



CLASS SCHEDULE

Phinney Neighborhood Association Class Registration & Information

Class fees vary and are listed in each section or 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 and the Greenwood Senior Center offering a large variety of classes. 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.

Be Prepared

AARP DRIVING SAFETY CLASS

Corine Olson, AARP
(Ages 55 & up)

Thur & Fri 9:30 am-2:30 pm
9/23-9/24 or 10/28-10/29

To register call 206-297-0875

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

Mon 9 am-4 pm 9/6

To register call 206-726-3534

www.seattlredcross.org

This course teaches 11-15 year olds how to handle emergencies, prevent accidents and understand children's needs at different ages. Students 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. Must provide own lunch, beverages and snacks on the day of the class.

GSC \$50

CPR/FIRST AID/HIV CERTIFICATION

Ken Norris, Retired Seattle Firefighter
Sat 9 am-1 pm 9/11, 10/23, 11/20, 12/11

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
Blue Bldg \$35 Public

DISASTER PREPAREDNESS

American Red Cross

Wed 11 am-noon 9/16

To register call 206-361-6733

www.greenwoodseniorcenter.org

What would you do? This workshop helps prepare you for a disaster. Learn simple steps you can take to protect your property and most importantly your well being. Create a plan to follow in case of an earthquake, fire, winter storm or flood. Workshop includes how to make a disaster kit.

GSC FREE



EARTHQUAKE HOME RETROFIT

Tony Holder

Wed 7-9 pm 12/01

To register call 206-783-2244

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

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

INFANT/CHILD CPR

Ken Norris, Retired Seattle Firefighter
Fri 7-8:30 pm 9/11, 10/22 or 12/10

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
Blue Bldg \$15 Public

Be Prepared: Just For Kids



BASIC AID TRAINING FOR KIDS

American Red Cross

Grades 1-5: 4:30-5:30 pm 11/12

Grades 6-12: 5:30-6:30 pm 11/12

To register call 206-783-2244

Participants learn what the American Red Cross does, what to do in an emergency, how to call 911 when needed and how to perform basic first aid techniques like helping someone who is choking, bandaging a bleeding wound and how to tie a sling. Finishing with hands-on practice with bandaging and slings under the supervision of the Red Cross presenters.

Room 6 FREE
Blue Bldg

PASSPORT TO PREPAREDNESS

American Red Cross

Grades 1-5: Fri 4:30-5:30 pm 10/8

Grades 6-12: Fri 5:30-6:30 pm 10/8

To register call 206-783-2244

Geared for kids, this class teaches what natural disasters could happen in the Seattle area and how to stay safe, how to work with their family to get prepared, making a plan and building a disaster kit, fire safety and emergency contact cards. Participants take home a Passport to Preparedness workbook to help their family prepare.

Room 6 FREE
Blue Bldg

Computer

APPLE LAPTOP MENTORING

Quin Jackins

Call for dates & 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

COMPUTACIÓN BÁSICA

Lunes 7-8 pm Permanente

Contactar Marianne al 206-297-0875

www.greenwoodseniorcenter.org

¡Aprenda conceptos básicos de computación! El Greenwood Senior Center le ofrece clases que están diseñadas para ayudarle a usar la computadora de manera más eficiente: Uso genérico de la computadora, como crear y usar el correo electrónico, como usar y navegar el Internet.

GSC GRATIS

EXCEL WITH EXCEL

Kerry Fowler

Tues 6-7:30 pm 10/19-10/26; 11/9-11/16

To register call 206-783-2244

www.phinneycenter.org

Spreadsheets? Pie charts? 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! Students should be comfortable using a computer and have good mouse skills.

GSC \$15 PNA member
\$20 Public



MICROSOFT OFFICE

Seattle Public Library

Jueves 7 pm Ongoing

Para registrarse llame al 206-297-0875

¡Aprenda los conceptos de Microsoft Office! El Phinney Neighborhood Association le ofrece clases en español que están diseñadas para ayudarle a usar los programas de Microsoft Office de manera más eficiente. Pida de antemano sobre el cuidado de los niños. Word, Excel, y PowerPoint.

GSC GRATIS

Phinney Ridge Review

For Advertising Rates & Information
Call 206-783-2244

or email

ruthm@phinneycenter.org

KMS FINANCIAL SERVICES, INC.

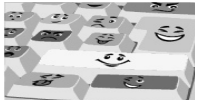
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ONE-ON-ONE COMPUTER MENTORING FOR SENIORS

Various weekly hours **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. Bring your own laptop, or use one of our Windows XP lab computers. By appointment only.
GSC **Suggested donation: \$3**

PHOTOSHOP ESSENTIALS

Julie Nathon
Tues 6:30-8 pm **10/5-10/12**
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 image to work on and will leave class with new skills, excitement and confidence!
GSC **\$15 PNA member**

POWER OF POWERPOINT

Erika Anderson
Wed 6-8 pm **10/20**
To register call 206-783-2244
www.phinneycenter.org
 Do you want to awe your friends and colleagues with PowerPoint presentations? In this workshop, we will learn how to use PowerPoint 2003 to create effective presentations with words and graphics. This workshop will go over some more advanced PowerPoint options including animation. Students should be comfortable using a computer and have good mouse skills.
GSC **\$10 PNA member**
\$15 Public

SENIORS TEACHING SENIORS BASICS PLUS!

Shirley Lyshol
Mon 10 am-3 pm **9/20, 10/18 or 11/15**
To register call 206-684-0639
 You already know the basics and want to stretch 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. Students must know their existing e-mail address and password. This one-day class is offered each month.
GSC **\$10 PNA member**
\$15 Public

SENIORS TEACHING SENIORS COMPUTER BASICS

Sara Mockett & Shirley Lyshol
Tues & Thur 10 am-3 pm
9/7-9/9, 10/5-10/7, 11/2-11/4
To register call 206-684-0639
 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
Tue-Wed 10 am-3 pm **9/21-9/29;**
10/19-10/27; 11/9-11/17
To register call 206-684-0639
 A four-day 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 purchased and installed on your home computer.*
GSC **\$20 PNA member**
\$30 Public

TECHNOLOGY FOR SENIORS: YOUR CELL PHONE DEMYSTIFIED

Norah Erwin-Stewart
Mon 1-3 pm **11/1**
To register call 206-783-2244
www.phinneycenter.org
 In this workshop, you will learn how to navigate your phone's menu, personalize the appearance of your phone display, enter contacts and yes, send text messages! *Bring your cell phone, charger & phone book to enter contacts.*
GSC **\$10 PNA member**
\$15 Public

TECHNOLOGY FOR SENIORS: HOW TO CUT & PASTE

Norah Erwin-Stewart
Mon 1-3 pm **9/27**
To register call 206-783-2244
www.phinneycenter.org
 In this skills-intensive workshop you will learn how to move text and images from one document to another using both the keyboard and the mouse. This is a useful PC computing skill frequently requested in our one-on-one mentoring program. *Basic computer and mouse skills required.*
GSC **\$10 PNA member**
\$15 Public



TECHNOLOGY FOR SENIORS: FACEBOOK

Norah Erwin-Stewart
Wed 12:30-3:30 pm **10/4**
To register call 206-783-2244
www.phinneycenter.org
 Want to join Facebook, but concerned about privacy? Already have an account but feel frustrated by its many features? Learn about the Wall, managing your Friends list and adjusting privacy settings so you can have fun and feel comfortable using this tool to connect with friends and family. *Please register for a Facebook account before coming to class*
GSC **\$15 PNA member**
\$20 Public

TECHNOLOGY FOR SENIORS: SKYPE BASICS

Norah Erwin-Stewart
Mon 1-3 pm **11/22**
To register call 206-783-2244
www.phinneycenter.org
 Skype is a free computer program that allows you to make free voice and video calls to other Skype users. Learn the basics of installation and use, see a live demonstration and get your questions answered. *Recommended, but not required: your own laptop, a headset with microphone, web cam.*
GSC **\$10 PNA member**
\$15 Public

Creative Art



DRAWING & WATERCOLOR

Susan Schneider
Wed 10 am-noon **Starting 10/6**
Ongoing
For information call 206-297-0875
www.greenwoodseniorcenter.org
 This is a great class for beginning and intermediate participants who want to learn the basics of drawing and watercolor painting. Bring any art materials you have to class and the instructor can talk you through what else you may need. This is an ongoing class that will teach you the fundamentals of drawing and painting as you progress.
GSC **\$10 PNA member**
\$12 Public

HOLIDAY CARD MAKING WORKSHOP

Thur 1-3 pm **10/14**
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 prior experience needed.
GSC **\$4 PNA member**
\$6 Public

INTRODUCTION TO THE SEWING MACHINE

Kathie Koepsell
Mon 5:30-8 pm **9/27**
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 **\$45**

JEWELRY MAKING WORKSHOP

Linda Dee
Tues 2-4 pm **11/9**
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Make something fun for the holidays! Learn to create beautiful jewelry. Bead a necklace, make eyeglasses chains, bracelets or whatever you'd prefer. Use gems, glass beads, shells and metal materials. No experience necessary. Your \$15 class fee includes all supplies.
GSC **\$15**

SOUL COLLAGE

Mon 2-4 pm **9/13-10/4**
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Soul Collage is a unique and joyful way of exploring your life. Use your creativity, intuition and images to create a beautiful SoulCollage®. This class requires no special skills, but can often produce images and insights that are surprising and full of depth and meaning. Sign up for one class or take them all. Drop-in fee is \$12.
GSC **\$40 PNA member**
\$48 Public

MAKE YOUR OWN YARN

Lisa Chen
Fri 2-4 pm **10/15**
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Learn to make handspun yarns without a spinning wheel. We'll discuss the anatomy of spindles, the feel and purpose of different fibers, how to hold and spin a spindle and more! This is a low-impact craft that's easy on the hands and very fun to do. Fee covers all materials. The spindle will be yours to keep.
GSC **\$20**

THE SHOW MUST GO ON!

Elizabeth Rhoades
Tues 2-4 pm **9/7-10/19**
To register call 206-297-0875
www.greenwoodseniorcenter.org
 Come one, come all to this exciting acting program for older adults! We'll try out vocal warm-ups, theatre games, scene study and monologue work. We'll get to know one another through the world of acting! Join us in this class as we prepare for a Reader's Theatre production the final week.
GSC **\$5/session**

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



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WIRE CHAIN & BEAD JEWELRY WORKSHOP

John Gray

Fri 1-4 pm 9/24 or 10/22

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

DIA DE LOS MUERTOS

MINI-ALTARS

Henry Chamberlain
(Ages 14 & up)

Sat 1-3 pm 10/16

To register call 206-783-2244

While death is a topic largely avoided in the US, the remembrance of deceased loved ones is traditional among cultures around the globe. Create your own mini-altar in celebration of Dia de los Muertos. We will provide old cigar boxes. Bring in small mementos and photographs to include as we work in collage and mixed media.

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

PLASTER SUGAR SKULLS & FIGURINES

Beth Sims
(Ages 14 & up)

Sat 1-3 pm 10/23

To register call 206-783-2244

Dia de los Muertos traditions include building private altars honoring the deceased using sugar skulls, marigolds and the favorite foods and beverages of the departed, and visiting graves with these as gifts. Make traditional "Sugar Skulls" out of plaster (as well as figurines) to create lasting family heirlooms.

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

Dance

IRISH STEP DANCING

American Dance Institute
Carin Nash

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

Beg Irish (7-12 yrs) Sat 9-10 am 9/18-2/5

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.

Room 1 \$285/19 wks
Blue Bldg

LINE DANCE CLASS-ALL LEVELS

MaryLee Lykes

Tues 1-2 pm Ongoing

For information 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. It's 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. Different dances explored each month.

GSC \$6 PNA member
\$8 Public

Dance Continued

LINE DANCE CLASS-BEGINNERS

MaryLee Lykes

Tues 12:30-1 pm Ongoing

For information call 206-297-0875

www.greenwoodseniorcenter.org

In this easy, fun class, you'll learn some beginners line dancing moves. It's great for everyone who loves to move to music. Exercise never felt like such fun! Benefits include increased flexibility, brain enhancement, better balance, stronger muscles and improved body awareness. This class is to learn the basics. Stick around after class for the all levels dance class.

GSC \$3 PNA member
\$4 Public

MULTICULTURAL DANCE CLASS

Ann MacLean

Tue 6:15-7:45 pm 8/17-9/21

To register call 206-783-0677

www.infiniteonewellness.com

Join us to nourish your spirit as you tone your body. Gently demanding movement to exotic music. Bring your bare feet. Instructor's background: 20 years ballet, 12 years West African, modern dance and miscellaneous other styles. Come for a joyfully sweaty experience. Your body will thank you. Class size is limited. Respectful children are welcome. Alternate phone number: 206-369-8428.

Room 2 \$90/6 wks
Blue Bldg

NURTURING PATHWAYS® CREATIVE DANCE

(Ages 3 mo-4 yrs)

Wed Thur Fri or Sat 9/18-12/10

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 combines 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 CDs, child development booklets, and weekly Brain Bites™. Ten-week session.

Room 7 Baby, Waddler \$188
Blue Bldg Toddler \$198

POLYNESIAN/HULA DANCE

American Dance Institute

Kathy DeAguiar

Beg: Hula (5-9 yrs) Thur 4-5 pm 9/16-2/3

Int: Hula Thur 5-6 pm

To register call 206-783-0755 or

www.AmericanDanceInstitute.com

Learn the basic steps of the beautiful Hawaiian Hulas as well as some Tahitian Dance and Maori Dance (from New Zealand). You will also learn about the Hawaiian Islands and their individuality as well as elements of the rich Hawaiian culture and beautiful spoken language. Some work with basic rhythm instruments native to the Polynesian Islands will also be included.

Room 31 \$285/19 wks
Brick Bldg

SOCIAL BALLROOM DANCING FOR PARKINSON'S

Barney Chiu

Tues 6-7 pm Starting 9/7 - Ongoing

No registration required

barnch@me.com

Ballroom dancing is a fun exercise for those with Parkinson's Disease. Learn the basics of waltz, tango, foxtrot, rumba, etc. Experiment with limitations and stretch those limits with your favorite partner. Fight the disease with good posture and poise. Instructor Barney Chiu, a competing amateur ballroom dancer for 18 years, is himself diagnosed with Parkinson's.

Room 2 \$6/person
Blue Bldg



TANGO DANCING FOR ABSOLUTE BEGINNERS

Max Kepler

Tues 7-7:50 pm 9/28-11/16

To register call 425-522-2481 or

dancekepler@gmail.com

Experience the attraction of this popular social dance. We'll begin with simple walking movements that anyone can do, and gradually build our dance vocabulary while developing a comfortable partner connection. Fun to dance from day one, tango's subtlety, sensuality, and improvisational nature will provide lifelong enjoyment. No prior experience needed and no partner required. Singles welcome! More info at www.dancekepler.com.

Room 2 \$75
Blue Bldg

TAP DANCE I & II

Paulette DeRooy

(Ages 6 thru adult)

Tues 6-7 pm 10/5-11/23

Tues 6 pm Demo/Sign up 9/28

To register call 206-380-1795 or

pdtapdancer@yahoo.com

www.tempofitness-tapdanceplus.com

Get your TAP Groove on! Tap dancing builds and maintains total mental-body coordination, control and rhythmic development. Continue to develop your tap dancing technique in Tap II with new routines and steps. Come to a FREE DEMO to try the class and sign up.

Room 31 \$80/8 wk session
Brick Bldg Drop-in \$12

ZYDECO BEGINNING DANCE

MaryLee Lykes

Tues 6-7 pm 10/12-11/16

To register call 206-527-3705 or

www.learnatnorth.org/class item 7071

Experience that Zydeco Groove! Feel the heat while you enjoy the beat of this fabulous dance from Louisiana. Zydeco music will thrill you with its energetic, passionate and exceedingly joyful sound. You will learn the Zydeco basics plus footwork and styling. Then you'll be ready to go out and enjoy the areas great Zydeco bands as well as Louisiana bands.

Room 7 \$75/6 wks
Blue Bldg

Dog Obedience

DOG OBEDIENCE

Canine Behavior Center, Inc.

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 will learn to work together and communicate in a meaningful way that will enhance your relationship. Courses are devised to teach your dog all the basic obedience commands. Behavior problems at home and in public are addressed. Hand signals and voice commands are taught. The class is not only educational, but fun for both the people and the dogs. www.caninebehaviorcenter.com.

Com Hall \$110
Brick Bldg Class size limited

Fitness

BELLYDANCERSIZE

Zaphara Delmarter

(All ages)

Beg: Tues 7-8 pm 9/7-10/26

Int Adv: Tues 7:45-8:45 pm 9/7-10/26

Beg: Tues 7-8 pm 11/9-12/14

Int Adv: Tues 7:45-8:45 pm 11/9-12/14

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!

Room 7 \$95/8 wks
Blue Bldg \$72/6 wks

ENHANCE FITNESS

Paulette DeRooy

Mon Wed Fri 8:30-9:30 am Ongoing

For information call 206-297-0875

www.greenwoodseniorcenter.org

This is an evidence-based exercise program specifically designed for older adults. Certified instructors use dynamic cardiovascular exercise, strength training and stretching, to help increase your strength, boost your activity levels and elevate your mood. Buy a monthly punch card and plan to attend either two or three times a week.

GSC \$32 2x/wk for a mo
\$48 3x/wk for a mo



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 Suggested donation \$1

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

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www.balderdashbooksandart.com

Food

BEGINNING CAKE DECORATION

Cheri Bloomquist

Mon 6:30-9 pm 10/4-10/25 or

Wed 6:30-9 pm 10/27-11/17

To register call 206-527-3705

www.learnatnorth.org

Learn to decorate children's cakes and simple special occasion cakes. Class includes how to ice a cake smoothly, pattern transfer, writing and printing your message. You will learn to create roses and simple flower arrangements. A \$5 supply fee is payable to the instructor.

GSC \$85

COMMUNITY KITCHEN

Karen Campbell

3rd Tues 6-8 pm 9/21, 10/19 & 11/16

To register call 206-297-0875

www.greenwoodseniorcenter.org

Enjoy home-cooked meals without having to find a recipe or shop for ingredients! Meet new people and build community. Together, we'll cook in bulk, and then divide up the feast to take home. No experience necessary. Different dishes explored each month.

GSC \$15 PNA member
\$20 Public

CHOCOLATE TRUFFLE WORKSHOP

Bill Fredericks

Sat 10 am-4:30 pm 10/16

To register call 206-527-3705

www.learnatnorth.org

Learn the art and techniques of making your own chocolate truffles! Temper chocolate, hand dip centers and use different kinds of molds. We will make eight truffles by utilizing fresh fruits, nuts, essential oils, herbs, spices and liqueurs. Make a box full of incredible truffles to take home. A \$10 supply fee is payable to the instructor.

GSC \$95



COOKIE DECORATING WORKSHOP

Cheri Bloomquist

Mon 6:30-9 pm 11/15

To register call 206-527-3705

www.learnatnorth.org

Learn to design and decorate cookies for holidays, special occasions or whenever you feel like having them. You'll master simple techniques for beautiful cookies. No previous cookie or cake design experience is required. A \$15 supplies fee is payable to instructor.

GSC \$35

CUPCAKE DECORATING WORKSHOP

Cheri Bloomquist

Mon 7-8:30 pm 11/8

To register call 206-527-3705

www.learnatnorth.org

Learn to design and decorate cupcakes for holidays, special occasions or whenever you feel like having them. You'll master simple techniques for simply beautiful cupcakes. A \$15 supply fee is payable to instructor.

GSC \$35

FONDANTS & ROLLED ICINGS

Cheri Bloomquist

Wed 6:30-9 pm 10/13-10/20

To register call 206-527-3705

www.learnatnorth.org

Fondant is a versatile and elegant finish for cakes and desserts. Learn to create and make rolled fondant for decorating, and learn tips on coloring and adding flavors. Explore coloring options, embossing techniques, crimping, classic Australian styles and American innovations. See website for supply list.

GSC \$55



HOLIDAY CONFECTIONS

Bill Fredericks

Sat 10 am-1 pm 11/20

To register call 206-527-3705

www.learnatnorth.org

Creamy caramels, dark chocolate fudge, chocolate bark and cherry cordials! Make these favorites from scratch. Emphasis will be on explaining the how and why of each step in the various confectionary processes. Leave with a box of delicious handmade candies. No experience necessary. \$10 supply fee is payable to the instructor.

GSC \$69

INTRO TO GUMPASTE

Cheri Bloomquist

Mon 6:30-9 pm 11/1

To register call 206-527-3705

www.learnatnorth.org

Add a new skill to your decorating bag of tricks! Gumpaste, a pliable sugar dough mixed with gums, is easy to shape like modeling clay. It can be tinted, painted on or dusted with decorating dusts. Take home a variety of sculpted shapes to add to your cakes. \$10 supply fee is payable to the instructor.

GSC \$35

PIE MAKING 101 WORKSHOP

Janice Bellotti-Pace

Fri 6-8 pm 10/22

To register call 206-297-0875

www.greenwoodseniorcenter.org

Always wanted to learn how to make a great pie? Learn pie making techniques in this fun workshop. From crust to filling, you will walk away with some helpful tricks just in time for the holidays. Please pre-register.

GSC \$10 PNA member
\$15 Public

Games

BEGINNING BRIDGE

Allan Lazar

Wed 7-9:30 pm 10/6-10/27

To register call 206-527-3705

www.learnatnorth.org

Designed for those who have little to no knowledge of bridge, participants will learn the basic concepts including standard bidding, basic conventions, defense and play of hand. Bridge is challenging and fun, offering a level of stimulation and interest that can be enjoyed for years. Textbook available.

GSC \$115

Home & Environment

Design & Remodel

BASEMENT & CRAWLSPACE DESIGN & REMODELING

Alan Ness

Wed 7-9 pm 11/17

To register call 206-783-2244

If you have been wondering how to expand your living space within the existing building envelope come to this presentation where Alan Ness covers basement and crawlspace design considerations, code requirements, proper construction methods and earthquake resisting structural improvements.

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

CERAMIC TILE

Jeff Butisbauch

Wed 7-9 pm 11/03

To register call 206-783-2244

Expert tile setter and consultant Jeff Butisbauch will discuss types and uses of tiles, design, tools, preparation and adhesives.

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

DESIGN FORUM

Tom Kayser

Wed 7-9 pm 10/20

To register call 206-783-2244

Bring your ideas, sketches or detailed home improvement plans. Lead Architect Tom Kayser, who will discuss important design considerations. We'll then divide into small groups to make progress toward the best design solutions for our individual projects. Don't miss this unusual opportunity!

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



EARTHQUAKE HOME RETROFIT

Tony Holder

Wed 7-9 pm 12/01

To register call 206-783-2244

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

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

ENERGY AUDIT PRIMER

Wayne Apostolik

Wed 7-9 pm 11/10

To register call 206-783-2244

Wayne Apostolik, Principal of NW Home-crafters, will outline residential energy auditing available to the homeowner. Wayne will cover some of the software used for modeling existing conditions and the costs and payback of retrofitting. We will explore indoor air quality, and heating/cooling comfort levels, and what impacts them. Retrofitting information will include basic safety and air sealing to comprehensive whole-house retrofitting.

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

RESTORING YOUR DOUBLE-HUNG WINDOWS

Martin Muller

Wed 7-9 pm 10/13

To register call 206-783-2244

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

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

WINTERIZING YOUR HOME

Kathy Abrams

Wed 7-9 pm 10/06

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

RAINWATER HARVESTING, CATCHMENT & MANAGEMENT

PNA Well Home Program

Wed 7-9 pm 12/08

To register call 206-783-2244

Join Mike Broili for 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.

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

SAVE YOUR RECEIPTS

from Greenwood and
Ballard Markets

Bring them to the PNA.
(To be eligible, the receipts must
appear on your receipts.)

1% of the total will be donated to
our senior center programs.

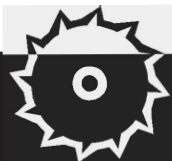
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DO-IT-YOURSELFERS
We can quickly frame in and
weatherproof your addition.
You take it from there!



Second Stories • Additions • Garages
• Basement Framing

Dennis Morris 206-852-5547

Health

BOOST YOUR BRAIN HEALTH

Dr. Jane BG Tornatore

Wed 1-2 pm 10/6

To register call 206-297-0875

www.greenwoodseniorcenter.org

Learn simple techniques you can use in your daily life to help maintain the health of your brain. Learn easy, everyday tips to boost your mental vitality. Find the answers to questions about when memory changes are normal and when they are not.

GSC FREE

CHINESE KUNG FU (AWAKENING THE TIGER)

Dennis Sharp

Tues 7-9 pm Ongoing

To 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

LISTENING AS AN ACT OF LOVE

Trudy James

Tues 2-3 pm 10/12

To register call 206-297-0875

www.greenwoodseniorcenter.org

Join us in Listening As an Act of Love: for ourselves, each other and the world. Everyone has a special story to share and we all benefit from both the telling and the listening. Trudy James has been supporting listening and the listening process for many years and she hopes that you will join her for this informal workshop.

GSC FREE

MEDICARE & LONG TERM CARE

Jim Yragui

(Ages 50 & up)

Sat 11 am-1 pm 10/16, 10/30, 11/13

To register call 206-876-0018 or

jyragui@humana.com

What comes after middle age? No one wants to get old! In this course we will wade into the deeper waters of middle-age to study the healthcare "sharks" lurking there. Learn about the new financial risks we carry by surviving into our 90s and the tactics and key partners that can help protect us from them.

Room 1 \$10/person

Blue Bldg (bring a friend for free)

WHAT IS PALLIATIVE CARE?

Wed 1-2:30 pm 9/22

For information call 206-297-0875

www.greenwoodseniorcenter.org

Palliative care is a medical specialty with the goal to enhance the quality of life of patients and families facing life threatening illness. Learn more about this area of medicine and its impact on end of life care. Please call for date and time specifics.

GSC FREE

POWERFUL TOOLS FOR CAREGIVERS

Carin Mack, MSW

Thur 9:30 am-noon 9/16-10/21

To register call 206-297-0875

www.greenwoodseniorcenter.org

This six-week program provides family caregivers of older adults with long term conditions the skills and confidence to provide better care for themselves and their loved ones. Registration required. Class limited to 12 participants. The *Caregiver Helpbook* will be available for purchase.

GSC FREE

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 Suggested donation: \$5/session

Blue Bldg \$25/6 sessions

Language

FOREIGN LANGUAGE CLASSES:

MANDARIN, SPANISH, FRENCH, JAPANESE

(Ages 1-7 yrs)

Mon Tue Wed Sat 9/20-12/4

For questions call 206-861-9698

For full schedule & online registration

visit www.pollyglottots.com

Did you know foreign language ability makes your children smarter? Give your child the gift of language. Learn basic, practical and themed language in our parent/child immersion classes that are filled with play, dance, games, crafts, music and more. Instructors are native-level speakers. Classes are lots of fun!

Room 2 \$209

Blue Bldg (includes materials)

LANGUAGE EXCHANGE:

INTERCAMBIO DE LENGUAJES

Wed/Miercoles 10 am-noon 8/25-10/13

To register call 206-297-0875

www.greenwoodseniorcenter.org

Meet and socialize while learning Spanish in fun classes followed by language practice sessions. The practice sessions will be held with native speakers who are learning English and who are practicing their English with you. Lunch will follow. *Aprenda inglés y socialize en clases, seguidas por prácticas del lenguaje con hablantes nativos. Los hablantes nativos practicarán español con usted.*

GSC FREE/GRATIS

SPANISH CONVERSATION GROUP

Rita Espin de White

Mon 6-7 pm (Advanced) Ongoing

Mon 7-8 pm (Intermediate)

To register call 206-783-2244

Usted habla Español? Need a place to practice? Join us on Monday evenings as we converse in Spanish. Facilitated by a native Spanish speaker. Not sure which group to join? Come to either group and try it out. First night FREE!

TL \$20/mo

Blue Bldg

Class Room Space Available

Reasonable hourly rates

Phinney Neighborhood Center

6532 Phinney Ave. N., Seattle, WA 98103

www.phinneycenter.org

206-783-2244

Greenwood Senior Center

525 N. 85th St., Sattle, WA 98103

www.greenwoodseniorcenter.org

206.297-0875

Martial Arts

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

SEATTLE MARTIAL ARTS

Aaron Logue/Aaron Kahn

(Adults, children ages 8 & up)

Mon Wed 5-6 pm TaeKwon Do

Mon 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 website for more information. Free trial class. Beginners welcome.

Room 32 \$65/mo

Brick Bldg

TAI CHI CHUAN

Frank Deering

Beg Form: Wed 6-7 pm 9/29-12/8

Water Style: Wed 7-8 pm 9/29-12/8

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.

Room 7 (Beg) Blue Bldg \$70/10 wks

Room 35 (Water Style) Brick Bldg

Meditation

ACCESS YOUR MUSE

Cynthia Claire Westby, M.A.

Artist & Mindfulness Mentor

Tue 1-3 pm 10/5-11/2

To register call 206-714-2814 or

cynthia.claire@comcast.net

Creativity is a learnable skill tapping inner resources to contact inspiration. Different mindfulness meditation practices and aids to cultivate an open, receptive state are taught and practiced. These practices silence the critic, dissolve blocks and support creativity. In last class we put our skills accessing the muse into practice with creative writing and/or collaging.

Room 36 \$180/5 wks

Brick Bldg

Mind Sauna

SPA DAY FOR YOUR MIND

Ariele Huff

Fri 10 am-2 pm 11/19

To register call 206-361-6733

www.greenwoodseniorcenter.org

It's the holiday and you deserve it! Join us on this self-care day filled with relaxation exercises and guided visualizations of your ideal holiday. Learn how to give yourself the approval you don't get from others and get ready for Mind Sauna.

GSC \$30

Movement

FELDENKRAIS®: AWARENESS THROUGH MOVEMENT

LeeAnn Starovasnik, GCFP

Tues 11:15 am-12:15 pm

9/7-9/21 & 11/30-12/21

To register call 206-297-0875

www.greenwoodseniorcenter.org

Discover this fun and easy movement method that improves your physical movements, your sense of balance and overall well-being. Customized classes will engage your brain and body in new ways to help you move easier. Beginners welcome! The teacher is a Guild Certified Feldenkrais Practitioner^{CM} with 10 years experience teaching senior classes and private lessons. Wear warm, comfortable clothing.

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

AWARENESS THROUGH MOVEMENT

THE FELDENKRAIS METHOD

Mary Morrison, GCFP

Tues 6:30-8 pm 9/14-12/14

To register call 206-545-1740 or

maremorrison@gmail.com

Expand your capabilities! Through moving then in life! Gently, easily, relieve pain; improve flexibility, balance and creative thinking. Explore your dynamic relationship with an ever-changing environment. Learn to adjust and adapt freely. Beginners and all ages welcome! Bring, if possible: mat, blanket, towel. Wear comfy clothes in layers. Arrive early for first class. Sliding scale also possible.

Room 36 \$12 ea, \$14 or \$16 ea for 7

Brick Bldg \$20 drop in

Music

BEGINNING GUITAR

Max Block

Mon 7-9 pm 9/27-10/25 or

Wed 7-9 pm 9/29-10/25

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 \$109

BEGINNING PIANO FOR ADULTS

Cecilia Manalili

Mon 1-3 pm 9/13-11/1

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. Cost includes all eight sessions.

GSC \$100/8 wks

CHICKADEE MUSIC TOGETHER

(Ages 0-4 yrs)

Tues-Fri 9/21-12/3

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 professionally recorded CD and songbook for music-making at home and ten weeks of classes. The Music Together song collections are known for their charm and appeal. Internationally recognized program!

Room 5 \$175

Blue Bldg

Music Continued

INTERMEDIATE GUITAR

Max Block

Wed 7-9 pm 11/10-12/8

To register call 206-527-3705

www.learnatnorth.org

Intended as a continuation of Beginning Guitar, this course will introduce you to unaccompanied solo guitar playing. Learn to create dynamic pieces that combine melody and harmony. Gain insight into the magic of creating and performing complete, stand alone guitar arrangements. Course material will be provided and will be presented in standard music notation.

GSC \$109

KINDERMUSIK

Studio3Music

(Ages newborn to 5 yrs)

Thur 9:15 am-1 pm 9/9-Ongoing

To register call 425-385-3636 or

www.studio3music.com

Kindermusik is a music and movement program where you and your child will play, listen, and dance to musical activities specifically designed to stimulate early childhood development and strengthen neural pathways in your child's mind. Connect with other families, and discover how music makes parenting easier. Join anytime as we sing, explore, create and grow! More information at www.studio3music.com.

Room 31 \$69/month
Brick Bldg (tuition and materials)

MUSIC FOR EVERYONE

Parent/Caregiver & Child

(Ages 2-5 yrs)

Mon 10 & 11 am 9/13-11/22

(No class on 11/1)

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 \$120
Blue Bldg

Parenting

LANGUAGE DEVELOPMENT; THE KEYS TO COGNITION

Christine Roberts

Mon 6:30-8:30 pm 10/4

To register call 425-280-3805 or

www.nurturingpathways.com

From babbling infants to speaking in sentences the brain takes a fascinating journey on its road to reading and writing. Curious about what you can do to foster your young child's verbal skills? Discover fun ways to enrich your child's road to reading and how the brain hard wires language skills from the latest research. Two-hour workshop with food!

Room 6 \$28.95
Blue Bldg

SAVVY HOME BUYER CLASS

Mary Land

1st Wed 6:30-8:30 pm 9/8 (Sept class

falls on 2nd Wed), 10/6, 11/3, 12/1

To register call 206-715-1887

www.savvyhomebuyer.org

Is it time to buy your first home? Come and ask all of your questions and learn a lot in an action-packed two hours! It's a great time to buy your first home—interest rates are low and home prices are more affordable. Stop paying rent and take charge of your financial future!

Room 6 FREE
Blue Bldg

Sewing

BEGINNING SEWING

Kathie Koepsell

Tues 5:30-8 pm 10/19-11/23 or

Mon 5:30-8 pm 10/4-11/15

To register call 206-527-3705

www.learnatnorth.org

No more struggling through your sewing projects! Learn 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. No class 11/8.

GSC \$115

Writing

WRITING ON GUILTY PLEASURES

Ariele Huff

Fri 10 am-2 pm 10/22

To register call 206-361-6733

www.greenwoodseniorcenter.org

Join us for a sweet day of writing. Explore what motivates your day-to-day decisions and how you spend your time. Discover secrets you're keeping from yourself and your deepest satisfactions. Bring something to eat that you often deny yourself.

GSC \$30

WRITE ABOUT YOUR LIFE

Ariele Huff

Thur 1:15-3:15 pm 9/30-12/9

Tues 10 am-noon 10/5-12/7

To register call 206-361-6733

www.greenwoodseniorcenter.org

Write about your experiences 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 to be published. Some do both. In meetings, we share our memories, opinions, laughter and caring.

GSC \$58

MAKING SENSE OF SOCIAL EMOTIONAL DEVELOPMENT

Christine Roberts

Tues 6:30-8:30 pm 11/16

To register call 425-280-3805 or

www.nurturingpathways.com

Are you curious about how to successfully navigate your child's emotional and social development from infancy through age seven? This seminar will unfold the developmental timeline of emotional development and give you effective tools for dealing with power struggles, whining, and challenging behavior. Share with other parents your concerns and questions. Two-hour workshop with food and handouts!

Room 6 \$28.95
Blue Bldg

Yoga

EARLY MORNING CORE STRENGTH

Christy Fisher

Thur 6:30-7:30 am Ongoing

For information call 206-547-2172

Elements of Pilates, Yoga and Somatics come together in a deep core workout. Strengthen and tone your abdominals, reduce back and joint pain. Begin your day feeling clear and energized!

Phinney Yoga House \$55/5 class card
Brick Bldg \$13 drop-in

EARLY MORNING YOGA IMMERSION

Christy Fisher

Mon Wed Fri 6:15-7:30 am 9/8-12/17

Monthly series

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!

Phinney Yoga House \$135/mo-3 dys/wk
Brick Bldg \$90/mo-2 dys/wk

FREE YOGA ON WEDNESDAYS

At Phinney Ridge Yoga

For information call 207-547-2172

www.phinneyridgeyoga.com

Mention this add and try any yoga class on Wednesdays at Phinney Ridge Yoga for the first time free of charge!

Phinney Yoga House Brick Bldg

HEALING BACKS

Mary Marmorstone

Mon 7:30-9 pm 10/4-11/8

To register call 206-547-2172

www.phinneyridgeyoga.com

Join experienced Yoga teacher and exercise physiologist Mary Marmorstone in this 6-week series to learn gentle and effective practices that help reduce and heal lower back pain, while strengthening and stabilizing to reduce risk of further injury.

Phinney Yoga House \$110
Brick Bldg

PHINNEY LAUGHTER CLUB

Teresa Verde

2nd Tues 7-8 pm Ongoing

For information call 206-784-9776

www.onethousandlaughs.com

Come laugh unconditionally! Laughter yoga is a body/mind practice developed by a medical doctor in India, Dr. Madan Kataria. It combines gentle stretching, yoga-type breathing and playful laughter exercises. The benefits are both physical and emotional. Bring water and a willingness to laugh for no reason. No registration required.

Blue Room \$5 drop-in
Blue Bldg

PILATES/YOGA

Carla Barragan, MA

Wed 6-7 pm 10/6-12/8

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. Bring a thick mat.

Room 5 \$100 for 10 or \$55 for 5 classes
Blue Bldg \$15 drop-in

YOGA

D'vorah Kost

Thur 2:30-3:45 pm Ongoing

For information call 206-297-0875

www.greenwoodseniorcenter.org

This class is appropriate for experienced yoga students, as well as for beginners who are able to transition to and from sitting or lying on the floor. The form of yoga taught is a variation of Viniyoga, emphasizing adaptation of postures to accommodate your body's needs. Students say that 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 Begin 9/4 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 provided

Events & Activities

CRAFTS:

Phinney Friends Crochet Group

Thursdays, 10 am-noon @ PNC, Room 2, 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:

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

3rd Friday each month, 4:30-6:30 pm @ GSC. \$5/dinner, \$2/piece of pie.
No dinner in November or December.
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.

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.

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.

PSARA Senior Voices Discussion Group

2nd Thursday each month, 1-2 pm @ GSC. Free.
Let your voice be heard! Bette Reed with the Puget Sound Alliance for Retired Americans (PSARA) will facilitate this group. Come together to discuss pertinent issues affecting older adults in the world today. For information contact Emily at 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, 7:45 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 Market at 7:45 am. Spots fill up fast – sign-up today! For information and to reserve your space call 206-297-0875.

MEETINGS:

Biodiesel Network

4th Tuesday each month, 7-9 pm @ PN, Room 6, \$5 suggested donation at door.
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. www.nwbiodiesel.org.

Greenwood Strollers

Tuesdays, meet at 10 am @ GSC. Free.
Come on out for a nice stroll around the neighborhood with a fun community of walk-

ers. 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 in their Community) Dates/Times vary. Call Emily at 206-297-0875 for information @ GSC. Free.
SAGE is a group at GSC committed to social justice and community engagement. Our current projects include the SAGE vegetable garden, the annual Local Giving Fair, a community dinner connecting the Greenwood neighborhood with the Aurora Avenue corridor and more.

Phinney Ridge Community Council

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

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

Sundays, 10/13, 11/17 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. For information call 206-297-0875.

Saturday Night on the Ridge Concerts/Seattle Folklore Society

Saturdays, 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 & WRITING:

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.

Phinney Village Book Group

1st Wednesday each month, 6-7:30 pm. Free.
This is a program concept for aging in place in our neighborhood and a key ingredient in the planning and success is a shared vision of aging. Begin looking at this vision by exploring books that allow us to form a positive, inspiring shared ideal of becoming an elder. These books include: Theodore Roszak's *The Making of an Elder Culture* and Studs Terkel's *Coming of Age*. Group is facilitated by Cecile Andrews and held at the Green Bean.

Write to Move

2nd Friday each month, 7-9 pm @ PNC, Room 5, Blue Bldg. \$5 drop-in.
Challenges poets, performance artists and audiences to respond to movement and share responses. It's part exercise, part practice and part translation, inspired by a different performance artist each month. Everyone is welcome. Performer begins to move; artists circle around and respond by writing, drawing or preparing scores for movement. Then performer stops moving and joins the circle. Artists are invited to share work and discuss methods. Bring your own supplies and prepare to work, unguided, for an hour. Donations support the performers & The Phinney Center.

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

Special Services @ GSC

ALZHEIMER'S CAREGIVERS with Carin Mack, MSW

1st and 3rd Wednesday each month, 1:30-3 pm. Free.

Support and resources for family caregivers of those living with dementia. Meets at University Congregational Church: 4575 16th NE. For information call 206-297-0875.

CHAIR MASSAGE with Susan Cook, Licensed Massage Practitioner

Wednesdays, 9-11:30 am. \$5/8 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 SUPPORT GROUP with Carin Mack, MSW

1st Tuesday each month, 10:30 am-noon. Free. This group provides support for men and women with early stage memory loss. Must be prescreened to attend. Call Carin Mack for details at 206-230-0166.

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. Respite available. For information call 206-297-0875.

FAMILIES with Carin Mack, MSW

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

This monthly group revolves around the pleasures and perils of family relationships. We discuss good communication techniques and problem solve some solutions for difficult family issues. For information call 206-297-0875.

FINANCIAL PLANNING with Kyle 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.

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 Monday 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 hearing aids cleaned, checked, have minor repairs done and get questions about hearing loss answered by an expert. Call 206-297-0875 for an appointment.

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.

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 PARENTS OF ADULT CHILDREN WITH MENTAL ILLNESS with Carin Mack

2nd Tuesday of each month, 10 am-noon. Free.

Explores resources, education and coping skills related to mental illness, alcohol and addiction problems. Meets at Crown Hill United Methodist Church: 8500 14th Ave NW. 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 both physically and emotionally. Group provides support to wives, husbands and partners of the chronically ill and/or disabled. Call 206-297-0875 or visit www.greenwoodseniorcenter.org.

Volunteers Wanted

Help Wanted at the PNA

For more information, contact alis@phinneycenter.org or call (206) 783-2244.

BUILD A FUNCTIONAL LEARNING SPACE by donating your woodworking skills to the PNA preschool co-ops. Pick from a variety of carpentry projects that would vastly improve the design and spiffiness of our classrooms!

USE THE (SALES)FORCE! Do you have expertise in Salesforce? The PNA is looking to expand and improve our use of this tool to engage with volunteers, improve our website capabilities, etc.

IS YOUR TECH KNOWLEDGE ACCESSIBLE to us? Help us convert numerous Access 2000 databases into the Access 2010 software on new machines and tackle other database projects.

HAVE FUN AND BUILD YOUR RESUME doing data entry for the PNA! Come fulfill a vital function as part of the PNA team while you learn some basics about Salesforce, database software that is growing in popularity among the non- and for-profit sectors. Long-term, once-a-week commitment preferred.

SPREAD THE WORD about community events and programs as a poster/flyer distributor for the PNA. Several times a year we rely on volunteers to hang posters or hand out flyers promoting our activities. Businesses and agencies in the immediate and adjacent neighborhoods are accustomed to requests, and most are happy to oblige.

SUPPORT RISING ARTISTS as part of the PNA Arts Committee! The Phinney Center Gallery showcases emerging, local artists. The Committee installs new art on the first Tuesday night of each month and hosts an artist reception the second Friday of each month. The Committee also juries the art that will be shown in the Gallery and coordinates the Northwest Fine Arts Competition. New volunteers can help us expand our program. Contact Pamela at arts@phinneycenter.org.

Help Wanted at the GSC

Volunteers of all ages are invited to get involved at Greenwood Senior Center, 525 N. 85th St. For details or to volunteer please stop by or contact our Volunteer Department and ask for Aura or Emily. Email: aura@greenwoodseniorcenter.org or emily@greenwoodseniorcenter.org. Phone: (206) 297-0875.

ORGANIC GARDENERS: Help water and maintain our organic vegetable garden, the SAGE garden. Flexible hours.

SERVE MEALS AT GSC: Serve meals at our Spaghetti Dinner or during our special event luncheons. Times and dates vary.

LOCAL GIVING FAIR: Join us as we provide an alternative to the material-focused winter holidays and a space for people to learn about serving in our community and donating in honor of friends and loved ones. Help make this a successful neighborhood event! Day-of and pre-event opportunities available. Event will be held on Saturday, Nov. 13.

BINGO/KARAOKE: Make popcorn, serve hot dogs or help wrap up the evening with cleanup at our monthly Bingo/Karaoke Nights on the last Friday of the month.

GARDENERS/GROUNDWORK: Maintain GSC grounds by watering plants, cutting back shrubs, weeding and raking leaves. Times are flexible.

SPECIAL EVENT COOKS: Cook with a team in our kitchen by preparing and serving meals to groups of 40-100 people. Times are flexible.

EVENT SETUP: Lend a helping hand at various senior center events. From Bingo Night to the Luau, an extra set of hands is always appreciated. Contact us for details.

Help in the Community

CREATE A SAFE HAVEN FOR VULNERABLE WOMEN Chaperones needed for Saturday and Sunday night women's shelter at St John Parish and School at 79th and Greenwood. Seeking volunteers to stay overnight with up to 12 women, arriving at 8 p.m. and returning home by 7:30 a.m. Contact Mary Kearney at (206)296-7072 or marytkearney@comcast.net. Volunteers must complete a background check and enroll in a two-hour training.

BECOME A VOLUNTEER Tutor grades K - 5; reading & math; Tuesdays and/or Thursdays 3 - 4:20 p.m. Oct - March; and/or Mon-Fri 9:30 a.m. - 3 p.m. Sept-June. Orientation/training provided. 3921 Linden Ave. N. (#5 bus line)

Contact Beth Tesh (206) 252-6042 bltesh@seattleschools.org

HELP GIRLS lead lives of courage, confidence and character: Volunteer for the Girl Scouts! Caring adults can make a difference for girls in their neighborhood; we are SO much more than cookies and camping! Whether you would like to volunteer at an event, community day camp or start a troop - we can help you find an opportunity that fits your needs. Email joinus@girlscoutswa.org or call (206) 633-5600.

MAKE A DIFFERENCE IN YOUR COMMUNITY! Literacy Source is recruiting volunteers to work with adults building their basic skills. Our mission is to build a literate community and promote self-sufficiency by providing learner-centered instruction with the help of volunteers, trained and supported by professional staff. Contact us to learn more about volunteer opportunities. (206) 782-2050; www.literacysource.org

HELP OTHER SENIORS. Volunteers of America Senior Companion Program is seeking low-income volunteers 55 years of age or older in King County. Volunteers provide companionship, socialization, light in-home care, may help also by providing escort/transportation to appointments/outings, and other activities as agreed upon. Volunteers receive a monthly small tax-free stipend/compensation, mileage/transportation reimbursement and other benefits. Call Cristina Vasconcelos, Director, at (206) 329-0515.

TAKE A LEAD. Volunteers of America Senior Companion Program seeks local, dynamic and diverse community members of all ages to be part of our Advisory Council Board. Make a difference in the lives of seniors and disabled people in your neighborhood. Public outreach, event planning, fundraising and fun, special projects. Council meets 6-8 times per year. For details call Cristina Vasconcelos at (206) 329-0515.

SHARE YOUR LOVE OF THE GREAT OUTDOORS. Outdoors for All provides year round outdoor recreation programs for children and adults with disabilities. Our winter programs include skiing, snowboarding and more. With varied opportunities you can share your love of the outdoors no matter what your skill level. Visit www.outdoorsforall.org, email volunteer@outdoorsforall.org or call (206) 838-6030 x225.

GOT FRUIT? Or want to harvest fruit? City Fruit's Phinney/Greenwood fruit tree harvest program seeks fruit tree owners and volunteers. If you have more fruit than you need, you can donate your extra bounty to those in need. Volunteers are needed to harvest fruit and deliver it to local food banks. Contact Jen Mullen, Harvest Coordinator, at phinney@cityfruit.org.

MAKE A DIFFERENCE IN THE FIGHT AGAINST CANCER! American Cancer Society Relay For Life of Green Lake is a fun-filled, overnight event designed to bring together those who have been touched by cancer. For more information on how to get involved, contact tamara.judy@cancer.org or (206) 674-4105.



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We're rated one of the top dog walking and pet sitting services in Western Washington, and we're based right here on Phinney Ridge.

Our services include:

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