




Phinney Neighborhood Association
6532 Phinney Ave N
Seattle WA 98103

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YOU'RE INVITED...



EIGHTH ANNUAL
POWER OF COMMUNITY BREAKFAST:
NURTURING CURIOSITY
TO SUPPORT SENIOR PROGRAMS

THURSDAY, OCTOBER 3
GREENWOOD SENIOR CENTER

RSVP OR DONATE:
phinneycenter.org/breakfast

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



DINE OUT **FUND MEALS**

Eat out to support your neighbors in need. These venues will donate a portion of your bill to PNA's Hot Meal Program, which serves 20,000 free meals a year to elderly, disabled, low-income, and unhoused community members.

EAT AND DRINK IN PHINNEYWOOD ON WEDNESDAY, SEPTEMBER 25

- | | |
|-------------------------|-----------------------|
| 74th St. Ale House | Opus Co. |
| A la Mode Pies | The Park Public House |
| Caffe Vita | Prost! |
| Celine Patisserie | Razzis Pizzeria |
| El Chupacabra | Red Mill Burgers |
| Flying Bike | Teachers Lounge |
| Cooperative Brewery | Thaiku |
| Fresh Flours | Valhalla Sandwiches |
| Gainsbourg | Windy City Pie |
| Herkimer Coffee | The Wing Dome |
| Modern Japanese Cuisine | The Yard Cafe |

check for updates & venue websites at
phinneycenter.org/pigout

BREAKFAST · LUNCH · COFFEE · HAPPY HOUR · DINNER · DESSERT

PNA Newsletter

Volume 40 Issue 9, September 2019

LOCATIONS & REGISTRATION

For more info or to register for events and classes, please visit phinneycenter.org/calendar or contact:

Phinney Center (PC)
6532 Phinney Ave N, Seattle
206.783.2244 . pna@phinneycenter.org

Greenwood Senior Center (GSC)
525 N 85th St, Seattle
206.297.0875 . gsc@phinneycenter.org



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 through 9/27– Phinney Farmers Market
3:30-7:30 pm. Upper PC Lot. Free.

Bring friends and family for some of the freshest eats, from produce to artisan specialty foods. Listen to live music from 5-7 pm while enjoying dinner or a treat.

- 9/6: **The Weavils** – Bluegrass
9/13: **High Class Brass** – Brass Quintet
9/20: **Krista Love**– Singer, songwriter
9/27: **Tangletown String Band**– Old time, alt country, Bluegrass

W 9/4 – Tea, Treats & PNA Orientation
1:30-2:30pm. GSC West Room. Free

Come 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! RSVP: online at phinneycenter.org/orientation, email alexg@phinneycenter.org, or call 206.783.2244.

W 9/4– Local Author Talk - Karen Vogel: Sid's Story: A Father-Daughter Journey
1-2 pm. GSC. Free.

Karen Vogel weaves together her father Sid Vogel's memoir with her experiences as his caregiver in his last decade to create a moving and funny view of aging from the perspective of two generations. Book available for purchase at event. Register: 206.297.0875.

Th 9/5 – Trip: MOHAI, Seattle Streetcar and the Center for Wooden Boats

10 am-2 pm. GSC. Free, bring money for bus, street car & lunch.

Let's take advantage of Free First Thursday at MOHAI and "always free every day" at the Center for Wooden Boats! Trip via the bus and the Seattle streetcar, for variety. RSVP at 206.297.0875.

F 9/6 – First Friday Film: *The Last Suit* (2018)
1 pm. GSC. Free.

A Polish-born Holocaust survivor travels from Buenos Aires to Lodz to fulfill a promise he made nearly 70 years earlier in this feel-good drama. Register: 206.297.0875.

Sa 9/7 – Book Exchange & Tampon Drive
11 am-2 pm. PC Blue Building. Free.

Trade your gently used books—mysteries, sci-fi, fantasy novels, cooking, or childrens'—for something new to you. Or buy used books for \$1-2.

For the month of September, we are partnering with Seattle T2P2—"Towers of Tampons & Pyramids of Pads"—a nonprofit that brings supplies to those in need, for a Back to School Tampon Drive for students at Seattle Public Schools.

Kick off this month-long tampon/pad drive by bringing a box of tampons or pads to the Book Exchange where you will receive a raffle ticket for each box you donate. The prize is \$100 gift card to Phinney Books, which will be awarded on September 8.

Can't make the book exchange? You can also donate the entire month of September. Collection bins will be located in the Phinney Center front lobby. For more information on T2P2, visit SeattleT2P2.org, facebook.com/SeattleT2P2/, and instagram.com/seattlet2p2.

Tu 9/10 – Ballard Preschool Co-Op Classes Begin
7503 18th Ave. NW.

BPC is still enrolling for fall in the Infants and 3-5s classes. (Waitlists are available for Toddlers and Twos.) Come be a part of our warm preschool community. To learn more about tuition and class times visit phinneycenter.org/bpc/enrollment/ or contact bpc.registrar@gmail.com to schedule a tour or enroll.

Th 9/12 – Business Member Bike & Breakfast

7:45 am-9:15 am. City Cycle, 117 NW 85th St. Free for Business Members, \$10/non-biz members or public

Come enjoy a lively 30-minute spin class at this well-loved Greenwood studio. Owner/founder Lauren Perry will lead you through a music- and light-infused journey with your fellow business-folks. Afterward, enjoy tasty pastries from Celine Patisserie and juice/coffee from the Chaco Canyon Organic Cafe.

Tu 9/10– Current Global Events Group: Putin's Russia

12:45-2 pm. GSC. Free.

Erasing enemies by poison, bomb, bribe, torture, intimidation, invasion, and internet hacking: How has the KGB's Putin shaped Russia's treatment of its citizens and its relationship with the outside world? Prior research encouraged; one suggested article will be available at the GSC front desk for each topic. Additional articles, maps and other citations invited. RSVP: 206.297.0875.

W 9/11– Dispute Resolution Center of King County Talk

1-2 pm. GSC. Free.

An overview presentation of conflict resolution and mediation services offered through the Dispute Resolution Center of King County. The emphasis will be on their Veterans and Seniors Program, which provides tools to prevent inappropriate housing loss. Register: 206.297.0875.

Th 9/12 – Taming the Medicine Cabinet

1-2:30 pm. GSC. \$10 at the door.

More than a million people are harmed each year from medication errors. This session explores some of the common causes of medication errors and challenges that most people face, with practical tips to prevent them. Register: 206.297.0875.

F 9/13 – Neighbor Potluck and PNA Orientation

5-7 pm. PC Blue Building, Rm. 5.
Dinner at 5, Orientation at 6. Free.

Come meet some neighbors and share a yummy potluck dinner at the Phinney Center. Whether you're a new member or have been a member for decades, this is a great opportunity to learn what's going on at the PNA, and how you can get more involved. Please bring a dish or drink to share, if you can. Kids welcome. Short presentation at 6 pm, followed by Q&A. RSVP: phinneycenter.org/orientation, 206.783.2244, or alexg@phinneycenter.org.

F 9/13 – Phinney Center Gallery Opening Reception: The Healing Power of Art

7-9 pm. PC Blue Building Gallery. Free.

Enjoy music, refreshments, and artwork on this theme, including participation by the Greenwood Senior Center and Path with Art. Art will be on display through Oct. 18. Visit phinneycenter.org/arts to see a list of participating artists and to meet the jury.

THE PHINNEY CENTER AND THE GREENWOOD SENIOR CENTER WILL BE CLOSED ON MONDAY, SEPT. 2 IN HONOR OF LABOR DAY.

Tu 9/17 – Classic movies with Scarecrow Video: *Gaslight* (1944)
2:30 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 a classic movie every quarter at the GSC!

Years after her aunt was murdered in her home, a young woman moves back into the house with her new husband. However, he has a secret that he will do anything to protect, even if it means driving his wife insane. Directed by George Cukor and starring Ingrid Bergman, Charles Boyer, and Joseph Cotton. Register: 206.297.0875

Sa 9/21 – City Council District 5 Debate
12-1:30 pm. GSC. Free. Space is limited. Registration required.

Join Seattle CityClub and PNA for a free and public debate for a Seattle City Council Debate with Debora Juarez and Ann Davison Sattler. The debate will be moderated by a journalist from KUOW-FM with additional questions by reporters with King-5 and KCTS-9/Crosscut. Registration: phinneycenter.org/calendar/district-5-city-council-debate.

Sa 9/21 – City Council District 6 Debate
2-3:30 pm. GSC. Free. Space is limited. Registration required.

Join Seattle CityClub and PNA for a free and public debate for Seattle City Council with Heidi Wills and Dan Strauss. The debate will be moderated by a journalist from KUOW-FM with additional questions by reporters with The Seattle Times and King-5. Register: phinneycenter.org/calendar/district-6-city-council-debate/.

W 9/25 – What's to Come for Northgate Mall
1-2 pm. GSC. Free.

Curious about what's next for Northgate? What will it look like, when will it be finished, and what's all this about ice rinks? Bring your questions to this presentation and Q&A with Stephen Antupit of CityWorks, who is working as a liaison to Simon Northgate Mall and has the inside scoop. RSVP: 206.297.0875.

W Sept 18- Nov 6 – Slavery and Reconstruction (8 Wednesdays)
7-8:30 pm. GSC.
\$10 PNA Members/\$15 Public for the 8 week session.

William Taylor, Professor Emeritus of Political Science and an educator at Lifetime Learning Center, leads this 8-week series exploring the latest and most comprehensive scholarship on Reconstruction and slavery; the true history you probably didn't learn in school. RSVP: 206.297.0875.

W 9/25 – Pig Out to Root Out Hunger
All day in the Phinney/Greenwood neighborhood at participating businesses

Dine out during this annual neighborhood fundraising event for the PNA's Hot Meal Program. Restaurants, pubs, and cafes in Phinney/Greenwood sign up to donate a percentage of their proceeds on Sept. 25. The program serves nearly 20,000 meals a year to unhoused, low-income, disabled, and elderly community members. Breakfast, lunch, coffee break, happy hour, dinner, and dessert! You can "pig out" all day, and a portion of your bill goes to those in need! Go to phinneycenter.org/pigout for a list of venues and their websites.

Th 9/26 – Rent Smart! Tenants Rights Workshop
1-2 pm. GSC. Free.

This workshop from non-profit Solid Ground is for both current and future renters. Learn how to find affordable housing and navigate screening criteria, know and assert your rights as tenants, protect yourself from eviction and housing loss, learn how to get deposits back and repairs made, and learn about new eviction reform laws. Register: 206.297.0875.

Sa 9/28 – BPC's Gently Used Kids' Gear Sale
9 am-1 pm. PC Brick Building, Community Hall. Free entry.

Get great deals on quality gently used clothes (newborn-size 8), shoes, toys and gear (pack-and-plays, cribs, car seats, strollers and more). Sign up to sell in advance or plan to come shop. A portion of the proceeds supports the Ballard Preschool Co-op. To be a seller, contact bpcgentlyusedsale@gmail.com.

Sa 9/28 – PNA Village Volunteer Training
10-12 pm. Greenwood Senior Center

The PNA Village is looking for handy volunteers to make minor home repairs for folks who are staying in their homes as they age. It's flexible and easy—volunteers sign up to do what works for their schedule and skills! Make a difference in how your neighbors choose to age. To attend, contact us at 206.789.1217 or village@phinneycenter.org.

Th 10/3 – 8th Annual Power of Community Breakfast: Nurturing Curiosity
7:30-8:30 am. GSC. Free to attend;
\$75 (or more!) suggested donation requested at the event.

Celebrate and support the innovative programs and services of our Greenwood Senior Center and PNA Village that nurture the mental, social, and physical well-being of our community's older adults. Enjoy tasty breakfast fare, network with neighbors and colleagues, and listen to our keynote speaker Lee Harper, outgoing Executive Director. Check-in and buffet open at 7:15 am. RSVP: phinneycenter.org/breakfast or 206.783.2244.

Thank you to all of our Power of Community Breakfast sponsors: *Platinum*: Piper Village, Red Mill Burgers, *Gold*: Cameron Catering, Era Living, Mud Puddle Fitness, Verity Credit Union, Windward Communications *Bronze*: Aging Wisdom, Jan Gray and Kerry Fowler, Ron and Robyn Lewis, Norse Home, Northwest Elder Law Group *Village Vendor*: Greenwood TrueValue Hardware, Harjo Construction, Jamie Flaxman Real Estate, Kemly Electric, and ShelfGenie of Seattle.

SAVE THE DATES

- 10/12 Phinney Neighborhood Preschool Co-op's Gently Used Kids' Gear Sale & Usborne Book Fair
- 10/19 PNA Village Housing Forum
- 10/19 Cider Pressing Party
- 10/25 Bingo Scaryoke
- 10/26 Hunger Goblin' Trick or Treat & Food Drive
- 11/2 Día de los Muertos Festival
- 11/16 32nd Annual Winter Beer Taste
- 11/22 Winter Blood Drive
- 11/23 Local Authors Holiday Bookfest

MONTHLY GROUPS & EVENTS

W 9/4 – Fixers Collective
6-8 pm. 1st Wednesdays. Greenwood Hardware. Free. BYO broken thing. phinneycenter.org/tools/fixers.

Su 9/8 – Seattle Song Circle
7-10 pm. 2nd Sundays. GSC. Free. seafolklore.org/wp/about-sfs/seattle-song-circle.

F 9/13 – PhinneyWood ArtUp Art Walk
6-9 pm. 2nd Fridays. Phinney-Greenwood Aves. Free.

F 9/27 – Sprouts & Seniors Playgroup
10-11 am. GSC. Free. All birth to preschool kids, caregivers, and older adults welcome!

For community meetings, visit phinneycenter.org/groups

VOLUNTEER OPPORTUNITIES

Book Exchange. Sat, 9/7, shifts from 9 am to 3 pm. Volunteers needed to help set up, staff the event, clean up & make treats. phinneycenter.org/volunteer/events/#book

Bingo Karaoke (Football theme): Friday, 9/27. Set up from 4 to 6 pm (all ages welcome); event support from 6:30 to 11 pm (must be 21+). phinneycenter.org/volunteer/bingo/

Table Companion at the Hot Meal Program. Build community at our meals by sharing a meal with diners and provide a caring and listening ear. Potentially share information about resources. 1-2 hours per visit, min 2 visits/mo. Ideally, 1 year commitment. Required 1 hour training.

WEEKLY GROUPS & EVENTS

MONDAYS: **Spanish Conversation I & II:**
NO CLASS IN AUGUST

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. seattle-dance.org/contra/emeraldcity

SATURDAYS: **Seattle Folklore Society Concerts**
7:30 pm (unless otherwise noted). PC Brick Building, Community Hall. Prices vary. Discounts for PNA/SFS members, seniors, youth & students. Tickets & info at brownpapertickets.com/profile/2149.

BOOK GROUPS

See phinneycenter.org/bookclub for lists for following months. All are welcome!

Tu 9/6 – GSC Book Discussion Group
My Family & Other Animals by Gerald Durrell
12:30-2:30 pm. GSC. Free

Tu 9/10 – 2nd Tuesday Book Club
Your Duck is My Duck by Deborah Eisenberg
7-8 pm. PC Blue Building. Free.

W 9/11 – 2nd Wednesday PNA Book Club
Educated by Tara Westover
7 pm. PC Blue Building. Free.



FOR DETAILS & REGISTRATION

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

W 9/11 – Salve Making Class
1-2:15 pm. GSC. \$15 +\$3 supply fee.

Ever wonder about the healing power of plants? In this hands-on workshop, you'll learn how to make all-natural salves with local leaves & flowers that are great for treating rashes, sunburns, cuts, scrapes and stings. RSVP: 206.297.0875.

Th 9/19 – College Application / Admissions Seminar
7-8:30 pm. PC Blue Building. 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 introductory talk for college-bound high school students and their parents/guardians.

F 9/20 – Infant/Child/Adult CPR
7-8:30 pm. PC Blue Building.
\$15 PNA Member/\$20 Public.

Focuses on injury prevention and safety and is meant for new parents or as a brush up on the basics. Register: phinneycenter.org/calendar/infantchild-cpr-9-19/

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

Sa 9/21 – Babysitter Training
12:30-4:30pm. PC Blue Building.
\$45 PNA Member/\$55 Public.

Gain the knowledge and skills to be a safe, confident babysitter, including infant and child care, age-appropriate toys, safety and injury prevention, and how to handle emergencies. Find out what parents expect and practice hands-on skills. Includes in-depth coverage of First Aid, Infant/Child CPR, and how to be safe at home while sitting. Includes a Child and Babysitting Safety handbook. Register: phinneycenter.org/calendar/babysitter-training-9-21/.

Tu 9/24 – Earthquake Home Retrofit
6-8 pm. PC Blue Building.
\$20/PNA Member, \$25/Public

Join Leif Jackson of Sound Seismic for this popular class. Learn about the City's Project Impact and how to evaluate your home for needed structural improvements. Learn to use the correct tools, materials, and methods to accomplish an earthquake retrofit. Class size is limited, so register in advance. A hands-on follow up is available at the PNA's Tool Lending Library. Co-Sponsored by the PNA Tool Library. Register: phinneycenter.org/calendar/earthquake-retrofit-9-24-19/.

Th 9/26 – Designing Backyard Cottages
7-9 pm. PC Blue Building.
\$15/PNA Member, \$25/Public.

Thinking of creating a backyard cottage? Wondering about the A/DADU land-use code changes that passed recently and

would you like to find out more? Check out this class on the why, what, where and how of building a DADU (detached accessory dwelling unit) taught by Sheri Newbold of live-work-play. Are your neighbors thinking of building a DADU as well? Create an economy of scale and bring them along! Register: phinneycenter.org/calendar/backyard-cottages-9-26-19/.

UPCOMING CLASSES

10/4-11/22 Spanish for Beginners (8-Week Course; Fridays)

10/25 Infant/Child/Adult CPR

10/26 CPR/First Aid/HIV Certification

11/21 Backyard Cottages: New Code Changes



King County invests in senior centers, including our Greenwood Senior Center

We're thrilled to be able to move ahead on our visions for improvements and expanded programming at our Greenwood Senior Center, thanks to our inclusion in King County's senior hub project—a \$20 million investment to create 14 'senior hubs'.

We were awarded \$1.25 million over 4.5 years to implement our vision for transforming into a senior hub. The funding will leverage our strengths, expand the capacity of our existing programs, and allow for the creation of new program and service opportunities. We're so excited for what the future holds for our community's older adults!

Have stuff your kids have outgrown?

The fall preschool co-ops Gently Used Gear Sales are coming up: Ballard Preschool Co-op's on Sept 28 and Phinney Neighborhood Preschool Co-op's on Oct. 12.

Clean out your closets and donate to PCPE's sale by Oct 4 and 100 percent of the proceeds benefit the preschool. Email pnpckidssale@gmail.com for details.

Have some great items and want to make a little money too? Everyone is welcome to sell at Ballard Preschool Co-op's sale, and a portion of proceeds benefit the school. Email bpcgentlyusedsale@gmail.com for info.

TOOL & SEED LIBRARY HOURS

Wed: 3-6:30 pm, **Fri:** 5-7 pm, **Sat:** 9 am-2 pm.

Info & inventory: phinneycenter.org/tools.

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

BUSINESS MEMBER DIRECTORY

Support businesses that support our community! The next time you need a bouquet, burger, or a builder, a check out the online PNA Business Member Directory at phinneycenter.org/directory.