



Stories and happenings for Northwest Seattle neighbors

Join us for the 39th Annual

PNA

spring fundraiser

**80s
COSTUME
THEME**

**LIVE & SILENT
AUCTIONS**

Back in the tent!

**SATURDAY
APRIL 29**

This fundraiser raises money for all
of your favorite PNA programs!
phinneycenter.org/spring-fundraiser-23/

EVENT INFO



BUY YOUR TICKETS TODAY!



Kids learned about the history of the Chinese lantern festival and were wowed by lion dancers and taiko drums. PHOTO BY RAND PETERSON



Holi the Hindu Festival of Colors returns this year on Sat, March 25. Expect dancing, chai, and joyful puffs of color to be hurled at you! PHOTO BY RAND PETERSON

Lunar New Year and Holi celebrations at the Phinney Center

By Mary Campbell and Chris Maykut

As our neighborhood has morphed and changed throughout the years, the PNA has kept its ear to the ground to ensure our programming meets with the needs and expectations of our community.

After hearing from dozens of people throughout the past few years that our Asian population would love to be able to gather around a common holiday, we debuted our first annual Lunar New Year Celebration on Sunday, Feb. 5.

We remained hopeful for an audience of 200 but were elated when over 1,000 people came to the Blue Building to celebrate together. Craft-making was available for kids and adults alike. Hundreds of beautiful LED-lit lanterns, Chinese dragon hand puppets, and Year-of-the-Rabbit candy holders were created. Volunteers donated several hundred Lunar New Year-themed baked goods which—along with hot dumplings—were happily enjoyed by attendees.

In the afternoon, we were treated to a wonderful performance by the troupe LQ Lion Dance. Lion dance is a traditional Asian art form that originated in China and dates back 5000 years, and performances bring good luck and fortune to audience members. Various lions and handlers danced and interacted with the community throughout the building, bringing delight to the numerous children in attendance.

The event wrapped up with an energetic performance by Seattle Kokon Taiko. Taiko is a synthesis of drumming rhythm, movement, and spirit whose origins lie deeply embedded in Japanese culture and history. Kokon Taiko delivered a powerful performance that echoed throughout the building and down Phinney Avenue to the delight of all.

The PNA is proud to have hosted a new annual cultural event and we are already looking forward to the 2024 iteration!

Next, in March, we look forward to another cultural celebration. Holi, the Hindu Festival of Colors, will happen in

our lower parking lot on Saturday, Mar. 25 from 1 pm-3 pm. This celebration of spring and the end of winter originated in India, and through the Indian diaspora is now celebrated around the globe, including right here on Phinney Ridge—brought to us by a neighbor who wanted to share her tradition with her community in Seattle.

Much like our Lunar New Year event, our 2022 Holi celebration exceeded our expectations with well over 1,000 people showing up for dancing, music, food, and activities. Our parking lot was exploding with joy and puffs of colored powder everywhere you looked; although unlike in India where everyone and everywhere are fair game, we do keep the powder contained in one space!

We expect another gleeful crowd this year, and encourage everyone to join us. We are excited to welcome back Afsaana Dance, Jaipur Ave Chai, Spice Walla, Hinditime Kids, and more to be announced.

More info and tickets at phinneycenter.org/holi23

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Director's Corner

Each year, the PNA holds its Annual Meeting in January. The purpose of the event is to share highlights from the previous year, introduce our new PNA board members, and share goals for the year ahead. We also look forward to connecting with our PNA community of members, participants, partners, and neighbors. Thank you to all who joined us for the 2023 Annual Meeting!

To kick off the event, Roberto Ascalon, program manager from the Bureau of Fearless Ideas, led attendees through an exercise that reminded us of the impact that a simple head nod can have. Imagine you are walking into a PhinneyWood business and someone makes eye contact with you, nods, and perhaps even smiles. I'm guessing you feel seen; you feel included.

That's just the start of the type of action that the PNA is taking. With the Community Survey sent out this past summer, we set out to learn what would make our community more connected, inclusive, and thriving. The responses illustrated areas in which people are thriving or struggling, and validated what we're seeing in the community. Our response is based on what we have learned: inclusivity is not solely driven by the PNA, but it is also a desire expressed by the community.

Learnings from the survey are being used to drive our work and priorities for 2023:

Creating Belonging – By having diversity, equity, and inclusion as part of our core organizational focus, we are able to foster an environment where everyone belongs.

Connecting People – Human connection is key to fostering a sense of belonging. It is how we build, support, and foster relationships that benefit individuals and the community.

Growing with Partnerships – Just like engaging with individuals, we are committed to the power of partnerships and building meaningful, mutually beneficial connections with like-minded organizations to benefit everyone.

Driving Positive Social Change – Through our collective efforts, the PNA plays a role in the development and stewardship of a healthy, inclusive, and welcoming Northwest Seattle.

Throughout this edition of *The Review*, you'll find examples of our community's commitment to inclusivity. With input from our community, we're expanding our Arts and Culture programs to include more cultural celebrations. For the first time, the PNA hosted Lunar New Year festivities, featuring

Christi Beckley,
PNA Executive
Director



Chinese lantern displays, lion dancing, and Taiko drum performances. We're also excited to gear up for the Holi Festival of Colors, where we'll welcome everyone to embrace the traditions, food, music, and movement of the celebration. Additionally, we've expanded our PNA Village programming, which provides programs and services to seniors to help them remain in their homes as they age, now serving all neighborhoods west of Interstate 5 from the Ship Canal up to 145th street. We're proud to feature renters like Gabriela Condra, who leads TangoStride, a tango class designed for those with mobility challenges; and we're excited to announce "Thirteen Lessons About Memory Loss," an educational tool for talking about cognitive impairment by the Gathering Place, an early-stage memory loss program housed at the GSC.

As we continue on this journey together, we welcome your feedback on how we can make it easier to engage with the PNA and feel a connection to our community.

The Review

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The perfect PawNA member! Thanks, Moose, for your support.
PHOTO BY EMILY SZCZECH

HOW FAR DOES YOUR PNA MEMBERSHIP GO?

We hope that you're enjoying your copy of *The Review*. Did you know that the PNA sends out over 20,000 copies of *The Review* four times a year? Or that we provide programs and services in five different locations, as well as host over 90+ events each year?

When you read *The Review*, attend an event, or participate in our programs, you're supporting and experiencing the work of the PNA. We're a team of 70+ staff and 1,200+ volunteers working together to create a more connected community. **We really appreciate your support in the work we do!**

Here's a snapshot of some of the work we do:

Our **Hot Meal Program** serves 17,000+ free meals a year. We also host a dental and medical clinic and provide social service staff to serve our community members most in need.

We hold over 90 events each year, ranging from free **Arts & Cultural Community Events** for the public to **fundraisers** such as our **Beer Tastes** that bring our neighbors together and provide a sense of connection and fun.

The **PNA Village** operates to keep our older neighbors in the homes they love and stay connected to their community through the help of volunteers.

The **Greenwood Senior Center** has an array of classes and services, like our newest addition, the Social Connection Project, to combat social isolation and increase belonging.

The **PNA Business Group** provides our local businesses with resources and opportunities to participate in networking events, consultations, and committees.

PNA Co-Op Preschools and **Whittier Kids** provide quality childcare at an affordable rate. We also host summer camps and after-school programs.

We've recently opened the **Community Woodshop** for PNA members. This, along with the **Tool Lending Library**, are member benefits that allow folks to utilize our facilities and save money while getting creative.

One way to continue supporting all that we do is to become a member of the PNA! Membership comes with various benefits, but most importantly, a sense of inclusion and belonging. You also receive discounts on our events and classes, access to our Tool Lending Library and Community Woodshop, and notary services.

With your support, we're able to expand our programs, create new events, and continue to provide services to our community members most in need. You can join by downloading our form online and sending it to the PNA or going online to www.phinneycenter.org/membership

Thank you for your support.



SCAN THIS QR CODE FOR
MEMBERSHIP INFORMATION

ABOUT PNA

Community members founded the Phinney Neighborhood Association (PNA) in 1980. 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

STAY CONNECTED

- **Facebook**: facebook.com/phinneyneighborhoodassociation
- **Instagram**: [@phinneyneighborhoodassociation](https://instagram.com/@phinneyneighborhoodassociation)
- **Twitter**: [PNA_Updates](https://twitter.com/PNA_Updates)
- **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.

LOCATIONS:

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

Visit phinneycenter.org/calendar for online listings



Plant a seed and watch a tree grow. The Great Seattle Seed Swap on Sat, April 1, is free and open to all. PHOTO BY BILL THORNESS



Clear out clutter or score that one-of-a-kind treasure at the PhinneyWood garage sale day on Sat, May 20. PHOTO BY LEE HARPER

Girls on the Run Spring 2023 registration now open!

Mar 13-May 25, Mon & Wed or Tue & Thu, 4-5:30 pm.

PC. \$0-250 based on sliding scale – financial assistance is available.

The PNA is excited to partner with Girls on the Run to bring this fun and inspiring after-school program to our community this spring. Girls on the Run is an interactive researched-based program for third to eighth grade girls that combines social-emotional learning and physical activity. The girls meet twice a week and the season comes to an end with a joyful and fun non-competitive 5K. Register at gotrpugetsound.org/programs

Cribbage for a Cause

1st & 3rd Thursdays, 6:45-9:15 pm.

PC. \$5.

Join us at the Phinney Center for a round-robin 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. Email raing@phinneycenter.org for more info and to sign up.

Holi Festival of Colors

Saturday, Mar 25, 1-3 pm.

PC. Lower parking lot. \$7-12

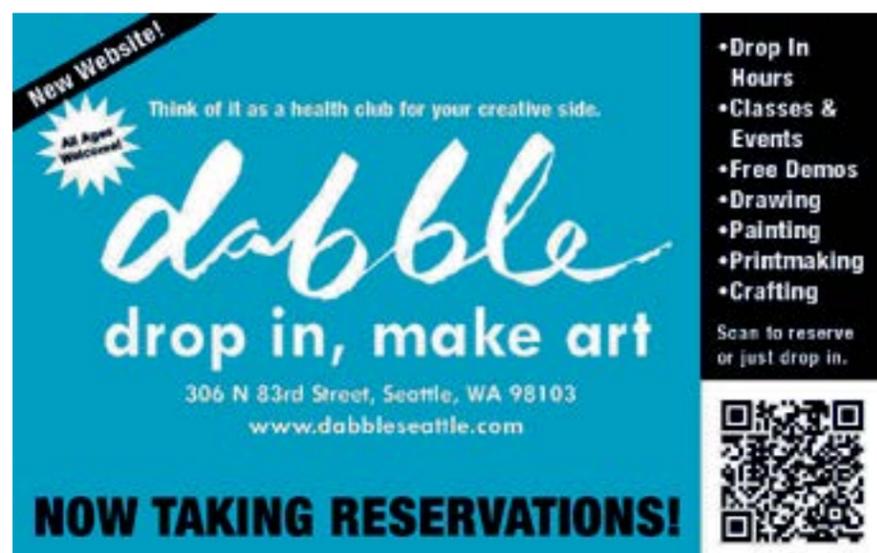
Holi—"the festival of color" or "the festival of love"—celebrates spring, connection, and the triumph of good over evil. Come together to celebrate this traditional Hindu festival with music, dancing, food, and color! Folks from all religions, cultures, backgrounds, and ages are invited to participate in this day of celebration. Tickets sales opened Mar. 1 and include your entry to the event plus three color packets. Tickets are limited and will sell out quickly! phinneycenter.org/calendar/holi23/

The History and Legacy of Racial Restrictions in Seattle Real Estate

Wednesday, Mar 29, 7-9 pm.

PC. Room 6. Free.

Learn about the UW Racial Restrictions Covenant Project and how you can get involved. Hear from UW researchers Erin Miller and Samantha Cutts as they discuss the history of racial segregation in King County real estate, and hear the perspective on the past and present from long-time Seattle realtor Mack McCoy. No registration required.



New Website!
Think of it as a health club for your creative side.
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306 N 83rd Street, Seattle, WA 98103
www.dabbleseattle.com

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- Free Demos
- Drawing
- Painting
- Printmaking
- Crafting

Scan to reserve or just drop in.



Bloodworks Northwest pop-up blood drive

Friday, Mar 31, 9am-4 pm.

PC. Free.

As our community continues to face a dangerous blood and platelet shortage, Bloodworks Northwest is in dire need of donations to supply local hospitals. We encourage you to make an appointment to donate blood. To make an appointment, visit: schedule.bloodworksnw.org or call 800-398-7888. Same day appointments are often available.

Get growing with the 'Great Seattle Seed Swap'

Saturday, Apr 1, 2-4 pm

PC. Brick building. Free.

Looking for a new taste from your edible garden? From greens to roots to legumes, the Great Seattle Seed Swap has a vegetable variety for everyone. In fact, seeking old or unusual varieties that you might not find in the seed racks is one reason people come to the King County Seed Lending Library Seed Swap. The swap is free and open to all.

phinneycenter.org/calendar/get-growing-with-the-great-seattle-seed-swap/

CPR/First Aid/HIV certification

Saturday, Apr 1; May 6; June 3; 9 am-12 pm.

PC. \$50-60

Can you provide first aid during emergencies, locate and take care of injuries, help a choking infant or child, and stop cardiac arrest? Learn first aid, infant, child, and adult CPR, HIV and bloodborne pathogens, with a focus on injury prevention and safety. Taught by Ken Norris, a 26-year veteran of the Seattle Fire Department who has taught CPR for more than 25 years. Certificates issued at the end of class.

phinneycenter.org/calendar/infantchild-cpr-23-4/



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image credit: Airhart/Kim (top, left, middle)



You can't break what's already broken! Join the Fixers Repair Café at Greenwood Hardware the first Wednesday of every month.

PNA Fixers Repair Cafe

Wednesday, Apr 5, 4-6 pm.

Greenwood Hardware. Free.

You can't break what's already broken! The PNA Fixers is an informal group of folks who meet up simply for the fun of helping people and taking stuff apart, putting it back together again, and maybe even fixing some things in the process. Kids are welcome!

phinneycenter.org/tools/fixers/

BPC & PNPC Kids' Gear Sale

Saturday, Apr 22, 9 am-1 pm.

PC. Brick building. Free.

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

phinneycenter.org/calendar/bpc-pnpc-sale-spring23/

PNA's 1980s-themed Spring Fundraiser

Saturday, Apr 29, 5-9 pm.

PC. Upper Parking Lot under the tent.

Table and ticket prices vary.

By popular demand, we're bringing back the tent for everyone to be together for our program, and silent and live auctions. This year's costume theme is the 80s, so dust off your leg warmers and neon clothing and get ready to party and support our critical programs. The PNA's 2023 Spring Fundraiser brings our community together to celebrate and learn about the positive impact of our programs and offerings.

phinneycenter.org/calendar/spring-fundraiser-23/

Phinney Neighborhood Preschool Co-op (PNPC) Open House

Saturday, May 6, 10 am-12 pm.

PC. Free.

Looking for a fantastic preschool program for infants through pre-K? PNPC is a vibrant, community-based cooperative preschool which fosters the development of young children through structured, play-based learning. Come explore our classrooms, meet our teachers and current co-op families, and learn more about our infant through pre-K programs. Kids are welcome!

phinneycenter.org/calendar/pnpc-open-house/

30th Annual PhinneyWood Garage Sale Day & Waste Management Recycling Event

Saturday, May 20, 9 am-1 pm.

Phinney-Greenwood neighborhood yards & PC lower parking lot.

\$20-40 to register a sale. Free to attend.

Ready to clear out some clutter? Or maybe you are searching for that one-of-a-kind treasure. Either way, this is the day for you! In our parking lot, you will be able to donate clothing and curtains, shred old papers, and recycle electronics, small appliances, Styrofoam, lightbulbs, batteries, and small propane canisters. Around the neighborhood, you'll find garage sales galore! Beginning on Apr. 3 you can register to list your yard sale on the map for \$20 PNA Members/\$25 Public or flea market booth for \$35 PNA Members/\$40 Public.

phinneycenter.org/garagesale/

Spanish Conversation I & II

Mondays, 6-8pm. (Advanced 6-7pm; Intermediate 7-8 pm)

PC. Teachers' Lounge. \$25/month.

¿Usted habla Español? Need a place to practice? Join us on Monday evenings as we converse in Spanish. Facilitated by native speaker Ritha Espin de White. Not sure which group to join? Come to either group and try it out. First meeting is FREE! Register: 206.783.2244 or at the door.



Ensemble Sangineto. PHOTO BY ALESSANDRO ERBETTA

Seattle Folklore Society Concerts

Join Seattle Folklore Society this spring for a wide-ranging array of world-class music. Visit seafolklore.org for details on the performances and to get tickets.

Performances, running on Saturdays from 7:30-10 pm (and the occasional Sunday, at 7 pm) are held in the Phinney Center's brick building. Cost is between \$10-24 for all concerts.

The Jeremiahs

Mar 18, Sat, 7:30-10 pm.

Traditional Celtic with a contemporary flare. With a wonderful mixture of newly composed songs and tunes in the folk genre and a well selected catalogue of older folk songs, they are sure to rouse all the emotions.

Evie Ladin & Keith Terry

Mar 25, Sat, 7:30-10 pm.

Song, dance, banjo, and body music. Innovative musicians/dancers with a quirky neo-trad soul, Oakland, California-based Evie Ladin & Keith Terry throw down original folk songs and deep interpretations of old songs, with the kinetic thrill of percussive dance.

Fiddle Showcase Dedicated to Vivian Williams

Apr 1, Sat, 7:30-10 pm.

Vivian was one of the founders of the Seattle Folklore Society, an amazing fiddler, composer of tunes, documentarian, and teacher and mentor to many. Fiddlers: Ramon Selby, Jamie Fox, Stuart Williams, Devon Léger

Kiki Valera y su Son Cubano

Apr 8, Sat, 7:30-10 pm.

Son Cubano is a musical genre that originated in the mountains of eastern Cuba and rose in popularity throughout the 20th century. Son Cubano was a major influence on many other forms of music, from mambo and salsa to jazz and cha-cha-chá.

Heidi Muller & Bob Webb

Apr 15, Sat, 7:30-10 pm.

Heidi Muller and Bob Webb cross the musical boundaries between original songs and traditional tunes, blending each other's influences from the Pacific Northwest to the Appalachian Mountains.

Casey & Molly with Dear Crow

Apr 22, Sat, 7:30-10 pm.

Casey Murray & Molly Tucker are a Boston-based folk duo. With Molly on fiddle and Casey on cello, guitar, and banjo, the two play original and traditional tunes in Celtic, New England, and Old Time styles.

Nordic Fiddlers Bloc

Apr 30, Sun, 7:00-9:30 pm.

The Nordic Fiddlers Bloc is comprised of three master fiddlers from three of the richest fiddling traditions in the world. This trio of amazing musicians: Kevin Henderson, Olav Luksengard Mjelva, and Anders Hall.

Keltoi

May 6, Sat, 7:30-10 pm.

Seattle Folklore is excited to welcome this local band comprised of some of the area's top talent! With seven band members, the Celtic-influenced music is rich and versatile.

Del Rey

May 13, Sat, 7:30-10 pm.

Del Rey started playing guitar when she was four years old. She has tried to get a whole band onto her solo instrument from the beginning. This gives her music an interesting complexity!

Ensemble Sangineto

May 20, Sat, 7:30-10 pm.

Last spring, Ensemble Sangineto gave us an amazing online concert, streamed from Italy. Ensemble Sangineto is an eclectic band which skillfully blends ancient harmonies and sonorities with modern rhythms.



Greenwood Senior Center Highlights

Adults of all ages welcome!



Get your taxes sorted out for free with our AARP volunteer tax preparers at the GSC! PHOTO BY GSC

Greenwood Senior Center

A program of the PNA

525 N. 85th St.
Seattle, WA 98103
Hours: M-F, 9 am-4:30 pm

Phone: 206.297.0875
E-mail: gsc@phinneycenter.org
Web: phinneycenter.org/gsc

Holiday Closure: May 29

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.

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.

Bellevue Arts Museum

Thursday, Apr 13, 9:30 am–3:30 pm. Meet at the GSC. \$12 admission. Bring bus fare and money for lunch.

We'll take the bus east, across Lake Washington to Bellevue, where we'll check out the latest contemporary visual art, craft, and design exhibits at BAM. Lunch in the neighborhood before returning to the GSC. Register: 206.297.0875.

Seattle Public Library Central Branch Tour

Tuesday, May 30, 10 am–2 pm. Meet at the GSC. Free. Bring bus fare and money for lunch.

We'll take a trip downtown for a guided tour of the very recognizable Central Library. Learn about the history of the building, see highlights from the collection, and take in the views from the top floor. Lunch in the neighborhood to follow. Register: 206.297.0875.

STAY CONNECTED!

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

EVENTS & ACTIVITIES

AARP Tax Help at GSC

Fridays through Apr 14, 10 am-4 pm. Free. GSC.

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

Watercolor Class

2nd & 4th Wednesdays, Mar 8 – May 24, 1-2:30 pm. GSC. \$3 PNA Members/\$5 Public.

This group is open to beginning and intermediate level painters. We'll explore and share watercolor techniques and materials, and practice drawing people and still life arrangements. There will be some instruction and discussion but plenty of time for practice and free painting. We will also share our work and practice positive critiquing of each other's work. Sharing is encouraged but not required. Emphasis will be on creating a safe, friendly environment. The first 15-30 minutes will be teaching and sharing techniques. Please bring whatever paints, brushes, and paper that you have and like. Register: 206.297.0875.

Writing Workshop Series: Feeling Lucky

Wednesdays, March 8-Mar 29, 2-3 pm. GSC. Free.

Is March the luckiest month? Think of St. Patrick's Day and the "luck of the Irish." In this four-week class, discover your own pot of gold at the end of your reading and writing exercises. Bring your favorite quotations and stories about luck. Bring your own memories about how luck has (or hasn't) operated in your life. Each class will consist of various exercises, such as writing prompts, warm ups, and performance reading prompts. The writing group will set the tone and content of our class time together. Instructor is a retired Seattle Public School teacher with many years experience. Feeling lucky? RSVP: 206.297.0875.



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EVENTS & ACTIVITIES

St. Patrick's Day Folk Concert with Al Hirsch

Wednesday, Mar 15. 1-2 pm. GSC. Free.

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

Science and Outreach Program for Adults (SOPA) Talk Series

Fridays, Mar 17-Apr 7, 1-2 pm. GSC. Free.

Graduate student fellows with the Clean Energy Institute at the University of Washington will present this four-session series on a variety of frontier science topics; **Solar Energy** (Mar 17), **Electric Vehicles and Battery Science** (Mar 24), **Light Emitting Technologies and Optoelectrics** (Mar 31), **Plastics, Micro Plastics, and Pollution** (Apr 7). RSVP: 206.297.0875.

Social Skills Workshop Series

Mondays, Mar 20, Apr 17, May 22, 1-3 pm. GSC. Free.

You think your social life could be better. Maybe you've felt shy as long as you can remember. Your conversations have more awkward moments than you'd like. You want to make changes, but you don't know where to start. If this resonates with you, come join us for a three-part workshop on improving your social skills lead by Teresa Tam, Social Connection Project Coordinator, and Lisa Bakke, GSC Therapeutic Consultant. The workshop will be based on *The Social Skills Guidebook: Manage Shyness, Improve Your Conversations, and Make Friends, Without Giving Up Who You Are* by Chris MacLeod, MSW. You are welcome to attend all or select workshops. RSVP to Teresa Tam at teresat@phinneycenter.org or 206-531-0061.

Spring Wreath Class

Wednesday, Mar 29, 10:30 am-12 pm, GSC.

\$6 PNA Members/\$8 Public

Why should Christmas have all the fun? We'll make spring wreaths to brighten up our doors or walls. All supplies will be provided, but feel free to bring extra objects or decorations that feel "spring-y" to you. Register: 206.297.0875.

Fun and Fancy Napkin Folding

Wednesday, Apr 5, 1-2 pm. GSC. Free.

Have you ever wondered how they create those impressive napkin designs that you see on cruises, in restaurants, and at social events? Believe it or not, it's relatively easy to do! Bring a square cloth napkin if you have one, or we'll provide one, and learn how to make a rose, a pinwheel, an envelope, and more. Register: 206.297.0875.

PNA Village Member Information Session: Tea, Treats, and Q&A

Wednesday, Apr 5. 1-2 pm. GSC. Free.

Join current Village members for tea and treats while you learn all about the PNA Village program. The Village provides a network of support including volunteer services, trusted business referrals, and social engagement. This framework empowers people to remain in the homes and neighborhoods they love, while staying active and engaged as they age. Your RSVP is appreciated at village@phinneycenter.org or 206-789-1217.

National (Rescue) Pet Day Celebration

Tuesday, Apr 11, 11 am-12 pm. GSC. Free.

For National Pet Day, we're celebrating rescue pets. Rescuing saves lives, saves money, and brings together animals and humans who both need each other. Join representatives from Old Dog Haven and Seattle Feline Rescue Center for a presentation and Q&A on adopting older animals. Send your pictures of your adorable adoptees, either current or former, to cecily@phinneycenter.org by Apr 3 for display in our lobby the following week. RSVP: 206.297.0875.

Brain Boost Nutrition Class

Wednesday, Apr 12, 1-2 pm. GSC. \$10 (scholarships available).

Join Christy Goff, registered dietitian (and GSC favorite), for a science-based class on the connection between your brain function and your lifestyle choices. You will explore common disorders like dementia, and current research on how nutrition can be a part of the prevention and treatment. You will also get practical meal ideas to help your brain, heart, and gut! RSVP: 206.297.0875.



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Poetry Without Rhyme Class Poetry Reading

Wednesday, Apr 19, 2-3:15 pm. GSC. Free.

You are cordially invited to attend a free poetry reading given by writers who have participated during the last year in our Poetry Without Rhyme writing class. The class participants will be reading from the two books of their published poems, *Wings* and *Reflections*. Come join us for this poetry reading on a wide variety of topics that will lead you to smile, reflect on the topics, and appreciate the creativity. RSVP: 206.297.0875.

Connect2Affect Workshop

Tuesday, Apr 25, 1-2:30 pm. Online. Free.

Thursday, May 4, 1-2:30 pm. GSC. Free

Are you recently retired or had a recent life transition and feel you've lost vital social connections? Or are you an older adult who would like to help peers in your community explore how to build and maintain strong support networks and meaningful relationships? If so, this community workshop is for you. Created by the AARP Foundation's Connect2Affect program, this workshop will help you craft your own 'Friendventory' to take stock of your social contacts and think about ways to improve your connections. Additionally, if interested, you are invited to become a facilitator of these workshops in your community, and will have a chance to discuss the possibilities with the Social Connection Project Coordinator after the workshop. Please note that there are two workshop options—one on Zoom and one in person at the GSC. RSVP: teresat@phinneycenter.org or 206-531-0061.

Scarecrow Video Classic Movie

Wednesday, Apr 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. Call for movie details and to register: 206.297.0875.

April is Poetry Month: Greenwood Poets Celebrate 20 Years!

Friday, Apr 28, 1-2 pm. GSC. Free.

Come celebrate "April is Poetry Month" with an in-person poetry reading. Past and present members of The Greenwood Poets reunite to celebrate their 20 years of reading, writing, critiquing, and publishing poems. A free anthology and bookmarks will be offered, as well as the poets' own books for sale! RSVP: 206.297.0875.

Secrets of the Ship Canal and Locks

Wednesday, May 3, 1-2 pm. GSC. \$5 suggested donation.

Few engineering projects have shaped Seattle as much as the construction of the Hiram M. Chittenden Locks and Ship Canal. Nor do many have as many false starts, political shenanigans, and chaotic history. In this talk based on speaker David B. Williams' co-authored history of the canal and locks, *Waterway* (which was a finalist for the Washington State Book Award), he shares the far-reaching social, economic, and environmental impacts of the canal's construction and operation.

David B. Williams is a naturalist, tour guide, and an award-winning author of *Homewaters: A Human and Natural History of Puget Sound*; *Too High and Too Steep: Reshaping Seattle's Topography*; and *Seattle Walks: Discovering History and Nature in the City*. Williams is a Curatorial Associate at the Burke Museum and writes a free weekly newsletter, the *Street Smart Naturalist*. RSVP: 206.297.0875.

Try something new!

Join us for Spring Equinox,
Easter, and Mother's Day.

All are welcome.

We are spiritual, not religious, honoring
every person's path to the divine.



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EVENTS

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EVENTS & ACTIVITIES

Asian and Pacific Island Heritage Month Film Series

Fridays, May 5, 12, 26, 1-3 pm. GSC. Free. RSVP: 206.297.0875.

May 5: Lucky Grandma

In New York City's Chinatown, an ornery, chain-smoking Chinese grandma goes all in at the casino, landing herself on the wrong side of luck—and in the middle of a gang war.

May 12: The Donut King

In 1975, refugee Ted Ngoy fled Cambodia seeking a new beginning in the United States. He began baking donuts and created a multi-million dollar industry. This documentary follows the surprising twists and turns of his story—both good and bad.

May 26: I Was a Simple Man

A family in Hawai'i faces the imminent death of their eldest member as the ghosts of the past haunt the countryside.

Bat Activity Trends (BAT) Program Talk

Friday, May 12, 10-11 am. GSC. Free.

Join us to learn all about bats in the Pacific Northwest with presenters from Woodland Park Zoo and Washington Department of Fish & Wildlife. We'll cover some natural history about bats, the important roles they play in our ecosystems, and ways you can help bats. We will also introduce you to the new Bat Activity Trends (BAT) program, through which you can observe bats in the summer evening sky and submit data about the bat activity you see! No prior bat knowledge is required!

Niki Desautels is a longtime volunteer at Bat Northwest and current Coordinator of the Habitat at Home program for Washington Department of Fish and Wildlife. Her passion is all things bats and she loves to share information and amazing facts about our local bats in Washington.

Katie Remine is the Living Northwest Conservation Manager at Woodland Park Zoo where she coordinates bat monitoring and community science with partners at Bats Northwest and Washington Department of Fish & Wildlife. RSVP: 206.297.0875.

Brass Rubbing: Medieval Art Workshop

Wednesday, May 17, 1-2 pm. GSC. Free.

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

Healthy Aging Summit

Friday, May 19, 9:30 am-1:30 pm. GSC. Free.

Join Providence Swedish for their inaugural Healthy Aging Summit this spring! This free in-person event will be an opportunity for you and your loved ones to learn more about essential lifestyle changes that can help you age happily and healthfully. All are welcome to attend! Food and beverages will be provided. No need to RSVP. Questions? Call the Center for Healthy Aging at (206) 320-7200.

Speed Friending for the 50-65 Crowd

Saturday, May 20, 10 am-12 pm. GSC. Free.

Back by popular demand! 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. Per request from the community, this event is for people ages 50-65. (We plan to host another Speed Friending event for the 65+ crowd this fall—stay tuned!) Join us for this accessible and inclusive event. Coffee, tea, and treats will be provided. RSVP to Social Connection Project Coordinator, Teresa Tam at teresat@phinneycenter.org or 206-531-0061.

Civic Coffee Hour

Wednesday, May 24. 1-2:30 pm. GSC. Free.

Age Friendly Seattle and the Seattle Public Library are bringing Civic Coffee, their monthly FREE event, to the Greenwood Senior Center. These events are designed to bring people closer to their local government officials and community leaders. Our audience typically includes Seattle area elders, their loved ones, and professionals in the field of aging. Reaching thousands of viewers each year, our guests learn about a range of issues, programs, and local services; topics range from housing to brain health. On May 24, join us to learn about how to make your home more efficient. Professionals in the field will share different City Programs to assist you. Multilingual captioning is included online, and interpretation is available upon request. Refreshments will be served at in-person location. Tune in virtually at bit.ly/AgeFriendlyLive! For questions or accommodation requests, email agefriendly@seattle.gov. RSVP: 206.297.0875.

Downsizing and Decluttering

Wednesday, May 31, 1-2 pm. GSC. Free.

You spend a lifetime accumulating treasures, trinkets and memories. All that "stuff" can make downsizing feel like a monumental endeavor. Join AARP Washington as we share tips to tackle even the most daunting task of decluttering and preparing for your next stage in life. Register: 206.297.0875.

SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875.

Minor Computer Repair

By appointment only. Free.

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

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, Innovation Partners llc, a registered broker/dealer investment advisor and member FINRA/SIPC.

Foot Care

Varying days/times. Call for an appointment.

\$42/members, \$45/public

Keith Germain cares for your feet. All appointments are subject to rules based on health department guidelines. Call to make an appointment.

Medicare Counseling

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

Free, donations welcome.

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

Haircuts

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

Call for an appointment. \$15.

Notary Services

By appointment only. Free PNA Members/\$10 Public.

The GSC Office Manager is a licensed notary public and provides notary services at the GSC (by appointment). Signatory witnesses can be arranged. Social distancing, hand sanitizing, and masking practices are required during notarizations: Call 206-297-0875 or email gsc@phinneycenter.org.



Compassionate Care

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MEMORY LOSS SPECIAL OFFERINGS

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

ESML Art Hour

1st Wednesdays, Mar 1, Apr 5, May 3, June 7.
10:30-11:30 am. GSC. Free.

The process of making art is good for the brain. So is socializing. Come join us at the GSC for an hour of art-making and good company. No art experience necessary! Register: 206.297.0875.

The Gathering Place

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

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

All Present Song Circle

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

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

Brain Games

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

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

ESML Art Appreciation

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

This one-hour program will include viewings of classic and contemporary works of visual art along with guided discussion, all in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment, and Early Stage Memory Loss.

Register: kristeno@phinneycenter.org.

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 lisab@phinneycenter.org or call 425.416.0641.

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

Adult Daughters Caring for their Mothers

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

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

Advanced Dementia Spousal Caregiver Support Group

3rd Wednesdays, 1-3 pm. Online.

Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility.

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.

Early Stage Memory Loss

1st & 3rd Mondays, 10:30 am-12 pm. Online.

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

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.

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.

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.

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SCAN ME

ONGOING GROUPS

Technology Support Group

3rd Tuesdays. Mar 21, Apr 18, May 16. 1-2:30 pm.
GSC. Free.

Technology can help maintain and enhance social connections with peers, family, friends, and caregivers. But what if technology scares or frustrates you? The new Greenwood Senior Center (GSC) Tech Support Group is here to help! The first hour will cover a tech topic, followed by a half hour to get additional support from your peers and facilitators. If more assistance on the topic is needed, participants can make a follow-up 1x1 tech mentoring appointment.

RSVP required: teresat@phinneycenter.org or 206-531-0061.

March: *Driving Apps Are Driving Me Crazy:* Learn how to install and use apps for Lyft, Uber, Google Maps, and PayByPhone (street parking in Seattle)

April: *Accessing the Smart in Your Phone:* Learn how to adjust settings on your smart phone, including screen brightness, volume, airplane mode, and others.

May: *The Zoom Connection:* Learn the basics of Zoom, including how to access a Zoom meeting, mute/unmute yourself, raise your hand, use the chat feature, and others

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, both fiction and non-fiction. We do not have copies to lend, but only choose readily available books, currently in paperback. Please have read book if attending. Email for questions and book info: arielb@phinneycenter.org.

GSC Men's Group

Mondays, 2 pm. Locations vary. Free.

Discussions and activities. Email for more info and details of upcoming meetings: gmensgroup@gmail.com.

World Affairs Roundtable

2nd Wednesdays each month, 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.

Spousal Loss Group

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

Have you lost a spouse? Widowed Information and Consultation Services can help. The mission of the Widowed Information and Consultation Services is to provide a supportive environment and practical assistance to widows and widowers during their adjustment to the loss of a spouse by death and into their lives as a single person. For more information, call Robin Thomas: 206.234.4647.

Meal Program

GSC Lunch Program

Monday, Wednesday, Thursday, Friday at the GSC, noon.
\$5 suggested donation for diners 60 and over.

Enjoy tasty and nutritious fare at an amazingly low cost for people age 60 and over! RSVP (by 10 am): 206.297.0875.



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ONGOING GROUPS

Games & Crafts

American Mah Jongg

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

Intro to Mah Jongg for beginners

2nd Tuesday 12:45-1:30 pm (must RSVP)

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

NEW Needle Arts Group

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

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

Jewelry Making Group

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

Scrabble

Mondays and Wednesdays, 10 am-12pm. 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.



SR
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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

BE PREPARED

AARP Smart Driver Course

Corine Olson, AARP

Ages 55 & up

Thu & Fri, Mar 9 & 10, Apr 13 & 14,

May 11 & 12. 9:30 am-2:30 pm

GSC, \$20 AARP Member,

\$25 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 with you on the first day.

FITNESS, HEALTH & WELLNESS

Easy Exercise

Gerry Joyce

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.

Muscle Intelligence Workshop Series

Carri Kaplan, MPT, COMT, LMP

Mon, Feb 27 – May 22, 11 am-12 pm

GSC, \$3 suggested donation

Register: 206.297-0875

In this six-week workshop series, instructor Carri Kaplan will lead you through a series of yoga-based exercises with a focus on visceral, neurological, respiratory, and bio-mechanical function. Good for all ability levels.

Pilates for Core and Balance

Alethea Alexander

Tue, Ongoing, 2:15-3:15 pm

GSC, \$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!

Tai Chi: Moving Meditation

Larry Spangler

Tue, Thu, Ongoing, 9-10 am

GSC, \$10

Register: 206.297.0875

Come have fun! Build strength, balance, and agility with the centuries-old practices of Tai Chi and Qigong. Experience deep breathing, slow flowing movement, and meditation to maximize longevity and improve quality of life. Suitable for all ability levels.

Yoga for Osteoporosis and Osteoarthritis

Connie Fisher

Tue at GSC and Online,

10:30-11:30 am

Wed at GSC and Online,

11 am-12 pm

\$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

D'vorah Kost

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.

Zumba Gold Toning

Penny Fuller

Mon, Wed, Fri, Ongoing 8:15-8:45 am,

GSC & 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.

Zumba Gold

Penny Fuller

Mon, Wed, Fri, Ongoing,

8:45-9:45 am

GSC 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.

LANGUAGE

Beginning Spanish Language Class

Marcella Davis

Thu, Ongoing, 11 am-12 pm

GSC, By donation

The Basic Spanish class is offered for people who wish to learn the fundamental basics of Spanish. This class is presented in a manner that is easy to understand. The class gives adult learners an excellent overview of the Spanish-speaking countries and cultures. It provides students with an appreciation for cultures and belief systems that are fascinating, and educational. Donations gladly accepted.

Advanced Spanish Language Class

Octavio Fernandez

Mon, Ongoing, 4:30-5:30 pm

GSC, By donation

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

Intermediate Spanish

Octavio Fernandez

Wed, Ongoing, 4:30-5:30 pm

GSC, By donation

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

Continuing French

Thu, Ongoing, 10-11 am

Marilyn Severson

GSC 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 welcomes all ages and backgrounds in French studies.

Practice English: Talk Time

Mon, ongoing, 10:30 am-12 pm

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

Fridays, 11 am. GSC. Free.

Register: 206.297.0875

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, as well as learning how you can implement mindfulness practices into your own life. Instructor Kate Schnieder, MT-BC, received her Bachelor's of Music in Music Therapy from Baldwin Wallace University and has been a board certified music therapist since 2013.

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phinneycenter.org/gsc/classes

Dance to walk with TangoStride

By Steph Yeo



You only need to be able to stand or bear weight for five seconds to join TangoStride. It's your chance to get moving and improve mobility through the art of Argentinian tango.

PHOTO BY GABRIELA CONDREA

In TangoStride, Gabriela brings together the cultural and historical roots of tango with its unique etiquette, social codes, and music. She incorporates rhythm, movement, and the rich history of Buenos Aires into her classes, teaching her students about eye contact, the meaning of lyrics, and the power of connection.

Gabriela Condrea once thought tango was the glitz and glamour she had seen on TV, imagining fishnets, roses, and sharp movements. But it wasn't until she experienced the essence of tango at a milonga in Buenos Aires that she became completely mesmerized. The true beauty of tango lies in the connection between partners, where they can learn to listen, trust, and share space with each other. This dance form has the power to teach us valuable life lessons through the simple act of walking together.

Gabriela dove into two years of intensive training in Buenos Aires, and then after seven years of dancing and teaching she founded TangoStride, a program designed specifically for those with mobility challenges such as stroke, TBI, MS, Parkinson's and other neurological conditions. Her classes are intimate, with only three or four students, allowing her to provide individualized, attentive instruction. She takes into consideration each student's abilities, their big picture goals, and the next best step for them, helping them to regain their mobility, whether they are on legs, in a wheelchair, or using a cane.

For Gabriela, seeing her students make progress, regain strength and confidence, and find meaning through Tango is incredibly inspiring. Her students see TangoStride as a rare chance to stand during the week, and an uplifting and transformative experience that starts a ripple effect in their lives.

Thinking about trying tango out? TangoStride welcomes everyone; students only need to be able to stand or bear weight on their legs for just five seconds! To walk, dance, and connect:

TANGOSTRIDE:

for those with mobility challenges
TangoStride.com
Tangostride@gmail.com

TANGO IS ABOUT THE CONNECTION:

weekly tango classes
TangoisAboutTheConnection.com
Tangoisabouttheconnection@gmail.com

WEEKLY TANGO HAPPY HOUR:

Tangohappyhour.com

Zwiefacher Online: Tricky Rhythms and Movement

Pat McMonagle

Tue, Ongoing, 4-5 pm

Fri, Ongoing, 10-11 am

GSC 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.

Line Dancing For All Levels

Chris Banta

Thu, Ongoing, 10:15 am-11:15 am

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.

WRITING

Writing Class

Thur, Apr 6 – Jun 1, 3-4 pm. Online. \$30.

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.

Register: arielb@phinneycenter.org.

Writing Poetry Without Rhyme

Wednesdays, Mar 8 – 22, 2-3:15 pm. GSC. Free.

Register: 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.

By Jonathan Booker

Diners who have been coming to the PNA's Hot Meal Program (HMP) for decades have seen a lot of change over the years and 2023 is no different. With three fresh faces — Social Services Engagement Manager Bernadette, Hot Meal Program Manager Susan, and Community Programs Director Jonathan — the HMP has entered an exciting new era.

The program began in 1981 as the "soup kitchen" housed in St. John United Lutheran Church's Fellowship Hall and was as that time administered by the Fremont Public Association (now Solid Ground). Operations were transferred to the PNA in January, 1999. Now in its 42nd year, the HMP is a community institution offering 125-150 meals per day, three days a week.

These meals are a vital part of the health and well-being of the community and, with the addition of new staff, now serve as an entry point for important social services. Bernadette, an experienced social worker and the PNA's new Social Services Engagement Manager, meets clients at the meals and works one-on-one with them to help

Hot Meal Program

Mondays, 4 pm – 6 pm, GSC

Tuesdays, 4 pm – 6 pm,

St. John United Lutheran Church

Wednesdays, 11 am – 2 pm,

St. John United Lutheran Church

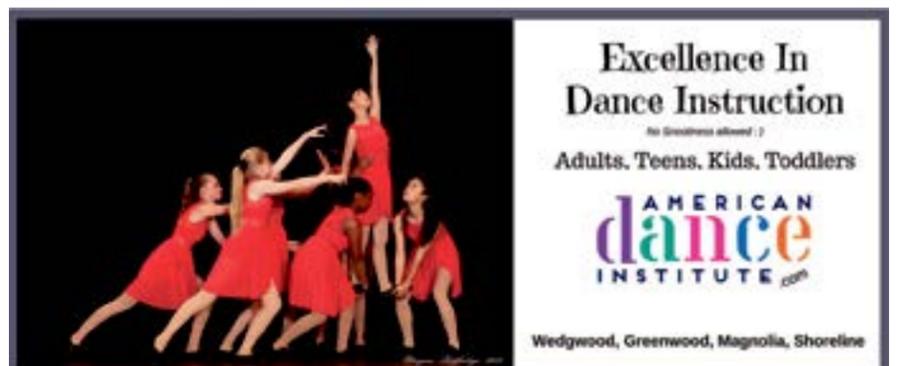


More than a meal, the HMP diners also have access to free clothing, shoes, PT and medical care. Expanded social services are on the horizon.

PHOTO BY DAVID INMAN

meet a variety of needs. At Wednesday lunches, guests have access to a free clothing and shoe store offered in partnership with Woodland Park Presbyterian Church, free physical therapy with DPT Emma Mitsui, and a free medical clinic offered through a partnership with Lahai Health. And the PNA is focused on expanding these social services, so expect to see more offerings soon.

While so much of the Hot Meal Program is new, it has always been more than a meal because of the human connection between diners, staff, and volunteers. Like Anthony Bourdain said, "You learn a lot about someone when you share a meal together." This human connection is what has bound the HMP together for four decades and what propels the program into its bright future.





The Gathering Place compiles 13 Lessons about memory loss

By Kristen Oshyn

Every Thursday afternoon, you can hear laughter drifting up the stairs of the Greenwood Senior Center. The source of the mirth is the Gathering Place (GP) – a weekly community of people with memory loss who come together to support each other and stimulate their brains through discussions and games, art and music, and physical exercise. And to laugh, of course. Another critical pillar of the GP is its commitment to anti-stigmatism, which current participants are practicing with the creation and dissemination of *Thirteen Lessons* from people living with memory loss.

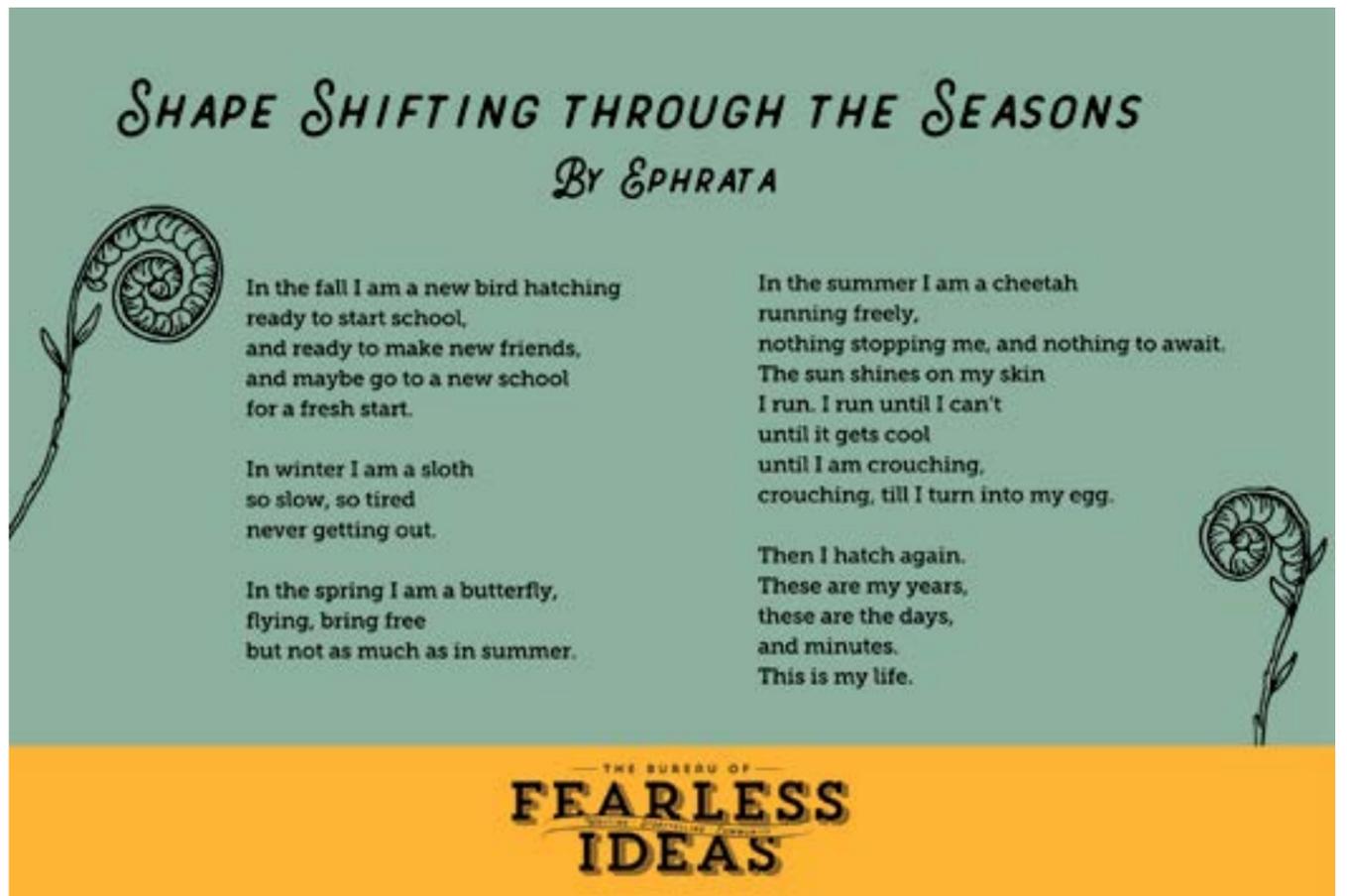
“There can be a humor in memory loss situations that most people are afraid to acknowledge.” Here begins one of the 13 lessons that GP participants developed with Dr. John Zeisel of I'm Still Here Foundation that promotes a life-fulfilling approach to living with dementia. These lessons evolved from a series of conversations that Zeisel facilitated with GP participants in December, 2022. Each lesson draws from challenges many of those with memory loss face daily, and offers extraordinary insight for those who seek to better understand their experience.

Participants are proud of the lessons, and share them with their friends and family to prompt conversation. As one participant commented, “I see the struggles that I feel [in the lessons] and that I’m here; now others can read it and come back to talk.”

The Gathering Place is the centerpiece of the Greenwood Senior Center’s robust memory loss program. The program includes in-person and virtual offerings as well as support groups for spouses and those with MCI or Early-Stage Memory Loss. For an in-depth understanding of the GP, watch this documentary created by an earlier cohort of participants: phinneycenter.org/memory-loss-film-online/.

You can read the full Thirteen Lessons here: phinneycenter.org/gsc/memory/

For more information about the Greenwood Senior Center’s Memory Loss Programming, contact Carin Mack at socialwkr@comcast.net or Kristen Oshyn at kristeno@phinneycenter.org



Through the Pencil Portal: A place for youth voice in PhinneyWood

By Bryan Wilson, program manager at Bureau of Fearless Ideas

If you've been to the PhinneyWood neighborhood, you probably know that it's kind of a magical place — filled with hidden gems, spectacular characters, and in at least one case, an actual portal to a landscape of storybook imagination. You heard that right! There's a *portal* in the shape of a gigantic pencil conveniently located inside the Greenwood Pencil Box store near the corner of 85th and Greenwood Avenue. What's more spectacular still, is what's behind the pencil — the Bureau of Fearless Ideas (BFI).

BFI is a non-profit that offers creative writing and storytelling programs for youth ages 6-18 at both their Greenwood and Yesler Terrace writing centers — and in schools around the region. Throughout the year, students, families, and teachers with their classes enter through the pencil portal to find themselves in a large room filled with dragon-shaped kites, art supplies, and a portrait of the former youth poet laureate of the US, Amanda Gorman, holding a book whose cover reads: *The Tyrant Fears the Poet*. In this beautifully imagined space, Fearless Ideas hosts writing workshops, creative after school programs, school field trips, and in-school writing projects. Topics for these storytelling programs range everywhere from food writing to poetry, comics to choose-your-own-adventure, and so much more.

Whichever program you find yourself in at BFI, you'll always encounter the motto: Be Creative, Be Kind, Be Fearless. As Program Manager Bryan Wilson shares, "Creative Fearlessness at BFI is about creating an intentional space of belonging together—where we can all show up with our identities, our histories, our bodies, our feelings, and (indeed) our fears; and by co-creating safety, support, and inspiration, we can encounter our own stories, as well as envision, celebrate, and share the ideas that our communities and our world need." As Wilson goes on to relate, "we know that the voices and literacies of youth, and particularly students with marginalized identities, have long been undervalued and largely unheard in many traditional education spaces and curricula. But the stories and ideas of all our youth are vital — they are joyful, incisive, truthful, imaginative, sometimes spectacularly silly and hilarious. They are important and powerful. We need to hear them, support them, and amplify them—whether those stories are written, spoken, danced or drawn, recorded or sung."

So, this spring poetry season (April is Poetry Month!), if you happen to be walking in the neighborhood, you just might see, hear, or even experience some of the magic of words flowing out from beyond the pencil portal and into the community. You might just want to join in, as a volunteer, as a supportive guest at an open mic reading, as a reader of one of Fearless Ideas' many student-authored books, or even as a student, or someone who has a young poet in your life you'd like to share this special place with.

In that case, Fearless Ideas has a prompt for you: Community is something we build together. Imagine our community as one magical built structure that could fit everyone inside — maybe it's a treehouse, a blanket fort, a maze, or a building. Write about this structure in as much detail as possible. What's it made of? What kinds of celebrations happen there? Share your writing on social media with the hashtag #fearlessideasseattle2023 or email it to info@fearlessideas.org with the subject, "A Fearless Idea".

All BFI programs are free for students and families, and are offered in-person and virtual. For more information about what Fearless Ideas has to offer the young writer in your life, visit fearlessideas.org.

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Poems from the GSC

Her Story

In her story, little was revealed
Sitting like Buddha
In quiet contemplation

Telling her story, little was revealed
She left all stones unturned
So much was buried

Selling her story was out of the question
She did not appreciate it
And worried it to death

Writing her story freed her from fears
Her pen was someone else
Whom she never criticized

Once the story was on her computer
She could read it joyfully
And actually share it

With her story down, she ignored the back-space
She ignored the delete key
She ignored her ego

With her story told, a new dawn dawned
Ignoring all the praise
She could do no wrong

Barry Franklin

Tell Me Another Story

The straight faced owl
laughed deep in her throat
as we scurried
under her branch
carrying visions
of great grey wings
enfolding small white children
mistaken for mice in the dark.

Bare feet
and quivering knees
carried us
to the light
at Grandmother's door

Quite willingly
again and again
we paid the price in terror

To once again hear
Granddaddy's stories
on a high hill
in the scariest forest
by the warmest fire
under the brightest stars
in the blackest sky
you could ever imagine.

Pat Caver



Starting June 2, seasonal blooms and fresh produce abound at the Farmers Market. Teresa of Tampopo Farm photographed by Josie Hinke.

Meet the Phinney Farmers Market

Neighborhood Farmers Markets

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. Vendors travel from all over the state, from Sequim, to Mount Pilchuck, to bring their produce to the market. Farmers markets offer 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 vendors who frequent the Phinney Farmers Market:

AG Family Farms

Arturo's farm is named for the "AG family," Dad Arturo, Mom Anne, and sons Andy, Alec, and Adam Guerrero. They grow a variety of certified organic tree fruits, including peaches, apricots, nectarines, prunes, plums, cherries, pie cherries, and apples. AG Family Farm's beginning was as family-oriented as its present. In 1998, Arturo and his brother Roberto purchased 75 acres of land in Quincy, WA, farming together for several years under the name ACMA Mission Orchards (named for Roberto's daughters, Adriana Cristina and Melani Andrea).

Selva Central Goods

Mayra Sibrian is the owner, creative, and baker behind Selva Central Goods. Running the small business entirely on her own, Mayra will often wake up anywhere from 2 to 4 am to start baking, to ensure that every item she sells is baked fresh that day. Selva Central Goods strikes a balance between traditional recipes and also using seasonal and local ingredients that Mayra finds in the Pacific Northwest.

Papa Tony's Hot Sauce

Supporting vendors at the farmers markets is a special experience, because you get to have a moment of connection with the person who grew or made your food. "That's what shopping small business is. You're making an investment into somebody's life and somebody's story," Tony Wilson of Papa Tony's Hot Sauce says.

Tampopo Farm

Teresa and Matt of Tampopo Farm grow a variety of vegetables, as well as some flowers, using organic practices on their two-acre Sequim-based farm. Their goal is to become a no-till farm within the next few years. Their growing practices center around the soil, with good-quality soil being the most important factor in the success of their produce.

The Phinney Farmers Market runs every Friday, 3-7, from June 2 – Sept. 29. Save the date and come support local agriculture!



Eric found the first-ever tool at the PNA's tool library in the Brick Building! Get in touch with Eric to learn about expanded programming. PHOTO BY RAND PETERSON

The Community Woodshop is now open!

By Eric Muhs

A group of shop stewards worked diligently to create a well-equipped woodshop in the northeast corner of the PNA's 1917 brick building. Thanks to their efforts, safety and tool classes, as well as open shop sessions, began in the last two months of 2022. Those who have already worked with the group know that they have some wonderfully experienced folks ready to welcome you into the shop. If you want to experience the woodshop for yourself, the first step is to sign up for an orientation and safety training on the PNA website: phinneycenter.org/woodshop/classes/.

The Tool Library and the Community Woodshop are now part of the DIY Hub at the PNA, which embodies the empowering philosophy of "do it yourself."

Since joining the Tool Library on Halloween, coordinator Eric Muhs and a dedicated group of volunteers have reconfigured storage for safety and accessibility, vastly improved online inventory, and made tool availability much more reliable. We have added and repaired many high-value tools, and sold the surplus of donated tools online and in our front lobby. Additionally, we have even added a hot drink station and a reference library.

If you enjoy talking to people about their tool-related problems, find organizing things satisfying, or want to learn more about tools, consider volunteering at the Tool Library. You can learn, fix, and make things while being part of a mutually supportive social network.



Plant a seed and watch a tree grow. The Great Seattle Seed Swap on Sat, Apr 1, is free and open to all. PHOTO BY BILL THORNESS

Browse, Share at the Seed Swap!

By Bill Thorness

Discover something new for your vegetable rows this year at the annual Great Seattle Seed Swap on Saturday, Apr. 1, where people share and take home free seeds for their edible gardens.

Along with browsing the seeds, which have been donated by individuals, generous seed companies, and other gardening groups, you can grab tips about seed-starting in a short workshop designed to help you get your garden off to its best start.

You can bring your edible garden seed to share, but it is not required. Seeds can be commercial or home-grown, but please follow these guidelines:

- Share only seeds of edible plants, such as annual vegetables, herbs, and edible flowers;
- If donating packaged seed, it should be organic, open-pollinated, or heirloom;
- If donating home-saved seed, please clean off the stems or stalks and bring only the seed;
- All shared seed should be fresh, within three years of purchase or saving; and
- Please label all donations with year grown, seed type, and variety if known.

The King County Seed Lending Library is housed within the PNA Tool Library. This year's swap is co-hosted by the Northeast Seattle branch of the seed library, which is housed at Sustainable NE Seattle's tool lending library.

This annual event, hosted at the PNA by the King County Seed Lending Library, will be in the Community Hall of the Brick Building from 2-4 pm. Look for the signs in the Phinney Center's lower parking lot. For more information on locations and events, see www.kingcoseed.org.

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What is the PNA village? It connects seniors to community

By Julie Gangler

The PNA Village is a dynamic and supportive framework designed for seniors in our community. It provides programs and services that allow seniors to remain in their homes as they age, participate in socially engaging activities, and receive support from a volunteer network that can provide everything from transportation to trusted business referrals. The Village was founded in 2012 by the PNA to promote community building and inclusivity. It has since expanded beyond PhinneyWood and now serves all neighborhoods west of Interstate 5 from the Ship Canal up to 145th Street.

The Village currently includes 240 members and 218 volunteers who provide social visits, handy project assistance, and transportation to doctor's appointments, classes, and essential errands. Fifty-three of them are both members and volunteers. According to Program Manager Rebecca Fogarty, the goal of the Village is to ensure that members are never without support or friendship, especially those living alone. This allows seniors to stay in their homes and neighborhoods while remaining active and socially engaged. The Village includes seniors of all income levels and those with mobility, language, and memory loss issues.

The Village provides access to various activities and events, such as walking groups, book clubs, acting groups, jewelry-making, creative writing, coffee chats, and community service projects. Members can explore new hobbies and interests while creating friendships. In addition to social opportunities, the Village's volunteer network offers a variety of other services such as providing transportation, attending medical appointments, offering referrals to trusted businesses, and tackling handyman projects, small repairs, and basic home and garden/yard maintenance tasks for members. Volunteers may also provide small gestures of kindness such as sending thoughtful cards, poems, flowers, or articles to brighten a member's day.

Village membership includes PNA membership, which in turn provides discounts to PNA events and classes, membership to the Greenwood Senior Center, and access to PNA's tool lending library.

Rebecca noted that the Village allows members to experience a real sense of belonging and connection to their community, which may be the biggest benefit of all.

If you're interested in becoming a Village member, you can join for tea, treats, and a Q&A session on Apr. 5 from 1-2 pm at the Greenwood Senior Center. Your RSVP is appreciated but not required at village@phinneycenter.org or 206-789-1217.

How NAMI is promoting inclusivity and access to mental health resources

By Steph Yeo

Ahead of National Mental Health Awareness Month in May, I had the chance to reflect on the relationship between inclusivity and mental health for this Spring issue.

A 2021 study by *The Seattle Times* describes mental health problems as influenced by a combination of experiences, genetics, and family history. The study stresses that environmental influences, such as a person's income, parenting, work, school, network, personal, and intergenerational trauma, have clear links to mental well-being. "While today's climate is moving towards acceptance, it's really important for us to recognize how marginalized communities are impacted by the mental health system. There is still intolerance and mistreatment towards marginalized groups," said Kayla Harris, National Alliance on Mental Illness (NAMI) Seattle Communications Specialist. "This can lead to higher rates of mental health issues for some people, or leave others feeling uncomfortable seeking care."



To address this disparity in treatment, NAMI Seattle ensures its resources are culturally competent by providing resources that are gender-affirming, anti-racist, and trauma-informed. "We currently have a 'Roadmap to Mental Health' resource book, and we added a section on provider relationships, and finding providers that affirm identities," adds Kayla. NAMI also currently has eight support groups offering a social safety net where there may be none. These groups meet people along any point of their mental health journey; they are for anyone experiencing depression for the first time, with a diagnosis or not, or anyone living with a serious mental illness. Support groups are free and peer-led, meaning facilitators leading the group have similar lived experiences, and are offered to people living with mental health conditions, but also to family, friends, and caregivers. In 2022, NAMI Seattle support groups, ranging from Spanish-language, to BIPOC, to those considering electroconvulsive therapy, were accessed 1,426 times.

NAMI Seattle has opened more doors for people to seek help by focusing on access. Last year, they advised the King County Department of Community and Health Services on building community crisis clinics as an alternative to the medical system or law enforcement, mental health workforce development, and mental health residential capacity. This resulted in the Crisis Care Centers levy that was just approved by King County Council unanimously to be added to the April ballot. On May 13 from 11-2 pm, in honor of Mental Health Awareness Month, NAMI Seattle is planning a capstone event at the Phinney Center, where participants can attend talks and group activities, or experience healing art or poetry.

The success of NAMI support groups and events depends heavily on volunteers; you can get involved at namiseattle.org/get-involved/volunteer/.

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Meet your local business owners

By Karla Rava



Trained by a master level artisan in Kyoto, Chika makes beautiful and seasonal *wagashi* on Phinney Avenue. PHOTO BY CHRIS MAYKUT

Tokara Japanese Confectionery, Chika Tokara

Tokara • 6208 Phinney Ave N • tokaragashi.com

Since the age of three, Chika Tokara has been interested in sweets and making them.

She studied for seven years at a confectionery school in Japan and received her certification. Then she apprenticed under an award winning, master level *wagashi* artisan in Kyoto. Today, she is the proud owner of Tokara Japanese Confectionery.

In 2008, Chika formally established Tokara, located on Phinney Ridge. Tokara is a wholesale manufacturer of mochi, manju and various authentic Japanese pastries called *wagashi*. Her recipes are unique because they are made from healthier and more nutritious ingredients such as rice, beans, and potatoes. Chika explains, "These traditional Kyoto-style confections are crafted to reflect the seasonal changes and the beauty of nature in color, shape, and taste."

The menu is developing into what Chika calls, "more approachable" flavors to appeal to everyone's taste. Currently, she is experimenting with fruits, chocolate, coconuts, and dairy. Tokara is planning to host open house events as it did pre-COVID and will include sweets from other cultures, including Vietnamese, Indian, and Italian.

When Chika is not cooking up delicious treats, she enjoys traveling with friends, and visiting her family back home in Japan.

Purchase Tokara products online or at one of these local establishments: Fresh Flours cafe on Phinney, Miro Tea in Ballard, Panama Hotel Tea and Coffee in the International District, Koku Cafe in Queen Anne, or LizzyKate in Kirkland.



Christy Renee and Christina Glenn of The Ladies Room. The spa caters to anyone who identifies as female and all genders are welcome on Wednesdays. PHOTO BY MADDY PORTER

The Ladies Room, Christy Renee & Christina Glenn

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

In October, 2022, hospitality work colleagues Christy Renee and Christina Glenn embarked on a joint venture to acquire a local women's spa that closed during the pandemic. Today, the former Ladywells Spa is now The Ladies Room and is once again providing a haven for patrons to relax and rejuvenate.

Christy has been in the food industry for 18 years and has been a restaurant entrepreneur since 2013. She co-founded and operated RockCreek Seafood & Spirits and, in 2016, opened and operated FlintCreek Cattle Co. Christy met Christina when she hired her to be a server at RockCreek. Christina's work experience in fine dining and hospitality extends over 20 years and ranges from serving, to sommelier, and to restaurant management. They worked together for five years before becoming the friends and business partners they are today.

When asked about how they are adapting to working in a quieter environment after spending so many years in the hustle and bustle, Christy and Christina have no qualms in their new tranquil space and using their "spa voices." Christy says, "We believe we are still in hospitality and a service-oriented industry, but just in a calm and relaxing setting." Christina adds, "We are so happy to bring this special space back to the community. We want The Ladies Room to be a safe place for healing, relaxing, and giving back to your body."

The Ladies Room offers hydrotherapy in the form of soaking pools, saunas, and steam rooms. *Spa-La-Carte* services are also offered and include a variety of massages, customized facials, and body scrubs. The Ladies Room welcomes anyone who identifies as female and welcomes all genders on Wednesdays.

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SCAN ME

Business moves and changes

By Chris Maykut

- **Legendary late night/early morning greasy spoon Beth's Cafe** has emerged from the ashes of the pandemic, like a phoenix ready to gorge on a 12-egg omelet (\$27.95 in this current eggless economy). Located on Aurora Avenue adjacent to Green Lake, Beth's has gone through a well-documented and dramatic time over the past three years but is now open for business.
- **Young Child Academy**, an early childhood development program, has recently moved to the neighborhood. It can be found in the former Amistad School building on 92nd and Greenwood Ave N. After operating for over 20 years on lower Queen Anne, the school is now enrolling for the 2023 school year in their newly renovated space.
- **Doe Bay Wine Company**, an Orcas Island bottle shop and tasting room, has announced the opening of their second location in the Phinney Ridge neighborhood of Seattle in early 2023. The tasting room will be situated in the new "Shared Roof" building on the corner of 70th and Greenwood.
- **The Teachers Lounge**, an owner-driven themed cocktail bar on 85th and Greenwood that has been widely recognized for innovative mixology, has closed. A message posted on their website relayed the closure, "Thank you, Greenwood, for nearly ten years! We have sold the bar, so watch out for a new lounge in this space opening in early 2023. Much love, y'all!" A new bar, The Dark Room, has opened since then.

Welcome, new PNA Business members!

Moonphoto - 6751 8th Ave NW • moonphotolab.com

Swanson Speech Therapy - 7710 18th Ave NW • swansonspeech-therapy.com

Seattle Jazzercise Studio • seattlejazzercisestudio@gmail.com

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

Petit Pierre Bakery - 6801 Greenwood Ave N • petitpierrebakery.com

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

Kids' Corner

By Kathy Valencik

PNA's Whittier Kids (WK) program has taken quite a few turns since the onset of COVID 19. After the school closures on Mar. 12, 2020, WK re-opened on Apr. 1 to provide care for essential workers. Over the next few years, this quick programing restructuring continued: expanding to small cohort summer camps, offering all-day remote learning support/hybrid child care, re-opening preschool, and navigating exposures in afterschool care. Throughout it all, WK relied on the foundational pieces of PNA's mission and values to guide our decisions and focus on creating a caring community for our kids, staff, and families.

PNA's mission to engage and support aligns with our curriculum standards and vision of creating a caring community. We are fortunate to partner with two quality initiative programs that provide resources, assessment tools, and feedback to stay on track.

Schools Out Washington (SOWA), a City of Seattle organization, supports WK's afterschool program through training and an assessment tool mostly based on meeting students' social and emotional needs. This tool directly aligns with all of PNA's values: belonging, inclusivity, intentional engagement, and responsiveness. Earlier this winter, a SOWA assessor conducted our first onsite assessment since 2019. The observed teachers scored very well in all of the above areas, and we are working on defining and planning for our areas of growth.

This school year also marked the return of onsite visits from our preschool's Early Achievers (EA) coach. EA is a quality initiative through Washing-



Whittier Kids teachers scored well on meeting the social and emotional needs of kids when assessed by Schools Out Washington (SOWA).
PHOTO BY WHITTIER KIDS

ton State. Our EA coach is providing support with an environmental rating assessment tool that we use to ensure our program is offering sufficient and respectful materials that promote the value of diversity and reflect all children and their experiences. This requires continuous review of books, toys, and activities needed to provide an inclusive environment.

Through our experiences providing child-care during the time of COVID-19 we learned that PNA's mission, vision, and values can thrive through a fluctuating health and safety landscape. With the ongoing support of our quality initiative partners, curriculum, and the community we are excited to move forward with our vision.

For more information: phinneycenter.org/whittierkids/

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Cooking up community with Bill Dale

By LeAnne Chow



GSC volunteer, Bill Dale.

Last fall, Bill Dale came to the Greenwood Senior Center for coffee. He left motivated to share his enthusiasm for food with our community, and has been teaching food-based classes to eager students since!

"I began my classes at the Center after attending a coffee group there. I met Ariel [Burnett, GSC Program Manager] and we discussed the possibility. While I was motivated by the opportunity to get involved at the Center – an organization I feel is an important part of the community – I also saw it as a chance to keep my "brand" alive.

In many ways, my career in the restaurant industry has been one of teaching. Sharing what I have learned over the years with others is very important to me, and I have been teaching classes for many years. A year and half into the pandemic, I wondered

if [food-based] classes would still be a viable concept.

Turns out, all of my classes have been popular! The cooking classes have stood out the most, and the wine tasting classes have attracted a following. I am proud my classes have attracted a somewhat diverse age group to the Center, further supporting my belief that a Senior Center should include the whole community, not just us seniors.

As I look forward, I hope to do more to improve my programs there. The wonder of it all is that I keep learning more with every event. I have come to think that getting involved at the Center is one of the best things to ever happen in my life!

Thanks to all of the great people I have been involved with at the Center, I have rediscovered something that I truly love."

Bill is not just a fantastic teacher but a delightful person to be around, according to his students. They appreciate his ability to make his classes both engaging and informative. Bill's infectious enthusiasm for food, drink, and entertaining has garnered him something of a fan club at the GSC. His passion is so contagious that it inspires others to explore and appreciate these areas as well.

Thank you, Bill, for making community so delicious! We're lucky to have you as a volunteer.

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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
PC = Phinney Center

UPCOMING EVENT VOLUNTEER OPPORTUNITIES

phinneycenter.org/volunteer/events/

- **Holi Festival of Colors** (Sat, 3/25)
- **Phinney Center Yard Work Party** (Sat, 4/15)
- **PNA Village Gardening Day** (Sat, 4/22)
- **Spring Fundraiser** (Sat, 4/29, PC)
- **Buccaneer Bingo Karaoke** (Fri, 5/12, GSC)
- **Garage Sale Day** (Sat, 5/20)
- **Rainbow Hop** (Sat, 6/3)
- **PhinneyWood Art Sale & Stroll** (Sat, 6/17)

GREATEST NEEDS

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

- **Gardeners & Groundskeepers:** one-time and ongoing, in Greenwood, Phinney, Ballard & more!
- **Instructors for Summer Classes** at the Greenwood Senior Center

DONATION REQUESTS

- **Menstrual products** new, unopened packages) in March to support students and people experiencing poverty and/or homelessness. Drop off at Phinney Center or GSC. In partnership with T2P2.

ONGOING OPPORTUNITIES

Bake & Prepare Meals

phinneycenter.org/volunteer/bake-meals/

Help at the Hot Meal Program:

Prepare & serve meals, set up & clean up. Weekly or every-other week shifts at the GSC (Mon) or St. John Lutheran on Phinney (Tues & Wed). Learn more: phinneycenter.org/volunteer/hotmeal

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

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

Board & Committees

phinneycenter.org/volunteer/volunteer-committees-board

Committee Members Needed!

- **Champions Committee:** Enthusiastic community members and passionate advocates of the PNA needed to support the PNA, our activities & fundraising events, our neighbors and community. Creative, energetic, connected team players desired.

- **Diversity, Equity, Inclusion & Belonging (DEIB) Committee:** Seeking community members interested in helping the PNA address racial inequity, structural inequality, unconscious bias, and systemic oppression throughout the PNA and our community.

- **Finance Committee:** Help oversee the PNA's budgeting and spending. Basic business knowledge and an understanding of budgeting and financial management needed. An accountant or financial officer would be especially welcome!

- **Site Committee:** Guides the maintenance and stewardship of the PNA's facilities and grounds. An architect, landscape architect, or mechanical engineer would be especially welcome.

- **PNA Village 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/

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

*****Yardwork for Seniors:** Adopt a local senior's garden and help with their yard work. Ideal volunteers will help 1-2+ times per month. Background check required, 6+ month commitment preferred (seasonal commitment also ok). Also, one-time yardwork party on Sat, Apr 22, from 8:30 am-12:30 pm.***

***Yardwork party at Phinney Center!

Help us get a jump on spring and prune, weed and pretty up our grounds. Sat, Apr 15 from 9 am-12 noon. Learn more about ongoing gardening opportunities from 12-1 pm.***

Kids & Seniors

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

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

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.

*****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 June through August.***

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

Create a Dementia-Friendly Community: Join the PNA's trail-blazing efforts to create a dementia-friendly community! Support participants with Early Stage Memory Loss (ESML) 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 typically on Tuesdays (online) and Thursdays (in person) from 1-3pm (you work one per month), with occasional meetings with our staff. Ideal candidates have some experience working with seniors or an interest in working with people with ESML, and are at least 21 years old. Background check required, yearlong commitment requested.

Maintenance & Handiwork

phinneycenter.org/volunteer/maintenance/

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 is helpful, but not required.

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

Sanitize & Organize classroom materials at Whittier Kids. Flexible M-F, 7:30 am to 6 pm.

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

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

Marketing & Outreach

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

Event Photographer: Have an eye for photographic moments and a camera to capture our events? Must have own camera and be able to deliver pics in a timely fashion.

Chalk Artists for Rainbow Hop: Make rainbows and color the sidewalks in PhinneyWood to help celebrate our annual Rainbow Hop celebration (timing TBD; Rainbow Hop on June 3).

Office & Admin

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

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

Data Entry: Your flying – and accurate – fingers are needed to help us get gobs of info into the cloud. The ideal volunteer is detail-oriented, comfortable with navigating multiple tabs in browsers and with Microsoft products, and maybe even have some experience with Salesforce. Variable needs from two hrs/mo to three hrs/wk. Six-month commitment requested.

Teach & Mentor

phinneycenter.org/volunteer/volunteer-technology/

*****Share your knowledge.** We are seeking volunteer instructors at the GSC. Classes occur during the business day, can be a single class or a series. Potential topics include: outdoor photography, birding in Seattle, making sushi, arts and crafts, or American Sign Language.***

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

Help Wanted in the Community

Like the PNA, many organizations have had to adapt volunteer opportunities. Check 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.

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

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

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

Help needed with concerts at the **Phinney Center**; also putting up posters for the **Seattle Folklore Society**; For info, email: concerts@seafolklore.org

Help **DNDA** and **Green Seattle** plant healthy forests in West Seattle. Volunteers needed Tue/Sat from 10:00 am-12:30 pm. Sign-up at dnda.org/nature

Ten Thousand Villages volunteers are trained in a variety of tasks from customer service to unpacking handcrafts. seattle@tenthousandvillages.com

The Review

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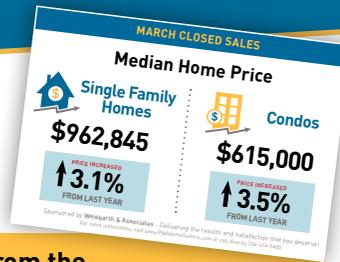
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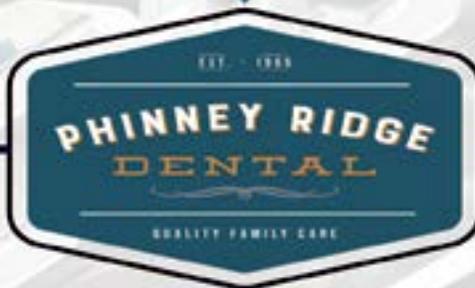
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