

## Stories and happenings for Northwest Seattle neighbors

### Celebrating 45 Years!

**A**s we celebrate our 45th anniversary in 2025, the PNA reflects proudly on our past accomplishments and looks forward to an exciting future. For 45 years, our organization has been driven by the simple yet powerful idea that every connection counts. Whether you're a long-time supporter or a new friend, being part of the PNA means being part of a vibrant, responsive, and united community.

This past year, our impact has been substantial. In 2024, our Senior Programming reached 3,110 unique participants. Highlights include our daily lunch program at the GSC, which served over 4,000 meals, and more than 120 one-time programs and events that enriched lives. Village Volunteers alone contributed 5,400 hours, providing essential support to older adults across NW Seattle.

Our commitment to youth and families has also been unwavering. Whittier Kids programs registered 761 participants, while 165 households engaged through the Ballard and Phinney Neighborhood Preschool Co-Ops. Meanwhile, the Phinney Center saw over 50,000 visits to the Blue Building from event attendees, renters, and program participants, underscoring the Center's role as a community hub. That's 11,000 more visitors than in 2023!

Responding to the needs of the community remains at the heart of our growth. The debut of the HMP Art Club has opened new avenues for artistic expression. We expanded our partnerships with local organizations like Jump on Languages, and welcomed new tenants such as Seattle Go Center and Piano Nobile. We also took a leadership role in the Memory Loss Zoo Walks at Woodland Park Zoo.



Looking ahead to 2025, our focus is twofold: building on our successes, and enhancing responsiveness. We'll continue offering high-quality programs, events, and volunteer opportunities while improving accessibility through better information sharing, signage, and creative outreach like the PhinneyWood BIA and the Signal Box Project.

**A strong membership is key to achieving these goals—our members are the heart of the PNA! Help us celebrate 45**

**years of impact by reaching 4,500 members for our 45th anniversary. Membership directly funds our programs, which is more critical than ever as community-focused organizations dwindle nation-wide. Strong communities make us thrive—so join today, check your status, or gift a membership!**

Here's to the past 45 years and to PhinneyWood!



## GREENWOOD SENIOR CENTER

525 N 85th St, Seattle, WA 98103 • gsc@phinneycenter.org • 206.297.0875

Established in 1977, the GSC is an inclusive community that provides social, physical, and educational activities focused on the needs of older adults. We work to fight isolation, build camaraderie, and enrich each other's lives. Our full calendar is on pages 3-6. **Adults of all ages are welcome.**

### HIGHLIGHTS

**St. Patrick's Day Concert**  
3/9, 2 pm.

**Acrylic Painting Class Series**  
3/11-4/1, 10:30 am. Free.

**St. Patrick's Day Luncheon**  
3/12, noon. \$5

**Poetry Without Rhyme Class Reading**  
3/ 12, 2 pm. Free.

**Invisible Histories: Uncovering Seattle's "Lost" Cemetery**  
3/18, 1 pm. Free.

**End of Life Planning Workshop and Counseling**  
3/19. 1 pm. Free.

**Orca Card Pop-Up**  
3/21, 1 pm. Free.

**Floriography: The Language of Flowers**  
3/26, 1 pm. Free.

**Brain Games**  
3/28, 1 pm & 4/25, 11am. Free.

**Fix it Fair**  
3/29, 1 pm. Free.

**Humanities WA Talk: Weird, Wonderful, and Worrisome Objects in WA State Museums**  
4/2, 1 pm. Free.

**What to know About Selling Your Home**  
4/3, 1 pm. Free.

**Dumpling Class with Karachi Kitchen**  
4/4, 2 pm. \$15

**Stuart Udell: The Politics of Beauty**  
**Movie and Q& A with Filmmaker John de Graaf**  
4/9, 1 pm. Free.

**Allergies and Asthma Talk**  
4/16, 1 pm. Free.

**UW Science Outreach Program Presentation**  
4/18, 1 pm. Free.

**Earth Day Craft Class: Painted Animal Dolls**  
4/22, 10:30 am. \$5-7.

**Scarecrow Video Presents: Some Like it Hot (1959)**  
4/23, 1 pm. Free.

**Off-Center Rock Band Concert**  
4/27, 2 pm. Free.

**Pentominos Workshop**  
4/30, 1 pm. Free.

**Ceramics Workshop**  
5/13 & 20, 10:30 am. \$30.

**Staying Safe with AI**  
5/14, 1 pm. Free.

**Norway Travelogue**  
5/16, 1 pm. Free.

**Open Mic**  
5/16, 4 pm. Free.

**Fibonacci's Flower Garden**  
5/28, 1 pm. Free.

### MEMORY LOSS PROGRAM

**Memory Café**  
Fridays, 1:30 pm. Free.

### SOCIAL CONNECTION PROJECT

**Connection Rx**  
Call for info: 206.531.0061

**Social Skills Practice Group**  
4th Thurs, 2 pm. \$5-7 pm.

**Social Solos**  
1st Thurs, 2 pm. Free.

**Speed Friending Ages 60+**  
5/21, 1 pm, \$5-7.

## PNA VILLAGE

### Helping members tackle spring home maintenance

By Randi Luoto

Spring has sprung! And with it, perhaps, a plumbing fixture or two in your home or yard. Winter can be tough on homes, often requiring an investment of time and money. If you're a senior facing home maintenance challenges this spring, consider joining the PNA Village.

The PNA Village is built on the idea of neighbors helping neighbors. The PNA Village banner—pictured below—pledges just that. Here's how it works: Some neighbors volunteer to help, while others receive assistance. Volunteers provide a valuable service and enjoy the satisfaction of helping, homes stay in better repair, and older adults can remain safer and more comfortable.

Home maintenance tasks that volunteers have helped with in the past include flipping mattresses, power washing decks, washing and rehanging curtains, organizing closets for donation, polishing cars, planting bulbs, pruning bushes, swapping out storm windows for screens, repairing fences, fixing leaky faucets, digging flower beds, and edging lawns. If you're facing similar tasks this spring, the PNA Village could be a great resource.

Visit [phinneycenter.org/village](http://phinneycenter.org/village), email [village@phinneycenter.org](mailto:village@phinneycenter.org), or call 206-789-1217 to speak with Rebecca or Jennifer about membership and volunteer opportunities. It's never been easier to lend a helping hand—or receive one—and be a good neighbor!

### JOIN THE PNA VILLAGE

Neighbors supporting neighbors



Friendship • Help • Community



Phinneycenter.org/village  
Village@phinneycenter.org  
206-789-1217

Inviting members  
and volunteers!

## OUR RENTERS

### Summer Camps at PNA: Registration Now Open!

By Georgette Semroc and Tricia Bentley

Summer camps are here, and registration is open! Every summer, there's a noticeable shift in energy in our buildings as our regular renters transition to summer camp programs. Children of all ages participate in a variety of activities, from coding and music to language learning and art.

Check out the list below and visit their websites for registration details:

- **Coding with Kids:** [codingwithkids.com](http://codingwithkids.com)
- **Girls Rock Math:** [girlsrockmath.org](http://girlsrockmath.org)
- **Jazz Camp with Michael Van Bebber & Jay Thomas:** [seattlejazzcamp.com](http://seattlejazzcamp.com)
- **Jump on Languages:** [jumponlanguages.com](http://jumponlanguages.com)
- **Little Hands Creations:** [littlehandscreations.com](http://littlehandscreations.com)
- **PNPC Dragon Room:** [phinneycenter.org/kids/pnpc/pnpc-summer-camp](http://phinneycenter.org/kids/pnpc/pnpc-summer-camp)
- **Illustration and Marker Coloring Classes:** [seattle-art-class.square.site](http://seattle-art-class.square.site)
- **Seattle Saxophone Camp:** [seattlesaxinstitute.com](http://seattlesaxinstitute.com)
- **Whittier Kids:** [phinneycenter.org/kids/wk/wk-summer-camp](http://phinneycenter.org/kids/wk/wk-summer-camp)

Don't forget to explore our **Renters Directory** to find more programs and services. Check it out at: [phinneycenter.org/renters-directory/](http://phinneycenter.org/renters-directory/)

We're grateful for our renters' support, as the income generated helps fund many of the programs the PNA is known for.

## Business Moves and Changes

By Chris Maykut

- **Childish Things**, a local children's resale boutique at 9776 Holman Road known for its commitment to sustainability and circular fashion, is entering a new chapter under new ownership. Long-time friends and business partners **Becky Neff** and **Tracy Babcock** have officially taken the reins of Childish Things, bringing with them more than two decades of combined experience in apparel and retail. Their shared passion for children's fashion, sustainability, and community has further established the shop as a must-visit destination for families seeking high-quality, pre-loved items in a warm and welcoming environment.
- **KAGS Group**, the team behind six successful Kiddie Academy locations across Greater Seattle (Bothell, Kenmore, Bellevue, Kirkland, Mill Creek, and Seattle's Queen Anne neighborhood), has announced its latest expansion: **Kiddie Academy of Seattle at Greenwood**. Located at 8701 Greenwood Ave. N., the 17,000-square-foot facility will feature 12 classrooms, three playgrounds, ample parking, and a full on-site kitchen serving nutritious meals. Prioritizing safety and cleanliness, the facility will also include advanced features such as

a **WatchMeGrow** camera system and a **Zonos** machine for toy sanitization, ensuring peace of mind for families.

- **Cheeky & Dry**, the first and only dedicated nonalcoholic bottle shop in the Seattle area, is celebrating its one-year anniversary. Nestled at 6120 Phinney Ave. N., this pioneering bottle shop has quickly become a beloved destination for Seattleites seeking the finest selection of zero-proof libations.
- **Verity Credit Union** closed its long-standing Greenwood branch in late December. According to a spokesperson for Verity: "This decision was made after carefully considering the branch network and member needs. As a purpose-driven financial cooperative, Verity Credit Union is dedicated to creating a positive social impact in the communities it serves. Verity has cherished its time in Greenwood and remains committed to supporting the community by investing in local initiatives and organizations that foster growth and empowerment."
- **The Bureau of Fearless Ideas**, a non-profit learning organization that inspires young people ages 6-18 to explore their creative voices through

writing, has announced it is closing its Greenwood location after nearly 20 years. While not a street-facing organization—nestled in the back of what used to be the **Space Travel Supply Co.** and the current **Pencil Box**—the Bureau plans to continue supporting the PhinneyWood community through in-school programming and potentially other options.

- The long-defunct **Lodge Sports Grill** location at the corner of 85th Street and Greenwood Avenue finally has a new tenant: **The Greenwood American Bistro**. The first restaurant from

**Model Restaurant Group** features a playful menu in a welcoming dining room, with seasonal ingredients that highlight the rich biodiversity of the Pacific Northwest.

- **Wombi**, housed in the former G&O Family Cyclery space at 8558 Greenwood Ave. N., is offering subscription-based e-bike rentals. With month-to-month subscriptions on three models of Tern e-assist cargo bikes, riders get unlimited use of their chosen model, access to a variety of accessories, insurance coverage, and all maintenance.



VOLUNTEER SPOTLIGHT

by LeAnne Chow

All aboard the internship!

The PNA is proud to partner with several organizations to support interns! Over the course of a year, social work students support the PNA Village and Memory Loss Programs, high school students help at Whittier Kids Summer Camps, and adults build their administration skills as they transition into a new career!

The PNA Village welcomes interns from the Seattle University School of Social Work annually from October through May. This year, we’re thrilled to have Maddy Norell, a first year Master of Social Work (MSW) student. Maddy plays a vital role in our community—warmly welcoming new Village members, assisting with orientations, connecting community members with valuable resources, and lending a friendly ear. Thank you, Maddy, for your dedication and the care you bring to the Village community!

The Memory Loss Program is pleased to host our first intern this year. Sophie Martin, an undergraduate social work student at UW, will be with us through May. She works closely with our social enrichment programs, researching and developing curriculum. Additionally, she works with and supports families in our memory loss community. We’re excited to have her on our team!

Summer interns have consistently supported our Summer Camp at Whittier Kids. High school students are paid through Teens in Public Service (TIPS) to bring their enthusiasm and fresh perspective to support the elementary-aged participants. In addition to helping the campers participate in artistic and athletic activities, interns have helped redesign calendars and materials, provided administrative support, served snack, cleaned and organized supplies, and showed genuine kindness and interest towards every child. We appreciate their efforts, and look forward to more summer interns!

Our Administration Team partners with new interns to help develop their skills and further their careers. In turn, the interns bring valuable energy, skills, and ideas to our front desk team. Administrative interns are typically paid through our partners, the YWCA and Seattle Youth Employment Program (SYEP), and their service length ranges from six weeks over the summer to nine months. We appreciate their positive attitudes, and the added capacity to provide excellent customer service. Interns have also helped with projects like updating our records, digitizing photos, providing event support. Shout out to our Admin Team interns and your wonderful work!

Thank you to our interns, partner organizations, and staff who collaborated to support the PNA and our community!

Learn more about PNA volunteer opportunities at [phinneycenter.org/volunteer](http://phinneycenter.org/volunteer).

PNA HOT MEAL PROGRAM

Robert’s Artistic Journey at the PNA’s Hot Meal Program

By Amanda Coba

Robert has been dining at the PNA’s Hot Meal Program for 20 years. A retired Teamster, Robert was a confident truck driver but had not explored his creative side.

When we started meeting for Art Club in October, 2023, Robert diligently showed up. He didn't consider himself an artist, but he understood the value of gathering intentionally as a community. Inspired by the group's energy, he began tinkering with found objects at home, assembling unique animal and human statues. His tinkering turned into something more serious, and we have watched as he transformed into a full-fledged artist—a papier-mâché sculptor who channels his essence into form. Eagles, birds, rabbits, a unicorn, and a dragon—Robert’s work is whimsical and truly unique.

Robert says, “I call it folk art. They’re within myself. My mind is like an artist’s but not really, because I don’t have formal training other than my life experience. It takes about two months per piece (working on multiple at a time), and not until the third or fourth week do I start to know what it’s going to be.”

He brightens our meal program with his sculptures. We’re continually inspired by the friends he brings in and the ingenious way he breathes new life into discarded objects and materials. His art is a gift to the Hot Meal Program community that has supported him throughout the years.

“The day I started Art Club, it dawned on me—I can actually do something nice for the people who are feeding me. They fed me when there was no other hope sometimes.”

His art has become a rallying point for Art Club. When Art Club participated in the Summer Arts Fest and hosted an indigo bath at the Phinney Farmers Market, Robert and his sculptures were there, drawing people in and uplifting all of us.

“They mean a lot, and every one is special because they’re all art. They’re not just art pieces; they come from my heart.”



KIDS PROGRAMS

BPC introduces program enhancements and community initiative

By Allison Lembo

Ballard Preschool Co-Op (BPC) is thrilled to announce a range of program improvements and a brand-new community program!

New in Winter 2025

**Outdoor Classes:** BPC is taking learning outside! BPC Mini Explorers (ages 0-2 years) and BPC Junior Explorers (ages 2-5 years) explore local parks like Carkeek and Golden Gardens. These caregiver-accompanied classes meet 1 day/week and offer unique learning experiences in nature.

**Family Afternoons:** BPC is fostering stronger community connections among its current and alumni families with weekly drop-in playdates on Monday afternoons. These gatherings provide a welcoming and familiar space for children to play and caregivers to connect.

Enhancing the 2025-26 Experience

- Infant Class time will adjust to **better accommodate varying nap schedules**
- 2s and 3-5s/Pre-K classes **extend their weekly hours**
- 3-5s/Pre-K Class is incorporating lunchtime, **fostering social interaction and cultural exploration**
- 3-5s/Pre-K Class has a **weekly off-campus outdoors class**
- Mixed Age Class moves to afternoon and expands age range (15 months - 5 years) to **better accommodate families' schedules**

Fostering Community Connections

BPC recently launched Ballard Bookworms, a new monthly community program offering FREE story time for children and caregivers!

- Kids make new friends and discover the joy of reading through engaging stories and play.
- Caregivers enjoy a recurring, free activity, and connect with other parents and caregivers.
- Support local businesses, explore the neighborhood, and celebrate early childhood education.

The next story time will be led by Teacher Katie on Sunday, March 9, from 10:30 to 11:30 am at the Ballard Branch - The Seattle Public Library (5614 22nd Ave NW, 98107). **Stay Connected!**

For monthly Ballard Bookworms reminders, contact [ballardbookworms@gmail.com](mailto:ballardbookworms@gmail.com). For more information about BPC or to enroll in the 2024-25 and/or 2025-26 school year, reach out to [bpc.registrar@gmail.com](mailto:bpc.registrar@gmail.com).

PNPC Families Honor MLK Day With Community Cleanup

By Rose Wolff

The Phinney Neighborhood Preschool Co-op (PNPC) community came together on Martin Luther King Jr. Day to give back to the beloved Phinney Center. Students, families, and teachers joined forces to beautify the grounds through trash pickup, sweeping, and general cleanup. It was a meaningful day of service and community action.

Interested in joining the Phinney Neighborhood Preschool Co-op? Enrollment for the 2025-26 school year is now open!



DIY HUB: COMMUNITY WOODSHOP

Our **community woodshop** is 100% volunteer-run, and we need your help! We’re looking for experienced carpenters or woodworkers to train new users and help supervise open hours. Right now, there’s a waiting list to access the shop, and more volunteers would mean more opportunities for everyone to create, build, and learn. If you have skills to share, and a little time to spare, we’d love to have you on board. Let’s keep our woodshop buzzing!

Interested? Reach out at [woodshop@phinneycenter.org](mailto:woodshop@phinneycenter.org) to get involved.



EVENTS & ACTIVITIES

GSC AARP Tax Assistance

Fridays, through April 11. 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.

C Ballard Bookworms Story Time with Ballard Preschool Co-op

Sunday, March 9, 10:30-11:30 am. Free.

Ballard Branch – Seattle Public Library

Calling all bookworms! Ballard Preschool Co-op (BPC) is thrilled to present its second monthly Ballard Bookworms story time, a free community program for children and their caregivers. Join Katie, one of BPC’s teachers, for a fun and engaging story time experience designed to spark a love of reading, and build connections within our community. Check the PNA’s online calendar for future monthly dates.

GSC St. Patrick’s Day Concert

Sunday, March 9, 2-3:30 pm. Free.

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

GSC Acrylic Painting Class Series

Tuesdays, March 11-April 1, 10:30 am-12 pm. Free.

Join us as we explore the world of acrylic painting! Learn about different types of brushes and color usage while you paint from references and from your imagination! Leave with finished pieces of artwork. No experience necessary, and all supplies are provided. Presented by Seniors Creating Art. RSVP: 206.297.0875.

GSC St. Patrick’s Day Luncheon

Wednesday, March 12, 12 pm. \$5

Celebrate St. Patrick’s Day with a delicious, Irish-inspired lunch, and entertain your dining companions with your gift of blarney. Wearing o’ the green encouraged. No snakes, please. RSVP by Friday, March 7: 206.297.0875.

PC CPR, First Aid & HIV Certification

Saturday, March 15, April 19, or May 17, 9 am-12 pm. \$60-70.

Learn essential first aid skills, including infant, child, and adult CPR, HIV and bloodborne pathogen care, and injury prevention, all while meeting L/I WISHA-WAC safety standards. This hands-on course, modified for COVID-19 safety, prepares you to handle emergencies like choking, cardiac arrest, and injuries, with certificates issued upon completion. Instruction by retired firefighter Ken Norris.

GSC Poetry Without Rhyme Class Reading

Wednesday, March 12, 2-4 pm. Free.

You are cordially invited to attend a free poetry reading given by poets who have participated during the last year in either the Monday or the Wednesday Poetry Without Rhyme writing class. Join us for this poetry reading on a wide variety of topics that will lead you to smile, reflect, and appreciate the creativity. RSVP: 206.297.0875.

GSC Theatre Games (Improv) Series

Thursdays, March 13 & 27, April 10 & 24, May 8 & 22, 1-2 pm. Free.

Every time we listen and then respond, we improvise! Join 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.

C Ballard Preschool Co-op Open House

Saturday, March 15 & April 5, 9:30-11:30 am.

Also May 10, 3:30-5:30 pm. Free.

Northwest Christian Church, 7503 18th Ave NW, Seattle

Come discover the magic of learning at Ballard Preschool Co-op’s Open House! BPC invites prospective families to tour our facilities, meet our staff and parent community, and learn about our engaging curriculum.

Help Wanted at the PNA / Volunteer opportunities

We love our **volunteers**! Together, we make our community better! See page 11 for volunteer opportunities.

To sign up or learn more, visit [phinneycenter.org/volunteer](http://phinneycenter.org/volunteer) or email [leannec@phinneycenter.org](mailto:leannec@phinneycenter.org). Thank you for your support!

LOCATIONS:

PC Phinney Center, 6532 Phinney Ave N, Seattle, WA 98103

GSC Greenwood Senior Center, 525 N 85th St, Seattle, WA 98103

C Out in the community; please check the address noted in the listing

Online meeting

GSC Invisible Histories: Uncovering Seattle's "Lost" Cemetery

Tuesday, March 18, 1-2 pm. Free

Experience the challenges and mysteries of what happened to the 3,260 people buried at the Duwamish Cemetery (aka Seattle’s Potter’s Field) when it was erased in 1912 for the dredging and straightening of the Duwamish River. Learn about this untold history from South Seattle while engaging with the themes of industrial growth, marginalized perspectives, and collective memory. *Carl Simson and Elke Hautala formed Invisible Histories to visually and viscerally connect the public to experiences from the past. Their Invisible Histories podcast unearths diverse local stories and forgotten places. They have been featured on media outlets, such as King 5 Evening, and presented for many organizations including the Pacific Northwest Historians Guild. invisible-histories.com. RSVP: 206.297.0875.*

GSC End of Life Planning Workshop and Counseling

Wednesday, March 19. 1-2 pm. Free.

Worry-Free Wednesdays presents a workshop to help you learn the four important steps that every adult should take to have their wishes known. Practical tips on health-care directives, Power of Attorney and more. Come get your questions answered. Limited individual counseling session available before the workshop. RSVP: 206.297.0875.

GSC Orca Card Pop-Up

Friday, March 21, 1-3 pm. Free.

During an in-person pop-up event, King County Metro representatives will provide assistance with getting a new Adult ORCA Card, getting a new Senior and Disabled Regional Reduced Fare Permit (RRFPs), replacing lost or damaged cards, and adding fare products and value to existing ORCA cards. They can also provide guidance on how to use your ORCA card, answer questions about the regional transit system, provide information about new Metro services, and listen to your feedback to share with Metro planners. RSVP: 206.297.0875.

PC PhinneyWood Holi Celebration

Saturday, March 22, 1-3 pm. \$7-15.

Celebrate Holi, the Hindu Spring festival of color, love, and the victory of good over evil, with a day of festivities including a powder-throwing area, dance music, and Bollywood performances. Enjoy Kathi Rolls, Chai, and arts & crafts. Advance tickets required. [phinneycenter.org/holi](http://phinneycenter.org/holi)

GSC Floriography: The Language of Flowers

Wednesday, March 26, 1-2 pm. Free.

A historical presentation chronologically exploring the many stories surrounding the symbolism of flowers and herbs. These examples range from ancient China, to the Middle East, to Victorian England, and beyond. RSVP: 206.297.0875.

GSC Brain Games

Friday, March 28, 1-2 pm & Friday, April 25, 11 am-12 pm. Free.

Wordle, Memory, Category games, and more. Test your ability and join for an hour of sharpening your cognitive skills. Space limited. Register for one or both: 206.297.0875.

GSC Bingo Karaoke

Friday, March 28, 7-10 pm. Tickets go on sale Feb. 28, 10 am.

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 Greenwood Senior Center. [phinneycenter.org/bingo](http://phinneycenter.org/bingo)

GSC Fix it Fair

Saturday, March 29, 1-4 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. The PNA Fixers meet regularly at Greenwood Hardware on the first Wednesday of every month, 3–6 pm. Questions: 206.297.0875.

GSC Connection Rx

Dates and times provided at registration.

Suggested donation: \$50 PNA Members/\$60 Public.

A six-week social fitness program for adults ages 55+ to increase level of social engagement, overcome challenges, and build meaningful connections. Contact Teresa Tam at [teresat@phinneycenter.org](mailto:teresat@phinneycenter.org) or 206-531-0061 for more information and registration.



## EVENTS & ACTIVITIES

### **GSC** Humanities WA Talk: Weird, Wonderful, and Worrisome Objects in WA State Museums

Wednesday, April 2, 1-2 pm. Free.  
Most museums display no more than 10 percent of their holdings, often citing “not enough space” as the reason. But there are also a wide range of cultural, philosophical, political, environmental, historic, and even superstitious reasons why museums keep some objects from public view. In this talk, explore a wide range of hidden objects found in the back rooms of museums in our state and around the country. (Examples include a Spokane institution that holds Bing Crosby’s toupées and a museum in Lynden that’s home to a 150-year-old pickle.)

*Harriet Baskas (she/her) is the author of nine books, including 111 Places in Seattle That You Must Not Miss and Hidden Treasures: What Museums Can’t or Won’t Show You.* Sponsored by Humanities Washington. RSVP: 206.297.0875.

### **GSC** What to know about Selling your Home

Thursday, April 3, 1-2 pm. Free.  
John Anderson and Riana Nolet from Anchor Real Estate are offering a free class on how to prepare for eventually selling your home. John will cover what repairs, if any, you should make upfront, when to sell “as is”, decluttering suggestions, strategies for how to buy a home before you sell, and the best timing to sell. John has been a real estate agent in Seattle for 20 years, has his Seniors Real Estate Specialist® (SRES®) designation, is a PNA Village recommended business, and as a 4th generation Ballardite, has a vast knowledge of NW Seattle neighborhoods and the local real estate market. Refreshments provided. RSVP: 206.297.0875.

### **GSC** Dumpling Class with Karachi Kitchen

Friday, April 4, 2-4 pm. \$15  
Karachi Kitchen owner and cookbook author Kausar Ahmed was always curious growing up about the cuisine brought by the local Afghan refugees to her home city of Karachi, Pakistan — similar but different, influenced by Pakistani flavors as well as those of China, Persia, and Central Asia. In this class, Kausar will share some history of Afghan cooking traditions as you make Aushak (Afghan dumplings from scratch, filled with leeks and scalions, and served with chunky tomato and beef sauce and a garlicky yogurt) We can also have a vegetarian option made with a lentil topping. Registration required: 206.297.0875.

### **GSC** Stuart Udell: The Politics of Beauty Movie and Q & A with Filmmaker John de Graaf

Wednesday, April 9, 1-3 pm. Free.  
Stewart Udall left a profound legacy of conservation and environmental justice as Secretary of the Interior during the Kennedy and Johnson Administrations. His social and environmental successes stemmed from his ability to bring together people with disparate interests and inspire them to achieve common goals. His example can serve us well today. Join us afterward for a Q&A with John de Graaf, award-winning documentary filmmaker (notably for popular PBS special *Affluenza*), author, and activist. RSVP: 206.297.0875.

### **GSC** Allergies and Asthma Talk

Wednesday, April 16, 1-2 pm. Free.  
Join Interim Health for this informative and science-based talk on how to manage your seasonal allergies and asthma. RSVP: 206.297.0875.

### **GSC** UW Science Outreach Program Presentation

Friday, April 18, 1-3 pm. Free.  
Join graduate student fellows with the Clean Energy Institute at the University of Washington as they present on a variety of frontier science topics. RSVP: 206.297.0875.

Dabble is a drop in art studio at 306 N 83rd Street, Seattle, WA 98103 [www.dabbleseattle.com](http://www.dabbleseattle.com)

**dabble**  
The Cure for  
**Monkey Mind!**

Memberships from  
**\$46**  
per month

Membership includes UNLIMITED ACCESS during drop in hours, USE OF ALL EQUIPMENT, DISCOUNTS and more! FIRST MONTH FREE!

All Ages Welcome!

**dabble**  
drop in, make art

### **GSC** Earth Day Craft Class: Painted Animal Dolls

Tuesday, April 22, 10:30 am-12 pm. \$5-7.  
Observe Earth Day by painting wooden representatives of woodland friends. Gift them to others to mark the occasion, or hold onto them to remind yourself of our interconnectedness with nature. Spaces limited – registration required: 206.297.0875.

### **GSC** Scarecrow Video Presents: *Some Like it Hot* (1959)

Wednesday, April 23, 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. *Some Like it Hot* (1959): Two musicians are forced to flee Chicago after witnessing a mob hit. Disguised as women, they catch a cross-country train with an all-female band, for the trip of a lifetime. Starring Marilyn Monroe, Tony Curtis and Jack Lemmon. RSVP: 206.297.0875.

### **GSC** GSC Suggests Movie Series

Fridays, April 25, May 2, 9, 23 & 30, 1-3 pm. Free.  
Isn’t it great when your favorite bookstore has employee suggestions? This is just like that, except with movies, suggested by GSC staff (and the PNA Village’s Social Committee). RSVP: 206.297.0875.

#### **April 25: Chef Trevor Suggests “Delicious” (2021)**

In the time before the French Revolution, a chef who was fired by the Duke who employed him is persuaded by a young woman to free himself from his position as a servant and open the first restaurant.

#### **May 2: MJ Suggests “Fried Green Tomatoes” (1991)**

Evelyn visits a nursing home and befriends resident Ninny. They bond over stories from Ninny’s past about two intrepid women at the Whistle Stop Café.

#### **May 9: The PNA Village Suggests “Edie” (2017)**

83-year-old Edie leaves her life behind and embarks on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland.

#### **May 23: Lisa Suggests “Living” (2022)**

In 1950s London, a humorless bureaucrat is inspired to experience life and leave a legacy after receiving a grim diagnosis. Optional discussion after the film.

#### **May 30: Teresa Suggests “The Station Agent” (2003)**

A loner with a passion for trains inherits an abandoned train station that he thinks will enable his reclusiveness. But he soon finds himself entangled with the lives of his neighbors. Optional discussion after the film.

### **PC** PNA Spring Fundraiser – Together We Shine

Saturday, April 26, 5-9 pm. Tickets \$100 and up.  
Save the date! Join us as we shine a light on 45 years of connecting community at the PNA. This is the PNA’s most significant fundraising event of the year. We invite you to experience the joy, delicious food, and community partnership as we work to raise \$145,000 to support the incredible work of the PNA. Let’s unite and shine even more brilliantly! [phinney.ejoinme.org/tws2025](http://phinney.ejoinme.org/tws2025)

### **GSC** Off-Center Rock Band Concert

Sunday, April 27, 2-3:30 pm. Free.  
Join us for a fun concert of classic rock, courtesy of the Off-Center Rock Band from Music Center Northwest. RSVP: 206.297.0875

### **GSC** Pentominoes Workshop

Wednesday, April 30, 1-2 pm. Free.  
Learn about pentominoes, unique shapes formed with square tiles, and use them to solve geometric puzzles! This hands-on activity exercises spatial reasoning and critical thinking through fun, tactile challenges. Puzzle and Tetris lovers are likely to enjoy this activity. Presented by Seattle Universal Math Museum (SUMM). Space limited – registration required: 206.297.0875.

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## EVENTS & ACTIVITIES

### **PC** BPC & PNPC’s Gently Used Kids’ Gear Sale

Saturday, May 3, 9 am-1 pm. Free.  
Looking to refresh your little one’s wardrobe or find amazing deals on gently used toys, strollers, and more? Don’t miss Ballard Preschool Co-Op (BPC) and Phinney Neighborhood Preschool Co-op’s (PNPC) biannual Gently Used Kids’ Gear Sale! Find high-quality clothing, toys, shoes, strollers, gear, maternity wear, and more – all at amazing prices. Arrive early for the best selections!

### **GSC** Ceramics Two-Part Workshop

Tuesdays, May 13 & 20, 10:30 am-12 pm. \$30.  
In this two-part class, you will first use clay to create the object of your choice; such as a mug, plate, vase, or small sculpture. The second class will be all about surface design – carving, painting, and refining your piece. Finally, it will be fired with a clear glaze so that your painting and design shine through. Space is limited; registration required: 206.297.0875.

### **GSC** Staying Safe with AI

Wednesday, May 14th, 1-2 pm. Free.  
Come learn about how to interact safely with artificial intelligence in your day-to-day life. RSVP: 206-297-0875.

### **GSC** Norway Travelogue

Friday, May 16, 1-2 pm. Free.  
Julie Gangler, GSC community member and travel writer, will take us to Norway via photos and stories of her adventures there. Register: 206.297.0875.

### **GSC** Open Mic

Friday, May 16, 4-6 pm. Free.  
Bring your performing talents to our stage – vocal, instrumental, poetic, comedic and dramatic. Expect snacks, drinks, and a friendly audience. RSVP: 206.297.0875.

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

Saturday, May 17, 9 am-1 pm. Free.  
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. Bring your shredding, donations, and hard to recycle items to the Recycling Event sponsored by Waste Management. Check the website to learn what items are accepted. [Phinneycenter.org/garagesale](http://Phinneycenter.org/garagesale)

### **GSC** Speed Friending Ages 60+

Wednesday, May 21, 1-3 pm, \$5 PNA Members/\$7 Public.  
Interested in meeting others in your community and making new friends? Speed Friending is a fun and fast paced way to meet new people in a way that dissolves awkward social barriers. Registration required. Contact Teresa Tam at [teresat@phinneycenter.org](mailto:teresat@phinneycenter.org) or 206-531-0061.

### **GSC** Fibonacci’s Flower Garden

Wednesday, May 28, 1-2 pm. Free.  
It has often been said that the Fibonacci numbers frequently occur in art, architecture, music, magic, and nature. This interactive investigation looks for evidence of this claim in the spiral patterns of plants. Is it synchronicity or divine intervention? Fate or dumb luck? We will explore a simple model to explain the occurrences, and wonder whether other number sequences are equally likely to occur. This talk by Jenny Quinn, Executive Director of Seattle Universal Math Museum (SUMM), is designed to be appreciated by mathematicians and nonmathematicians alike. So join us in a mathematical adventure through Fibonacci’s garden. RSVP: 206.297.0875.

**SR**  
STACEY L. ROMBERG  
ATTORNEY AT LAW

10115 Greenwood Ave. N., PMB #275, Seattle, WA 98133  
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[www.staceyromberg.com](http://www.staceyromberg.com)  
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### **GSC** Rainbow Bingo Karaoke

Friday, May 30, 7-10 pm. Tickets go on sale April 30, 10 am.  
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 Greenwood Senior Center. [Phinneycenter.org/bingo](http://Phinneycenter.org/bingo)

### **PC** Phinney Farmers Market

Fridays, June 6-September 26, 3-7 pm. Free.  
The PNA partners with the Seattle Neighborhood Farmers Markets, a community-based nonprofit which brings Washington State farmers into the city to sell their farm-fresh produce. Enjoy your Friday afternoons at the Market, which runs seasonally June through September! Grab dinner or a snack, listen to live music, and get your fresh produce and other goodies for the week.

### **C** Pride Rainbow Hop

Saturday, June 7, 10:30 am-1 pm. Free.  
Celebrate Pride and community at the PNA’s Rainbow Hop, a family-friendly, multi-generational event along Greenwood Avenue from 67th to 87th. Enjoy Pride-themed crafts, activities, and performances at participating businesses, dance at the all-ages party in the PNA Blue Building, and collect stamps along the route to redeem for free Woodland Park Zoo tickets. Join us in fostering inclusivity, diversity, and belonging in Northwest Seattle! [Phinneycenter.org/rainbowhop](http://Phinneycenter.org/rainbowhop)

### **PC** PhinneyWood Summer Arts Festival

Sunday, June 8, 11 am-5 pm. Free.  
Celebrate art, culture, and community! Explore the creativity of over 80 local artisans, enjoy live music, a beer garden, kids’ activities, and hands-on workshops for all ages. Don’t miss this vibrant celebration of local talent and unique finds! [Phinneycenter.org/artsfest](http://Phinneycenter.org/artsfest)

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

**SUMMER CAMP PROGRAMS AT THE PNA**

- Coding with Kids
- Girls Rock Math
- Jazz Camp
- Jump on Languages
- Little Hands Creations
- PNPC Dragon Room
- Illustration & Marker Coloring
- Classes
- Seattle Saxophone Camp
- Whittier Kids

**KIDS SUMMER CAMP!**

Summer camps are here, and registration is open! Every summer, there’s a noticeable shift in energy at our buildings as our regular renters transition to summer camp programs. Children of all ages participate in a variety of activities, from coding and music to language learning and art.

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## TRIPS & OUTINGS FOR SENIORS

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.

### Kraken Community Iceplex Tour

Tuesday, March 11. Meet at GSC at 9:30 am.  
Bring bus fare and lunch \$.

We will be traveling to Northgate to take a guided tour of the Community Iceplex that has changed the face of the area. Once we're done, we'll grab lunch before returning to the GSC. Registration required: 206.297.0875.

### Seattle ARTS at King Street Station Tour

Friday, March 28. Meet at GSC at 10 am.  
Bring bus fare and lunch \$.

Did you know that King Street Station has a top-floor arts space and gallery, as well as an Amtrak station? We will travel down to the International District to visit the nearly 120-year-old building and meet the curator of the Seattle ARTS space to hear about their unique city-run program. After time to check out the art, we'll get lunch in the neighborhood. Registration required: 206.297.0875.

### Arboretum Guided Walking Tour: Spring Theme!

Tuesday, May 6. Meet at the GSC at 9:30 am. \$13.  
Bring bus fare and lunch \$.

Let's celebrate Spring with a seasonal walking tour of the Arboretum. Featuring rhododendrons and magnolias in peak bloom! Lunch in the U District to follow. Registration and pre-payment required. 206.297.0875.

### Ride the Light Rail: SeaTac Airport and Columbia City

Thursday, May 29. Meet at the GSC at 10 am.  
Bring bus fare and lunch \$.

Would you like to be able to avoid getting a taxi or asking someone to give you a ride to the airport? Are you curious about taking the light rail to SeaTac but are worried about using it for the first time on the day of your trip? Would you like help learning how to navigate getting from the station to your gate? We'll do a guided practice run to the airport, with a stop in Columbia City for lunch on our return journey. Registration required: 206.297.0875.

## SOCIAL SERVICES

### GSC Hot Meal Program

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

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

## SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875.

### GSC Chair Massage

1st and 3rd Mondays. Call for an appointment.  
Donations accepted.

Take a break and relax with a 15-minute massage from massage therapist Bill Ames. Only one massage per customer, per month, please.

### GSC Community Acupuncture Clinic

2nd Fridays 10 am-12 pm. Call for an appointment.  
\$35-40.

Affordable, gentle, and effective treatment in a group setting with Olivia Granach, LAc, AEMP. You'll remain fully dressed. Just wear loose clothing and expose your lower arms and lower legs. Pain, anxiety, depression, insomnia, headaches, digestive upset, menopause, chemo and radiation recovery, limited mobility, and much more can be treated. Acupuncture uses small, thin, single-use sterilized needles to stimulate pathways in your body to improve circulation and increase healing. Call for appointment: 206.297.0875.

### GSC Minor Computer Repair

By appointment only. Free.

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

### GSC Foot Care

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

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

### GSC Haircuts

2nd and 4th Tuesday of each month, 1-4 pm. \$15.  
Call for an appointment: 206.297.0875

### GSC Medicare Counseling

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

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).

### GSC Financial Services

1st Thursdays, 1-3 pm. Free.

Kylie 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.

## SOCIAL SERVICES & COUNSELING

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.

### Early-Stage Memory Loss Support Group

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.

### Parkinson's Spouses

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

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

### Senior Parents of Adult Children with Mental Illness

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

Explores resources, education, and coping skills related to mental illness, alcohol, and addiction problems. Contact Lisa for details: [lisab@phinneycenter.org](mailto:lisab@phinneycenter.org).

### ESML Caregiver Support Group: Spouses

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

Monthly group for any spouse who is a caregiver of someone with early-stage memory loss (ESML). New participants must contact Kristen before attending: 206.297.0875.

### 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.

### 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).

### Advanced Dementia Spousal Caregiver Support Group

1st 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).

## MEMORY LOSS SPECIAL OFFERINGS

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

### PC Memory Café

Fridays, 1:30-3:30 pm. PC Blue Building. Free.

Weekly social gatherings on Fridays for people living with memory loss and their family and friends. There will be laughter, movement, music, and light nibbles. Contact Erika Campbell at [erikac@phinneycenter.org](mailto:erikac@phinneycenter.org) for more information.

### GSC 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.

### GSC Reignite the Mind with Improvisation and Play

2nd Tuesdays, 11:45 am-12:45 pm. \$10/drop-in.

Free for care partners.

Improv students engage fully in the present moment, making improv a perfect theatre class for individuals with Early-Stage Memory Loss (ESML). There is no memory requirement, just the delight of participating in a creative experience that releases the imagination while giving a sense of accomplishment, self-confidence, and social enrichment. Register: [reignite@taproottheatre.org](mailto:reignite@taproottheatre.org).

### GSC ESML Community Service Group

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

Come join others to make a positive impact on the community. We'll be assembling hygiene and dental kits for those in our community who are unsheltered, and then sharing lunch together at the Senior Center. RSVP to 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. Contact Kristen Oshyn, [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org) with any questions or to make an appointment.

### Brain Games

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

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

### GSC 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).

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## ONGOING GROUPS



### GSC Men's Group

Mondays, 2 pm. Locations vary. Free.

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



### GSC Whodunit Book Group

1st Tuesday of the month, 6:30-8:15 pm. Free.

The Whodunit Book Club meets on the first Tuesday of each month. We gather at 6:30 pm and discussion of our latest book starts at 7 pm and lasts until about 8:15 pm. The books are available in print, e-book, and audio from Seattle, King, and Sno-Isle libraries. You are welcome to come along and meet us, even if you haven't read the book — all are welcome! Call or email Ariel Burnett for questions and book info: arielb@phinneycenter.org, 206.297.0875.



### 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 \*New\* GSC Women's Group

2nd & 4th Wednesdays, starting March 12, 1-2:30 pm. Free.

Aging women have particular concerns, as they do throughout their lives. This group is for women who want to express themselves in a safe place and wish to participate in defining a new group. It is intended to provide a supportive environment that increases the quality of the members' lives, allowing them to express their challenges and encourage one another, while deciding the future direction of the group together. Kitty Grupp, retired nurse, educator, and therapist, will facilitate. To sign up, or for questions, please call Kitty: 206-718-4869.



### GSC Spousal Loss Grief Group

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



Have you lost a spouse? We can help. Our 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

2nd 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.



### Us Too Prostate Cancer Support Group

2nd (online) & 4th (GSC) Wednesdays, 6-8 pm. 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 Chakorian: marty@chakorian.com, 206-412-0571.



### GSC Social Solos

First Thursdays, 2-3 pm. GSC. Free.

Afternoon tea time and social connection with other 'solos' (individuals who are aging without family). Registration required. Contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.



### 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.



### GSC \*New\* Social Skills Practice Group

4th Thursday of the month, 2-3 pm.

\$5 PNA Members/\$7 Public.

Does chatting with new people make you nervous? Want to deepen your existing friendships? This group will use structured exercises to help you overcome obstacles that are preventing you from connecting fully with others. Registration required. Registration and pre-payment required at 206-297-0875.

## ONGOING GROUPS

### GAMES & CRAFTS



### 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. 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, 6:30-9 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 with proceeds donated to the PNA Hot Meal Program. There will be prizes for the first and second place winners of the tournament. Email robinm@phinneycenter.org to sign up.



### 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).

### 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.

## 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

Bring seeds,  
get seeds



## ONGOING GROUPS

### MEAL PROGRAM



### GSC Lunch Program

Monday to Friday, noon. \$5 suggested donation for diners 60 and over.

Enjoy tasty and nutritious fare at an amazingly low cost for people 60 and over! Please call or sign up in person 24 hours in advance: 206.297.0875.

## ONGOING CLASSES

### ARTS & CRAFTS



### GSC Watercolor Class

Beginning: 1st & 3rd Fridays, 1-2:30 pm. \$3-5

Intermediate: Wednesdays, 1-2:30 pm. \$3-5.

Join our inclusive painting group for beginners and intermediate-level artists. Explore watercolor techniques and develop skills in drawing people and still-life compositions. Enjoy a mix of instruction, practice time, and free painting, with supportive critiquing of each other's work in a friendly environment. Optional sharing fosters a safe, welcoming atmosphere. Taught by Linda Mendez. Register: 206.297.0875.

### BE PREPARED



### GSC AARP Smart Driver Course

Thursday & Friday, Mar 13 & 14, Apr 10 & 11, May 8 & 9. \$20-25.

Come and join this informative class in "smart" driving. This course has been scientifically proven to reduce driving errors, and is approved by insurance companies for a safe-driving discount upon completion. Ages 55 & up. Bring your AARP card or member number with you on the first day. Taught by Corine Olson, AARP. Register: 206.297.0875.



### GSC AARP Smart DriverTEK

Tue, Apr 8, 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. 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. 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. 206.297.0875.

## ONGOING CLASSES



### Ukulele Class

1st & 3rd Fridays, Ongoing, 11 am-12 pm. Free.

Have a dusty old ukulele in the closet? Or, just always wanted to learn? We welcome musicians and aspiring players of all levels. Together, we will play familiar tunes with basic rhythm strumming and chords. We will also have egg shakers for those who want to help create rhythm and sing along. Uke players: please bring your own instrument. Limit 8 students a session — registration required! Register: 206.297.0875

### HEALTH & WELLNESS



### GSC Easy Exercise

Mondays & Wednesdays, 10-11 am. \$1.



Health benefits for all in this popular and low-key ongoing class. Gain strength and flexibility among friendly people. What a fun way to keep moving! All skill levels welcome. Taught by Gerry Joyce. To attend online: arielb@phinneycenter.org.



### GSC Hatha Yoga

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

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. 206.297.0875.



### GSC Pilates for Core and Balance

Mondays, 11 am-12 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. 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. 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. 206.297.0875.



### GSC Restorative Yoga

Tuesdays, Ongoing, 2-3 pm, \$5-6.

Are you looking for connection and community, as well as a way to relax and restore your body and mind? Join Marieke Slovin and friends for a unique yoga experience. This class begins with gentle movement and Asana practice, followed by supported restorative poses to open the heart and soothe the nervous system. Marieke performs live music during restorative poses and the final Savasana pose. Register: 206.297.0875

**CFPR KIDS & TEENS**  
AGE APPROPRIATE STRENGTH AND CONDITIONING

**SPRING SERIES**  
APRIL 23RD - JUNE 11TH

**WEDNESDAYS**  
KIDS 7-11 YEAR OLDS AT 2:30 - 3:05 PM  
TEENS 12-15 YEAR OLDS AT 3:15 - 4:00 PM

FIRST TIME FREE TRIAL CLASSES!  
CONTACT INFO@CFPR.FITNESS TO LEARN MORE

**CFPR HOMESCHOOL P.E.**  
AGE APPROPRIATE STRENGTH AND CONDITIONING

**SPRING SERIES**  
APRIL 23RD - JUNE 11TH

**FRIDAYS**  
YOUNG LEARNERS  
7-11 YEAR OLDS AT 1:00 - 1:35 PM  
ADVANCED LEARNERS  
12-15 YEAR OLDS AT 1:45 - 2:30 PM

FIRST TIME FREE TRIAL CLASSES!  
CONTACT INFO@CFPR.FITNESS TO LEARN MORE



## ONGOING CLASSES



### 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. arieltb@phinneycenter.org.

## LANGUAGE



### 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.



### Spanish Conversation I & II

Mondays, 6-8 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.



### 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.



### 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, 10-11:30 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: arieltb@phinneycenter.org.

## WRITING



### Poetry Class Greenwood Poets

1st & 3rd Thursdays, Mar 6 – May 15, 1-2:30 pm.

Free.

Are you interested in writing poetry and would like some help? Members of Greenwood Poets, a group of poets that have been meeting through the Greenwood Senior Center for many years, are offering a series of workshops, each one introducing a different type of poem that participants will be introduced to and learn to write. No prior knowledge of poetry is required. This class is for anyone who wants to write some poems! Space is limited. Register: 206.297.0875.

## PNA DIY HUB



### 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. phinneycenter.org/tools



### PNA Woodshop (dedicated to Bill Fenimore)

Wednesdays, 7-9 pm, and 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. To learn more about the PNA woodshop, visit phinneycenter.org/woodshop



### PNA Woodshop (dedicated to Bill Fenimore)

Upcoming classes, workshops, and events, check phinneycenter.org/woodshop for event dates and times.

### Lumber Support Group

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. Winter 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 keep-sake box - actual project TBD). Kids between the ages of 5-10 will work with hand tools (hand saw, twist drill, plane, screw-drivers, hammer). Parents are welcome to stay and help in this three-hour workshop. Materials provided.

## Seattle Folklore Society Spring 2025 Concerts

Seattle Folklore Society greets spring with more great live music on Phinney Ridge. These performers cover considerable musical ground through many traditions. Most performances are held in the Phinney Center Community Hall on Saturday nights. Additional information, updates, and calendar additions at www.seafolklore.org. Tickets are available 60 days before each show, online or in-person at prior concerts. Doors open a half-hour before showtime.

3/1 - **Open the Door for Three** - Traditional Irish tunes & songs, powerfully played

3/8 - **Scott Cook & Pamela Mae** - Straight-talking prairie balladeer

3/22 - **Cosy Sheridan w/ Charlie Koch** - Thoughtful songs, big guitar

3/29 - **Todalo Shakers** - Vintage jug band party blues & old time rags

4/5 - **Scottish Fish** - Fresh take on Scottish & Cape Breton music

4/12 - **Muriel Anderson** - Virtuoso harp guitar & guitar

4/13 (\*SUN) - **Bon Debarras** - Energetic Québécois

5/3 - **Kevin Burke** - Sublime solo fiddle from legendary Irish player

5/11 (\*SUN) - **The Tannahill Weavers** - High-energy Scottish band

5/17 - **The Byrne Brothers** - Award-winning Celtic family band

5/18 (\*SUN @ Royal Room) - **Tony McManus** - Renowned Celtic guitarist



Bon Debarras

# 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 or email lean-nec@phinneycenter.org. Thank you for your support!

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

## UPCOMING EVENT VOLUNTEER OPPORTUNITIES

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

- **Holi Festival of Colors** (Sat, 3/22, PC)
- **Bingo Karaoke** (Fri, 3/28 and Fri, 5/30, GSC)
- **Yard Work Party** (Sat, 4/19, PC)
- **Spring Fundraiser** (Sat, 4/26, PC)
- **Garage Sale Day** (Sat, 5/17, PW)
- **Rainbow Hop** (Sat, 6/7, PW)
- **PhinneyWood Summer Arts Festival** (Sun, 6/8, PW)

## GREATEST NEEDS

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

- **Volunteer Drivers** needed to increase accessibility at our events.
- **Hot Meal Program Clean Up:** help wipe down & put away tables, sweep the dining room; Tues 5:45-6:45PM or Wed 1-2 pm;
- **Weekly receptionist at the Greenwood Senior Center:** Fridays 12:30 to 4:30 pm

## PNA TOOL LIBRARY

**Got projects? Why not borrow?**  
Info & inventory at [phinneycenter.org/tools](http://phinneycenter.org/tools)

**HOURS:** Mondays, 5-7 pm  
Fridays, 3-5 pm  
Saturdays: 9 am – 1 pm  
**LOCATION:** 6615 Dayton Ave N

## GET AN ESTIMATE

### Interior/Exterior Painting & Carpentry

## LANGUAGE CLASSES

**10% OFF for PNA members**  
**TAILORED FOR YOU**

- For adults and kids
- Online or in-person
- Private or semi-private
- Options for 30, 45, 60 and even 120 minute sessions
- In person classes at PNA: Spanish & English
- Online languages: Spanish, English, Japanese, French, German, Mandarin, Hindi and more...FREE trial available

**BOOK TODAY**  
[www.jumponlanguages.com/online-programs](http://www.jumponlanguages.com/online-programs)  
[www.jumponlanguages.com/language-tutoring](http://www.jumponlanguages.com/language-tutoring)

## ONGOING OPPORTUNITIES

### Bake & Prepare Meals

**Feed Seniors as a GSC Lunch Helper** Prepare, serve, and clean up scratch meals made with local and seasonal ingredients with the GSC chef and volunteer team. Thurs or Fri, 10 am-2 pm.

**\*\*\*Help at the Hot Meal Program** Prepare & serve meals, set up & clean up. Weekly or every-other week shifts at the GSC or St John Lutheran on Phinney. Want to help, but prefer not to be in the kitchen? Help clean up the dining room after the meals on Tuesdays or Wednesdays.\*\*\*

**Treat Makers** needed to provide delicious, homemade baked goods for GSC memory loss classes, events and bake sales. Upcoming events include: Spring Fundraiser Dessert Dash on 4/26, and PNA Pride Party on 6/7.

### Board & Committees

Seeking energetic members for **PNA committees:** Champions; Diversity, Equity Inclusion & Belonging (DEIB), Finance, and Site.

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

## Garden & Landscape

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

**Adopt a Garden** Help spruce up our grounds by regularly performing a task (like weed whacking). Flexible schedule. Ongoing and one-time group opportunities are 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).

**Yardwork party at Phinney Center!** Help us get a jump on spring and prune, weed and pretty up our grounds. Sat, Apr 19 from 9 am to 12 noon.

## Help Kids & Seniors

**Join our team of Volunteer Drivers!** Help increase accessibility at our events by driving the GSC minivan. Must have a valid driver's license, be a safe & confident driver, and be at least 21 years old. Must provide copy of current driver's license, and complete a brief orientation with staff person the week prior to the event (at a mutually agreeable time TBD). Sign up for shifts as you're able.

**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) or for Summer Camp. 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/

## Maintenance & Handiwork

**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. Six-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 7 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

**\*\*\*GSC Weekly Receptionist** Greet and interact with seniors of all ages & backgrounds; Strong customer service skills required. 4 hours weekly, six-month commitment is requested. Openings on Fridays afternoons from 12:30 to 4:30 pm.\*\*\*

**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

**Share Your Passion!** Lead a class or group about something you really enjoy. Now scheduling June through August at the Greenwood Senior Center.

**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 IN THE COMMUNITY

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

**Help Save Salmon!** Long Live the Kings is looking for ambassadors and event volunteers – next large event 5/10. jmarquette@ltk.org

Special event volunteers – Spring Egg Hunt on 4/19 – needed at **Loyal Heights Community Center**. To be added to our volunteer list email [ronald.brown@seattle.gov](mailto:ronald.brown@seattle.gov)

Join the mighty volunteer crew at the **Ballard Food Bank** to pack bags, deliver to homes, or serve food in our Kindness Café. [ballardfood-bank.org/volunteer](http://ballardfood-bank.org/volunteer)

Want to help close educational gaps at your local elementary school? Be an academic coach with **The Math Agency!** [themathagency.com/coaches](http://themathagency.com/coaches).

Join the mighty volunteer crew at the **Ballard Food Bank** to pack bags, deliver to homes, or serve food in our Kindness Café. [ballardfood-bank.org/volunteer](http://ballardfood-bank.org/volunteer)

Volunteer with **Girls On the Run!** Each season, coaches inspire and guide youth through our tried-and-true curriculum! [gotrupugetsound.org/volunteer](http://gotrupugetsound.org/volunteer).

Snuggle with **Purrfect Pals Cats** at Renton PetSmart! Volunteer to help homeless cats find forever homes: [purrfectpals.org/volunteer/](http://purrfectpals.org/volunteer/)

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





## Under Our Roof: 30th Anniversary of our TV Role

By John Jones

In 1995, the PNA's Phinney Center Blue Building was transformed into a fictional Seattle police station that became the filming location for James Earl Jones, aka Sgt. "Neb" Langston. Thirty years ago, on Tuesday nights for six weeks from March 14 to April 18, CBS aired *Under One Roof*, which Entertainment Weekly at the time called "the first dramatic TV series to present a fully realized portrait of an African American household." This three-generation family drama, led by Jones, also starred Joe Morton, Vanessa Bell Calloway, Essence Atkins, and Merlin Santana.

While reviews for the show were praiseworthy, critics worried. This was the era of appointment TV—if you didn't watch when it aired or record it on your VCR, you'd never see it again. Success wasn't based on quality but on the total number of viewers watching live, and *Under One Roof* aired at the same time as the extremely popular sitcom *Full House*. The show also wasn't a typical mid-'90s TV series. Producer-director Thomas Carter told *Entertainment Weekly* at the time that shows like this one, which "humanize African Americans in a manner which has not been seen before in a weekly drama," struggled to find a large enough audience to succeed on broadcast television. This meant the show had only six episodes to prove successful enough for CBS to renew it for a second season. Sadly, critics' fears were realized—the series aired only once, was never released on VHS, DVD or digital platforms, and faded from public memory. Today, it is best remembered for James Earl Jones' Emmy Award nomination



February 1995 – Our founding Executive Director Ed Medeiros with James Earl Jones (along with others) on the Police Station set AKA Blue Building Lobby.

for outstanding supporting actor in a drama series for his role as Neb—though he didn't win.

But we won. We will always remember the filming here in February, 1995, when our old school building played a small part in something special.

We will celebrate this once-in-a-lifetime PNA moment when the Phinney Center was a film set for a famous actor. Our Blue Building features prominently in several episodes. The lobby was turned into a police station, one room into a police locker room, and another into a dance studio. In one episode, if you look closely at the officer behind

the "police station" front desk (our front desk), you'll see PNA staff member Ruthie MacDonald, who retired last year after 34 years. We here at the PNA fondly remember the show, and if we are the only ones celebrating *Under One Roof*, that's OK.

Join us Friday, March 21, at 6:30 pm in the Phinney Center Blue Building for a viewing of an episode or two. The 30th anniversary of this amazing show is an opportunity to remember Seattle in the '90s, when the rest of the country was really getting to know us. If you have memories or memorabilia of the show you'd like to share, email [johnj@phinneycenter.org](mailto:johnj@phinneycenter.org). Come celebrate the legacy of *Under One Roof*, its quality, the hard work of its creators, and our memories.

**Fun fact:** When you walk into the Phinney Center Blue Building foyer on your way to the lobby, you pass through the office of Sgt. "Neb" Langston. Yes, James Earl Jones stood right there.

### The Review

**Spring 2025 Vol. 39, No. 1**

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