



# 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)

## UPCOMING EVENTS

### Th 5/2—Heron Watching at Commodore Park

Meet at park at 9 am. Commodore Park (3330 W Commodore Way) Free.

Take a walk through Ballard's Commodore Park with Michael Marsh, Heron Monitor with Heron Habitat Helpers. Using telescopes, observe Great Blue Herons in several nests as they protect their territory, incubate eggs, feed hatchlings and fly in search of food. RSVP: 206.297.0875.

### F 5/3—First Friday Film: *Breathe*

1-3 pm. GSC. Free.

### Sa 5/4—Give My Regards to Phinney PNA Auction

5-9:30 pm. PC Blue Building & Tent. \$60/regular, \$75/patron.

One night only! Don't miss PhinneyWood's biggest party of the year: PNA's annual auction. This year's Broadway musicals theme—"Give My Regards to Phinney"—is sure to be a swinging show with an entertaining atmosphere and fun-to-guess costumes.

Win one-of-a-kind items and experiences at the silent and live auctions, from sports and theater tickets to gourmet dinners and vacation getaways. Play the odds in our raffles and games. Enjoy a magnificent buffet, evening drinks, and a delectable dessert dash.

Fill a table with friends and family, and enjoy an unforgettable night with your favorite people!

The best part? While having all this fun, you'll be supporting programs for seniors, kids, low-income people, and our entire community.

Theme inspired attire encouraged!

A standing ovation to our sponsors: *Platinum:* Woodland Park Zoo. *Gold:* Jamie Flaxman Real Estate—Coldwell Banker Bain. *Silver:* Columbia Bank, Greenwood Hardware, Jan Gray & Kerry Fowler, HomeStreet Bank, Lunar Laundry, Norse Home, Ron & Robyn Lewis, Sandy Nelson Design, SHKS Architects, Swansons Nursery, Top Ten Toys, Umpqua Bank. *Bronze:* Celine Patisserie, Chateau Ste Michelle, Dry Soda, Maritime Pacific Brewing Company, Phinney Estate Law, Print Time, Starbucks, Treveri Cellars.

Get details, catalog highlights, and tickets at [phinneycenter.org/auction](http://phinneycenter.org/auction).

### W 5/8—Columbia River Temperature and Salmon Migration

1-2 pm. GSC. Free.

Meet Martin Merz, a physical scientist with the Environmental Protection Agency (EPA). His work focuses on river temperature issues from a physical, biological, and regulatory perspective. Approximately two to three million adult salmon and steelhead return from the ocean and migrate up the Columbia River each year. In his talk, Martin focuses on those fish who migrate during the summer months when river temperatures are warm (and therefore adverse to their health and spawning success), and explains why cold water refuges from cooler tributary rivers are important. Time for Q&A follows. RSVP: 206.297.0875.

### F 5/10—Mother's Day Luncheon

12 pm. GSC. \$5.

Mothers, people who have had a mother, people who appreciate mothers, and anyone else who just wants a good meal, are invited to come to this festive event. Food and entertainment are included; we're hoping you bring the lively conversation with you. Call 206.297.0875, or sign up at the front desk, to let Jane know how much to cook.

### F 5/10 & Sa 5/11—The BIG One: PhinneyWood's annual art walk

6-9 pm Friday; 12-5 pm Saturday. Phinney-Greenwood Aves. Free.

Art up and Chow Down at 70 venues on Greenwood and Phinney Avenues. Enjoy all types of art, live music, food and drink specials, and treats. Get the map and info at [artupphinneywood.com](http://artupphinneywood.com).

### F 5/10—Phinney Center Gallery Opening: Northwest Fine Arts Competition

7-9 pm. PC Blue Building. Free.

View 46 pieces by 27 local artists, chosen by a jury, including the Juror's Choice winner, Kelly Johnston. Meet the artists, enjoy refreshments and delightful live music from Todd Kovell's music students, vote for your favorite piece for People's Choice, and maybe even purchase your favorite piece. A must-stop on your BIG One Art Walk tour!

### Sa 5/11—Community Gardening Day with the PNA Village

9 am-1 pm. Neighborhood yards.

The PNA Village is looking for community members to help garden for neighborhood elders. No gardening skills are needed. Families are welcome! Meet at the GSC to split into teams, and then head to a garden to prune and pull weeds! For more information or to RSVP, contact the Village at 206-789-1217 or [village@phinneycenter.org](mailto:village@phinneycenter.org) by Wed, May 8.

### W 5/15—Washington National Park Fund Talk

1-2:30 pm. GSC. Free.

Parks to the People! Join us for an introduction to Washington's National Park Fund and a presentation with a park ambassador. Learn how they support our three iconic parks in Washington State—Mount Rainier, North Cascades and Olympic National Parks. Come prepared to ask questions and share your stories and memories. RSVP: 206.297.0875.

### W 5/22—Whale Talk

1-2 pm. GSC. Free.

Uko Gorter, president of the American Cetacean Society—Puget Sound Chapter, will bring whale-related artifacts, speak to us about these magnificent animals, and answer your questions. RSVP: 206.297.0875.

### Th 5/23—No Place for Hate: Teaching Tolerance

1-3 pm. GSC. Free.

An opportunity to come together and learn skills and tools to promote equality, inclusiveness and equity in our community. Based on the Southern Poverty Law Center's Teaching Tolerance Project. Anti-bias resources and ways to engage in critical conversations will be shared. RSVP: 206.297.0875.

### Th 5/23—Business Member After-Hours

5-8 pm. PC Rm 7. Free for Business Members, \$10/non-biz members or general public.

Held only three times per year, our After Hours events are one of the best uses of your PNA membership. Getting out into the community and meeting your fellow

business owners over delicious hors d'oeuvres (including Chris' homemade guacamole), wine, and beer from a local brewery is a great way to find new connections, customers, and collaborators. RSVP: [phinneycenter.org/calendar/ah5-23-19-2](http://phinneycenter.org/calendar/ah5-23-19-2).

### W 5/29—Tea, Treats and PNA Orientation

1:30-2:30 pm. GSC West Room. Free.

Meet some neighbors, learn what's going on at the PNA, and how you can get involved. Whether or not you're a PNA member, this is a great way to learn about what we do and how you can support and enjoy the many programs, events, and activities the PNA has to offer! Tea and treats will be served. RSVP: [phinneycenter.org/orientation](http://phinneycenter.org/orientation) 206.783.2244, or [alexg@phinneycenter.org](mailto:alexg@phinneycenter.org).

### Th 5/30—Elle Flute Trio

11 am-12 pm. GSC. Free.

Enjoy the warm and wonderful sounds of the unique Elle Flute Trio! Flutists Linda Sebenius, Lisa Hirayama, and Lisa Hedley play on many different sizes of flutes, from the smallest piccolo to the 6' tall contrabass flute. Music from composers Ravel, Debussy, & more to be featured. For more information, visit [elleflute.com](http://elleflute.com). RSVP: 206.297.0875.

## SAVE THE DATES

Sa 6/1 **Pride Rainbow Hop**

F 6/7 **Phinney Farmers Market Opening**

Sa 6/8 **PhinneyWood Garage Sale Day**

Sa 6/8 **PCPE's Family Fiesta**

F 6/21 **Blood Drive**

Sa 6/29 **Greenwood Car Show Pancake Breakfast**

Sa 7/13 **Summer Beer Taste: Beerstock**

## 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 5/1 – Fixers Collective** 6-8 pm. 1st Wednesdays. Greenwood Hardware. Free. BYO broken thing. [phinneycenter.org/tools/fixers](http://phinneycenter.org/tools/fixers).

**Su 5/12 – 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)**

# PNA Newsletter

Volume 40 Issue 5, May 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 a gift, a gardener, or a great guacamole, check the PNA Business Member Directory at [phinneycenter.org/directory](http://phinneycenter.org/directory).

## VOLUNTEER OPPORTUNITIES

**Homemade baked goods needed** for early stage memory loss class. Make at home and package to freeze; label with item, your name, date made, and drop off at GSC: 525 N 85th St. Sign up: [phinneycenter.org/volunteer/bake-meals/#esml](http://phinneycenter.org/volunteer/bake-meals/#esml).

**Vegetable gardening parties:** Mondays through Sept, starting at 5:30 pm. Bring your own gloves and favorite tools. Plant, weed, water & harvest. Sign up: [phinneycenter.org/volunteer/volunteer-gardening/#gsc-garden](http://phinneycenter.org/volunteer/volunteer-gardening/#gsc-garden)

## PHINNEY CENTER GALLERY

### Northwest Fine Arts Competition

May 8-June 14. [phinneycenter.org/arts](http://phinneycenter.org/arts).

SAVE A TREE  
SWITCH TO EMAIL!  
Call 206.783.2244  
or email  
[pna@phinneycenter.org](mailto:pna@phinneycenter.org)  
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your newsletter  
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## BOOK GROUPS

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

### Tu 5/7 – GSC Book Discussion Group

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

*The Color of Water* by James McBride

### Tu 5/14 – 2nd Tuesday Book Club

7-8 pm. PC Blue Building. Free.

*Factfulness* by Hans Rosling

### W 5/15 – 2nd Wednesday Book Club

7 pm. PC Blue Building. Free.

*There, There* by Tommy Orange



## 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)

### W 5/1–Bone Health Cooking Demonstration & Workshop

1-2:30 pm. Free. GSC.

Learn what nutrients and foods are helpful to maintain bone health. Additionally, leave with simple recipes (and cooking techniques) you can include in your diet to strengthen those bones! Enjoy a few small tastes of what we prepare. RSVP: 206.297.0875.

### Tu 5/7–Navigating Online Travel

2:30-4 pm. GSC. Free.

Emily Grayson from the Greenwood Library will teach you how to navigate online travel sites; research airfare, car rentals, and hotels; and use online library resources to plan your next trip. Register: 206.297.0875.

### F 5/10–Infant/Child/Adult CPR

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

\$15 PNA Member/\$20 Public.

Register: [phinneycenter.org/calendar/infantchild-cpr-5-19/](http://phinneycenter.org/calendar/infantchild-cpr-5-19/)

### Sa 5/11–CPR/First Aid/HIV Certification

9 am-12:30 pm. PC Blue Building, Rm 6.

\$35/PNA Member, \$45/Public.

Register: [phinneycenter.org/calendar/cpr-5-19/](http://phinneycenter.org/calendar/cpr-5-19/)

### F 5/17-5/31–Aging Your Way

1-3 pm. GSC. Free.

We tend to plan medically and financially and for special activities as we age. But what about how you really want to live? What about those ideas family and friends have about how you “should” age? Instructor Marguerite Langlois will help you make specific personal plans, include alternatives, and talk about what to say to others. Helpful at whatever age and stage you’ve reached. RSVP: 206.297.0875.

### Th 5/23 – Designing Backyard Cottages

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

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

Thinking of creating a backyard cottage? Check out this expanded class on the why, what, where and how of building a DADU (detached accessory dwelling unit) taught by Sheri Newbold of live-work-play. Register: [phinneycenter.org/calendar/backyard-cottages-5-23-19/](http://phinneycenter.org/calendar/backyard-cottages-5-23-19/).

### F 5/24–Managing Inflammation

1-2 pm. GSC. Free.

Learn how to incorporate anti-inflammatory foods and habits into your life. Dietitian Christy Goff will summarize the research on how food can reduce chronic inflammation to protect against heart disease, diabetes and manage arthritis symptoms. RSVP: 206.297.0875.

GIVE MY  
REGARDS TO  
PHINNEY  
2019 PNA AUCTION  
SATURDAY, MAY 4



Seattle WA 98103

6532 Phinney Ave N

Phinney Neighborhood Association

Community Begins Here



### Register your garage sale by May 20

Have you been tidying up? Is your garage sale on your calendar for June 8's PhinneyWood Garage Sale Day? Don't forget to register to be listed on the official map. Don't have a yard/garage or live outside PhinneyWood? Get a space at the Phinney Center Flea Market. Sign up at [phinneycenter.org/garagesale](http://phinneycenter.org/garagesale) by May 20.

### PNA Member & Volunteer Art Show

Current PNA members and volunteers are invited to apply to the Member and Volunteer show! Art will be displayed July 10–August 16, with the opening reception on Friday, July 12. The submission process will be open from May 13 to May 31 at [phinneycenter.org/arts](http://phinneycenter.org/arts).

### PNA summer camp options abound

Have you got your kids scheduled for summer yet? PNA has several options to choose from: fun weekly theme camps at Whittier Kids, PCPE's Spanish Outdoor Camp, PNPC's crafts and science camps, and PNA partner YMCA's Discovery Camps. Get details at [phinneycenter.org/summercamps](http://phinneycenter.org/summercamps).

### Are you our next Board Member?

PNA is seeking two candidates for its Board of Directors and we would love to hear from you! We are looking for community members who are passionate about the PNA's mission to build community; have expertise in real estate development; are local business owners; or who have knowledge or experience with fundraising. We are actively working to build a more equitable and inclusive Board and organization, because we value a diversity of opinions, backgrounds, and skills. Applicants representing the diversity of our community are encouraged to apply. To learn more, contact PNA Executive Director Lee Harper at 206.783.2244 or [leeh@phinneycenter.org](mailto:leeh@phinneycenter.org).