

Stories and happenings for Northwest Seattle neighbors

APRIL 27, 2024

TOGETHER WE

SHINE

THE PNA'S ANNUAL  
SPRING FUNDRAISER

## Shine with us! Here comes the PNA spring fundraiser

By Jonathan Booker and Carrie Siapush

The PNA and the community have come a long way in the last few years. We're ready now to truly shine as one unified community and we're inviting you to be a part of making that happen.

Since we began in 1980, you've helped the PNA provide life-changing care for our community and helped us to build a greater sense of belonging for nearly 50,000 people a year. We're deeply grateful that you continue to invest in our community. Whether it's support for our senior neighbors, hot meals for our wider community, or fun events that bring us all together, we couldn't do this work without your partnership and trust. Thank you for helping our community shine.

This spring, we look forward to a fresh chapter in our collective journey at the PNA, and we invite you to make a gift today in support of the Together We Shine spring fundraising campaign. Here's how you can make a difference:

**Donate** by scanning the QR code to the right. Whether you're able to



give \$10 or \$1,000, your gift builds a stronger, more vibrant community.

**Join us on April 27** at Together We Shine: The PNA's Annual Spring Fundraising Event for a night of celebrations, food, games, and giving. Tickets are on sale now at [phinneycenter.org/shinepna](http://phinneycenter.org/shinepna) (Details on page 5)

**Make a legacy gift** – a way to protect what's important to you at the PNA. If you're interested in making a legacy gift and would like to learn more, please email [Development@PhinneyCenter.org](mailto:Development@PhinneyCenter.org).



- A legacy gift is a powerful way to ensure that your commitment to our neighborhood and beyond is cared for far into the future.

- Why now? The transition to a new season serves as a powerful reminder that legacies are built every day through intentional choices we make and the commitments we honor.

- Creating your legacy is straightforward with Free-Will's online tool, allowing you to designate a gift in your estate plan easily and at no immediate cost. Your future planning can become a powerful tool for change, securing resources for the PNA for years to come.



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### Director's Corner

## Spring 2024 – Together We Shine

*The Review* is published quarterly, providing a convenient way to mark and celebrate each season and, of course, to spotlight happenings within the PNA and throughout PhinneyWood. Last season—winter—we highlighted the various opportunities available to gather with others in your community, and I encouraged readers to find ways to connect through participating in a new or favorite activity. We are continuing that theme for this edition because our community still shines brightest when we come together!

In January, it was wonderful to see some of our members gathered at the PNA's Annual Meeting. PNA Board President Amy Williams-Derry issued a "call to connect" with three steps: 1st **Notice** what interests you – 2nd **Explore** where those interests and needs can be met – 3rd **Engage**

in at least one thing. "When we take these three steps, it leads to connections. And when we connect, we grow community." The business portion of the event included formally updating our bylaws and electing the 2024 board of directors. But most importantly, we got to meet new neighbors and connect with long-time friends.

For those who missed it, we also shared some highlights from 2023 and key initiatives for 2024. Of note for *The Review* readership is our new website and blog that launched at the beginning of 2024. Check them out at [Phinneycenter.org](http://Phinneycenter.org) and [phinneywood.com](http://phinneywood.com). We also emphasized that the work we do cannot be accomplished without financial and hands-on support from our community. THANK YOU to all our volunteers, members, and donors!

Christi Beckley,  
PNA Executive  
Director



This spring, look for ways to get involved with and support the PNA and your community. Here are a few ideas... Are you a PNA Member? Membership helps to improve your health! (more on page 2). Consider donating to the PNA or attending the Together We Shine Spring Fundraiser on April 27. Your participation will help us enhance our program offerings, broaden our outreach to even more community members, and amplify our impact. Become a volunteer! The PNA offers LOTS of opportunities. (full listing on page 19)

We also have a fun event and programming schedule planned this season. I look forward to seeing you around!

~ Christi

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**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, A. Coba, J. Gangler, M. Jurgensen, R. Luoto, C. Maykut, K. Rava, G. Semroc, C. Siapush, E. Szczech, K. Valencik.

**Ad Sales:**  
[Ads@phinneycenter.org](mailto:Ads@phinneycenter.org)  
[Phinneycenter.org/review](http://Phinneycenter.org/review)



## Being a member of the PNA will make you happier

By Emily Szczech

In the great city of Seattle, there lies an amazing neighborhood called Phinney-Greenwood. The neighborhood is not just a neighborhood; oh no, it is an interconnected community of members who support one another, celebrate together, and work together to build the amazing place we call home. At the heart of these efforts is the Phinney Neighborhood Association. Now, we all know that the Phinney Neighborhood Association is amazing and brings joy to the neighborhood, but did you know that being a member can 'actually' improve your health? According to our records and reports, these are the findings:

- Nine out of ten dentists may recommend Crest Toothpaste, but ten out of ten dentists say joining the PNA will improve your smile more than any lousy toothpaste can.
- In a study of 20,000 participants (the population size of the Phinney-Greenwood neighborhood), results show that after joining the PNA as a member, chances of any illness or being attacked by an orca went down by a miraculous 99%. Wow! Looks like you should also join as a member if you're not already.
- Unlike all those experimental drugs on the market, the only warnings on the PNA Membership label are: increased likelihood of running into friendly faces in the neighborhood, a greater sense of belonging, a growing urge to volunteer, and a chance to get more involved in community programs and events.
- According to the World Happiness Report, Finland may be the happiest country, but recent studies indicate that on a micro-community level, Phinney-Greenwood is the happiest neighborhood. They even went so far as to say the Phinney-Greenwood community puts Finland to shame. Harsh words from the World Happiness Report!
- After several local focus groups were conducted at an undisclosed local brewery, all participants agreed that "This beer is so good it makes me feel like I'm at a PNA event or volunteering."

Okay, okay. Some, maybe only a few, or all of these statistics are exaggerated... or completely fabricated. But the sentiment remains the same. Being more connected to your community is better for your mental and physical health. Through volunteering, attending events, and becoming a member of the PNA, you're getting more involved in your community. Making connections, friends, memories, and a sense of belonging is what makes living in an area feel like home. So, start your involvement today with the PNA by becoming a member! [phinneycenter.org/membership](https://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 Farmers 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](https://phinneywood.com), a daily news source that reports on district happenings in NW Seattle.

Across 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](https://phinneycenter.org)
- Subscribe to **email news**: [phinneycenter.org/signup](https://phinneycenter.org/signup)
- Visit our events and class **calendar**: [phinneycenter.org/calendar](https://phinneycenter.org/calendar)

### STAY CONNECTED

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

# Dragons in PhinneyWood

By Karla Rava



Dragons and celebratory drums descended on PhinneyWood for PNA's 2nd annual Lunar New Year celebration.

Back by popular request, the PNA hosted its second annual Lunar New Year celebration on Feb. 10 at the Phinney Center. Attendees enjoyed free admission and an afternoon filled with festivities.

Lunar New Year is one of the most important celebrations of the year among East and Southeast Asian cultures, including Chinese, Vietnamese, and Korean communities. Many cultures celebrate with gifts of money handed out in red envelopes. Red is considered a lucky color that can protect against misfortunes. 2024 is the Year of the Wooden Dragon. Wood represents vitality and creativity, while the dragon symbolizes success, intelligence, and charisma.

At this year's Lunar New Year event, the PNA was once again elated to see so many attendees. Cultural performances from LQ Lion Dance and Seattle Kokon Taiko dazzled onlookers with their colorful costumes and rhythmic showcases. Guests also got to experience the ancient tradition of lantern making and took them home as keepsakes. And finally, food galore—volunteers donated yummy dumplings and an array of Lunar New Year-inspired baked goods.

All in all, this Lunar New Year celebration brought the community together, and that in itself is good fortune!



Bura Na Mano Holi Hai! Usher in the spring with us on Mar. 30 for Holi! PHOTO BY GREG MAASS

## Holi Festival of Colors returns March 30

By Jonathan Booker

The PNA's colorful and vibrant Holi Festival of Colors event returns to the Phinney Center on Saturday, Mar. 30. The event brings over 1,000 people of all ages together to throw color powder, dance, and enjoy a variety of South Asian food and craft vendors.

While it has been celebrated in the Indian subcontinent for centuries, Holi is now recognized around the world. Traditionally, Holi invites in spring after the long, dark winter, symbolizing the triumph of good over evil. The PNA's event, now in its seventh year, seeks to center the community of people who traditionally observe Holi, while inviting in the entire community to engage, learn, and celebrate together.

The event offers a marketplace of vendors within Seattle's South Asian community, including a family craft booth hosted by Hindi Time Kids, chai from Jaipur Avenue Chai, Kathi Rolls from the ever-popular Spice Waala, and more. The feature of the event is the famous color-throwing session, where everyone tosses colorful powder into the air and onto each other while dancing to a blend of Bollywood, Bhangra, & EDM played by DJ KP. Aafsana Dance will also be performing and teaching a Hindi Film Dance workshop. Attendees should come ready to dance, have tons of fun, and get covered in colorful powder (Don't worry, it is easily washed out).

Advance tickets are required – no tickets will be available at the door. Check out [phinneycenter.org/holi](http://phinneycenter.org/holi) for tickets and details.

### DETAILS

#### Holi Festival of Colors

Sat. March 30, 2024

1 pm – 3 pm

Phinney Center: Lower Parking Lot (next to the Brick Building)

6532 Phinney Ave N

Tickets \$7 - \$14

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## 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**

 **AARP Tax Assistance**  
Fridays, February 2-April 12. Free.

Once you have compiled all the necessary paperwork to complete your return, call 206.297.0875 to schedule an appointment with the AARP volunteer tax preparers. While this service is free (such a bargain!), donations to the GSC are appreciated.

 **Fix-it Fair**  
Saturday, March 2, 11 am-3:30 pm. Free.

Bring your broken items to the Fix-it Fair. The PNA Fixers will diagnose and repair your item for free (parts may be extra) while also helping reduce waste in Seattle. At the same time, you can bond with the rest of your local community and learn something new by watching the repair. Typical items include heaters, sewing machines, waffle irons, blenders, mixers, electric bikes, extension cords, lamps, audio gear, and more. There are hardware stores nearby if you need to fetch parts. There is also a professional knife sharpener on hand, and we expect to have sewists to mend and hem clothing. The PNA Fixers meet regularly at Greenwood Hardware on the first Wednesday of every month, 3-6 pm.

 **33rd Annual PNA Wine Taste**  
Saturday, March 2, 7:30-10 pm. \$30-35.

Treat yourself to an evening of good wines and good friends. Enjoy ten tastes of local wines and appetizers. Then, stock up on bottles of your favorites from the "wine store," where you can buy wines from wineries and vineyards whose wine might only be available at the tasting rooms. Proceeds from the wine store and admission tickets benefit the PNA's programs for the community. Join us to celebrate Washington wine with friends, neighbors, and fellow wine enthusiasts! [phinneycenter.org/wine](http://phinneycenter.org/wine)

 **Humanities WA Talk: The Trickster in Politics and Culture**  
Wednesday, March 6. 1-2 pm. Free.

What do Loki, Banksy, Bugs Bunny, Thelionius Monk, Mae West, Yoko Ono, Raven, Eshù Elégba, and Muhammad Ali all have in common? Whether deity or human, all bring Trickster magic to our world. The Trickster, a character who animates and enlivens humanity's oldest stories, is frequently misunderstood. Wander with author Shepherd Siegel through the paradoxes, art, tricks, backfires, pranks, pratfalls, and messianic acts that together form this indestructible component of our collective psyche.

*Shepherd Siegel is an author and activist. He earned his doctorate at University of California, Berkeley, with studies in anthropology and special education. He is the author of Disruptive Play and Tricking Power into Performing Acts of Love. RSVP: 206.297.0875. Sponsored by Humanities Washington.*

 **Theatre Games (Improv) Series**  
Thursdays, March 7 & 21, 1-2 pm. Free.

Every time we listen and then respond, we improvise! Join new GSC Director, MJ Jurgensen, for a class full of creativity, play, and laughter. Theatre Games will be based in basic improvisational theatre technique. We will learn how to say "yes, and..." but most importantly, how to not take ourselves too seriously. All levels welcome! Register: 206.297.0875.

 **Short Format Story Writing**  
Thursdays, March 7-Apr 11, 4-5 pm. Free.

This series will explore several types of short fiction as we interrogate how, and why, we tell stories, and learn about the unique tenets of short fiction. With special emphasis on microfiction and creative nonfiction, come prepared to write and experiment, read and critique, learn and teach, as we grow our writing skills together. Writers of all levels welcome as we collaboratively establish a safe creative environment. Bring your preferred writing utensils. Taught by Emily Sawan, MFA. Register: 206.297.0875.

 **Panel Discussion: Which Local Retirement Home is Right for You?**  
Wednesday, March 13. 1-2:30 pm. Free.

Curious about your housing options? We are delighted to offer a Senior Housing Panel! We'll have representatives from independent living, assisted living, and memory care; as well as housing placement specialists. Housing placement specialists are unaffiliated with specific residences, and provide consultation and guidance on selecting the right housing fit for you. Don't miss this opportunity to learn about your options, ask questions, and plan ahead! RSVP: 206.297.0875.

 **Brass Rubbing: Medieval Art Workshop**  
Friday, March 15, 1-2 pm. Free.

During the medieval era in England, wealthy and powerful people began decorating their tombs with large brass plaques, replacing the traditional statues. Over the centuries, making "rubblings" on paper of these plaques became a popular pastime. Due to a generous donation, we have several reproduction brasses, lots of paper, and the special crayons used to create these rubbings. Fans of both art and history will have fun in this simple workshop. Registration required as space is limited: 206.297.0875.

 **St. Patrick's Day Concert**  
Sunday, March 17, 2-4 pm. Free.

Come join the All Present Song Circle and OK Chorale for a Leprechauns & Friends Concert! Enjoy a musical ensemble of singers and then stay for cookies, drinks, and socializing. RSVP: 206.297.0875.

 **Social Connections as We Age**  
Monday, March 25, 11 am-12 pm. Free.

Join Denise Malm, Social Worker and Geriatric Mental Health specialist, as she dives into the world of finding friends and community as we get older. Personal Safety Nets (PSN) and "social capital" play an impact in the growing issue of loneliness and isolation. Discover creative ways to build meaningful relationships and enhance connections to boost health and well-being. RSVP: 206.297.0875.

 **Social Connection Project Presents: Social Skills Workshop Series**  
4th Wednesdays, March 27, April 24, May 22.  
10:30-12 pm. Free.

You think your social life could be better. Maybe you've felt shy as long as you can remember. Your conversations have more awkward moments than you'd like. You want to make changes, but you don't know where to start. If this resonates with you, join us for a three-part workshop on improving your social skills lead by GSC staff Lisa Bakke, Therapeutic Consultant, and Teresa Tam, Social Connection Project Coordinator. The workshop will be based on *The Social Skills Guidebook: Manage Shyness, Improve Your Conversations, and Make Friends, Without Giving Up Who You Are* by Chris MacLeod, MSW.

March 27: *Tackling the Main Mental Barriers to Socializing*

April 24: *Developing Your Conversation Skills*

May 22: *Forming and Growing Friendships*

You are welcome to attend all or select workshops. RSVP to Teresa Tam at [teresat@phinneycenter.org](mailto:teresat@phinneycenter.org) or 206-531-0061.

 **Is Joining a Clinical Trial Right for You?**  
Wednesday, March 27, 1-2 pm. Online. Free.

 Curious about making a difference through clinical research? You're invited to a discussion on how people contribute to groundbreaking medical science – the benefits and the realities. Learn typical reasons why people choose to participate in clinical trials: service to others, payment for your time, along with access to specialized study-related testing and care. Understand the basics of the research process and what a typical screening is like. This discussion aims to help you make an informed decision that aligns with your personal needs and values. Presented by NW Clinical Research Center. RSVP: 206.297.0875.

Visit [phinneycenter.org/calendar](http://phinneycenter.org/calendar) for online listings

## EVENTS & ACTIVITIES

### **GSC** Wine 101

Friday, March 29, 4:30-6 pm. \$15.

Wondering what all the fuss is about or just want to be able to choose wine with more confidence? This is the class for you. An entry level class that assumes little to no prior knowledge, it's designed to give you a grounding in the six most common grape varieties and the styles they produce. We taste classic examples of each and discuss what makes them so popular. We also lightly delve into how to evaluate a wine, talk about the basics of the production process, and what influence this has on the finished product. Finally, we discuss how to serve a wine, covering such things as the importance of temperature and decanting. Registration required as space is limited: 206.297.0875.

### **PC** Holi Festival of Colors

Saturday, March 30, 1-3 pm, \$7-14.

Holi – “the festival of color” or “the festival of love” – celebrates spring, connection, and the triumph of good over evil. Celebrate this traditional Hindu festival with music, dancing, food, and color! Folks from all religions, cultures, backgrounds, and ages are invited to participate in this day of celebration. Tickets on sale at [phinneycenter.org/holi](http://phinneycenter.org/holi)

### **Wi-Fi** Death and Dying: Your Rights and Choices

Tuesday, April 9, 11 am-12 pm. Free.

This discussion will focus on how to ensure your end-of-life preferences are honored. Presented by the Final Exit Network. Contact Teresa Tam at [teresat@phinneycenter.org](mailto:teresat@phinneycenter.org) to register and obtain Zoom link.

### **GSC** Poetry Without Rhyme Class Reading

Wednesday, April 10, 2-3:15 pm. Free.

You are cordially invited to attend a free poetry reading given by writers who have participated during the last year in our Poetry Without Rhyme writing class. Join us for this poetry reading on a wide variety of topics. RSVP: 206.297.0875.

### **PC** CPR/First Aid/HIV Certification

Saturday, April 13 & May 11, 9 am–12 pm. \$55-65.

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 are issued at the end of class. Register at: [phinneycenter.org/ongoing-classes](http://phinneycenter.org/ongoing-classes).

### **C** Member Appreciation Meetup

Wednesday, April 17, time & location TBD

We love our members! And to show our gratitude we're buying you a drink. Mix and mingle with fellow members and build connections to foster community. More details to come, so keep an eye on your inbox!

### **GSC** Collecting vs. Hoarding

Friday, April 19, 1-2 pm. Free.

Hoarding behavior frequently interferes with normal daily functioning. This class will clarify the causes and symptoms of the behavior and will identify practical approaches to changing the behavior. Instructor Karen Kent is a retired geriatric mental health counselor who worked with people who hoard for 15 years. RSVP: 206.297.0875.

### **C** Self-Guided Forest Therapy Group

Tuesday, April 23, 1-3 pm. Meet at Woodland Park. Free.

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. Participants will be given instructions for an initial self-guided session, followed by a tea circle with a facilitated discussion about your experience. Contact Teresa Tam, [teresat@phinneycenter.org](mailto:teresat@phinneycenter.org) to register and receive detailed event location instructions.

### **GSC** Scarecrow Video Presents

Wednesday, April 24, 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. RSVP: 206.297.0875.

### **GSC** Humanities WA Talk: UFO Northwest: How Washington State Spawned the Men in Black

Friday, April 26, 1-2 pm. Free.

On August 1, 1947, the tragic crash of a B-25 bomber in Washington State triggered an FBI investigation of “The Maury Island Incident”—an infamous Northwest UFO sighting, and history’s first alleged encounter with the so-called “Men in Black.” Relying on FBI records, this talk exposes a Washington story that shapes our current UFO narratives, from 1950s pulp magazines to the ubiquitous X-Files and Men in Black film franchises.

*Steve Edmiston is a business and entertainment lawyer, and a film screenwriter and producer. He was the screenwriter and co-producer of “The Maury Island Incident,” a short film chronicling the true story of Harold Dahl and his alleged 1947 sighting of a UFO over Puget Sound. RSVP: 206.297.0875. Sponsored by Humanities Washington.*

### **PC** Together We Shine: The PNA’s Annual Spring Fundraiser

Saturday, April 27, 5-9 pm. Tickets start at \$80.

Join us for “Together We Shine,” our primary fundraising event for the year. This event features dinner and drinks, an auction, games, presentations, and so much more.

Our aim is ambitious: to raise \$110,000 to expand the reach and impact of our programs. Our mission is to foster an inclusive environment where everyone belongs. Your attendance at this event is crucial in making this vision a reality. Tickets on sale now at [phinneycenter.org/shinepna](http://phinneycenter.org/shinepna)

### **GSC** Spring Wreath Class

Tuesday, April 30, 1-2 pm. \$6 PNA Members/\$8 Public

Why should Christmas have all the fun? We'll make spring wreaths to brighten up our doors or walls. All supplies will be provided, but feel free to bring extra objects or decoration that feel “spring-y” to you. Registration required as space is limited: 206.297.0875.

### **PC** BPC & PNPC Gently Used Sale

Saturday, May 4, 9 am-1 pm, Free.

The BPC & PNPC Spring Gently Used Kids’ Gear Sale is your opportunity to snag some fantastic deals, and/or unload all that gear piling up in your closets while making a little money for yourself, the Ballard Preschool Co-op, and the Phinney Neighborhood Preschool Co-op. This sale offers amazing deals on quality, gently used clothes, shoes, toys, and gear—including pack and plays, cribs, car seats, strollers, maternity wear, and more!

### **PC** PNPC Spring Open House

Saturday, May 4, 10 am-12 pm, Free.

Phinney Neighborhood Preschool Co-op’s (PNPC) Spring Open House. If you are looking for a co-op, stop by to check out our classrooms and meet our teachers. Parent/Infant, Toddlers, and Twos are in the Red Room, located in the upper Blue building. Threes and Pre-K are in the Dragon Room, located in the lower Brick Building.

### **GSC** The Ins and Outs of Healthy Breathing

Monday, May 6, 1-3 pm. \$5.

We all breathe. Did you know that HOW you breathe affects stress, sleep, energy, brain fog, and more? Learn and practice some simple breathing and gentle movement that can help with all of these. Observe and assess your own breathing patterns. Includes a take-home hand-out. The instructor has been teaching gentle yoga for 14 years. This class draws from her specialized training combining yoga with Buteyko breathwork. Registration required as space is limited: 206.297.0875.



**PHINNEY RIDGE**  
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## EVENTS & ACTIVITIES

### **GSC Older Americans Month Movie Series**

Fridays, May 3, 17, 24 & 31. 1 pm. Free.

In honor of Older Americans month, we present this series of movies starring, and about, older people. RSVP: 206.297.0875.

#### **May 3: *Go Grandriders (2012)***

This documentary follows a group of 17 senior citizens as they embark on a challenging 13-day motorcycle tour around the island of Taiwan.

#### **May 17: *A Man Called Otto (2023)***

Otto is a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted Marisol, leading to an unlikely friendship that will turn his world upside-down.

#### **May 24: *A Love Song (2022)***

A widow bides her time fishing, birding, and stargazing at a rural Colorado campground as she awaits the arrival of an old friend on his own nomadic journey across the rugged West.

#### **May 31: *Been Rich All My Life (2006)***

This documentary pays tribute to the Silver Belles, former chorus girls from Harlem's Renaissance period who are still grooving on well into their 80s and 90s.

### **GSC Ageism-Free Birthday Card Workshop**

Friday, May 10, 1-2:30 pm. \$5.

Tired of birthday cards that treat the milestone of another year like it's a catastrophe? Us too! Come and make beautiful and funny cards with no ageism allowed. All supplies provided. Registration required as space is limited: 206.297.0875.

### **GSC Open Mic Happy Hour**

Friday, May 10, 4-6 pm. Free.

Bring your performing talents to our stage – vocal, instrumental, poetical, comedic, and dramatic. Expect snacks, drinks, and a friendly audience. RSVP: 206.297.0875.

### **GSC PNA Village Gardening Day**

Saturday, May 11, 8:30 am – 12:30 pm, GSC and NW Seattle Homes. Free.

Flowers are blooming, weeds are growing, and we need your help beautifying the yards and gardens of your elder neighbors before the growing season really kicks off! This is a great way to volunteer with your friends and families of any age, so be sure to bring your whole crew! We will split into groups of five and then head out to homes in NW Seattle. Each team will tackle two yards before heading home in time for lunch. Gardening experience is not necessary; you only need the desire to make a difference in the lives of others. Feel free to bring your favorite tools and gloves, and get ready to get your hands (and clothes) a bit dirty! Email [Village@phinneycenter.org](mailto:Village@phinneycenter.org), no later than May 4, to sign up or ask any questions.

### **GSC Engaging with Aging Discussion Group**

Mondays, May 13 – June 24 (no group May 27), 2-3:30 pm. Free.

Retired nurse and UW School of Nursing faculty Doris Carnevali began a blog at age 95. The blog became a book – *Engaging with Aging*, in which she shares her thoughts on aging and covers many different aspects of the aging experience, including detailed steps that she has taken to encourage her own positive aging. Join PNA Village volunteers Cathy Warms and Kitty Grupp for this six-week group, where we will read and discuss the many useful insights and strategies covered in the book. Attendees will receive a copy of the book. Registration is required as space is limited: 206.297.0875.

### **PC Garage Sale Day & Recycling Event**

Saturday, May 18, 9 am-1 pm. Free.

**C** Ready to clear out some clutter? Or maybe you are searching for that one-of-a-kind treasure? Either way, our Garage Sale Day is your time! Find garage sales galore around the PhinneyWood neighborhood and at the Flea Market in the PNA lower parking lot. Register by May 11 to participate as a seller in your yard or the Flea Market in the Phinney Center parking lot. [phinneycenter.org/garagesale](http://phinneycenter.org/garagesale)

### **C Nature Yoga: Stroll and Stretch in Woodland Park**

Monday, May 20, 10:30 am-12:30 pm. Meet at Woodland Park. \$7.

This walk engages all the senses and combines gentle yoga movements with strolling through nature. No yoga experience needed. Easy two-hour stroll with lots of stops to explore flowers, trees, and do gentle yoga stretching and breathing along the way. Mostly on the paths with some uneven terrain. Wear comfortable clothes and walking shoes. The instructor teaches gentle yoga, and was formerly a naturalist. Optional: Bring a snack and stay afterwards to chat and eat. Registration and prepayment required as space is limited: 206.297.0875.

### **GSC Dementia Friends Washington Session**

Wednesday, May 22, 1-2:30 pm. Free.

Learn about dementia, what it's like to live with dementia, and actions you can take to support people living with dementia in your community. This interactive educational session is not clinical but is designed to help you feel more equipped with basic information about dementia so that you can help raise awareness, reduce stigma, and be a Dementia Friend in your community. Facilitated by Kristen Oshyn, MSW. RSVP: 206.297.0875.

### **GSC Wine Pairing Basics**

Thursday, May 30, 4:30-6 pm. \$15.

You know the feeling: a special meal or dinner out, and you want everything to be perfect, but what wine should you pair with truffle gravy or Moroccan food? This class takes you through the basic principles of matching wine with food, giving you the confidence to explore by yourself and see what works for you. Samples of different foods will be provided as a way of illustrating the principles discussed. By the end, you should be able to look at a wine list in a restaurant and order with confidence. Registration required as space is limited: 206.297.0875.

### **GSC Rainbow Bingo Karaoke**

Friday, May 31, 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. Tickets go on sale at 10 am on May 1. [phinneycenter.org/bingo](http://phinneycenter.org/bingo)

### **PC Pride Rainbow Hop**

Saturday, June 1, 10:30 am- 1:30 pm. Free.

**C** Join us for Rainbow Hop, a vibrant celebration of Pride and LGBTQIA+ identity. This family-friendly event invites participants to follow the Rainbow Hop route through Phinney and Greenwood Avenues, enjoying an all-ages dance party, engaging activities at local businesses, and diverse performances. Simply follow the Rainbow Hop map, collect stamps at participating businesses, and after gathering six stamps, redeem them for free zoo tickets. Don your best Pride attire and join the parade as we celebrate our connected community! [phinneycenter.org/rainbowhop](http://phinneycenter.org/rainbowhop)

### **PC Farmers Market Opening Day**

Friday, June 7 – September 27, 3-7 pm. Free.

The Phinney Farmers Market brings farmers and fresh local produce to the Phinney Ridge-Greenwood neighborhood. 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!

## KING COUNTY SEED LENDING LIBRARY

Located at the PNA Tool Library

Fridays, 3-5 pm | 6615 Dayton Ave. N  
Saturdays, 9 am-1 pm | [kingcoseed.org](http://kingcoseed.org)

Bring seeds,  
get seeds



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SIX WEEKS OF SKILLS, PRACTICE,  
AND EMPOWERMENT!

THURSDAY EVENINGS @ PNC, 6:30-8:30  
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FOR SCHEDULE OR SCAN QR CODE:



**Strategic Living**

## 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, 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.

### **Recompose Tour**

Monday, March 11, Meet at the GSC at 10:30 am, Meet at Recompose (4 S Idaho St) at 11am. Free.

Recompose is the world's first licensed green funeral home specializing in human composting. We have the opportunity for a tour of the facility and time to get your questions answered about ecological death care. Due to distance from the GSC, we will either meet at the GSC to join a carpool, or meet in front of Recompose, in the SoDo neighborhood. Must register: 206.297.0875.

### **Brockman Memorial Tree Tour**

Friday, April 5, Meet at the GSC (10:30 am) or on UW campus (11 am) Tour will run 1.5 hours. Free.

This tour is an adaptation of the original Brockman Memorial Tree Tour designed by Professor C. Frank Brockman in 1980. Student Theodore Hoss, of the School of Environmental and Forest Sciences, will introduce you to a selection of some of the 480 different kinds of trees that live on the UW campus. Register: 206.297.0875.

## SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875.

### **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](mailto:gsc@phinneycenter.org).

### **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.

### **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

### **Haircuts**

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

Call for an appointment: 206.297.0875

### **Medicare Counseling**

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

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](http://insurance.wa.gov).

### **Financial Services**

1st Thursdays, 1-3 pm. Free.

Kyle 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 llc, a registered broker/dealer investment advisor and member FINRA/SIPC. Call for a free 30-minute appointment.

## MEMORY LOSS SPECIAL OFFERINGS

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

### **Poetry By and For Caregivers**

Wednesdays, Mar. 13 & 27, April 10 & 24, May 8 & 22. 1:30-3 pm. Online. \$48/series. Must pre-pay to attend.

Learn how poetry can provide a space for grief. Participants will read, write, and discuss how poetry helps us speak the unspeakable. Instructor Carla T. Griswold is a published poet, who, for eight years, has been giving care to, and writing poems about, her spouse and his journey through Alzheimer's. RSVP to Kristen Oshyn: [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org).

### **All Present Song Circle**

Mondays, 1-2:30 pm. (No April 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.

### **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 Kristen Oshyn, [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org).

### **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 Kristen Oshyn with any questions or to make an appointment, 206.297.0875.

### **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: [erikac@phinneycenter.org](mailto:erikac@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: [erikac@phinneycenter.org](mailto:erikac@phinneycenter.org).

### **NEW Living Independently with Memory Loss**

 2nd Wednesdays, 10:30 am-12 pm. 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](mailto: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.

## SOCIAL SERVICES & COUNSELING

### **GSC** Hot Meal Program

Mondays, 4-6 pm. GSC. Free.

**C** 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/](http://phinneycenter.org/hotmeal/)

Social worker **Kristen Oshyn**, MSW, directs our memory loss program and leads support groups at the GSC and online. To make an appointment, email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org) or call 206.297.0875.

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](mailto:lisab@phinneycenter.org) or call 425.416.0641.

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

### **Wi-Fi** 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 Kristen required before participation. Call 206.297.0875 for details.

### **Wi-Fi** 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.

### **Wi-Fi** 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 Lisa for details: [lisab@phinneycenter.org](mailto:lisab@phinneycenter.org).

### **Wi-Fi** 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 Kristen before attending: 206.297.0875.

### **Wi-Fi** 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 Kristen before attending: 206.297.0875.

### **Wi-Fi** 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 Lisa for details: [lisab@phinneycenter.org](mailto:lisab@phinneycenter.org).

### **Wi-Fi** 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. Contact Kristen to register: [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org).

## ONGOING GROUPS

### BOOK & DISCUSSION GROUP

#### **C** 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](mailto:gmensgroup@gmail.com).

#### **GSC** 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](mailto:arielb@phinneycenter.org).

#### **GSC** Technology Support Group

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

Bring your tech questions and your device(s) (e.g., iPhone, iPad, laptop) and we'll research solutions together online, followed by breakout groups to implement those solutions. Register at the GSC or by calling 206.297.0875..

#### **GSC** Spousal Loss Group

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

**Wi-Fi** 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.

#### **GSC** World Affairs Roundtable

1st Wednesdays, 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](mailto:globalstudycontax@gmail.com).

#### **GSC** Us Too Prostate Cancer Support Group

2nd (online) & 4th (GSC) Wednesdays, 6-8 pm.

**Wi-Fi** Free. Our group is a forum for patients and caregivers to learn about and discuss prostate cancer diagnosis, treatment options, side effects, and the life changes that affect us. We provide information and support for all stages of the cancer journey. For more information, contact Marty Chakoian: [marty@chakoian.com](mailto:marty@chakoian.com), 206-412-0571.

#### **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](mailto:2003birdlady@gmail.com).

### MUSIC

#### **GSC** Second Sundays Song Circle

2nd Sundays, 7 pm. GSC. Free.

Join us to share the joy of singing together. No expertise is required (staying in key is nice, but we're not perfect). We sing mainly folksongs, but you can hear anything at one time or another. Singing goes around the group in a circle. When it's your turn, you may choose to sing, request a song from the group or pass. We all join in on choruses or anything else we recognize. The group has been meeting for over 40 years. Presented in connection with the Seattle Folklore Society. For more info, contact Bruce Baker: 425.998.6134, or [songcircle@seafolklore.org](mailto:songcircle@seafolklore.org).

### MEAL PROGRAM

#### **GSC** 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.



Dance Cardio & Strength Training  
For Every BODY  
Phinney Neighborhood Ctr., Rm. 7  
Mon, Wed, Fri 9:15 am; Tues/Wed pm  
206-225-6665; [Jazzercise.com](http://Jazzercise.com)



## ONGOING GROUPS

### GAMES & CRAFTS

**GSC Art Club**  
Mondays, 3-4 pm. Free.

Join us for Art Club, a weekly opportunity to come together, enjoy coffee and snacks, and flex your creative muscles. Popular past projects include "Heart Soul" collages, shrinky-dink lucky charms, coffee filter macchias, and lithograph lanterns.

**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, 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. Please have some familiarity with Bridge basics.

**GSC Needle Arts Group**  
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**  
2nd & 4th Thursdays, 6:45-9 pm. Room 3.  
Free-\$5.

We meet the second and fourth 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.

**GSC NEW – Fiber Spinning Group**  
3rd Thursdays, 1:30-3:30 pm. GSC. Free.

Come sit and spin with us and join this social spinning circle. Bring your own wheel and fiber to spin, chat, ask questions, and get inspired. There's no formal instruction but beginner spinners are welcome.

**GSC American Sewing Guild – North Seattle**  
3rd Sundays, 1-3 pm. Free.

Is sewing one of your passions? The North Seattle neighborhood group of the Greater Seattle Chapter of American Sewing Guild (ASG) meets to discuss sewing topics. Interested sewists are welcome to attend two meetings; after that, we request you join the national ASG (\$60/year).

### STAY CONNECTED!

Sign up for GSC weekly email newsletter.  
Go to [phinneycenter.org/signup](http://phinneycenter.org/signup) or  
email [gsc@phinneycenter.org](mailto:gsc@phinneycenter.org)

## ONGOING CLASSES

### ARTS & CRAFTS

**GSC Watercolor Class**  
Wednesdays, 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.

**GSC Collage For Wellbeing**  
Friday, May 3, 9am-12pm. Free.

Access your own inherent wisdom and guidance. You will tap into your intuitive side, then create a mixed-media collage that reveals your inner wisdom. You will have the opportunity to journal about and share your creation with others. Collage is a powerful medium for self-expression that is accessible to all of us—no artistic experience needed! Must register: 206.297.0875.

### BE PREPARED

**GSC AARP Smart DriverTEK**  
Tuesday, April 9, 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, March 7 & 8, April 11 & 12,  
May 9 & 10, 9:30 am-2:30 pm. \$20-25.

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.

### MUSIC & DANCE

**GSC Line Dancing for All Levels**  
Thursdays, 10:15-11:15 am. \$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.

*Argentine Tango*  
instructors: TONY & ILANA

**Absolute Beginner's Class**  
Starting Tuesday,  
**June 25th**  
7:00PM-8:00PM  
GSC- 525 N 85th St

*Experience The Authentic  
Argentine Tango!*

[www.seattletango.com](http://www.seattletango.com) / [seattletango@hotmail.com](mailto:seattletango@hotmail.com)

## ONGOING CLASSES

### 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 online: [arielb@phinneycenter.org](mailto:arielb@phinneycenter.org).

PC

#### Hatha Yoga

Fridays, 10:30-11:30 am. \$5-6

GSC

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.

Instructor Marieke Slovin has been teaching yoga since 2015. She holds a 200-hour RYT in Hatha Yoga and a 500-hr RYT for Anusara yoga. (Meeting at Phinney Center Blue Building until April 12, before returning to the GSC.) Register: 206.297.0875.

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

#### Restorative Yoga

Wednesdays, 9-9:45 am. \$5-6

Restorative Yoga is practice for opening the heart, soothing the nervous system, and relaxing tension in the mind and body. In this 45-minute class, students will be guided into poses supported by bolsters, blankets, and blocks in order to experience complete relaxation. Enjoy soothing music performance while resting in each pose. Give yourself the gift of restorative yoga! Taught by Marieke Slovin. 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, 10:30-11:30 am & Wednesdays, 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. Register: 206.297.0875.

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 online: [arielb@phinneycenter.org](mailto:arielb@phinneycenter.org).



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## ONGOING CLASSES

### 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. [phinneycenter.org/calendar/spanish-for-intermediate-level-i-online-2/2023-12-18/](http://phinneycenter.org/calendar/spanish-for-intermediate-level-i-online-2/2023-12-18/)

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.



#### 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](mailto:arielb@phinneycenter.org).



  
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## PNA DIY HUB

### 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](https://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/](https://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](https://phinneycenter.org/woodshop)

### PC PNA Woodshop

dedicated to Bill Fenimore

Upcoming classes, workshops and events, please check <https://phinneycenter.org/woodshop> for event dates and times.

### Lumber Support Group

Spring Meetup: Calling all woodworkers and the lumber-curious! Lumber Support Group is a quarterly meetup organized by PNA Woodshop volunteers, but open and free to anyone with an interest in woodworking. Spring Meetup topic and date to-be-determined.

### Sharpen This!

Learn to put a fine edge on your woodworking hand tools. In this four-hour workshop, we will cover grinding, honing, and polishing via several popular media. Bring one or two items to class that you would like to sharpen.

### Make A Bow Saw

Start building your woodworking tool collection by making your own bow saw! A bow saw is the perfect hand tool for making curved cuts by hand. And there is no satisfaction like that of using a tool that you made yourself in two three-hour sessions. Materials provided.

### Build a Box

Make a small wood box for your precious tools or jewels in two three-hour sessions. Materials provided.

### Introduction to Woodworking for Kids

Kids, come learn how to work with wood and walk away with a project you can use and decorate! (e.g., owl box, small keepsake box - actual project TBD). Kids between the ages of 5-10 will work with hand tools (hand saw, twist drill, plane, screwdrivers, hammer). Parents are welcome to stay and help in this three-hour workshop. Materials provided.



Join us along the Rainbow Hop route on June 1! Start at the Phinney Center and walk up Greenwood Ave to celebrate PRIDE with local businesses.

## Rainbow Hop: the best event of the year!

By Chris Maykut

On Saturday, June 1, our neighborhood will be celebrating the 12th annual PhinneyWood Pride Rainbow Hop event throughout our business district. The PNA has a rich 40-year history of strengthening a sense of belonging in our community, which we help achieve through this beloved signature event.

The day will start with a free anti-bullying play put on by the Taproot Theatre. Last year's play, "Bugs!", was highly enjoyed by the families that attended and focused on teaching school-age children how to recognize, report, and refuse bullying behavior.

The rest of the festivities take place along the Rainbow Hop route between 87th and 67th streets on Greenwood Avenue. Over 50 businesses and organizations will take part by offering Pride-centric activities and crafts such as faux flower crowns, anti-bullying contracts, and temporary rainbow tattoos. Other activities include rainbow shirt tie-dyeing, face painting, Pride karaoke, and an all-ages disco dance party in the PNA Blue Building.

One of the most loved parts of the Hop is provided by our friends at Woodland Park Zoo. Kids who get their Rainbow Hop map stamped by six or more businesses can redeem them for a free ticket to spend the day at the Zoo. We are grateful for the Zoo's continued support of this event and commitment to an inclusive and vibrant community.

This event is brought to life every year with the generous help of over a dozen neighborhood businesses who sponsor it. Each year, the PNA takes 25% of those sponsorship dollars and contributes them to a local organization committed to diversity and equality. This year's recipient is PFLAG Seattle, a peer-to-peer support organization that ensures family members of LGBTQ individuals get the support they need in the way that best serves their needs.

Mark your calendar for this fun, joyous, beautiful, and welcoming event – it will put a broad smile on your face for the rest of the weekend!

## PNA TOOL LIBRARY



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# New Art Club and Artist in Residence at Hot Meal Program

By Amanda Coba

PNA's Hot Meal Program (HMP) is thriving with new kitchen leadership, a dedicated Social Services Engagement Manager, and the advent of Art Club!

The HMP is anchored by three weekly meals that exceed the average community meal. Each meal includes a hot beverage cart, snack cart, homemade soup, garden salad, main plate with two sides, and dessert. The kitchen is led by Chef Rachel Shevrin, who brings extensive experience in the world of community meals, strong organizational skills, and an eye for efficiency. A dedicated group of volunteers shows up each week to cook, serve, and clean, providing a full-service experience for our diners.

HMP's Social Service Engagement Manager, Bernadette, brings over 25 years of experience as a social worker. Bernadette uses her wealth of wisdom to support our guests in navigating complex bureaucratic systems toward the goal of healthcare, income, and housing for all.

PNA is investing in and envisioning HMP as capable of meeting more than basic survival needs—we believe HMP can be a place to foster connection, encourage creativity and collaboration, and offer radical hospitality to all.

Art Club is HMP's newest endeavor. Art Club meets twice a week before the meal to work on creative projects, enjoy snacks and coffee, and socialize. Since Art Club started meeting in October, our most popular projects include "Heart Soul" collages, shrinky-dink lucky charms, coffee filter macchias, and lithograph lanterns.

Art Club serves as a social glue, contributing to a more communal culture at the HMP. John, an HMP diner and Art Club attendee, shares, "People are talking to each other. As simple as—what colored pencils should I use? Simple as that but it's important."

Art Club regular, W, adds, "The art class has brought unity and community. It has helped people discover some things in themselves and others to appreciate. That matters a great deal."

In February, Art Club welcomed our first Resident Artist, Donna Tough'le Baker. Donna shared her passion for creating with recycled materials and traditional Native beadwork. Donna says, "Art is medicine. I've used it as therapy with my PTSD and I feel like it's so important to spread that to people who are in communities who don't have the means or have never explored art. I think it's so important to give them that gift."

To learn more about the Hot Meal Program and Art Club, visit [phinneycenter.org/hmp](http://phinneycenter.org/hmp)



Come visit the GSC! Daily lunch, activities, and fun-loving community await.

## GSC news and updates

By MJ Jurgensen

Happy Spring from all of us here at the Greenwood Senior Center! I write to you as the (still somewhat) new Director of Senior Programs. I joined the PNA Staff in November, 2023, after working as the Life Enrichment Director at Ida Culver House Broadview, a retirement and assisted living community in North Seattle. Prior to that, I have spent most of my career working in music, theatre, and teaching.

I had the pleasure of shadowing my predecessor, Cecily Kaplan, for several weeks before her retirement. I also had the opportunity to meet and get to know Carin Mack, beloved social worker and Memory Care Program Manager. Both Cecily and Carin have been pillars of the GSC and masters at calling in their community to connect; whether that be volunteering, joining a new discussion or support group, attending holiday events, engaging with The Village, or simply socializing and playing games in the lobby. We are continuing this lasting legacy of community building. As you imagine all the ways in which you are "called to connect" with your community, we invite you to the Greenwood Senior Center.

May is Older Americans Month; an opportunity to reflect on the contributions of older Americans to our society. In celebration, we here at the GSC are considering the importance of anti-ageism awareness. Gerontologist and author, Dr. Bill Thomas, says, "A lot of people, when they think about aging, think about what people can't do. Instead, we choose to focus on what people can do." Our seniors help dispel myths on aging every day here at the GSC. Be on the lookout for a positive aging birthday card-making workshop hosted by myself and Program Manager Ariel Burnett. Think: *Like a fine wine, only getting better with age*. Call the GSC to sign up for your spot!

So far in my new role, I have been spending plenty of time learning the ropes, but the most enjoyable part has been connecting with each of you. As I continue to settle in, I look forward to getting to know you more. Don't be a stranger... I love office visits, or sitting and having lunch together!

See you soon at the Greenwood Senior Center!

— MJ Jurgensen, Director of Senior Programs (they, them, theirs)

# Give Mom what matters most

By Randi Luoto

Mother's Day is not far off. In recognition, many will place a call to Mom, making it the busiest calling day of the year. A vast majority of Americans (84% in 2023, says National Retail Federation) celebrate the day, often spending hundreds of dollars.

**What will they buy?** Jewelry, special outings with Mom, and electronics top the list.

**When did this all start?** In the Middle Ages, churches encouraged those who had moved away to return to their "mother church," usually the biggest in the area, for a day of reunion and togetherness. Gradually, this practice became known as Mothering Day in Britain. In the US, Mother's Day began in 1908 when Anna Jarvis held a memorial service in recognition of her mother's work to organize women's groups and promote friendship.

In 1914, Congress set the second Sunday in May as a national Mother's Day. For years, folks sported a white or red carnation, depending on whether their mother was dead or alive. Some may be old enough to remember wearing a carnation on Mother's Day. I do. Interestingly, Anna Jarvis, who had worked so hard to get Mother's Day on the national calendar, later regretted it. She thought the day she had intended to honor mothers had become highly commercialized with the sending of cards, flowers, and gifts eclipsing the true meaning of the day. She worked tirelessly until her death to have it removed from the national calendar, with little to no success.

**What about now?** In the spirit of Anna Jarvis, we should honor Mom by giving her what matters most: continued independence, even as she ages, without leaning on her children for help. Most seniors prefer to remain at home, surveys show, not move from it, even as home chores become more difficult.

**PNA Village** helps seniors stay in their homes by assisting with home chores, free and upon request. Membership can give Mom continued independence as she gets help with yardwork, grocery shopping, rides to the doctor, and minor home repair, without troubling her children. Another idea: set up weekly phone calls or monthly visits to Mom by a PNA Village volunteer. It would almost seem buying Mom membership in PNA Village would be a gift from her children to themselves. Membership costs \$380 for a year of help. Now, how many cards, gifts, and flowers would provide such welcome benefit stretching across a full year?

Buy Mom membership in PNA Village at [phinneycenter.org/seniors/village](http://phinneycenter.org/seniors/village). Any who buy membership for Mom for Mother's Day will be sent a personalized card, welcoming her to membership, outlining the benefits, and ready to mail to her. To arrange, call PNA Village at 206-789-1217.



The PNA Village creates a strong and active intergenerational community that reimagines aging by offering elders opportunities combined with support to fully engage in this next phase of life.

*Happy Mother's Day!*

Visit our website at [phinneycenter.org](http://phinneycenter.org) for more information on all our activities.

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<b>Mar 9</b> Eilís Kennedy & Bill Coulter	<b>Apr 20</b> (TBA)
<b>Mar 16</b> John Reischman & the Jaybirds	<b>May 4</b> Whiskey Deaf
<b>Mar 23</b> Hanneke Cassel Band	<b>May 11</b> Hank Cramer
<b>Mar 30</b> Miles & Karina: "The Shakedown"	<b>May 18</b> Larry & Joe
<b>Apr 6</b> Kathryn Claire & Margot Merah	<b>Jun 8</b> Sturbaum, Wollenberg, Hoequist, (& TBA)

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# Check out our new renters directory

With the launch of our new website, we are excited to announce our new searchable Renters Directory!

Perhaps in conversation with a neighbor, you heard about a new yoga class. Or maybe you've seen a poster hanging up in a local business about a meetup and wondered where to find more information.

On any given day, our buildings are bustling with the comings and goings of several groups and individuals renting our spaces to gather, learn, meet, dance, sing, play music, exercise, rehearse, and practice.

Search our directory to find out how to enroll in that class or join that group.

Looking for kids' summer camp options? We've also included a list of groups that will be renting at the Phinney Center this summer in that directory.

Explore our searchable Renters Directory at: [phinneycenter.org/renters-directory/](http://phinneycenter.org/renters-directory/)

## Rare space available for rent at the historic Phinney Center

The Phinney Center is a historic landmark, formerly the John B. Allen Elementary school which opened in 1904, added the brick building in 1917, and officially closed in 1981. The PNA has a rare vacancy in the brick building which encompasses the entire north wing of the 2nd floor. The 3220 square foot space includes two large classrooms, a large open hallway, a kitchen/office area, a large restroom, and plenty of parking. The PNA is looking for a business or organization that is mission-aligned, that will help cultivate an inclusive community where every individual finds their place. Good matches for this space are schools, art studios, meeting/meetups, workshops, classes, and office space. You can see the full listing with all details by visiting the rentals section of our website: <https://www.phinneycenter.org/room-rentals/>. For more information or to book a tour, contact the PNA Rentals Team at [rentals@phinneycenter.org](mailto:rentals@phinneycenter.org)



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# 2024 PNA EVENTS

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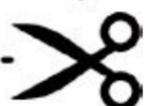
- March 2 - **Wine Taste**
- March 30 - **Holi Festival of Colors**
- April 27 - **Spring Fundraiser**
- May 18 - **Garage Sale Day**
- June 1 - **Rainbow Hop**
- June 30 - **Art Stroll**
- July 13 - **Summer Beer Taste**
- September 13 & 14 - **Art Walk**
- September 15 - **Bite of PhinneyWood**
- October 26 - **Hunger Goblin'**
- November 2 - **Día de los Muertos**
- November 9 - **Winter Beer Taste**
- November 30 - **GloCone Lighting Celebration**
- December 7 & 8 - **Winter Festival & Crafts Fair**



Full list of events: [phinneycenter.org/events/](http://phinneycenter.org/events/)



@PhinneyNeighborhoodAssociation



# Kids' Corner

## Whittier Kids response to the call to connect

We asked some of our Whittier kiddos to reflect on the phrase 'call to connect'. What does 'connecting' have to do with community or Whittier Kids?

Their responses came in the form of the Connections game, wherein players sort 16 words into four categories:

### HINTS:

The categories they chose are Community, Neighborhood, Love, and Belonging

One of the challenges of the Connections game is words overlapping into different categories. After trying their game out, we realized that too many of their words might overlap and confuse the players. But the kids said that it is okay, because "these words should overlap" and "everyone's answers are right for them."

So there are no wrong answers! See below (right) to compare your responses with the puzzle creators.

PEOPLE	FAMILIES	TEAMS	ACCEPTANCE
KINDNESS	HOUSES	HOME	FRIENDSHIP
FOOD	MARKETS	CELEBRATIONS	BEING KNOWN
GROUP	GARDENS	SHARING	HISTORY

Create four groups of four!

**ANSWERS:**  
 = people, kindness, food, group = **Community**;  
 family, houses, markets, gardens = **Neighborhood**;  
 teams, friendship, celebrations, sharing = **Love**;  
 acceptance, home, being known, history = **Belonging**.

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# Meet your local business owners

By Julie Gangler



**Gwyneth Cunningham Parmar** at Seattle Realty Boutique is ready to rescue your busy family by making your move as seamless as possible!



Decades of experience make up the paw-sitively amazing team at Phinney Ridge Cabinet Company.

## Seattle Realty Boutique Gwyneth Cunningham Parmar

• [seattlerealtyboutique.com](http://seattlerealtyboutique.com)

**Gwyneth Cunningham Parmar** had been a real-estate investor for years before managing her family’s move to Seattle from Chicago in 2014. Finding a rental remotely and relocating a family proved a real challenge. She realized she wasn’t alone – modern families have jobs, kids, and activities to juggle during the process of moving and getting reestablished in a new city.

“I recognized real-estate was changing,” said Gwyneth. “Clients don’t need their realtors to tell them what’s on Zillow, they need much more. Over several years, what began as my story evolved into a mission to rescue busy clients in the same boat. I wanted to help other families avoid an exhausting move. Rescuing busy families is my happy place.”

She established Seattle Boutique Realty in 2018. What makes it unique is that she offers a more personalized real estate service, supporting clients with a broader range of real estate needs. She manages everything in-house, preventing families from being overwhelmed.

“Whether a client is buying, selling, leasing, or renting a home, I build a long-term relationship with them,” said Gwyneth. “Clients have a holistic experience that encompasses relocation services, home updates, and expertise that supports their goals short- and long-term.”

“Every client has unique needs and wants. I help them identify what these are and focus on their priorities. I learn enough about my clients to create a ‘client lens’ so I can see potential properties through their eyes. Then I know what will work for them, and become their ally during one of life’s most significant chapters.”

On Mar. 15 at noon, Gwyneth will share her experience at a lunch-and-learn session at the Phinney Center. Learn how to get started in real-estate investing and house-hacking from her 12 years as a happy hacker.

For more information, visit: [seattlerealtyboutique.com](http://seattlerealtyboutique.com).

## Phinney Ridge Cabinet Company Tim Nolan

• [prcabinets.com](http://prcabinets.com)

In 2004, **Tim Nolan** made a major career switch from working in the tech field to starting a cabinetry business. Since then, Phinney Ridge Cabinet Company has served more than 1,100 clients, averaging 80 to 100 projects a year, in the greater Seattle area and occasionally beyond. June 4, the company will celebrate 20 years in business.

Phinney Ridge Cabinet Company is loaded with experience, including Tim Moser, senior cabinet designer, for 17 of those years, and Katelyn Broxson, kitchen and bath designer, for nine years. The team produces custom cabinets designed to make clients’ homes more functional, livable, and beautiful. The majority are for kitchens and bathrooms but also cabinets for any room in the home.

“We offer personalized cabinet design, exceptional quality, and a lifetime warranty,” said Tim Nolan. “Starting with a complimentary consultation, we learn what clients want and then create a detailed design specific to their needs. We work with two North American cabinet manufacturers that specialize in fine cabinetry and build to precise specifications. Then we oversee the delivery and installation of each cabinet order – and are available for support for the life of the cabinetry ownership.”

For Phinney Ridge Cabinet Company, customer service and community is paramount. “We pride ourselves on keeping clients informed every step of the way, and ensuring cabinets are delivered on time and to specification,” Tim said. “This has earned our company many referrals and much repeat business.”

Tim says the most rewarding part is getting to know the clients during this consultation-to-installation process. The team becomes friends with their clients, who drop by when in the neighborhood and often invite them to functions.

The company’s success is also reflected in the Houzz awards it has won. The annual Best of Houzz showcases top picks for design and renovation professionals in three categories: design, service, and photography. Phinney Ridge Cabinet Company has won the Best of Houzz Service Award repeatedly, most recently in 2023 and 2021.

For more information, visit: [prcabinets.com](http://prcabinets.com).

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# Business moves and changes

By Chris Maykut

- Husband-and-wife team Vince and Kathy have opened the second location of **Atulea**, a matcha and boba specialty shop, in the new Cypress Greenwood Apartments at 7006 Greenwood Ave. N.
- **Sophon**, a brand-new full-service Cambodian restaurant and bar, has opened in the old Carmelita, Hecho, and Martino's space at 7314 Greenwood Ave. N. **Oliver's Twist** owner Karuna Long, who pivoted the craft cocktail bar to a Cambodian restaurant during the pandemic, has realized a longstanding dream of creating homage to his family and his roots.
- The final facet of the Shared Roof Building on 70th and Greenwood has opened: Renee Erickson's new restaurant **Lioness**, an Italian-influenced, wine-focused, tapas-type establishment is sure to impress.
- Pete Sideris, who owned **Pete's Egg Nest** in PhinneyWood for almost 25 years, passed away Jan. 28 after a short illness. Pete and his wife, Voula, operated the restaurant from 1994 to 2018, making it an iconic neighborhood gathering place.
- The much-loved **G&O Family Cyclery** has been forced to close. Co-founder Davy Oil writes: "After over ten wonderful (and challenging) years, G&O Family Cyclery is shutting down. Thank you for a decade of adventure and progress and indeterminacy, Seattle."
- The snake-bitten **Angry Beaver** has closed temporarily because of a frozen pipe bursting and flooding "every inch" of the beloved hockey bar. Owner Tim Pipes has vowed to rebuild (yet again) and is asking the community for help to pay his employees during the closure.
- **Raíz** along the 65th St. corridor has closed after just a couple of years. This Mexico City-inspired spot has already become a new restaurant, **Ginger & Scallion**, the "Chicken Rice Specialist."
- The former Park Pub and Arc Restaurant space has been reborn yet again and is now **Kub Kao Kub Kam Thai** restaurant & bar.
- **Bakker's Fine Dry Cleaning** on Greenwood has suddenly closed, with the sign removed and space available for rent.
- The **Fiber Gallery**, your local knitting resource for wonderful yarns, is moving across the street to the former Phinney Ridge Animal Hospital at 8205 Greenwood Ave. N.
- Right here in PhinneyWood, we have two nominees for the 2024 James Beard Awards: Ben Campbell of **Ben's Bread Co.** (Outstanding Pastry Chef or Baker), and Renee Erickson (chef/owner of the new **Lioness**, 2024 Outstanding Restaurant nominee for The Walrus and the Carpenter in Ballard).
- Greenwood's **Dark Room** won Seattle Eater's Best New Bar of 2023 award, less than a year after taking over the former Teachers Lounge space.
- Kirstin and Yura Vracko, the "dynamic duo of non-alcoholic aficionados," have opened Seattle's first dedicated non-alcoholic bottle shop, **Cheeky & Dry**, in the heart of PhinneyWood at 6120 Phinney Ave. N.



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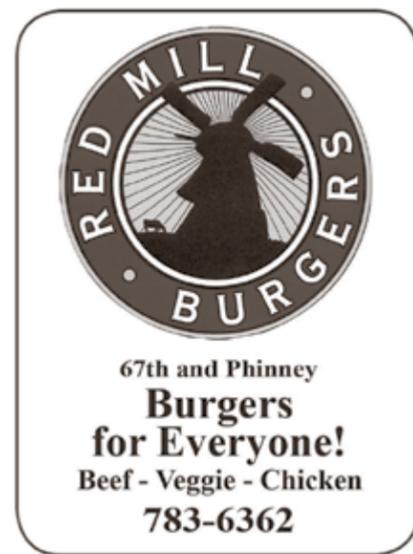
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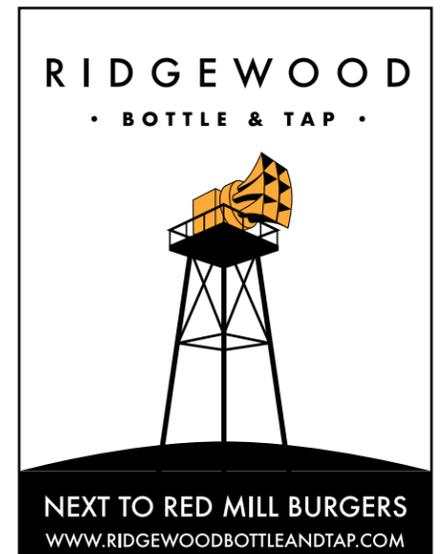
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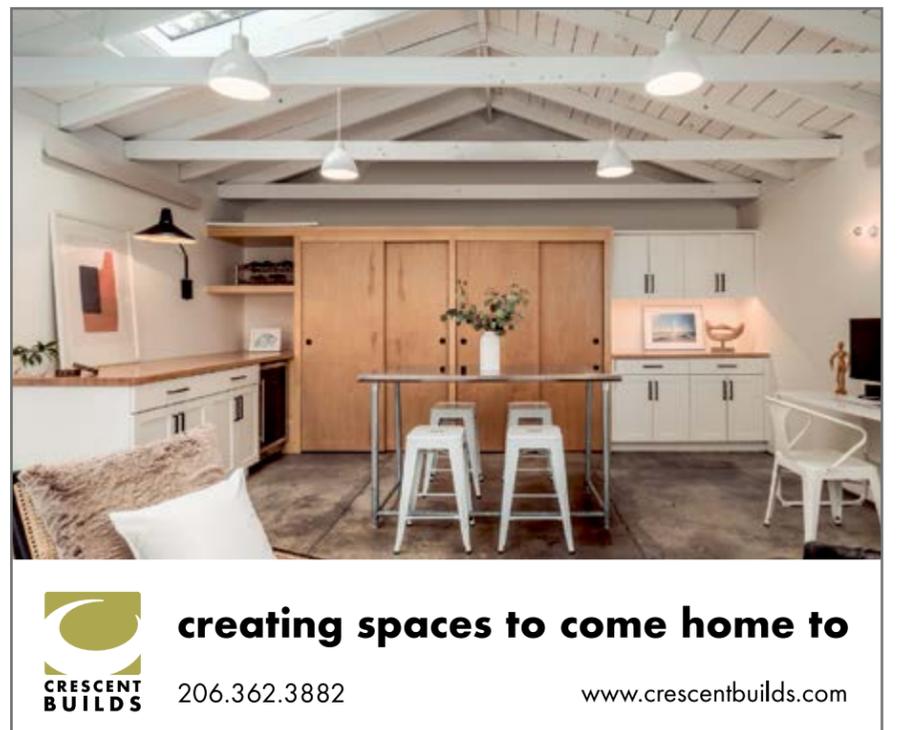
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# PNA mailing party extraordinaire!

By Emily Szczech



## PNA Village volunteers needed

**PNA Village Committees:** Bring your enthusiasm for the Village and expertise to the Volunteer, Membership/Marketing, Business Vetting, Social, 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. Meets 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 Wed at noon.

**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.

**PNA Village Business Vetting Committee:** Help find trusted vendors for our specific community of seniors. Ideal volunteers enjoy research, and are detail-oriented. Meets every other month, in person. Volunteer application and background check required.

**PNA Village Social Committee:** Plans and executes monthly events for the Village community. Meets 1st Thurs at 11 am at the GSC. Volunteer application & background check required.

Once a month, the dedicated mailing party team gathers at the Phinney Center. Their goal? To ensure that members of the PNA are notified when their memberships are going to lapse. The job is consistent, and the camaraderie is grand. Janice, Joni, Kim, and Paula meet every month to fold, seal, and stamp letters as their way to volunteer and help out at the PNA.

When asked what inspired them to volunteer with the PNA, the answers varied slightly but all shared one sentiment. Volunteering for the Phinney Center was a way to become more connected to the community and give back. Newly retired, Janice and Kim were also looking for a meaningful way to spend their time and support their community.

Pressing further, we wanted to know what their favorite thing is about volunteering. The initial resounding answer was...the fresh-baked goods! The membership manager likes to test out new sweet treat recipes, so volunteering with them means you're also unwittingly a volunteer baked treat tester. Jokes aside, the real favorite thing about volunteering is being able to get together with friends each month to chat while helping the PNA. Joni thinks that finding the right volunteer match can help you find friends, connect with the community, and even advance one's career!

The final inquiry we had for our lovely mailing party ladies was, what do you want potential volunteers to know as they consider volunteering for the PNA? Janice, Joni, Kim, and Paula are all dedicated volunteers and also spend their time helping out other organizations. The special thing about the PNA is that there are so many different ways to help that there's sure to be something for everyone! Paula also thinks that people at the PNA are so friendly and helpful and go the extra mile to help volunteers find the best fit.

Our mailing party volunteers are the backbone of our membership program, and we don't know what we'd do without them! A big thank you to Janice, Joni, Kim, and Paula. And a big thank you to all the dedicated PNA volunteers!

**Songs of Bill Davie**  
**a Benefit for the MS Society**  
 Sunday March 10, 2024, 3-5pm | PNA Community Hall 6532 Phinney Ave. N.

**TICKET INFO:**  
[tinyurl.com/BillDavie](https://tinyurl.com/BillDavie)

**FEATURING:**  
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 Orville Johnson  
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# Volunteer

## Help Wanted at the PNA

We love our volunteers! Together, we make our community better! To sign up or learn more, visit [phinneycenter.org/volunteer](http://phinneycenter.org/volunteer) or email [leannec@phinneycenter.org](mailto:leannec@phinneycenter.org). We have a new website, which allows you to filter volunteer opportunities by interests. In the event of a broken link, start at [phinneycenter.org/volunteer-opportunities](http://phinneycenter.org/volunteer-opportunities). Thank you for your support!

### LOCATIONS

GSC = Greenwood Senior Center  
PC = Phinney Center  
PW = PhinneyWood

## UPCOMING EVENT VOLUNTEER OPPORTUNITIES

[phinneycenter.org/volunteer/events/](http://phinneycenter.org/volunteer/events/)

Event specific volunteer shifts posted online about one month prior to event.

- **Wine Taste** (Sat, 3/2, PC)
- **Holi Festival of Colors** (Sat, 3/30, PC)
- **Yard Work Party** (Sat, 4/20, PC)
- **Spring Fundraiser** (Sat-Sun, 4/27-28, PC)
- **PNA Village Gardening Day** (Sat, 5/11, NW Seattle)
- **Garage Sale Day** (Sat, 5/18, PW)
- **Rainbow Bingo Karaoke** (Fri, 5/31, GSC)
- **Rainbow Hop** (Sat, 6/1, PW)
- **PhinneyWood Art Sale & Stroll** (Sun, 6/30, PW)

## GREATEST NEEDS

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

- **Gardeners & Groundskeepers:** one-time and ongoing, in Greenwood, Phinney, Ballard & more!
- **Office Support for the PNA Village:** Mondays or Thursdays, 10 am to 12 noon at GSC
- **Support the Volunteer Program:** 2-ish hours per week, Wednesdays or Fridays
- **Update Our Website:** create calendar events & update pages

## ONGOING OPPORTUNITIES

### Bake & Prepare Meals

#### Bake & Prepare Meals

Help at the Hot Meal Program Join the team of substitutes and sign up for shifts that work for you! Prepare and serve meals, set up and clean up. Meals at GSC (Mon) or St John Lutheran on Phinney (Tues and Wed). Valid food worker card required. [phinneycenter.org/volunteer/hot-meal](http://phinneycenter.org/volunteer/hot-meal)

**Treat Makers** needed to provide delicious, homemade baked goods for GSC memory loss classes, events and bake sales. Upcoming events include: Wine Taste on 3/2, ESML St Patrick's Day Concert on 3/16, Spring Fundraiser Dessert Dash on 4/27, and PNA Pride Party on 6/1.

**Coffee Maker:** Make cappuccinos, lattes, and Americanos, at the GSC, with our compact espresso (Magnifica XS by De'Longhi) machine for a regular coffee hour, weekly or monthly. Some flexibility in schedule, to be determined with our Program Manager.

## Board & Committees

**\*\*\*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 hours per month. [phinneycenter.org/join-board/](http://phinneycenter.org/join-board/)

- **Champions Committee:** Enthusiastic community members and passionate advocates of the PNA needed to support the PNA, our activities and 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.

## Garden & Landscape

**Yardwork Work Party Mailing List:** Join our mailing list to learn about upcoming yardwork 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 opportunities available. 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 (through the PNA Village) 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). Also, one-time yardwork party on Saturday, May 11, from 8:30 am to 12:30 pm.

**Yardwork party at Phinney Center!** Help us get a jump on spring and prune, weed and pretty up our grounds. Saturday, Apr 20 from 9 am to noon.

## Kids & Seniors

**Connection Rx Pilot:** Looking for seniors interested in helping other seniors connect through phone conversations! Training (via Zoom) provided, 6 to 8 week commitment, from 15 minutes to an hour each week. To learn more: Teresa Tam, Social Connection Project Coordinator, [teresat@phinneycenter.org](mailto:teresat@phinneycenter.org), 206-531-0061.

**Play with Kids!** Support school-age kids in the classroom: 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.

**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.

**Pen Pals Needed!** Especially in need of seniors to write to kids! [phinneycenter.org/pen-pal/](http://phinneycenter.org/pen-pal/)

**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 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.

## Maintenance & Handiwork

**Graffiti Busters:** Help keep our community mural on the 63rd Street underpass (and maybe more of PhinneyWood!) free of graffiti! We provide the materials & help you figure out the best plan of action, and you provide elbow grease to clean it up.

**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 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.

**Clean Machine:** Help keep our spaces clean and pretty by dusting and scrubbing.

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

## Marketing & Outreach

**Rainbow Hop Courier:** Saturday, June 1, from 10 am to 1 pm. In partnership with event lead, check in with 50+ participating businesses between 67th and 87th, help restock participating businesses with event materials: maps, stamps, and more. Must have cell phone, and either backpack or wagon. Two couriers needed.

**Put Up Posters** at local businesses and community buildings (like the libraries) in Greenwood-Phinney 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

**\*\*\*PNA Village Office Support:** Help the Village stay connected with our members! Strong communication and computer skills needed, especially to enter information into our database. Must also be comfortable on the phone. Monday or Thursday, 10 am to noon at the GSC.\*\*\*

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

**\*\*\*Volunteer Program Assistant:** Your keen eye for details and strong communication and computer skills needed to help make sure we have the right paperwork for the right volunteer positions, and record it in the right place! Experience with Salesforce a plus, tolerance/appreciation for dry humor very helpful. 2-ish hours per week, ideally on Wednesdays or Fridays at the GSC, but potential for remote work once trained. 6+ month commitment requested.\*\*\*

## Teach & Mentor

**\*\*\*Create Calendar Events for our website:** Experience with WordPress and Divi Builder ideal to create our many calendar events! Workload will likely fluctuate with quarters (coinciding with *The Review*).\*\*\*

**Share Your Passion!** Lead a class or group about something you really enjoy. Like helping others learn English, or helping older adults in movement classes? Or if you tend to talk about a subject to the point where your friends start to roll their eyes when you bring it up, come talk about it at the GSC! And people will applaud afterwards! Now scheduling June through August.

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

## Help Wanted in the Community

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

Special event volunteers: Spring Egg Hunt on 3/30 – needed at **Loyal Heights Community Center**. Nick White: (206) 684-4052, [nick.white@seattle.gov](mailto:nick.white@seattle.gov).

Help needed with concerts at the Phinney Center; make the music happen! **Seattle Folklore Society;** For info email [concerts@seafolklore.org](mailto:concerts@seafolklore.org)

Volunteer or host a drive with **Treehouse** to help support youth in foster care. Learn more: [treehouseforkids.org/take-action/volunteer](http://treehouseforkids.org/take-action/volunteer)

# The Review

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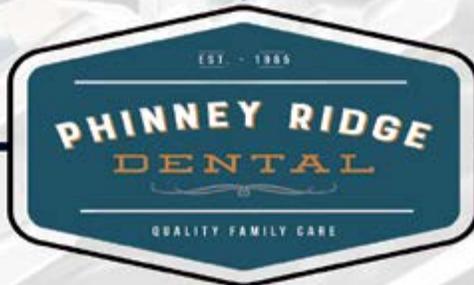
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