



Events

FOR DETAILS & MORE EVENTS

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

UPCOMING EVENTS

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. To RSVP or donate in lieu of attending, visit phinneycenter.org/breakfast or call Mary at 206.783.2244.

Thank you to all of our Power of Community Breakfast sponsors: *Platinum*: Piper Village, Red Mill Burgers, *Silver*: 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.

Th 10/10 – ADHD in Adults

1-2 pm. GSC. Free.

The CDC estimates that 11 percent of Americans have ADHD. Because our understanding of ADHD has changed, many adults have never been diagnosed, or even suspect that there's a reason their brains seem to work differently than others'. Join Laurie Dupar, Psychiatric Mental Health Nurse, author and ADHD life coach, for this overview of ADHD in adults. Learn how to recognize it in yourself or others, what to do if you suspect you might have ADHD, and how to create new ways to get things done. For more information, visit coachingforADHD.com. RSVP: 206.297.0875.

Th 10/10 – PNA Village Breakfast & Q&A

9:30-11:30 am. Wallingford Senior Center. 4649 Sunnyside Ave N #140 Free.

The PNA Village is officially expanding to Wallingford! This program makes it easier for people to stay in their own homes as they grow older by connecting members with volunteers for transportation, minor home repairs, social connections, gardening, and much more! Current Village members and volunteers will provide breakfast and host a fun and interactive group Q&A at the end. RSVP to village@phinneycenter.org or 206-789-1217.

Th 10/10 – Business Member After-Hours

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

Meet your fellow business owners and managers over delicious hors d'oeuvres (including Chris' homemade guacamole), wine, and beer from Flying Bike. It's a great way to find new connections, customers, and collaborators. RSVP at phinneycenter.org/calendar/ah10-10-19/.

F 10/11 – Local Author Book Talk: Elena Louise Richmond: Advancing the Retreat

11 am-12 pm. GSC. Free.

In this new work of fiction, a gardener gets pulled into the schemes and mischief of the church congregation across the street. Secrets, mayhem and squirrels abound, before an incident upends it all and lets the essence of life shine through.

Sa 10/12 – Phinney Neighborhood Preschool Co-op's Fall Gently Used Kids' Gear Sale

9 am-1 pm. PC Brick Building, Community Hall. Free entry & parking.

Find amazing deals on gently-used clothing, shoes, toys, books, strollers, bedding, furniture, safety equipment, outdoor gear, car seats, costumes, maternity wear and more! This is *the* sale for families on a budget! Line up early for the best selection or enjoy 50% discounts on many items by arriving after 12 pm! All proceeds benefit the preschool. Please consider donating your gently-used children's clothing, toys, or gear for the PNPC sale by October 4— email pnpckidsale@gmail.com.

Sa 10/12 – PNPC's Osborne Book Fair

9 am - 2 pm. PC Brick Building, Rm 32. Free entry.

While at the PNPC Kids' Sale, don't miss the Osborne Book Fair upstairs. Osborne features engaging and innovative children's books that will quickly become household favorites.

W 10/16 – Humanities Washington Talk: Let it Not Happen Again: Lessons of the Japanese American Exclusion

1-2 pm. GSC. Free.

In March 1942, 227 Japanese Americans were forcibly removed from their homes on Bainbridge Island by the US Army. Eventually more than 120,000 Japanese American men, women, and children nationwide were removed and incarcerated during World War II. Clarence Moriwaki shares the story of Bainbridge Island—the origin point of the Japanese American exclusion—to ask the question: Are there parallels to what's happening in America now? Sponsored by Humanities Washington. Register: 206.297.0875.

Sa 10/19 – Reflect, Refresh, Renew: A Retreat For Caregivers

9 am-3 pm. Sunset Hill Community Association. 3003 NW 66th St. \$10.

Are you caring for a partner with dementia? Join this retreat for an opportunity to learn, let go, and experience the moment in a caring community. Register: 206-297-0875. Questions? Contact Carin at socialwkr@comcast.net; 206.230.0166. Presented by Greenwood Senior Center, sponsored by Emerald City Senior Living.

Sa 10/19 – PNA Village Housing Forum

10 am - 12 pm. PC Brick Building, Community Hall. Free

Are you one of the 26,000 qualified seniors and disabled persons who are eligible for the State of WA Senior Property Tax Exemption? Yes? Not Sure? Hear from WA Homeownership Resource Center Executive Director Denise Rodriguez will explain tax relief programs, current and new 2020 rules that expand income eligibility, who might qualify, where to get help with the application, and what else WHRC can do for older adults. Other resources such the City of Seattle Home Repair Program and Silver Nest home sharing will be available. Sponsored by the Home Sharing Task Force of PNA Village. For more information contact: village@phinneycenter.org or 206.789.1217.

Sa 10/19 – Cider Press Party with the Tool Library

11 am - 1 pm. Outside the Tool Library (6615 Dayton). Free / \$5 suggested donation

Enjoy fresh-pressed cider from local apples and watch the PNA Tool Library's famous cider press in action. All proceeds will go towards the PNA's Tool Library.

Tu 10/22 – PNA Village Volunteer Training

10-12 pm. GSC.

Would you like to help your neighbors remain in their homes and stay active in their community as they age? PNA Village volunteers help with rides, help in and around the home, and provide social interaction. To attend the next Village volunteer training, or to find out about future dates, contact us at 206-789-1217 or village@phinneycenter.org.

Tu 10/22 – Medication Brown Bag Event

2-4 pm. GSC. Free.

Would you like to have a pharmacist review your medications and supplements? Krista Haglund, R.Ph, will be available for appointments to go over them with you. A consultation can help you eliminate unnecessary medications, manage side effects, identify fall risks, and flag medicines that shouldn't be taken together. Ask questions, and get reminders on the proper ways to store drugs or use inhalers and insulin pens. Bring all current medications and supplements with you for accurate review. For appointment: 206.297.0875.

Sa 10/26 – Hunger Goblin' Trick or Treat & Food Drive

Phinney-Greenwood businesses. Free.

Trick or Treat for a cause! Children are welcomed to trick or treat at participating businesses and encouraged to donate \$2 or a non-perishable food item for the FamilyWorks Greenwood Food Bank to help families in need in our community. Look for donation stations along Phinney/Greenwood, and Hunger Goblin' posters marking businesses with treats (or tricks!).

Tu 10/29 – Ballard Preschool Co-op and Northwest Christian Church present: Halloween Party with Caspar Babypants

5:30-8:30 pm. Lagunitas Seattle TapRoom and Beer Sanctuary

This very popular event returns this fall to Lagunitas after filling to capacity last year. Come in costume and celebrate with a Caspar Babypants concert, all while raising a glass and funds for BPC. There will be raffle prizes and fun activities for the kids. Tickets go on sale to the public 10/14. Adults: \$15; Kids: \$5 for kids; kids under 3 free. Discount and presale offered to BPC families. Visit bpchalloween.eventbrite.com for ticket info.

W 10/30 – Alfred Hitchcock Presents Marathon

11:30 am-3:30 pm. GSC. Free.

Continuing our annual tradition, this year's spooky marathon will present episodes of the late 1950s classic Alfred Hitchcock Presents. This anthology series featured thrillers and mysteries written, directed, and acted by many of the top names of the era including, obviously, the master of suspense himself. Come for one episode or all of them! RSVP: 206.297.0875.

W 10/30 – Orca Card-To-Go Event

1:30-3:30 pm. GSC. Free.

ORCA To-Go will provide full-service ORCA card sales and assistance. Cash, checks, and major credit cards accepted Questions: 206.297.0875.

PNA Newsletter

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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, 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

PHINNEY CENTER GALLERY

Come see beautiful art on the theme of The Healing Power of Art. In addition to work by 20 artists selected by a jury, the show includes special sections featuring collages by the Greenwood Senior Center's Early Stage Memory Loss group and work by artists from Path with Art, an organization that transforms the lives of people recovering from homelessness, addiction, and other trauma through creative engagement. Through October 18.

BUSINESS MEMBER DIRECTORY

Support businesses that support our community! Next time you need a transmission, a taco, or a trim, check out the online PNA Business Member Directory at phinneycenter.org/directory.

VOLUNTEER OPPORTUNITIES

Make Treats: Bake treats to be served at our programs for people living with early stage memory loss at the senior center. Sign up: phinneycenter.org/volunteer/bake-meals/#esml.

Day of the Dead/Día de los Muertos: Sat, 11/2. Paint faces, help kiddos decorate sugar skulls, take pics of the festivities and more! Also some prep help needed. phinneycenter.org/volunteer/events/.

TOOL & SEED LIBRARY HOURS

Wed: 3-6:30 pm; Fri: 5-7 pm; Sat: 9 am-2 pm.
Info & tool inventory: phinneycenter.org/tools.
Location: PC Brick Building, the Dayton Ave. entrance (6615 Dayton Ave N).

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

ADDRESS SERVICE REQUESTED

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

SAVE THE DATES

Sat. 11/2 – PNA Community Wood Shop Open House

9 am-12 pm. Building in NE corner of PC lower parking lot. Free.

Check out our newly created wood shop while enjoying a cup of coffee & a doughnut. We'll have wood projects on display and an opportunity to sign up for future classes. phinneycenter.org/woodshop.

Sa 11/2 – Día de los Muertos Festival

3-7 pm. PC Blue Building. Free (a \$2 suggested donation for some activities). Procession begins in upper lot at 3 pm.

Celebrate and honor deceased loved ones with music, dance, food, drink, arts and crafts, face painting and more! Featuring CeAtl Tonalli Aztec Dancers, altar dedication by Raúl Sánchez, children's music by Marco Cortes, and dance by Grupo Folklorico Citlali. Also, support scholarships and programs at PCPE, PNA's Spanish language preschool co-op, with a raffle! Tickets are \$5 or \$10 for your chance to win cool prizes like dinner at Canlis, sightseeing by seaplane, a Savor food tour, and more! *Sponsored by:* 4Culture, Seattle Office of Arts & Culture, El Chupacabra, Phinney Estate Law, and Ballard Market. Special thanks to Susan Elliot of Neptune Creations for poster art and design. Schedule at phinneycenter.org/dia.

Sa 11/16 – 32nd Annual Winter Beer

Taste: Stranger Beers. Tickets & info: phinneycenter.org/winterbeer

Sa 11/23 – Local Author Holiday Bookfest

Th 11/28 – Thanksgiving Potluck

Sa 11/30 – Holiday GloCone Lighting

Sa & Su 12/7 & 8 – Winter Festival & Crafts Fair

MONTHLY GROUPS & EVENTS

W 10/2 – Fixers Collective

6-8 pm. 1st Wednesdays. Greenwood Hardware. Free. BYO broken thing. phinneycenter.org/tools/fixers.

F 10/11 – PhinneyWood ArtUp Art Walk

6-9 pm. 2nd Fridays. Phinney-Greenwood Aves. Free.

Su 10/13 – Seattle Song Circle

7-10 pm. 2nd Sundays. GSC. Free. seafolklore.org/wp/about-sfs/seattle-song-circle.

F 10/25 – 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

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 Ave N. 10:30 am-12 pm. Free. phinneycenter.org/calendar/voluntary-simplicity/.

WEDNESDAYS: Understanding Happiness

HomeStreet Bank, 7307 Greenwood Ave N. 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: 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.

BOOK GROUPS

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

Tu 10/1 – GSC Book Discussion Group

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

Tu 10/8 – 2nd Tuesday Book Club

7-8 pm. PC Blue Building. Free.

No 2nd Wednesday Book Club in Oct.

CLASSES

W 10/2 – Earthquake Preparedness

7-8 pm. PC Blue Building. Free; space is limited. Registration required.

Info & register: phinneycenter.org/calendar/earthquake-preparedness/.

F 10/4-11/22 – Spanish for Beginners Class: Level I

5-6:30 pm. PC Blue Building, \$189/series

Want to learn Spanish but don't know how or when to start? Learn in a relaxed environment; start using the language from day one. Info & register: phinneycenter.org/calendar/spanish-for-beginners/2019-10-04/.

W 10/9 – Learn to Manage Stress Effectively

1-2 pm. GSC. Free.

Info & RSVP: 206.297.0875.

F 10/25 – Infant/Child/Adult CPR

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

Info & register: phinneycenter.org/calendar/infantchild-cpr-10-25-19/

Sa 10/26 – CPR/First Aid/HIV Certification

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

Info & register: phinneycenter.org/calendar/cpr-10-26-19/.

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

DÍA DE LOS MUERTOS
FESTIVAL
21ST ANNUAL

Saturday, November 2
3-7 pm. Family Friendly. Free.
phinneycenter.org/dia