



Events

FOR DETAILS & MORE EVENTS

- Visit phinneycenter.org/calendar
- Pick up *The Review* at the Phinney Center or Greenwood Senior Center or visit phinneycenter.org/review

UPCOMING EVENTS

F 7/5 – First Friday Film: *Rango* (2011)

1 pm. GSC. Free.

Rango is an ordinary chameleon who accidentally winds up a lawless outpost in the Wild West in desperate need of a new sheriff. Winner of the Oscar for best Animated Picture. Register: 206.297.0875.

Tu 7/9 – Current Global Events Group: *XinJiang Prison Camps*

12:45-2 pm. GSC. Free

Why does Beijing have 1 million Uighurs concentrated behind wire? Doing prior research is encouraged; one suggested article will be available at the GSC front desk. Additional articles, maps, and other citations invited. Please RSVP: 206.297.0875.

W 7/10 – First Age Arts Presentation: *How Art Can Heal Trauma*

1- 2 pm. GSC. Free

Arts can be a powerful antidote to the negative effects of trauma on the brain, body and spirit. First Aid Arts provides training and support to who want to offer arts-based care to survivors of natural disasters, human trafficking, forced migration, domestic violence, homelessness, and other types of trauma. Learn more, and how you can help. RSVP: 206.297.0875.

F 7/12, 7/19 & 7/26 – Three Weeks of Folk Dancing

11 am-12 pm. GSC. \$30/series

One definition of folkdance is "A traditional way of building community using dance and music." In three weeks we don't have time to develop these traditions exclusive to our own community, but other communities are glad to share dance traditions with us. Expect to learn dances from the backwoods of various countries, to hear music styles never heard on popular radio, to learn new sides of old friends, and to make new friends. Led by seasoned folkdance leader, Pat McMonagle. Register: 206.297.0875.

F 7/12 – Member & Volunteer Art Show Opening Reception

7-9 pm. PC Blue Building. Free

Look at beautiful art by the PNA community, enjoy refreshments, and take in the sounds of the Bellevue UKEsters (ukulele band)! Show continues through August 16.

Sa 7/13–14th Annual PNA Summer Beer Taste: Beerstock

4-7 pm. PC Lower Parking Lot.
\$25 PNA Members, \$30 public, \$10 designated drivers.

It's the 50th anniversary of Woodstock, and while we can't give you three days of peace and music, we can promise you an afternoon of the best beer the Northwest has to offer. Choose from 70+ craft brews from 33 breweries and cideries, munch on pub snacks, and purchase yummy tacos from Barking Dog Alehouse.

Visit phinneycenter.org/summerbeer to get tickets and to see the breweries and their brews. Tickets also available at the Phinney Center. Cheers to our sponsors The Yard, Barking Dog Alehouse, Prost!, and Park Pub.

Th 7/18 – Where Does It Go? Recycling Talk with Seattle Public Utilities

1-2 pm. GSC. Free.

We're big on recycling in Seattle, but it can sometimes be confusing to know what is and isn't recyclable or what you need to do before you toss an item into the bin. Michael Eggers with Seattle Public Utilities will give an overview of how to properly recycle, how to dispose of non-recyclables responsibly, and answer your questions about the whole process. RSVP: 206.297.0875.

F 7/19 – Moon Landing 50th Anniversary Party

1-2:30 pm. GSC. Free.

July 20, 2019 marks the 50th anniversary of the Apollo 11 mission and the first moon landing. This was a formative experience for many Americans, perhaps even you. We're throwing an "out of this world" party to mark the occasion and we would love to have both people who were there to see it and those who just wish they were, join us to watch the moon landing as it was originally seen live on television. Please bring any mementos or memories of the occasion to share with others. RSVP: 206.297.0875.

Sa 7/20 – PNA Village Volunteer Training

10 am-12 pm. GSC. Free.

Connect with your elder neighbors! PNA Village volunteers help with rides, help in and around the home, and provide social interaction, doing only what matches with their interests and schedule. To attend: 206-789-1217 or village@phinneycenter.org.

Sa 7/20 – Fix-It Repair Café

11 am - 2 pm. Greenwood Library. Free

Don't throw that gadget away! The PNA Fixers Collective is hosting a Fix-It Repair Café Day, and, as they say, "you can't break what's already broken."

Bring in your broken appliances, devices, lamps, and tools for some guidance and help in putting them back together again, and maybe even fixing them the process. The idea is to take a moment before throwing something away to figure out if you can save it and prevent buying a new one. It's also an excellent way to learn how things work and enjoy some good company! You can bring something broken along with you or just bring yourself to watch and learn. Questions? Contact the PNA Tool Library : 206.783.2244 x 48, wellhome@phinneycenter.org

Su 7/21 – Benefit and showing of *People's Republic of Valerie*

7:30 pm. Suggested optional donation.
PC Brick Building, Rm 31.

The People's Republic of Valerie was originally commissioned for On the Boards. It is an abstract political commentary on the seemingly relentless upsurge in violence to people and the planet. It's an attempt to transform feelings of despair, grief, and rage into something of value, into positive action, into something of beauty. Writer and performer Kristen Kosmas and visual artist Leon Finley are donating 100 percent of the proceeds to the PNA's Burritos Without Borders program. Suggested donation is \$15-50, but anything is appreciated and nothing is necessary. RSVP: phinneycenter.org/calendar/peoples-republic-of-valerie/.

W 7/24 – All About Coffee

11 am-12 pm. GSC. Free.

Join Jessica Rice Haller, coffee trainer with Washington's own Tony's Coffee for an insider's look at how this iconic beverage goes from a bean to your cup, why organic and free trade matters, and how to brew like an expert. Register: 206.297.0875

W 7/24 – Cornucopia Band and Root Beer Floats

1-2 pm. GSC. Free.

The Cornucopia Concert Band plays early Americana, ragtime, and, hot dance band music. As longtime favorites at the GSC, they never fail to entertain—at a good volume. Let them put a smile on your face, and pair it with a root beer float! RSVP: 206.297.0875.

W 7/24 –70th Annual Greenwood Seafair Parade

6-8 pm. Greenwood Avenue from N. 95th to N. 85th, then west to 6th NW.

The Greenwood Seafair Parade presented by Fred Meyer is the oldest neighborhood Seafair parade. Watch bands, drill teams, floats, pirates and more. Though not an official PNA event, the PNA has sponsored the parade since the early 1980s.

W 7/31 – Movie and Discussion: *Living with Memory Loss: In Our Own Words*

1-2 pm. GSC. Free.

Join us for a documentary created by the Greenwood Senior Center, featuring participants of The Gathering Place, an early-stage memory loss program. They share inspiring insight and offer holistic narratives about living with memory loss. Following the movie, Carin Mack will lead a discussion exploring the themes of stigma, friendship and understanding. Register: 206.297.0875.

F 8/2 – PNA Merchandise at the Farmers Market!

3:30-7:30 pm. PC Upper Lot.

Visit the PNA booth at the Phinney Farmers Market to get your very own T-shirt, hoodie, magnet, or tote bag. Join or renew your membership at the booth and get \$15 off your merchandise items. Already a member? You can extend your membership by an extra year to get this great deal!

F 8/2 – Zucchini 500! At the Farmers Market

4-6 pm. PC Upper Lot. Free.

Come one, come all to race your favorite summer squash! Decorate these zukes and run them down the track to see how quick your car can go.

F 9/27 –Bingo Blitz & Carry-aoke

7-10 PM. GSC. \$10/PNA Member, \$17/
Public + \$5 gambling fee. 21+

Show your team spirit, play rollicking games of Bingo (for cash prizes!), wow the crowd with your karaoke skills, and enjoy Superbowl style snacks from sponsor Ken's Market. **Regular tickets go on sale July 1 at 8 pm.** Advance tickets on sale now. phinneycenter.org/bingo. Huge thanks to September sponsor Ken's Market!

SAVE THE DATES

- 9/7 PNA Book Exchange
- 9/13 Phinney Center Gallery Opening Reception
- 9/28 BPC's Gently Used Kids' Gear Sale
- 10/3 Power of Community Breakfast benefiting senior programs

BOOK GROUPS

See phinneycenter.org/bookclub for book picks for upcoming months. All are welcome!

Tu 7/2 GSC Book Discussion Group

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

The Lemon Tree by Sandy Tolan

Tu 7/9–2nd Tuesday Book Club

7-8 pm. PC Blue Building. Free.

The Girl at the Baggage Claim by Gish Jen

W 7/10–2nd Wednesday Book Club

7 pm. PC Blue Building. Free.

Lilac Girls by Martha Hall Kelly

PNA Newsletter

Volume 40 Issue 7, July 2019

LOCATIONS & REGISTRATION

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

Phinney Center (PC)

6532 Phinney Ave N, Seattle, WA 98103
206.783.2244 . pna@phinneycenter.org

Greenwood Senior Center (GSC)

525 N 85th St, Seattle, WA 98103
206.297.0875 . gsc@phinneycenter.org

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

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

 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

Contact: 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 relaxing float, a ravishing wedding dress, or a ruby red pedicure, check the PNA Business Member Directory at phinneycenter.org/directory.

VOLUNTEER OPPORTUNITIES

Vegetable Garden Work Parties at the GSC: Mondays starting at 5:30 pm. leannec@phinneycenter.org

Summer Beer Taste – Beerstock! Sat, 7/13, shifts from noon to 9 pm. Must be 21+. phinneycenter.org/volunteer/beer/

Data entry: Your flying—and accurate—fingers needed! You: comfortable navigating between multiple windows/tabs. Database experience and 6-month minimum commitment preferred. 2-6 hours per week. leannec@phinneycenter.org

Pantry Manager: Receive food donations for our Hot Meal Program and put them away. Monday late mornings, 30-60 mins weekly. leannec@phinneycenter.org

SAVE A TREE
SWITCH TO EMAIL!
Call 206.783.2244
or email
pna@phinneycenter.org
to change
your newsletter
preferences

The Phinney Center and the Greenwood Senior Center will be closed Thursday, July 4.

ADDRESS SERVICE REQUESTED

Non-profit Org.
U.S. Postage
PAID
Seattle WA
Permit #12699

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/.

WEDNESDAYS: Understanding Happiness
HomeStreet Bank, 7307 Greenwood.
10-11:30 am. Free. phinneycenter.org/understanding-happiness/.

THURSDAYS: Phinney Friends Crochet & Knit Group
10-11:30 am. PC Blue Building, Rm 6. Free.

FRIDAYS: Phinney Farmers Market
3:30-7:30 pm. PC Upper Lot.

Bridge Group

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

Emerald City Contra Dances

7:30-10 pm. PC Brick Building.

MONTHLY GROUPS & EVENTS

W 7/3–Fixers Collective
6-8 pm. 1st Wednesdays. Greenwood Hardware. Free. BYO broken thing. phinneycenter.org/tools/fixers.

F 7/12 PhinneyWood ArtUp Art Walk
6-9 pm. 2nd Fridays. Phinney-Greenwood Aves. Free.

Su 7/14–Seattle Song Circle
7-10 pm. 2nd Sundays. GSC. Free. seafolklore.org/wp/about-sfs/seattle-song-circle.

For community meetings, visit phinneycenter.org/groups

Classes

FOR DETAILS & MORE CLASSES

- Visit phinneycenter.org/classes
- Pick up *The Review* at the Phinney Center or Greenwood Senior Center or visit phinneycenter.org/review

Tu 7/16 – Disaster Skills: Stop the Bleed
6:30-8 pm. PC Blue Building. Free.

A bleeding person can die from blood loss within five minutes. In disasters and high casualty incidents, bystanders are usually there first. This training will equip you with the knowledge to save lives. Registration required: <http://bit.ly/31HzW1D>.

Fr 7/20 – Infant/Child/Adult CPR
7-8:30 pm. PC Blue Building, Room 6.
\$15 PNA Member/\$20 Public.

Certificates issued at end of class. Register: phinneycenter.org/calendar/infant-child-cpr-7-19/

Sa 7/21 – CPR/First Aid/HIV Certification
9 am-12:30 pm. PC Blue Building, Room 6. \$35 PNA Member/\$45 Public.
Meets L/I WISHA-WAC safety standards. Certificates issued at end of class. Register: phinneycenter.org/calendar/cpr-7-19/.

Tu 7/23 – Intro to Digital Assistants
1-3 pm. GSC. Free.

Meet Alexa and Google Assistant! They can play music, turn lights on and off, give you quick information, and more! Starting with a short presentation, we will then try out both devices and have time for lots of questions. Come see if a digital assistance is a good fit for your home! Register: 206.297.0875



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

Winter Festival Vendor Application Open

Are you an artist, maker, or craftsperson, or know someone who is? We're now accepting applications for vendors for the Dec 7 & 8 Winter Festival & Crafts Fair. Go to bit.ly/wfapp19 to get details and apply.

Phinney Spanish-language Cooperative Preschool (PCPE) 2019-20 openings

PCPE has a limited number of openings and scholarships available for our Pre-K class (ages 4-5 years old) and Baby Class (0 to 12 months old). PCPE provides a play-based learning environment, as well as a strong community of bi-lingual families from many diverse Latino cultures. Families who speak Spanish at least part time at home are encouraged to apply. For more info: pcpeseattle.org or inscripciones@pcpeseattle.org.

PHINNEY CENTER GALLERY

PNA Member & Volunteer Show July 11-August 16

Celebrate the creativity in the PNA family! View 27 works, anonymously selected by a community jury. Join us on Friday, July 12, during the PhinneyWood Art Walk, for the opening reception to meet the artists, enjoy music and refreshments, vote for People's Choice, and maybe even purchase your favorite piece.

Call For art!

All members of the community are invited to submit their art to the Phinney Center Gallery's September show, tentatively titled "The Healing Power of Art." Jurors will select art to be displayed in the gallery from Sept. 11 to Oct. 18, with the opening reception slated for Friday, Sept. 13.

The submission process will be open July 22 - Aug. 11 at phinneycenter.org/arts.