



# Events

## FOR DETAILS & MORE EVENTS

- Visit [phinneycenter.org/calendar](http://phinneycenter.org/calendar)
- Pick up *The Review* at the Phinney Center or Greenwood Senior Center or visit [phinneycenter.org/review](http://phinneycenter.org/review)

## MARCH EVENTS

### Thursdays, through 4/11 – AARP Tax Help at GSC

9 am-4 pm. Free.

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

### F 3/8 – March Mammal Madness 2019 Presentation

1-3 pm. Free.

Inspired by college basketball's March Madness, biologist Dr. Katie Hinde started an annual tournament of "simulated combat" competition among mammals. In this month-long, internet-based event, scientific literature is combined with sportscaster narrative to call battle outcomes between two species in a variety of different environments. In this presentation, learn how to follow the "battles" and track your points. We will also take a brief look at the "stats" of the animals that are competing this year's event. Get more information: <https://libguides.asu.edu/MarchMammalMadness>. RSVP: 206.297.0875.

### F 3/8 – Phinney Center Gallery opening: Bridging the gap: Art that brings us together

7-9 pm. PC Blue Building. Free.

View pieces from 16 local artists that illustrate how art can close the gap between people and help us be more compassionate, informed and observant. Meet the artists and enjoy wine and snacks, and maybe even purchase your favorite piece. The opening takes place during the Art Up PhinneyWood monthly Art Walk. The show will be on display during all PNA hours March 7- April 12.

### Fri 3/15 – Brexit: The Dilemma and the Chaos

11 am-12 pm. GSC. Free.

Series kick-off with a conversation about the far-reaching consequences of the UK referendum decision to depart the European Union without a parliamentary or popular consensus on how to do so.

### Sa 3/16 – ESML Programs St. Patrick's Day Benefit Concert

2-4 pm. GSC. \$10 suggested donation.

The OK Chorale and the GSC's own All Present Song Circle (an ESML-friendly community choir) will be singing a collection of spring favorites. All proceeds will benefit our early stage memory loss programs. Ben Ross, tenor, featured artist. RSVP: 206.297.0875.

### Tu 3/19 – Classic movies with Scarecrow Video: Casablanca

2:30 pm. GSC. Free.

Scarecrow Video, a local film nonprofit dedicated to championing the role of film arts in community, presents a classic movie every quarter at the GSC! *Casablanca*: A cynical nightclub owner protects an old flame and her husband from Nazis in Morocco. Starring Humphrey Bogart and Ingrid Bergman.

### Sa 3/16 – Fix-It Café

11-3 pm. Greenwood Library, 8016 Greenwood Ave N. Free.

Don't throw that gadget away! The motto of the PNA Fixers Collective is "you can't break what's already broken" and they're hosting an afternoon of repair fun! Bring in your broken appliances, devices, lamps, and tools for some guidance in putting it back together again, and maybe even fixing it in the process. The idea is to take a moment before throwing something away to try to save it and prevent buying a new one. It's also an excellent way to learn how things work and enjoy some good company! Kids welcome.

### W 3/20 – Business Member Yoga & Breakfast Event

7:45 am-9:15 am. The Grinning Yogi, 8554-1/2 Greenwood Ave N. Free to PNA Business Members, \$10/Public

Come get your downward dog on with a gentle morning yoga and breakfast with fellow business owners and managers! For yogis of all levels as well as beginners, The Grinning Yogi is a community-oriented, body-positive studio nestled in the heart of Greenwood. Afterwards, enjoy tasty pastries from Celine Patisserie and juice/coffee from the Chaco Canyon Organic Cafe.

### F 3/22 – Edible and Medicinal Mushrooms of the PNW

1-2:30 pm. GSC. Free.

Mushrooms grow in abundance in Washington, nearly year around. Some are poisonous, many of no culinary value, some are medicinal and a select group is some of the best food. In this richly illustrated presentation, Daniel Winkler will help you to get to know, identify and find these wonderful mushrooms while steering you clear of dangerous look-a-likes. Registration required. RSVP: 206.297.0875.

### Sa 3/23 – PNA Village Volunteer Training

10 am -12 pm. GSC. Free.

Would you like to help your neighbors remain in their homes and stay active in their community as they age? Village volunteers give rides, help around the home, and provide social interaction. To attend, contact us at 206.789.1217 or [village@phinneycenter.org](mailto:village@phinneycenter.org).

### Sa 3/23 – Holi Festival of Colors

1 pm-3 pm PC, Lower Lot. \$10/advance, \$12 on-site (subject to availability), kids 5 & under free. A pay-what-you-can option is available.

Delight in this traditional Indian festival with entertainment, food, and a fun color fight! Celebrate spring, connection, and the triumph of good over evil in this raucous festival, where people chase each other throwing handfuls of colored powder. Folks from all religions, cultures, backgrounds, and ages are welcome. Indian food and chai will be available for purchase; bring cash. Advance registration is recommended. Tickets and details at [phinneycenter.org/holi](http://phinneycenter.org/holi).

### W 3/27 – When I Need Your Help I'll Let You Know Book Talk

1-2 pm. GSC. Free.

Join Barbara Adler West and her father, Steve Adler, for a discussion of their co-written book, *When I Need Your Help I'll Let You Know and Other Senior Myths That Can Lead to Disaster*. The book tackles "senior myths" that keep people from moving and making proactive and practical choices about the future while presenting corresponding "realities." RSVP: 206.297.0875.

### W 3/27 – College Application/Admissions Seminar

7-8:30 pm. PC Blue Building, Rm. 7. Free.

Do you know a teen preparing for college? Dr. Mark Hofer helps students find, get admitted to, and graduate from great

colleges and universities that will best serve their academic, social, financial, and personal needs. He guides students and their families through the application and admissions process to identify the best colleges while maintaining a focus on graduating with as little debt as possible. Join Dr. Hofer at this free talk for college-bound high school students and their parents/guardians.

### Sa 3/30 – Ballard Preschool Co-op's Gently Used Kids' Gear Sale

9 am-1 pm. PC Brick Building, Free.

BPC's popular sale promises fantastic deals on high-quality gently used clothing, toys, shoes, strollers, gear, maternity wear, and more! Arrive early for the best selection and bring plenty of shopping bags! Strollers must be parked at the door. Twenty-five percent of the proceeds directly supports BPC. Visit [facebook.com/BPCGUS/](http://facebook.com/BPCGUS/) or contact [bpcgentlyusedsale@gmail.com](mailto:bpcgentlyusedsale@gmail.com) for more information.

## SAVE THE DATES

Th 4/4 **Reuben's Brews Thank You Thursday Benefitting the PNA**

Th 4/11 **Potluck & PNA Orientation**

Sa 4/20 **PNPC Gently Used Kids' Gear Sale**

Th 4/25 **Business Lunch & Learn**

Sa 5/4 **'Give My Regards to Phinney' PNA Auction**

## WEEKLY GROUPS & EVENTS

MONDAYS: **Spanish Conversation I & II:**

Advanced 6-7 pm, intermediate 7-8 pm. PC Blue Building, Teachers Lounge. \$25/mo. 1st night free!

TUESDAYS: **Voluntary Simplicity Group**

HomeStreet Bank, 7307 Greenwood. Free. [phinneycenter.org/calendar/voluntary-simplicity/](http://phinneycenter.org/calendar/voluntary-simplicity/).

WEDNESDAYS: **Understanding Happiness**

HomeStreet Bank, 7307 Greenwood. 10-11:30 am. Free. [phinneycenter.org/understanding-happiness/](http://phinneycenter.org/understanding-happiness/).

THURSDAYS: **Phinney Friends Crochet & Knit Group.**

10-11:30 am. PC Blue Building, Rm 6. Free.

FRIDAYS: **Bridge Group**

7-10 pm. PC Blue Building, Rm 2. Free.

**Emerald City Contra Dances**

7:30-10 pm. PC Brick Building. [seattledance.org/contra/emeraldcity](http://seattledance.org/contra/emeraldcity).

SATURDAYS: **Seattle Folklore Society Concerts**

7:30 pm. PC Brick Building. Prices vary. For concert line-up and tickets, visit: [seafolklore.org/wp/concerts](http://seafolklore.org/wp/concerts)

## MONTHLY GROUPS & EVENTS

W 3/6 – **Fixers Collective**

6-8 pm. 1st Wednesdays. Greenwood Hardware. Free. BYO broken thing. [phinneycenter.org/tools/fixers](http://phinneycenter.org/tools/fixers).

Su 3/10 – **Seattle Song Circle**

7-10 pm. 2nd Sundays. GSC. Free.

[seafolklore.org/wp/about-sfs/seattle-song-circle](http://seafolklore.org/wp/about-sfs/seattle-song-circle)

**For community meetings, visit [phinneycenter.org/groups](http://phinneycenter.org/groups)**

## PHINNEY CENTER GALLERY

**Call for art!** All Community members are invited to apply to the Phinney Center Gallery's **Northwest Fine Arts Competition**. Jurors will select work from PNW residents to be displayed from May 9 to June 15, with the opening reception on Friday, May 10, during the BIG One PhinneyWood Art Walk. The submission process will be open March 11- 29 at [phinneycenter.org/arts](http://phinneycenter.org/arts). Visit [phinneycenter.org/arts](http://phinneycenter.org/arts) for more info.

# PNA Newsletter

Volume 40 Issue 3, March 2019

## LOCATIONS & REGISTRATION

For more details or to register for events and classes, visit our online calendar at [phinneycenter.org/calendar](http://phinneycenter.org/calendar) or call:

### Phinney Center (PC)

6532 Phinney Ave N, Seattle, WA 98103  
206.783.2244 . [pna@phinneycenter.org](mailto:pna@phinneycenter.org)

### Greenwood Senior Center (GSC)

525 N 85th St, Seattle, WA 98103  
206.297.0875 . [gsc@phinneycenter.org](mailto:gsc@phinneycenter.org)

 [PhinneyNeighborhoodAssociation](https://www.facebook.com/PhinneyNeighborhoodAssociation)

 [phinneyneighborhoodassociation](https://www.instagram.com/phinneyneighborhoodassociation)

 [phinneycenter.org](http://phinneycenter.org)

## TOOL & SEED LIBRARY HOURS

Wednesdays: 3-6:30 pm

Fridays: 5-7 pm

Saturdays: 9 am-2 pm

**Info & inventory:** [phinneycenter.org/tools](http://phinneycenter.org/tools)

**Contact:** [wellhome@phinneycenter.org](mailto:wellhome@phinneycenter.org)  
206.783.2244 x 48, during open hours

**Location:** PC Brick Building, Dayton Ave  
entrance (6615 Dayton Ave N).

## BUSINESS MEMBER DIRECTORY

Support the businesses that support our community! This month, if you need tax help, tacos, or toys, check the PNA Business Member Directory at [phinneycenter.org/directory](http://phinneycenter.org/directory).

## VOLUNTEER OPPORTUNITIES

**Lunch helper:** Prepare and serve lunch at the Greenwood Senior Center. Tues or substitute, 10 am to 1 pm. Email LeAnne: [leannec@phinneycenter.org](mailto:leannec@phinneycenter.org).

**All things Art!** Hang art for our spring show: Wed, 3/6 and 5/8, 6:30 to 8:30 pm. Staff the show openings, 6 to 9 pm. Make music for our show openings, 1-3 hours. Fri, 3/8 or 5/10, between 6 and 9 pm. Art committee members needed to help with future shows! Meetings 6x per year. Email LeAnne: [leannec@phinneycenter.org](mailto:leannec@phinneycenter.org).

**Holi Festival of Colors:** Sat, 3/23, shifts from 10 am to 5 pm. Set up, event support & clean up. Learn more & sign up: [phinneycenter.org/volunteer/events/#holi](http://phinneycenter.org/volunteer/events/#holi)

SAVE A TREE  
SWITCH TO EMAIL!  
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## BOOK GROUPS

See [phinneycenter.org/bookclub](http://phinneycenter.org/bookclub) for book picks for upcoming months. All are welcome!

### Tu 3/5 – GSC Book Discussion Group

12:30-2:30 pm. GSC. Free.

*Interpreter of Maladies* by Jhumpa Lahiri

### Tu 3/12 – 2nd Tuesday Book Club

7-8 pm. PC Blue Building. Free.

*Born a Crime*, by Trevor Noah

### W 3/13 – 2nd Wednesday Book Club

7 pm. PC Blue Building. Free.

*Sing, Unburied, Sing* by Jesmyn Ward



## FOR DETAILS & MORE CLASSES

- Visit [phinneycenter.org/classes](http://phinneycenter.org/classes)
- Pick up *The Review* at the Phinney Center or Greenwood Senior Center or visit [phinneycenter.org/review](http://phinneycenter.org/review)

### M 3/4-4/8 – Spirituality and Aging: Cultivating Well-Being

10:30 am-12 pm. GSC.

\$10/PNA Members, \$15/Public.

Spend 6 weeks exploring this stage of our lives. What is the legacy we want to leave? Look at our relationship with our bodies, how to expand nourishing relationships with family and community, forgiveness and reconciliation, living with loss, and conscious dying. Facilitator Chava Monastersky, MSW, is a social worker and chaplain, and recently turned 70 years old. RSVP: 206.297.0875.

### Th 3/7 – Backyard Cottages For Fun and Profit

7-9 pm. PC Blue Building, Rm 6.

\$15/PNA Member, \$25/Public.

Backyard cottages can be used for many

things, such as housing a family member or as a short term rental. Join Bruce Parker from Microhouse and Stefan Hansmire from Stefan Hansmire Builds to learn what is possible and how to establish a realistic budget for your cottage.

### Tu 3/12 – Ask the Organizer

7-8:30 pm. PC Blue Building,  
Rm 6. Free.

Join Mindful Organizing & Productivity Coach Ellia Harris to learn the basic principles of de-cluttering and organizing, and simple ways to improve your home organization and work productivity. Appropriate for all ages and situations: professionals, parents, seniors, and students.

### W 3/20-4/10 – Financial Fitness Boot Camp

1-2 pm. GSC. Free.

Get your finances on the right track in this 4-part class from Solid Ground. Sessions cover budgeting (reduce expenses and increase income), credit and credit repair, banking (how to avoid fees, use apps, and online reconciliation), and goal setting using the S.M.A.R.T method. RSVP: 206.297.0875.

### Fr 3/22 – Infant/Child/Adult CPR

7-8:30 pm. PC Blue Building, Rm 6.  
\$15/PNA Member, \$20/Public.

Certificates issued at end of class. Register: [phinneycenter.org/calendar/infantchild-cpr-march2019/](http://phinneycenter.org/calendar/infantchild-cpr-march2019/)

### Sa 3/23 – CPR/First Aid/HIV Certification

9 am-12:30 pm. PC Blue Building,  
Rm. 6. \$35/PNA Member, \$45/  
Public.

Meets L/I WISHA-WAC safety standards. Certificates issued at end of class. Register: [phinneycenter.org/calendar/cpr-3-19/](http://phinneycenter.org/calendar/cpr-3-19/)

### F 3/29-5/3 – Moving to Connect

11 am-12 pm. GSC. \$6/PNA Member,  
\$8/ Public

Based on the core values of appreciating one's own body and moving with other people, this series is inspired by elements of modern dance technique and improvisation. Open to all skill levels and mobility, Moving to Connect promotes self-confidence, physical awareness, social interaction, expressiveness, and encourages finding joy in movement. RSVP: 206.297.0875.

### W 3/27-5/29 – Aging Mastery Program

6:30-8 pm. GSC. Free

This program, created by the National Council on Aging and presented by City of Seattle Human Services, incorporates evidence-based materials, expert speakers, group discussion, peer support, and real rewards to give participants the skills and tools they need to achieve measurable improvements in managing their health, remaining economically secure, and increasing societal participation. RSVP: 206.297.0875.

### Sa 3/30 – Indoor Air Quality: How you can make the air you breathe cleaner

1-2 pm. PC Blue Building, Rm 6.

\$10/PNA Member, \$15/Public.

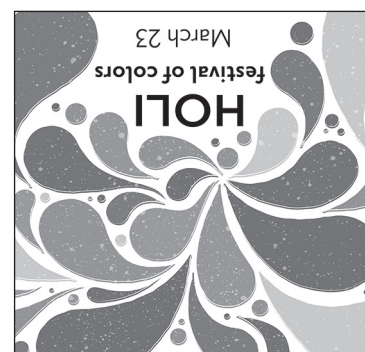
Indoor air quality can be 2-5 times more polluted than outdoor air! Learn about common pollutants in homes and find solutions to create a healthier home environment. You can also sign up for a free Healthy Home Checkup: [wamhe.org](http://wamhe.org). Brought to you by the Tool Library and the American Lung Association, Master Home Environmentalist Program.

## MORE UPCOMING CLASSES

Tu 4/9 **Earthquake Home Retrofit**

F 4/12 **Infant/Child/Adult CPR**

Sa 4/13 **CPR/First Aid/HIV Certification**



Phinney Neighborhood Association  
6532 Phinney Ave N  
Seattle WA 98103  
Community Begins Here  
