

Stories and happenings for Northwest Seattle neighbors

Día de los Muertos Festival

and Bite of PhinneyWood,
Art Walk & Beer Taste

Plus:

Local theater is back
Food banks step up
NW Seattle speaks





Creamy pesto penne from La Rocca and pork sliders from Valhalla Sandwiches are just two of the savory and sweet options you'll find at Bite of PhinneyWood on Sept. 17. Photos courtesy of the restaurants.

Savor the flavors of PhinneyWood

Tickets now on sale for new neighborhood food event

By Chris Maykut

Have you ever been jealous that so many other Seattle neighborhoods have annual food events while our restaurant-rich PhinneyWood has not? From the Great Wallingford Wurst Festival to Ballard SeafoodFest to the Plate of Nations, our region loves to focus on local, delicious cuisine.

Agonize no longer that our neighborhood has not been a part of that tradition, because the Bite of PhinneyWood is set to debut on Sept. 17.

"We created this event to help people find new favorites in Phinney Ridge-Greenwood and bring the community and businesses together. Restaurants will benefit from face time with Seattleites in a different venue. Guests will enjoy meeting restaurant

staff, learning about their menu, and trying a lot of delicious food," shared PNA Event Manager Jenny Marquette.

Modeled after the legendary Taste of West Seattle and sponsored by Salmon Bay Community Lending, the goal of the event is to highlight 25 local restaurants and cafes, and get their best bites of food into the mouths of community members.

"It'll be nice to bring the neighborhood together to support our businesses, and eat yummy food at the same time!" says Kendra Topson of Valhalla Sandwiches.

Chris Martino of Martino's agrees. "Having lived here for many years, I'm excited to have this type of event. Phinney Ridge has some amazing restaurants and I'm excited to see

everyone doing their thing."

The 25 eateries will all be in one place: the upper parking lot of the Phinney Center. Tickets include tastes from every eatery, so there's no need to buy extra bites or strategize who to prioritize!

Attendees can easily browse the lineup and chat with the chefs and staff to get a deeper understanding of the context that drives the menu.

Did you know that Thaikū's menu is composed of family recipes that originated in street stalls and have been passed down through generations? Or that La Conasupo Grocery isn't just a grocery, but also serves house-made authentic Mexican tacos, quesadillas, sopes, consomé and menudo.

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Director's Corner

At the PNA we believe that putting values into practice helps create a stronger, more connected community. Starting with this edition of *The Review*, we will begin to highlight the PNA's values in our stories.

In this edition, you will see examples of intentional engagement, but this work doesn't happen without also fostering our values of belonging, inclusivity, and responsiveness. That's because each of the PNA's values are interrelated and rooted in the understanding that the PNA mission and vision are for the entire community.

Our Mission:

The Phinney Neighborhood Association (PNA) builds, engages, and supports our diverse community through programs, services, and activities that connect neighbors and foster civic engagement.

Our Vision:

We envision strangers becoming neighbors, and neighbors becoming a welcoming and caring community.

Our Values:

Belonging; Inclusivity; Intentional engagement; Responsiveness.

Christi Beckley,
PNA Executive
Director



Intentional engagement means that we fulfill our mission of building community by being purposeful about each activity, program, service, or initiative we undertake or support. We use our values as a foundation for decision making, we partner with groups and organizations that help expand our reach—especially to under-represented communities—and we prioritize activities and programs that bring people together. Our new partnership with Mirror Stage (see page 6) and our long-standing Día de los Muertos celebration (see page 8) are examples of this in action.

Intentional engagement also drove our recent Community Survey project. Since the PNA's current strategic plan time line ended late 2021, we took the opportunity to test our assumptions about our work as an organization and the needs of our community.

We launched the Northwest Seattle Community Survey this past

spring (see page 11). The thoughts and information that you shared will be invaluable to our efforts to put our values into practice as we respond to the needs of the community. Thank you to all who participated!

From the survey, we learned that this community is proud of our businesses, our community connections, and our ability to support our neighbors. We also heard that you want more opportunities to engage with your neighbors in a meaningful way. For the PNA, this means making sure that everyone is included and feels a sense of belonging. It means doubling down on our efforts to live our values, learn from and support this diverse and growing community. Check out page 11 to learn more about the survey and its results.

We hope that you'll "intentionally engage" with us and each other this fall, whether you are helping us kick off the new Bite of PhinneyWood event, taking in creativity at the Art Walk, mingling at the Beer Taste, singing at Bingo Karaoke, dining with us at the Hot Meal Program, volunteering for an event or program, or supporting the senior center at the Power of Community.

The Review

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Being a PNA member supports our neighborhood and our community. All are welcome to join!

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 Donation (already a member)

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Greenwood Senior Center e-news (weekly): Yes No

FA 22

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Seattle, WA 98103

Questions? Call 206.783.2244 or email membership@phinneycenter.org

ABOUT PNA

The Phinney Neighborhood Association (PNA) was founded in 1980 by community members. The PNA's mission is to build, engage, and support our diverse community through programs, services, and activities that connect neighbors and foster civic engagement. Much more than a community center, the PNA offers programs at five sites and serves all who visit us. We turn strangers into neighbors, and neighbors into a welcoming and caring community. Visit us online at phinneycenter.org.

COMMUNITY EVENTS

The PNA believes connection creates a strong and welcoming community.

The PNA brings people together at dozens of entertaining, engaging events and activities each year for all ages at the Phinney Center, the Greenwood Senior Center, and in the PhinneyWood neighborhood.

SOCIAL SERVICES

The PNA provides essential services to contribute to the health and well-being of the community.

We offer free meals, medical care, clothes, and personal supplies through our **Hot Meal Program**.

Through our **Greenwood Senior Center**, we offer counseling, support groups, and a memory loss program.

The **PNA Village** helps people live in the homes they love and stay active as they get older.

EDUCATION

The PNA values lifelong learning.

The **Greenwood Senior Center** offers dozens of classes for adults of all ages, from language learning to line dancing.

The **Phinney Center** serves as a hub for community classes, offering affordable space for local instructors and programs.

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 parents and families.

ARTS & CULTURE

The PNA celebrates our diverse community through art exhibits and performances, an art walk, and two crafts shows featuring local artists.

Annual festivals like Día de los Muertos and Holi Festival of Colors bring the community together to celebrate diverse cultural traditions.

COMMUNITY RESOURCES

The PNA is a community hub and connector for Northwest Seattle.

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

Because thriving businesses are critical to our community, we offer support and networking to all small businesses in PhinneyWood.

Affordable space rentals help people gather and connect at PNA campuses.

We keep PhinneyWood in the loop with our quarterly newspaper, **The Review** and the neighborhood blog, phinneywood.com.

The Phinney Center Blue Building is a welcoming space to stop in to enjoy coffee, view some art, or use a public computer.

PNA volunteer programs help people give back and build community.

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
- Like us on **Facebook**: facebook.com/phinneyneighborhoodassociation
- Add us to your **Instagram** feed: [@phinneyneighborhoodassociation](https://instagram.com/phinneyneighborhoodassociation)
- Follow us on **Twitter**: [@PNAUpdates](https://twitter.com/PNAUpdates)
- Connect on **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 20,000 addresses in Phinney-Greenwood and to PNA members. It's also emailed to 7,500 subscribers, posted on the PNA website at phinneycenter.org/review, and available at the Phinney Center and Greenwood Senior Center and local libraries. For advertising, visit phinneycenter.org/review/advertise.



PNA Events

Community Begins Here

Visit phinneycenter.org/calendar for online listings



Find the freshest fruit on Fridays at the Phinney Farmers Market. Photo by Rand Peterson

Phinney Farmers Market

Fridays, through Sept. 30
3-7 pm. PC upper lot. Free.

Stock up on seasonal produce and products directly from local farmers and purveyors, get dinner from a food vendor, and enjoy music and community. Shoppers can use their SNAP/EBT benefits and will receive double the dollars to spend through the Market Match program. More info: seattlefarmersmarkets.org/pfm.

Contexpo: Income Inequality and the Wage Gap

Take a deep dive into the complexities of income inequality and the wage gap with an art show, conversations with experts, and an activism brunch. The events are presented by Mirror Stage in partnership with the Phinney Neighborhood Association. Events are free and open to the public. Learn more at mirrorstage.org.

Art Show & Lecture

Friday, Sept. 9
7:30-8:30 pm. PC Blue Building, Upper Floor. Free.

Activism Brunch

Saturday, Sept. 10
12-3 pm, PC Brick Building, Community Hall. Free.

Bite of PhinneyWood

Saturday, Sept. 17
3-6 pm (2 pm VIP entrance)
PC Blue Building Parking Lot.
\$50-\$60 PNA Member/\$55-\$65 Public.

Explore local food at the inaugural Bite of PhinneyWood! This event is the PNA's new tasting showcase and benefits the amazing restaurants, cafes, and bars of the neighborhood. Taste savory and sweet bites from 25 local restaurants and enjoy local beers from our sponsor Halcyon Brewing Company—all together in the Phinney Center Upper Parking Lot.

VIP admission begins at 2 pm. VIP tickets include early admission and a drink ticket. General admission begins at 3 pm. Food tasting will end at 6 pm. Beer garden will remain open until 7 pm. Tickets are now on sale and you can view the complete restaurant lineup at phinneycenter.org/bite. (See article on page 1.)

LOCATIONS:

Phinney Center (PC) 6532 Phinney Ave. N
Greenwood Senior Center (GSC): 525 N 85th St.

PhinneyWood Art Walk: The BIG One

Friday, Sept 23, 6-9 pm &
Saturday, Sept. 24, 12-4 pm
Neighborhood businesses & PC Blue Building, Gallery.
\$30 to register a venue, free to attend.

Come out for art and eats in the neighborhood at the 26th BIG One Art Walk! Enjoy local art of all types: photography, sculpture, collage, oils, watercolors, prints, glass, metal and fiber art, ceramics, and mixed media. In the spirit of the art walk theme "Art Up, Chow Down," many restaurants and pubs offer music or menu specials. Art walk maps and information on participating venues will be available the week before the event. Visit phinneycenter.org/artwalk to register a venue or to check out the map before the event.

Artwalk posters and stickers by award-winning graphic artist Robynne Raye will be available for purchase at the Phinney Center after Sept. 9.

PNA Community Woodshop Open House

Saturday, Sept. 24
9 am-1 pm. Community Woodshop (located at the Phinney Center Brick Building in the NE corner of the lower parking lot).

The Community Woodshop is a space that builds and supports a broad community of fabrication and woodworking. We welcome members who are enthusiastic about learning, teaching, sharing, and inspiring one another with creativity, skill, and community service...and we are ready to open our doors to a wider community! If you are an experienced or aspiring woodworker, or just want to make things with wood, join us to learn about new opportunities to join the Woodshop community as a student, instructor, or volunteer. Get to know members from the Advisory Committee and see the shop in action. Enjoy coffee, pastries, and meeting others interesting in woodworking. phinneycenter.org/woodshop.

Membership Appreciation Meetup: Tea and Treats

Wednesday, Oct. 5
1:30-2:30 pm. Greenwood Senior Center. Free.

Get together with the PNA and meet your fellow members! On October 5 we'll be at the Greenwood Senior Center serving up an assortment of tea with scrumptious treats. This event is free to attend for members of the PNA (which includes the Village and GSC!). We hope to see you there!



Learn all about the Community Woodshop and how to get involved at an open house on Sept. 24. Photo by Krissie Dillin

Holiday Closure: Sept. 5

The Phinney Center and the Greenwood Senior Center will be closed Monday, Sept. 5 for Labor Day.

Check out more events and classes hosted by the Greenwood Senior Center on pages 16-20. Adults of all ages are welcome!

EVENTS, CONT.



CeAtl Tonalli, a local traditional Aztec dance group, performs at the Día de los Muertos festival. Photo by David Inman

Día de los Muertos Day of the Dead Celebration

Saturday, Nov. 5

11 am-3 pm. PC Blue Building. Free.

Join us once again as we celebrate this Mexican holiday together to remember and honor friends and family members who have died. Everyone is welcome to join this event filled with music, dance, arts and crafts, plus food and drink. More details coming soon at phinneycenter.org/dia. Want to get involved as a volunteer or performer? Email Mary Campbell maryc@phinneycenter.org.

35th Annual PNA Winter Beer Taste

Saturday, Nov. 12

7-10 pm. Preview Tasting at 6 pm. PC Blue Building.

Regular tickets: PNA Members \$30/Public \$35/Designated Driver \$10

Preview tickets: PNA Members \$55/Public \$60/Designated Driver \$25

Seattle's oldest and best Beer Taste brings over 30 of your favorite breweries—new and old—together for an evening of tasting, pub snacks and music. Meet brewers, taste beers made for the event, compare notes and get your beer game on! Beat the crowds at the Preview Tasting which includes sliders and slaw to go with your tastes. Of course there will be cookies! Visit phinneycenter.org/beer for tickets and details.

Tool Library Cider Press Party

Saturday, Nov. 19

9:30 am-12:30 pm. Tool Library, 6615 Dayton.

Help the Tool Library raise money to purchase new tools and make repairs to donated tools. Enjoy fresh cider from our cider press (made with apples provided by our friend City Fruit) for \$5, yummy donuts for \$3 and fun music! Bring your own apples and a container if you would like to take home some cider (\$5 suggested donation).

Power of Community Celebration

Thursday, Oct. 20

3-5 pm. Greenwood Senior Center. Free.

Let's come together to thank and celebrate the Power of Community and all those who helped to support Senior Programs and Services at the PNA. You are the power of this community! Learn how your contributions are making a direct impact while connecting with your community. Enjoy music, signature cocktails and mocktails, and delicious nibbles. Watch for opportunities to give—donations of any level help power programs and services for all seniors and families. To donate or learn more, visit phinneycenter.org/power-of-community.

Halloween Bingo Karaoke

Friday, Oct. 28 and Saturday, Oct. 29

7-10 pm. GSC. \$30 PNA Members/Public \$40

Tickets on sale Oct. 3 at 10 am

There will be two nights of the most popular Bingo Karaoke! Plan your costume and get your tickets on Oct. 3 – it's always a sellout! Tickets for both dates go on sale Oct. 3 at 10 am at phinneycenter.org/bingo.

Hunger Goblin' Trick or Treat and Food Drive

Saturday, Oct. 29

12 pm - 3 pm. PhinneyWood Business District. Free.

The annual Hunger Goblin' Trick or Treat is back in person for the first time since 2019! Participating neighborhood businesses along Greenwood and Phinney Avenues will be passing out candy to costumed kids from noon to 3 pm the Saturday before Halloween. While the event is free, you can bring a non-perishable food item or cash donations that all go to the FamilyWorks Greenwood Food Bank to help families in our community. Just look for donation stations in the trick or treating area, or find them in the weeks leading up to the event at phinneycenter.org/calendar/hunger-goblin-22.



Show off your costumes to our local businesses at Hunger Goblin' Trick or Treat and Food Drive on Oct. 29. Photo by Rand Peterson



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Gumshoe goodbye

2022 marked year 15—and the last year—for the beloved Gumshoe tradition. The annual summer detective walk got folks of all ages out in the neighborhood with their thinking caps on. Since its inception in 2006, the Gumshoe has raised over \$30,000 for the PNA's Greenwood Senior Center, as well as funds for Greenwood Elementary PTA and the Phinney Ridge Food Bank.

Phinney Ridge neighbor, Mike Veitenhans, also known as The Answer Man, single-handedly developed the routes and the clues. He's now hanging up his detective cap to focus on a new community kindness project, KinderReminder (kinderreminder.org).

A die-hard gumshoer, PNA staffer Chardell Paine tackled 15 of the 16 total walks over the years. She and the rest of the PNA team appreciate both the fun and the community-building of the event. "The Gumshoe is a great way to connect with your friends and family with a fun challenge, and to notice the little things in our awesome neighborhood."

Thanks, Mike, for keeping us sleuthing all these years!



ONGOING GROUPS & ACTIVITIES

Additionally, check out Greenwood Senior Center's offerings (open to adults of all ages!) on pages 16-20.

Cribbage for a Cause

Most Third Fridays, 6:45-9:30 pm. PC Blue Building. \$5 donation.

Join us at the Phinney Center for an eight-person double elimination cribbage tournament! It costs \$5 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. Limited to eight people, with a waitlist, once full. To sign up to play or for more information, email raing@phinneycenter.org.

Phinney Friends Crochet Group

Thursdays from 10 am-12:15 pm. PC Blue Building, Room 3
Crochet lap robes and baby blankets for folks who need them.

PNA Fixers Collective

First Wednesday of the month, 5-7 pm.

Greenwood Hardware, 7201 Greenwood Ave N.

Don't throw that gadget away! Bring it to the PNA Fixers Collective to see if it can be saved. Kids welcome.

PNA Book Club

Second Wednesdays, 7-8:30 pm. Online. Free.

See phinneycenter.org/bookclub for selections. Contact Linda (lprot@hotmail.com) or Claire (smithyeager@msn.com) with questions or if you'd like to join.

Emerald City Contra Dance

Fridays, 7:30-10 pm. PC Brick Building, Community Hall. Starts Sept. 9

Contra dancing resumes its regular schedule in the Community Hall on Friday Sept. 9. Dance every Friday night to live music and a caller who teaches all of the dances. No experience necessary, but enthusiasm is encouraged. Please check seattledance.org/contra/emeraldcity for the most recent schedule and details.

Conversation & News of the Day (2 groups)

Tuesdays, 10:30 am-12 pm. Online. Free.

Thursdays 10-11 am. Online. Free.

Come with a news clipping that you want to discuss, or just come and join in with others. Led By Cecile Andrews. Email cecile@cecileandrews.com for Zoom link.

Understanding Happiness

Wednesdays, 10 am. Online. Free.

There is excellent research on the subject of happiness. In this group, explore how to act on this research, and create happier lives. Led By Cecile Andrews. Email cecile@cecileandrews.com for Zoom link.

CPR Classes at the Phinney Center

Saturdays, Sept. 10 or Oct. 8. 9 am-12 pm. PC Blue Building.

\$40 PNA member, \$50 Public.

Can you provide first aid in emergencies, locate and take care of injuries, help a choking infant or child, and stop cardiac arrest? Learn first aid, infant, child, and adult CPR, HIV and blood-borne pathogens, with a focus on injury prevention and safety. Class has been modified to meet COVID-19 safety requirements (hands-on only, no mouth-to-mouth) and meets L/I WISHA-WAC safety standards. Certificates are issued at the end of class. Taught by Ken Norris, a 26-year veteran of the Seattle Fire Department who has taught CPR for 25 years.

Register early; class space is limited. Go to phinneycenter.org/classes and click on "Be Prepared & CPR" for class listings and registration.

Breaking White Silence Study Groups

A program of Breaking White Silence Northwest:
breakingwhitesilencenw.org

Using Dr. Robin DiAngelo's book *What Does It Mean to Be White?: Developing White Racial Literacy* (Revised Edition) to encourage personal reflection and conversation, this study group is a first step to open up conversations about whiteness, white privilege, and racism.

Dr. DiAngelo is a scholar and educator on the topics of race, whiteness, and social justice. DiAngelo has authored numerous papers, articles and books, including the 2018 *New York Times* best-selling book *White Fragility*.

Her work has been featured at the Seattle Public Library and in NPR, *Slate*, and *The New Yorker*, among other outlets.

To learn more, visit robindiangelo.com.

Upcoming Group

Every other Tuesday: 9/13, 9/27, 10/11, 10/25, 11/8, 11/22.
7-8:45 on Zoom (six session group)

Participants limited to six. Pre-registration required. No fee. Books available to borrow throughout the study group if needed.

Facilitated by Carolyn Graye. To register, email Paul Finley at p.n.finley83@gmail.com. Let Paul know if you want to borrow a book.



Rolling Stone France describes Scottish folksinger Iona Fyfe as "magical and charismatic." Photo by Elly Lucas

Seattle Folklore Society Concerts

Join Seattle Folklore Society on Saturdays this fall for a wide-ranging array of world-class acoustic music.

Visit seafolklore.org for additional details about the performers, to get tickets, for new updates to the calendar, and current COVID-19 attendance policies. Announcements coming soon regarding schedule additions, livestreaming options, and more!

Sept. 24 - Iona Fyfe

One of Scotland's finest singers, rooted deeply in the Scots Language traditions of the country's North East

Oct. 1 - Canote Brothers

Delightful links in the chain of musical brother duets

Oct. 15 - Tannahill Weavers

Internationally renowned Celtic music blending traditional melodies and modern rhythms

Nov. 12 - Roy Zimmerman

America's premiere musical satirist - special concert at Keystone Church

Nov. 19 - Loud Weather with Elias Alexander and Alasdair White

Fiddle and Bagpipes at play, two of North America's foremost exponents of Scottish music

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instructors: TONY & ILANA

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Bite of PhinneyWood, continued from page 1

Attendees will be able to learn so much more about the deep and intricate food scene in our own neighborhood.

In addition to longtime residents like Thaiku and The Barking Dog, some neighborhood newcomers will join in, such as Autumn, Petite Pierre, Arc Restaurant and Lounge, and Pizzeria La Rocca.

"This is actually our first year in this great neighborhood, so we are happy to participate and interact with new people," shares Mariana Bodea of Pizzeria La Rocca.

Guests will also get to meet folks from venues outside the main business district, like Preserve & Gather, The Blue Glass, Mainstay Provisions, and Riveted Coffee.

"We're excited to meet more of the neighborhood since we're a little off of the main drag," says Kayla Blincow of Preserve and Gather.

Because this is the inaugural version of what will be an annual event, ticket sales are limited to the first 500.

The event will be held in the upper parking lot of the Phinney Center, with a layout and flow much like the Friday Farmers Market. Each guest will get a passport for one item from each venue. The passport will also include information about the food and participating eatery.

There will be a beer garden hosted by the new Halcyon Brewing, who recently set up shop in the former Naked City space on Greenwood. Music DJ'd by our hyperlocal radio station, KBFG, will liven up the atmosphere.

The event starts at 2 pm on Saturday, Sept. 17, with VIP ticket-holders having the first hour to themselves. All other ticket holders are welcome to come at 3 pm, with the "last call" for bites at 6 pm. The Beer Garden will be open 2-7 pm.

Early birds may get a prize! Tickets purchased before Sept. 2 will enter you in a drawing to receive a packet of gift cards from some of the participating restaurants.

To make sure you don't miss this new tasty neighborhood tradition, get your tickets in advance at phinneycenter.org/bite. VIP tickets, which include a free drink voucher, are \$55 and regular tickets are \$45 (current PNA members get \$5 off either ticket). All tickets include food from all restaurants, so you won't leave hungry.

There are volunteer opportunities for the event as well. Help make the event a success, plus get free entry! Visit phinneycenter.org/bite for all things Bite.



Community members share poetry and other works at the open mic hosted by Miz Floes (left) during Contexpo: Incarceration & Redemption on June 24, 2022. Photo by Kiley Riffell

Storytelling for change

Mirror Stage inspires and connects at Contexpo

by Matt Coomer

Mirror Stage believes in storytelling's changemaking power.

"Our goal is to get people talking and thinking about the challenges of today's world..." shared the theatre company's Managing Artistic Director Suzanne Cohen, "...and to encourage engaging more directly and advocating for change in the areas that matter." In their new event series Contexpo, they are creating space for the community to explore crucial topics through art and live experiences.

Mirror Stage is partnering with the PNA to bring the series to life. The two groups' partnership is rooted in their dedication to supporting and amplifying diverse voices.

As PNA Community Programs Director Krissie Dillin shared, "Our arts and culture programs are focused on supporting our partners and bringing unique and thought-provoking content to the community. Our intentional partnership with Mirror Stage allows us to support a local nonprofit, reach a broader audience, and be part of facilitating important conversations."

The collaboration channels the inclusive spirit of both nonprofits. "Partnering with the PNA not only aligns us with an organization that focuses on

empowering their diverse community, but it also allows us to expand our physical reach and the type of content we offer," shared Mirror Stage Media Arts Manager Tycarius Cummings.

"The facilities at the PNA give us the opportunity to supplement the themes of our regular programming with additional workshops, galleries, and community engagement activities."

The first of the Contexpo events focused on incarceration and redemption. They featured a talk led by community organizer Omari Amili, a poetry slam hosted by spoken word artist Miz Floes, and an art exhibit.

Mirror Stage worked with Books to Prisoners to show pieces by artists experiencing incarceration. The pairing was natural: Books to Prisoners aims to increase reading in prison through mailing free books to people there.

Mirror Stage's thoughtful exploration of imprisonment moved attendee and partner alike. Books to Prisoners Board Member Jeff West left the exhibit inspired and shared that Mirror Stage, "showed an incredible respect and care for the art and the letters, even putting out copies of the letters to let people read..."

Local poet Raúl Sánchez was drawn to Contexpo, too. He enjoyed the live poetry and thinks that the sharing

Contexpo creates can be a balm in trying times. "The difficulties we have been experiencing are not easily solved...it is important that artists of all genres unite in unison through their individual art forms to bring, to give and sincerely share a sliver of hope through our artistic expression."

Raúl read from his book *Where There Were No Borders* at the event, joining its exciting energy.

Mirror Stage invites everyone to explore Contexpo's themes and they strive to uplift all participants. "Contexpo is not just for entertainment or education, but also for the empowerment of artists, storytellers, and the whole community," shared Tycarius. "We welcome artists from all walks of life and the Contexpo events are free."

Just as Mirror Stage welcomes all, they feel welcome in PhinneyWood. "We are so grateful to be welcomed so warmly into a new community, and have the opportunity to partner with such a terrific organization as the PNA. The PNA provides such invaluable community services and programs, and Mirror Stage is proud to be a partner in engaging the community more broadly," said Suzanne.

Mirror Stage is charting a bold course with Contexpo, one that flows from their mission to challenge prejudice and increase equity and inclusion. They've found a great partner in the PNA, and both groups hope that new and familiar faces meet with open minds at Contexpo and leave together, inspired.

Visit mirrorstage.org to learn more about Mirror Stage, their upcoming productions, and Contexpo.

The Contexpo series continues on Friday, Sept. 9 and Saturday, Sept. 10 with an exploration of income inequality and the wage gap. There will be an art show, conversations with experts, and an activism brunch (see page 3).

To learn about Raúl Sánchez and explore his poetry, check out his website at poetraulsanchez.com.

Learn more about Books to Prisoners and get involved with their work at bookstoprisoners.net.



Contexpo: Veterans and PTSD included a hands-on, experiential visual art event, with community members invited to create self-healing pieces and add them to the gallery exhibit. Photo by Amanda Kristine Burks

Meet our local farmers

Phinney Farmers Market brings vendors from Sequim to Mount Pilchuck



Tampopo Farms offers all things fresh and colorful—from veggies to flowers. Photo by Rand Peterson

by Neighborhood Farmers Market

Secluded from the busy streets, in the upper parking lot of the Phinney Center Blue Building, the Phinney Farmers Market arrives every Friday, June through September, to bring farmers and fresh local produce to the Phinney Ridge-Greenwood neighborhoods.

Farmers travel from all over the state, from Sequim to Mount Pilchuck, to bring their produce to the market. The farmers market offers a unique outlet for farmers and shoppers to directly engage one another in a way that doesn't happen anywhere else.

Meet some of the farmers who frequent the Phinney Farmers Market.

Tampopo Farm

Teresa and Matt of Tampopo Farm enjoy their time at the market as an opportunity to engage with shoppers who are passionate about plants and produce. The pandemic was a motivator for many people to try their hand at gardening, and Teresa says that it has led to many engaging conversations at the markets, with people asking for advice or wondering about growing methods.

Chubby Bunny Farm

Chubby Bunny Farm is nestled on about two acres in the Cascade Mountains near Mount Pilchuck, WA. Farmers Michael and Melina work the land all on their own, with no employees to share the load. Chubby Bunny Farm focuses on vegetables, pigs, ducks, and, of course, rabbits.

Following a minimal waste ethos, their rabbits' diet is balanced with leftover vegetables from the farm.

The two are beloved at the Phinney Farmers Market, where they greet newcomers and regulars with warm smiles.

Hayton Farms

Hayton Farms has been a reliable source for all kinds of produce for five generations. These days you'll see Angelica with a market tent full of berries, but when Thomas and Sarah Hayton established the farm in 1876 on Fir Island in the Skagit Valley, they grew grain and made hay to feed Seattle's workhorses.

In the 1900's, Hayton Farm transitioned to a dairy farm, and in the 1950's, Leroy and Irene Hayton turned the whole operation into a row crop farm.

These days, Leroy and Irene's son Robert Hayton and his wife Susan Hughes-Hayton continue to make hay and focus on a small number of specialty crops, while Angelica, the youngest Hayton Farmer, has grown a booming berry business.

Alvarez Organic Farms

Alvarez Organic Farms has been family owned and operated in the lower Yakama Valley since Hilario Alvarez started the business in 1981.

They are conscious of the impact their 80 acres can have on the environment, and they installed a state-of-the-art irrigation system in 2014 to aid their water conservation efforts.

The Alvarez family is as community conscious as they are environmentally conscious, donating the majority of their leftover market produce to food banks throughout the Puget Sound area. Alvarez Organic Farm is a true farmers market and community staple.

You can meet these hardworking farmers and many more at the Phinney Farmers Market every Friday through Sept. 30 from 3 to 7 pm.



Alvarez Organic Farms specializes in 200 varieties of peppers and 300 varieties of vegetables. Photo courtesy of Neighborhood Farmers Markets

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Honoring death and celebrating life

Día de los Muertos—a long-held PNA tradition—returns in full fiesta mode

by **Connie McDougall**

The much-anticipated Phinney Neighborhood Association (PNA) celebration of Día de los Muertos — Day of the Dead — returns on Saturday, Nov. 5, from 11 am-3 pm, in and outside of the Blue Building.

“PNA has the infrastructure, the space and the resources to support this event, which we try to keep authentically rooted in the culture of origin,” says Mary Campbell, PNA’s community projects manager.

She notes that, as in pre-COVID-19 years, this celebration will feature music, crafts, food and a three-tiered *ofrenda* (altar), with free admission.

Día de los Muertos is traditionally observed on Nov. 1 and 2 when the souls of the dead may return to visit their living loved ones who in turn welcome them with food, drink, and memento. Some of these rituals date back to pre-Columbian Mesoamerica, thousands of years ago.

At PNA, it goes back more than two decades.

“One day, this gentleman came to the Phinney Center,” recalls Ed Medeiros, founder and then-director of the organization. “Carlos Duran was an artist and had a small studio in Greenwood.

He said that every year he had a celebration for Day of the Dead and would like to make it bigger, extend it down the street to the Center.”

Being of Portuguese descent, Ed says he didn’t know much about the celebration. “But once he explained it to me, I got interested. It was a priority to reach out to a greater variety of people and this was a great way to introduce Hispanic culture to the community,” says Ed.

That first year, in 1999, celebrations lasted the entire month of November. Kicking off with a grand parade,



Poet Raúl Sánchez dedicates the altar (*ofrenda*) that he created for the Día de los Muertos celebration. Photo by David Inman

events included an art show, musical and theatrical performances, and workshops.

Over time, it was scaled back to a more manageable event. “Instead of a street parade, we paraded around the Phinney Center parking lot,” Ed says. “Somebody brought a coffin one year. But it just got to be way too much work, so we eventually moved it to one day, the first

Saturday after the traditional Day of the Dead. And we included a lot of entertainment. One year, Carlos brought in an indigenous dance troupe with fabulous, feathered costumes,” remembers Ed, “and another time, we hosted a group of musicians from Oaxaca, Mexico. We arranged for homestays with people in the neighborhood.”

After several years, Carlos moved back to Mexico. “That’s when it basically became my pet project,”

Ed says. “I just thought what Carlos started was important, with the purpose to broaden an understanding and appreciation of his culture. I wanted to keep it going.”

One of the most enduring and moving traditions of PNA’s annual event is the *ofrenda* or altar. In 2010, poet Raúl Sánchez (poetraulsanchez.com) took over its creation and maintenance on the third floor of the Blue Building.

“Some people have been coming here to see it for years,” he says, explaining that the altar’s role is central to Día de los Muertos. “It consists of three levels, shaped like a pyramid. People are invited to bring photos and mementos of their loved ones to place on the altar.”

At the dedication ceremony each year, Raúl tells the audience there are four elements to the altar. “First, we have a photo or note, something to remember that person.

“Second, we light a candle, to illuminate their path so they know where to go.

“Third, there’s a glass of water to satisfy their thirst after their long journey.

“And fourth, we place flowers, to remind them of the planet they once inhabited. We also offer our best intentions with love and remembrance,” he says. “When we do that, a tear or two may flow.”

Although Raúl doesn’t live in the neighborhood, he’s eager to take part in PNA’s annual celebration. “It’s a way to connect my culture with the community. I want to do what I can, whatever it takes. I feel appreciated and I appreciate the opportunity to share these traditions.”

More information: phinneycenter.org/dia. To volunteer or participate as a performer, email Mary at maryc@phinneycenter.org.

“It’s a way to connect my culture with the community... I feel appreciated and I appreciate the opportunity to share these traditions.”



The Phinney Center transforms into a festival of crafts and entertainment for Día de los Muertos. Photos by Rand Peterson



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Art up, chow down

PhinneyWood Art Walk: A feast for your eyes

By Julie Gangler

The popular PhinneyWood Art Walk—the 26th BIG One this year—will be held Sept. 23-24 at participating businesses bordering Phinney and Greenwood Avenues. Continuing its theme of “Art Up, Chow Down,” the event will feature local art and great eats Friday 6-9 pm and Saturday 12-5 pm.

Come enjoy art ranging from photography, sculpture, collage, oils, watercolors, prints, glass, metal and fiber art, ceramics, and mixed media. Sample the cuisine at your favorite neighborhood restaurant or discover a new eatery. Restaurants and pubs often offer music or menu specials during the art walk.

Over the years, this popular event has turned into a neighborhood party with music and performances at participating businesses, in addition to showcasing artists.

Art walk maps and information on participating venues will be available at phinneycenter.org/artwalk and at participating businesses the week before the event.

This year the Phinney Neighborhood Association (PNA) is organizing the annual PhinneyWood Art Walk, taking over from the PhinneyWood Arts Council.

An all-volunteer organization, the arts council began the event in 1995. It organized art walks on the second Friday of every month in addition to the annual, two-day BIG One. Then COVID hit, and all art walks ceased in 2020. The BIG One cautiously resumed last year in September, instead of May as before.

Ann Bowden was a key member of the PhinneyWood Arts Council and single-handedly ran the walks for several years.



2022 Art Walk artwork by award-winning graphic designer, Robynne Raye.

“In the past, The BIG One featured a wide variety of art in 70-80 businesses in the Phinney-Greenwood neighborhood,” said Ann. “Over the years, this hugely popular event has turned into a neighborhood party, particularly on Friday night. With PNA now coordinating it, we’re all looking forward to

a re-energized event this September.”

Jeanne Barwick joined the PhinneyWood Arts Council, shortly after opening Mae’s Café, which used to be on Phinney

Avenue, in 1989. She became very involved with the art walks, from coordinating with artists to distributing posters to participating businesses.

“I loved working on this event,” said Jeanne. “It was so great to see

local folks getting out and popping into businesses they didn’t usually visit—a key purpose of the art walk. The special event posters, designed and produced by Robynne Raye of Modern Dog Design, were wonderfully creative and really helped us promote the event each year.”

Indeed, Robynne has designed all 26 of the annual art walk posters, including one for 2020 that did not get printed when the art walk was canceled. Robynne is an award-winning graphic design artist whose work is exhibited internationally and collected by museums worldwide.

“The 2022 Art Walk Poster is designed to make people smile,” said Robynne. “I want viewers to stop

what they are doing, approach the poster and take a closer look. Then I know it’s a success.” This year’s Art Walk posters and stickers will be on sale at the Phinney Center a couple of weeks prior to the walk. (See the poster at phinneycenter.org/artwalk.)

Mary Campbell, Community Projects Manager at PNA, is managing this year’s Art Walk. “We plan to run The Big One pretty much as in the past,” said Mary. “While the monthly art walks are paused for now, we’ll reassess bringing them back after September. Right now, we’re focused on getting interested artists and businesses to sign up for this year’s Big One to make it a huge success.

“Businesses and artists who want to participate should visit phinneycenter.org/artwalk,” she continued.

“Artists can sign up and businesses can register (\$30) to showcase them. The registration deadline is Sept. 5.”

Many businesses have been regular participants for years, and all say the Art Walk is a special event not to be missed.

“Art Walk is just so much fun,” said Kristine Kyle, Luxe Lighting. “It’s a wonderful way to interact with the neighborhood in a relaxed, fun way and for potential new clients to discover your business.”

Phinney Books’ Tom Nissley agreed: “This is a great event for customers,

friends and family, plus it draws folks who might not otherwise discover your business.”

“Some of the artists we’ve hosted have become our customers,”

said Tim Nolan, Phinney Ridge Cabinet Company. “And one of our clients liked a particular artist so much, he commissioned a special artwork. The Art Walk benefits everyone in so many ways.”

More information: phinneycenter.org/artwalk.

“It was so great to see local folks getting out and popping into businesses they didn’t usually visit.”

“It’s a wonderful way to interact with the neighborhood in a relaxed, fun way.”

Nourishing the community

Our food banks tackle rising needs in a stressed system



Ballard Food Bank's community market is free of cost for anyone living in Seattle. The shelves are stocked with staples like meat and vegetables, hygiene items like toothpaste and tampons, and dog and cat food. Photo by Alan Alabastro, Alabastro Photography

By Bill Thorness

The stress on our neighbors in need has risen and continues to build. The dedicated food banks of Northwest Seattle, large and small, are filled with people extending a cornucopia with one hand while comforting with the other.

Offering food and related services are Ballard Food Bank, two locations of FamilyWorks in Wallingford and on Aurora in Greenwood, the Phinney Ridge Lutheran Church, North Helpline in Bitter Lake and The Giving Room in Licton Springs.

"We used to average, before COVID, about 3,000 visits and deliveries a month," says Jen Musia, executive director of BFB. "Now we're upwards of 6,000 visits and deliveries a month."

From 2019 to 2021, FamilyWorks saw client households climb from 2191 to 3242, says Kirby Lochner, FW communications coordinator. "That ... showed clearly how needs rose in the community."

And at The Giving Room, which began in its current form in December, each Monday about 50 people are being served, says co-director Peter Orr. Phinney Ridge Lutheran Church also serves about 50 families a week.

Food banks and their food insecure clients together grapple with the issues at the top of the news.

"The economics of this city make it more difficult to afford food, housing, and gas prices," Jen says. "We're seeing so many more people are affected by inflation."

BFB also has experienced shortages and rising prices. "We've increased our food budget drastically."

Supply chain problems and higher delivery minimums raise costs too, explains Kirby. Sometimes, pallets of food from suppliers arrive with a list of items they weren't able to fill.

Stress piles up on stress. So, how do food banks respond? Well, by innovating.

Hubs, Trucks and Texts

Ballard Food Bank completed a

long-planned move into their own building last October. With it came a larger shopping area, a "resource hub" for clients that includes 16 partner organizations and the Kindness Café, where people can simply get a free meal. Community partners, grocery stores, and other food donors are vital to offering such services.

"People can come in, relax, and feel like they're part of a community," says Jen. There's hot soup, grilled sandwiches and coffee in partnership with Black Coffee Northwest.

At FamilyWorks, two Community Connector staffers "bridge the gap" with their hub of a half-dozen service providers to help with access to resources, says Kirby. Such agencies see their reach extended greatly by the food bank connection.

One vital partner to FW is the Salvation Army, which operates the Greenwood Food Bank. FamilyWorks provides the food and they handle everything else.

But FamilyWorks went beyond their two locations and powered up a colorful green truck with refrigerators, freezers and shelves of staples. They distribute at places like a tiny home village, a community center and a middle school.

Some clients are also using FW's new "Text to Go" service so they can just stop by and quickly pick-up a grocery box. The English-based service will be available soon in Spanish and simplified Chinese.

The Giving Room folks reimagined how to use their site's former café space during COVID. Now it's a "conversational zone with food on the side," says Peter. While people wait to shop, "they fill out a menu so we can pack their frozen and refrigerated items for them," he says.

Something as simple as a chat can fuel a small neighbor-to-neighbor service like The Giving Room, Peter says. "Now we know a little bit more about what's going on in their lives."



FamilyWorks employees distribute fresh groceries and much-needed resources (such as diapers, household items, and hygiene supplies) through the Mobile Food Pantry in North Seattle. Photo by Kirby Lochner

How to Get Food, Services

If you or someone you know needs food, you will be warmly welcomed at a food bank. They generally do not require you to live in their area in order to shop and get food. However, services like home delivery or financial assistance are geographic specific. Just register at the entrance and wait for a turn to pick up food.

Food banks operate differently based on their space. Some offer shopping while others provide a pre-packed bag or box of groceries. Most have a "no-cook" option for people who don't have access to a kitchen. Some offer pet food, hygiene items, and other necessities.

Each food bank has open hours that are listed on their website; see the list at the end of this article for addresses and days they are currently open.

How to Help

Volunteers are the lifeblood of these food banks, picking up grocery store donations, stocking the shelves, working with clients and making deliveries.

Grow extra produce or buy an extra bag of staples at the store and drop those off at the food bank. Of course, continue the financial support that keeps the food bank staff so grateful to their generous community.

Beyond those everyday actions, advocate. Jen expects the City of Seattle budget to be tight this year and worries about cuts to human services.

Follow the federal Farm Bill debate too, Jen advises. "Being able to access healthy produce through the commodities program" is a food bank essential.

FamilyWorks has representatives

on the Seattle Food Committee, which Kirby says is "working collectively to address the bigger problems we're seeing, in economic and social systems."

Support the Anti-Hunger and Nutrition Coalition, which advocates for legislative policy changes. This September, join in Hunger Action Month: feedingamerica.org/take-action/hunger-action-month.

Whatever we can do for our neighbors in need will strengthen everyone in our community, and it takes all of us to help that food bank door swing open so a client can hear, as Jen Musia says, "Welcome! Come on in and we'll get you started shopping."

Northwest Seattle Food Banks

Ballard Food Bank, 1400 NW Leary Way, is open Monday through Thursday. ballardfoodbank.org

Phinney Ridge Lutheran Church, 7500 Greenwood Avenue N, is open Tuesdays and Wednesdays. prlc.org/phinney-ridge-lutheran-church-food-bank

The Giving Room, 10510 Stone Avenue N, is open Mondays. thegivingroomseattle.org

Family Works in Greenwood, 9501 Greenwood Avenue N, is open Tuesdays and Wednesdays. familyworks-seattle.org

Family Works in Wallingford, 1501 N 45th Street, is open Tuesdays, Thursdays and Fridays. familyworksseattle.org

Bitter Lake Food Bank, 13000 Linden Avenue N., is open Saturdays. northhelpline.org/get-help/food-bank



Anthony Anderson, the Director of Operations at Ballard Food Bank, preps meals for the Kindness Café. One can always stop by for a delicious sandwich and some soup! Photo by Alan Alabastro, Alabastro Photography

Taking stock of NW Seattle

Community members share their experiences in local survey

by Ana Maria King

The best things about Northwest Seattle are its parks and green spaces, the sense of community, and social relationships.

Those qualities topped the list of the more than 2,000 responses to the Phinney Neighborhood Association's Northwest Seattle Community Survey.

People also cited walkability, local businesses and restaurants, and access to amenities and services in the top ten. There is clearly a lot to love about Northwest Seattle. But what would make it an even better place for more people?

This spring, the Phinney Neighborhood Association (PNA) set out to learn what would make Northwest Seattle feel more

connected, inclusive, and healthy. "As our community is growing,

62% would like to continue to live in their own community

we asked ourselves, how should we grow and change with it?" says PNA Executive Director Christi Beckley.

"We wanted to test our assumptions and make sure we understand current community needs and see what's working," adds PNA Board President Helen Wattley-Ames.

The PNA serves as Phinney Ridge-Greenwood's community hub, offering programs, services, and events at the Phinney Center, the Greenwood Senior Center, and Whittier Elementary School.

Though the local nonprofit is based in PhinneyWood, it serves people across Northwest Seattle, especially with its Village program that helps older adults live in the homes they love.

For the Community Survey, the PNA reached out to people who live in, work in, go to school in, and visit Northwest Seattle. The group conducted outreach in all of Northwest Seattle—from Ballard to Broadview—so that the survey's results could reflect the diversity of the community.

PNA partnered with local design firm Mithun to create several engagement methods: a widespread online survey, a community advisory group, conversations with service providers and PNA staff, a community meeting, and an analysis of existing local data.

What makes up quality of life?

PNA focused its survey on factors that contribute to quality of life, as well as areas where the PNA is already working or could make an impact.

With that in mind, PNA centered conversations and survey questions on four themes: housing, essential services, business and employment, and social connections.

Safe and affordable housing

As the Seattle housing prices escalate, it's no surprise that people reported that access to safe, affordable, and stable housing is the top community need. According to the survey, those who experience higher rates of housing instability are Black, American

Indian or Alaskan Native, Asian, Native Hawaiian or Pacific Islander, seniors, and

people who live outside Northwest Seattle. Housing unaffordability topped the reasons why people may consider moving to a different community.

Access to essential services

People need access to many services to enjoy a high quality of life: fresh food, healthcare, education, parks, and recreation opportunities. PNA offers many of these services, including food and healthcare through the Hot Meal Program, early childhood education at Whittier Kids, social services at the Greenwood Senior Center, and opportunities for recreation at community events.

Outside of the PNA, there are many other service providers in Northwest Seattle. Although services may be spread out, the majority of respondents have no trouble accessing them.

However, many senior and Black respondents expressed that transportation is a barrier to their accessing services.

Thirty-five percent of all respondents reported having at least one disability or difficulty, and they also reported the highest percentage of difficulty accessing services.

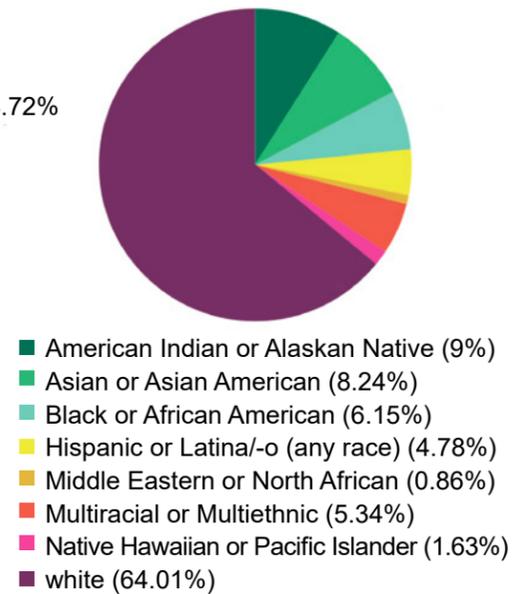
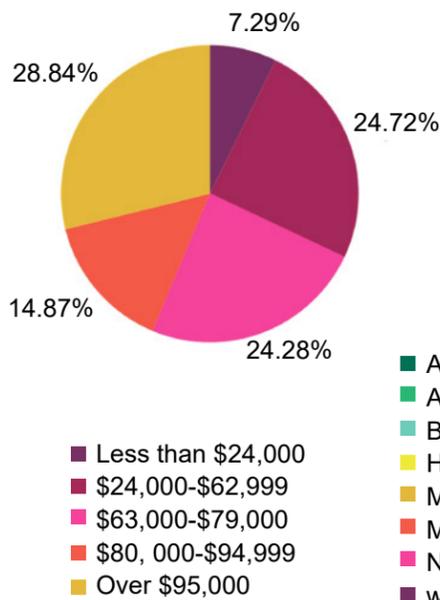
Local businesses and employment

Survey respondents and participants also expressed concern over the local business economy and employment.

WHO RESPONDED TO THE SURVEY?

More than half of respondents reported an annual household income under \$80,000.

36% respondents do not identify as white



Northwest Seattle has many business districts including Phinney Ridge-Greenwood, Ballard, Crown Hill, Fremont, Wallingford, Aurora-Licton Springs, and Bitterlake. These local business districts support a high quality of life by providing places for people to gather and connect, needed services and amenities, and job opportunities.

Survey findings show that Northwest Seattle's small businesses are well-loved but struggling because of pandemic financial pressures and because their customers are focusing on basic needs.

Employment needs are also changing as people seek more flexibility, higher wages, less demand on time, and more accommodation for disabilities.

Only 15% of all respondents both live and work in Northwest Seattle. Most people who work in Northwest Seattle also do not live there. On average, they also make less money than residents and only a quarter of them are working in a job they want.

In contrast, half of the respondents who live in Northwest Seattle have the job they want, and 16% are retired.

Social cohesion

Social cohesion is a sense of trust and connection formed by shared values, inclusion, and community engagement. It is another important measure for quality of life. Giving people opportunities to mix and participate in meaningful activities together is one way to build social cohesion. It can impact health risk factors, stress, mental health, physical activity, and school attendance.

Survey findings show high levels of social cohesion in Northwest Seattle. Eighty percent of respondents said that they have people they feel close to and feel that they are part of a community that shares their values.

Respondents who identify as Multiracial or Multiethnic reported feeling the lowest levels of social cohesion. In addition, respondents who make less than \$24,000 are more likely to feel disconnected than those who make more. Thirty percent of American

Indian or Native Alaskan respondents reported that they do not feel like they are part of a community that shares their values.

Belonging is one of PNA's core values, so reaching community members who don't feel welcome or connected is a key priority. With a mission "to build, engage, and support our diverse community," the PNA believes that everyone deserves to feel included.

The PNA's efforts to bring people together were reflected in some survey comments: "PNA events are thoughtful, organized, and inclusive," noted one person. Another wrote "Online programs helped me stay connected during the pandemic and isolation."

Connecting into the future

The PNA believes that bringing people together creates a strong community. "PNA stands out with its unique focus on supporting social connections in Northwest Seattle," said Erin Christensen Ishizaki, a partner at Mithun, who helped lead the project. "We know, with many people facing challenges over the past few years, that these connections are needed more than ever. We applaud PNA for its grassroots approach to shaping their priorities through the Community Survey process."

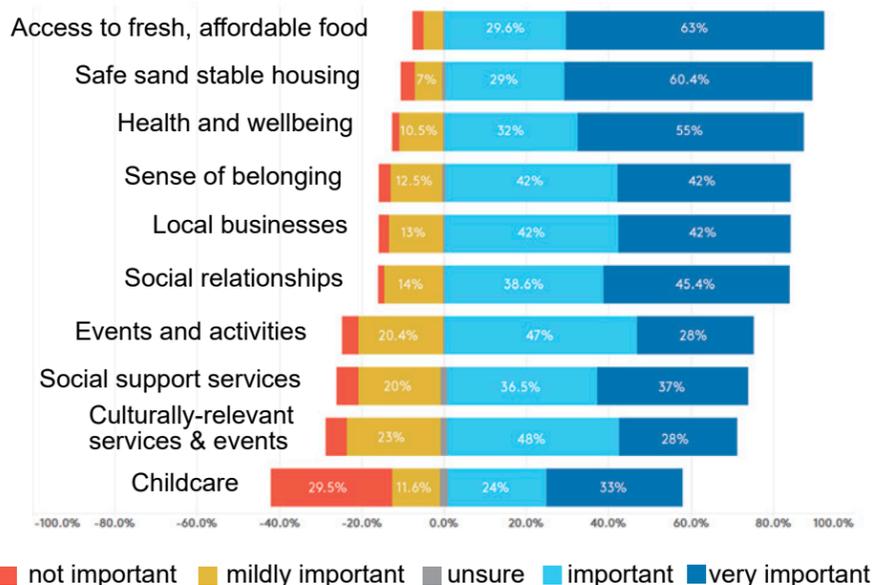
The survey helped illustrate the areas in which people are thriving and where they are struggling in Northwest Seattle. "The next steps are to determine where the PNA can make an impact, either through our own work or through partnerships," says Executive Director Christi Beckley.

"We want to use our strength as a community builder and connector to reach more of our community, especially people who are struggling or feel like they don't belong. Our vision is to help build a caring and connected community in Northwest Seattle."

Help care for and connect our community! Check out volunteer opportunities on page 23 or consider joining the Board of Directors to help shape the future of the PNA (see page 22).

To see the full report of the survey results, visit phinneycenter.org/survey.

HOW IMPORTANT ARE THE FOLLOWING ACTIVITIES AND SERVICES?



The show goes on!

Local theaters make a comeback after pandemic challenges

By Karla Rava

Ready to take a break from Netflix and Hulu? Live theater is back in action and right here in your neighborhood!

Dacha Theater, Woodland Park Players, and Taproot Theater are just a few of the many community theaters back to delighting audiences with in-person performances.

From comedy to musicals, these theater houses have a little something for everyone to feel both transported to another world and connected to community in person.

The COVID-19 pandemic has caused innumerable changes in the performing arts industry. They were one of the first to cease operations by government mandate back in March 2020. Some theater houses experienced temporary closures and were able to resume operations once it was safe, while others went out of business permanently.

The ones that were able to persevere have evolved to become even better than before—adjusting their programming and offering alternative solutions for greater audience engagement.

As a community, we have a lot to gain by championing these curators of drama, laughter and togetherness. Now that they are fully back and functioning, go enjoy the show!



Woodland Park Players returned in 2022 with *Nice Work If You Can Get It*, a fun and frothy musical set in the Roaring '20s. Photo by Alan Alabastro, Alabastro Photography



Woodland Park Players put on a hilarious shipboard romp complete with elaborate disguises and tap-dancing sailors with their 2018 production of *Anything Goes*. Photo by Alan Alabastro, Alabastro Photography

Woodland Park Players: An ensemble creating community

Woodland Park Players (WPP) have been around since 2016 and adapted through COVID. WPP was established by a small group of people who wanted to create community in their neighborhoods and build long-lasting friendships.

As a community-based company, most of WPP's talent pool of actors, dancers, set-builders, costume designers, and technical crew live or work in Phinney Ridge, Ballard, Greenwood, and Green Lake. The orchestra is comprised of musicians from all over, including local high schoolers, instructors, and musicians from area orchestras. WPP is proud to have one of the only complete orchestras in Seattle and to put on productions that rival those of Seattle's excellent local theaters.

Woodland Park players became a 501(c)(3) nonprofit in 2017, raising almost \$30,000 for the community since its inception. Founder Linda Joss notes, "We are very proud that we are a thriving non-profit! We pay for our show and then each year we grant our profits to neighborhood student arts programs. Together, we are committed to keeping the arts alive by producing one musical a year and donating all proceeds."

The theater also involves the local community by producing shows that allow for a large ensemble cast and participation in the production. "We are looking for the chance to give our large cast a chance to shine on stage," Linda explains. Some of WPP's large-scale productions include *Oklahoma*, *Guys and Dolls*, *Anything Goes*, *Curtains*, and *Nice Work If You Can Get It*.

COVID did create a challenge, however. WPP had to decrease its cast size by nearly half—from 40 to 25 members, resulting in more responsibility placed on the people on stage and less community participation.

Throughout the pandemic, WPP took many precautions to prevent the spread of COVID, including masking-up at every rehearsal until the week before opening night, cast and crew testing frequently, and audience members presenting their vaccination status and wearing masks during the show. Linda is proud to report that they have had zero COVID outbreaks. And, just like in pre-COVID years almost every show sold out. As Linda puts it, both are "a huge success!"

Stay tuned for Woodland Park Players' next production and learn about past shows at woodlandparkplayers.org.

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"Taproot's cast does a superb job..." wrote *The Seattle Weekly* about Taproot Theater's 2018 production of Oscar Wilde's *Lady Windermere's Fan*, "...the pacing is snappy but not hectic, the serious moments make an impact, and the play's likely never been funnier." Photo by Robert Wade

Taproot Theater: A theater of hope

Centrally located in the heart of downtown Greenwood, Taproot Theatre tells stories of hope, serving the Pacific Northwest through live theatre and educational programs.

Taproot is the largest local mid-sized theatre company serving over 150,000 people annually throughout the Pacific Northwest with its Jewell Mainstage season, Isaac Studio Theatre season, touring programs, and Acting Studio.

Founded in 1976 by six friends, five of whom graduated from Seattle Pacific University, Taproot has become a mainstay in the PhinneyWood Community. "We've been at this location for over 25 years and are honored to be a part of the Phinney/Greenwood neighborhoods. We're also proud of the work we do with young people through our acting studio and touring with our bullying prevention plays. Most importantly, we are a theater of hope," says Nikki Visel, the Director of Marketing.

Their mainstage performances are made up of a carefully selected season of plays that include dramas, comedies, and musicals. The season usually includes a mix of new and classic plays, including an offering each Christmas. Mainstage actors are from all over the city, are every age, race, and gender, and are chosen at yearly "general auditions." Nikki explains, "The folks on our stage look like the folks in our city."

Taproot's Touring Company, which tours bullying prevention plays to schools in the Pacific Northwest, is often made up of early career actors, who "cut their teeth" out on the road during the school year.

Like all theaters, it has been a difficult past couple of years for Taproot. In the beginning of COVID, it shuttered the doors to both theatres and pivoted its Acting Studio and school touring to online virtual options.

After the Mainstage reopened during Christmas of 2021, the theater had to cancel several performances due to COVID cases in the casts and crews, but fortunately have not had to close its doors since. Nikki says, "Maintaining relationships with our patrons and also trying to keep as many people employed as possible while on a small budget has also been stressful, but as things have slowly returned to 'normal,' we are grateful to have survived the crisis, keep many artists employed, and most importantly, continue to serve our patrons."

Tickets are on sale now for Taproot Theater's upcoming show, *A Night with the Russells: The Legacy of Us*, Sept. 21-Oct. 22. Visit taproottheater.org.

Dacha Theater: An interactive traveling troupe

Established in 2016, Dacha Theater's first production debuted in a backyard. Co-artistic directors and founders Mike Lion and Kate Drummond have a mission to produce devised, immersive, and playful work. Dacha produces original shows, new adaptations of classics, interactive shows, and site-specific works. In their series "Dice," a cast of seven actors learn the entire script of a Shakespearean play and each night the roles are randomized in front of an audience.

Dacha is a community-based theater made up of a wide range of artists, including both theater professionals and acting hobbyists with day jobs. With an eclectic repertoire, almost all of their shows involve some sort of audience interaction. Mike says, "We believe that the audience is there to tell our stories with us and that they are central to our productions." All of their shows are done on a sliding scale with a pay-what-you-can option. They believe that nobody should ever have a financial barrier to seeing live theater.

Of course, during COVID live theater wasn't possible, and Dacha had to cancel or postpone a season of shows and events. Therefore, they pivoted and spent a year mastering new technologies and learning how to produce digital work. Mike recalls, "We continued producing online throughout quarantine, creating live interactive experiences for folks to experience from their computers." They have recently paired hospitality with their live performances and have given out free food, like cupcakes, as part of the experience. As a traveling theater, they have performed at the Phinney Center several times. They are always on the hunt for new and non-traditional venues in the greater Seattle area and encourage folks to reach out if they know of any.

See what's next for Dacha and check out "Digital Dacha" at dachatheatre.com.



A Dacha Theater original, *Star Play* (2021) is a storybook romp through the night sky that follows Pleione, the seventh brightest Pleiades sister, as she charts a course through the Milky Way to save the red giant Betelgeuse from going supernova. Photo by Brett Love



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Meet Your Local Business Owners

By Karla Rava



Mychal Mitchell, owner/artist of Iona Handcrafted books. Photo by Carli Rene

Iona Handcrafted Books ionahandcraftedbooks.com

Mychal Mitchell was an Architectural Design student from Arizona State University, backpacking through Europe for six months. Her journal was stolen along with all of her other belongings while staying at a hostel. She replaced her journal at a shop in Venice, Italy, and also took an interest, so the owner let her stay and taught her the craft of bookbinding. She bound her first book and went on to binding more books for friends and family. Soon thereafter, she began selling her books at farmers markets and festivals finding this new acquired skill to be more than just a hobby.

Fast forward to present day, Mychal is the owner and bookbinder of Iona Handcrafted Books, established in Seattle in 1994.

Mychal was born in Arkansas with Scottish/Irish descent, so she felt it seemed fitting to name her business after the Scottish island Iona. She says, "It is where the Book of Kells was written, and has long been considered a place where the book is sacred." Eventually she got to visit the island of Iona and it didn't disappoint; she confirmed it was a place she'd found a connection with and even magical.

Her style of bookbinding has been around for centuries and is very durable. They are made without any glue and are designed to be heirlooms. Books can be purchased online or at her studio in Fremont. Mychal says, "I have loads of journals and photo albums on the shelves ready to take home. You can also come in and pick your favorite leather, paper, size, hardware closure mechanisms, and I will make it custom for you at no extra charge."

Mychal also travels on the road to sell or showcase her books at fine art shows. From time to time she even wins awards. Last September, she won an award at the St. Louis Art Fair in the mixed media category and another in April at the Fort Worth Art Festival. For more information, visit ionahandcraftedbooks.com.

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SCAN ME



Chris Travis, owner of Seattle Strength & Performance. Photo by Danny Campbell

Seattle Strength & Performance 7408 Greenwood Ave N . seattlesp.com

Chris Travis is a local Washingtonian who went to UW and worked in the tech and business sector for 15 years. After becoming a new father, he decided to prioritize his health and well-being by joining Seattle Strength & Performance in South Lake Union. Chris says, "That experience for me was so powerful and life transforming in terms of both the strength and fitness I built alongside the community of individuals that it became a part of my life." Chris not only became an "exercise geek" but he went on to become a Certified Personal Trainer and began working at Seattle Strength & Performance (SSP). "When I couldn't fight the urge anymore to switch careers and try my hand out in health and fitness, there was no other brand I wanted to push forward and associate with than SSP."

Jay De La Pena founded SSP in 2010, but closed as a result of the pandemic. Chris assumed ownership of the entity and opened SSP in Queen Anne in August 2020 and then in May of this year opened another SSP in Phinney Ridge.

Chris explains that their first core value is "strength training is for everybody." They train everyone from 10-year-old student athletes in their youth program to seniors in their 70s and 80s, and everyone in between. Chris and his team love training both newbies to strength training as well as experienced lifters and athletes. Chris says, "We pride ourselves in carrying the expertise to program for every population. On top of that, members always call out our community as being the most supportive and safe environment they've ever worked out in. We're here to support you as best we can and help you accomplish more than you ever thought possible."

It's safe to say Chris's career change was the right decision for him and his family. He has since added certified Spartan Racing coach to his list of expertise and gets to share this newer passion with his now eight-year-old daughter who just completed her first Spartan Race. For more information, visit seattlesp.com.

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Business Moves and Changes

By Chris Maykut

- Aegis Living, a leader in senior assisted living and memory care, opened its 35th community, **Aegis Living Greenwood**, on the corner of 3rd Ave NW and Holman Road. Residents enjoy chef-prepared meals, innovative programming, around-the-clock assistance, and a wealth of on-site health and wellness amenities. aegisliving.com/aegis-of-greenwood-seattle.
- **Arc Restaurant and Lounge** has opened in the former Park Public House space at 6114 Phinney Ave N, but under a much different guise: food inspired by the fusion of Mexican and Korean cuisines seen at restaurants and food trucks in Los Angeles' Koreatown. arcrestaurantlounge.com
- Award winning Executive Chef Eric Donnelly's third location, **Bar Sur Mer**, is opening at 219 N 85th St right next door to his Flint Creek Cattle Co. Bar Sur Mer will be open daily from 5 pm-12 am and serve a mix of cold plates and cocktails, Spanish wines, bubbles, beer, and seltzers. barsurmerseattle.com.
- **Petit Pierre Bakery** has opened its second location in Celine Patisserie's former space at 6801 Greenwood Ave N. Petit Pierre is family-owned and its French baked goods and treats are made in-house daily, using the finest French imported ingredients while keeping with the seasonality of the Pacific Northwest. petitpierrebakery.com.
- After more than 14 years located in the Phinney Center's Brick Building, **Phinney Ridge Yoga** has moved and will be sharing space with Soma Yoga & Dance, located at 1423 NW 70th St, while a new home-based studio in Wallingford is constructed. They will continue to offer online classes as well. phinneyridgeyoga.com, soma-yoga.com.



Ken liked to enjoy his mush (oatmeal) in the store and visit with everyone from the neighborhood. Photo courtesy of Ken's Market

A Tribute to Ken Giles of Ken's Market

by Suzanne Denison

Ken Giles, owner of Ken's Market, died May 11 at age 92. At the corner of 73rd and Greenwood, Ken's Market has been a focal point of the neighborhood for many years. Ken grew up in the Greenwood neighborhood and attended Lincoln High School and the University of Washington. He bought Ken's Market in 1955 and was a lifelong grocer. After retiring in 1996, he continued to spend most of his days in the store—helping staff, drinking coffee, and talking to customers. His family still owns and operates the market.

As a frequent visitor to Ken's Market, I became good friends with Ken. We would talk about our kids and grandkids, life in general, getting old, and whatever else came into our minds that day over a cup of coffee.

He and his wife, Sally, came to

my house for a few private yoga sessions. Most times, Ken would fall asleep during savasana, a short, meditative period at the end of each class. We laughed about that for years as the story became a sort of private bond between us.

Ken was a sweet, caring, respectful person who was known for his kindness and generosity to people in all walks of life. He contributed to neighborhood projects and sponsored dozens of community events throughout the years. Customers could make donations at the checkout stands for PNA, Greenwood Senior Center, Greenwood Gas Explosion Relief Fund, and other businesses in the neighborhood that experienced hard times.

I will miss seeing Ken at the store and know that so many other people will agree that his passing was a great loss to us all.

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



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Greenwood Senior Center Highlights

Adults of all ages welcome!



A relaxing afternoon of urban nature sketching at the Arboretum.
Photo by Ariel Burnett

TRIPS & OUTINGS

Please note that all trips are made taking public transportation and traveling on pedestrian-friendly city streets. Every effort is made to make the trips accessible, but participants need to be able to walk or wheel in an urban environment, typically up to a **half-mile per increment (walking tours up to 2 miles)**. If you have accessibility needs that will prevent you from doing so, please contact us ahead of time.

Trips need five participants minimum to happen and are restricted to 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.

Museum of Flight Tour

Tuesday, Sept. 13, 9:30 am–3:30 pm. Meet at the GSC.
\$17 pre-paid. Bring bus fare and money for lunch at museum café.

Join our group tour and get a good deal on a Museum of Flight ticket. The MOF is one of the largest non-profit air and space museums in the world and well worth a visit! We'll get a docent-led tour of the museum, including the traveling exhibit The Walt Disney Studios and World War II. Lunch at Wings, the museum café. Register: 206.297.0875.

Indigenous Walking Tour of UW

Tuesday, Oct. 11, 9:30 am-1:30 pm. Meet at the GSC. Free.
Bring bus fare and money for lunch.

This walk will be an opportunity to wander around the beautiful University of Washington campus while seeing it through an indigenous community member's eyes. It will be based on the book *Indigenous Walking Tour* written by Owen Oliver, a UW graduate, who comes from the Chinook people of the Lower Columbia River the Isleta of the Southwest Pueblos. The walk is a little over 3 miles and does include some stairs. We'll get a chance to visit the Burke Museum (outside only), the Intellectual House, the Quad, the Union Bay Natural Area and the Medicinal Herb Garden. The walk will be lead by Dave Ramsay who will be providing some background information along the way. Register: 206.297.0875.

UW Planetarium Show

Friday, Nov. 4, 10 am-1 pm. Meet at the GSC.
Bring bus fare and money for lunch.

We'll head to the UW's Physics & Astronomy building for a show and virtual tour of the skies. Bring your questions for the Q&A portion at the end. Lunch to follow in the neighborhood. Register: 206.297.0875.

STAY CONNECTED!

Sign up for GSC weekly email newsletter.
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Holiday Closure: Monday, Sept. 5 - Labor Day

No online classes or in-person activities will take place on this day.

COVID-19 guidelines and senior center activities

We know that the levels of COVID-19 are often changing and the safety of the community is our top priority.

The GSC requires all in-person participants to wear masks and show proof of vaccination to enter the building.

You can show proof of vaccination at the front desk. If you are exempt from vaccination, or have other questions about this policy, please get in touch at gsc@phinneycenter.org or call 206.297.0875.

EVENTS & ACTIVITIES

First Friday Films

Fridays, Sept. 2, Oct. 7, Nov. 4, 1-3 pm. Free. GSC.

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

Sept. 2: *Arrival* (2016) : A linguist works with the military to communicate with alien lifeforms after mysterious spacecraft appear around the world.

Oct. 7: *Clue* (1985): A darkly comic, cult classic film based on the board game of the same name.

Nov. 4: *Hero* (2002): A visually arresting martial arts epic set in ancient China before unification.

Virtual Magic Show

Thursday, Sept. 1, 11 am. Online. Free.

Magician and mentalist Simon Ryan will perform for us live from Dublin, Ireland. Simon has been amazing guests at weddings, corporate events, and all types of parties for years with his astonishing abilities, and has now perfected bringing his blend of magic, mayhem, and mentalism to the new world of virtual events. Register: arielb@phinneycenter.org.

Salvaging Shipwrecks

Friday, Sept. 9, 1-2 pm. Online. Free.

Navy salvage forces go to work when the worst happens: a ship sinks, a collision occurs, a weapon is lost, a space shuttle explodes. This virtual presentation presented by Mary Ryan, Curator of the U.S. Naval Undersea Museum, tells the stories of the Navy's most notable salvage operations, including raising sunken submarines USS F-4 and USS S-51, salvaging ships after the attack on Pearl Harbor, and recovering the wreckage of Space Shuttle Challenger. Register: arielb@phinneycenter.org.

Urogynecologist Talk: Vaginal Changes After Menopause

Wednesday, Sept. 14, 1-2 pm. GSC. Free.

Dr. AeuMuro Lake is a pelvic floor specialist. She completed her subspecialty fellowship training in Female Pelvic Medicine and Reconstructive Surgery at Yale School of Medicine, in New Haven, Connecticut. Her 30-minute presentation, Vaginal Changes After Menopause, will shed light on the various effects menopause has on the vagina: including thinning, pain, infection, and more. You can also expect to learn about the pelvic floor. Bring your questions and an open mind! Register: 206.297.0875.

EVENTS & ACTIVITIES, continued

Death Touches Everyone Discussion Series

3rd Thursdays, Sept. 15, Oct. 20, Nov.17, 10:30 am -12 pm.
GSC. Free.

There is a lot to learn about and consider in preparing for our own death. Death Doula/Death Educator Terry Peterson will present current information for your contemplation in this monthly series. We will have time for questions and conversation. Register for any of the topics that are of interest to you: 206.297.0875.

Sept. 15: The Work of a Death Doula

Oct. 20: *Speaking of Dying* film and discussion

Nov. 17: Health Care Directives and Life Supports

The Social Connection Project Presents: Speed Friending

Saturday, Sept. 17, 10 am-12 pm. GSC. Free.

Interested in meeting others in your community and making new friends? Speed Friending is a fun and fast-paced way to meet new people in a way that dissolves awkward social barriers. Come join us for this accessible and inclusive event! Refreshments will be provided. RSVP required. For more information and/or to RSVP, contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

Coming Home: Baseball's America

Wednesday, Sept. 21, 1-2 pm. GSC. Free.

Baseball still holds a grip on America. It serves a quasi-religious function, as shown by its central story, a journey story of hope: "safe hit," "touching base," "coming home." And, more pragmatically, baseball has been a surprisingly innovative engine of social change, as shown by its recurring episodes of inclusion, an emblem of many journey stories from the Irish to Ichiro. To highlight these themes, the presentation invites a conversation using metaphors of hope, homecoming and meaning-making through baseball to trace the history of the game – and our nation. Whimsical and informative, this program will prompt us to discuss how baseball is emblematic of American culture. RSVP: 206.297.0875.

Fall Prevention

Thursday, Sept. 22, 1-2 pm. GSC. Free.

What better way to celebrate National Fall Prevention Awareness Day than attend a fall prevention class! In this interactive class, participants will learn about the factors contributing to falls and strategies they can implement today to reduce their risk of falls. Taught by Heidi Blackie, an Occupational Therapist with over 20 years of experience. RSVP: 206.297.0875.

Local Author Reading: Karen Vogel

Wednesday, Sept. 28, 1-2 pm. GSC. Free.

Experiences with neighbors, especially quirky ones, shape how we build our communities. Following her well-received first book, *Sid's Story: A Father-Daughter Journey*, local author Karen Vogel will read from her new book, *Quirky Neighbors*. All proceeds from sales of the book are donated to her favorite organizations: Greenwood Senior Center and Seacrest Retirement Village in Encinitas, California. RSVP: 206.297.0875.

Grievers Library Presentation

Friday, Sept. 30, 1-2 pm. Free. GSC.

A community of volunteers has come together to launch the Grievers Library, a pilot project that provides free grief-related books for children, teens, and adults in Book Boxes in neighborhoods around Seattle, including at the Greenwood Senior Center. Volunteer Project Manager, Pamela Belyea, will discuss the gestation of this unique community project, its mission, and its long-term goals. Pamela invites grievors and non-grievors alike to come and learn about this non-denominational, non-judgmental project that dispenses love and compassion to the silent sufferers in our community. RSVP: 206.297.0875.

Creating Space for Meaning and Hope

Mondays, Oct. 3-17, 1-2:30 pm. GSC. \$10/series.

Be patient toward all that is unsolved in your heart and try to love the questions themselves...Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. -Rainer Maria Rilke.

We have been living with change and uncertainty. We don't know if it's over or ongoing! Let's imagine we have turned a corner and take time to consider how we want to nurture ourselves, and how to be open to our fears and surprises. What gives you inspiration? Let's explore how you are finding meaning, purpose and hope. What is your experience of being connected?

We will meet over three sessions to have a conversation about how we live our questions and receive support from each other. Facilitator Chava Monasterky, MSW, is a social worker and chaplain. 10 students maximum. Registration required: 206.297.0875.

Costume Jewelry Drive

Drive begins in Oct. Sale Dec 7.

The Talk Time class is sponsoring our annual costume jewelry drive. Please bring your unwanted necklaces, earrings, bracelets and pins to the Greenwood Senior Center for donation, beginning Oct. 1. Put your donations in zip lock bags so we don't have to untangle it. Sale will occur in December. Prices will be reasonable; all proceeds benefit the senior center.

The Mediterranean Diet with Christy Goff

Wednesday, October 5, 1-2 pm. GSC. \$10.

In this class, nutritionist (and GSC favorite) Christy Goff will describe what the Mediterranean diet is and discuss the health benefits associated with this eating plan; including lowering your risk of heart disease, cancer, high blood pressure, type 2 diabetes, Parkinson's disease, and Alzheimer's disease. You will get resources on how to get started on eating this particular diet with meal planning tips and menu ideas. RSVP: 206.297.0875.

Introduction to Advance Planning and your End-of-Life Options

Wednesday, Oct. 12, 11 am-12 pm. GSC. Free.

Join End of Life Washington for a presentation and question and answer period that will show you how to plan ahead for end-of-life. We will review how to prepare and complete an Advance Directive, how to choose a Health Care Agent if you can't speak for yourself, and what choices are legal and accessible to die on your terms in Washington State. RSVP: 206.297.0875.

Exploring Loneliness and Connection Multimedia Series

Come join the GSC's Social Connection Project Coordinator to explore the topics of loneliness and connection through discussion of various multimedia works.

The UnLonely Film Festival

Saturday, Oct. 15, 10:30 am-12 pm. Free. GSC.

The annual UnLonely Film Festival celebrates the power of storytelling in film. It's a curated series of award-winning short films that give voice to the loneliness epidemic and represents the many lived experiences with isolation. We will watch several of these as a group, followed by a facilitated discussion. RSVP to Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

Seek You Book Discussion

Friday, Nov. 4, 11 am-12 pm. Free. GSC.

Kristen Radtke's graphic novel, *Seek You*, is a wide-ranging exploration of our inner lives and public selves. Radtke examines our sometimes successful (and sometimes ineffective) attempts to feel closer to one another, and ushers us through a history of loneliness and longing. The Greenwood Senior Center will have copies on loan from the Seattle Public Library. Please contact Teresa Tam at teresat@phinneycenter.org or 206-531-0061 to arrange book pick up and RSVP for discussion.

Diet and Exercise for Hypertension

Wednesday, Oct. 19, 1-2 pm. GSC. Free.

Explore nutrition and exercise as it pertains to hypertension. Learn how sodium plays a role in blood pressure regulation, how to enjoy a variety of flavorful foods, and the importance of regular exercise. RSVP: 206.297.0875.

Power of Community Celebration

Thursday, Oct. 20, 3-5 pm. GSC. Free.

Let's come together to thank and celebrate the Power of Community and all those who helped to support senior programs and services at the PNA. You are the power of this community. Enjoy music, signature cocktails and mocktails and delicious nibbles. Watch for opportunities to give—donations of any level help power programs and services for all older adults and their families.

Communal Pumpkin Carving

Tuesday, Oct. 25, 10:30 am-12 pm. GSC. \$5.

Get your porch or balcony Halloween-ready with a good, old-fashioned jack-o-lantern! Carving assistance, tools, ideas and battery-operated "candles" will be provided. Bring your own pumpkin or gourd. RSVP: 206.297.0875.

Classic movies with Scarecrow Video:

The Ghost and Mrs. Muir (1947)

Wednesday, Oct. 26, 1-3 pm. GSC. 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. *The Ghost and Mrs. Muir (1947)*: A spirited widow rents a haunted cottage and builds an emotional bond with the resident ghost. Directed by Joseph Mankiewicz and starring Rex Harrison and Gene Tierney. Register: 206.297.0875.

EVENTS & ACTIVITIES, continued

Collage for Wellbeing: Abundance

Friday, Oct. 28, 9 am-12 pm. GSC. Free.

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! RSVP: 206.297.0875.

Ethical Will Workshop

Wednesday, Nov. 2, 1-2:30 pm. GSC. Free.

Writing an ethical will is a way to share your values, and what is important to you, with the generations of your family and friends who come after you. It's a gift to pass on! Come join us for a workshop on how to share your non-physical legacies. You will leave with the tools and understanding of how to compose an ethical will of your own. RSVP: 206.297.0875.

Community Memory Loss Discussion & Q&A

Thursday, Nov. 3, 10-11 am. GSC. Free.

Join us to discuss memory loss in older adults and mild cognitive impairment. We will be covering such topics as when and how to access an evaluation and important ways to maintain brain health. Hear about our (now 12-year-old) memory loss program and meet our Director of Memory Loss Programs, Carin Mack, and our new Memory Loss Programs Social Worker, Kristen Oshyn. Bring your questions! RSVP: 206.297.0875.

Humanities WA Talk: Atomic Washington: Our Nuclear Past Present and Future

Wednesday, Nov. 9, 1-2 pm. Free. GSC.

At the center of every nuclear weapon in the United States is radioactive material manufactured at a top-secret facility in Eastern Washington, a facility which today remains the most radiologically contaminated site in the Western hemisphere. Today, Washington has two operating nuclear reactors, and Naval Base Kitsap has the largest stockpile of nuclear weapons deployed anywhere in the country. Drawing from history, science, and popular culture, author Steve Olson reveals the many influences of nuclear materials on Washington State, and the many ways in which our state has been a pioneer in the atomic age. Steve Olson is a writer who most recently authored *The Apocalypse Factory: Plutonium and the Making of the Atomic Age*. His books have been nominated in several local and national book awards. Since 1979, he has been a consultant writer for the National Academy of Sciences, the President's Council of Advisors on Science and Technology, and other national scientific organizations. Call to register: 206.297.0875

True Adventures of a K9 Search and Rescue Team

Friday, Nov. 18, 1-2 pm. GSC. Free.

Join us to hear authors Suzanne Elshult and Guy Mansfield talk about their new book *A Dog's Devotion: True Adventures of a K9 Search and Rescue Team*. Learn about the passion, devotion, and years of skill-building that are needed to search for the living and the dead. Come also meet Keb, Suzanne's dedicated Labrador retriever who has been in over 100 search missions and is a nominee for the 2022 American Humane Hero Dog Awards. RSVP: 206.297.0875.



ERA LIVING
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Compassionate Care
IN AN ENRICHING ENVIRONMENT

Era Living Memory Care is now offered at *The Terrace* at Ida Culver House Broadview. Our staff strives to spark meaningful moments of joy and contentment using the Best Friends™ approach to dementia care.

Call (206) 361-1989 to schedule a tour. Or visit eraliving.com/memorycare to learn more.

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Best Friends™ is a trademark of Health Professions Press, Inc.

ONGOING GROUPS

For appointments or registration, call GSC at 206.297.0875.

Book & Discussion Groups

Book Discussion Group

1st Tuesday each month, 1:30-3 pm. GSC. Free.

Expect in-depth discussions about interesting and challenging literature. We don't have copies to lend, but choose books readily available in paperback. Please have read book if attending. Register: arielb@phinneycenter.org.

Conversation and the News of the Day

Thursdays, 10:30-11:30 am. Online. Free.

Read all about it! Talk all about it! Join us in congenial conversation about current news events. No need to come prepared with anything, just a desire for wonderful conversation! Email cecile@cecileandrews.com.

World Affairs Roundtable

2nd Wednesdays, 12:45-2 pm. GSC. 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.

Men's Group

Dates and times vary, please contact Jeff for details (see below). GSC. Free.

Join other men from the neighborhood for ongoing meetings. We've previously hiked parks, walked neighborhoods, and moved dirt. Now, we plan to expand into reconnoitering, competitions, exhibits, and self-powered transportation. If you are interested in participating, email jeffj@phinneycenter.org or call 206.297.0875.

Spousal Loss Group

Wednesdays, 5:45-7:15 pm. GSC & Online. Free.

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.

Games & Crafts

American Mah Jongg

Tuesdays, 1:30-4:15 pm. GSC. Free.

Beginner tutorial 2nd Tuesday 1-2 pm (must RSVP)

For info or to RSVP for beginner sessions, email ronni.wolfe@gmail.com.

Beading Group *New*

4th Mondays, 1-3 pm. GSC. Free. RSVP is required: village@phinneycenter.org, or 206-789-1217

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!

Knitting Group

Wednesdays, 10 am-12 pm. Online. Free.

All knitters welcome to join this friendly group of yarn aficionados. Email arielb@phinneycenter.org to join.

Scrabble

Mondays and Wednesdays, 10 am-12 pm. GSC. 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.

Meal Program

GSC Lunch Program

Monday, Wednesday, Thursday, Friday. 12 pm. GSC. \$5 suggested donation for diners 60 and over.

Enjoy tasty and nutritious fare at an amazingly low cost for people 60 and over!

SOCIAL SERVICES & COUNSELING

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 Lisa at lisab@phinneycenter.org or call 425.416.0641.

Kristen Oshyn, MSW, is the Memory Loss Facilitator and support counselor in the Memory Loss Program. Contact Kristen at kristeno@phinneycenter.org or 206.297.0875.

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

Support Groups

Adult Daughters Caring for their Mothers

1st Wednesdays, 3-4:30 pm. Online.

Address mother-daughter relationship issues that 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 Wednesdays, 1-3 pm. Online.

Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility. Contact Carin for details: 206.230.0166, socialwkr@comcast.net.

Parkinson's Spouses

3rd Mondays, 1-2:30 pm. Online.

Provides education, resources, and coping skills to family members and caregivers of those living with Parkinson's disease. Contact Carin for details: 206.230.0166, socialwkr@comcast.net.

Early-Stage Memory Loss

1st Mondays, 10:30 am-12 pm. Online.

For those diagnosed with mild memory loss issues. Support group meets 1st Tuesday of each month to discuss coping, communication, and other areas of concern. Screening with Carin required before participation. Call 206.230.0166 for details.

ESML Caregiver Support Group: Spouses

3rd Tuesdays, 10:30 am-12 pm. Online.

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, socialwkr@comcast.net.

Mid-Stage Memory Loss Caregiver Support Group: Spouses

4th Tuesdays, 10:30 am-12 pm. Online.

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, socialwkr@comcast.net.

Living Alone

1st Wednesdays (online) and
3rd Wednesdays (in-person at GSC) 11 am-12 pm.

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.

Senior Parents of Adult Children with Mental Illness

2nd Tuesdays, 10:15 am-12 pm. Online.

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

EARLY-STAGE MEMORY LOSS SPECIAL OFFERINGS

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

The Gathering Place

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

Thursdays starting Sept. 8, 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.

All Present Song Circle

1st & 3rd Thursdays, 1-2 pm. Online. Donations appreciated.

Listen to some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us. We especially encourage care partners to be part of the experience. Register: kristeno@phinneycenter.org.

Brain Games

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

Let's appreciate art together! This 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 ESML Register: kristeno@phinneycenter.org.

SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875, unless otherwise noted.

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.

Financial Services

1st Thursdays, 1-3 pm. Complimentary 30-minute consultations. Call for an appointment.

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 PlanMember Securities Corporation (PSEC), a registered broker/dealer investment advisor and member FINRA/SIPC.

Foot Care

Varying days/times. Call for an appointment.

\$42/members, \$45/public *new price*.

Long-time GSC foot care nurse Tina Williams is retiring after September, and we will be welcoming Keith Germain as her replacement. Appointments are subject to new rules based on health department guidelines. Call to make an appointment and hear updated conditions for entry.

Medicare Counseling

Thursdays, Oct. 27, Nov. 3, Dec. 1, 10 am-3:45 pm.

Free, donations welcome.

Have questions regarding your health care? Senior Health Insurance Benefit Advisor Lee Rockoff offers monthly, one-hour appointments. Call the GSC to reserve your spot. For information about SHIBA: insurance.wa.gov.

Haircuts

2nd and 4th Tuesdays, 1-4 pm. Call for appointment. \$15.

Notary Services

By appointment only. Free, donations welcome.

Free notary services available at the GSC by appointment. Signatory witnesses can be arranged. 206.297.0875 or gsc@phinneycenter.org.



Greenwood Senior Center Fall Classes

Adults of all ages are welcome!

Fees: If your class has a fee, you may bring cash (exact amount) or a check for the class, or pay online at bit.ly/gsc-payment.

Location: Greenwood Senior Center (GSC):
525 N 85th St, 98103 or online via Zoom

ARTS & CRAFTS

**Introductory/
Intermediate Painting**
Wednesdays, Sept. 14-Oct. 5, 10:30 am-12 pm. GSC. \$60/series.
Register: 206.297.0875

Discover (or rediscover) the possibilities of making art with a brush. This introductory acrylic painting class will cover brush control, painting values (light and dark of the same color), mixing different colors, and blending colors. Then we will apply these ideas to painting a simple object from life.

BE PREPARED

AARP Smart Driver Course

Ages 55 & up. Thu & Fri, Sept. 8 & 9, Oct. 13 & 14, Nov 10 & 11.
9:30 am-2:30 pm. GSC.
\$15 AARP Member, \$20 Public.
Register: 206.297.0875

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. Bring your AARP card or member number on the first day. Instructor: Corine Olson, AARP.

FITNESS, HEALTH & WELLNESS

Easy Exercise

Mon, Wed, Ongoing, 10-11 am.
GSC & Online, \$1 suggested donation
Register: arielb@phinneycenter.org

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. Instructor: Gerry Joyce.

Pilates for Core and Balance

Tue, Ongoing, 2:15-3:15 pm.
\$7 PNA Member, \$9 Public.
Register: 206.297.0875

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! Instructor: Alethea Alexander

Yoga For Osteoporosis And Osteoarthritis

Tuesdays at GSC and Online, 10:30-11:30 am
Fridays, Online, 9:30-10:30 am
\$5 PNA Member, \$6 Public.
Register: arielb@phinneycenter.org

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.

Yoga For All Levels

Thu, Ongoing, 2:30-3:50 pm
GSC & Online
\$5 PNA Member, \$6 Public
Register: arielb@phinneycenter.org

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. Instructor has 35 years of movement education. Wear loose clothing; have a blanket and water bottle. Instructor: D'vorah Kost

Zumba Gold Toning

Mon, Wed, Fri, Ongoing 8:15-8:45 am
Online. \$2 per class
Register: arielb@phinneycenter.org

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. Instructor: Penny Fuller

Zumba Gold

Mon, Wed, Fri, Ongoing, 8:45-9:45 am
Online. \$3 per class
Register: arielb@phinneycenter.org

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. Instructor: Penny Fuller

LANGUAGE

Advanced Spanish

Mon, Ongoing, 4:30-5:30 pm. GSC. By donation. Drop-in

This focused class is intended only for advanced Spanish students. Experienced facilitator. Donations gladly accepted. Instructor: Octavio Fernandez

Beginning & Intermediate Spanish

Wed, Ongoing, 4:30-5:30 pm. GSC. By donation. Drop-in

This focused class is intended for beginning to intermediate Spanish students. Our facilitator creates an environment in which learners of all language ability levels can feel successful. Donations gladly accepted. Instructor: Octavio Fernandez

Continuing French

Thu, Ongoing, 10-11 am. Online. Free
Register: arielb@phinneycenter.org

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 Marilyn Severson welcomes all ages and backgrounds in French studies.

Practice English: Talk Time

Mon, ongoing starting Sept 12
GSC. Free
Register: arielb@phinneycenter.org

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.

MUSIC & DANCE

Music and Mindfulness

Tuesdays, Sept. 6- Nov 15
10 am. Online. Free.
Register: arielb@phinneycenter.org

When we practice mindfulness, we focus our awareness on the present moment. Mindfulness isn't about "emptying our minds," but about noticing what is there! No prior musical experience is required. We will be practicing mindfulness, relaxation, and self-awareness using active listening, guided imagery, and progressive muscle relaxation. You'll also learn how to implement mindfulness practices into your own life. Instructor Rachel Lockerbie, MT-BC, received her Bachelor of Music in Music Therapy in San Antonio and is a board-certified music therapist.

Zwiefacher Online: Tricky Rhythms and Movement

Tue, Ongoing, 4-5 pm and Fri, Ongoing, 10-11 am. Online.
\$5 donation.

Register: arielb@phinneycenter.org

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. Instructor: Pat McMonagle

Line Dancing for All Levels

Thu, Ongoing, 10:15 am-11:15 pm.
GSC. \$6 PNA Member, \$8 Public
Register: 206.297.0875

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. Instructor: Chris Banta

WRITING

Writing Class

Thursdays, Sept. 1-Dec 15. 3-4 pm.
Online. \$30 for the quarter.
Register: arielb@phinneycenter.org

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

Writing Poetry Without Rhyme

Wednesdays, Oct. 12, 19 & 26.
2-3:15 pm. GSC. Free. Registration required: 206.297.0875

This class will offer new ideas and techniques for writing poetry without rhyme at the end of the lines. No previous experience writing poems is needed. At the end of this class, participants will be given the option of having poems they've written in this workshop published in our class book. Shelley Tucker has a Ph.D. in Writing Education and four books in print on writing poetry. 4 students minimum, 9 students maximum.

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

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Eddie Strange cared for the Phinney Center and Greenwood Senior Center gardens and grounds for eight years. Read more on gardening and yard maintenance on his blog at hearthandhomeherald.com.

50 amazing uses for baking soda and vinegar

by Eddie Strange

What if I told you that you could easily replace most common personal and household products with just two very affordable, safe, effective, family- and eco-friendly items?

The other day, I stopped into a drugstore for a toothbrush. As I walked up and down the aisles, I couldn't help but be completely blown away by the amount of chemical-based and treated products we put on, and in, our bodies, homes, kids, pets, and environments on a daily basis.

As a kid, I remember my grandmother was like some kind of wizard genius with a quickly improvised remedy/fix for just about anything from toothaches and clogged drains to electrical fires. Often times, involving either baking soda or vinegar. Sometimes both.

This also left more room in home supplies cabinets for stockpiling jars of cocktail onions (be sure to reuse the pickling juice!) and pilfered little restaurant packets of sweetener. A forward-thinking, thrifty, and "resourceful" wizard genius, no less!

Apart from its well-known culinary use as a leavening agent for baked goods, baking soda (sodium bicarbonate) has a wide range of other applications. For example, baking soda is commonly used for its disinfectant, fungicidal, odor eliminating, acid neutralizing, surface scouring properties, and much more!

Similarly, aside from pickling, salad dressings, and such, vinegar (dilute acetic acid) still remains a popular choice for its disinfectant, deodorant, antibacterial, and preservative properties, as well as for its ability to break up grease, glues and resins, mineral deposits, and many other practical applications.

When baking soda is mixed with vinegar, the chemical reaction that occurs produces 1.) carbon dioxide gas, 2.) liquid water, 3.) sodium ions, and 4.) acetate ions. The escaping CO₂ causes a fizzy, bubbling reaction often used for such things as clearing clogs and children's science projects.



Use vinegar to kill those hard to extract weeds between pavers or in concrete cracks.

Uses for baking soda:

1. Household cleaner, excellent scouring agent.
2. Deodorant for everything from refrigerators, shoes, to cat boxes.
3. Relieves insect bites, sunburn, poison ivy, and other skin irritation
4. Small grease and electrical fire extinguisher
5. Use on animal bedding to deodorize, and eliminate fleas
6. Fabric stain lifter and deodorizer
7. Removes preservative wax coatings and chemical pesticides, etc. from store-bought fruits and veggies
8. Relieves stomach upset, nausea and heartburn
9. Used as mouthwash, teeth stain lifter, dentures cleaner
10. Relieves canker sores
11. Used in bath water, relieves diaper rash
12. Soothing foot bath additive. Skin softener and exfoliator
13. Absorbs airborne odors. Also great for removing musty smells from old books.
14. Oil stain absorber and cleaner
15. BBQ grill and oven cleaner. Helps break up grease and burned-on food from pot and pans
16. Silver, stainless steel tarnish remover and polish
17. Added to your dog's bath water helps eliminate odors, kill fleas and ticks, and soothe irritated skin
18. Helps relieve ulcer pain
19. Used to adjust pH balance in aquariums.
20. Drain cleaner, de-clogger, and deodorizer
21. Clean and deodorize mops, cleaning sponges, etc.
22. Used to neutralize and clean car battery acid corrosion
23. Carpet cleaner and deodorizer
24. Soap scum remover
25. Relieves toothache pain

Uses for distilled white vinegar:

1. All-purpose household cleaner and deodorizer. (Add your favorite essential oil fragrance to cleaning solution!)
2. Kills and helps prevent mildew
3. Grout cleaner and whitener
4. Helps remove candle wax from fabrics
5. Used as a skin toner, sun spot remover
6. Manicure pre-soak, cuticle softener
7. Laundry deodorizer and brightener
8. Hardwood floor cleaner. (Not for use on wax finishes)
9. Kills weeds growing through cracks in the pavement. (Do not use in garden or lawn.)
10. Rust remover
11. Added to bath water to help soothe sore muscles, sunburned, and irritated skin
12. Helps heal and diminish bruises
13. Removes grease and other stains from suede leather.
14. Insect repellent
15. Disinfect cutting boards and other cooking surfaces
16. Apple cider vinegar works great as a fruit fly trap
17. Eliminates smoke odors from fabrics and other surfaces
18. Used to unclog shower heads
19. Top to bottom bathroom cleaner
20. Drain cleaner, de-clogger, and deodorizer
21. Removes sticker labels and glue residue. Also works on gum in fabric
22. Use to clean and disinfect coffee makers, humidifiers, washing machines
23. Window cleaner
24. Crayon and pen mark remover
25. Use vinegar and sugar water solution to extend the life of your cut flower arrangements

For more tips, recipes, and other information on other uses of baking soda and vinegar, visit hearthandhomeherald.com.

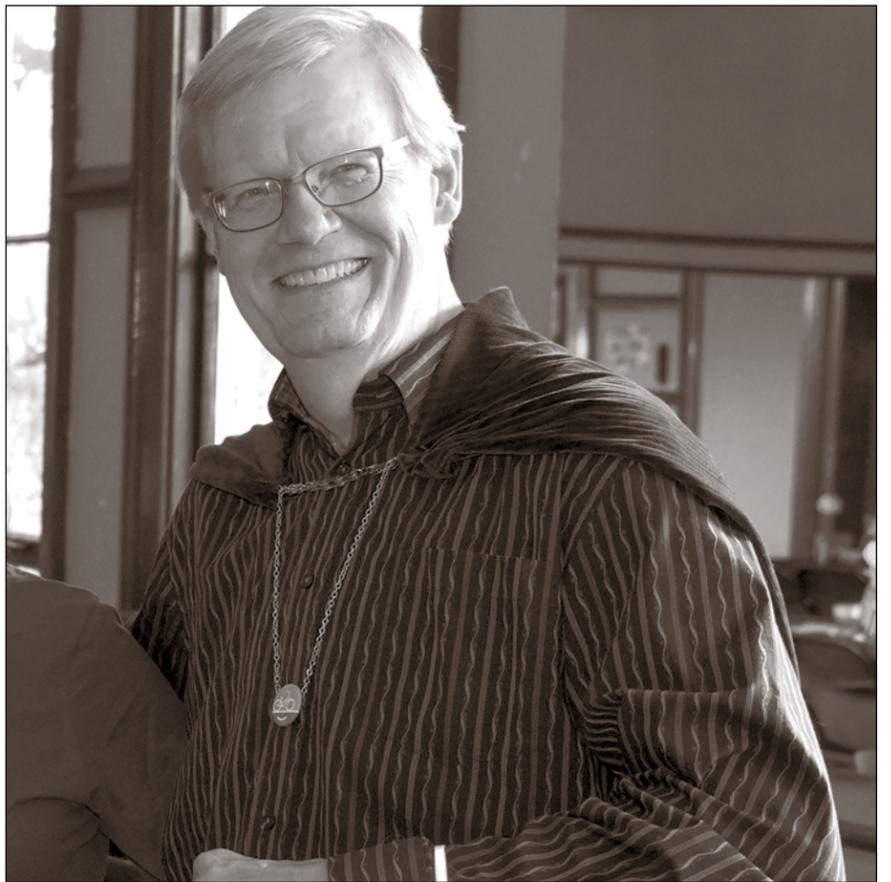
Help lead the PNA; join the Board of Directors!

We would love to hear from you! The Phinney Neighborhood Association (PNA) is seeking candidates for our Board of Directors to help guide the organization during this exciting time. We are looking for community members who are passionate about the PNA's mission and vision to build community—we envision strangers becoming neighbors, and neighbors becoming a welcoming and caring community.

We are actively working to build a more equitable and inclusive Board and organization. The PNA values 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. You should consider applying if one of the following apply:

- You enjoy engaging your friends and neighbors in the causes and activities you are passionate about.
- You excel in team building and bringing people together.
- You have experience with community or social service programs.
- You have expertise in marketing and communications, fundraising, or public relations.
- You like to think strategically or have expertise in nonprofit management, planning, or financial planning.
- You have technology experience.
- You have interest or experience with construction, design/build, or project management.
- You want to make a difference in your community.

Learn more at phinneycenter.org/join-board.



PNA Board Member Bill Thorness happily dons a cape for last spring's superhero-themed fundraising event. Photo by Rand Peterson



**Dance Cardio & Strength Training
For Every BODY**

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



VOLUNTEER SPOTLIGHT

Connecting neighbors

by LeAnne Chow

Bill Thorness makes connections.

He's a Master Gardener who organizes Seed Swaps at the Phinney Center and helps on the grounds of the Ronald McDonald House. He's a writer (see his article on page 10!) who helps coordinate the annual Holiday Bookfest to support local authors, an independent bookseller, and a youth writing center.

He's a bicyclist who helped make it easier for northwest Seattle homeowners to convert their homes to use solar panels.

And he's a PNA Board member who is willing to be part of the team by helping to prepare meals, staff info tables, clean up events, and sometimes, wear a cape.

Bill Thorness first heard about the PNA in 1992 when considering a move to a fixer upper in the neighborhood. He heard then-Tool Librarian, Roger Faris, on the radio and followed up to get some recommendations for his renovation project.

Bill continued crossing paths with the PNA over the years—participating in one of the PNA's first Home Tour events; organizing events on the PNA Campus (for the King County Seed Library, Solarize NW, and Seattle 7 Writers); staffing the Seed Library table at the Phinney Farmers Market.

After years of being invited to share his experience and deepen his commitment to the neighborhood by joining the PNA board, Bill joined the group of passionate volunteers! Together, they support financial oversight and leadership to help the PNA achieve its mission of building community.

"Serving on the PNA Board is rewarding because you get a deep dive into the wide variety of things the PNA does for the community," says Bill. "In addition to welcoming partnerships with other organizations, the PNA delivers such an array of activities to support us all."

Bill also chairs the Champions Committee and is one of the PNA's most stalwart advocates. Executive Director Christi Beckley is quick to chime in, "Bill shows up—he's the first to sign up and encourages others to do so. He's able to see the big picture, and willing to ask hard questions, but is always positive and people-focused. He's a great example of the PNA mission to connect neighbors and be a welcoming and caring community."

Bill encourages anyone thinking about joining the PNA Board to give it a try. "You're gonna meet some great people and have a lot of fun."

Thank you, Bill, for being a connector, our neighbor, and a cape-wearing friend.

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Volunteer

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
525 N 85th St
PC = Phinney Center
6532 Phinney Ave N

UPCOMING EVENT VOLUNTEER OPPORTUNITIES

- **Phinney Farmers Market** (Fri, through Sept 30, PC upper lot)
- **Speed Friending Event** (Sat, 9/17, GSC)
- **Bite of PhinneyWood** (Sat, 9/17, PC upper lot)
- **Art Walk – the Big One!** (Fri-Sat, 9/23 & 24, PhinneyWood)
- **Power of Community Event** (Wed, Th, 10/20, GSC)
- **Halloween Bingo Karaoke** (Fri, 10/28 AND Sat, 10/29, GSC)
- **Día de los Muertos** (Sat, 11/5, PC)
- **Winter Beer Taste** (Sat, 11/12, PC)
- **Cider Press Party** (Sat, 11/19, PC)
- **GloCone Lighting** (Sat, 11/26, PC)
- **Winter Festival & Crafts Fair** (Sat, 12/3 & Sun, 12/4, PC)
- **Costume Jewelry Sale** (Wed, 12/7, GSC)
- **Jingle Bell Bingo Karaoke** (Fri, 12/9, GSC)
- **Christmas Meal** (Thurs, 12/22, GSC)

DONATION DRIVES

Giving Tree, mid-Nov to mid-Dec

Help us support local kids, seniors, families and neighbors in need through our virtual drive.

Donate Pies, mid-Nov:

Donate pies for our annual Thanksgiving and/or Christmas meals at the Hot Meal Program.

GREATEST NEEDS

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

- **Hot Meal Program Assistant:** weekly shifts on Mon, Tues or Wed
- **Grounds Crew:** occasional or ongoing, at GSC, PC or Whittier
- **Tool Librarian:** shifts on Fri 2:45-5:15 pm; Sat from 8:30-11 am and 11 am-1:30 pm

ONGOING OPPORTUNITIES

Bake & Prepare Meals

phinneycenter.org/volunteer/bake-meals

***Help at the Hot Meal Program.

Prepare & serve meals, set up & clean up on Mon, 4-6:30 pm at the GSC; Tuesdays, 4-6:30 pm or Wednesdays, 9-11 am and/or 11 am-1:30 pm, at St. John Lutheran Church On Phinney. ***

GSC Weekly Lunch Helper. Food service volunteers are needed to prepare, serve and clean up with the GSC's daily lunch program. Weekly, 10 am-1 pm.

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

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 hours per month. Learn more or get started: phinneycenter.org/join-board or see page 22 for info.

Committee Members Needed!

- **Champions Committee:** Enthusiastic community members and passionate advocates of the PNA needed to support the PNA's activities & fundraising events and our community. Creative, energetic, connected team players desired.
- **Equity, Diversity, and Inclusion (EDI) 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 Business Vetting Committee:** Help find trusted vendors for our specific community of seniors. Ideal volunteers enjoy research, and are detail-oriented. Meet 1st Thursdays at 11 am, in person or via Zoom. Volunteer application & background check required.

Garden & Landscape

phinneycenter.org/volunteer/volunteer-gardening

Lawn Care. Mow, edge and maybe even weed whack at the GSC or a senior's home. Equipment provided. Flexible schedule, 1-2 times/month.

*****Grounds Crew.** Help spruce up our grounds by adopting a garden or regularly performing a task (like mowing). Flexible schedule, occasional or ongoing opportunities available. Ongoing and group opportunities available.***

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

Kids & Seniors

phinneycenter.org/volunteer/volunteer-kids-seniors

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

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 Tues (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, year-long commitment requested.

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

Pen Pals Needed! We're creating connection by matching up seniors to write letters to kids (or kids to other kids). Kids learn the art of writing a letter, practice their penmanship and communicate with an adult outside their household, and adults get to learn about all the new-fangled cool things. phinneycenter.org/pen-pal/.

Maintenance & Handiwork

phinneycenter.org/volunteer/maintenance

Paint Art Walk A-boards. Help us pretty up our A-boards by removing staples, and applying a fresh coat of paint!

Floor Buff. Bring our floors to a shine with our floor buffing machine! Floors located at PC, GSC and Whittier Kids. Equipment and training provided. Flexible schedule.

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

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

Handy with a Hammer? Perform basic home repairs and maintenance for seniors living in their homes and help them catch up their to-dos.

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.

The Write Stuff! Seeking writers with experience to report on and write stories for this newspaper and the PNA blog.

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.

Website Tester. We're looking for regular folks to navigate our website while we watch. Help us improve our next website! Unfamiliarity with the PNA website a plus. 1 hour in Sept/Oct. Email anamariak@phinneycenter.org.

Office & Admin

phinneycenter.org/volunteer/volunteer-office-admin

GSC Weekly Receptionist: Greet and interact with seniors of all ages & backgrounds; 4 hours/week, 6-month commitment is requested.

Teach & Mentor

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; 6-month commitment requested. Great for high school students looking for an ongoing position.

Help Wanted in the Community

Like the PNA, many organizations have had to adapt to the changing requirements in order to keep their community—including staff, clients and volunteers—safe. Check in with your favorite orgs to see if you're able to put your talents to work for them, and feel free to give us a heads up if you know of any volunteer opportunities we can help promote. Thank you!

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

Volunteer at the **Shoreline Market (Food Bank)!** Volunteers must be 16+ and able to lift 15+ pounds. Questions? Contact volunteerwithus@hopelink.org.

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

Special event & class instructor volunteers needed at **Loyal Heights Community Center.** Nick White: 206.684.4052, nick.white@seattle.gov.

Seattle Folklore Society Concert helpers needed (day of show, or in pre-planning). concerts@seafolklore.org.

The Review

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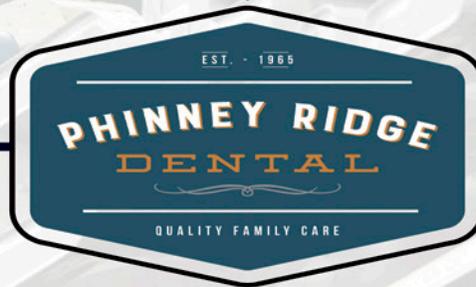
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