm 9/14-9/25 or 11/9-11/20

To register call 206-684-0639

A two-week class for repairing, sharpening or improving photos! Learn the basics of cropping and adjusting color. Then focus on separating and combining images to create personal projects. Good memory retention skills and ability to use mouse and Windows programs are necessary to enroll. *Adobe Elements 6 or 7 must be installed on your home computer.*

GSC \$20 PNA member
\$30 Public

WIRED FOR LEARNING:

COMPUTER BASICS

Seattle Public Library

Wed 6-7:30 pm Ongoing

To register call 206-783-2244

Class is designed for English Language Learners. Students will learn how to use the computer, mouse, internet and electronic mail (email). Enjoy learning in a relaxed and non-intimidating environment. Classes are every Wednesday and students are encouraged to call and sign-up ahead of time.

GSC FREE

IRISH STEP DANCING

Carin Nash/American Dance Institute

(Ages 4-11)

Sat 10-10:45 am Pre-Irish (4-6 yrs)

9/12-2/6

Sat 9-9:55 am Children's Beginning

Irish (7-11 yrs)

To register call 206-783-0755 or

www.AmericanDanceInstitute.com

A fun energetic introduction to the basic steps in reels and jigs. This traditional Irish dance form will include both solo and ceili dances. Classes for additional ages and levels are available at our 80th and Greenwood studio.

Rooms 1 & 2 \$285/19 wks
Blue Bldg

LINE DANCE CLASS-LEVEL I

MaryLee Lykes

Tues 1-2 pm 9/15-10/13 or 10/27-12/1

To register call 206-297-0875

www.greenwoodseniorcenter.org

In this easy, fun class, you'll learn many line dances to music like swing, rock and roll, waltz, zydeco and western. This beginning class is great for everyone who loves to move to music. Exercise never felt like such fun! Benefits include increased flexibility, better balance, stronger muscles and improved body awareness. First class is free.

GSC \$30 PNA member
\$40 Public

LINE DANCE CLASS-LEVEL II

MaryLee Lykes

Tues 2:15-3:15 pm 9/15-10/13 or 10/27-12/1

To register call 206-297-0875

www.greenwoodseniorcenter.org

In this intermediate level class, we'll learn more steps to music like swing, rock and roll, waltz, zydeco and western. If you've line danced before and want to get back into it, come check out this class. Exercise never felt like such fun! Benefits include increased flexibility, better balance, stronger muscles and improved body awareness.

GSC \$30 PNA member
\$40 Public

Dog Obedience

DOG OBEDIENCE

Canine Behavior Center

Mon or Tues 6-7 pm Ongoing

Mon or Tues 7:15-8:15 pm Ongoing

Mon or Tues 8:30-9:30 pm Ongoing

To register call 206-367-8071

You and your dog can learn to work together and communicate in a meaningful way that enhances your relationship. Courses are devised so you can teach your dog what's expected of him/her. Behavior problems at home and in public are addressed. Hand signals and voice commands are emphasized. Puppies may begin training at 14 weeks of age.

Com Hall \$110
Brick Bldg class size limited

COMPUTACIÓN BASICA:

Seattle Public Library

CADA miércoles 6-7:30 pm

Para registrarse 206-783-2244

La clase esta diseñada para estudiantes de ingles. Los participantes aprenderán sobre la computadora, el mouse, el Internet y correo electrónico (email). Aprende en un ambiente agradable. Las clases son cada miércoles y estudiantes pueden registrarse para reservar un cupo. Las clases están enseñadas en ingles pero un maestro bilingüe estará presente para ayudar en español.

GSC FREE

NURTURING PATHWAYS® CREATIVE DANCE

(Ages 3 mos to 4 yrs)

Wed, Thur, Fri or Sat 9/16-11/21

To register call 425-280-3805

info@nurturingpathways.com

www.nurturingpathways.com

Find good growing for your child in Nurturing Pathways® creative dance classes. Three classes for babies, waddlers or toddlers combine the best of movement and music together to bond and play with your child. Have fun with sensory props, developing motor skills, musical instruments and obstacle courses. Parent materials include two CDs, child development booklets, in addition to weekly Brain Bites™. Ten-week session.

Room 7 Baby, Waddler \$185
Blue Bldg Toddler \$195

TEA & TAP-LEVEL I

Paulette C. DeRooy

Mon 7-8 pm 9/28-11/16

To register call 206-297-0875

www.greenwoodseniorcenter.org

If you have never tapped or haven't danced for years, you'll enjoy developing your sense of rhythm and increase confidence in your ability to dance. Several steps will be introduced and by the end you will know the classic shim sham. First class free.

GSC \$40 PNA member / \$50 Public

TEA & TAP-LEVEL II

Paulette C. DeRooy

Mon 6-7 pm 9/28-11/16

To register call 206-297-0875

www.greenwoodseniorcenter.org

For this class you will need some tap experience already. We will continue to practice the classic shim sham and will also learn the standard double time step, and some variations of the time step, including the traveling time step. First class free.

GSC \$40 PNA member / \$50 Public

Fitness

AWARENESS THROUGH MOVEMENT®

THE FELDENKRAIS METHOD®

Mary Morrison, GCFP

Mon 6-7 pm 10/5-12/21

To register call 206-545-1740

maremorrison@gmail.com

We are in a dynamic relationship with an ever-changing environment. The ability to adjust freely helps us to adapt. Using gentle, easy, verbally guided movements, without effort or stretching, it is possible to improve flexibility and balance, increase strength and relieve pain. Exploring in this way we can expand what is available for ourselves in movement and our entire lives.

Room 5 \$15 drop-in or
Blue Bldg multi-class discount card

BALANCE IN ACTION

LeeAnn Starovasnik, GCFP

Tues 11:30 am-12:30 pm 9/1-9/22

Thur 1-2 pm Ongoing

To register call 206-297-0875

www.greenwoodseniorcenter.org

Discover this gentle yet effective way of moving and feeling more relaxed and alive regardless of age or condition. Typical results include reducing or eliminating pain and tension, improving balance and enhancing well being at work and play. The teacher is a Guild Certified Feldenkrais Practitioner^{CM} and has been teaching senior classes and private lessons for 10 years.

GSC \$20/4 wks, \$7 drop-in

Fitness (continued)

BELLYDANCERSIZE

Zaphara Delmarter

(All ages)

Beg: Tues 7-8 pm 9/15-11/3

Int Adv: Tues 7:45-8:45 pm 9/15-11/3

To register call 206-632-2416

www.Bellydancingbyzaphara.com

BellyDancersize your way to physical fitness. Bellydancing is a most creative and graceful form of body conditioning. Low impact and fun! Class instruction will include basic conditioning and strengthening exercises, finger cymbals, hip and arm movements, floor work and shimmies. A fun Greek line dance "Hasaposerviko" will also be taught! Six-week beginning and intermediate classes begin 11/10/09. Call for information.

Room 7 \$89/8 wks
Blue Bldg \$72/6 wks



EXERCISE

Floy Bishop

Mon Wed Fri 10-11 am Ongoing

For information call 206-297-0875

www.greenwoodseniorcenter.org

Health benefits for all. Socialize while you get in shape, and you'll have the strength and flexibility to enjoy your independence. All skill levels welcome.

GSC Donation Suggested: \$1

HYPNOSIS & EFT FOR WEIGHT LOSS

Marilyn Buchanan, CHT

Sun 1:30-3:30 pm 9/20-11/8

To register call 206-778-3997

mjmbuchanan@gmail.com

Learn how to use hypnosis to get your subconscious mind in alignment with your goals! Also learn EFT (Emotional Freedom Technique) to release emotional causes of overeating and to reduce cravings. Class fee includes three CDs and one private session in Marilyn's office. Bring yoga mat, pillows or folding recliner for the group hypnosis sessions.

GSC \$195

YOU & WII

Dates/times vary Ongoing

To register call 206-297-0875

www.greenwoodseniorcenter.org

Wii Workshops are here! What makes the Wii system unique is the controllers that force you to move as if you're doing an activity (think bowling or golf), but in a low-impact, virtual world. Volunteers are on hand to show you how to navigate the controls and get you started. It's both fun and a great way to get moving.

GSC Donation Suggested: \$2



PHINNEY NEIGHBORHOOD ASSOCIATION

PNA WELL HOME PROGRAM

Tool & Book Library:
Wed, 4:30-6:30 pm,
Sat, 9 a.m.-2 p.m.
206-789-4993

Food

BEGINNING CAKE DECORATION

Cheri Bloomquist

Wed 6:30-9 pm 11/18-12/16

Mon 6:30-9 pm 11/9-11/30

To register call 206-527-3705

www.learnatnorth.org

Take either the Monday or Wednesday class to learn to decorate children's cakes and simple special occasion cakes. Includes how to ice a cake smoothly, pattern transfer, writing and printing your message, plus creating roses and simple flower arrangements. A \$5 supply fee is payable to the instructor.

GSC \$85

BUTTERCREAM FLOWERS

Cherie Bloomquist

Sat 10:30 am-1 pm 10/17

To register call 206-527-3705

www.learnatnorth.org

Learn the art of flower making with icing. Starting with cherry blossoms and building on that to include wild roses, forget-me-nots, violets, pansies, daffodils, primroses, daisies, carnations, gardenias and others as time allows. Students will take home a box of finished flowers.

GSC \$35

CANNING WORKSHOP

Shannon Bailey

Tues 6-8 pm 9/15

To register call 206-297-0875

www.greenwoodseniorcenter.org

Experience the joys of canning in this hands-on workshop. We'll take some of this fall's bounty of fruit and turn it into a different form to be enjoyed at a later date. Learn all the ins and outs of the process and take home a sample of the creation.

GSC \$10 PNA member
\$15 Public

CHOCOLATE TRUFFLE WORKSHOP

Bill Fredericks

Sat 10 am-4:30 pm 10/31

To register call 206-527-3705

www.learnatnorth.org

Learn the art and techniques of making your own chocolate truffles! Learn to temper chocolate, hand dip centers and use several different kinds of molds. We will make eight different truffles by utilizing fresh fruits, nuts, essential oils, herbs and spices, and liqueurs. Learn about quality chocolate and make a box full of incredible truffles to take home.

GSC \$85

COMMUNITY KITCHEN

Lesla Johnson & Shannon Bailey

2nd Tues 6-8 pm 9/8, 10/13 or 11/10

To register call 206-297-0875

www.greenwoodseniorcenter.org

Enjoy home-cooked meals without having to find a recipe or shop for ingredients! These are a great way to meet new people and build community. We'll cook in bulk, then divide up the feast to take home. No experience necessary. September theme: Tomato Bounty. October theme: Fall Veggies. November theme: Thanksgiving Celebration.

GSC \$15 PNA member
\$20 Public

COOKIE DECORATING WORKSHOP

Cheri Bloomquist

Sat 10:30 am-1 pm 11/21

To register call 206-527-3705

www.learnatnorth.org

Learn to design and decorate cookies for holidays, special occasions or whenever you feel like it. You'll master simple techniques for beautiful cookies. No previous cookie or cake design experience is required.

GSC \$35

COOKING DEMONSTRATIONS

2nd Fri 1:30-2:30 pm Ongoing

For information call 206-297-0875

www.greenwoodseniorcenter.org

Join a nutritionist from the Greenwood Medical Clinic and explore healthy eating options in the form of a fun and interactive cooking demonstration in the GSC café.

GSC Donation Suggested

DELICIOUS DESSERTS

Bleckwehl

Mon 6:30-9 pm 10/5-11/2

To register call 206-527-3705

www.learnatnorth.org

Have you ever wondered how pastry chefs create such beautiful, flavorful treats? In this class, go behind the scenes with an instructor who knows the ins and outs of the professional pastry kitchen. Learn how to make five classic desserts, as well as tips and techniques for dessert assembly and presentation!

GSC \$95



ERIC'S ESSENTIAL BEER BREWING 101

Eric Blume

Sat 10-11:30 am 11/7

To register call 206-783-2244

This class is for the beginning brewer. Learn the basic knowledge to brew your own beer at home. It is easy, it is fun and you can enjoy the final product. Identify various ingredients to build the beer of your dreams at a minimum investment.

Room 3 \$20 PNA member
Blue Bldg \$25 Public

Home & Environment

Design & Remodel

DESIGN FORUM

Tom Kayser

Wed 7-9 pm 11/11

To register call 206-783-2244

Bring your ideas, sketches or detailed home improvement plans. A team of talented local architects will discuss important design considerations. We'll then divide into small groups to make progress toward the best design solutions for our individual projects.

Room 6 \$20 PNA member
Blue Bldg \$25 Public

EARTHQUAKE HOME RETROFIT

Tony Holder

Wed 7-9 pm 9/9 or 12/2

To register call 206-783-2244

Learn about the City of Seattle Project Impact and how to evaluate your home for structural improvements. Learn about correct tools, materials and methods to accomplish an earthquake retrofit. A complete set of permit forms, drawings and instructions.

Com Hall \$20 PNA member
Brick Bldg \$25 Public

HOT WATER HEATER SURVEY

Brian Dressel

Wed 7-9 pm 10/14

To register call 206-783-2244

Everything you ever wanted to know about tanked, tankless, on demand and solar water heaters. How to save money by making the right choices, installation and insulation.

Room 6 \$20/PNA member
Blue Bldg \$25 Public

KITCHEN DESIGN & REMODEL

Paul Vetter

Wed 7-9 pm 11/18

To register call 206-783-2244

Paul will walk you through the steps of remodeling/building the kitchen addition of your dreams. Planning, research, organizing and managing the project. Developing a budget, honing down a "look," detailing how the space is going to work and choosing the right designers and contractors a will result in a successful project.

Com Hall \$20 PNA member
Brick Bldg \$25 Public

RESTORING YOUR DOUBLE HUNG WINDOWS

Wed 7-9 pm 10/21

To register call 206-783-2244

Instructor, Martin Muller, is one of a handful of craftsmen who specialize in restoring double hung windows. Learn to restore, maintain and operate windows and why it is worthwhile to spend the time and dollars keeping them operating properly.

Com Hall \$20 PNA member
Brick Bldg \$25 Public

ROOFING REPAIR & REPLACEMENT WORKSHOP

Michael Broili

Wed 7-9 pm 11/4

To register call 206-783-2244

Learn how to judge the condition of your roof, the pros and cons of the different roofing materials and how to choose a roofing contractor.

Com Hall \$20 PNA member
Brick Bldg \$25 Public

WINTERIZING YOUR HOME

Michael Broili

Wed 7-9 pm 10/7

To register call 206-783-2244

Learn about the most cost effective weatherization projects, draining waterlines, mulching plants, safety issues, storm windows and other ideas for preparing for the winter.

Com Hall \$20 PNA member
Brick Bldg \$25 Public

Sustainability

NW BIODIESEL NETWORK

www.nwbiodiesel.org

4th Tues 7-9 pm 9/22, 10/27

9/22: True Savings of Biodiesel Use

10/27: Sustainability

Do you have questions about biodiesel use? Want to network with other alternative fuels advocates in the area? Join us for a new topic each month.

Room 6 \$5 donation at the door
Blue Bldg

NW ECOBUILDING GUILD

www.ecobuildingguild.org

4th Wed 7-8:30 pm 10/28

Energy Efficient Lighting

Interested in green building? Join homeowners, tradespeople, manufacturers, suppliers and others interested in ecologically sustainable building for a new topic each month. The Guild facilitates green building practices that protect human health, encourage sustainable resource use and foster long-term economic vitality.

Com Hall \$5 donation at the door
Brick Bldg

Sustainability

(continued)

RAINWATER HARVESTING, CATCHMENT & MANAGEMENT

Michael Broili

Wed 7-9 pm 9/16 or 12/9

To register call 206-783-2244

Join Mike Broili in an in-depth discussion about rainwater harvesting systems, design and management strategies. Mike will discuss rainwater harvesting systems for flushing toilets and doing laundry. This class includes a tour of the Phinney Center's rainwater catchment system, used for flushing toilets.

Com Hall (9/16) \$20 PNA member

Room 6 (12/9) \$25 Public

SUSTAINABLE PHINNEY

Cecile Andrews, Phinney EcoVillage

Sat 11 am-1 pm 9/19

Join us in the movement sweeping Seattle! Sustainable Phinney is now a part of the SCALLOPS network (Sustainable Communities All Over Puget Sound). Help us build community and sustainability in the Phinney neighborhood while connecting with neighbors with similar goals. Find support and information on reducing your carbon footprint and slowing global warming/climate change. Shop local, eat local, live local!

Room 5 FREE!

Blue Bldg

Health

INTRODUCTION TO CHINESE MEDICINE

Steve Knobler,

North Seattle Community Acupuncture

Sat 10 am-1 pm 9/26

To register call 206-783-2244

This class offers an introduction to the theory and techniques of Chinese medicine as well as a demonstration of diagnosis and acupuncture treatment by the instructor. Students will learn how to treat several of the most common home and work ailments using simple acupuncture techniques (no needles).

Room 6 \$20 PNA member

Blue Bldg \$25 Public

CHRONIC DISEASE SELF MANAGEMENT PROGRAM

Carin Mack, MSW

D'Vorah Kost, MSW

Thur 9:30 am-noon 9/17-10/22

To register call 206-297-0875

www.greenwoodseniorcenter.org

This class is an evidence-based program aimed at helping people with chronic disease gain self-confidence in their ability to control their symptoms. Subjects include techniques to deal with frustration, fatigue, pain and isolation, appropriate exercises, medication use, effective communication with family, friends and health professionals, nutrition and how to evaluate new treatments.

GSC \$25/Resource Book

EMERGENCY ROOM CARE FOR STROKE

Beckie Stewart, RN, MSN

Thur 1-2 pm 9/24

To register call 206-297-0875

www.greenwoodseniorcenter.org

Acting fast when a stroke hits is one of the keys to successful rehabilitation. Are you aware of the current treatments available for stroke victims? Attend this class, put on by the Stroke Program at Northwest Hospital, and learn what to expect and how to be prepared when you get to the emergency room.

GSC FREE

CHINESE KUNG FU (AWAKENING THE TIGER)

Dennis Sharp

Tues 7-9 pm Ongoing

Register call 425-775-9609

One of the most comprehensive martial art styles developed in the Southern Shaolin Temple, during the early 18th century. Tiger-Crane Kung Fu (Hung Gar Kuen) emphasizes physical conditioning, flexibility, functional self-defense training and enhanced mental focus. Enjoyable and informative for all levels of experience.

Room 5 \$55/mo

Blue Bldg

QIGONG WORKSHOP

Dennis Sharp

Thur 7-8 pm Ongoing

To register call 425-775-9609 or drop in

drsharp63@verizon.net

www.sharptrainingsystems.com

Qigong: the natural way to enhance and maintain a healthy and energetic lifestyle. Learn exercises developed by many generations of Chinese masters that combine simple body movements, such as gentle stretching, posture adjustment and tension releasing/relaxation methods, with meditation and breathing techniques designed to improve the natural circulation of energy (Qi) within the body.

Room 5 Donation: \$5/session

Blue Bldg \$25/6 sessions

SELF-HELP ACUPRESSURE

Dr. Marc Imlay

Wed 11 am-noon 10/21, 11/18

To register call 206-297-0875

www.greenwoodseniorcenter.org

Dr. Marc Imlay, past President of the Acupuncture Association of Washington, has practiced acupuncture for 20 years. His monthly presentations on self-help acupressure give participants the skills to safely and effectively assist with pain relief through acupressure. Topics have ranged from chronic pain to arthritis, digestion to insomnia. Call for details on the upcoming presentations and to register.

GSC FREE

SHAMANIC MOVEMENT

FIVE ELEMENT

EXPLORATIONS & BEYOND

Kathleen Kenneally, Lac, LMP, LMHC

Mon 5:30-7 pm Ongoing (Beg. 9/14)

To register call 206-551-5558

www.acudragon.com

Movement as medicine to balance and harmonize. Come explore the five elements: fire, earth, metal, water and wood through movement. We'll explore the emotions, archetypes, characteristics and physical correspondences of the Chinese five elements. Drawing, journaling and shamanic work support this inner exploration. Kathleen Kenneally is an acupuncturist, massage therapist and body psychotherapist practicing at Greenlake. Sign up now-class size limited.

Room 1 \$25

Blue Bldg

History

LEGENDS & MYTHS

Zanna Smith

1st Fri 11-noon 9/4, 10/2, 11/6

To register call 206-297-0875

www.greenwoodseniorcenter.org

Enjoy learning about the legends of the Plumed Serpent and Night Jaguar (from ancient Mexico and the Aztec and Maya traditions), the legends of the Andes and myths of the Caribbean. As a destination enrichment lecturer on cruise ships, Zanna has traveled around the world sharing stories from every corner of the earth.

GSC Donation Suggested



THE HISTORY OF THANKSGIVING

Ken Westermann

Thur 7-9 pm 11/19

To register call 206-783-2244

Thanksgiving is a holiday steeped in American mythology. This class will examine the history behind the myth and the religious and political forces that turned it into an American holiday.

Room 6 \$15 PNA member

Blue Bldg \$20 Public

Language

FOREIGN LANGUAGE CLASSES FOR LITTLE ONES

(Ages 1-5 yrs)

Mon-Sat 9/14-11/21

For questions call 206-861-9698

For full schedule and online registration visit www.pollyglottots.com

Research shows that learning a foreign language improves verbal, analytical and math skills. Give your child the gift of Spanish, French, Mandarin or Japanese and meet other globally-minded parents. Children learn through active immersion with songs, games and movement. Parent and/or guardian must accompany child. Sibling babies are welcome at no charge. 10% discount for sibling or 2nd class.

Room 2 \$199/10 wks

Blue Bldg (includes materials)

SPANISH CONVERSATION

Rita Espin de White

Mon 6-7 pm (Intermediate) Ongoing

Mon 7-8 pm (Beginning) Ongoing

To register call 206-783-2244

Usted habla Español? Need to practice? Join us on Monday evenings as we converse in Spanish. Facilitated by a native Spanish speaker. Come to either group and try it out. First night FREE!

TL, Blue Bldg \$15/mo

Living & Dying

DEATH & DYING 101

Tracy Bell, MA

Ross Robinson, MA

Thur 5:30-8:30 pm 11/5-11/19

To register call 206-633-6367

tracybell@tracygbell.com

An informative, experiential forum for those who would like to expand their understanding and comfort with death and the dying process. Ross is a spiritual director and hospice counselor; Tracy is a psychotherapist. Both have done hospice work for many years and recognize the need to offer education about moving beyond fear, exploring the realities and opportunities inherent in death.

Location TBA \$75

LIVING FULLY, DYING WELL

Trudy James

Thur 7-8:30 pm 10/15-10/22

To register call 206-297-0875

www.greenwoodseniorcenter.org

This workshop is based on *Living Fully, Dying Well: Reflecting on Death to Find Your Life's Meaning*, by Edward Bastian and Tina Staley. Explore what we can do to prepare for a better death – and a more joyful life. Talking openly can make things go smoothly at the end of life, while adding value to the quality of life NOW.

GSC \$10/single session

\$15/both sessions

Martial Arts

BASKET-HILTED BROADSWORD

European Martial Arts

Nathan Barnett

Wed 7-8:15 pm Ongoing

For more information call 206-799-5069

nathan@dellaspada.com

Learn to fence with English basket-hilted broadsword, a sophisticated martial arts system drawn from surviving 16th century treatises. Historical swordplay of Elizabethan England. Nathan Barnett is an instructor for Academia della Spada, Seattle's premier historical fencing school. www.dellaspada.com for more info.

Room 36 \$70/mo

Brick Bldg

KARATE FOR FAMILIES

Sensei Tobey Stansbury

Mon-Thur Ongoing

To register call 206-437-3932 or

www.EmeraldCityKarate.com

Our classes feature traditional Karate and modern self-defense in a safe environment of community leaders. Our mission is to educate, encourage and empower families to live healthier, happier and more productive lives through the art of traditional Karate-Do. Get in shape, learn self-confidence, find balance, start your journey today! Ages 4-94. Visitors welcome! For more information Sensei@EmeraldCityKarate.com

Room 32 Call for Tuition Rates

Brick Bldg (student & family disc)

MEDIEVAL SWORD & BUCKLER

European Martial Arts

Nathan Barnett

Wed 8:15-9:15pm Ongoing

For more information call 206-799-5069

nathan@dellaspada.com

Participate in a workshop studying the Tower Manuscript (manuscript i.33) Europe's oldest fencing treatise. 13th century sword and shield fight. This class is equal parts martial arts training and historical research. Nathan Barnett is an instructor for Academia della Spada, Seattle's premier historical fencing school. www.dellaspada.com for course info.

Room 36 \$30/mo

Brick Bldg



SEATTLE MARTIAL ARTS

Aaron Logue/Aaron Kahn

(Adults, children ages 8 & up)

Mon Wed 5-6 pm TaeKwon Do

Mon 6-8 pm Wed 6-7 pm HwaRang Do

Register at class or

www.seattlemartialarts.com

Two different styles of comprehensive traditional Korean martial arts. Emphasis on fitness, fun, practical martial arts and self-defense. Visit our web site for more information. Free trial class. Beginners welcome.

Com Hall (TaeKwon Do) \$65/mo

Room 32 (HwaRang Do) Brick Bldg

TAI CHI CHUAN

Frank Deering

Beg Form Wed 6-7 pm 9/30-12/9

Water Style Wed 7-8 pm 9/30-12/9

To register call 206-783-1580

Learn the art of meditation through movement, Tai Chi Chuan. In Tai Chi, we use a series of slow relaxing movements to improve posture, balance and a deepening of the breathing process and to bring about a reduction in the level of stress in the mind and the body.

Rm 7 (Beg) Blue Bldg \$60/10 wks

Music



BEGINNING & BEYOND PIANO FOR ADULTS

Cecilia Manalili

Fri 1-3 pm 9/18-11/6
To register call 206-297-0875

www.greenwoodseniorcenter.org

For those with a bit of piano experience. Join this class to go beyond the basics. This is a fun and informative class with lots of opportunities to practice your skills. Materials will be provided, but if you have a small portable keyboard feel free to bring it.
GSC \$40 PNA member
\$50 Public

BEGINNING GUITAR

Max Block

Wed 7-9 pm 9/30-11/4
To register call 206-527-3705

www.learnatnorth.org

Learn standard guitar tuning, basic chords, strumming, picking, rhythm techniques and basic melody playing to make practicing and playing fun! Class puts more emphasis on playing and not as much on technical theory. Blues, folk and pop will be explored.
GSC \$95

BEGINNING PIANO FOR ADULTS

Cecilia Manalili

Mon 1-3 pm 9/14-11/2
To register call 206-297-0875

www.greenwoodseniorcenter.org

Make music and have fun in this class for beginning pianists. Learn the basics in an informal group environment. Materials will be provided, but if you have a small portable keyboard, feel free to bring it.
GSC \$40 PNA member
\$50 Public

CHICKADEE MUSIC TOGETHER

(Ages 0-4 yrs)

Tues-Fri 9/22-12/4
For schedule & registration
Call 206-782-1010

www.chickadeemusic.com

Children's natural musical ability and love of music are developed as they sing, move and explore instruments with their parents or caregivers in a fun, relaxed atmosphere. Fees include a professionally recorded CD and songbook for music-making at home. The Music Together song collections are known for their charm and appeal. Internationally recognized program.

Room 5 \$175
Blue Bldg

COMMUNITY CHORUS

Maggie McClellan

Thur 7:30-9 pm 9/24-12/10
For information or registration
Call 206-525-9102 or

Email cametobe@comcast.net

Join this no audition, a cappella chorus and let your heart sing! Learn songs from many different cultures, experience a dynamic group process and grow musically in a non-competitive, non-threatening atmosphere of carefully planned rehearsals. Eleven weekly sessions culminate in an informal festive performance. All are welcome.

Com Hall \$112
Brick Bldg

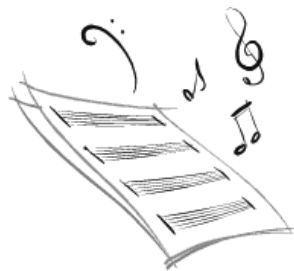
MUSIC FOR EVERYONE

Parent/Caregiver & Child Music classes
(Ages 2-5 yrs)

Mon 10 & 11 am 9/14-11/23
Register at musicforevery1@gmail.com
www.musicforevery1.com

Come explore music with your child! ECE music teacher Jana Vitols has taught music to children for the past decade and enjoys introducing them to the violin, guitar, uke and banjo. These fun and imaginative classes incorporate musical games, stories, dance, singing, improvising and ensemble playing to teach music fundamentals. Families will learn songs and activities to spark musical curiosity!

Room 5 \$110
Blue Bldg Schedule a free trial class!



SARAH'S MUSIKGARTEN

(Ages 4-8 yrs)

Tues & Wed 4-5 pm 9/8 & 9/9 Ongoing
For information & registration
Call 206-524-5086

sarah.nishioka@gmail.com

Music Makers at Home, Around the World and At the Keyboard are sequential year long courses offering a pathway to music literacy. We enjoy singing, movement, instruments and ensemble work. Musikgarten's developmentally sound approach focuses on *Nature, World Culture and the Keyboard*. Includes a CD, notation and instrument pages, game pieces and parent music book in a theme based folder.

Room 5
Blue Bldg

Real Estate

BUYING A HOME WITH BABY IN MIND!

Barb Korducki, Prudential Northwest
Sat 10-11:30 am 10/3 or
Tues 6:30-8 pm 11/3

To register call 206-783-2244

Who knew something so small came with so much stuff? Up-to-date information for parents to consider prior to purchasing a home for their growing family. Topics include where to find financing, avoiding the five biggest mistakes new parents make, evaluating hazards and a review of all the steps from negotiations through closing. Get the tools to develop your action plan!

Room 3 \$15 PNA member
Blue Bldg \$20 Public

HOW TO SELL YOUR HOME BY OWNER IN A BUYER'S MARKET

Barb Korducki, Prudential Northwest
Sat 9:30 am-noon 9/19 or 11/7
To register call 206-783-2244

Currently one-in-five real estate transactions fail to close, many appraisals are low and mortgage funding is not easy. Offered since 1995, this class covers pricing and preparing your home, marketing, internet advertising, legal issues and forms, negotiating and working with buyers, agents, lenders, inspectors and appraisers. We'll cover tax credits, closing costs, how to hold your transaction together, personal safety concerns and other timely information.

TL \$20 PNA member
Blue Bldg \$25 Public

SAVVY HOME BUYER CLASS

Mary Land

1st Wed 6:30-8:30 pm 10/7, 11/4, 12/2
To register call 206-715-1887

www.savvyhomebuyer.org

Thinking you aren't ready to buy your own home? Are you sure? Come and find out for certain. It's a great time to buy your first home—interest rates are low and home prices are more affordable. Learn about the new tax credit for first time buyers. Stop paying rent and take charge of your financial future!

Room 6 FREE
Blue Bldg

Self Exploration

EXPLORING OURSELVES: A CLASS FOR OLDER WOMEN

Mary Malins

Wed 3-5 pm 10/7-10/28
To register call 206-783-2244

Talk, relax, learn! This four-class series will focus on areas of interest to older women through class discussion, guest speakers and possible field trips. Using our innate wisdom, interest measures, self-confidence exercises and developing contacts we'll discover together what we would like to do next in our lives and how to make a difference in the things that interest us most.

TL \$50 PNA member
Blue Bldg \$55 Public

LIFE PRACTICE INTENSIVE BASED ON ECKHART TOLLE

Berkana Commons

Sat 9:30 am-1:30 pm 11/7, 11/21, 11/28
Information & registration:

www.berkanacommons.net

This intensive course, *Awakening to Inner Presence: Living the Teachings of Eckhart Tolle*, helps you apply the concepts in Tolle's latest book, *A New Earth*. Become aware of how the ego causes dissatisfaction in your life; learn how to begin dissolving your limiting patterns; practice entering "the now", better understand aspects of the teachings you find difficult, embrace greater acceptance.

Room 6 \$149 Early Bird
Blue Bldg (ends 10/1)

WRITE ABOUT YOUR LIFE

Ariele Huff

Tues 10 am-noon 10/6-12/8
Thur 1:15-3:15 pm 10/8-12/17

For information call 206-297-0875

www.greenwoodseniorcenter.org

Join either the Tuesday or Thursday class and write for the purpose of reminiscing, personal growth or creating articles or books. This fun group helps you get your stories down on the page for family and friends to enjoy. Some people work on memoirs while others write for publication. In meetings, we share our memories, opinions, laughter and caring.

GSC \$58

Sewing & Crochet

BEGINNING SEWING

Kathie Koepsell

Tues 2-4:30 pm or 5:30-8 pm 10/13-11/17
To register call 206-527-3705

www.learnatnorth.org

No more struggling through your sewing projects! This class will teach you to sew the fun and easy way. Whether you want to redecorate your home or make crafts and clothes, we'll get you stitching in the right direction.

GSC \$115

CREATIVE CROCHET: LEVELS I & II

Alla Aronov

Mon 6:30-8:30 pm 10/12-11/16
To register call 206-297-0875

www.greenwoodseniorcenter.org

Learn the soothing and beautiful art of crochet. The Level I class (6:30-7:30 pm) teaches basic techniques. As a result, you will be able to crochet a hot pad, a throw, a neck warmer and the like. The Level II class (7:30-8:30 pm) teaches experienced crocheters to make more complicated items, such as baby clothing, hats, skirts, dresses and more.

GSC \$60 PNA member
\$75 Public



INTRODUCTION TO THE SEWING MACHINE

Kathie Koepsell

Mon 5:30-8 pm 10/5
To register call 206-527-3705

www.learnatnorth.org

This one session class focuses on the fundamentals of sewing machine use while constructing two small projects. See www.learnatnorth.org for a supply list. Please bring your own sewing machine.

GSC \$35

SEWING WORKSHOP

Kathie Koepsell

Wed 5:30-8 pm 10/14-11/25
To register call 206-527-3705

www.learnatnorth.org

Need help with a garment, home decoration, craft or quilt project? Come work in a supportive, relaxed environment. Some sewing machine experience required.

GSC \$115

Planning Ahead

BASICS OF ESTATE PLANNING

Joanna Roth, J.D.

Wed 7-8:45 pm 9/23
To register call 206-783-2244

You will have the opportunity in class to complete a living will. Learn the basics of preparing your will, powers of attorney and living will. Preparing estate planning documents can ultimately reduce legal fees, diminish stress at a loved one's death, and comfort those left behind. Get help planning your estate from a local estate planning attorney.

Room 6 \$20 PNA member
Blue Bldg \$25 Public

ARE YOU IN FISCAL SHAPE? AN INTRODUCTION TO FINANCIAL PLANNING

Craig A Horton, Financial Advisor

Waddell & Reed, Inc.

Thur 6:30-8 pm 9/24
To register call (206) 283-6661 ext. 120

Do you have a plan? Join me for this introductory, informative, interactive workshop. We'll discuss six key areas of financial planning, including financial positioning, investing, retirement planning and other issues that can help you plan your financial future. Your financial future depends in large part on decisions you make today. People don't plan to fail - they fail to plan.

Room 6 FREE
Blue Bldg

Theatre

THEATRE ARTS CLASSES

Richard Padro/StageCoach Theatre Arts
Sat 2-3:30 pm (4-6 yrs) 9/26-12/12
Sat 2:30-5:30 pm (6-17 yrs) 9/26-12/12
Register on-line or call 360-443-2580
seattle@stagecoachschools.com
www.StageCoachSchools.com

StageCoach teaches your 4 to 16-year-old the skills they need to act, sing and dance. Soon your child will begin to stand better, move more freely, express themselves more clearly and grow in confidence, self-reliance and self-esteem. There is no audition, all they need is enthusiasm. Now registering for the Fall term. *Open House, Saturday 9/19 from 2-4 pm.*

Brick Bldg \$230 (4-6 yrs)
\$460 (6-17 yrs)

Yoga

EARLY MORNING BEGINNING PILATES

Diana Garcia Snyder

Tues & Thur 6:30-7:30 am

Monthly series 9/8-12/17

For information call 206-547-2172

www.phinneyyoga.com

Choose to do one or two mornings per week! Gain abdominal strength, decrease back, neck/shoulder and joint pain. Increase flexibility and improve posture. Start your day feeling grounded and energized!

Monthly Fees: \$90/2 dys; \$50/1 dy
Brick Bldg Phinney Yoga House

EARLY MORNING YOGA IMMERSION

Christy Fisher

Mon, Wed, Fri 6:15-7:30 am

Monthly series 9/9-12/18

For information call 206-547-2172

Choose to do two or three mornings per week! Immerse yourself in a supportive community of yoga practitioners. Each morning we will explore movement practices that revitalize the body as well as breath, meditation and relaxation techniques to calm and refresh the mind. All levels welcome!

Monthly Fees: \$135/3 dys; \$90/2 dys
Brick Bldg Phinney Yoga House

GENTLE HATHA YOGA

Sheila Markman,

Physical Therapist & Certified

Yoga Instructor

Wed 6-7 pm

Ongoing

Register at class or

Sheilamarkman@msn.com

This class is distinguished by its emphasis on breathing combined with movement. Poses are done dynamically, which helps prepare for the deeper benefits of static poses. This form can develop strength, flexibility and balance while adapting to your individual needs. If you have been considering trying out yoga, come try out this class.

Room 35 \$10/drop-in
Brick Bldg

PILATES/YOGA

Carla Barragan, MA

Wed 6-7 pm

9/16-12/9

To register call 206-931 5787 or

estefaluna@yahoo.com

This class combines exercises that strengthen, invigorate and stretch you. Pilates strengthens core muscles and helps alignment. Psychocalisthenics recycles your energy like an internal shower through breathing exercises. Yoga increases flexibility. Earlier summer classes outdoors, call for info. Bring a mat.

Room 5 \$115 (12 sessions)
Blue Bldg or \$12/drop-in

YOGA

D'vorah Kost

Thur 2:30-3:30 pm

Ongoing

For information call 206-297-0875

www.greenwoodseniorcenter.org

Class is appropriate for experienced yoga students and beginners who are able to transition to and from sitting or lying on the floor. This form of yoga is a variation of Viniyoga, emphasizing adaptation of postures to accommodate your body's needs. Students say this class has improved their flexibility, relaxation, balance, posture and respiration.

GSC \$5 PNA member / \$6 Public

YOGA

SATURDAY MORNING ENERGIZE

Will Doran

Registered "Anusara Inspired" Teacher

Sat 10-11 am

Ongoing

For information call 206-789-1058

Start your weekend feeling energized and connected. This yoga class is designed to tune you in to your inner strength and vibrancy. Teacher keeps it light and fun with an emphasis on non-competitive movement and inner focus. Regardless of your physical condition and experience you'll leave feeling balanced and invigorated.

Room 5

\$10 drop-in

Blue Bldg

Mats, blocks, straps

Soma Yoga

a modern yoga with ancient roots

OPEN HOUSE September 13
 Free classes all day! Pre-registration required

Soma Yoga	Mindfulness Meditation
Improvational Yoga	Children's Dance
Feldenkrais Method®	Skinner Releasing
Yoga & Art	Shambhala Meditation
YogaDance for Teenage Girls	Water Yoga



Soma Yoga Studio
 1423 NW 70th Street
 206.782.5044 soma-yoga.com

Soma Yoga practice CDs now available

Whole Life Yoga

Creating Balance for a Better Life



8551 Greenwood Ave N Suite 2
www.wholelifeyoga.com
206-784-2882

Yoga for Women and Families



YOGA MOMMA

Yoga for Moms ~ Prenatal Yoga
 Mom & Baby Yoga ~ YogaKids
 Women's Energizing Flow

Join a great community of women!
 Phinney Yoga House
 6615 Dayton Ave N
 www.yoga-momma.com/206.658.3573

Special Services @ GSC

ALIVE & LEARNING DISCUSSION GROUP with Carin Mack, MSW

2nd & 4th Wednesday each month, 11 am-noon. Free.

This study and discussion group is open to all. Come to one or more sessions for an interactive discussion of articles and research on subjects chosen by the group. For information call 206-297-0875 or visit www.greenwoodseniorcenter.org.

CHAIR MASSAGE with Susan Cook, Licensed Massage Practitioner

Wednesdays, 9 am-noon. \$5/7 minutes, \$10/15 minutes.

A portion of all proceeds helps support activities and services for local seniors. Call 206-297-0875 for an appointment.

EARLY STAGE MEMORY LOSS CAREGIVER SUPPORT GROUP with Carin Mack, MSW

3rd Tuesday each month, 10:30 am-noon. Free.

This monthly group provides support and resources for any primary caregivers of someone with early stage memory loss. For information call 206-297-0875.

EVENING OFFICE HOURS, with Carin Mack, MSW

2nd Tuesday each month, 5-7 pm. Free. By appointment only. Please call Carin at 206-297-0875. Carin has over 30 years of experience as a geriatric social worker.

She is available for free one-on-one sessions Tuesday through Thursday mornings at GSC, and is now offering evening hours as well.

FINANCIAL PLANNING with Kille Bernathy

2nd Wednesday each month, 1:30-4 pm. Free. Half-hour appointments are available for assistance with any financial planning needs or questions.

Call 206-297-0875 for an appointment.

FLU SHOTS

Friday, October 16, 9-10 am. Cost varies for flu and pneumonia vaccines.

Please bring your Medicare or insurance card for billing.

Call 206-297-0875 for an appointment.

FOOT CARE with Tina Williams, RN

2nd & 4th Friday & 3rd Monday each month, 9 am-3 pm. \$30 PNA member, \$34 Public. When calling for an appointment, please mention if this is your first visit, if you are diabetic, or if you are taking blood thinner medication.

Call 206-297-0875 for an appointment.

HAIRCUTS

2nd Tuesday each month, 1-4 pm. \$10. Call 206-297-0875 for appointment.

HEARING AID CLINIC with Sound Associates

4th Tuesday each month, 1-3pm. Free.

Get your hearing aids cleaned and checked. Have minor repairs done and get any other questions about hearing loss answered by an expert.

For information call 206-297-0875.

LEGAL ASSISTANCE with Clifton Johnson

3rd Thursday each month, 1-2:30 pm. Free.

Half-hour appointments to discuss legal concerns with a professional.

Call 206-297- 0875 for an appointment.

LIVING ALONE SUPPORT GROUP with Carin Mack, MSW

1st & 3rd Wednesday each month, 11 am-noon. Free.

Nearly 30 million Americans live alone and 30% are older adults. Let's share our experiences and thoughts on living alone. For information call 206-297-0875.

MASSAGES FOR WOMEN with Karen Sullivan, LMT

1st and 3rd Friday each month, 9 am-1 pm. \$40 (money gets donated to AmeriCorps).

Get relaxed with this hour-long massage. Be sure and stay hydrated both before and after your session. Call 206-297-0875 for an appointment.

PARKINSON'S PARTNERS SUPPORT GROUP with Carin Mack, MSW

2nd Tuesday each month, 1-2:30 pm. Free.

This group provides education, resources and coping skills to family caregivers of those living with Parkinson's Disease. For information call 206-297-0875.

SENIOR RIGHTS ASSISTANCE with Jerry Keating

By appointment only. Free.

Get answers about estate planning, decision making or healthcare.

Call 206-297-0875 for a 50-minute appointment.

TALK TO A NURSE

1st Tuesday each month, 9 am-noon. Free.

A Northwest Hospital RN is available to check blood pressure and answer important health questions. First come, first served. For information call 206-297-0875.

WELL SPOUSE SUPPORT GROUP with Carin Mack, MSW

1st Monday each month, 4 pm. Free.

Caring for a loved one with ongoing health problems is difficult for the caregiver, both physically and emotionally. This group will provide support to wives, husbands and partners of the chronically ill and/or disabled.

For information call 206-297-0875 or visit www.greenwoodseniorcenter.org.

Events & Activities

ARTS & CRAFTS:

Phinney Friends Crochet Group

Thursdays, 10 am-noon @ PNC, Room 6, Blue Bldg. Free.
Crochet (or knit) lap robes for nursing homes. Don't crochet? We'll teach you!
For information call 206-783-2244.

DINNER WITH FRIENDS & NEIGHBORS:

Dinners for Eight

3rd Saturday bi-monthly. Free. Organized by PNA and held in participants' homes.
To RSVP, email marylee@phinneycenter.org at least one week before the dinner.
For information call 206-783-2244.

Lunch Club

1st Thursday each month, noon @ GSC. You pay for what you order.
Meet new people and try a different local restaurant every month. Sign up in advance so we can make reservations. For information and to register call 206-297-0875.

Spaghetti Dinner

Last Friday each month, 4:30-6:30 pm @ GSC. \$5/dinner, \$2/piece of pie.
Enjoy a delicious spaghetti dinner, a tasty slice of pie and great company. All are welcome for this fun evening. For information call 206-297-0875.

DISCUSSION GROUPS:

Current Events Discussion Group

2nd & 4th Tuesday each month, 1-2 pm @ GSC. Free.
Join this informal, spontaneous discussion group to discuss current happenings, events in the news and subjects of interest to mature adults.
For information call 206-297-0875.

Men's Club

2nd and 4th Tuesday each month, 9:30-11 am @ GSC. Suggested donation: \$3 PNA member, \$5 public.
Join facilitator Joseph Raineri and get together with other men to socialize, discuss issues, hear speakers, take part in outside activities and gather information on a variety of interesting topics. Refreshments served.
For information call 206-297-0875.

Peace Discussion Group

1st Tuesday each month, 1-2 pm @ GSC. Free.
Our world needs a vision on how world peace can be achieved for everyone on earth. Join us for an in-depth discussion on war and peace issues. Wayne Metsker will facilitate. For information call 206-297-0875.

GAMES:

Bridge

Mondays, 11 am-4 pm @ GSC. \$1
Bridge games for experienced players. Regulars and substitutes are both welcome to join this growing group. For information call 206-297-0875.

Bridge Club

Fridays, 7-9:30 pm @ PNC, Room 2, Blue Bldg. Free.
Drop-in bridge game for experienced players. For information call 206-783-2244.

Game Night with Scott Theisen

2nd Friday each month, 7:15-9:30 pm @ PNC, Room 3, Blue Bldg. Free.
Have fun playing a variety of board games chosen by those who attend.
For information call 206-268-6761 or email scotth@seniorservices.org.

Pinochle

Mondays, 8:30 am-3 pm @ GSC. \$1.
Experienced pinochle players wanted. Come join the group and enjoy one of America's favorite strategy card games. For information call 206-297-0875.

Poulsbo Casino

3rd Tuesday each month, 8:30 am-5 pm. \$5 PNA member, \$7.50 Public.
Travel by bus to the Poulsbo Casino for a day of fun and good company. Bus leaves from the Greenwood Senior Center at 8:30 am. Spots fill up fast – sign-up today!
For information and to reserve your space call 206-297-0875.

Movie Night with Scott Theisen

Thursday evenings at selected locations.
Join other cinephiles, choose a movie together and go as a group. Optional discussion after the movie. For information call 206-268-6761 or email scotth@seniorservices.org.

MUSIC & DANCE:

Emerald City Contra Dance

Fridays, 7:30-10 pm @ PNC, Community Hall, Brick Bldg. \$7 PNA & SFS members, \$8 Public, \$5 Students, under 16 free.
Beginners lesson at 7 pm. No partner necessary. Comfortable clothing recommended.
For information call 206-440-9839. www.seattledance.org/contra/emerald.city.html.

G-Notes

Fridays, 9 am @ GSC. Free.
Give us a call to audition for this great choir group. Then join us every Friday morning for our practice sessions. For information call 206-297-0875.

Family Sing Along with Gary Paine

1st Sundays in Oct., Nov., 3:30-4:30 pm @ PNC, Community Hall, Brick Bldg. Free.
Kids' and pretty folk songs. No experience necessary. All songs are taught and accompanied on the guitar. For information call 206-783-2244.

Harmonicats

Mondays, 9-11 am @ GSC. Free.
Do you play an instrument? Stop by and start playing at one of our Monday morning practice sessions. No meetings in August. For information call 206-297-0875.

Saturday Night on the Ridge Concerts/Seattle Folklore Society

Saturdays (starting Sept. 26), 7:30-10 pm @ PNC, Community Hall, Brick Bldg.
\$14/person, \$2 off for seniors, SFS and PNA members; kids 1/2 price.
For ticket reservations call the concert line at 206-528-8523. www.seafolklore.org

READING:

Book Discussion

3rd Thursdays each month, 1-2 pm @ GSC. Free.
Join this group for a stimulating discussion! Learn more about the author and share views about the book. Books are provided through "The Center for the Book" of the Seattle Library. For the upcoming selection and more information call 206-297-0875.

PNA Book Club

2nd Wednesday each month, 7-9 pm @ PNC, Blue Room, Blue Bldg. Free.
Read and discuss one book a month with neighbors who share a similar interest in literature. Books are selected every six months and posted on the PNA web page. Selections vary- contemporary to classics, fiction and non-fiction. No need to register, just read the book and attend the discussion.
For information call 206-783-2244.

Poetry Series

4th Friday each month, 7-9 pm @ PNC, Room 5, Blue Bldg. \$5 suggested donation.
Two featured poets and one short work of performance art each month.
For more information go to www.phinneycenter.org/arts.shtml or call 206-783-2244.

MEETINGS:

21st Century Grandparenting: Joys and Challenges

Saturday, Oct. 10, 10-2 pm @ GSC. \$20.
Come learn anything and everything you wanted to know about grandparenting. From long-distance grandparenting to using technology to keep in touch, from the best toys and books to describing disease and aging so children will understand, this conference will be a wealth of resources for today's grandparents. Keynote speaker is Marty Richards, MSW. For information call 206-297-0875

Fall Prevention Assessments and Education

Wednesday, Sept. 16, 11-1 pm @ GSC. Free.
Reduce your chances of having a fall now and in the future. Learn how to be safe at home and in the community by finding out your personal risk factors and getting a professional fall risk assessment. For information call 206-297-0875

Greenwood Strollers

Tuesdays, meet at 10 am @ GSC. Free.
Come on out for a nice stroll around the neighborhood with a fun community of walkers. All speed levels welcome. This group was started by seniors, but welcomes everyone: dogs, kids, moms or dads, grandparents, etc!
For information call 206-297-0875.

The Greenwood SAGE Project (Seniors, Active, Giving and Engaged)

2nd and 4th Tuesday each month, 2 pm @ GSC, free.
Monthly meetings and action projects @ GSC on issues affecting communities globally, nationally and locally. First awareness is raised through a presentation, lecture, forum or discussion; then knowledge about the issue is put into action through an opportunity for direct service in the community. This fall, the Greenwood SAGE Project will focus on issues revolving around water. For details or to get involved, call the Greenwood Senior Center at (206) 297-0875 or visit: <http://greenwoodsage.blogspot.com>.

Phinney Ridge Community Council

1st Tuesday each month, 7:30 pm @ PNC, Blue Room, Blue Bldg.
For information visit www.phinneyecovillage.net/prcc.

Seattle Peak Oil Awareness

1st Thursdays October and December, 7-9 pm @ PNC, Room 6, Blue Bldg.
For information visit www.seattleoil.com.

Phinney Neighborhood Center (PNC)

6532 Phinney Ave. N., Seattle, WA 98103
206-783-2244, www.phinneycenter.org

Greenwood Senior Center (GSC)

525 N. 85th St., Seattle, WA 98103
206-297-0875, www.greenwoodseniorcenter.org