

Stories and happenings for Northwest Seattle neighbors

BE HEARD. TELL YOUR TALE.



Call for Submissions!

To commemorate the PNA's upcoming 45th anniversary in 2025, we are looking to showcase your PNA and community stories!

Options to contribute your stories:



Leave a voice note at
425.818.5826



Email us at pna@phinneycenter.org
with the subject line "RADIO."

Get your stories in by Dec 1, 2023



You are the Power of Community

By Chris Robinson

Dear Friend of PNA,

Today, you can be the power of community. You can make a profound difference in the lives of older adults and their families. The PNA's senior programs serve thousands of older adults and their families each year:

Our Greenwood Senior Center offers dozens of social, physical, and educational activities, plus vital services, like support groups, counseling, and community meals.

The PNA Village enables people to stay in the homes they love as they age with a network of support and community connections.

Our nationally recognized Memory Loss Program supports individuals and families from diagnosis to advanced stage memory loss with individual counseling and group programs.

We hope that you'll support our critical senior programs and services. With your help, the Power of Community will build and strengthen community every day.

PNA's senior programs keep Patrick connected:

"My sister suggested I check out the nearby Greenwood Senior Center, which led to joining the PNA Village. Everyone was friendly, understanding, and very helpful. At the Living Alone Group, we discuss solutions to problems that can be difficult for single seniors. The possible activities are extensive, and it feels good to be part of something."



Join us Oct. 4 at the Ballard Elks Club to support the Greenwood Senior Center and Village Program.

Our annual Power of Community campaign and fundraising celebrates the cornerstones of our senior programs. Your support helps us to continue connecting people to vital services. Our goal is to raise \$100,000, and we need your help to reach it.

This year, instead of a breakfast or virtual lunch, we're celebrating the power of community with an event that features a catered meal and cocktail hour to toast our donors (like you!) who make all our Village, senior programs, and services possible. We will also feature guest speak-

ers and celebrate two amazing staff who have elevated our Senior Programs and Memory Loss Program to the highest of heights: Cecily Kaplan and Carin Mack.

Can we count on you to make a tax-deductible gift to our Power of Community Campaign today and join our list of Community Champions?

Donate online now at phinneycenter.org/donate or mail in the enclosed envelope.

From the bottom of our hearts, we thank you for making an impact on so many lives. You are the Power of Community!

Inside this issue

PNA Events & Activities Happenings at the Phinney Center, the Greenwood Senior Center and in the Community	3
"Art Up, Chow Down" Art Walk The annual Art Walk is back Sept. 8 & 9!	11
The Bite is back! Bite of Phinneywood On Sept. 17, sample scrumptious food from more than 20 restaurants in PhinneyWood.	11
Speed Friending Making new and lifelong friends is easy at the PNA.	12
Retirement/Reinvention A second career after retirement is both energizing and rewarding, for some.	12
Painting and pickleball See the world through Cecile Disenhouse's eyes.	13
Moving into housing Your future well-being deserves careful planning with your best interests at heart.	13
What is the PNA Village? Find out about how the Village's volunteer network helps seniors to age in the homes they love.	14
Room rentals at the PNA Meet our fall renters.	15
Bingo Karaoke The most raucous bingo night you ever saw.	15
Meet your local business owners Plus business moves and changes	16
Kids' Corner Whittier Kids update	17
Volunteer Spotlight	18

Director's Corner

One thing is certain in this world: we are all aging. What does getting older mean to you in your life? Do you believe the best is yet to come? What have you learned from the elders in your life? How have they inspired you?

In this edition of *The Review*, we are featuring stories about the inspiring older adults in our community and the programs that the PNA offers for seniors. The PNA offers a variety of programming and services for the benefit of older adults and their families, all housed through the Greenwood Senior Center. The Greenwood Senior Center is an inclusive community that provides social, physical, and educational activities focused on the needs of older adults. The variety of programs includes fitness, the arts, technology, memory loss, social opportunities, support groups, and a daily hot lunch.

Central to all our senior programming, we work to fight isolation,

"Age is simply the number of years the world has been enjoying you!"

– Anonymous

build camaraderie, and enrich each other's lives. Human connection is key to fostering a sense of belonging. It is how we build, support, and nurture relationships that benefit individuals and the community. It is where people interact and feel valued, seen, and heard.

September is Senior Center Month, so look for opportunities to participate, celebrate, and support these vital programs. We will be culminating our celebration at the annual Power of Community fundraising event on Oct. 4. As we shared in the last edition of *The Review*, two longtime and valuable members of the PNA staff team are retiring at the end of this year and will be honored at the event.

And guess what? Although many activities are geared towards older adults, the activities offered at the GSC are not just for seniors. Anyone can participate or attend with their parents and grandparents. Check out some featured events such as

Christi Beckley,
PNA Executive
Director



the Hispanic Heritage Month Film Series, Oktoberfest Celebration, or Humanities Washington Talk on Whiskey and Wiretaps; these events are welcome to all and held at the GSC.

The PNA is getting older too! We would love to hear your stories and memories about how the PNA and this community have impacted you. Contribute your community stories by calling our voice mailbox or emailing us...the PNA will be launching a 10-part radio series in collaboration with KBFQ in 2025, the year of our 45th anniversary! See how to participate on the cover page.

No matter what your age, thank you for being part of our community.

~ Christi

The Review

Fall 2023 Vol. 37, No. 3

Published quarterly by the PNA
6532 Phinney Ave N
Seattle, WA 98103
Phone: 206.783.2244
Web: phinneycenter.org

Publisher: Christi Beckley

Editor: Stephanie Yeo

Proofreading: Susie Hutchins,
Ann Bowden

Designer & Desktop Publishing: Sandy Nelson

Contributing Writers:

C. Beckley, T. Bentley, A. Burnett,
J. Booker, M. Campbell,
L. Chow, R. Grant, J. Hinke,
R. Luoto, J. Marquette, C. Maykut,
C. McDougall, C. Rahbarrad,
K. Rava, C. Robinson, L. Satin,
G. Semroc, E. Szczech,
K. Valencik, N. Wainwright, S. Yeo.

Ad Sales: Christiane Rahbarrad
Ads@phinneycenter.org
Phinneycenter.org/review/advertise



Are you a member of the PNA? Membership gets you access to cool perks like the community woodshop and tool library.

The slippery (and awesome) slope to becoming a PNA Member

By Emily Szczech and Chris Robinson

New community members' first interactions with the PNA are typically small, leaving them somewhat curious. For example, they may have just moved to the area and received the mysterious "Review" in their mailbox, filled with articles about their newly beloved neighborhood. This might lead to some thoughts like "why am I getting this?" or "what amazing organization is sending me this delightful paper?" (which is what we secretly hope for). Fast forward a few months, and they attend an event only a few blocks from where they now call home. Now, they start to think to themselves, "WOW! How cool is it that I can walk to a beer taste?"

Looking around to get their bearings, they spy a copy of the "Review" that was delivered just a few months earlier, sitting at a PNA information table. Now the dots start to connect. But curiosity grows even further. "What is this organization that sends out newspapers and holds beer tastes?" That curiosity takes them even further down the rabbit hole.

Finding themselves at the membership table, they learn that the PNA is a non-profit that not only holds the best event they've ever been to, but it also has co-op preschools, a hot meal program, a Tool Lending Library, a Woodshop, a Senior Center, a Village program, and more! They are astounded that the list actually keeps going! The intrigue is so overwhelming that they immediately start their commitment to the PNA by volunteering to stay and clean up after the Beer Taste event. They start talking with volunteers and staff from the PNA, sign up for a household membership, and the slippery slope to becoming a lifelong member of the PNA hits a point of no return.

This story may sound familiar to some readers, but it happened (flourishes and all) to one of our current members, Chad Schulz. After moving to the neighborhood in 2014, Chad was in search of connecting to his new community. This led him to the PNA. "As a result of my involvement in the PNA, I've made friends, explored businesses and restaurants I would have otherwise passed by, and have been able to help plan community events. I find volunteering rewarding and providing a way to give back to the community, and thoroughly enjoy the familiarity and sense of 'home' the community gives back."

Chad's whole family is in on it too. His wife, Renee, sits on our Board of Directors, and their son, Finn, is "obviously short for Phinney Neighborhood Association."

You too can follow us down the rabbit hole of the PNA by becoming more involved in your community! Learn more about what we do and how you can support us through membership. For more information, please visit our website at phinneycenter.org/membership.



SCAN THIS QR CODE FOR
MEMBERSHIP INFORMATION

ABOUT PNA

The PNA is a non-profit community organization founded in 1980 with a commitment to fostering an environment where everyone is welcomed. Through events, services, education, partnerships, individual engagement, and community connections, the PNA is always listening, learning, and reflecting to meet the current and future needs of the NW Seattle community.

The PNA runs five programs across its two campuses, the Phinney Center and the Greenwood Senior Center.

ARTS & CULTURE

The PNA celebrates our diverse community through arts and cultural events.

The Art Stroll and Art Walk provide a platform for local artists and cultural leaders, celebrate expression and authenticity, and encourage arts appreciation and patronage.

Annual cultural celebrations like Lunar New Year, Holi, and Día de los Muertos bring community together and provide education on new traditions.

COMMUNITY EVENTS

The PNA cultivates a sense of belonging by creating community events, groups, and programming that are enriching and culturally significant.

It strengthens belonging through events such as Rainbow Hop, Phestivus, Beer and Wine Tastes, and activities like the Farmer's Market, Seed Swap, Tool Library, and Fixers Café.

COMMUNITY RESOURCES

The PNA is a community hub and connector for NW Seattle. It is committed to using its voice, tools, programs, and people to move the community forward.

The work of the PNA Business Group ensures PhinneyWood businesses feel connected and supported by neighbors and the PNA.

The PNA also runs PhinneyWood.com, a daily news source that reports on district happenings in NW Seattle.

Inside the Phinney Center's Brick and Blue Buildings, affordable rental space enables gathering, learning, and connecting.

Fixers and builders are also equipped to create with the PNA Tool Library and Community Woodshop.

SOCIAL SERVICES

The PNA envisions a long-term inclusive and caring community. It provides essential services that contribute to the health and well-being of everyone we engage with.

It offers free meals, medical care, personal supplies, and social services through our Hot Meal Program, and offers counseling, support groups, and a memory loss program through the Greenwood Senior Center.

Finally, the PNA Village helps people live in the homes they love and stay active as they age.

EDUCATION

As part of its commitment to creating a healthy and thriving community, the PNA values lifelong learning.

The Greenwood Senior Center offers ongoing classes for adults of all ages, from languages to line dancing.

Whittier Kids Preschool and After School programs use a play-based approach to nurture kids' development up to grade 5.

Two cooperative preschools—Phinney Neighborhood Preschool Co-op and Ballard Preschool Co-op—combine early education with a hands-on role for families.

STAY CONNECTED

- Visit us **online**: phinneycenter.org
- Subscribe to **email news**: phinneycenter.org/signup
- Visit our events and class **calendar**: phinneycenter.org/calendar

STAY CONNECTED

- **Facebook**: facebook.com/phinneyneighborhoodassociation
- **Instagram**: [@phinneyneighborhoodassociation](https://instagram.com/phinneyneighborhoodassociation)
- **LinkedIn**: linkedin.com/company/phinney-neighborhood-association/

ABOUT THE REVIEW NEWSPAPER

The Review is published by the PNA four times per year. It includes stories of interest to NW Seattle such as updates on local businesses and events, programs, and classes. *The Review* is mailed to all 21,000 addresses in Phinney-Greenwood and to PNA members. It's also emailed to 7,500 subscribers, posted on the PNA website, and available at the Phinney Center and Greenwood Senior Center and local libraries. For advertising, visit phinneycenter.org/review/advertise.

EVENTS & ACTIVITIES

LOCATIONS:

-  **Phinney Center**, 6532 Phinney Ave N, Seattle, WA 98103
-  **Greenwood Senior Center**, 525 N 85th St, Seattle, WA 98103
-  Out in the **community**; please check the address noted in the listing
-  **Online meeting**

Farmers Market

Fridays, Until September 29, 3-7 pm. Free.

The Phinney Farmers Market brings farmers and fresh local produce to the Phinney Ridge-Greenwood neighborhoods. Vendors travel from all over the state to bring their produce to the market. Swing by to grab cherries, berries, vegetables, legumes, fresh flowers, hot sauce, bread, and cheese. Stop by the food trucks to get grub and enjoy live music from local acts, too!

Senior Center Month Open House

Friday, September 1, 10 am-12 pm. Free.

The theme for 2023's National Senior Center Month is "Discover Yours." Come to our Greenwood Senior Center to learn about the new programs for the fall quarter, meet the staff, get your questions answered and enjoy delicious treats. Discover your senior center and all PNA's senior programs.

First Friday Films

Fridays, September 1, November 3, 1-3 pm. Free.

Movies chosen based on your suggestions and at the whim of our Program Manager. Email arielb@phinneycenter.org with your recommendations.

September: *Dirty Rotten Scoundrels* (1988)

Two con men compete to swindle an heiress out of \$50,000. Directed by Frank Oz and starring Steve Martin and Michael Caine.

November: *The Sting* (1973)

The Sting is a 1973 American caper film set in September 1936, involving a complicated plot by two professional grifters to con a mob boss. Starring Paul Newman and Robert Redford.

PhinneyWood Art Walk

Friday, September 8, 6-9 pm. Free.

Saturday, September 9, 12-5 pm. Free.

Come out for art and eats in the neighborhood during the PhinneyWood Art Walk! Enjoy local art of all types: photography, sculpture, collage, oils, watercolors, prints, glass, metal and fiber art, ceramics, and mixed media. Over the years, this popular event has turned into a neighborhood party with food, music, and performances at participating businesses, in addition to artist showcases. Visit phinneycenter.org/artwalk for more information.

Hispanic Heritage Month Film Series

Fridays, September 15, 22 & October 6. 1-2 pm. Free. RSVP: 206.297.0875.

September 15: *Roma* (2018)

Set in 1970 and 1971, this Oscar-winning film follows the life of a live-in indigenous housekeeper of an upper-middle-class Mexican family. Written, directed, and shot by Alfonso Cuarón, who based it on his memories of childhood.

September 22: *Selena* (1997)

A touching biopic, based on the true story of Tejano music star Selena Quintanilla-Pérez. It chronicles her rise to fame to tragic death. Starring Jennifer Lopez and Edward James Olmos.

October 6: *The Motorcycle Diaries* (2004)

Based on the book of the same name, this movie is a retelling of the motorcycle road trip Che Guevara went on in his youth that showed him his life's calling. Starring Gael Garcia Bernal.

CPR/First Aid/HIV Certification

Saturdays, September 16, October 7 & November 18, 9 am-12 pm. \$50-60.

Can you provide First Aid in emergencies, locate and take care of injuries, help a choking infant or child, and stop cardiac arrest? Learn first aid, infant, child, and adult CPR, HIV and bloodborne pathogens, with a focus on injury prevention and safety. Taught by Ken Norris, a 26-year veteran of the Seattle Fire Department who has taught CPR for 25 years. Meets L/I WISHA-WAC safety standards. Certificates issued at the end of class. Register at: phinneycenter.org/calendar/cpr-first-aid-hiv-certification-3/all/

Bite of PhinneyWood

Sunday, September 17, 1-5 pm. \$25-75.

Eat local. Build community. This tasting event showcases our amazing local restaurants, cafés, and bars on Sun, Sept. 17! VIP entry is from 1-2 pm, general admission starts 2-5 pm. Visit phinneycenter.org/bite for more information.

Membership Appreciation Meetup

Wednesday, September 20, 1-2 pm. Free.

Join us at the Greenwood Senior Center for our PNA membership meet-up! Enjoy complimentary tea and treats while getting to know more about the PNA and connecting with your community. Members, watch your inbox for an invite!

International Day of Peace 2023 Observance

Thursday, September 21, 1-2 pm. Free.

The International Day of Peace ("Peace Day") is observed around the world each year on September 21. Established in 1981 by unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to peace above all differences, and to contribute to building a Culture of Peace. This year's theme is a call to action that recognizes our individual and collective responsibility to foster peace. Join GSC Director Cecily Kaplan, to learn more about Peace Day and to install her gift of a peace pole in the GSC friendship garden. RSVP: 206.297.0875.

Girls on the Run (Grades 3-5) Program

Tuesdays & Thursdays, September 26–November 28, 4-5:30pm.

Girls on the Run (GOTR) inspires girls of all abilities to recognize their individual strengths, while building a sense of connection in a team setting. Volunteer coaches facilitate lessons that blend physical activity with life skill development to enable girls to adapt to whatever comes their way. At the end of the season, the team completes a 5K together, which provides a tangible sense of accomplishment and sets a confident mindset into motion. Find more information about GOTR and register here: gotrupugetsound.org/programs

Oktoberfest Celebration with Folk Voice Band

Wednesday, September 27, 1-2:30 pm. Free.

The wonderful Folk Voice Band returns to help us celebrate Oktoberfest with authentic music. Stay after the end for a beer toast and pretzels. RSVP: 206.297.0875.

How and Why to Stay Hydrated

Friday, September 29, 1-2 pm. Free.

Learn how water affects our health and works in our body, signs and symptoms of dehydration, how age affects our hydration, what electrolytes are, and foods that hydrate. Take home a bag of local organic produce as part of the lesson. Presented by registered dietitians from Tilth Alliance. RSVP: 206.297.0875.

Back-to-School Bingo Karaoke

Friday, September 29, 7-10 pm. \$30-40.

Play rollicking games of bingo (for cash prizes!), wow the crowd with your karaoke skills, and buy your friends a round of drinks and snacks. All proceeds support activities for seniors like yoga and dance, painting and writing, daily meals, memory-loss programs, and support groups at the GSC. Visit phinneycenter.org/bingo to snag your tickets.

Costume Jewelry Drive

Drive begins October 2, sale on December 6.

We're collecting good condition costume jewelry for our annual sale in December. Please bring old necklaces, earrings, bracelets and pins to the Greenwood Senior Center for donation, beginning October 2. Put your donations in ziplock bags so we don't have to untangle it. Prices will be reasonable; all proceeds benefit the Senior Center.

Knee-d to Know: A Patient's Perspective

Tuesday, October 3, 1-2 pm. Free.

Karen Vogel, author, Health Advocate, and friend of the GSC, presents lessons she learned after getting a new knee. While you might find only some of what you knee-d for your own action plan, you will gain an informed and enjoyable outlook on the experience. RSVP: 206.297.0875

EVENTS & ACTIVITIES

C Power of Community
Wednesday, October 4, 4-7 pm, Ballard Elks Lodge.
\$25-80.

Join us for an extraordinary celebration that will sustain the remarkable impact the GSC has on our community every single day. This fundraiser holds special significance as we pay tribute to the invaluable contributions of Cecily and Carin, both of whom will be retiring this year. Their unwavering dedication has played a pivotal role in fostering the vibrant community centered around the GSC. Purchase tickets at phinneycenter.org/poco23

GSC Card Making Workshop
Wednesday, October 4, 10 am-12 pm. \$2-3.

Who doesn't love receiving a handmade card? All supplies will be provided in this open workshop where you can follow some provided templates, or harness what is available to express your own style. Ten students maximum. RSVP: 206.297.0875.

GSC Supercharge Your Digestion
Wednesday, October 4, 1-2 pm. Free.

Join nutritionist Christy Goff to learn about how your digestion works, the benefits of pre and probiotics, common GI concerns, and research on how to support your gut health for many health outcomes. RSVP: 206.297.0875.

PC Bloodworks Northwest Pop-up Blood Drive
Friday, October 6, 10:30 am-4:30 pm. Free.

As the community faces a dangerous blood and platelet shortage, Bloodworks Northwest is in dire need of donations to supply local hospitals. Make an appointment to donate blood at the Phinney Center. Donor Portal (bloodworksnw.org) or call 800.398.7888.

GSC Medicare Open Enrollment Presentation
Thursday, October 12, 1-3 pm. Free.

Join State Health Insurance Benefit Advisors (SHIBA) volunteers Lee Rockoff and Laura Tranin for a talk and Q&A on how Medicare's open enrollment works and how to sign up for or change Medicare plans. SHIBA is a free, unbiased, and confidential service of the Washington state Office of the Insurance Commissioner. RSVP: 206.297.0875.

GSC Speed Friending
Saturday, October 14, 10 am-12 pm. Free.

Interested in meeting others in your community and making new friends? Speed Friending is a fun and fast paced way to meet new people in a way that dissolves awkward social barriers. To register, contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

GSC Mosaic Workshops
Wednesdays, October 18 & 25, 1-3 pm. Free.

Join us in creating a collaborative piece of art for our building, while also learning the basics of the ancient art of mosaic. Seattle Mosaic Arts will be facilitating two workshops in which they will lead you through making a segment to incorporate into our new art piece, or fill in parts in progress. In the end, we will have something both meaningful and beautiful to represent our community. No prior experience or artistic skill required. All materials provided. Must RSVP: 206.297.0875.

GSC Art History Talk: Georgia O'Keeffe
Friday, October 20, 1-2 pm. Free.

One of America's best-loved and best-known painters, Georgia O'Keeffe's strong, vibrant works glow and flow with energy and vitality. She is renowned for her stunning portrayal of New Mexico's landscape, flora, and fauna. First, however, she was recognized as one of America's most important and successful artists, known in the 1920s for her paintings of New York skyscrapers—an essentially American symbol of modernity. Join us and learn more about this remarkable woman, her art, life, and philosophy. RSVP: 206.297.0875.

GSC Death Cafe
Monday, October 23, 2-3:30 pm. Free.

Gather with some cake and drinks to discuss death. Death Café is an international movement that aims to increase awareness of death with a view to helping people make the most of their lives. This will be a group-directed discussion of death with no agenda, objectives, or themes. It is a discussion group rather than a grief support or counseling session. Resources will be available. Must RSVP as space is limited: 206.297.0875.

GSC Bingo Scaryoke
Friday, October 27, 7-10 pm. \$30-40.

Play rollicking games of bingo (for cash prizes!), wow the crowd with your karaoke skills, and buy your friends a round of drinks and snacks. All proceeds support activities for seniors like yoga and dance, painting and writing, daily meals, memory-loss programs, and support groups at the GSC. Visit phinneycenter.org/bingo to snag your tickets.

GSC Scarecrow Video Presents:
Something Wicked This Way Comes (1983)
Tuesday, October 31, 1-3 pm. Free.

Scarecrow Video, a local nonprofit film organization dedicated to championing the role of film arts in community, cultural, and civic life, presents quarterly classic movies at the GSC. Something Wicked This Way Comes: A small town is visited by a mysterious stranger named Mr. Dark and his Pandemonium Carnival, and two young boys stumble onto a secret. Screenplay by Ray Bradbury, based on his book of the same name. Starring Jason Robards, Diane Ladd, and Pam Grier.

GSC Day of the Dead Painted Rocks
Wednesday, November 1, 10:30 am-12 pm. \$5-7.

Paint rocks to look like sugar skulls, and/or the bowen knots of Samhain, as durable symbols to remember those who have passed. All supplies will be provided in this meditative workshop. RSVP: 206.297.0875.

GSC Seattle's Civil War Legacy
Wednesday, November 1, 1-2:30 pm. Free.

Learn about the important and diverse history of Seattle's Civil War veterans. Stories of what the thousands of Seattle men did on the battlefields of Gettysburg, Shiloh, and Antietam, and their lives and roles as Seattle pioneers in the decades after the war. This talk will offer an introduction to the men of the Blue and the Gray that called Seattle home and many personal and individual histories – including some from our very neighborhood. RSVP: 206.297.0875.

C Hunger Goblin' Trick or Treat & Food Drive
Saturday, October 28, 12-4 pm. Free.

For over 30 years the business district has hosted a daytime trick or treat the Saturday closest to Halloween, so dress up the kiddos and head out for treats galore! Participating businesses between 67th and 87th on Greenwood will be ready for you. For the month of October, there will be decorated donation boxes at businesses throughout the district to collect healthy, non-perishable items to help support FamilyWorks. phinneycenter.org/hungergoblin

PC Día de los Muertos Festival
Saturday, November 4, 1-4 pm. Free.

Join us as we come together to celebrate the vibrant and joyous "Día de los Muertos—Day of the Dead Celebration." This Mexican holiday honors the deceased with a cultural extravaganza filled with food, drink, and festivities. But it's not just about mourning; it's a time to commemorate the lives of our loved ones and rejoice in the memories shared with family and friends. Free to attend. Visit phinneycenter.org/dia for more details about last year's event. 2023 details are coming soon!

GSC Unlonely Film Festival
Thursday, November 9, 11 am-12 pm.

The annual UnLonely Film Festival, sponsored by the Foundation for Art & Healing, celebrates the power of storytelling in film. It's a curated series of award-winning short films that give voice to the loneliness epidemic and represents the many lived experiences with isolation. Several films will be viewed and discussed. To register, contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

STAY CONNECTED!

Sign up for GSC weekly email newsletter.
Go to phinneycenter.org/signup or
email gsc@phinneycenter.org

All Ages Welcome!

Think of it as a health club for your creative side.

dabble
drop in, make art

306 N 83rd Street, Seattle, WA 98103
www.dabbleseattle.com

NOW TAKING RESERVATIONS!

- Drop In Hours
- Classes & Events
- Free Demos
- Drawing
- Painting
- Printmaking
- Crafting

Scan to reserve or just drop in.

EVENTS & ACTIVITIES

GSC Humanities Washington Talk: Whiskey and Wiretaps

Friday, November 10, 1-2 pm. Free.

On Thanksgiving Day, 1925, Roy Olmstead was trapped by federal prohibition agents on a Puget Sound dock. His reign as the Northwest's most prolific bootlegger had ended. But big questions—political, cultural, and legal—remained. Why did Olmstead, the youngest lieutenant in Seattle Police Department history, form a secret gang to take over Prohibition bootlegging in the Northwest? What can we learn today from this story of whiskey-driven politics, culture wars, criminalization of popular social behavior, illegal surveillance, spies, sensational trials, and Constitution-bending trips to the Supreme Court? Steve Edmiston explores the historical context and Olmstead's entrepreneurial brilliance, code of conduct, and the profound impact of his legal battles today. Sponsored by Humanities Washington. humanities.org. RSVP: 206.297.0875.

PC 36th Annual Winter Beer Taste

Saturday, November 11, 7-10 pm. GA \$30-40, VIP \$55-65.

Join us at the 36th Annual Winter Beer Taste! General admission begins at 7 pm, for \$25 VIPs arrive at 6 pm and enjoy food from our friends & sponsor 74th Street Ale House. Save the date and check back for more info at phinneycenter.org/beer and stay tuned for this winter's awesome theme!

GSC Thanksgiving Meal

Wednesday, November 22, 12 pm. \$5.

For all of those who just cannot get enough turkey. Join us for an early Thanksgiving lunch with all the fixings among friendly folks. Register: 206.297.0875.

C GloCone & Holiday Lighting Event

Saturday, November 25, 5-5:30 pm.
Phinney Air Raid Tower. Free.

The air raid tower will be lit aglow with our annual GloCone holiday lights installation! This bright tree is made of over 3,200 programmable LED lights that change patterns and colors throughout the evening. Come by for carols, hot cocoa, and community. Check out phinneycenter.org/glocone for more information, which is to come.

TRIPS & OUTINGS FOR SENIORS

Please note that all trips are made taking public transportation and traveling on pedestrian-friendly city streets. Every effort is made to make the trips accessible, but participants need to be able to walk or wheel in an urban environment, typically up to a half-mile per increment (walking tours up to 2 miles). If you have accessibility needs that will prevent you from doing so, please contact us ahead of time. Trips need five participants minimum to happen and are restricted to ten participants maximum for safety reasons. Call to reserve your space ahead of time. Trip times can be subject to change based on bus schedules or other transportation changes.

C Forest Therapy

Sunday, September 17, Sunday, October 15, and/or Tuesday, November 14, 1-3 pm.
Contact GSC for location. \$5-25 suggested donation.

Forest Therapy is immersion into nature that invites you to connect with the environment through all five senses. Benefits include a reduction in stress levels and blood pressure and an increase in calm and connection. Walks will be led by Cascadia Forest Therapy. Registration required: 206.297.0875.

GSC Haunted Happenings Seattle Ghost Tour

Friday, October 13, 10 am-1 pm. Meet at the GSC. \$10 pre-pay to reserve your spot.

This Friday the 13th, we're catching a ride with Seattle's longest-running Ghost Tour. Jake, a Seattle native and member of a Seattle area paranormal group, will take us on a ghostly ride visiting haunted locations throughout Seattle's many neighborhoods while sharing legends and sightings. Register: 206.297.0875.

GSC PNSN Seismology Lab Tour

Tuesday, November 7 10:30 am-1:30 pm. Meet at the GSC. Free. Bring bus fare and money for lunch.

Worried about the "big one?" Let's take the bus to the U-District and visit the UW's Seismology Lab to get the real science on earthquakes in our region. We'll learn about seismic waves and see the Pacific Northwest Seismograph Network up close. Lunch in the neighborhood to follow. RSVP: 206.297.0875.

SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875.

GSC Notary Services

By appointment only. \$0-\$10 Public.

The GSC Office Manager is a licensed notary public and provides notary services at the GSC (by appointment). Signatory witnesses can be arranged. Masking while at the GSC is preferred. Call 206.297.0875 or email gsc@phinneycenter.org.

GSC Minor Computer Repair

By appointment only. Free.

A volunteer will troubleshoot your computer hardware problems and will fix what issues they can. Call for availability.

GSC Foot Care

Varying days/times. Call for an appointment.
\$42-\$45

Keith Germain cares for your feet. Call to make an appointment: 206.297.0875

GSC Haircuts

2nd and 4th Tuesday of each month, 1-4 pm. \$15.

Call for an appointment: 206.297.0875

GSC Medicare Counseling

3rd Tuesdays & 4th Thursdays*, 10 am-3:45 pm.

Free. (*Additional appointments during Open Enrollment.)

Have questions regarding your healthcare? Senior Health Insurance Benefits Advisors Lee Rockoff & Laura Tranin offer monthly, one-hour appointments. Call the GSC to reserve your spot. For more information about SHIBA: insurance.wa.gov.

GSC Financial Services

1st Thursdays, 1-3 pm. Free.

Kylle B. Bernethy is an independent financial services professional who assists with financial questions relating to IRAs, Mutual Funds, Retirement Income Planning, Health Insurance, Long Term Care Insurance, and Annuities. Representative is registered with, and offers only securities and advisory services through, Innovation Partners IIc, a registered broker/dealer investment advisor and member FINRA/SIPC. Call for a free 30-minute appointment.

CRESCENT BUILDS



Wire Free Sky!

We Remove Unneeded
Wires & Satellite Dishes
From Your Home



WireFreeSky.com - Join the Movement!

MEMORY LOSS SPECIAL OFFERINGS

Programs are held in-person and online. For details, call the GSC at 206.297.0875.

GSC UW Alzheimer's Disease Research Center, Research Update

Wednesday, October 11, 2-4:30 pm. Free.

Dr. Rosenbloom is a board-certified neurologist at the UW Medicine Memory and Brain Wellness Center where he directs the clinical trials running at the UW Alzheimer's Disease Research Center (ADRC) in Seattle, WA. He previously served for 13 years as director of the HealthPartners Center for Memory and Aging in St. Paul, MN where he led clinical research in cognitive screening for dementia, intranasal therapeutics, and non-invasive neurostimulation for neurodegenerative diseases. Join us for an afternoon presentation led by Dr. Rosenbloom about current research studies at the UW ADRC and how to become involved. RSVP: 206.297.0875.

GSC Writing In the Moment: Creative Writing for People Living with ESML and MCI

Tuesdays, October 24-November 7, 10:30 am-12 pm. Free.

In this immersive three-part writing class, we'll experiment together with journal writing, poetry, and memoir, and see where our five senses can take us. Creative writers of all kinds and levels of experience, including beginners, are welcome. Examples meant to inspire us in the moment will be printed and handed out. Space is limited. Must RSVP to Carin Mack: socialwkr@comcast.net.

GSC Finding Art In and Out of the Gallery: Creating Meaningful Discussions for Adults Living with Dementia

Friday, October 27, 9-11:30 am. Free.

Designed for family members, friends, and professional social and healthcare workers, this free workshop will introduce techniques for engaging individuals living with dementia in discussion about art, personal objects, and the natural world. Strategies will be taught for encouraging participation, asking questions that inspire response, offering neutral rephrasing of comments to build discussion, and creating unique opportunities to look at art wherever you might be. Together we will work to build skills for facilitating enriching, meaningful connections with art, whether you are in an art gallery, at home, or out in nature. Presented in partnership by the Frye Art Museum Creative Aging Programs. Registration is required by October 20: kristeno@phinneycenter.org.

📶 Poetry By/For Caregivers

Thursdays, November 2, 9 & 16, 1-3:30 pm. Free.

"Grief is just love with no place to go." - Jamie Anderson

Join with Carla Griswold to read and write poems to help us contain this grief. Together, let's learn how poetry can provide such a place - to hold our observations, experiences, senses, and images in a container woven from our words. We'll read, write, work with prompts, build word lists, and share our findings (optional) as we discuss how poetry helps us speak the unspeakable. Space is limited. Must RSVP to Carin Mack: socialwkr@comcast.net.

Carla T. Griswold's poems have appeared in the San Pedro River Review, Prairie Schooner, Kota Press Poetry Anthology Vol. 1, and The Community of Writers Review, among others. Her chapbook, *Missing Women*, was published by CJ Ink. She holds an MFA from Pacific University, Oregon. For eight years she has been giving care to and writing poems about her spouse and his journey through Alzheimer's.

MEMORY LOSS SPECIAL OFFERINGS

GSC All Present Song Circle

Mondays, 1-2:30 pm. (No September Sessions) \$5-7.

A chorus for people with memory loss, and community members who love to sing. Song sheets will be provided. Register 206.297.0875.

GSC ESML Community Service Group

2nd Mondays, 11 am-1 pm. Free.

Come join others to make a positive impact on the community. We'll be assembling hygiene and dental kits for those in our community who are unsheltered and then sharing lunch together at the Senior Center. RSVP to Carin Mack, socialwkr@comcast.net.

GSC The Gathering Place

Tuesdays, 1-3 pm. Online. \$20/session.



Thursdays, 1-4 pm. GSC. \$40/session.

The Gathering Place is an early-stage memory loss program for people living with Alzheimer's, Mild Cognitive Impairment, or other kinds of diagnosed memory disorders that impact their daily living. This program fosters a strong sense of community while providing cognitive stimulation, exercise, cultural enrichment, and discussion. The Gathering Place runs on a quarter system but new members can be added throughout the year. There is no drop-in availability. Pre-screening is required. Call Carin Mack, MSW 206.230.0166 with any questions or to make an appointment.



Brain Games

1st & 3rd Wednesdays, 1-2 pm. Free.

Join us for games and exercises designed to support your cognitive health. This hour-long program is sure to give your brain a workout! Suitable for participants with MCI and ESML. Register: kristeno@phinneycenter.org.



ESML Art Appreciation

2nd & 4th Wednesdays, 1-2 pm. Free.

This one-hour program includes viewings of classic and contemporary works of visual art along with guided discussion, all in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment and Early-Stage Memory Loss. Register: kristeno@phinneycenter.org.



***New* Living Independently with Memory Loss**



2nd Wednesdays, 10:30 am-12 pm. GSC & Online. Free.

If you have diagnosed memory loss and are managing life alone, join us for a facilitated conversation of shared concerns and resources. RSVP to Kristen Oshyn: kristeno@phinneycenter.org.



Music and Mindfulness

Fridays, 11 am-12 pm. Free.

Practice mindfulness, relaxation, and self-awareness, and learn how to implement these practices in your life. Sessions will incorporate breathwork, gentle movement, and instrumental improvisations all while focusing on relaxation and restoration. This class will also be accessible to those with early to mid-stage memory loss along with their care partners. Instructor Kate Schnieder has a Bachelor of Music in Music Therapy and is a board-certified music therapist. Register: 206.297.0875.

CALM & CONNECTED
PARENTING CHILDREN WITH ADHD & EXECUTIVE FUNCTION CHALLENGES

- Reduce chaos and defiance
- Improve your child's skills & confidence
- Build community with other families

WEDNESDAYS
OCT. 11- NOV 29
7:30 - 9 PM

FRANCES COPPA
ADHD EDUCATOR & COACH



www.FrancesCoppa.com/Classes/
Supporting adults, teens and parents with ADHD to thrive!

Fuzzy Buddy's
Dog Daycare

Dog Daycare
Puppy Kindergarten
Group Dog Training Classes

206.782.4321
109th and Aurora
www.fuzzybuddys.com



SELF-DEFENSE FOR WOMEN
UNLEASH YOUR INNER SUPER SHE-RO!

SIX WEEK COURSE AT THE PHINNEY NEIGHBORHOOD CENTER

Phone: 206.202.0748
SelfDefense@StrategicLiving.org
www.StrategicLiving.org
fb.com/StrategicLiving

Strategic Living
Personal Safety and Self-Defense Training



SOCIAL SERVICES & COUNSELING

Hot Meal Program

Mondays, 4-6 pm. GSC. Free.

Tuesdays, 4-6 pm; Wednesdays, 11 am-1 pm. St. John United Lutheran Church. Free

In addition to providing a meal, the Hot Meal Program provides a safe environment to feel cared for and to feel like a part of this neighborhood. We offer a variety of hygiene products, gently-used clothing, physical therapy, and medical services as well. Volunteer opportunities are available at phinneycenter.org/hotmeal/

Social worker **Carin Mack**, MSW, directs our memory loss program and leads support groups at the GSC and online. To make an appointment, email Carin at socialwkr@comcast.net or call 206.230.0166.

Therapeutic Counselor **Lisa Bakke**, MA, GMHS, provides social services and individual counseling and leads support groups at the GSC and online. To make an appointment, email lisab@phinneycenter.org or call 425.416.0641.

Donations to the GSC for Carin's and Lisa's services are appreciated.

Early-Stage Memory Loss

1st and 3rd Monday of the month.
10:30 am-12 pm.

For those diagnosed with mild memory loss issues. Support group meets each month to discuss coping, communication, and other areas of concern. Screening with Carin required before participation. Call 206.230.0166 for details.

Parkinson's Spouses

3rd Monday of the month, 1-2:30 pm.

Provides education, resources, and coping skills to family members and caregivers of those living with Parkinson's disease.

Senior Parents of Adult Children with Mental Illness

2nd Tuesday of the month, 10:15 am-12 pm.

Explores resources, education, and coping skills related to mental illness, alcohol, and addiction problems. Contact Carin for details: socialwkr@comcast.net.

ESML Caregiver Support Group: Spouses

3rd Tuesday of the month, 10:30 am-12 pm.

Monthly group for any spouse who is a caregiver of someone with early-stage memory loss. New participants must contact Carin before attending: 206.230.0166.

Mid-Stage Memory Loss Caregiver Support Group: Spouses

4th Tuesday of the month, 10:30 am-12 pm.

Monthly group for any spouse who is a caregiver of someone with mid stage memory loss. New participants must contact Carin before attending: 206.230.0166.

Adult Daughters Caring for their Mothers

1st Wednesday of the month, 3-4:30 pm.

Address mother-daughter relationship issues which are unique to this caregiving role. This group is open to all women who are involved in providing support for their mothers in their homes, in facilities, or long distance. Contact Carin for details: socialwkr@comcast.net.

Advanced Dementia Spousal Caregiver Support Group

3rd Wednesday of the month, 1-3 pm.

Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility.

ONGOING GROUPS

GSC Men's Group

Mondays, 2 pm. Locations vary. Free.

We seek to enjoy each other's company, have fun, develop life-long friendships, have memorable experiences together, support each other as needed, and serve our community. We have an eclectic mix of discussions and presentations on various topics, games, tours, walks, socializing, volunteering; anything that looks interesting, informative, unusual, or adventurous. Email for info about upcoming events: gmensgroup@gmail.com.

Breaking White Silence NW

Zoom Group 1: Alternate Mondays, 7-8:30 pm.

September 18, October 2, 16, 30, November 6, 20, December 4. Free. *Led by Paul Finley and Hayden Wartes*

Zoom Group 2: Alternate Wednesdays, 7-8:30 pm.

September 20, October 4, 18, November 1, 15, 29, December 13. Free. *Led by Yarrow Durbin and Wim Mauldin.*

Join a study group for a facilitated seven-week deep dive into the book *Nice Racism – How Progressive White People Perpetuate Racial Harm*, by Dr. Robin DiAngelo. Nice Racism is an essential work for people who identify as white, recognize the existence of systemic racism and white supremacy, and want to take steps to align their actions with their values. These study groups provide a brave, supportive space in which to examine white behavioral patterns that may inadvertently perpetuate racial harm. To find out more about the book groups and to register visit info@breakingwhitesilencenw.org.

Book Discussion Group

1st Tuesday of the month, 1:30-3 pm. Free.

Expect in-depth discussions about interesting and challenging literature; both fiction and non-fiction. We do not have copies to lend, but only choose readily available books, currently in paperback. Email for questions and book info: arielb@phinneycenter.org.

Technology Support Group

3rd Tuesday of the month, 1-2:30 pm.

(Special Session September 29, 10:30am). Free.

Technology can help maintain and enhance social connections with peers, family, friends, and caregivers. But what if technology scares or frustrates you? The new Greenwood Senior Center (GSC) Tech Support Group is here to help! The first hour will cover a tech topic, followed by a half hour to get additional support from your peers and facilitators. If more assistance on the topic is needed, participants can make a follow-up one-on-one tech mentoring appointment. RSVP required: teresat@phinneycenter.org or 206-531-0061.

September: *Introduction to Email: Accounts, passwords, and how to avoid frauds and scams.*

October: *The Beginner's Guide to Artificial Intelligence.*

November: *Using Voice Access Commands on Phones and Tablets.*

Spousal Loss Group

Wednesdays, 5:45-7:15 pm. Free.



Have you lost a spouse? Widowed Information and Consultation Services can help. The mission is to provide a supportive environment and practical assistance to widows and widowers during their adjustment to the loss of a spouse by death and into their lives as a single person. For more information, call Robin Thomas: 206.234.4647.

World Affairs Roundtable

2nd Wednesdays each month, 12:45-2 pm. Free.

World Affairs Roundtable is a monthly group in which members make up-to-five-minute presentations of their chosen subjects, followed by discussion. For more information: globalstudycontax@gmail.com.

New Backup Plan for Solo Aging

September 2023 – January 2024. Free.

A growing portion of the 50+ population is composed of "solos." These are individuals who cannot or choose not to rely on family to help them navigate life events and make health decisions. The group helps solos plan for and manage health and well-being decisions and events—both large and small—during the second half of life. Participants conduct research to create a personal "backup plan" to make sure they have help and support when they need it. The Backup Plan concept was designed by Linda Camp, an independent consultant and researcher. To obtain details and to register, contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

6801 Greenwood Ave. N.
Seattle, WA 98103

New to Yoga? Need a refresher?

[4 Week Intro to Yoga Series](#)

Starts September 6 & November 8

Unlock a path to graceful & healthy aging through the practice of yoga.

Gentle Yoga: Tuesdays & Thursdays at 2 pm
Yoga Tune Up: Fridays at 9 am

support@8limbsyoga.com
(206) 432-9609

www.8limbsyoga.com



ONGOING GROUPS

GSC Reader's Theatre
3rd Thursday of the month, 1:30-3 pm. Free.
Reader's Theatre is intended for people who would like to read, or enjoy listening to a reading of, a one-act play.
RSVP: 2003birdlady@gmail.com.

GAMES & CRAFTS

GSC Jewelry Making Group
4th Mondays, 1-3 pm. Free.
Come dabble in baubles. Join us for an introduction to earring making. We will show you how to construct simple, beautiful earrings, from choosing the beads to wrapping the wire. Later sessions will build on basics. No prior experience needed and no supplies to bring! There may be fees later on, depending on group interest and projects. There's no need to attend every month, we'll catch you up! Limit 8-10 participants, based on available tools and supplies. If you have your own tools, please bring them! RSVP is required; contact Holly Stein, hollybstein@gmail.com or 206.790.0266.

GSC Scrabble
Mondays & Wednesdays, 10 am-12pm. Free.
If you love Scrabble, join us! This is a fun, informal group who will happily welcome Scrabble players of all ages. Expect to play by standard Scrabble rules, as described on the box.

GSC American Mah Jongg
Experienced players Tuesdays, 1:30-4:15 pm.
Intro to Mah Jongg for beginners
2nd Tuesday 12:45-1:30 pm (must RSVP) Free.
For further information, or to RSVP for beginner sessions, email ronni.wolfe@gmail.com. Note: masks continue to be mandatory for this group.

GSC Bridge Group
Wednesdays, 10 am-12 pm. Free.
An ongoing social Bridge group at the novice level. No RSVP is required. Bridge is the ultimate card game and is a great way to keep your brain active. Learn and improve your technique using the Standard American Yellow Card bidding system. Some familiarity with Bridge basics is appreciated, but not required.

Knitting Group
Wednesdays, 10 am-12 pm. Free.
All knitters are welcome to join this friendly group of yarn aficionados. Bring your own supplies. RSVP: arielb@phinneycenter.org.

GSC Needle Arts Group
1st Thursdays, 10:30 am-12 pm. Free.
Do you knit, sew, do cross-stitch, quilt, or embroider? Rug hooking? Bargello? Any type of needle and thread/yarn work is welcome. Bring your project and enjoy some social interaction. Questions: 206.297.0875.

PC Cribbage Club
1st & 3rd Thursdays, 6:45-9 pm. Room 3. Free-\$5.
We meet the first and third Thursday of each month for a round-robin cribbage tournament! Suggested \$5 donation to play and all proceeds will be donated to the PNA Hot Meal Program. There will be prizes for the first and second place winners of the tournament. Email raing@phinneycenter.org to sign up.

MEAL PROGRAM

GSC Lunch Program
Monday to Friday, noon. \$5 suggested donation for diners 60 and over.
Enjoy tasty and nutritious fare at an amazingly low cost for people 60 and over! RSVP (by 10 am): 206.297.0875.



BALLARD Acupuncture CENTER
Acupuncture & Chinese Herbs
Fertility • Pregnancy • Postpartum • Menopause
206-491-7746
www.BallardAcuCenter.com
603 NW 65th St., Seattle, WA 98117



38 years experience as non-traditional PT
Individual & Group Feldenkrais Classes
Medical/Healing Qi Gong Classes
Some Insur. Accepted for private sessions
Nature-based Shamanism
.....
Carrie Lafferty, PT, GCFP,™
Master Qi Gong Teacher • 206.459.1773
www.movementfromwithin.net

ONGOING CLASSES

ARTS & CRAFTS

GSC Watercolor Class
Wednesdays (1st Wednesdays Plein Air), 1-2:30 pm. \$3-5.
This group is open to beginning and intermediate-level painters. We'll explore watercolor techniques and practice drawing people and still-life arrangements. There will be some instruction and discussion but plenty of time for practice and free painting. We will also practice positive critiquing of each other's work. Sharing is encouraged but not required. Emphasis will be on creating a safe, friendly environment. Taught by Linda Mendez. Register: 206.297.0875.

BE PREPARED

GSC AARP Smart DriverTEK
Tuesday, October 10, 10 am-12 pm. Free.
Technology is changing the driving experience. Blind spot warnings, drowsy driver alerts, emergency response systems—all of it designed and included in most new vehicles to keep you safer. This free workshop familiarizes drivers with all of the latest car tech features. Good for those who recently bought, or are considering buying, a new vehicle. Ages 55 and up. Taught by Corine Olson, AARP. Register: 206.297.0875.

GSC AARP Smart Driver Course
Thursdays & Fridays, September 14 & 15, October 12 & 13, November 9 & 10, 9:30 am-2:30 pm. \$20-25.
Come and join this informative class in "smart" driving. This course has been scientifically proven to reduce driving errors, and is approved by insurance companies for a safe-driving discount upon completion. Ages 55 & up. Bring your AARP card or member number with you on the first day. Taught by Corine Olson, AARP. Register: 206.297.0875.

HEALTH & WELLNESS

GSC Easy Exercise
Mondays & Wednesdays, 10-11 am. \$1.
Health benefits for all in this popular and low-key ongoing class. Gain strength and flexibility among friendly people. What a fun way to keep moving! All skill levels welcome. Taught by Gerry Joyce. Register for online: arielb@phinneycenter.org.

GSC Pilates for Core and Balance
Tuesdays, 2:15-3:15 pm. \$7-9.
Just under an hour of strength and balance training for standing and in-motion stability. This is a Pilates-based approach to strengthening, stabilizing, and building proprioceptive awareness for the core and lower body. We will use chairs, bands, and balls as we move (provided by the GSC). Just bring your body! Taught by Alethea Alexander. Register: 206.297.0875.

GSC Tai Chi: Moving Meditation
Tuesdays & Thursdays, 9-10 am. \$10.
Come have fun! Build strength, balance, and agility with the centuries-old practices of Tai Chi and Qigong. Experience deep breathing, slow flowing movement, and meditation to maximize longevity and improve quality of life. Suitable for all ability levels. Taught by Larry Spangler. Register: 206.297.0875.

GSC Yoga for Osteoporosis and Osteoarthritis
Tuesdays at GSC & Online, 10:30-11:30 am & Wednesdays at GSC & Online, 11 am-12 pm. \$5-6.
Yoga for your bones and joints! Come enjoy an hour of poses adapted to your needs and abilities. We practice standing, seated, and supine exercises. The class, taught by Certified Yoga Therapist Connie Fisher, ends in a relaxing meditation. All are welcome.

GSC Yoga For All Levels
Thursdays, 2:30-3:50 pm. \$5-6.
Improve your posture, flexibility, and balance! This eclectic Viniyoga class incorporates modern dance, Pilates, Feldenkrais, and free-form movement. Improve flexibility, relaxation, and balance in standing, chair, kneeling, and lying down poses. The instructor has 35 years of movement education. Wear loose clothing; have a blanket and water bottle. Taught by D'vorah Kost. Register for online: arielb@phinneycenter.org.

ONGOING CLASSES

GSC Hatha Yoga
 Fridays, 10-11 am. \$5 PNA Member, \$6 Public
 One hour heart-opening, alignment-based Hatha yoga class. Release tension, build muscle strength, flexibility, balance, and confidence. Classes are a blend of asana infused with live music, which is performed during guided meditation and Savasana. Occasional restorative yoga poses offer opportunities for deep relaxation. Sequences designed to fit your needs. Taught by Marieke Sloving. Register: 206.297.0875.

Wi Zumba Gold Toning
 Mondays, Wednesdays, & Fridays, 8:15-8:45 am. \$3.
 Tailored for active older adults, who want to focus on muscle conditioning and lightweight activity, Zumba Gold Toning blends low-intensity strength training with a fun party atmosphere. Come for just Toning or stay for the aerobic Zumba Gold class immediately following. Dress comfortably and bring water. Drop-ins and adults of all ages welcome. Taught by Penny Fuller. Register: 206.297.0875.

Wi Zumba Gold
 Mondays, Wednesdays, & Fridays, 8:45-9:45 am. \$4.
 Zumba Gold is a dance party that is designed to meet the needs of seniors and those new to working out. It has many health benefits, is easy to follow, and is low impact. Come in comfortable clothes and shoes, bring water, and be prepared to have fun. Drop-ins and adults of all ages welcome. Taught by Penny Fuller. Register: 206.297.0875.

LANGUAGE

GSC Practice English: Talk Time
 Mondays, 10:30 am-12 pm. Free.
 For all new English speakers, this group provides an opportunity to practice English conversation in an informal and friendly group. Meet other people who need to learn to express themselves easily with a new language. All ages and people from all over the world are invited. Register: 206.297.0875.

PC Spanish Conversation I & II
 Mondays, 6-8 pm (Advanced 6-7 pm; Intermediate 7-8 pm). Teachers' Lounge. \$25/month.
 ¿Usted habla Español? Need a place to practice? Join us on Monday evenings as we converse in Spanish. Facilitated by native speaker Ritha Espin de White. Not sure which group to join? Come to either group and try it out. The first meeting is FREE! Register: 206.783.2244 or at the door.

GSC Advanced Spanish Language Class
 Mondays, 4:30-5:30 pm. By donation.
 This class is intended only for advanced Spanish students. Experienced facilitator. Donations gladly accepted. Taught by Octavio Fernandez.

GSC Intermediate Spanish
 Wednesdays, 4:30-5:30 pm. By donation.
 This focused class is intended for intermediate Spanish students. Our facilitator creates an environment in which learners of all language ability levels can feel successful. Donations gladly accepted. Taught by Octavio Fernandez.

Wi Continuing French
 Thursdays, 10-11 am. Free.
 The focus of the class will be on speaking French, while learning about French culture and literature. The atmosphere is relaxed, with the students contributing as they feel comfortable. Instructor welcomes all ages and backgrounds in French studies. Taught by Marilyn Severson. Register: arielb@phinneycenter.org.

Find support, connection, and resources for your family!

PEPS offers peer-support programs for expectant parents, parents of newborns, infants, or adolescents and teens, plus affinity groups.

Families can connect on weekdays and weeknights in virtual and in-person groups.

Flexible Pricing program fees and financial assistance are available for all groups.

JOIN A PEPS GROUP TODAY AT PEPS.ORG!



ONGOING CLASSES

MUSIC & DANCE

Wi Zwiefacher Online: Tricky Rhythms and Movement
 Tuesdays, 4-5 pm & Fridays, 10-11 am. \$5
 A weekly course on unusual music rhythms. These will include tunes like Zwiefacher and Dajchovo where clapping along is about as challenging as dancing, and a great exercise for your brain. Pat will play whole tunes, long enough to dance to, and spend a few minutes reviewing some dances as well. People with limited mobility to expert dancers are invited to join. Taught by Pat McMonagle. Register: arielb@phinneycenter.org

GSC Line Dancing for All Levels
 Thursdays, 11:30 am-12:30 pm. \$6-8.
 In this easy, upbeat class, you'll explore music from Classic Rock to Latin, Contemporary and—yes!—Western with 16, 34 and 48 count routines. It's great for anyone who enjoys moving to music. Exercise never felt like such fun! Benefits include increased flexibility, brain enhancement, better balance and stronger muscles. All levels are welcome. Taught by Chris Banta. Register: 206.297.0875.

GSC Line Dancing Level 2
 Thursdays, 11:30 am-12:30 pm. \$6-8.
 Line dancing for experienced beginners: After learning the basics, move on to new rhythms, new steps, and new dance types. A little more difficult than the New Beginner level, but still lots of fun! Taught by Chris Banta. Register: 206.297.0875.

WRITING

Wi Writing Class
 Thursdays, 3-4 pm. \$39/quarter.
 This ongoing group shares writing of life stories, poems, nonfiction, and fiction. Instructor Ariele Huff is a writer, editor, and writing teacher who has thousands of published articles and columns and 31 books. For clients, she edits books and marketing materials and has taught a wide variety of writing issues and genres, as well as some classes not related to writing. Register: arielb@phinneycenter.org.

DANCEFREMONT.COM | (206) 633-0812 8420 GREENWOOD AVE N, 2ND FLOOR'."/>

PNA DIY HUB

PC Design Drawing for Woodworkers

Tuesday, September 19 or October 17, 6-9 pm. \$30.

Drawing is a useful tool for getting your ideas from your mind to your work bench. Participants will learn basic and effective drawing skills enabling them to explore, understand, and communicate their ideas. No prior experience needed. Bring a 9" x 12" or similar sized spiral sketchbook with 30 pages or more and a #2 pencil. These are not sequential classes, feel free to come to only one class, or both for practice! Limited capacity of 6-10 people in a small classroom setting. Find out more at phinneycenter.org/woodshop.

PC PNA Woodshop Class: Sharpen This!

Wednesday, September 20, 1-5 pm. \$30.

Learn to put a fine edge on your woodworking hand tools. We will cover grinding, honing, and polishing via a number of popular media. Bring one of two items to class that you would like to sharpen. Find out more at phinneycenter.org/woodshop.

PC PNA Woodshop Class: Shaker Style Bentwood Trays

Saturday & Sunday, October 28-29, 2-5 pm. \$60.

Students will learn basic woodworking skills while building three Shaker style bentwood trays over two weekend afternoons. Specific skills you'll pick up include bandsaw use, combination disk/belt sander, clench nailing, steam bending wood. Find out more at phinneycenter.org/woodshop.

PC Tool Lending Library

Mondays, 5-7 pm, Fridays, 3-5 pm & Saturdays, 9 am-1 pm. \$1-50.

The sun is shining, which means it's time to get your yard or garden into shape! Let the PNA Tool Lending Library give you a hand. We have rakes, edgers, seed spreaders, wheelbarrows, chainsaws, and so much more. Browse our online inventory and come by on any Friday, Saturday, or Monday to talk with one of our knowledgeable staff. phinneycenter.org/tools

C Fixers Repair Café

1st Wednesday, 4-6 pm.
Greenwood Hardware. Free.

You can't break what's already broken! The PNA Fixers is an informal group of folks who meet up simply for the fun of helping people and taking stuff apart, putting it back together again, and maybe even fixing some things in the process. phinneycenter.org/tools/fixers/

PC PNA Woodshop, dedicated to Bill Fenimore

Saturdays, 9:30 am-1:30 pm. \$10/hour.

Did you know that there is a woodshop in your area? Whether you're a newcomer to woodworking or an experienced woodworker, the PNA woodshop is the ideal place to bring your creative projects to life. Whether you're interested in crafting a bench, flower bed, jewelry box, chair, or cupboard, the possibilities are endless. All you need to do is become a PNA member, attend an orientation, and complete two safety classes. Once you've done that, you can reserve your shop time and get started on your project. To learn more about the PNA woodshop, visit phinneycenter.org/woodshop



The Squirrel Hillbillies will play for the Seattle Folklore Society on October 28. PHOTO BY FAITH SELZER

Seattle Folklore Society Fall Concert Season!

The Seattle Folklore Society is proud to be celebrating 20+ years of partnering with the Phinney Center! Concertgoers can look forward to a wide variety of folk and acoustic offerings. Most concerts are held in the Phinney Center Community Hall on Saturday nights. See more info and updates at seafolklore.org. Tickets are available 30 days before each show, online or in person at prior concerts.

Kathy Kallick Band CD Release Concert

Sun, Sept. 17, 7-9:30 pm.

(See website for venue info! This is not at the Phinney Center.)

Hot Bluegrass and Cool Originals! Kathy Kallick's exceptional career includes winning a Grammy and two IBMA Awards, receiving a Lifetime Membership from the California Bluegrass Association, co-founding the internationally-acclaimed Good Ol' Persons, and collaborating with the country's top acoustic musicians – including her mighty band: Annie Staninec (fiddle), Greg Booth (dobro, banjo), Tom Bekeny (mandolin), and Cary Black (acoustic bass), all of whom are also wonderful singers.

Brivele & Varda (shared show)

Sat, Sept. 23, 7:30-10 pm.

Seattle-based anti-fascist klezmer folk-punk trio who braid together oral history, Yiddish language, contemporary and old-country musical genres, American Vaudeville, and visual arts, Brivele is wonderfully theatrical, musically proficient, and great at engaging an audience. They will be joined by Varda, an Olympia duo who combines Klezmer instrumentals with Scandinavian tunes.

Alice Wallace with Xander Hitzig

Sat, Sept. 30, 7:30-10 pm.

2017 Female Vocalist of the Year at the California Country Awards, Alice draws influence from iconic voices ranging from Linda Ronstadt to Patsy Cline, as well as making the country yodel a part of her sets with songs from classic artists like Patsy Montana and Don Walser. Accompanied by fiddler/multi-instrumentalist Xander Hitzig.

Chris Webster & Nina Gerber

Sat, Oct. 7, 7:30-10 pm.

Webster's voice is uniquely compelling while Gerber's guitar is beautiful and powerful. Together they're magic. Tasty originals, soulful ballads, jazz, sweet folk.

Claudia Schmidt

Sat, Oct. 14, 7:30-10 pm.

Beloved singer/songwriter/multi-instrumentalist returns with a special tour, to commemorate 50 years of sharing her quirky and wonderful hodge-podge of music, poetry, story, laughter, drama, and celebrating the moment.

Gadan

Sat, Oct. 14, 7:30-10 pm.

(at The Royal Room!) Irish traditional music and "Celtgrass" from Italy.

Mads Hansens Kapel

Sat, Oct. 21, 7:30-10 pm.

Boisterous and energetic 5 piece Danish band (co-sponsored by Skandia).

The Squirrel Hillbillies

Sat, Oct. 28, 7:30-10 pm.

Acoustic folk, country & blues by an endearing duo from "the urban forest of Pittsburgh's east end" (with an opening set by local songwriter and fiddler Kat Bula).

Tall Poppy String Band

Sat, Nov. 4, 7:30-10 pm.

Featuring fiddler George Jackson, guitarist Morgan Harris, and banjoist Cameron DeWhitt: Drawing from the deep well of American string band music, Tall Poppy String Band approaches tradition with playful curiosity.

Kevin Henderson & Neil Pearlman

Sat, Nov. 18, 7:30-10 pm.

Shetland fiddle & dynamic piano.

John Whelan

Sat, Nov. 25, 7:30-10pm.

Seven-time all-Ireland champion — considered one of the world's best living Irish button accordion players.

True Value.
Start Right. Start Here™

Greenwood
HARDWARE

"The biggest little hardware store in Seattle"

10% OFF With This Ad

offer expires: 12/31/23

STORE WIDE

- Lawn & Garden
- Plumbing & Electrical
- Paint & More!

206-783-2900

7201 Greenwood Ave. N.

www.greenwoodhardware.com



Serving Seattle Since 1948

Art Walk “Art Up, Chow Down” returns in September

By Mary Campbell

Join us for the PhinneyWood Art Walk “Art Up, Chow Down” on Sept. 8 from 6-9 pm and Sept. 9 from 12-5 pm. Over 40 businesses in the PhinneyWood business district will host pop-up art gallery openings for the weekend. Saunter up and down the strip while enjoying art ranging from photography, sculpture, collage, oils, watercolors, prints, glass, metal, and fiber art to ceramics and mixed media. Enjoy a nibble at your favorite neighborhood eateries (or discover some new ones) while enjoying live music and performances at some of these locations along the way!

Did you know that the poster art is yet another artistic element of this annual event? Each year, the original poster has been created by award-winning graphic artist Robin Raye of Modern Dog Design. Her posters have been exhibited internationally, are in the archives of major libraries, and are collected by museums worldwide. Get your own piece of art history! 2023 posters are now on sale at the PNA Phinney Center’s Blue Building for \$25 while they last.

2023 will be the PNA’s second year hosting this event. The Art Walk started in 1995 and was coordinated by the PhinneyWood Arts Council, an all-volunteer organization. The event was canceled during Covid, and in 2022, the PNA adopted the Art Walk to keep the tradition alive. The PNA will also be hosting an art opening in collaboration with our friends at the Emerald City Art Collective in the upstairs gallery of the Blue Building during Art Walk.

We hope you can make it. To learn more, visit phinneycenter.org/artwalk, which includes a list of participating artists and venues. An event map will be posted online the week before the event.



Bite is the perfect event to sample new and favorite restaurants in the neighborhood. ART BY SANDY NELSON

The Bite is back! Tickets on sale now

By Chris Maykut

After a successful and well-received inaugural debut in 2022, the Bite of PhinneyWood is gearing up for another day of bringing the best food in our neighborhood to your plate.

The goal of the Bite is to highlight 20 local restaurants and cafes that bring their best bite of food for the hungry mouths of community members. Attendees will be able to converse with the staff and chefs of these restaurants and learn more about the dynamic food scene in our own neighborhood. Your ticket gets you a bite from every eatery – no need to buy extra bites or strategize on what to prioritize.

One attendee from last year reached out to let us know, “We just moved to Phinney and loved this event — it was so perfect for a newbie to try out all the restaurants and find favorites! It’s the best neighborhood-hosted event we have ever been to.”

Last year’s event sold out two weeks prior, so we have added more tickets and moved the location to the more spacious lower parking lot of

the PNA. Additionally, the beer and wine garden will be integrated with the restaurant booths section.

For restaurants, we have our co-champs for Best Bite from 2022 coming back — Thaiku and North Star Diner — as well as neighborhood favorites such as Autumn, Valhalla Sandwiches, Mainstay Provisions, Petite Pierre, The Blue Glass, Nutty Squirrel, La Rocca Pizzeria, Coffeeholic House, and the 74th St. Ale House.

We also have some newcomers to the Bite this year in The Dark Room, Ben’s Bread, and Modern Japanese Cuisine!

The event will start at 1 pm on Sunday, Sept. 17, with VIP ticketholders having the first hour to themselves. All other ticket holders are welcome to come in between 2 pm and the “last call” for bites at 5 pm. Tickets are now on sale at phinneycenter.org/bite.

There are volunteer opportunities for the event as well: phinneycenter.org/volunteer/events/#bite.



The Golden Thread of Truth

INTERFAITH YOUTH & FAMILY PROGRAM
IN-PERSON & ONLINE

Learn about world religions and spiritual traditions through stories and spiritual craft activities.

Sundays at 11am in-person. Lessons posted online weekly to follow along at home.

Center for Spiritual Living Seattle
Program for K–12th Grade
6318 Linden Ave N, Seattle
SpiritualLiving.org/youth/

WELCOME PHINNEYWOOD

A Community Service Project

A group of neighbors is working together to resettle a refugee family in our community!

WE NEED YOUR HELP

LINK TO DONATE
gofundme.com/f/resettle-a-refugee-family-in-seattle

LEARN MORE at
WelcomeCorps.org

our GO FUND ME

Questions? Email us!
PhinneywoodWelcomeCorps@gmail.com

Retirement/Reinvention, second acts in life

By Karla Rava

In the United States, the Full Retirement Age (FRA) varies from 65 to 67, depending on the person's date of birth, but some folks are not quite ready to slow down just yet. While a portion of retirees are looking forward to relaxing in their golden years, others are experiencing a reawakening – a desire to fulfill a passion from long ago or to embark on a completely new career. The aspiration to keep an engaged mind and gain new experiences can best be described as a Second Act in Life.

In June this year, the Phinney Neighborhood Association (PNA) conducted a local poll of the Phinney Ridge and Greenwood neighborhoods to learn how many retirees have experienced an encore. The responses were immediate, and within just days, a whopping 106 participants were eager to share their stories.

The results revealed that volunteerism was by far the most popular Second Act. One respondent shares, "since retiring, I've volunteered at PAWS, Feral Cat Spay/Neuter Project, Greenwood Senior Center, Woodland Park Zoo, and several small animal nonprofits. I've met wonderful, active, and interesting people and learned so many new things."

Writing came in second, particularly memoir writing, which also has cathartic qualities. Another participant shares, "After a 50+ year career... I turned to writing, taking classes through Hugo House. From the first class, six of us formed a memoir-writing support/critique group. Via Zoom, we continue to interact on a weekly basis. I have completed the first draft of my memoir and am now in search of beta readers."

Reviving old hobbies and activities that brought great joy in early youth was also very common. A respondent exclaims his excitement as he prepares to attend culinary school in Paris, at Le Cordon, "...I've wanted to be a chef since I was 8 years old, and my mom taught me how to cook. There is something about the act of service when you make something that someone gets to eat and enjoy... there's an unspoken trust that they assume I'll make a good meal, and there's the satisfaction of seeing an empty plate - that's the best compliment you can give to a chef!"

So, whether a person decides to slow down or to speed up, it's clear that retirement is not a one-size-fits-all venture but rather a time to enjoy the fruits of one's labor in whatever way that is meaningful to them.



Second Act: Performing Musician

Karl Neice, 71 yrs.

"I've written songs all my life, but never had time to whip them into shape. After retiring, I was fortunate to have encouraging mentors that share my love for playing and have performed showcases of my original material."



Second Act: Handyman

Bruce Baker, 66 yrs.

"I love the creativity of fixing things, relating to people, and paying it back. I had this identified more than a year before retirement and had already started volunteering with people that I liked to work with. That eased the transition and gave a sense of direction."



Join us for the next in-person Speed Friending event on October 14! We provide prompts to start off great conversations.

Speed Friending, Anyone?

By Natalie S Wainwright

When an older person lives alone or doesn't have many friends or acquaintances they see often, what can they do to meet new people? "Speed Friending" at the Greenwood Senior Center is one way to meet people with similar interests or life experiences in common in a safe, fun milieu.

Teresa Tam, the Social Connection Project Coordinator for the Greenwood Senior Center, has developed "speed friending" and other programs for older adults to combat the proven negative health impacts of social isolation—an ongoing problem exacerbated in recent years by Covid-19 and its aftermath.

Speed friending is—like speed dating for singles looking for mates—an in-person event for older individuals to meet for the first time in a comfortable, controlled environment, with the intent of starting friendships.

The two-hour event has been held twice so far. Twenty people participated in the first event last fall, ranging in age from 53 to 84, with an average age of 73. The needs and desires of the participants seemed disparate enough for the second event, held in May of this year, to be offered to a younger group, ages 50 to 65. Sixteen people participated.

Here's how it worked:

Participants checked in at the front desk of the GSC. Each person was given a clipboard with a page of 20 prompts, questions, and topics to open conversation, such as "Are you an indoor person or an outdoor person?" and "Where have you traveled?"

Each participant also had a "friend sheet" with each participant's name, a space to take notes, and, after each one, "Connect? Yes/No" to note their interest in getting together again.

The amount of time spent on the interactions depended on the number of participants at each event; two hours made for about five to seven minutes before it was time to move on to the next meeting.

At the end of the event, everyone gave their connection sheets to Teresa, who then tallied up the results. For matching "yes" responses for any two individuals, she sent emails to those people with connection and contact information.

Does everyone match up with someone?

Teresa says that at the first event, every participant expressed interest in further connection with at least one other who expressed interest in them. At the second, however, one person did not match up. Several people had expressed interest in her, however, so Teresa contacted her and asked if she might be interested in getting to know any of them. She said she would, so ultimately everyone did connect. Teresa says, "We ask everyone to be open-minded."

The next Speed Friending event is being held on Saturday, Oct. 14, 10 am- 12 pm, in-person at the GSC. To participate, contact Teresa Tam at teresat@phinney-center.org or 206-531-0061.

Since 2003, we've been helping individuals, couples, and families navigate their best options for *Living Well, Caring Well, and Aging Well.*

aging wisdom

Visit agingwisdom.com to learn more

A

AIDE-MÉMOIRE
7003 3rd Ave NW
Seattle, WA 98117
www.a-m.shop

artwork
thoughtfully made gifts
eco-friendly fine jewelry

image credits: Airhart/Kim (right, top).
Airhart/Bakken (right, bottom)



For local artist, it's all about painting and pickleball

By Connie McDougall

For more than 40 years, Cecile Disenhouse and her husband Dave Jette lived in their Greenwood home, a place for much-loved New Year's Eve parties and day-long board games. It served as a home base when the couple and a group of intrepid friends left town to hike all over the world, from Nepal to Italy, as well as hundreds of treks in the Pacific Northwest.

On those journeys, Cecile always carried paints, paper, and brushes. A well-known watercolorist, her wilderness work and other subjects have been accepted by a variety of juried shows, including the prestigious Edmonds Arts Festival. She has also shown in PNA exhibits and local art walks.

These days, the Greenwood home is quieter since Dave succumbed to a long illness just over a year ago. But it remains the place where Cecile, 79, continues to lead a busy and meaningful life.

For more than 8 years, she has taught watercolor at Seattle's Lifetime Learning Center, twice weekly in the fall, winter, and spring, as well as summer outdoor sessions. Cecile's classes are popular, says the Center's director, Marilyn Spotswood. "We have many repeat students who come back year after year. I hear wonderful things about her and the class, which usually sells out."

Her teaching method is classic, going back centuries, in which students copy the work of an accomplished painter, practicing a specific skill in each session. "Cecile circulates around the room, offering positive comments and suggestions," student Mark Rosenblum says. "She's very deliberate, respectful, and well-prepared."

Mark adds that she's also a great pickleball player. "I'm glad Cecile doesn't teach painting like she plays pickleball," he laughs. "She has a serve that's hard to return, and she always knows the score when nobody else does." These days she plays with knee pads after taking a spill or two, but that doesn't change her zeal for the game, playing at least three times a week.

The native New Yorker is also known for her love of purple. On the court or in class, Cecile works it head to toe: purple-tinted hair, purple shirts, purple-striped sandals. "Yes," says Marilyn, with the Learning Center. "Cecile is a very colorful person, in more ways than one."

See examples of Cecile's work as well as a field guide featuring her paintings of Northwest wildflowers at disenhouse.org.

Moving Into Housing: Plan Now Rather Than Later

By Steph Yeo and Lisa Satin

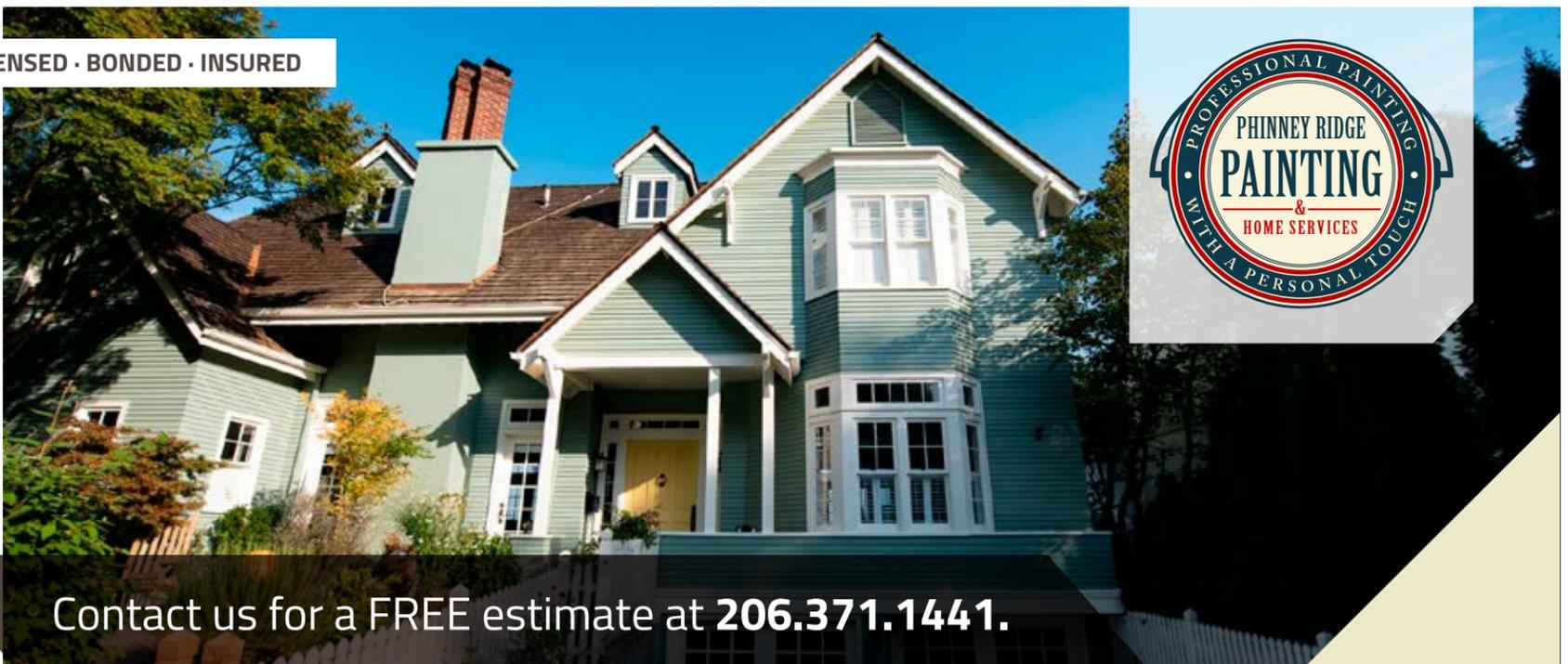
Lisa Satin couldn't have predicted her current role as a Family Advisor, helping seniors and families navigate more than 4000 residential options and care services available in Washington. Her path towards family advisory started more than 20 years ago while working as a speech and hearing research technician at the University of Washington, when on the side she began helping people find in-home care. Through this work, Lisa recognized that living at home, while possessing many benefits, also posed serious challenges for seniors and families, such as unaffordable in-home care, feelings of isolation, increasing specialized care needs, and even concerns about unreliable or manipulative caregivers. This realization led Lisa to advocate for planned transitions into homes, where seniors can have the support they truly need.

While most moves into homes tend to be event-driven, it's possible to plan for such a move in advance. By proactively addressing this important life decision, seniors and families can preserve a higher quality of life. Here are some steps you can take to carefully plan your move:

1. Complete and get your doctor's signature on a Physician Orders for Life-Sustaining Treatment (POLST) form. This one-page document empowers you to express your preferences regarding medical treatments and end-of-life care, providing peace of mind for you and your family.
2. Consult with an Estate Planning Attorney who can prepare estate planning documents like a will that expresses your wishes and values, establish memorial arrangements, and help with appointing beneficiaries and trust administration. An Estate Planning Attorney will certainly also help with authorizing your power of attorney—a trusted someone who can make critical decisions on your behalf.
3. Seek the counsel of a financial advisor. A financial advisor can help with simplifying investments, developing a cash-flow plan (which is especially important if you suspect you may outlive your finances), or even sorting through complicated or sensitive money matters.
4. Consider your existing medical conditions when making decisions. The level of care you require may impact the type of housing you choose, your finances, and the possibility of multiple moves. Some communities offer flexible options, such as month-to-month assisted living, which can adapt to your changing needs. Evaluating the quality of life provided by each housing option is crucial, even if it means relocating more than once.
5. Understand your options for move-in day. Employing the services of a move management and downsizing company can greatly alleviate the emotional and physical stress of moving. These professionals are skilled at downsizing to an appropriate and manageable amount of stuff while being respectful throughout the process. They are also able to set up your new living space, which can be a tremendous relief during an otherwise overwhelming time.

From independent retirement communities, to memory care and nursing homes, and to adult family homes, there is a diverse array of choices in Washington. Lisa, from Tailored Advisory Solutions (previously The Right Place), is a compassionate advisor with a deep understanding of the housing landscape. For more information or to schedule a consultation, visit tailoredadvisorysolutions.com or reach out to Lisa directly at lisa@tailoredadvisorysolutions.com. Your future well-being deserves careful planning with your best interests at heart.

LICENSED • BONDED • INSURED



Contact us for a FREE estimate at 206.371.1441.

What we do:

Interior/Exterior Painting • Carpentry
Roof/Gutter Replacement • Maintenance
Decks & Fences

We are EPA Lead Safe Certified.

Now scheduling
carpentry projects
including decks,
fences, custom
wood storm
windows and,
interior built-ins.



922 NW Leary Way, Seattle • Phone: 206.371.1441 • E-mail: info@phinneyridgepainting.com • phinneyridgepainting.com

Your legacy can make a permanent impact on the future of the PNA.

Learn more about the PNA's Planned Giving Program today!

Leaving a legacy at the PNA

By Chris Robinson

Remembering the PNA in your will or trust is one of the most enduring statements you can make about your belief in our programs and commitment to the PhinneyWood community we serve. The support you have offered during your lifetime can continue for years to come.

It's tempting to put planning on hold, but here's the thing: life doesn't wait. Loose ends can lead to future stress and unintended decisions. Have you ever considered making a planned gift? A planned gift is any gift, made in a lifetime or at death as part of your overall financial and/or estate planning. It's a powerful way to make a gift to the PNA that continues to positively impact our programs and community while also realizing tax benefits for your kindness. You can give cash, securities, or other assets, which could be set up at a specific timeframe or made in a will.

Consider this: Planning under "normal" circumstances allows you to slow down and review your options. There are several ways you and your family can be mindful when creating a Qualified Charitable Distribution or Estate Plan that gives you the opportunity to record your values and make sure your wishes are followed. Some opportunities include leaving a gift to the PNA in your will. Your gift can be a specific asset, such as a certain amount of cash, securities, or property, or a percentage of your estate. Plus, a gift in your will is flexible – it can be updated or revoked at any time.

Questions about the PNA's Planned Giving Program? Contact Chris Robinson, Director of Development, at chrir@phinneycenter.org or 206-783-2244

What is the PNA Village?

By Randi Luoto

Many are aware of the Phinney Neighborhood Association, or PNA, and its good work with kids, seniors, and everyone in between. But fewer know about PNA Village, and they should.

What's a Village?

Villages address what most seniors hope for: to stay in their own homes as they grow older. However, in doing so, seniors can face loneliness and the challenges of home upkeep. The first area to try and remedy this situation was Boston's Beacon Hill neighborhood.

Our PNA Village.

Ten years ago, as the Executive Director of PNA, Ed Meeiros knew well the challenges facing seniors who wanted to age in their own homes. He and a core group of supporters are generally credited with finding and bringing the Village model here to the PNA; PNA was already hosting myriad services for residents like book clubs, happy hours, coffee groups, and a tool library. Now, with PNA Village, it could offer services targeting seniors: rides to appointments, safety assessments, grocery delivery, social visits, yardwork, and more.

PNA Membership.

Residents choose one of two levels of membership: builder and full. Both bestow membership in PNA social activities. Builder (\$200 annually for one) also shares a list of PNA-vetted businesses members can hire; full (\$380 annually for one) goes further. Members can request help and, 95% of the time, a Village volunteer will arrive to help, at no cost. While the annual fee can feel steep, consider that one Uber ride from Green Lake to Swedish Ballard medical center



The PNA Village makes aging at home possible through our wonderful staff and volunteer network. PHOTO BY RIANA NOLET

can cost \$30. At that rate, it takes only six rides (three roundtrips) to defray the annual fee. Plus, with rates for plumbers at \$120 and electricians at \$148, it can take only one or two visits by a Village volunteer to offset such costs. Often, the volunteer can remedy the situation or, failing that, at least confirm a professional is needed and advise what fix is needed.

PNA Volunteers.

Currently, PNA Village boasts 200 members and a nearly equal number of volunteers. Members request help by calling the

PNA Village office or sending an email. Requests are posted to an internal website where volunteers, carefully vetted, review and respond within days.

Marguerite David, who moved to Ballard in the 1980s to take a position with the University of Washington, is both a PNA Village volunteer and Village member. When she heard about PNA Village and the opportunity to volunteer, she thought, "This is perfect." She reasoned she could help somebody who might need a ride—the help most requested; they would get help, and she would feel good about helping. However, she would avoid having to attend organizational meetings: She could help, but on her terms and would be actively engaged with the PNA Village if the time came when she herself might need help. And, of course, that's exactly the way things played out. More about Marguerite, other volunteers, and members in the next issue.

For more information about the PNA, the PNA Village, PNA membership, or to join as a PNA Village volunteer, visit phinneycenter.org.

<p>The Greenwood Senior Center daily lunch program provides more than just lunch for individuals who come out; it provides a sense of community and fellowship as well. Just a few years ago, we all were faced with loneliness, but to many, the GSC helped recreate a community after that time of seclusion. Coming to the GSC gives individuals in the area a fun reason to get out of the house and dress in their own personal style. I would like to introduce you to just a few of GSC's stylish daily lunchgoers...</p> <p>By Rosie L. Grant</p>	<p>What inspired your look for today?</p> <p>"Favorite outfit to adventure in, it's 100% cotton so no ironing needed!"</p>  <p>Tomoko Joichi "past 80"</p>	<p>Linda Curry 78</p> <p>Do you have on an heirloom piece today?</p> <p>"Ring, that's been in my family for a long time"</p> 
<p>How many times a week do you enjoy hot lunch at the GSC?</p> <p>"2 to 3 times a week, it gets me out the house!"</p>  <p>David Berlow 72</p>	<p>1951 Ford Coral Flame Red</p>	<p>Toni Ciardullo 78</p> <p>What's one accessory that you must wear everyday?</p> <p>"Necklaces, necks don't change size too often, my granddaughter is the key to my heart so I wear this one everyday"</p> 

Homestyle & Fresh Thai Food

thaiku

206-706-7807
 Thaikuu.com
 @thaikuonphinney
 Lunch: Sat-Sun 12-3 pm
 Dinner: Everyday 5-9 pm



The PNA has many renters using the PNA's space for a variety of reasons, from Scottish dancing to karate classes!

Our Fall 2023 renters

By Georgette Semroc and Tricia Bentley

As summer winds down, the PNA's Phinney Center says goodbye to our amazing summer camp renters and welcomes back our regular academic year renters.

During the September to June timeframe, the PNA's Phinney Center is filled with groups that rent weekly or monthly for their activities, or what we like to refer to as "ongoing renters."

On any given day, about 80% of the rooms at Phinney Center are in use, with weekday evenings being the busiest. About a third of our renters have been using space at Phinney Center since its earliest days and another third have been with us for almost five years. But nearly 40% are new to the PNA as we've moved beyond Covid!

We have an eclectic group of renters during the academic year. Here are some of the many ongoing renters that we are grateful to have on campus!

AA Support Groups, Belly Dancing by Zaphara, Blue Phoenix Club, Bonnie Dundee Dance, Caledonia & St. Andrews Scottish Dance, Cascade Cactus & Succulent Society, Chickadee Music Together, Community Chorus, Counseling for OCD and Anxiety Disorders, Dogs for Better Lives, Eclectic Cloggers, Emerald City Contra Dance, Fleet Feet for Fun & Fitness, Forगतos Hungarian Dance, Fresh Air Fitness, Girls on the Run, Holy Questions, ECC, Il Punto, Interplay & Spirit Play, Jump on Languages, Kong Academy, Kristen Darby Ballet, Leadership Preparatory Academy, Level Up! Voice Ensemble, Jen Kraft / MedicineWithin, Michal Laval Yoga, Mindful Matters, Morris Dancers, Monkey Barrel Media, My Baby and Me Social Dance Class, Needle and I, Pacific Northwest Alternative Peer-Group, Patrick Howe Art, Phinney School of Strings, Ravenna Strings, Rekindle School, Royal Scottish County Dance Society, Salmon Bay Friends, Sarah Comer Acoustic Musicians, Science Fiction Book Club, Seattle Jazzercise, Seattle Junior Tamburitzans, Seattle Folklore Society, Seattle Repertory Jazz Orchestra, Seattle Swing Dance Club, Seattle Yoga & Reiki Healing Arts, Seishukan Karate Seattle, Skandia Folk Dance Society, Strategic Living, Summit Assistance Dogs, Tampopo Japanese Playgroup, TangoStrides / Tango Is About the Connection, Tom Lee Ballroom Dance, The OK Chorale, Transformational Healing, Valor Krav Maga

Three more costume Bingo Karaoke this year!

By Jenny Marquette

If you drive by the Greenwood Senior Center and hear a great ruckus on a Friday night, that can only mean one thing—it's Bingo Karaoke night!

Originally dubbed 'Not Your Grandma's Bingo,' the PNA's Bingo Karaoke Fundraiser for the Greenwood Senior Center first debuted in 2000 and leaned into the idea that bingo and senior centers go together. Sprinkle in some karaoke, and you have a brand-new type of party!

Did we mention each night has its own costume theme? This fundraiser has grown from that first event, having only a crowd of 70 who were able to buy tickets, to today, where tickets sell out the entire Greenwood Room in less than 10 minutes! Not only is this event a great fundraiser for the PNA's programs, but it also has a following of its own with many repeat attendees and volunteers. If you are a regular attendee at Bingo, you will likely recognize some of our most committed Bingo volunteers—Nancy & Chris at the bar, Glenda taking your kitchen orders and Ellen bringing them out, our amazing kitchen crew of Chad, Andrea, and Cassius, and of course Jeanne—our notorious bingo caller—working with Michael to create an amazing atmosphere.



Bingo Karaoke is a cult favorite activity by the PNA! Mark your calendars for the last few sessions in 2023. PHOTO BY RAND PETERSON

When we asked a few recurring volunteers what keeps bringing them back, the fun of the event was one of the top answers.

Chris J: "It is such a happy party, who wouldn't want to volunteer for it? And with our beloved Jeanne hosting, this is far from your typical grandma's bingo night!"

Nancy J: "It's always a fun time catching up with other volunteers and helping to put on a really fun event that's enjoyed by so many people!"

Chad S: "With the regular crew of volunteers, it feels like we have our own team we assemble to make it an awesome night for everyone that comes out!"

Interested in coming to Bingo Karaoke? Mark your calendar now for both the event night, and the time and date that tickets go on sale!

Back to School Bingo Karaoke on Sept. 29. **Bingo Scaryoke** (aka Halloween costumes!) on Oct. 27: tickets on sale at 10 am, Oct. 4. **Jingle Bell Bingo Karaoke** on Dec. 15: tickets on sale at 10 am, Nov. 15.



Curate your photos & videos into one permanent collection you and your loved ones can enjoy for generations to come.

Mirja Heide, RefreshFotos
Digital Photo Organizing Services



206.317.1423
refreshfotos.com

YOUR NEIGHBORHOOD DIGITAL & SOCIAL MEDIA MARKETING AGENCY, CONTENT PRODUCTION STUDIO, AND SMALL BUSINESS ADVOCATE



Helping businesses in our community tell their story through digital and social media.

Services include: Content Production, Social Media Management, Photography & Video, Copywriting, Strategy, Branding, Digital Marketing Management, Consulting & more.

www.favoritedaymedia.com | info@favoritedaymedia.com



The Right Place
Senior Options LLC

A Personalized Approach to Help You Find The Best Possible Living Situation With Expertise and Compassion, At No Cost To you

Call Lisa today! (206) 604-5571

www.trpso.com



HALF MOON BOULDERING
Your climbing gym in the heart of Greenwood
Family owned, community focused



bouldering
yoga & fitness
youth & adult classes
weekly community events



LAST DRIVE TO DODGE
WORLD PREMIERE
SEP 20 - OCT 21



FALL ACTING CLASSES

10/16-11/1 · REGISTRATION NOW OPEN!

TAPROOT THEATRE COMPANY

PROFESSIONAL THEATRE IN A NEIGHBORHOOD SETTING
TAPROOTTHEATRE.ORG

Visit our website at phinneycenter.org for more information on all our activities.



Meet your local business owners

By Karla Rava



Seniors Helping Seniors' owners Tom and Kimberly Stege.

Seniors Helping Seniors, Kimberly & Tom Stege

• snokingseniorcare.com

Tom and Kimberly Stege are owners of Seniors Helping Seniors®, an in-home care service for the aging. This husband-and-wife duo signed on with the franchise in November 2021 and became licensed in June 2022.

Kimberly explains, "The original agency was founded in 1998 by Kiran and Philip Yocum after Kiran worked with Mother Teresa for 14 years in India. She saw first-hand how older caregivers worked so well with seniors who needed care that it became the foundation of the company and one of our core values."

Prior to starting their business venture, Kimberly worked in tech while Tom was a stay-at-home dad after a career in commercial printing. For the next chapter of their professional careers, they both knew they wanted to do something together that was meaningful. They consulted with a franchise coach and loved the mission of Seniors Helping Seniors®.

Like most business owners starting in recent years, the pandemic has caused challenges. Although Kimberly and Tom began taking on clients at the tail end of the pandemic, they too had struggles. Kimberly recalls, "along with everyone else, we had to navigate the changing rules that Covid brought but focused on making sure our employees and clients were safe, getting vaccinated, wearing masks, and staying home when feeling ill. If nothing else, Covid reinforced the importance of aging in place for many people. We are so grateful to help people do that while also providing the companionship we all missed so much during those early days of lockdown."

Seniors Helping Seniors® is a great resource for those wanting to maintain an independent lifestyle in their own homes. Kimberly says, "our employees have the heart of a volunteer, and our peer-to-peer model is what makes us unique. It's like getting a little help from a friend." For more information, visit snokingseniorcare.com

Seniors Helping Seniors®

In-Home Care Services for Seniors by Seniors

There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior.

Our loving & compassionate caregivers are there to help. We offer all the services you need.



📞 206-542-4743 🌐 www.SnoKingSeniorCare.com

✉ info@SnoKingSeniorCare.com

...like getting a little help from your friends®



Aegis Living Greenwood Marketing Directors Cindy Leung and Nina Kral.

Aegis Living Greenwood, Cindy Leung & Nina Kral

• aegisliving.com/aegis-of-greenwood-seattle

If you haven't heard, there's an Aegis Living in the Greenwood neighborhood that just celebrated its one-year anniversary in June. Aegis Living is a family-owned senior care facility with over 36 communities throughout the US. The founder and CEO, Dwayne Clark, started his business in 1997 after working for another senior living company, with the ethos to redefine the senior living industry.

"The word Aegis (ee-gis) means to protect/support in Greek, and the idea is that we are supporting and protecting our residents, one of the most vulnerable populations," says Marketing Director Cindy Leung.

Aegis Living Greenwood comprises 96 apartments: 56 in assisted living and 40 in memory care. Marketing Director Nina Kral explains, "We can provide a wide spectrum of services from light assistance to end-of-life care. Our continuum of care means that as your needs change, you will be cared for with as little disruption as possible. Remain in the community surrounded by our team and nearby friends and family while receiving flexible levels of service. Our Health Services Director will partner with you and your family to create a daily care routine that is supportive of your individual needs."

Some of the services and amenities at the community include nursing coverage seven days a week, 24-hour certified care managers, designated memory care, all-day dining, concierge and transportation services, housekeeping and laundry services, fitness and massage therapy, music therapy, sports pub and game room, salon and barbershop, movie theatre, and rooftop lounge with outdoor terrace. And for animal lovers, it's also a pet-friendly community. Cats and most dog breeds are welcomed, and the other residents seem to enjoy them too.

Coming this fall, Aegis Living Greenwood will be hosting a series of informative Dementia Workshops for caregivers. To sign up or learn more, check out bit.ly/greenwood-dementia-event or call 206-436-3444. For general information, visit: aegisliving.com/aegis-of-greenwood-seattle



Dance Cardio & Strength Training For Every BODY

Phinney Neighborhood Ctr., Rm. 7
Mon, Wed, Fri 9:15 am; Wed 5:45 pm
206-225-6665; Jazzercise.com



Thinking of Selling Your PhinneyWood Home?

Learn how to sell your home fast and for top dollar at the **FREE 1hour** homesellers' class at the PNA

- How to establish the best sale price for your home
- What to do (and not do!) to get your home ready for market
- How to avoid inspecon pialls that will cost you thousands

Saturday @ 11 AM: 6/10 7/8 or 8/12
RSVP at PNAHomeSellers.com (or use QR Code)
or call **206-414-5400** and specify the date



Belonging. What does it mean to belong? We want to hear from you!

By Randi Luoto

Think of the last time you were asked if you belong. Likely, it was not long ago as many of us nowadays belong a lot: to a family, a sports team, a school, a political party, a business group, or a union. While some belong to many of these, others belong to but a few.

A theme running through this issue of *The Review* is belonging, which the dictionary defines as "being a member or part of" something. Experts at Mayo Clinic say belonging plays a role in mental and physical health. Belonging may help you live longer: people who feel they have support, something fostered by belonging, and do not feel alone, manage stress better, are more resilient, and cope better when times are tough.

So, if belonging is important, what does it take to belong? Again, Mayo Clinic experts offer this advice about how to join a group, be welcomed, and gain a sense you belong:

- Make an effort; be the first to begin a conversation. You can't belong by hanging back.
- Be mindful of others; think less about yourself and focus on the other person or group.
- Keep an open mind; try new activities and meet new people.
- Consider new ways of thinking. Practice an attitude of acceptance by recognizing that others may have different ways of being or thinking from you.

All of this got us to wondering: How do readers feel about belonging? And to what do they feel they belong?

Seeking answers, we asked around and found most people agree belonging is important and gave a variety of reasons why they think so.

Ying, a young woman enjoying lunch on a sunlit courtyard near Green Lake, offered this: "There are different levels of belonging. On a personal level, you belong to a family. But there are other levels too. Belonging implies a sense of inclusivity with a community. As a person of color, it's important for me to see myself represented in a community. And, there is a sense of belonging to ancestors and the land."

Now it is your turn, dear readers, what are your thoughts? Write and tell us how important it is to you to belong? What connections give you a sense of belonging, and which offer you the deepest sense of support and satisfaction?

Reply to us at the PNA with your thoughts about belonging. We will summarize your comments in the next issue of *The Review*. To submit your thoughts and comments, email us at pna@phinneycenter.org with ATTN: Readers Respond in the subject line, or mail us at Phinney Neighborhood Center, 6532 Phinney Avenue North, Seattle, WA 98103-5234, ATTN: *The Review*, Readers Respond.

Your responses are needed by Oct. 1, 2023 to be included in the Winter edition of *The Review*.

Kids' Corner

By Kathy Valencik

Whittier Kids Summer Camp

PNA Whittier Kids summer camp celebrated mid-summer with "Cardboard Carnival" week.

Kids worked in teams to build upcycled carnival booths and plan special events, including a photo booth and puppet show. On Friday, all the teams came together for a fun community carnival. It was great to see kids collaborate on team projects!

To get on a contact list for summer 2024 camp enrollment email whitterkids@phinneycenter.org.



Music Together
Chickadee Music Together

Contact us to visit a class!

Discover the joy of making music together with your family!
Phinney Ridge
NE Seattle · Ballard
chickadeemusic.com
(206) 334-8002

orcachildrenscenter@mail.com
Ages 18 months to 5 years

Orca Children's Center

- Creative, caring, committed teachers.
- Hands on learning.
- Value independence, family, community and diversity.

206-789-7648
6615 Dayton Ave. N., Seattle, WA 98103

YOUNG CHILD ACADEMY

NURTURING GROWTH THROUGH LITERATURE AND THE ARTS

PRESCHOOL AND PREK OPENINGS (3-5 YRS)

9218 Greenwood Ave N, Seattle WA 98103
info@youngchildacademy.com
youngchildacademy.com

grow TOGETHER

PHINNEY RIDGE 206 934 5441

#Togetherforbetter

LOVE YARN - LEARN TO WEAVE

Weaving is fun and affordable. Learn the basics and then weave scarves, towels, table linens and more!

Half-day classes in N. Seattle. Looms provided and no experience needed.

Heidi Ba CREATIONS
HeidiBaCreations.com
info@HeidiBaCreations.com
206-781-5566

Now enrolling! Apply today!

Kindergarten through 5th Grade

Why choose KapKa?

- 8:1 Teacher-to-Student ratio
- Experience-based curriculum
- Fostering joyful, empowered learners
- Lasting community & authentic connections

www.kapkaschool.org
510 N 49th St
Seattle, WA 98103
206-522-0350

KapKa COOPERATIVE SCHOOL
EST. 1989

PNA Village intern Simone Sylvester

Hello! My name is Simone, and I spent 8 months (October 2022 through May 2023) as a UW Social Work intern for the PNA Village. If you are not familiar with the Village, it is a great opportunity for older adults who live in NW Seattle. As a member of the Village, you can request help from volunteers for a huge variety of things! Need some help setting up your TV? Organizing your kitchen? Need a ride to the doctor? There might be a Village volunteer to assist you with that! Even if you're not sure about a request, you can always call and talk to one of the lovely and helpful Village staff in the office and ask.

One of the most rewarding experiences I had during my time at the Village was realizing that I was part of a truly caring organization committed to helping people improve their quality of life. In addition, I participated in two committees: the Connections Committee and the Advisory Council, both of which showed me very different sides of how the Village operates. Through the Connections Committee, I learned



Our wonderful volunteer at the PNA Village, Simone Sylvester. Thank you for your support!

how other committee members have different styles of connecting with people to build community. I most enjoyed laughing with this group and engaging them with wacky icebreaker

questions: "Say, do you think a hotdog is a sandwich?"

More importantly, I was able to take the lessons I learned about the Village and echo those values as I advocated for certain decisions in the Advisory Council meetings. Looking back, I realized that you can shape your place in the Village into virtually anything. Even as an intern, I knew there was no limit to what I could try – a mentality I would like to carry with me throughout the rest of my social work career.

During my time as an intern, I had the privilege of learning about the lives and passions of Village members. As I discovered more about the members of the PhinneyWood community,

I realized that Seattle has a long history and deep communal culture that is alive and well today. I am confident that this can largely be credited to the efforts of the PNA. It has been tremendously rewarding to witness how the PhinneyWood community comes to life. I wish that there were more organizations like the PNA in other areas because it is a beautiful sight to behold.

The PNA receives the support of many interns through UW and other organizations and benefits from their diverse backgrounds and varied experiences.

Women's Health Workshop Series
Supporting Women During Life's Transitions

Fortify Your Fertility
Sept 28th from 6:30pm - 7:45pm
at Ballard Acupuncture Center

Regulate Your Cycle
Oct 26th from 6:30pm - 7:45pm
at Ballard Acupuncture Center

Manage Your Menopause
Nov 30th from 6:30pm - 7:45pm
at Ballard Acupuncture Center

~TO REGISTER GIVE US A CALL OR GO TO OUR WEBSITE~

Ballard Acupuncture Center
206-491-7746 | www.BallardAcuCenter.com | 603 NW 65th St

WOODLAND PARK ZOO

BECOME A MEMBER TODAY!
zoo.org/membership

RED MILL BURGERS

67th and Phinney
Burgers for Everyone!
Beef - Veggie - Chicken
783-6362

RIDGEWOOD
• BOTTLE & TAP •

NEXT TO RED MILL BURGERS
WWW.RIDGEWOODBOTTLEANDTAP.COM

LUXE lighting company

FIXTURES
RESTORATIONS
FULL-SERVICE LIGHTING
REPAIR SHOP
CONSULTATIONS

Visit us
online
instagram

Ken's Market
Markettime Foods

Neighborhood markets
for over 50 years!

www.kensmarkets.com

Illuminati Learning Studio
www.ilskids.com
206.900.7452

Half day Preschool and Pre-K After School Arts School Year and Summer Camps

era living
Premier Residential Retirement Since 1987

Hook a Happy Home Loan
Purchase • Refinance
Homebuyer Education

Salmon Bay Community Lending

salmonbaylending.com | 206.789.8629

A division of Evergreen Moneysource Mortgage Company - NMLS 3182

©2020 Salmon Bay Community Lending a Division of and registered trade/service mark of Evergreen Moneysource Mortgage Company NMLS ID 3182. All rights reserved. Licensed under: Washington Consumer Loan Company CL-3182.

Find connection and joy
IN EVERYDAY LIVING

Era Living Retirement Communities help you stay engaged and connected — while covering the cooking, cleaning, care if you need it, and more.

Visit eraliving.com/joy to learn more

Locations in Broadview, Ravenna, Northgate, and Wallingford
Proud Sponsor of PNA Village



Volunteer

Help Wanted at the PNA

We love our volunteers! To sign up or learn more, visit phinneycenter.org/volunteer or email leannec@phinneycenter.org. Thank you for your interest!

LOCATIONS

GSC = Greenwood Senior Center
PC = Phinney Center

UPCOMING EVENT VOLUNTEER OPPORTUNITIES

phinneycenter.org/volunteer/events/

- **Phinney Farmers Market** (Fri, through Sept 29, PC upper lot)
- **Art Walk – the Big One!** (Fri-Sat, Sept 8-9, PhinneyWood)
- **Bite of PhinneyWood** (Sun, Sept 17, PC lower lot)
- **Paint the 63rd St Mural** (TBD September)
- **Back to School Bingo Karaoke** (Fri, Sept 29, GSC)
- **Yard Work Party for seniors** (Sat, Sept 30, GSC & NW Seattle homes)
- **Power of Community Benefit** (Wed, Oct 4, Ballard Elks)
- **Speed Friending Event** (Sat, Oct 14, GSC)
- **Halloween Bingo Karaoke** (Fri, Oct 27, GSC)
- **Día de los Muertos** (Sat, Nov 4, PC)
- **Winter Beer Taste** (Sat, Nov 11, PC)
- **Thanksgiving Meal** (Wed, Nov 22, GSC)
- **Thanksgiving Potluck** (Thurs, Nov 23, PC)
- **GloCone Lighting** (Sat, Nov 25, PC)
- **Winter Festival** (Sat, Dec 2 & Sun, Dec 3, PC)
- **Costume Jewelry Sale** (Wed, Dec 6, GSC)
- **Jingle Bell Bingo Karaoke** (Fri, Dec 15, GSC)
- **Christmas Meal** (Fri, Dec 22, GSC)

Donation Drives

phinneycenter.org/volunteer/collection

Costume Jewelry, Oct-Nov

Donate loved, but no longer wanted, costume jewelry at the GSC for our annual sale in December.

Hunger Goblin, Oct

Feed our neighbors by donating non-perishable food items at PNA sites and participating PhinneyWood businesses.

Giving Tree, mid-Nov to mid-Dec

Support local kids, seniors, families and neighbors in need through our virtual drive.

Donate Pies & other holiday-themed items, mid-Nov and mid-Dec Donate pies & other holiday-themed items for our annual Thanksgiving and/or Christmas meals at the Hot Meal Program.

GREATEST NEEDS

(*see below for more details***)**

- Board of Directors: community members passionate about the PNA, 4-8 hours/month
- Archivist or Library Scientist: help digitize & organize our many resources, flexible
- Hot Meal Program Assistant: weekly shifts on Mon, Tues and Wed
- Tool Librarian: shifts on Mon 5-7 pm; Sat from 8:30-11 am and 11 am-1:30 pm

ONGOING OPPORTUNITIES

Bake & Prepare Meals

phinneycenter.org/volunteer/bake-meals/

*****Help at the Hot Meal Program:** Help at the Hot Meal Program Prepare &

serve meals, set up & clean up on Mon, 4-7 pm at the GSC; Tuesdays, 2-5 pm or 4-7 pm or Wednesdays, 11 am-2 pm, at St. John Lutheran Church in Phinney.***

Treat Makers needed to provide delicious, homemade baked goods for GSC memory loss classes, mailing parties, events, and bake sales.

Donate Pies & other holiday-themed items for our annual Thanksgiving and/or Christmas meals at the Hot Meal Program.

Thanksgiving Potluck: Celebrate community and communal dining with the PNA! Volunteers needed to help set up & clean up. Thurs, Nov 23 at the Phinney Center. RSVPs (to eat and volunteer) 206.783.2244.

Board & Committees

phinneycenter.org/volunteer/volunteer-committees-board/

*****PNA Board of Directors:** Seeking community members who are passionate about the PNA's mission and vision to build community—we envision strangers becoming neighbors, and neighbors becoming a welcome and caring community.***

The Board is a group of community members who in addition to other activities, support financial oversight and leadership to help the PNA achieve its mission. Terms start in January. Generally 4 to 8 hrs/mo. phinneycenter.org/join-board/

• **Champions Committee:** Enthusiastic community members and passionate advocates of the PNA needed to support the PNA, our activities & fundraising events, our neighbors and community. Creative, energetic, connected team players desired.

• **Diversity, Equity, Inclusion & Belonging (DEIB) Committee:** Seeking community members interested in helping the PNA address racial inequity, structural inequality, unconscious bias, and systemic oppression throughout the PNA and our community.

• **Finance Committee:** Help oversee the PNA's budgeting and spending. Basic business knowledge and an understanding of budgeting and financial management needed. An accountant or financial officer would be especially welcome!

• **Site Committee:** Guides the maintenance and stewardship of the PNA's facilities and grounds. An architect, landscape architect, or mechanical engineer would be especially welcome.

PNA Village Committees: Bring your enthusiasm for the Village and expertise to the Volunteer, Membership/Marketing or Newsletter committees.

• **PNA Village Volunteer Committee:** Help with PNA Village recruitment events, volunteer appreciation, volunteer support, monitoring member needs, and outreach. Committee members must be active Village volunteers. 3rd Tues at 11 am, at the Greenwood Senior Center.

• **PNA Village Marketing Committee:** Represent the PNA Village at community events and show off the fun, intergenerational, and supportive spirit of the PNA Village. Meets online, 3rd Weds at 11 am.

• **PNA Village Newsletter Committee:** Produce a quarterly newsletter for Village members. Work with the team to determine and write, and layout content. Meets online quarterly.

Garden & Landscape

phinneycenter.org/volunteer/volunteer-gardening/

Yardwork Work Party Mailing List: Join our mailing list to learn about upcoming yard work parties!

Adopt a Garden: Help spruce up our grounds by adopting a garden or regularly performing a task (like weed whacking). Flexible schedule, occasional or ongoing and group opportunities available at the Phinney Center, Greenwood Senior Center, Whittier Kids, and Heart of Phinney Park.

Yardwork for Seniors: Adopt a local senior's garden and help with their yard work. Ideal volunteers will help 1-2+ times per month. Background check required, 6+ month commitment preferred (seasonal commitment also ok).

Kids & Seniors

phinneycenter.org/volunteer/volunteer-kids-seniors/

Provide local rides for seniors with the PNA Village. Your own vehicle and insurance required. Especially in need of drivers available during the work day and/or ok with dogs in your vehicle.

Play with Kids: Support school-age kids afterschool at Whittier Kids: play board games, art, gym/playground games, etc, at Whittier Kids. Weekly (or daily!) opportunities, between 2 and 5 pm, ideally through the school year (ends in June). Background check required.

Early Stage Memory Loss (ESML) Programming Team: Help create a dementia-friendly community through our weekly enrichment class, the Gathering Place. Volunteers converse with class participants, assist with writing and drawing exercises and other activities, help make reminder calls, and enjoy the company of our participants. Classes are Tuesdays (virtual) and Thursdays (in-person), 1-3 pm (you work 1/mo), with occasional meetings with our staff. Ideal candidates have some experience working with seniors or an interest in working with people with ESML, and are at least 21 years old. Background check required, yearlong commitment requested.

Subject Matter Experts: Do you talk about a subject to the point where your friends start to roll their eyes when you bring it up? We want you to talk about it at the GSC! And people will applaud afterwards! Now scheduling December through March.

Pen Pals Needed! Create connection via snail mail! Most often connecting a senior to a kid, or kid to another kid. Learn more & sign up: phinneycenter.org/pen-pal/

Maintenance & Handiwork

phinneycenter.org/volunteer/maintenance/

*****Tool Librarian:** Strong customer service and computer skills a must. Volunteers check membership status, check tools out and in, and collect donations. Some experience with tools helpful, but not required.***

Woodshop Steward: Supervise experienced shop users during open hours with a focus on safety and correct use of equipment and tools. 6-month commitment requested. Safety training and shop orientation provided.

Handy with a Hammer? Perform basic home repairs and maintenance for seniors living in their homes through the PNA Village.

Marketing & Outreach

phinneycenter.org/volunteer/volunteer-marketing-outreach/

Put Up Posters at local businesses and community buildings (like the libraries) in Phinney-Greenwood to help promote our upcoming events and classes. A great opportunity for students and young children with their parents. Flexible schedule.

The Write Stuff! We need writers with journalism experience to help write and edit articles.

Event Photographer: Have an eye for photographic moments and a camera to capture our events? Must have own camera and be able to deliver pics in a timely fashion.

Office & Admin

phinneycenter.org/volunteer/volunteer-office-admin/

GSC Weekly Receptionist: Greet and interact with seniors of all ages & backgrounds; strong customer service skills required. 4 hours weekly, 6-month commitment is requested.

*****Archivist or Library Scientist:** Find, sometimes digitize, and organize our amazing resources in a searchable way, with minimal oversight. Flexible schedule, but ideally will see project through to the end, PC.***

Technology

phinneycenter.org/volunteer/volunteer-technology/

One-on-One Tech Mentors: Help seniors and others learn how to use their smart phones, tablets, and laptops. Flexible schedule, 6-month commitment requested. Great for high school students looking for an ongoing position.

Help Wanted in the Community

Help **DNDA and Green Seattle** plant healthy forests in West Seattle. Volunteers needed Tue/Sat from 10 am to 12:30 pm. Sign-up at dnda.org/nature/

Transform the lives of people with disabilities at **Little Bit Therapeutic Riding Center!** Horse experience NOT required. littlebit.org/volunteer.

Special event & class instructor volunteers needed at **Loyal Heights Community Center**. Nick White: (206) 684-4052, nick.white@seattle.gov.



The Review

PHINNEY NEIGHBORHOOD ASSOCIATION
6532 Phinney Avenue North
Seattle, WA 98103

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT NO. 12699

TIME DATED
MAIL

ECRWSS
NEIGHBOR



REAL ESTATE FOR REAL LIFE

Seattle Realty Boutique specializes in rescuing busy families with changing needs by managing every moving part and finishing touch.

Is it time for you to outsource your stress and start your next chapter?

- Residential sales
- Relocation services
- Market education
- Investment property analysis
- Leasing and renting
- Residential project management



Gwyneth Cunningham Parmar
(734) 604-4147
gwyneth@seattlerealtyboutique.com
seattlerealtyboutique.com



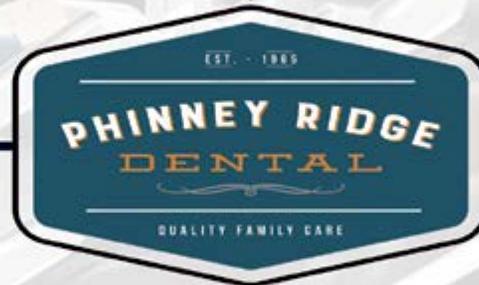
SEATTLE REALTY
BOUTIQUE
REAL ESTATE FOR REAL LIFE



CALL FOR DETAILS. CLAIM BY YEARS END!

\$750 OFF


invisalign®



\$500 OFF
IMPLANTS

206 782 8370

7109 Greenwood Ave N, Seattle, Washington, 98103
Monday - Thursday from 7am - 4pm

USE YOUR DENTAL INSURANCE BENEFITS BEFORE THEY EXPIRE!



SEATTLE JAZZERCISE

- High-energy, dance-based cardio to shed calories and grow confidence
- Workouts for every age & fitness level - including HIIT, strength, and low/no impact
- Find us at the Phinney Neighborhood Center & Baila District in Ravenna

SCULPT AND TONE YOUR MUSCLES IN THE ULTIMATE FULL-BODY WORKOUT.

SCAN A QR OR FIND US AT JAZZERCISE.COM

