

Stories and happenings for Northwest Seattle neighbors

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& Stroll

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Remembering
Bill Fenimore



The 11th annual Rainbow Hop, happening June 3rd, is part of a movement to make NW Seattle a healthy, inclusive community where everyone belongs.

PHOTO BY
RAND PETERSON



Annual PhinneyWood Pride Rainbow Hop celebrates inclusivity and community

By Chris Maykut and Steph Yeo

On Saturday, June 3, the eleventh annual PhinneyWood Pride Rainbow Hop will take place along Greenwood Avenue from 10:30 am to 1:30 pm. Local businesses and organizations will offer family-friendly and Pride-focused activities and crafts along the hop route from 67th to 87th on Greenwood.

The Rainbow Hop debuted in 2013 with a small group of businesses and a modest number of families and kids gleefully participating. It was the brainchild of the PNA's Jeff Cornejo and Jamie Clausen of Phinney Estate Law, who teamed up with the PNA Business Advisory Group to spearhead the initial effort. The event has grown and morphed throughout the last decade, adding facets such as Drag Queen Story Time, free Zoo tickets, and live music from well-known children's bands such as the Not Its and Harmonica Pocket.

This is a vital and beloved event for the PNA. Part of our mission is to support our diverse neighborhood through activities, and one of our core values is to create a stronger, more connected community through be-

longing and inclusivity. The LGBTQIA+ community has faced increasing national scrutiny in recent years, and taking a stand to declare that PhinneyWood is safe, supportive, and encouraging of people's right to make decisions for themselves on who they are in this world.

Indeed, PNA staff have been approached by several young adults who shared that their participation in early Rainbow Hop events was instrumental in giving them the space and confidence to explore who they were at a critical time in their emotional development.

We still have much work to do. After hosting a Drag Queen Story Time for five years—an event that was so popular there wasn't enough room for everyone who wanted to attend—we have not had a business or organization willing to host one since 2019. The national backlash against Drag Queens and corresponding violence and legislation has temporarily shut down this well-loved facet, but we are hopeful that we can work to have it return in coming years.

After two years of pandemic Rainbow Hops, which involved only signage and decorations throughout the

business district, the event successfully returned in 2022 with its biggest attendance yet. Not only did a record 44 small businesses and organizations host crafts and activities in 2022, but hundreds of families and kids were able to connect throughout Greenwood and experience the love.

We invite you to be a part of this year's gay, family-friendly, and multi-generational celebration! The event will kick off at the Taproot Theatre with a free production of Bugs!, a play that aims to “celebrate differences, as well as recognizing, reporting, and refusing bullying behavior.” As you follow the Rainbow Hop route along Phinney Ridge and Greenwood Ave, you will have the opportunity to visit participating businesses where you can engage in fun and colorful activities, face painting, bracelet making, creative crafts, and more. Kids who participate in five or more activities and get their Hop map stamped can turn it in for a free Zoo ticket again this year.

By participating in Rainbow Hop, you become part of a movement that seeks to make Northwest Seattle a healthy, inclusive community where everyone belongs.

Director's Corner

It's hard to believe that I'm writing my third letter for the summer edition of *The Review*. As I enter my third summer at the PNA, I can't help but notice the changes that have taken place within our community and organization. Despite these changes, I continue to be inspired by the passion and dedication of the staff and volunteers who keep the PNA running smoothly.

In this edition of *The Review*, we're excited to share some big news. Two long-time PNA staff leaders, Cecily Kaplan and Carin Mack, will be retiring at the end of this year. Please join me in expressing gratitude for their many contributions to our community and read more about their legacy on page 13.

Our neighborhood is also undergoing physical changes, with new buildings and businesses popping up all

around us. Let's extend a warm welcome to our new business neighbors, including Ben's Bread, Holy Mountain Brewing Company, Doe Bay Wine Co., and Lioness. These are just some of the newest additions that are sure to add to the vibrancy of NW Seattle.

We've also made some updates to *The Review* itself. You'll notice a new look and feel for the calendar, as well as some interactive features like a coloring section on page 17. We're always looking for ways to make *The Review* more engaging for our community, so please don't hesitate to share your ideas with us.

Despite all the changes, some things remain the same. The arrival of the summer season means that it's time for the Phinney Farmer's Market to return. We're thrilled to host the market once again at the Phinney Center's upper lot starting on June 2nd.

Christi Beckley,
PNA Executive
Director



We also have a fantastic lineup of summer events to look forward to, including Rainbow Hop, Beer Taste, Art Stroll, and Camp Greenwood. You can find more information about these events in the calendar, starting on page 3.

This summer is full of reasons to have fun and come together as a community. Let's take advantage of the warmer weather and the opportunity to connect with new neighbors, embrace change, and participate in our favorite summer activities. We can't wait to see you this summer!

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Summer 2023 Vol. 36, No. 3

Published quarterly by the
Phinney Neighborhood Association
6532 Phinney Ave N
Seattle, WA 98103
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The PNA membership is one way to deepen connections to your community while supporting our programs like Community Events, Social Services, and the Tool Library.

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

By Emily Szczech and Chris Robinson

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

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

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

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

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

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

Find out what's going on with events, job opportunities, programs, the community, and more!

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

STAY CONNECTED

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

ABOUT THE REVIEW NEWSPAPER

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

EVENTS & ACTIVITIES

PC Farmers Market Opening Day Fridays, June 2-September 29, 3-7 pm. Free.

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

GSC First Friday Films: Musical Movies Fridays, June 2, July 7, August 4, 1-3 pm. Free.

Enjoy musical summer movies in air-conditioned comfort and with our brand-new sound system.

June 2: Labyrinth (1986)

While watching her baby brother, Sarah, a teenager with an active imagination, wishes the goblins from her favorite book would take him away. When he disappears, she must rescue him before he is turned into a goblin. Starring David Bowie as the Goblin King.

July 7: Phantom of the Opera (2004)

A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House. The stage version, which closed in April after 35 years, was the longest running show on Broadway.

August 4: Mary Poppins Returns (2018)

A few decades after her original visit, Mary Poppins, the magical nanny, returns to help the Banks siblings and Michael's children through a difficult time in their lives.

C Pride Rainbow Hop Saturday, June 3, 10:30 am-1:30 pm. PhinneyWood Community. Free.

This kid-friendly Pride and LGBTQIA+ event celebrates finding oneself, encourages inclusivity and diversity in our community, and seeks to help individuals feel authentically seen, heard, and valued. Drop by the Phinney Center to pick up your map, then follow the route along Phinney Ridge and Greenwood Ave. Visit participating businesses where you can engage in fun and colorful activities, listen to stories and music, and enjoy plays and performances.

PC CPR, First Aid, HIV Certification Saturdays, June 3, July 8 and August 19, 9 am-12 pm. \$50-60.

Can you provide first-aid during emergencies, address 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. Certificates are issued at the end of class.

GSC Folk Concert with Al Hirsch Wednesday, June 7, 1-2 pm. Free.

Join music historian and veteran performer Al Hirsch as he plays and discusses favorite American folk tunes. RSVP: 206.297.0875.

GSC Summer Blood Drive Friday, June 9 & Friday, August 11, 9 am-5 pm. Free.

Bloodworks Northwest is in need of donations to supply local hospitals. We encourage you to make an appointment to donate blood at the Greenwood Senior Center this summer. Please make appointments as soon as possible. To make an appointment or search for donation opportunities at other locations, visit <https://schedule.bloodworksnw.org> or call 800-398-7888. Same day appointments will be available. Your commitment helps ensure local patients receive lifesaving care—because the need for blood doesn't take a summer break!

GSC Afternoon Tea for 90 and Over Wednesday, June 14, 1-3 pm. Free.

Calling all nonagenarians and centenarians: we're having a party to celebrate those long-lived individuals who add so much to our community! Expect tea, treats, and conversation about aging well. RSVP: 206.297.0875

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**

C PhinneyWood Art Sale & Stroll Sunday, June 18, 12-4 pm. PhinneyWood Community. Free.

Come out to Phinney-Greenwood and visit outdoor pop-up galleries and boutiques in neighborhood yards! Using our mobile map as your guide, take a stroll or drive around the neighborhood and peruse art, jewelry, photography, cards, clothing, accessories, textiles, pottery, and more. In addition to sales in yards, we will have booths at the Phinney Center lower parking lot.

GSC Card Making Workshop Wednesday, June 21, 1-3 pm. \$2-3.

Who doesn't love receiving a handmade card? All supplies will be provided in this open workshop where you can follow some provided templates, or harness what is available to express your own style. 10 students maximum. RSVP: 206.297.0875.

GSC Solstice Happy Hour on the GSC Deck Wednesday, June 21, 3-4:30 pm. Free.

Let's toast to summer! Enjoy good company and drinks on our deck. RSVP: 206.297.0875.

GSC Talking Stick Blessing Ceremony and Introduction Friday, June 23, 1-3 pm. Free.

Longtime volunteer Michael Cook, a member of the Swamp Cree tribe, carved a beautiful talking stick for us to utilize in peace circle work. The stick must undergo a blessing ceremony in order to be used, which the community is invited to attend. Following the ceremony there will be an introduction to the practice of peace circles and an opportunity to use our newly blessed talking stick. Please RSVP: 206.297.0875.

GSC Civic Coffee Hour Wednesday, June 28, 1-2:30 pm. Free.

Age Friendly Seattle and the Seattle Public Library are bringing Civic Coffee, their free monthly event, to the Greenwood Senior Center. These events are designed to bring people closer to their local government officials and community leaders. Our audience typically includes Seattle area elders, their loved ones, and professionals in the field of aging. Come learn about a range of issues, programs, and local services. Multilingual captioning is included online, and interpretation is available upon request. Refreshments will be served. Tune in virtually at bit.ly/AgeFriendlyLive! For questions or accommodation requests, please email agefriendly@seattle.gov. RSVP: 206.297.0875.



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



Visit phinneycenter.org/calendar for online listings

EVENTS & ACTIVITIES

GSC Humanities Washington Talk: Drag Culture: Beyond Entertainment

Friday, June 30,
1-2 pm. Free.

Typically held at bars and nightclubs, drag is a form of entertainment in which a performer uses clothing and makeup to impersonate a particular gender identity, usually of the opposite sex. Yet drag is so much more than nightclub entertainment—it provides community, instills self-confidence, and can even save lives. Join drag king performer Ceasar Hart and explore the history of drag culture and why it is so important for many in the LG-BTQ+ community. Discover the impact of this art form, and how it can be used not only to raise awareness and advocate for LGBTQ+ acceptance, but also as a powerful vehicle for individual self-expression. Register: 206.297.0875.



GSC Birds Connect Talk: Gardening for Wildlife

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

Neil Zimmerman from Birds Connect (formerly Seattle Audubon) will present on how to create wildlife-friendly backyard habitats. RSVP: 206.297.0875.

GSC Celebrate Summer Luncheon

Wednesday, July 5, 12-1:30 pm. \$5.

Enjoy the tastes of summer, good company and music at this guaranteed-to-be-fun luncheon. The Cornucopia Concert Band plays early Americana; ragtime and hot dance band music. They are longtime favorites at the GSC and they never fail to entertain, at good volume. Must RSVP: 206.297.0875.

GSC Parking Lot Rock Concert

Friday, July 7, 3-5 pm. Free.

Join us for a fun concert of feel-good classic rock in the open air, courtesy of Off-Center Rock Band from Music Center Northwest. Must RSVP: 206.297.0875.

GSC Coffee Hour on the Deck

Tuesday, July 11, 10-11 am. Free.

Meet for coffee and morning conversation on the GSC parking lot deck. Since it happens to be National Blueberry Muffin Day, expect muffins as well. RSVP: 206.297.0875.

GSC Beading Class

Wednesdays, July 12-August 2, 10:30 am–12 pm. Free.

Learn how to do beadwork and complete a decorative project in this instructive four-part class. RSVP: 206.297.0875.

PC Annual Summer Beer Taste

Saturday, July 15, 7-10 pm. \$12-62.

Taste microbrews from more than 30 Northwest breweries and cideries, including beers made just for this event. Our beer tastes feature the best local craft breweries and cideries. They are a favorite among brewers and tasters alike (if we do say so ourselves), but the best part? All proceeds support our community-driven programs and services!

C Member Appreciation Meetup

Thursday, July 20, 4-6 pm. Ridgewood Bottle & Tap. Free.

We love our members! And to show our gratitude we're hosting a member meet up. Don't miss out on this excellent opportunity to chat and get to know your community.

C Pups & Pops in the Park

Thursday, July 20, 1-2:30 pm. Greenwood Park. Free.

Research shows that petting dogs can immediately lower blood pressure and reduce stress-inducing hormones (health benefits we could all use). Whether you have a dog of your own or just enjoy being around them, join us at Greenwood Park to eat popsicles and pet and play with some local pooches. The GSC's Office Manager will be bringing her terrier-dachshund mix Zoe, and all are welcome to bring their dogs along to socialize. The more, the merrier! Leashes are required. Register: 206.297.0875 or by emailing gsc@phinneycenter.org.

GSC Collage for Well-being

Friday, July 21, 9 am-12 pm. 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 accessible to all of us—no artistic experience needed! Register: 206.297.0875.

GSC Scarecrow Video Classic Movie: American Graffiti (1973)

Wednesday, July 26, 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. American Graffiti is a coming-of-age story inspired by director George Lucas' youth in the valley town of Modesto, California. Starring Richard Dreyfuss, Ron Howard, and Harrison Ford in his breakout role. RSVP: 206.297.0875.

GSC Power Couples: Vitamins and Minerals

Wednesday, August 2, 1-2 pm. Free.

Join nutritionist Christy Goff for a closer look at a sometimes overlooked but important nutritional interaction. In this class, we will review several nutrients that are best when eaten together as well as recipe ideas on how to implement these combinations in your eating plan. Learn more about how specific vitamins and minerals work in the body and why we emphasize certain ones. RSVP: 206.297.0875.

Thinking of Selling Your PhinneyWood Home?

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

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

Saturday @ 11 AM: 6/10, 7/8 or 8/12

RSVP at PNAHomeSellers.com (or use QR Code)

or call **206-414-5400** and specify the date



STAY CONNECTED!

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

EVENTS & ACTIVITIES

**GSC Art History Talk:
Georgia O’Keeffe**
Wednesday, August 9,
1-2 pm. Free.

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



GSC Camp Greenwood
Monday-Friday, August 14 – 18.

For everybody for whom summer always equaled “camp,” or for those who always wanted to go, the GSC does our own version for one week every year. Come for one or every event!

GSC Air-Dry Clay Fridge Magnets
Monday, August 14, 1-2 pm. \$5-7.

This no-bake, no-fire clay is an easy way to get creative. We’ll sculpt fun, bright colored shapes and objects to decorate your fridge. Or give them as gifts! Easy examples and all materials provided. Register: 206.297.0875.

GSC Pickleball
Tuesday, August 15, 10:30 am-12 pm. Free.

Pickleball is a paddle sport that combines elements of tennis, badminton and ping-pong. It has come a long way since it was invented on Bainbridge Island in the mid-sixties, to the growing international sport it is today. Come learn to play on our modified half-size court in the Greenwood room. Register: 206.297.0875.

GSC Camp Greenwood Happy Hour
Wednesday, August 16, 3-4:30 pm. Free.

Join us on the deck for happy hour (a Camp Greenwood first!) where we’ll drink Rum and Cokes and discuss how well camp is going this year. RSVP: 206.297.0875.

GSC Tie-Dye Event
Thursday, August 17, 10 am-12 pm. \$5-7.

The Phinney Village is hosting their annual (and popular) Camp Greenwood tie-dye event. Tie-dye is a resist dyeing technique that results in fun multi-colored patterns. No one piece comes out looking the same! Dress for potential messiness and bring a white cotton T-shirt (or apron, socks, etc.). Register: 206.297.0875.



Love camp? Or, always wanted to go to camp? GSC’s version, Camp Greenwood, is back this August! PHOTO BY ARIEL BURNETT

GSC Talent Show
Friday, August 18, 1-2 pm. Free.

Do you have a hidden (or not so hidden) talent that you’d like to share with our community? Instruments, singing, poetry, juggling, monologues, stand-up comedy, or visual arts? We’d love to see you in action! If you would like to participate, please register by August 16, and specify whether you intend to perform or just watch: 206.297.0875.

GSC Senior Citizen’s Day Volunteer Fair
Monday, August 21, 10 am-12 pm (Fair), 1-2 pm (Panel Discussion). Free.

In honor of Senior Citizen’s Day, we’re celebrating “good citizenship!” We will be hosting a volunteer fair and inviting non-profits to provide information about their organizations and share their volunteer opportunities with interested seniors. There will also be a panel discussion later in the day with seniors talking about what volunteering has meant to them. For more information or to RSVP: 206.297.0875.

GSC Beat the Heat Hangout Event
Wednesday, August 23, 1-3 pm. Free.

In Seattle we get excited when the sun returns—until it’s been around for a while, and maybe is getting a little too hot (and perhaps a touch smokey). Come hang out in our air conditioning for a “cool” social event. Put together puzzles, play board games, color, or just sit and talk and eat popsicles. (This event will still occur even in the unlikely event it happens to be cold and/or rainy.) RSVP: 206.297.0875.

TRIPS & OUTINGS FOR SENIORS

Please note that all trips are made taking public transportation and traveling on pedestrian-friendly city streets. Every effort is made to make the trips accessible, but participants need to be able to walk or wheel in an urban environment, typically up to a half-mile per increment (walking tours up to 2 miles). If you have accessibility needs that will prevent you from doing so, please contact us ahead of time. Trips need 5 participants minimum to happen and are restricted to 10 participants maximum for safety reasons. Please call to reserve your space ahead of time. Trip times can be subject to change based on bus schedules or other transportation changes.

GSC Dunn Gardens Tour
Friday, June 16, 10 am-2 pm. Meet at the GSC. \$10.

We’ll bus north for a guided tour of Dunn Gardens, a privately owned 7.5-acre property designed by the Olmsted Brothers in 1915, at the request of fish-cannery baron Arthur Dunn. Lunch in the neighborhood to follow. Bring bus fare and money for lunch. Register: 206.297.0875.

C Forest Therapy Guided Walks
Monday, June 26 & Tuesday, July 11, 1-3 pm.
Lower Woodland Park Parking Lot, 1000 N 50th St.
\$5-25 suggested donation.

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

**GSC Walking Tour: True Crime and Tragedy in
Victorian Seattle**
Thursday, July 13, 10 am-2 pm. Meet at the GSC. \$12.

We will take the bus and lightrail to Lake View Cemetery, noted for its high number of pioneer families and other Seattle notables. Prepare for the unexpected as historian and tour guide Richard Heiser leads you through an array of stories of true crime and tragedy in early Seattle. Not for the squeamish. Bring bus fare and sack lunch. Register: 206.297.0875.

**GSC West Seattle Water Taxi and Log House
Museum Tour**
Friday, July 28, 9 am-3 pm. Meet at the GSC. \$9.50-15.50.

We’ll take the metro bus down to Pier 50, where we’ll catch the public water taxi for a 15-minute ride to West Seattle. We’ll eat lunch and then walk to the historic Log House Museum for a short tour and talk on the early history of the area. Wear comfortable shoes (and sunscreen) for moderate walking on city streets. Admission \$5, water taxi fare is \$4.50 for senior Orca pass holders round trip, or \$10.50 for those paying cash; bring additional money for bus fare and lunch. Register: 206.297.0875.

GSC Olympic Sculpture Park Tour
Friday, August 4, 11 am-2 pm. Meet at the GSC. \$7.

We’ll bus down to the Seattle Waterfront for a guided tour of the award-winning Olympic Sculpture Park. Explore the dynamic spaces, learning about the design and layout of the park, the site history from the Duwamish to Unocal, selected sculptures and more. Hats, “sunbrellas” and sunscreen recommended. Bring bus fare and sack lunch. Register: 206.297.0875.

SELF-DEFENSE FOR WOMEN

UNLEASH YOUR INNER
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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.

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. Please call to make an appointment: 206.297.0875

Haircuts

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

Medicare Counseling

3rd & 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: www.insurance.wa.gov.

Financial Services

1st Thursdays, 1-3 pm. Free.

Kylle B. Bernethy is an independent financial services professional who assists with financial questions relating to IRAs, Mutual Funds, Retirement Income Planning, Health Insurance, Long Term Care Insurance, and Annuities. Representative is registered with, and offers only securities and advisory services through, Innovation Partners 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.

All Present Song Circle

Mondays, 1-2:30 pm. \$5 PNA Members (pre-pay only)/\$7 Public and drop-in.



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

New ESML Community Service Group

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

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

The Gathering Place

 Tuesdays, 1-3 pm. Online. \$20/session.
 Thursdays, 1-4 pm. GSC. \$40/session.

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

Brain Games

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

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

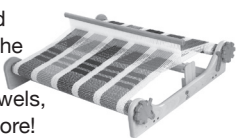
ESML Art Appreciation

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

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

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SOCIAL SERVICES & COUNSELING

Hot Meal Program

Mondays, 4-6 pm. GSC. Free.

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

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

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

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

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

Early-Stage Memory Loss

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

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








Parkinson's Spouses

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

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



SOCIAL SERVICES & COUNSELING

- **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.
- **ESML Caregiver Support Group: Spouses**
3rd Tuesday of the month, 10:30 am-12 pm.
Monthly group for any spouse who is a caregiver of someone with early-stage memory loss. New participants must contact Carin before attending: 206.230.0166.
- **Mid-Stage Memory Loss Caregiver Support Group: Spouses**
4th Tuesday of the month, 10:30 am-12 pm.
Monthly group for any spouse who is a caregiver of someone with mid stage memory loss. New participants must contact Carin before attending: 206.230.0166.
- **Adult Daughters Caring for their Mothers**
1st Wednesday of the month, 3-4:30 pm.
Address mother-daughter relationship issues which are unique to this caregiving role. This group is open to all women who are involved in providing support for their mothers in their homes, in facilities or long distance. Contact Lisa for details: lisab@phinneycenter.org.
- **Living Alone**
 1st Wednesdays (online) & 3rd Wednesdays (GSC) 11 am-noon.
After the age of 65, many older adults are living alone. New challenges and issues can arise that we may be uncertain how to handle. Come to share experiences and thoughts. Email socialwkr@comcast.net to register for online group, call (206) 297-0875 to register for in-person group.
- **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.



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ONGOING GROUPS

- **GSC Men's Group**
Mondays, 2 pm. Locations vary. Free.
Discussions and activities. Email for more info and details of upcoming meetings: gmensgroup@gmail.com.
- **Breaking White Silence NW**
Group 1: Alternate Mondays, 7-8:30 pm.
September 18, October 2, 16, 30, November 6, 20, December 4. Zoom. Free
Group 2: Alternate Wednesdays, 7-8:30 pm.
September 20, October 4, 18, November 1, 15, 29, December 13. Zoom. Free
Join a study group for a facilitated 7-week deep dive into the book "Nice Racism—How Progressive White People Perpetuate Racial Harm," by Dr. Robin DiAngelo. These study groups are for white people who want to better align their anti-racist actions with their values and who want a brave, supportive space in which to examine their behavior patterns as white progressives who might inadvertently perpetuate racial harm. To learn more, visit robindiangelo.com or contact info@breakingwhitesilencenw.org.
- **Book Discussion Group**
1st Tuesday of the month, 1:30-3 pm. Free.
Expect in-depth discussions about interesting and challenging literature; both fiction and non-fiction. We do not have copies to lend, but only choose readily available books, currently in paperback. Email for questions and book info: arielb@phinneycenter.org.
- ***New* The Heart Group**
1st Tuesday of the month, starting August 1, 3-4 pm. Free.
A place for people with heart conditions to engage in conversations and share resources. For questions or to RSVP: 206.297.0875.
- **Technology Support Group**
3rd Tuesday of the month, 1-2:30 pm. Free.
Technology can help maintain and enhance social connections with peers, family, friends, and caregivers. But what if technology scares or frustrates you? The new Greenwood Senior Center (GSC) Tech Support Group is here to help! The first hour will cover a tech topic, followed by a half hour to get additional support from your peers and facilitators. If more assistance on the topic is needed, participants can make a follow-up 1x1 tech mentoring appointment. RSVP required: teresat@phinneycenter.org or 206-531-0061.
June: *Increasing Comfort with Tech:* Ideas and discussion around how to feel more comfortable trying and using new technology.
July: *Savvy Web Searches Part 2:* More information on how to efficiently conduct web searches to find accurate information and find solutions to problems.
August: *Smart Phone Photography:* How to take and edit photos with your smart phone.
- **Spousal Loss Group**
 Wednesdays, 5:45-7:15 pm. Free.
Have you lost a spouse? Widowed Information and Consultation Services can help. The mission of the Widowed Information and Consultation Services is to provide a supportive environment and practical assistance to widows and widowers during their adjustment to the loss of a spouse by death and into their lives as a single person. For more information, call Robin Thomas: 206.234.4647.
- **World Affairs Roundtable**
2nd Wednesdays each month, 12:45-2 pm. Free.
World Affairs Roundtable is a monthly group in which members make up-to-five-minute presentations of their chosen subjects, followed by discussion. For more information: globalstudycontax@gmail.com.
- **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.

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ONGOING GROUPS

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. And best of all, you get a free garden tool (manual and hand tools only) with a rental of any other tool during the month of June! Browse our online inventory and come by on any Friday, Saturday, or Monday to talk with one of our knowledgeable staff. phinneycenter.org/tools



GAMES & CRAFTS

GSC Jewelry Making Group

4th Mondays, 1-3 pm. Free.

Come dabble in baubles. Join us for an introduction to earring making. We will show you how to construct simple, beautiful earrings, from choosing the beads to wrapping the wire. Later sessions will build on basics. No prior experience needed and no supplies to bring! There may be fees later on, depending on group interest and projects. There's no need to attend every month, we'll catch you up! Limit 8-10 participants, based on available tools and supplies. If you have your own tools, please bring them! RSVP is required: village@phinneycenter.org, or 206.789.1217.

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. Please 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.

ONGOING GROUPS

C Fixers Repair Café

1st Wednesdays, 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/

GSC *New* Bridge Group

Wednesdays, 10 am-12 pm. Free.

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

Knitting Group

Wednesdays, 10 am-12 pm. Free.

All knitters are welcome to join this friendly group of yarn aficionados. Bring your own supplies. RSVP: arielb@phinneycenter.org.

GSC Needle Arts Group

1st Thursdays, 10:30 am-12 pm. Free.

Do you knit, sew, do cross-stitch, quilt, or embroider? Rug hooking? Bargello? Any type of needle and thread/yarn work is welcome. Bring your project and enjoy some social interaction. Questions: 206.297.0875.

PC Cribbage Club

1st & 3rd Thursdays, 6:45-9 pm. Room 3. Free-\$5.

We meet the first and third Thursday of each month for a round-robin cribbage tournament! Suggested \$5 donation to play and all proceeds will be donated to the PNA Hot Meal Program. There will be prizes for the first and second place winners of the tournament. Email raing@phinneycenter.org to sign up.

MEAL PROGRAM

GSC 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.



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Visit the class calendar online at
phinneycenter.org/gsc/classes



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ONGOING CLASSES

ARTS & CRAFTS

GSC Watercolor Class
2nd, 3rd, 4th & 5th 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.

BE PREPARED

GSC AARP Smart DriverTEK
Tue, Jun 6, 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 and Fridays, 9:30 am-2:30 pm. \$20-25.
Come and join this informative class in “smart” driving. This course has been scientifically proven to reduce driving errors, and is approved by insurance companies for a safe-driving discount upon completion. Ages 55 & up. Bring your AARP card or member number with you on the first day. Taught by Corine Olson, AARP. Register: 206.297.0875.

HEALTH & WELLNESS

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

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

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

GSC Yoga for Osteoporosis and Osteoarthritis
Tuesdays at GSC, 10:30-11:30 am & Wednesdays at GSC, 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. Taught by Connie Fisher.

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

ONGOING CLASSES

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

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

LANGUAGE

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

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

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

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

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.

MUSIC & DANCE

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

GSC Line Dancing for All Levels
Thursdays, 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.

ONGOING CLASSES

GSC Line Dancing Level 2 Thursdays, 11:30 am-12:30 pm. \$6-8.

Line dancing for experienced beginners: After learning the basics, move on to new rhythms, new steps and new dance types. A little more difficult than the New Beginner level, but still lots of fun! Taught by Chris Banta. Register: 206.297.0875.

WRITING

Writing Class Thursdays, 3-4 pm. \$30/quarter.

This ongoing group shares writing of life stories, poems, nonfiction, and fiction. Instructor Arielle Huff is a writer, editor, and writing teacher who has thousands of published articles and columns and 31 books. For clients, she edits books and marketing materials and has taught a wide variety of writing issues and genres, as well as some classes not related to writing. Register: arielb@phinneycen-ter.org.



Mads Hansens Kapel, a five-piece Danish band coming to the PNA via the Seattle Folklore Society this October. PHOTO BY JULIAN SVEJGAARD

Fall concert season coming soon

The **Seattle Folklore Society** is proud to be celebrating 20+ years of partnering with the Phinney Center! We have just concluded a packed Spring season and are getting ready to start up again in the Fall.

A special season opener is planned on Sunday, September 17, up the street at the Phinney Ridge Lutheran Church, featuring the hot bluegrass and cool originals of the Kathy Kallick Band.

Most concerts are held in the Phinney Center Community Hall on Saturday nights.

Concert goers can look forward to a wide variety of folk and acoustic offerings from the boisterous energy of Mads Hansens Kapel—a five-piece Danish band, multi-instrumentalist, poet, and singer-songwriter Claudia Schmidt, the first-time visit of the endearing duo Squirrel Hillbillies from “the urban forest of Pittsburgh’s east end,” the duo of Shetland fiddler Kevin Henderson and pianist Neil Pearlman, jazzy tunes and sweet folk from Chris Webster & Nina Gerber, and more!

See the season line-up at www.seafolklore.org. Tickets are available 30 days before each show, online or in person at prior concerts.

If you would like to get more involved, sign up to volunteer at a show, or come to a concert committee meeting to help choose future concert programming. Email volunteer@seafolklore for more information!

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Walk around PhinneyWood to meet artists and neighbors on June 18 for the Art Sale and Stroll, a day filled with art appreciation and patronage. PHOTO BY RAND PETERSON

PhinneyWood Art Sale & Stroll:

A Vibrant Celebration of Community and Creativity

By Mary Campbell

In the summer of 2020, when Seattleites were protecting one another by keeping their distance, the PNA was left wondering how to build community in such a challenging time. Neighbors were eager to find opportunities to connect with each other, and artists were struggling to replace income they had lost due to the cancellation of markets and the closing of retail shops. Inspired by the Crown Hill Art Walk, the PNA launched the PhinneyWood Art Sale & Stroll. We worked to pair artists with homeowners in the neighborhood, created a map, and spread the word. On the day of the event, the sun came out and people arrived with enthusiasm to fill the streets with energy and “smizes” while shopping and supporting local makers.

Now, what started as a response to a global pandemic, has evolved into a neighborhood tradition. On Sunday, June 18, we are excited to host this event for the fourth time. We will have over 60 artists, with over 40 assembled in booths in our parking lot.

In the community-expanding spirit that we bring to all our events, we have encouraged participation by offering a discounted registration fee for BIPOC and emerging artists, as well as any artist for whom the fee presents a barrier. Approximately half of the artists in our parking lot have taken advantage of this discount, and over a third of the participants this year are new to the event. This mix of returning and new artists is encouraging and signals that our efforts to build an inclusive and diverse event are working.

The vendors offer an incredibly wide array of locally handmade crafts, including letterpress, ceramics, prints, garden art, baked goods, jewelry, textiles, and more. Whether you are an artist, a shopper, or just a neighbor who wants to enjoy a purposeful walk through PhinneyWood, please come out on June 18 from 12-4 pm. For more details, visit <https://www.phinneycenter.org/art-stroll/>.

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The 16th annual PNA All-Star Beer Taste returns July 15th. Celebrate local beers with friends and family! PHOTO BY RAND PETERSON

Take me out to the PNA Beer Taste!

By Chardell Paine and Chris Robinson

We are excited to announce that the PNA All-Star Beer Taste will take place on July 15th, 2023. Wrap up your week of All-Star activities by coming to the Lower Parking of the PNA for the 16th annual PNA Summer Beer Taste!

This celebration of local beers has grown from 16 breweries that provided tastes in 2006 to 31 breweries that will be at this year's event. Participating breweries will include those from the Greenwood Brewery District: Halcyon Brewing; Flying Bike Brewing; Holy Mountain Brewery, which is opening a brand new Phinney tasting room, and Maritime Pacific, which has been celebrating with us since our first Beer Taste. We are also excited to partner with additional all-star breweries such as Georgetown Brewing, Reuben's Brewery, Rooftop Brewing, Republic of Cider, and Lucky Envelope Brewing, that have been supporting the PNA since their inception. Joining in on this summer's fun will be a few new players, like Project 9 Brewing!

Tickets include 10 tastes and pub-style snacks. We would like to thank our sponsors Ridgewood Bottle & Tap, Barking Dog Alehouse, Sanctuary Art Center, and Prost!. There will be sliders from Barking Dog Alehouse available for purchase. This event is the perfect way to spend a July afternoon with your friends, neighbors, and fellow beer enthusiasts! The PNA All-Star Beer Taste is an outdoor event from 4 pm to 7 pm. For tickets, the full lineup, and more information, please visit www.phinneycenter.org/beer.

The current list of participating breweries for the 2023 PNA All-Star Beer Taste includes:

Bale Breaker, Bickersons Brewery, Black Raven, Cloudburst, Diamond Knot, Dirty Couch, Figurehead, Flying Bike, Fremont, Georgetown, Ghostfish, Halcyon, Hellbent, Holy Mountain, Ladd and Lass, Lucky Envelope, Maritime Pacific, Mirage, Old Stove, Pinball Cider, Project 9, Republic of Cider, Reuben's, Rooftop, Seapine, Slightly Furry Cider, Stoup, Wheelie Pop, Urban Family, Yonder Cider and more.



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Wood you join us?

By LeAnne Chow

The 400-square-foot space started as a fan room, and then became a workshop for neighbors to make storm windows for their homes. With time, the space became storage, holding extra furniture and forgotten odds and ends. A couple of neighborhood friends saw past the clutter, broken windows and asbestos*, envisioning an accessible space for people to build—projects, furniture and most importantly, community.

More like-minded people joined the volunteer effort, and in partnership with the PNA, strategized the path forward.

Bill Fenimore, retired PNA Facilities Director, learned about the Woodshop project during the planning process. Said Bill, “I was motivated to see what I could do to help. The idea of taking something that is worn out (the old storm window workshop) and turning it into something that is useful has always felt very satisfying. Additionally, the idea of doing that for and with the PNA community seemed extremely appealing. I also love woodworking and spent 25 years teaching furniture design at Cornish College of the Arts, so the chance to both build and help others was compelling.”

Bill recruited now-retired architect, Kevin Kane, to join the effort started by others. They’d met as professionals working on the PNA Brick Building elevator/ADA project and were excited about the opportunity to work together again, this time as part of a volunteer-driven, collaborative program. Together, they spent hundreds of hours navigating the permitting



Bill Fenimore and Kevin Kane. Bill was critical to the founding of the PNA’s Woodshop. Now, the Woodshop holds space for everyone on the woodworking spectrum and is a place to build Community around a common interest. PHOTO BY JAKE WEBER

process, clearing out the space, restoring the windows, cleaning, painting, outfitting the space with safety equipment and tools, and recruiting and leading other woodworking enthusiasts.

“Bill’s combined experience teaching furniture design and taking care of the PNA’s campuses was invaluable,” shared Kevin. “Volunteering for things you enjoy is not only rewarding, but also fun. And working with Bill is thoroughly enjoyable. We’re hoping this approach becomes part of the Woodshop experience.”

**The asbestos was professionally removed.*

Community Programs Director Jonathan Booker took over as the primary staff lead earlier this year. “Without Bill and Kevin’s immense generos-

ity and commitment, the Woodshop would not exist,” says Jonathan. “Their efforts will be felt for many years to come.”

The Community Woodshop has been transformed into a space for everyone on the woodworking spectrum—from experts to people who have more enthusiasm than skill. We’re looking forward to offering more classes and opportunities to engage with us, and to further build our community.

We’re thankful for the vision, energy and efforts of our team of volunteers, especially for the support from Bill and Kevin. In recognition of this legacy, the PNA has officially dedicated the Community Woodshop to Bill Fenimore. Thank you, Bill, for being a part of and for expanding our community.

Bill Fenimore (b. September 1949) passed away on May 16, 2023. He will be dearly missed by his family, and friends at the PNA. In lieu of flowers, his family requests friends and loved ones send donations in Bill’s name to the PNA to support the Community Woodshop, that is now dedicated to Bill, in his memory.



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Change in all things is sweet – Aristotle

Exciting news is brewing at the PNA as we prepare for a major transition. After many years of dedicated service, our esteemed community leaders, Cecily Kaplan, Director of Senior Programs and Services, and Carin Mack, Director of Memory Loss Programs, have announced their retirement respectively at the end of 2023. To celebrate their contributions and achievements, we are planning to honor Cecily and Carin at Power of Community, our annual fundraiser for senior programming, this October 4 at the Ballard Elks Lodge. In the meantime, Cecily and Carin would like to share the news with their close friends and colleagues in their own words:

From Carin:

“At the end of 2023, I will be retiring. Working alongside Cecily, who is retiring as well, and the entire GSC staff, has been a true professional privilege. It feels appropriate that Cecily and I do this together as it is because of our partnership that the social services the GSC provides have evolved and flourished over the past 18 years.

I have been with the GSC for almost 25 years. I had some exciting professional experiences before coming here but I found my true passion and calling with the clients that have come through our door.

I have always known that I wanted to work with older adults. I find great wisdom and resilience in elders as they face the challenges that aging brings. I saw the benefits of support groups and watched the magic of mutual caring and connectedness as participants came together to deal with significant changes in their lives. I have started many support groups over the years, and I know that they will remain a vitally important resource for the community.

Most significantly, I am proudest of spearheading the creation of the Memory Loss Program. Started 12 years ago to support those with early-stage memory loss (ESML), the program has blossomed into an extensive network that offers programs, support groups, classes, engagement, and advocacy for participants and spouses with different diagnoses and stages. We were able to grow the program so extensively because of the support of the PNA, who recognized our vision and provided us with the tools to bring our dreams into fruition.

As for me, I am not really retiring because my passion and calling will bring me new opportunities to work with others in need of support to meet the challenges of aging. I know I am leaving the social work department and the memory loss program in extremely capable hands. Kristen Oshyn, MSW, will bring her experience and expertise to the role and will surely strengthen and improve the work I started.

It has been a true joy, personally and professionally, to dedicate my career to this work and this community. Thank you.”



Celebrate and support the GSC’s programming by attending the Power of Community fundraiser.

From Cecily:

“I came to work shortly after the Greenwood Senior Center (GSC) merged with the PNA in 2006. It was exactly the right position for me at the right time. I have been blessed to work with an incredible staff here at the GSC. I have also been supported by the PNA Executive Directors and PNA colleagues past and present. I am so grateful.

The PNA wanted to make sure that there was a strong and vibrant place for seniors to find support services and recreational and lifelong learning so older adults could thrive. I feel like I played a role in helping our center grow into a vital community asset.

Thank you for sharing your lives with me and being so willing to share what you wanted from your senior center. It was truly a partnership between staff and community that grew our program and inspired us to add a memory loss program, a Village, and many of our activities and services.

As I said in my first article in the GSC newsletter seventeen years ago, my door is always open and I want to hear from you. I am working until the end of this year and I look forward to you coming by, saying Hi, and sharing your hopes and goals for the GSC. I also encourage you to take part in a community meeting that will be planned as part of the hiring process for the next Senior Programs Director.”

In peace, Cecily and Carin.

Please join us in heartily thanking Cecily and Carin for their decades of service at Power of Community this October 4.

We’ll be opening our search for the Director of Senior Programs and Services position in August 2023. Subscribe to our e-newsletter to be the first to learn when applications for the position open.

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The community turns back the clock to support the PNA

By Chris Robinson

It might have been a sunny Saturday in 2023, but it felt like it was the '80s as almost 250 attendees came together to celebrate and support the PNA at our Annual Spring Fundraiser on April 29. Thanks to the generosity of attendees and supporters of the PNA, the Spring Fundraiser raised well over \$100,000 to support the programs and services offered by the organization throughout NW Seattle.

The theme for this year's event was "The '80s," in honor of the PNA being founded in 1980, and this year's attendees took that to heart as most of them were adorned in costumes and clothing that celebrated the entire decade. Besides celebrating everyone's love of neon, the Annual Spring Fundraiser provides a moment to collectively reflect on how far the PNA has come in its mission to support a healthy, strong, and inclusive community.



The 80s-themed Spring Fundraiser raised well over \$100K to support the programs and services offered by the PNA. Thank you to our community for your continued support! PHOTO BY RAND PETERSON

Whether it be the Pac-Man Punch Wall or the Donkey Kong Wine Barrel Toss, attendees found several ways to get involved and donate to the PNA while still having fun. “This is the best fundraising event I've ever been to!” declared first-time attendee Mirna Musun. Not only did the PNA travel back 40 years, but it also brought back the popular outside “tent” in the upper parking lot. The tent, which holds the 250 attendees during the program portion of the night, was last constructed in 2019 and has been a fixture of past Spring Fundraisers.

After auctioneer (and local business owner) Mari Neubauer wrapped up the fundraising portion of the night, PNA Executive Director Christi Beckley took the stage to deliver some heartfelt sentiments to the crowd, reminding everyone of how the PNA has played a critical role in strengthening our social connections, economic stability, education opportunities, and cross-cultural engagement throughout NW Seattle. “We would not be who we are without your continued support. Together we've made strides, and the work to strengthen our community continues on,” she said.

Everyone at the PNA would like to offer a special thank you to our event sponsors, auctioneer, volunteers, staff, and all the attendees who helped make this event so special and impactful. If you would like to be a bigger part of the PNA community by making a donation to support its programs and services, please go to <https://www.phinneycenter.org/donate/> to make your donation today.



More than 1000 people came together to celebrate Holi, the festival of colors. Organizing Holi is part of the PNA's ongoing commitment to create a welcoming environment where everyone belongs. PHOTO BY RACHAEL GREEN

Community (and color) brought together at Holi Festival

By Mary Campbell

On a sunny Saturday in March, color and music filled the air at the Phinney Center as the community came together to celebrate the Hindu holiday of Holi. The event, the fourth Holi Festival of Colors that the PNA has hosted, brought out over 1,000 people to throw color powder, dance, and enjoy a variety of South Asian food and craft vendors.

The primary goal of this and all cultural celebrations at the PNA is to authentically center the community of people who celebrate the event while inviting the entire community to engage, learn, and celebrate together. For the Holi Festival of Colors event, the PNA works with vendors and performers within the South Asian community. One vendor, the popular Indian street food restaurant Spice Waala, says, “The Holi festival...is extremely important to the South Asian community so that we can celebrate one of the biggest festivals of the year. It brings together people who celebrate Holi as well as people experiencing it for the first time in such a joyous occasion. Spice Waala is proud to be a part of this event.”

In addition to the color powder, food, and dance, the event featured a crafts booth offered by Hindi Time Kids. “As a small business that supports South Asian cultural education within Seattle,” says Hindi Time Kids Founder & CEO Wasfee Vazir, “hosting a family craft booth at the PNA Holi celebrations event was truly a delightful experience for me, as I witnessed firsthand how this vibrant celebration brought people from diverse backgrounds together to celebrate and have fun. [The event] was truly heartwarming and reinforced the importance of cultural exchange and inclusivity within the Seattle community.”

The Holi Festival of Colors is part of the PNA’s ongoing commitment to creating a community center where everyone feels welcome to participate, engage, and lead the way to an inclusive and equitable community, not just once every March, but all the time.

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The fantastical rentals team: Shawn, Tricia and Georgette. The PNA's Rentals Program provides affordable rental rates and generates income that helps to fund some of the programming the PNA is known for.

PNA room rentals

We have several rooms in our two historic buildings that make up the Phinney Center. On any given day, both buildings are humming with the comings and goings of several groups and individuals using our spaces to gather, learn, meet, dance, sing, play music, exercise, rehearse, and practice. We have rooms available for one-time activities to groups meeting weekly or monthly to yearlong tenants.

We are so grateful for our renters' support as the rental income generated helps to fund some of the programming the PNA is known for.

But it's in the summer months when there is a decided shift in the energy in our buildings as our usual renters turn over to summer camps. Children of all ages are attending programming covering a wide range of activities from coding to engineering, outdoor exploration and parkour, creating urban art, and learning and practicing music. The following is a list of our regular summer renters. Please contact these groups directly for registration information.

Be sure to check back for the fall issue of *The Review* for a list that includes many of the renters who have programming through the academic year.

Summer Camps

Coding with Kids, Girls Rock Math, Jonny Akamu Ukulele Camp, Jump on Languages, Parkour Visions / Urban Art Works, Pinnacle Explorations, Seattle Jazz Camp, Seattle Saxophone Institute, Seattle Young Engineers

Summer Renters

AA Support Groups, Belly Dancing by Zaphara, Blue Phoenix Club, Counseling for OCD and Anxiety Disorders, Dogs for Better Lives, Eclectic Cloggers, Emerald City Contra Dance, Fleet Feet for Fun & Fitness, Needle and I, Northwest Dance Cooperative, Patrick Howe (Artist, Author, Educator), Rekindle School, Salmon Bay Friends, Science Fiction Book Club, Seattle Jazzercise, Seattle Swing Dance Club, Seishukan Karate Seattle, Skandia Folk Dance Society, TangoStrides / Tango Is About the Connection, Tom Lee Ballroom Dance, Valor Krav Maga

New mural planned for N 63rd Street Underpass

By Jonathan Booker

A major new public art project is underway near Green Lake. This August, a new mural will be installed on the north retaining wall of the N 63rd St underpass at Aurora Ave N. This site has served as a prominent location for public art since the 1990s. Most recently, in 2014 a group of community members, with financial support from the PNA and Seattle Department of Neighborhoods, commissioned artist Michiko Tanaka to design "Animal Silhouettes," a playful composition of greens and blues behind figures including elephants, giraffes, bears, and more. Though originally estimated to last five years, Phinney Ridge Painting, along with a hardworking group of volunteers, helped the mural remain in place until it was finally overwhelmed by graffiti in 2021.

Now, the PNA and the Seattle Office of Arts & Culture are bringing this site back to life. The over 200-foot wall has been divided into five sections. A team of five artists and five community groups (defined here as tribes and Indian organizations, nonprofit organizations, businesses, schools, cooperatives, trade unions, cultural organizations, churches, collectives, foundations, student groups, neighborhood groups, mutual aid groups, and more) are collaborating on designing and painting the new mural, which will be completed by the end of August. The theme of the new mural is "Belonging."

The PNA wants you to get involved! Community members can volunteer and even provide suggestions and feedback during the design phase of the project throughout the month of July. Keep an eye on the 63rd St Mural's web page (phinneycenter.org/63rd-st-mural/) for opportunities.



A new mural will decorate N 63rd St Underpass come August. A team of five artists and five community groups are invited to design and paint the new mural. Watch this space! PHOTO BY JONATHAN BOOKER



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Meet your local business owners

By Karla Rava



Meet Chen and Trang Dien, owners of Coffeeholic House along Greenwood Ave. Stop by for an ube latte! PHOTO BY CHEN AND TRANG DIEN

Coffeeholic House, Chen and Trang Dien

Coffeeholic House • 8525 Greenwood Ave N • coffeeholichouse.com

Chen and Trang are a husband-and-wife duo who bring authentic Vietnamese coffee to the Great Northwest. Both have backgrounds in the food and beverage industry and, after years of planning, opened Coffeeholic House in Seattle's Columbia City neighborhood. Their coffee beans are organic Robusta imported from Vietnam and roasted in Seattle. They use the traditional phin-dripped method and serve delicious creations like Coffeeholic Dream (coffee with a layer of salted cheese foam) and Purple Haze (ube latte).

With a love for a fast-paced environment, making delicious drinks, and serving their customers, the Diens opened in March 2020, unaware of the challenges yet to unfold because of the Covid pandemic.

Chen recalls, "There were a lot of challenges since we opened during the pandemic. We had no experience with owning or running a business. There were no staff at that time since we couldn't afford it. Our family members were the ones who helped the whole time! We also struggled with the supply shortage, social distancing, facing hatred from some people since we are Asian, or convincing people to follow the guidelines of the CDC, etc..."


Getting past those earlier days was very difficult for the Diens, but not insurmountable. They continued with their entrepreneurial spirit, and the desire to bring diversity to the community and make delicious coffee. In October 2022, they opened another Coffeeholic House, this time in the Greenwood neighborhood. Chen says, "We love the Greenwood neighborhood. It's so welcoming and friendly. We've had so many faces come through, and many of them are now regulars. We love seeing people with their friends, their kids, or co-workers chilling at our shop. We always strive to become better every day so we can continue serving this amazing neighborhood!"

On the horizon, the Diens are excited to open a third location that will be in Bellevue this coming May 2023. For more information, visit <https://coffeeholichouse.com/>.



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Becky Ducsik, owner of The Phinery.
Drop in for all your interior design needs! PHOTO BY MADISON STOA

The Phinery, Becky Ducsik

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As a DIY enthusiast and an avid reader of "House Beautiful" magazine, it's no surprise that Becky Ducsik eventually traded her day job in tech eCommerce to pursue her passion for interior design.


Becky's journey first started with buying, remodeling, and selling her own homes. Then, in 2016, she opened a brick-and-mortar store called The Phinery in the Phinney Ridge neighborhood of Seattle. Becky says, "The business name [pronounced 'fine-er-ie'] was derived from the location but also represents the superior quality of our home goods and interior design services."

The Phinery, a woman-owned and -operated business, takes on projects of all sizes. Their interior design services include furnishing selection, decorating, kitchen and bath design, and remodels. They also make custom bench seat cushions and offer free in-store consultations for custom pillows, window treatments, and fabric selection. Their retail store offers sofas and chairs that can be delivered in four to six weeks, and a large rug collection with 2x3 samples available for check-out. Additionally, they can help with paint color selection—inside and out—for just \$249 per on-site consultation.

So, whether it's parents wanting to regain their adult spaces after having little ones or pet owners needing help finding durable fabrics, Becky and her team of designers can cater to just about any request. They welcome walk-ins and are happy to answer questions.

The Phinery is currently offering a discount for new and existing customers through summer. Simply mention "PNA" to get 20% off a single item purchase (excluding custom orders). See the store for details. For more information, visit www.thephinery.com.

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Business moves and changes

By Chris Maykut

- **The Couth Buzzard Bookstore**, in the neighborhood for more than 30 years, briefly announced it would be closing permanently. However, a grassroots group started a GoFundMe that quickly raised over \$55,000 in emergency funds to keep doors open while a steering committee engages with the public to decide on how to create a sustainable future for the shop and music venue.
- Karuna Long, owner of longtime neighborhood fixture and community-driven craft cocktail bar **Oliver’s Twist**, is continuing to work to bring a PhinneyWood Cambodian restaurant to reality. Now targeting the vacant space at 7314 Greenwood Ave N—once home to Martino’s, Hecho, and the legendary Carmelita Restaurant—Long has held several driveway BBQ fundraisers in addition to online donations to help this dream become a reality.
- The well-loved **Satay Bar**, located at 8317 Greenwood Ave N, has re-opened in March after temporarily shuttering earlier this year. According to ownership, Satay Bar reached a breaking point due to lack of available staffing and were not able to continue until they had a chance to hire and train enough people to keep the doors open and maintain their high level of quality.
- James Beard award-winning chef Renee Erickson will open **Lioness**, a small plate Italian wine bar in PhinneyWood this summer. She will join a star-studded group in the long-awaited Shared Roof apartment building at 7009 Greenwood Ave. N. Neighbors will include **Ben’s Bread**, **Holy Mountain Brewing Company**, and **Doe Bay Wine Co.**

Welcome, new PNA Business members!

The Ladies Room - 8538 1st Ave NW • ladiesroom206.com

Dance Fremont - 8420 Greenwood Ave N • dancefremont.com

Ursa Major Teen Learning Community - 7511 Greenwood Ave N
ursamajorteens.com

Holy Mountain Brewing Company - 7009 Greenwood Ave N
holymountainbrewing.com

Kinship Tales • kinshiptales.com

North Pacific Properties - Michael Marshall • northpacificproperties.com/agent/michael-marshall

Continuum Care Hospice - 14240 Interurban Ave S #212
continuumwa.com

Young Child Academy - 9218 Greenwood Ave N
youngchildacademy.com

Bowerbird Home - 7005 3rd Ave NW

Learn about PNA Business Membership: Visit phinneycenter.org/business or contact Chris Maykut at chrism@phinneycenter.org.

Kids’ Corner

By Kathy Valencik

Whittier Kids' Reviews: Seattle's Best Spots for Summer Visitors

Expecting company this summer and looking for fun things to do? Our team of local experts is here to help! We asked neighborhood Kindergarten – 2nd Graders to share their reviews of the best places for out-of-towners to visit.

Carkeek Park and specific exhibits at Woodland Park Zoo overwhelmingly received the highest number of recommendations. But many Reviewers agreed that any park in Seattle is good, as long as it meets two important criteria: it should have a grassy area with room to run around, and the big-kid swings must outnumber the baby-swings. (Apparently bathroom facilities are not a requirement, as many of our Reviewers don’t mind an occasional nature pee.)

For further trip advisement, see the following highest rated (500 + stars) reviews:

Top Three Must See Animals at Woodland Park Zoo

Flamingos: “They are pretty and can help you learn to balance on one leg.” – *Mallory N.*

Red Panda: “You have to look for it hiding in the trees.” – *Virginia M.*

Komodo Dragon: “It’s a little bit scary because it has venom.” – *Axel L.*

Carkeek Park

“I love the Salmon Slide. It’s like it eats you and then it poops you out. In a fun way!” – *Cecelia H.*

“It has many hidden areas to find. As many as nature has. Meadow, beach, and forest.” – *Theo N.*

Swansons Nursery

“Get a plant. Also get a gnome to play with or for your yard. And there’s a fishpond and ice cream.” – *Jonah T.*

Nutty Squirrel Gelato

“My favorite flavors are Wildberry and the one with the picture of the cookie. But somebody else might like caramel or something else. So, the whole store gets all the stars!” – *Fjell S.*

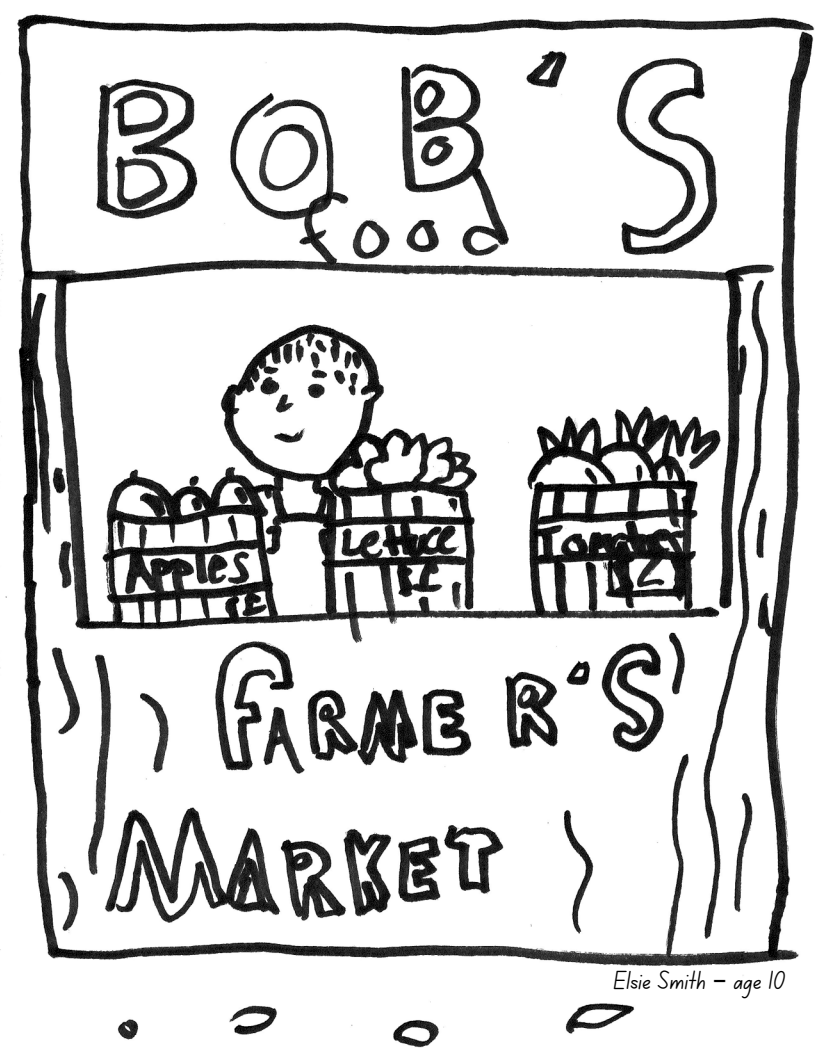
La Conasupo Taqueria

“Two ice cream freezers! Fruit popsicles and ice cream bars.” – *Gus C.*

We hope you find this information useful. Whittier Kids takes our kiddos’ input very seriously. For example, our weekly Summer Camp themes are vetted by our Afterschool Program students. Our themes this year include Cardboard Carnival, Whittier’s Got Talent, and Young Detectives.

All kids entering Kindergarten through 5th Grade are welcome to attend our camp. So if you are expecting company this summer and looking for fun activities....check out <https://www.phinneycenter.org/whittierkids/summercamp/>.

Learn about all the delicious, nutritious and colorful vegetables, flowers and produce at the Phinney Farmers Market, then fill in one or both coloring pages with all the colors of the rainbow. Don’t forget to bring your completed coloring page to the Phinney Center’s front desk to receive a small prize!



Coloring pages by Elsie, age 10 and Almog, age 11.

Phinney Farmers Market is back!

Dylan Olson is a first-year market manager for the Phinney Farmers Market in Seattle, with a long background in the farmers market community. Before coming to the markets, Dylan attended law school at the University of Washington but found his way into the farmers market community through a passion for local food and the great community they have there.

Dylan is excited to manage the Phinney Farmers Market this season and engage with the community. Let's say hi to Dylan!

What excites you the most about your first season managing the Phinney Farmers Market?

Dylan: Phinney is a wonderful neighborhood that I have become familiar with while delivering farm shares for River Run. I am looking forward to slowing down and engaging with the community, not just quickly dropping off boxes, but actually having face-to-face interactions with them. This season, we have an excellent lineup, including some exciting new hot food vendors. Vespucci Pizza, a wood-fired pizza vendor that some of you may recognize from the Ballard Farmers Market, will be joining us. Additionally, we have Kottu, a Sri Lankan hot food vendor. I am also excited for all the wonderful spring and summer veggies that will be available.



Meet Dylan Olson, a first-year market manager for the Phinney Farmers Market.
PHOTO BY DYLAN OLSON

What are your goals for a successful first season at Phinney and second season since reopening in 2022?

My goal is to provide a community space. That's how I have engaged with the markets in my personal life and what really drew me to them. Phinney is already such a great neighborhood, and through our partnership with the

PNA, we're able to lean on that and bring some of these community-oriented events and organizations to the forefront.

What fruit or veggie are you most excited to see in the market this summer?

Cherries! Everybody loves cherries here in Washington. They are such a special thing that you can't get all over the rest of the country, and they're so tasty. I love our winter vegetables, don't get me wrong, but after a long winter of eating cabbage and root vegetables, I'm excited to see lettuce come back. It makes my life easier throughout the summer to be able to rip apart some lettuce and throw a salad together, making meal preparation for the rest of the week a lot easier.

What is one thing that you want the Phinney neighborhood to know about your market?

It's a great place to come and participate in your community. You get to see other folks from your neighborhood and hear some live music. We're going to have quite a bit of programming coming back this season. We've got the Zucchini Races coming back this year, which is a fun, family-oriented event where your family can make race cars out of the summer's bounty. We're going to have lots of other smaller

programming throughout the year as well with different tastings, potentially cooking demos, and food preservation demos as well.

The Phinney Farmers Market opens on June 2, from 3-7 pm at the Phinney Center upper parking lot.



The Farmers Market returns on June 2nd. Bring your recyclable bags to pick up fresh veggies, fruits, legumes, flowers, and beverages, and stop by the food trucks for some grub!
PHOTO BY RAND PETERSON



Fruit volunteers harvest apples at Linden Park for local food banks.
PHOTO BY TIARE GIL

City Fruit: Empowering communities to address food insecurity

By Bennett Walkes

Fifteen years ago, the PNA sponsored a group of volunteers to host informal harvests of excess fruit trees in their communities. Today, City Fruit continues this work, engaging volunteers and community members to annually harvest 35-45,000 pounds of fruit citywide that we distribute to food banks and meal programs.

Our mission of addressing food insecurity requires holistic programming that empowers community members to participate in hyperlocal food systems every step of the way. To increase access to fruit in public spaces, we recently transformed an unloved strip of bramble into an urban orchard at Troll's Knoll P-Patch

in Fremont in collaboration with community members, gardeners, and volunteers. City Fruit also coordinates with community orchardists to steward public fruit trees while educating community members on how to care for their own trees. We hold service-learning opportunities focused on pruning, mulching, thinning, and pest management throughout the year. Many of the trees we've cared for have been in our neighborhoods at Linden, Meridian, Kirke, and Carkeek parks as well as along the Burke-Gilman Trail. For individual gardeners, we've distributed Zoodoo compost at the PNA and provided tree care and harvest services for more than 200 households in North Seattle.

Thanks to our harvests, we give fruit to Ballard, Family Works, U-District, and North Helpline food banks. Our volunteers have worked to process and preserve fruit through jam-making in PNA's kitchen and have prepared pies that were served at Greenwood Senior Center.

The demand for fruit is at an all-time high. Rates of food insecurity have stayed high since the pandemic started. With the expiration of pandemic boosts to SNAP aid and record inflation, inven-

tory is down at food banks all across the state. Furthermore, cold and wet spring weather last year led to fruit production being down across the state. To protect our harvest from future unpredictable weather as well as to meet rising needs in our communities, City Fruit is asking more residential tree owners to enroll their trees in our harvest program and share their fruit with their neighbors. We also encourage tree owners to bag or net trees this spring to protect their harvest from insects; our fruit tree specialist can provide these services as well. You can find information on netting and bagging, volunteer opportunities, and instructions for signing up your trees on www.cityfruit.org.

BITE OF PHINNEY WOOD

SUNDAY SEPTEMBER 17

DETAILS: phinneycenter.org/bite

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Help Wanted at the PNA

We love our volunteers! We continue to prioritize the health and wellbeing of our community, and opportunities may evolve between our print deadline and the event date. Thanks for your understanding and support.

To sign up or to learn more, visit phinneycenter.org/volunteer, or e-mail LeAnne at leannec@phinneycenter.org. Thank you for your interest!

LOCATIONS

GSC = Greenwood Senior Center
PC = Phinney Center

UPCOMING EVENT VOLUNTEER OPPORTUNITIES

- **Phinney Farmers Market** (Fridays, June 2 through September 29, PC upper lot)
- **Rainbow Hop** (June 3, PhinneyWood)
- **Yard Work Party** (June 10, Whittier Kids)
- **Art Stroll & Sale** (June 18, PC lower parking lot and PhinneyWood)
- **Summer Beer Taste** (July 15, PC lower parking lot)
- **63rd St Mural Prep Work Party** (August 4, west Green Lake)
- **Pickleball @Camp Greenwood** (August 15, GSC)
- **Bite of PhinneyWood** (September 17, PC lower lot)

GREATEST NEEDS

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

- **Landscape Architecture** and/or **Sustainable Gardening Internship**
- **Weekly GSC Receptionist**
- **Play with Kids** at Summer Camp

ONGOING OPPORTUNITIES

Bake & Prepare Meals

phinneycenter.org/volunteer/bake-meals/

Help at the Hot Meal Program: Prepare & serve meals, set up & clean up on Wed 11 am-2 pm at St. John Lutheran Church in Phinney. Other shifts may be available. phinneycenter.org/volunteer/hot-meal/

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

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

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

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

We are actively working to build a more equitable and inclusive Board and organization. We value a diversity of opinions, lived experiences, ages, races, ethnicities, abilities, and sexual orientations; we encourage people representing the diverse elements of our community to apply and serve.

The Board is a group of community members who in addition to other activities, support financial oversight and

leadership to help the PNA achieve its mission. Terms start in January. Generally 4 to 8 hrs/mo. phinneycenter.org/join-board/

- **Champions Committee:** Enthusiastic community members and passionate advocates of the PNA needed to support the PNA, our activities & fundraising events, our neighbors and community. Creative, energetic, connected team players desired.
- **Diversity, Equity, Inclusion & Belonging (DEIB) Committee:** Seeking community members interested in helping the PNA address racial inequity, structural inequality, unconscious bias, and systemic oppression throughout the PNA and our community.
- **Finance Committee:** Help oversee the PNA's budgeting and spending. Basic business knowledge and an understanding of budgeting and financial management needed. An accountant or financial officer would be especially welcome!
- **Site Committee:** Guides the maintenance and stewardship of the PNA's facilities and grounds. An architect, landscape architect, or mechanical engineer would be especially welcome.

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

- **PNA Village Volunteer Committee:** Help with PNA Village recruitment events, volunteer appreciation, volunteer support, monitoring member needs, and outreach. Committee members must be active Village volunteers. 3rd Tues at 11 am, at the Greenwood Senior Center.
- **PNA Village Marketing Committee:** Represent the PNA Village at community events and show off the fun, intergenerational, and supportive spirit of the PNA Village. Meets online, 3rd Weds at 11 am.
- **PNA Village Newsletter Committee:** Produce a quarterly newsletter for Village members. Work with the team to determine and write, and layout content. Meets online quarterly.

Garden & Landscape

phinneycenter.org/volunteer/volunteer-gardening/

*****Landscape Architecture and/or Sustainable Gardening Interns** will work with the Facilities Team to identify, develop, and execute sustainable gardening methods to create an appealing and safe environment for our guests and community. 3+ hrs/wk. You provide the interest and muscle, we provide training, tools and equipment.***

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

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

Yardwork party at Whittier Kids! Help us clean up our grounds in time for summer break by helping to weed, prune, and pretty up our grounds. Sat, June 10 from 9 am to noon.

Kids & Seniors

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

*****Play with Kids at Summer Camp:** Support school-age kids during weekly, themed camps at Whittier Kids. Help with activities, art projects, in the gym/ playground games, etc. Help a week at a time, or pick a day to help throughout the summer. Weeks between July 10 and August 25. Background check required.***

Camp Rodeo: Help facilitate a smooth drop off for summer camp attendees by pointing them to their meet up location at the Phinney Center. Weekly, from 8 to 10 am, June 19 through September 1.

Early Stage Memory Loss (ESML) Programming Team: Help create a dementia-friendly community through our weekly enrichment class, the Gathering Place. Volunteers converse with class participants, assist with writing and drawing exercises and other activities, help make reminder calls, and enjoy the company of our participants. Classes are Tuesdays (virtual) and Thursdays (in-person), 1-3 pm (you work 1/mo), with occasional meetings with our staff.

Ideal candidates have some experience working with seniors or an interest in working with people with ESML, and are at least 21 years old. Background check required, yearlong commitment requested. Virtual volunteers must have device and internet connection.

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

Pen Pals Needed! Especially in need of seniors to write to kids! phinneycenter.org/pen-pal/

Local Rides for Seniors: Your own vehicle and insurance required. Especially in need of drivers available during the work day and/or ok with dogs in your vehicle.

Maintenance & Handiwork

phinneycenter.org/volunteer/maintenance/

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

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. Weekly shifts available on Mon 5-7 pm, ideal volunteers will work 1-2 shifts/mo.

Sanitize & Organize classroom materials at Whittier Kids. Flexible M-F, 8:30 am-6 pm.

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.

Join our **Work Party Mailing List** and we'll email you when we have our next work party! Tasks, locations & timing vary, indoors or out, a little less frequently than once per month.

Marketing & Outreach

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

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.

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.

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

Office & Admin

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

*****GSC Weekly Receptionist:** Greet and interact with seniors of all ages & backgrounds; strong customer service skills required. 4 hrs/wk, 6+ mo commitment is requested.***

Data Entry: Your flying—and accurate—fingers are needed to help us get gobs of info into the cloud. Must be detail-oriented, and experience with spreadsheets (Excel) and/or databases (Salesforce) preferred. Variable needs from 2 hrs/mo to 3 hrs/wk. 6+ mo commitment requested.

Technology

phinneycenter.org/volunteer/volunteer-technology/

One-on-One Tech Mentors: Help seniors and others learn how to use their smart phones, tablets, and laptops. Flexible schedule, 6+ mo 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

Cat Care Volunteers needed for **Purrfect Pals** at Renton Landing PetSmart. Crystal Chiechi: 360.926.8447, volunteers@purrfectpals.org.

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

Adult Volunteers needed at Day Camp with **Camp Fire Central Puget Sound**. Corey Gerberdolan: 206.384.5362, coreyg@campfireseattle.org

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

Aerospace Camp Experience (ACE) Youth Volunteer needed for the summer at **The Museum of Flight**, volunteers@museumofflight.org

Pavilion Ambassador needed, stationed on the Concorde, Air Force One, 747, and 787 at **The Museum of Flight**, volunteers@museumofflight.org

Art + Flight Zone Volunteer needed from June 10th through January 7, 2024 at **The Museum of Flight**, volunteers@museumofflight.org

The Review

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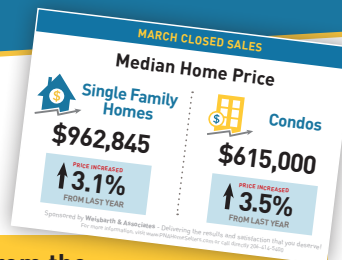
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PhinneyWoodHomes.com

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