

Stories and happenings for Northwest Seattle neighbors

Thanksgiving Potluck

A 20+ year tradition where the community shares a meal at the Phinney Center
Nov 28 | 4-6 pm
FREE

PhinneyWood WINTER FESTIVAL

Featuring 140+ local artisans
Dec 7 & 8
10 am-5 pm
\$4-6

Winter Wishes

Help provide over 400 holiday gifts to local families
Nov 20-Dec 31

GloCone Lighting

Watch the air raid tower light up
Nov 30 | 5-5:30 pm
FREE

Greenwood Senior Center

Thanksgiving Luncheon
Nov 22 | 12 pm
\$5

Costume Jewelry Sale
Dec 11 | 1-6 pm
FREE

Christmas Luncheon
Dec 20 | 12 pm
FREE

Don't Miss

This Holiday Season

Celebrate Winter in PhinneyWood

GREENWOOD SENIOR CENTER

525 N 85th St, Seattle, WA 98103 • gsc@phinneycenter.org • 206.297.0875
Established in 1977, the GSC is an inclusive community that provides social, physical, and educational activities focused on the needs of older adults. We work to fight isolation, build camaraderie, and enrich each other’s lives. Our full calendar is on pages 3-6. Adults of All Ages Welcome.

HIGHLIGHTS

Those Mysterious Seacoast Forts
12/6, 1 pm. Free.

Costume Jewelry Sale & Pictures with Santa
12/11, 1-6 pm. (Santa 3-4:30 pm)

Azure Jazz Quartet
12/12, 1 pm. By donation.

All Present Holiday Concert & Sing-along
12/15, 2-3:30 pm. Free.

Snow Globe Making Workshop
12/16, 1 pm. \$8-10.

Cornucopia Band Christmas
12/18, 1 pm. Free.

Christmas Luncheon
12/20, 12 pm. \$5.

Christmas Movie Double Feature
12/23, 10 am-2:30 pm. Free.

Theatre Games (Improv) Series
1/9 & 23, 2/13 & 27

Long-Term Care Medicaid Planning
1/10, 1 pm. Free.

Back to Basics with Diabetes Management
1/15, 1 pm. Free.

Brain Games
1/16, 1 pm. Free.

Seattle on Film
1/17, 1 pm. Free.

Scarecrow Video Presents: Sherlock Holmes' Smarter Brother (1975)
1/22, 1-3 pm. Free.

Make Your Own Ceramic Vase
1/22, 1 pm. \$20.

Lunar New Year Craft Class
1/28, 10:30 am. \$5-7.

Sherlock Holmes and His Enduring Legacy
1/31, 1 pm. Free.

Valentine's Day Craft Class: Heart Mobiles
2/5, 10 am. Free.

Folk Band
2/5, 1 pm. Free.

Floriography: The Language of Flowers
2/6, 1 pm. Free.

AARP Tax Assistance
2/7-4/11. Free.

Tea & Love Songs with MJ
2/12, 1 pm. Free.

Collage for Wellbeing: Doorways to New Beginnings
2/21, 9am. Free.

PNA VILLAGE

Give the gift of help and community, all year long!

By Randi Luoto

The holidays are upon us, and seniors like me may be asked for gift ideas. Here’s what they should say: membership to the PNA Village. Surveys show the vast majority of seniors prefer to stay in their own homes as they age. That’s where PNA Village comes in! Membership offers help in and around the home, along with the opportunities to build community and friendship. The PNA Village has more than 200 volunteers who provide help when it’s needed. Volunteers can assist with rides to appointments, lifting heavy boxes or groceries, yard work, light housework, friendly visits, and identifying when problems are significant and a professional is needed. Even then, the PNA Village recommends who to call from its list of thoroughly vetted service providers. Just as importantly, membership provides the opportunity to build meaningful connections with neighbors. It’s a win-win—the gift giver and the recipient will both enjoy peace of mind, knowing that help is just a call away!

Visit phinneycenter.org/village or call 206-789-1217 to find out how you can get involved.

MEMORY LOSS PROGRAM

Memory Café
Fridays starting 1/17, 1:30 pm. Free.

Caregiver Retreat
1/29, 9 am. Price varies.

Author Talk: Marilyn Raichle
2/24, 11 am. Free.

SOCIAL CONNECTION PROJECT

Connection Rx
Call for info: 206.531.0061

Social Skills Discussion Series
1/16, 2/20, 3/20, 4/17, 1:15 pm. Free.

Backup Plan for Solo Aging Group
Thurs, 1/30-3/6, 4:30 pm. Free.

Social Solos
1st Thurs, 2 pm. Free.

OUR RENTERS

By Georgette Semroc and Tricia Bentley

Did you know PNA rents spaces at the Phinney Center and the Greenwood Senior Center?
We offer several rooms that can be used for various purposes—meetings, workshops, seminars, staff retreats, yoga, martial arts, exercise and dance classes, children's classes, acting, art, and improv classes. Find out more at phinneycenter.org/room-rentals.

Connect with the groups that rent space at PNA:

PhinneyWood Blog Community Events page:
phinneywood.com/events/community-events
This daily news blog is a community resource for the PhinneyWood neighborhoods and is a great place to discover the many classes and groups that meet at the Phinney Center. Follow the link to view the searchable calendar.

Renters Directory:
phinneycenter.org/renters-directory
This directory includes a list of many groups and individuals renting our spaces. Search our directory to find out how to enroll in a class or join a group.

Business District News

- **Pizzeria La Rocca**, our local hardwood oven-fired Romanian hospitality restaurant, has won two major awards in the 2024 *Seattle Times* Best in the PNW people's choice series: Best Pizza and Best Italian Restaurant. From their Facebook page: “We are thankful and humbled by the trust and support that you, our customers, put in our restaurant... For a couple of women who started on this journey only a few years back, it is a tremendous honor and privilege to see the appreciation of our patrons and have it recognized by a time-honored institution like the *Seattle Times*.”
- Top winners in this year's third annual Bite of PhinneyWood event include: Best Overall Bite: **Autumn's** polenta fries with house-fermented honey and Parmesan; Best Savory Bite: **Lioness'** smoked black cod mousse with a house-made pecorino cracker; Best Sweet Bite: **Coffeehollic House's** Vietnamese coffee with cheese foam; and Best Vegetarian Bite: **Petit Pierre's** tomato basil croissant with burrata and balsamic reduction.
- After 12 years as the city's first hockey bar, our own **Angry Beaver** has reopened after yet another disaster—pipes bursting and flooding the entire space—in January. That, along with surviving the PSE natural gas explosion in 2016, the pandemic, and a GoFundMe campaign that saved the bar from closing, was “the final straw” for founder Tim Pipes. New owner Matt Baker has kept the poutine and gravy on the menu for now but hinted at possible thematic changes in the future in an interview with *Seattle Eater*.
- The former Lodge Sports Grille across from FlintCreek on Greenwood Ave, has a new tenant. The newly formed Model Restaurant Group announced the opening of its first establishment there, the **Greenwood American Bistro**. The bistro, now open, features “seasonal ingredients that highlight the rich biodiversity of Cascadia and the Pacific Northwest come together in a playful menu and friendly dining room.”

Thank you, Chardell!

Please join the PNA in congratulating our longtime friend and colleague, **Chardell Paine**, on her retirement after 32 years on staff!
Chardell joined the PNA in 1987, as a parent through the Phinney Neighborhood Preschool Co-Op (PNPC), joined the PNA Board of Directors in 1991, and then the PNA Staff in 1992! Over the years, she's managed the Volunteer Program, directed the Membership Program, and has been in charge of pretty much every PNA Event. Most recently, Chardell was staff lead for the Tasting Events & Bingo Karaoke and helped keep the staff connected through a monthly coffee hour!
We’re so appreciative of her dedication to connecting neighbors,

her creativity and resourcefulness to make things happen, and her seemingly endless source of energy. Chardell, you are an inspiration and though we will miss getting to see you in the office, we look forward to seeing you around the neighborhood.



Congratulations, Chardell!



NOW BOOKING
Interior Painting & Carpentry For Fall & Winter

Cheers to the Beer Taste Committee: Celebrating 37 years of community and craft!

In celebration of another successful event—the 37th annual PNA Winter Beer Taste, known as the G.O.A.T. (Greatest of All Tastes)—we’d like to shine a spotlight on the incredible Beer Taste Committee!

This dedicated group of beer enthusiasts organizes two events a year: the outdoor Summer Beer Taste, featuring the lighter beers and ciders of summer, and the Winter Beer Taste, which is both Seattle’s longest-running beer-tasting event and a favorite among brewers and tasters.



Each event is themed to create an unforgettable experience for the community. Past themes include "Big Beertha (No Boring Beers)," "To Beer, Or Not To Beer," and "Finally Legal" (21st annual Beer Taste). Volunteer committee member Gary Bangs expressed, "I like the convivial, cooperative atmosphere on the Beer Committee. We can openly share our ideas and discuss them in a positive way." Nancy Johnson agrees: "I joined the committee in 1994. I stay because it's a wonderful group of friends, and Chardell is the best leader ever!"

The committee’s passion for craft brews and commitment to fostering connections make this event special. Committee member Chris Johnson summed it up beautifully: "Seeing the smiles on the tasters and brewers at the event makes all the hard work worth it."

PNA Beer Taste events bring together old friends and new faces, creating a warm and welcoming environment. Committee members Rekha Ravindran and Eliot Haack highlighted the community aspect: "Our favorite thing about the event is how it brings people in the neighborhood and Seattle area together and being able to see how much fun everyone is having. We also enjoy getting to see the local beer scene showcased."

Chardell Paine, who retired following the event, declared, "The best part of my job was working with volunteers, and the Beer Taste Committee is the best! I feel honored to have worked with them for 30 years!"

As we look ahead to future events, we invite everyone 21 and older to join us in celebrating the spirit of community championed by the Beer Taste Committee. Cheers to good times, great tastes, and the friendships that form over a shared love of beer!

Thank you, Beer Taste Committee—you are truly the G.O.A.T.!

KIDS PROGRAMS

Whittier Kids

By Kathy Valencik

The gift-giving season is upon us, and Whittier Kids (WK) is here to help! We consulted with our onsite experts (ages 3-11) and their teachers for their top five fun gift ideas for the young people in your life.

MAGNETIC BUILDING BLOCKS

These "Minecraft-inspired" magnetic blocks are available on Amazon under several different product names. We have four different sets from various companies that are equal in quality and work well together. Kids highly recommend these, commenting: "Not actually a Minecraft toy but very fun," "Different than magnet tiles but as good for different ways of building," and "The soft rattle noise they make when you stack them is satisfying." Available on Amazon.

POP TUBES DOGS

Our preschoolers use these pups to practice their number sense skills, including matching and measuring. School-age children use them as fidgets and pretend play props. This dozen-doggie set has held up through many hours of playtime. Teachers’ top recommendation for a gift under \$20.

GRAVITRAX JUNIOR

Gravitrax was a top recommendation from our older kids back in 2022 and is still popular. However, the original Gravitrax marble track has too many small parts for our younger kiddos. Happily, this year the Junior version made its way to WK. This set has solid track pieces, large wooden marbles, and animals for pretending. Available online at Snapdoodle Toys.

MUSIC WOODEN MARBLE TREE

Marbles make soothing sounds as they drop through the tree leaves. Kids enjoy experimenting with musical sounds while watching the marbles roll down the tree. We’ve noticed that students seem to gravitate to this calming toy when they need a bit of space and alone time. Available online through Kaplan.

SPIROGRAPH, WOODEN TRAIN SET, LINCOLN LOGS

Apparently, old-school classics are trending at WK. Our onsite experts recommended many of our old-but-new-to-them toys and games. Spirograph, wooden train sets, and Lincoln Logs all tied for a place on the list. Luckily, all three products are still around and available through many vendors!

KIDS PROGRAMS

Fall leaf painting and preservation with Ballard Preschool Co-op!

By Allison Lembo

Who doesn’t love fall leaves? This simple leaf painting activity, combined with our DIY leaf preservation project, is sure to keep your little ones entertained.

My kids are always collecting leaves on our walks, so we always have a stack of them on the porch or stashed in our stroller. Why not turn them into a simple process art activity? Here’s what you’ll need:

- Leaves
- Paint (I used washable)
- Mod Podge

Let your kids pick out some leaves; it works best if they are not too dry or brittle. Once they have their leaves, lay the leaf on a paint tray or cookie sheet and apply paint.

When the paint is dry, gently apply a coat of Mod Podge to each leaf to preserve them and prevent the paint from chipping. Let dry.

When finished, hang the leaves as a fall garland or put them in a frame for some seasonal art! I put mine on my daughter’s art wall for a touch of festive fun.



Phinney Neighborhood Preschool Co-op

By Rose Wolf

Looking back over the year, we are grateful for the teachers, parents, and extended family who make Phinney Neighborhood Preschool Co-op (PNPC) a thriving community for so many young children. It wouldn’t be possible without the entirely volunteer board members and the teachers who spend countless hours creating a safe, loving environment for 90+ PNPC children.

Interested in learning more about PNPC for your child? Join us for an open house on Saturday, Jan. 18 from 10 am - noon.



DIY HUB

Discover the PNA's DIY Hub—a place where you can learn new skills, create stuff, and make friends. It's all about empowerment, connection, and sustainability.

Run entirely by volunteers, the DIY Hub offers access to a community woodshop and tool library. Getting involved is simple: just become a PNA member.

TOOL LIBRARY REPORT

By Eric Muhs

See all the great projects you can rustle up! This Tool Library user borrowed a complete set of concrete tools and created these beautiful steps.

Another Tool Library user used our tools and repair shop to make a set of pairs of clamshells into books with pages for poetry!

The PNA Tool Library is open Fridays 3-5 pm, Saturdays 9 am-1 pm, and Mondays 5-7 pm. We are located at the Phinney Center Brick Building.



EVENTS & ACTIVITIES

PC **GloCone & Holiday Lighting Event**
Saturday, Nov. 30, 5-5:30 pm.
Phinney Air Raid Tower. Free.

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

GSC **Those Mysterious Seacoast Forts**
Friday, Dec. 6, 1-2 pm. Free.

Long nagged by memories of the British invasion of 1814, the only successful attack on our nation's capital before 9/11/01, advocates for "homeland security" in the 1860s and 70s turned to massive guns to protect the three American coasts. One of the first Pacific installations came at the mouth of the Columbia River; within a generation, Puget Sound had its own defenses. Now quaint state parks, these artifacts of a past obsession with "Never again!" raise questions about threats both imagined and real, and responses both psychological and tangible. The tale of these silent sentinels reveals America's changing engagement with the world and its reliance on new technologies to "guarantee" security. RSVP: 206.297.0875.

PC **PhinneyWood Winter Festival**
Saturday & Sunday, Dec. 7 & 8, 10 am-5 pm. \$4-6.

Over 140 local artisans showcase unique, handcrafted goods, including jewelry, pottery, artwork, and home items. This Year's Winter Festival features new activities such as a fine art show, and a block-print-your-own wrapping paper station. It supports PNA's nonprofit initiatives, such as hot meals, senior services, memory-loss programs, and children's activities, fostering community connections and creativity. phinneycenter.org/winterfest

GSC **Costume Jewelry Sale & Pictures with Santa**
Wednesday, Dec. 11, 1-6 pm. Santa visit 3-4:30 pm.
No early entry.

The GSC collects jewelry donations every fall and sells them in December at this annual fundraising sale. Find amazing pieces from vintage to modern, and score some great new "bling" at very reasonable prices. You're almost sure to find something you like! All proceeds benefit the GSC. Come meet Santa and get pictures taken in our lobby from 3-4:30 pm. Well-behaved pets and children are welcome, as well as adults of all ages.

GSC **Azure Jazz Quartet**
Thursday, Dec. 12, 1-2 pm. By donation.
Join the Azure Jazz Quartet for a lively afternoon concert. RSVP: 206.297.0875.

GSC **Jingle Bell Karaoke**
Friday, Dec. 13, 7-10 pm. \$40-50.
Play rollicking games of bingo (for cash prizes!), wow the crowd with your karaoke skills, and buy your friends a round of drinks and snacks. All proceeds support activities for seniors like yoga and dance, painting and writing, daily meals, memory-loss programs, and support groups at the GSC. Tickets on sale at phinneycenter.org/bingo

GSC **All Present Holiday Concert & Sing-along**
Sunday, Dec. 15. 2-3:30 pm. Free.
Come join the spirit of the season with the OK Chorale and All Present Song Circle concert and sing-along of holiday favorites. Sweet treats to follow. Register: 206.297.0875.

Preschool & Pre-K

OPEN HOUSE event

Saturday JAN 11



Nurturing Knowledge SCHOOL

Reserve your spot today!

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206.755.0366

Greenwood · Phinney · Bryant · Woodland Park · Maple Leaf

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

Winter in PhinneyWood

PhinneyWood Winter Festival 2024: A Celebration of Local Art and Community

The PhinneyWood Winter Festival returns Dec. 7-8 at the Phinney Center, marking its 44th year. This holiday event will feature over 140 local artists and makers, offering a lively marketplace of creativity and festive spirit. With new additions, the 2024 festival is set to be bigger than ever.

The festival supports local talent, with handcrafted goods ranging from jewelry and ceramics to woodwork and clothing. Attendees can shop for unique gifts and meet both returning favorites and new artists, including emerging talent and first-time vendors.



New for 2024: Juried Art Show

This year introduces a juried art show, featuring curated works by some of the event's most talented participants. The show emphasizes quality and craftsmanship, providing a platform for artists to gain recognition while offering visitors a chance to discover standout pieces.

Block Printing Gift Wrap Station: A Hands-On Workshop

Festivalgoers can create custom wrapping paper at the Block Printing Gift Wrap Station, hosted by Piano Nobile. This hands-on activity allows participants of all ages to use block printing techniques and adds a personal touch to holiday gifts.

Family-Friendly Fun and Community Spirit

The Winter Festival offers something for everyone, with an artist marketplace, workshops, live music, performances, food trucks, and festive treats. The event fosters a warm atmosphere where neighbors celebrate the holiday season together.

Tickets are \$4 for members, \$6 for general public and are available at the door, with proceeds supporting the PNA's community mission. The festival runs from 10 am to 5 pm both days.

For more information, visit phinneycenter.org/winterfest.



EVENTS & ACTIVITIES

GSC Snow Globe Making Workshop
Monday, Dec. 16. 1-2 pm. \$8-10.
Create beautiful, custom snow globes. Makes a great present or a fun keepsake decoration. All supplies will be provided, but feel free to bring small objects from home. 10 students maximum. Registration required: 206.297.0875.

GSC Cornucopia Band Christmas
Wednesday, Dec. 18. 1-2 pm. Free.
A seasonal concert of Christmas carols and songs of the holiday season with the Cornucopia Concert Band. Come sing along with the band in its final performance after 45 years of musical merriment. RSVP: 206.297.0875.

GSC Christmas Luncheon
Friday, Dec. 20. 12 pm. \$5.
Our kitchen crew prepares a lovely and celebratory feast to close out the year. Join your friends for a delicious meal before our holiday break. Must register by December 18: 206.297.0875.

GSC Christmas Movie Double Feature
Monday, Dec. 23, 10 am-2:30 pm. Free.
10 am-12 pm: *White Christmas* (1954)
The classic American musical film that brought us the song of the same name. Starring Bing Crosby, Danny Kaye, and Rosemary Clooney.

1 pm-2:30 pm: *Muppets Christmas Carol* (1992).
A fairly faithful retelling of the Dicken's classic tale, except with Muppets. Starring Michael Caine as Scrooge.

GSC Connection Rx
Dates and time provided at registration. Free.
A six-week program with a "social fitness group" to help increase your level of social connection. Groups motivate each other to identify and participate in activities to increase their level of social connection and discuss challenges and solutions to such connection. Registration required. Contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

GSC LGBTQ+ Literacy at the Greenwood Senior Center, hosted by GenPride
Tuesdays, Jan. 7 & 14, 11 am-12 pm. Free.
GenPride is offering a two-part workshop that is open to everyone! You will learn about the history of the LGBTQ+ community across the decades, and what the experience of LGBTQ+ seniors looks like. The sessions offer an introduction to concepts in sexuality, gender identity, and pronoun usage, and show that education and cultural humility are essential to creating a welcoming and safe environment in your community. The format consists of an informational presentation, interactive activities, and an engaging space to discuss and ask questions. We look forward to seeing you! RSVP: 206.297.0875.

PC CPR Classes
Saturdays, Jan. 11, February 15, March 15, 9 am-12 pm. \$60-70.
Learn first aid and CPR for infants, children, and adults, including HIV and bloodborne pathogens, with an emphasis on injury prevention and safety. This course meets L/I WISHA-WAC safety standards and has been modified to comply with COVID-19 guidelines (hands-on training only, no mouth-to-mouth). Taught by retired firefighter Ken Norris, certificates are issued upon completion. You'll gain skills to provide emergency first aid, manage injuries, assist choking infants or children, and respond to cardiac arrest. Sign up: phinneycenter.org/series/cpr/

GSC Theatre Games (Improv) Series
Thursdays, Jan. 9 & 23, Feb 13 & 27, 1-2 pm. Free.
Every time we listen and then respond, we improvise! Join GSC Director, MJ Jurgensen, for a class full of creativity, play, and laughter. Theatre Games will be based in basic improvisational theatre technique. We will learn how to say "yes, and..." but most importantly, how to not take ourselves too seriously. All levels welcome! Register: 206.297.0875.

GSC Long-Term Care Medicaid Planning Basics
Friday, Jan. 10, 1-2 pm. Free.
In this presentation by Elder Law Attorney Angela Macey-Cushman, you will learn about Medicaid benefits to help pay for the costs of long-term care. This will include information about resource limits, income rules, available benefits, and basic planning strategies. RSVP: 206.297.0875.

GSC Brain Games
Thursday, Jan. 16, 11 am-12 pm. Free.
Wordle, Memory, Category games, and more. Test your ability and join for an hour of sharpening your cognitive skills. RSVP: 206.297.0875.

C Social Skills Discussion Series
3rd Thursdays, Jan. 16-Apr 17, 1:15-3:30 pm.
Wallingford Senior Center. Free.
Are you searching for connection? Looking for ways to deepen your existing friendships? Come join us for a Social Skills four-part series, where we will discuss the book *"How to Know a Person—The Art of Seeing Others Deeply and Being Deeply Seen"* by David Brooks. The series will be facilitated by Denise Malm, Geriatric Mental Health Specialist at the Wallingford Senior Center and Teresa Tam, Social Connection Project Coordinator at the Greenwood Senior Center. Registration required. Call (206) 461-7825 to register.

GSC Seattle on Film!
Friday, Jan. 17, 1-2 pm. Free.
From *Tugboat Annie* to *Sleepless in Seattle* to *Fifty Shades of Grey*, Seattle has a long history as a place to set a story, film a story, or even both! We'll talk about the legacy Seattle has left on film, what it says about our city, what it leaves out, and share our favorites. Whether you're a Fabulous Baker Boy, McQ, Elvis, or Lloyd Dobler standing outside with a boombox, there's something to discover about Seattle through the lens of how the rest of the world sees us. RSVP: 206.297.0875.

GSC Scarecrow Video Presents
Wednesday, Jan. 22, 1-3 pm. Free.
Sherlock Holmes' Smarter Brother (1975)
Scarecrow Video, a local nonprofit film organization dedicated to championing the role of film arts in community, cultural, and civic life, presents quarterly classic movies at the GSC. RSVP: 206.297.0875.

GSC Make Your Own Ceramic Vase
Wednesday, Jan. 22, 1-2:30 pm. \$20.
Ceramic artist Allison Tungseth, of Parsley and Rue, will guide participants through the creation of a slab (hand-formed) ceramic vase. This clay-based workshop will teach participants about the type of clay chosen, techniques for forming and molding clay, how to use fresh herbs and flowers to imprint into the clay, and tips to help refine and polish their vase form. The vases will be dried, fired and glazed by Parsley & Rue before being returned to their makers. All clay, plants, and tools will be supplied. Space limited—must RSVP: 206.297.0875.

EVENTS & ACTIVITIES

GSC Clothes Swap
Friday, Jan. 24, 1-2:30 pm. Free, but bring gently used clothing or accessories of good quality to participate.
Clothes swaps are an environmentally and budget-friendly way to clear out your closets of outfits you don't wear while spending nothing on new clothes! Plus, it's a fun way to spend an afternoon! Bring between 3-10 pieces of clothing or accessories in good condition by 12 pm for sorting before the event. Registration required: 206.297.0875.

PC Annual Meeting & Breakfast
Saturday, Jan. 25, 10 am-12 pm. Free.
Kick off the new year with the PNA at our annual meeting, featuring breakfast, a review of 2024, and a look at what's ahead in 2025. PNA members will vote in Board elections, and our leadership will share updates on our work. Enjoy pastries from local volunteer bakers, a build-your-own parfait bar, coffee, and tea.

GSC Lunar New Year Craft Class
Tuesday, Jan. 28, 10:30 am-12 pm. \$5-6.
Prepare to celebrate the Lunar New Year by making lucky decorations for your home. All supplies provided. RSVP: 206.297.0875.

Backup Plan for Solo Aging Group
Thursdays, Jan. 30 - Mar. 6. 4:30-6 pm. Free.
A growing portion of the 50+ population is composed of "solos." These are individuals who do not have family to help them navigate life events and make health decisions. The group helps solos plan for and manage health and well-being decisions and events—both large and small—during the second half of life. Participants work on creating a personal 'backup plan' to make sure they have help and support when they need it. The Backup Plan concept was designed by Linda Camp, an independent consultant and researcher. Registration required. Contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

GSC Sherlock Holmes and His Enduring Legacy
Friday, Jan. 31, 1-2 pm. Free.
Elementary, My Dear Watson! No literary character has been portrayed more than Sherlock Holmes, the greatest detective that never was. First sprung to life in the pages of a London magazine in 1887 he continues, along with Dr. Watson, to confound, confuse, captivate, and charm audiences with his deductive skills, observations, and solutions. Join us as we investigate this enduring personage – the myths, the man, the mysteries. Because... the game is afoot! RSVP: 206.297.0875.

GSC Valentine's Day Craft Class: Heart Mobiles
Wednesday, Feb. 5, 10 am. Free.
Join us for a fun Valentine's craft session. We will be making heart mobiles using paper, string, beads, and even glitter if you are feeling extra crafty! This easy but beautiful mobile will be the perfect Valentine's decoration for your space. RSVP: 206.297.0875.

GSC Folk Band
Wednesday, Feb. 5, 1-2 pm. Free.
Join music historian and GSC regular performer Al Hirsch, accompanied by musician Doug Bright, as they play and discuss favorite folk tunes. RSVP: 206.297.0875.

GSC Floriography: The Language of Flowers
Thursday, Feb. 6, 1-2 pm. Free.
A historical presentation chronologically exploring the many stories surrounding the symbolism of flowers and herbs. These examples range from ancient China, to the Middle East, to Victorian England and beyond. RSVP: 206.297.0875.

GSC AARP Tax Assistance
Fridays, Feb. 7-April 11. Free.
Once you have compiled all the necessary paperwork to complete your return, call 206.297.0875 to schedule an appointment with the AARP volunteer tax preparers. While this service is free (such a bargain!), donations to the GSC are appreciated.

GSC Tea & Love Songs with MJ
Wednesday, Feb. 12. 1-2 pm. Free.
Join GSC Director, MJ Jurgensen, for an afternoon humming along to your favorite classic love songs while enjoying tea and treats. What better way to celebrate Cupid's season than enjoying the sultry sounds of the likes of Elvis Presley, Stevie Wonder, Frank Sinatra, and perhaps a few contemporary tunes, as well. Just tea for you, and you for tea! RSVP: 206.297.0875.

PC Lunar New Year Celebration
Saturday, Feb. 8, 1-4 pm. Free.
Join us for our third annual celebration Lunar New Year. Spend an afternoon with us honoring the traditions of the Asian cultures that celebrate the Lunar New Year. Kid-friendly activities include lantern making and watching lion dancing. phinneycenter.org/lny

GSC Collage for Wellbeing: Doorways to New Beginnings
Friday, Feb. 21, 9 am-12 pm.
Access your own inherent wisdom and guidance. You will tap into your intuitive side, then create a mixed-media collage that reveals your inner wisdom. You will have the opportunity to journal about and share your creation with others. Collage is a powerful medium for self-expression that is accessible to all of us—no artistic experience needed! RSVP: 206.297.0875.

GSC Bingo Karaoke
Friday, Feb. 21, 7-10 pm. \$40-50.
Play rollicking games of bingo (for cash prizes!), wow the crowd with your karaoke skills, and buy your friends a round of drinks and snacks. All proceeds support activities for seniors like yoga and dance, painting and writing, daily meals, memory-loss programs, and support groups at the GSC. phinneycenter.org/bingo

PC Holi Festival of Lights
Saturday, Mar. 22, 1-3 pm. \$7-10.
Celebrate Holi, the Hindu Spring festival of color, love, and the victory of good over evil, with a day of festivities including a powder-throwing area, dance music, and Bollywood performances. Enjoy kathi rolls, chai, and arts & crafts. Advance tickets required. Phinneycenter.org/holi

SOCIAL SERVICES

GSC Hot Meal Program
Mondays, 4-6 pm. GSC. Free.

C Tuesdays, 4-6 pm; Wednesdays, 11 am-1 pm.
St. John United Lutheran Church. Free
In addition to providing a meal, the Hot Meal Program provides a safe environment to feel cared for and to feel like a part of this neighborhood. We offer a variety of hygiene products, gently-used clothing, physical therapy, and medical services as well. Volunteer opportunities are available at phinneycenter.org/volunteer/hot-meal

Visit phinneycenter.org/calendar for online listings

Dabble is a drop in art studio at 306 N 83rd Street, Seattle, WA 98103 www.dabbleseattle.com

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- Jan 7th: Homebuyer Education
- Feb 8th: Homebuyer Fair

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SR

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TRIPS & OUTINGS FOR SENIORS

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

Wild Lanterns Senior Night
Tuesday, Dec. 3. Time TBA. \$18.87 65+ only.
Pre-payment required. Meet at Zoo Gate.

Woodland Park Zoo is offering seniors a special, reduced-price night of their annual holiday light spectacular. We'll meet at the Main Entrance (off Otter Lot) and take a stroll through the paths of glowing lanterns representing both real and imaginary animals. Even if you've attended before, the lanterns change every year. Registration and pre-payment required: 206.297.0875.

Seattle Art Museum
Friday, Jan. 3. Meet at the GSC at 10 am. \$5
First Friday 60+. Bring bus fare and lunch \$.

Let's start the new year the right way – looking at art in good company! We'll bus down to SAM and take advantage of their First Friday admission for seniors only. We'll catch the end of the Jacob Lawrence exhibit and some others that you might have missed if you haven't been in the past year. Lunch downtown. Register: 206.297.0875.



Half-Day Preschool and Pre-K OPEN HOUSE
JANUARY 11, 2025
9:30 - 11am

Learn more and sign up to join us!

Illuminati Learning Studio
www.ilskids.com | 206.900.7452

SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875.

***New* Chair Massage**
Varying Mondays. Call for an appointment.
Donations accepted.

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

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

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

Minor Computer Repair
By appointment only. Free.

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

Foot Care
Varying days/times. Call for an appointment. \$42-45
Keith Germain cares for your feet. Call to make an appointment: 206.297.0875

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

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

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

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.

SOCIAL SERVICES & COUNSELING

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

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

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

Early-Stage Memory Loss Support Group
1st and 3rd Monday of the month. 10:30 am-12 pm.

For those diagnosed with mild memory loss issues. Support group meets each month to discuss coping, communication, and other areas of concern. Screening with Kristen required before participation. Call 206.297.0875 for details.

Parkinson's Spouses
3rd Monday of the month, 1-2:30 pm.
Provides education, resources, and coping skills to family members and caregivers of those living with Parkinson's disease.

Senior Parents of Adult Children with Mental Illness
2nd Tuesday of the month, 10:15 am-12 pm.

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

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 (ESML). New participants must contact Kristen before attending: 206.297.0875.

Mid-Stage Memory Loss Caregiver Support Group: Spouses
4th Tuesday of the month, 10:30 am-12 pm.

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

Adult Daughters Caring for their Mothers
1st Wednesday of the month, 3-4:30 pm.

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

Advanced Dementia Spousal Caregiver Support Group
3rd Wednesday of the month, 1-3 pm.

Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility. Contact Kristen to register: kristeno@phinneycenter.org.

MEMORY LOSS SPECIAL OFFERINGS

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

Memory Cafe
Fridays, starting Jan. 17. 1:30-3:30 pm.
PNC Blue Building, Room 2. Free.

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

Caregiver Retreat
Wednesday, Jan. 29. 9 am-3 pm.
Sunset Hill Community Hall. Tiered Pricing.

Full-day retreat for family caregivers of those who are living with dementia. Join other caregivers for a day of reflection and rejuvenation. Tiered prices to ensure it is accessible to all. Contact Kristen Oshyn at kristeno@phinneycenter.org for more information and to register.

Author Talk: Marilyn Raichle
Monday, Feb. 24, 11 am-12 pm. Free.

Marilyn Raichle, author of *Don't Walk Away: A Care Partner's Journey*, will do a reading and speak about her evolution as a care partner for her mother through Alzheimer's. Raichle speaks to the power of engagement and openness to experiences in one's relationship with someone living with dementia — and the challenge in doing so. Register: (206) 297-0875.

All Present Song Circle
Mondays, 1-2:30 pm. No January sessions \$5-7.
A chorus for people with memory loss, and community members who love to sing. Song sheets will be provided. Register 206.297.0875.

ESML Community Service Group
2nd Mondays, 11 am-1 pm. Free.

Come join others to make a positive impact on the community. We'll be assembling hygiene and dental kits for those in our community who are unsheltered and then sharing lunch together at the Senior Center. RSVP to Kristen Oshyn, kristeno@phinneycenter.org.

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

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

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

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

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

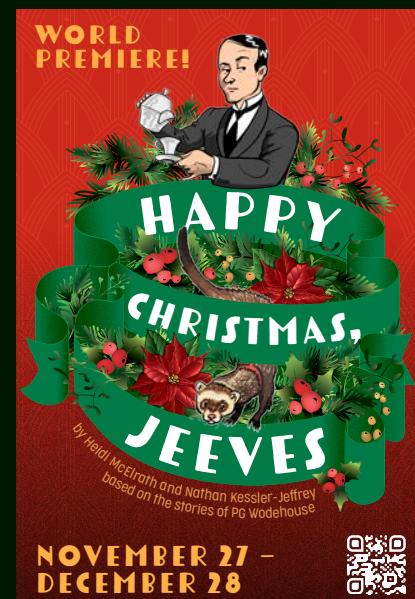
This one-hour program includes viewings of classic and contemporary works of visual art along with guided discussion, all in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment and Early-Stage Memory Loss. Register: erikac@phinneycenter.org.

Living Independently with Memory Loss
2nd Wednesdays, 10:30 am-12 pm. Free.

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

Music and Mindfulness
Tuesdays, 11 am-12 pm. Free.

Discover mindfulness, relaxation, and self-awareness techniques to enhance your daily life. Join sessions featuring breathwork, gentle movement, and instrumental improvisations focused on relaxation and restoration. This inclusive class welcomes participants with early to mid-stage memory loss and their care partners. Instructor Kate Schnieder has a Bachelor of Music in Music Therapy and is a board-certified music therapist. Register: 206.297.0875.



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ONGOING CLASSES

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. arielb@phinneycenter.org.

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 Beginner Spanish Language Class

Wednesdays, 3-4 pm. By donation.

This course is designed for those who are new to the Spanish language and eager to start their journey. You'll learn the basics of Spanish, including essential vocabulary, grammar, and conversational skills, in a fun and engaging environment. The instructor is Maria, a native Spanish speaker from Barcelona, Spain. She will guide you through interactive lessons, practical exercises, and cultural insights to help you build a strong foundation. Taught by Maria Sarrion.

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, 10-11:30 am. Free.

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

PNA DIY HUB

PC Tool Lending Library

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

The sun is setting earlier, which means it's time to get your yard or garden prepped for the winter. Let the PNA Tool Lending Library give you a hand. We have rakes, wheelbarrows, and so much more. phinneycenter.org/tools

PC PNA Woodshop (dedicated to Bill Fenimore)

Wednesdays, 7-9 pm, and Saturdays, 9:30 am-1:30 pm. \$10/hour.

Did you know that there is a woodshop in your area? Whether you're a newcomer to woodworking or an experienced woodworker, the PNA woodshop is the ideal place to bring your creative projects to life. Whether you're interested in crafting a bench, flower bed, jewelry box, chair, or cupboard, the possibilities are endless. To learn more about the PNA woodshop, visit phinneycenter.org/woodshop

PC PNA Woodshop (dedicated to Bill Fenimore)

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

Lumber Support Group

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

Sharpen This!

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

Make A Bow Saw

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

Build a Box

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

Introduction to Woodworking for Kids

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

Seattle Folklore Society Winter/Spring 2024-25 Concerts

The Seattle Folklore Society's concert season keeps rolling with more great live music on Phinney Ridge. The artists coming to the PNA stage represent a wide range of folk and acoustic music traditions. Most performances are held in the Phinney Center Community Hall on Saturday nights. For additional information, updates, and calendar additions, visit-seafolklore.org. Tickets are available 60 days before each show, online, or in person at prior concerts. Doors open 30 minutes before showtime.

11/23 - **James Keelaghan** - Notable Canadian songwriter

11/24 (SUN*) - **John Whelan's Transatlantic Project** - Concertina/Fiddle/Guitar, *show at Royal Room in Columbia City, SFS co-sponsors

12/3 (TUE*) - **Ensemble Sangineto** - Enchanting Italian songs & tunes, *show at Royal Room in Columbia City, SFS co-sponsors

Coming to PNA Stage in 2025: **Scott Cook**, **Open the Door for Three**, **Cosy Sheridan**, **Scottish Fish**, **Bon Debarras**, and many more!



Volunteer

Help Wanted at the PNA

We love our volunteers! Together, we make our community better!

To sign up or learn more, visit phinneycenter.org/volunteer or email leannec@phinneycenter.org. Thank you for your support!

GSC = Greenwood Senior Center

PC = Phinney Center

PW = PhinneyWood

UPCOMING EVENT VOLUNTEER OPPORTUNITIES

- **Holiday Lights Delivery** (late Nov/early Dec) & Pick Up (early Jan)
- **Winter Festival** (Sat, 12/7 & Sun, 12/8, PC)
- **Costume Jewelry Sale** (Wed, 12/11, GSC)
- **Jingle Bell Bingo Karaoke** (Fri, 12/13, GSC)
- **Annual Meeting Breakfast** (Sat, 1/25/25 PC)
- **Lunar New Year Celebration** (Sat, 2/8/25, PC)
- **Bingo Karaoke** (Fri, 2/21/25, GSC)
- **Wine Taste** (Sat, 3/1/25)
- **Holi** (Sat, 3/22/25, PC)
- **Bingo Karaoke** (Fri, 3/28/25, GSC)

DONATION REQUESTS

Winter Wishes, mid-Nov to early Dec, virtual! Help us support local kids, seniors, families, and neighbors in need through our virtual drive. phinneycenter.org/winter-wishes/

Donate homemade pies & more for our Hot Meal Program Christmas meal. phinneycenter.org/volunteer/hot-meal/

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

- **Hot Meal Program Clean Up**: help wipe down & put away tables, sweep the dining room; Tues 5:45-6:45 pm or Wed 1-2pm;
- **PhinneyWood blog reporters**: follow up hot tips and write a paragraph or two within 48 hours;
- **Tool Library**: Saturdays, 9-11 am or 11 am-1 pm.

ONGOING OPPORTUNITIES

Bake & Prepare Meals

Feed Seniors as a GSC Lunch Helper Prepare, serve, and clean up meals with the GSC chef and volunteer team. Mon or Tues, 10 am-2 pm.

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

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

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

Thanksgiving Potluck Celebrate community with the PNA! Volunteers needed to help set up & clean up. Th, Nov 28 at the Phinney Center. RSVP (to eat and volunteer) 206.783.2244.



Board & Committees

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

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

Garden & Landscape

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

Adopt a Garden Help spruce up our grounds by regularly performing a task (like weed whacking). Flexible schedule. Ongoing and one-time group opportunities are available at the Phinney Center, Greenwood Senior Center, Whittier Kids, and Heart of Phinney Park.

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

Shovel Snow Help our campuses and neighbors stay safe, by helping to shovel for them! We get a request for help, and then reach out to the volunteers closest to the request.

Help Kids & Seniors

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

Pen Pals Needed! Kids and seniors needed to write letters to each other! phinneycenter.org/pen-pal

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

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

Maintenance & Handiwork

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

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

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

Marketing & Outreach

*****PhinneyWood blog reporters** Join our team of PW blog reporters to help us get the scoop on the happenings in the neighborhood for the PhinneyWood blog. Work with PNA staff to follow up hot tips received through blog by going to location, taking photos, writing up a couple of paragraphs within given timeframe (usually 48 hours, or 2 weeks, depending on the tip). Example: Trader Joe's started construction.***

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.

Office & Admin

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

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

GSC Weekly Receptionist Greet and interact with seniors of all ages & backgrounds; Strong customer service skills required. 4 hours weekly, 6-month commitment is requested. Currently recruiting subs to join our weekly team when a spot opens up.

Teach & Mentor

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

HELP IN THE COMMUNITY

Volunteer with **Girls On the Run!** Each season, coaches inspire and guide youth through our tried-and-true curriculum! www.gotrupugetsound.org/volunteer.

Join **Tiith Alliance** in our gardens, kitchens, and food access programs and help us build a better food future! tilthalliance.org/get-involved/volunteer-with-us/.

The **Youth Tutoring Program** needs in-person, school year 1:1 tutors for students grades 1-12 in low-income housing. volunteer@ccsww.org.

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

Join the mighty volunteer crew at the **Ballard Food Bank** to pack bags, deliver to homes, or serve food in our Kindness Café. ballardfoodbank.org/volunteer

Cat Care Volunteers needed for **Purrfect Pals** at Renton PetSmart. Apply at purrfectpals.org/volunteer. Questions: robf@purrfectpals.org

Pancake Breakfast Volunteers needed at Loyal Heights Community Center on Sun, March 2, 2025. (206) 684-4052.

Academic coaches needed for local public elementary schools! No experience required, training provided. tim.ahlers@themathagency.com

Reading tutors, sports coaches and high school students needed to help school aged kids afterschool at the **Ballard Boys & Girls Club!** ballard@postvieplace.org.

Volunteer with **Birds Connect Seattle**. We have over 60 types of opportunities, something for everybody! EllieY@birdsconnect-sea.org.

Volunteers needed for **FamilyWork's** food bank programs, based in Wallingford. familyworkseattle.org/current-volunteer-opportunities/

Hunger Intervention Program: Help set-up/clean-up for meal service at the Lamb of God Church on M, W or F: hungerintervention.org/volunteer/



PNA Supporters believe in the value of...

1. Building meaningful connections within your community
2. Participating in community programs and activities
3. Attending arts and culture events at the Phinney Center
4. A thriving PhinneyWood Business District
5. Access to vital social services
6. Supporting programs and services at the Greenwood Senior Center
7. Having spaces to gather and play with friends and neighbors
8. Providing kids and families with opportunities for support and education
9. Being part of a community focused on intentional engagement and creating belonging
10. A healthy connected community

What is your reason to give?

Double Your Impact! Does your Workplace support the PNA?

Thank you to Boeing, Microsoft, Liberty Mutual, Google, Edward Jones, BECU, Nordstrom, Salesforce, and Zillow for matching their employees generosity this year. Is your company matching your donations or volunteer hours, too? It's an easy way to double your impact! For details on setting up workplace giving, visit phinneycenter.org/wpg or email development@phinneycenter.org.

ABOUT THE PNA

At the PNA our mission is to cultivate an inclusive community where every individual finds their place. Through a diverse range of programs, services, and events, we aspire to forge meaningful connections, nurture a sense of belonging, support our local businesses, and make positive change. Together, we are dedicated to building a community where everyone belongs and thrives.

Give Generously Today!



Help us raise \$100,000 by January 15, 2025, so we may continue providing essential services for our community. Together, we turn strangers into neighbors and neighbors into a thriving community!

PNA Memberships



Business | Community |
Village (Aging in Place)
Support Your
Neighborhood!

The Review

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