



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

NOVEMBER EVENTS

F 11/1 – World Vegan Day: Movie and Lunch

Lunch at 12 pm, Movie at 1 pm. GSC. \$5 for lunch.

Interested in veganism or just wanting to celebrate it? Join us for a special World Vegan Day event! First experience a delicious vegan lunch, then stay for a brief presentation by our Director (and committed vegan) Cecily Kaplan, and finally watch a screening of the powerful and thrilling movie *Okja* in which a young girl risks everything to prevent a multinational company from kidnapping her best friend—a fascinating beast named *Okja*. RSVP: 206.297.0875.

F 11/1 – Diabetes Support Group

11 am-12 pm. GSC. Free.

Christy Goff, MS RDN, Pacific Medical Center, reviews and discusses topics around diabetes self-management (with a focus on Type 2 diabetes), and answers questions about nutrition and lifestyle factors that can affect health outcomes. RSVP: 206.297.0875.

Sa 11/2 – PNA Community Woodshop 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. Learn more about the project at phinneycenter.org/woodshop.

PNA and the Woodshop Committee are grateful to Stoneway Electric Supply for their generous donation of all the materials needed to transform our old mechanical room into a working woodshop with lots of ready power for tools and equipment. Stoneway provided an electrical panel; all conduit, wiring, and boxes; an emergency power shutoff switch; and many more bits and pieces to make it all work. Thanks, Stoneway Electric Supply!

Sa 11/2 – Día de los Muertos Festival

3-7 pm. PC Blue Building. Procession starts in the Phinney Center upper parking lot at 3 pm. Free (a \$2 donation is suggested for some activities; bring cash if you're able).

Celebrate Día de los Muertos, a Mexican holiday honoring the dead with food, drink, and festivities. The festival begins with a community procession and dedication of a traditional altar with offerings to the deceased. Come and enjoy live music and dance, face painting, traditional crafts, and Mexican hot chocolate. And support scholarships and programs at PCPE, PNA's Spanish language preschool co-op, with an awesome raffle! Featuring CeAtl Tonalli Aztec Dancers, altar dedication by Raúl Sánchez, children's music by Marco Cortes and Grupo Folklorico Citlali youth dancers. Food for sale from Luna Azul and Patty Pan Grill. Schedule at phinneycenter.org/dia.

Thank you sponsors: 4Culture, Seattle Office of Arts & Culture, El Chupacabra, Phinney Estate Law, Hecho, and Ballard Market.

M 11/4-11/25 – Writing and Widowhood

10 am-12 pm. GSC. \$20 PNA Members/\$25 Public.

Through writing exercises and discussion, we will explore the waves of grief that continue long after a loved one's death (even after remarriage). Instructor Esther Altshul Helfgott is a nonfiction writer & poet with a Ph.D. in history from the University of Washington. She is also the founder of Seattle's It's About Time Writers Reading Series, now in its 29th year. RSVP: 206.297.0875.

Tu 11/5 – Navigating Online Resources from the Seattle Public Library

2:30-4 pm. GSC. Free.

Join Emily Grayson, Greenwood Branch Adult Librarian, for this discussion and demonstration of the myriad online resources available through Seattle Public Library. Learn how to stream video and download music, magazines, newspapers and ebooks – for free! RSVP: 206.297.0875.

Tu 11/5 & F 11/8 – Ballard Preschool Co-op Open Houses

3:30-5 pm. 7503 18th Ave NW.

BPC has immediate space in our Infants and 3-5s classes. Bring your child to see our space, and get the opportunity to meet and ask questions of other co-op parents.

W 11/6 – Get Plugged in with an Electric Car

1-2 pm. GSC. Free.

Join the thousands of people saving money and having fun driving an electric car. We'll cover how they work, how and where to charge them, costs of ownership, resale value, what's available, incentives to purchase, and generally what to consider when getting plugged in. Presented by Mark Schiller, Former Vice-President of the Seattle Electric Vehicle Association. seattleeva.org. RSVP: 206.297.0875.

Th 11/7 – The Power of Planning: Take Control of Your Aging Journey

6:30-8 pm. PC Blue Building. Free.

Benefit from the knowledge and expertise of a Certified Care Manager, an Elder Law Attorney, and a Fiduciary. These experienced advisors will answer your questions and help you prepare for both the predictable as well as the What If's of aging. We'll cover: legal considerations, planning, options for care, costs to consider, and organizing your finances. RSVP: 206.297.0875.

Tu 11/8 – Current Global Events Group: Can We Quit Plastic?

12:45-2 pm. GSC. Free.

We eat, drink, and breathe billions of plastic waste particles, while the earth's steppes and seas are being filled with petrochemical litter. Is there a way for our world to escape its addiction? Prior research encouraged; one suggested article will be available at the GSC front desk. Please RSVP: 206.297.0875.

Sa 11/16 – PNA Village Volunteer Training

10-12 pm. GSC. Free.

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 training, or for more information, contact us at 206.789.1217 or village@phinneycenter.org.

Sa 11/16 – 32nd Annual PNA Winter Beer Taste - STRANGER BEERS

7-10 pm. PC Blue Building.
\$25/PNA Members, \$35/Public.
VIP Preview Tasting 6:15 pm:
\$50/PNA Members, \$60/ Public.

Beers don't lie. Come see why at the 32nd Annual PNA Beer Taste! Ten tastes from 38 breweries and cideries, pub style snacks and a silent auction of beer paraphernalia. For an additional \$25 tax deductible donation, the VIP Preview Tasting at 6:15 pm includes a complimentary glass, sliders and slaw, fancier finger foods by 74th Street Ale House and no lines! To see the full line-up of breweries and purchase tickets, go to phinneycenter.org/winterbeer.

Thanks all the participating breweries and to the 74th Street Ale House 23 years of beer taste sponsorship.

Fr 11/22 – Thanksgiving Luncheon

12 pm. GSC. \$5.

For any and all of those who just cannot get enough turkey! Join us for an early Thanksgiving lunch with all the fixings among friendly folks. RSVP at 206.297.0875.

Fr 11/22 – Blood Drive

1-7 pm (closed 3-4pm). PC Blue Building.

Save up to three lives! Schedule online at bloodworksnw.org, or call 800-398-7888. There's also a new app you can download from their website (use sponsor code: 0294).

F 11/22 – Farewell Party for Lee

6-8 pm. PC Blue Building. Free.

Join us for an all ages Happy/Sad Hour to celebrate and say farewell to PNA Executive Director, Lee Harper, as we say thank you for an amazing ten years of leadership at the helm of the PNA and service to our community. Appetizers and drinks provided.

Sa 11/23 Holiday Bookfest

3-5 pm. PC Blue Building. Free

Meet Pacific Northwest authors and get signed copies of their books for yourself or holiday gifts. Now in its 10th year, this much-anticipated event connects our book-loving community. Authors do short readings. Phinney Books handles the sales. We take your donated books for the Pocket Library program. A portion of the proceeds benefits the Greater Seattle Bureau of Fearless Ideas and the PNA. Check out this year's participating authors at phinneycenter.org/calendar/holiday-bookfest-2019/.

Su 11/24 – Community Family Dance

1-3 pm. PC Brick Building. Community Hall. \$5 Suggested Donation.

Come on out to hear live music from the Open Old Time Dance Band and Seattle Collaborative Contra Band! Learn a few easy folk dances (no experience needed, all dances taught on the spot!) play some tunes and enjoy some potluck chow!

Th 11/28 Thanksgiving Potluck

4-6 pm. PC Blue Building. Free.

Share the holiday and a dish (if you can) with others in our community at the Phinney Center. All are welcome! To RSVP or volunteer, call 206.783.2244 or email pna@phinneycenter.org. Let us know the dish you are bringing and if you can help set-up or clean-up.

Sa 11/30 Holiday Glow Cone Lighting

PC Air Raid Tower. 5-5:30 pm. Free.

Bring the family for holiday cheer as the Phinney Center air raid tower is set aglow with lights. Enjoy refreshments, activities and caroling by the OK Chorale.

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

SAVE THE DATES

Sa & Su 12/7 & 12/8 39th Annual Winter Festival & Crafts Fair

F 12/13 PhinneyWood Phestivus

F 12/13 Jingle Bell Bingo Karaoke

Sa 12/21 Caroling Under Gary's Canopy

W 12/25 PNA Christmas Meal at Greenwood Senior Center

Sa 1/25 Annual Meeting & Pancake Breakfast

BUSINESS MEMBER DIRECTORY

Support businesses that support our community! When you need a pie, a photographer, or a plumber, check out the online PNA Business Member Directory at phinneycenter.org/directory.

VOLUNTEER OPPORTUNITIES

Day of the Dead/Día de los Muertos: Sat, 11/2, shifts 12-8 pm. Paint faces, help kiddos with crafts, take pics and more! Prep help also needed. phinneycenter.org/volunteer/dia/.

Cookie, cookie, cookie! Bake for the Winter Beer Taste. Drop off Fri, 11/15 or Sat, 11/16. phinneycenter.org/volunteer/beer/

Rake leaves at the Greenwood Senior Center. Flexible schedule. 1-2 hours per session. leannec@phinneycenter.org.

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).

Call 206.783.2244
or email
pna@phinneycenter.org
to change
your newsletter
preferences
**SAVE COSTS & TREES!
SWITCH TO EMAIL**

ADDRESS SERVICE REQUESTED

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

MONTHLY GROUPS & EVENTS

W 11/6-Fixers Collective
5-7 pm.* 1st Wednesdays. Greenwood Hardware. Free. BYO broken thing. phinneycenter.org/tools/fixers.
*note time change

F 11/8-PhinneyWood ArtUp Art Walk
6-9 pm. 2nd Fridays. Phinney-Greenwood Aves. Free.

Su 11/10-Seattle Song Circle
7-10 pm. 2nd Sundays. GSC. Free. seafolklore.org/wp/about-sfs/seattle-song-circle.

F 11/22-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**

BOOK GROUPS

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

Tu 11/5 - GSC Book Discussion Group
12:30-2:30 pm. GSC. Free
Where the Crawdads Sing by Delia Owens.

Tu 11/12 - 2nd Tuesday Book Club
7-8 pm. PC Blue Building. Free.
The Dry by Jane Harper

W 11/13 - PNA Book Club (2nd Wed)
7-8:30 pm. PC Blue Building. Free.
So You Want to Talk about Race by Ljeoma Ohio

The Phinney Center and the Greenwood senior center will be closed Thursday & Friday Nov. 28 & 29 for Thanksgiving. (Thanksgiving Potluck will be held at the Phinney Center on Nov 28 at 4 pm.)

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: Conversation & News of the Day
HomeStreet Bank, 7307 Greenwood Ave N. 10-11:30 am. Free. Bring a news clipping if you wish.

WEDNESDAYS: Understanding Happiness
HomeStreet Bank, 7307 Greenwood Ave N. 10:30 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.

SATURDAYS/SUNDAYS: Seattle Folklore Society's Concerts on the Ridge
7 or 7:30 pm. PC Brick Building.
Tickets and schedule at brownpapertickets.com/profile/2149

CLASSES

**Th 11/21-Backyard Cottages:
New Code Changes**

7-9 pm. PC Blue Building.
\$15/PNA Member, \$20/Public

The rules regarding backyard cottages have recently changed. Join Bruce Parker from Microhouse and Stefan Hansmire from Hansmire Builders to learn what is possible under the new code and how to establish a realistic budget for your cottage.

Note: No CPR classes in November

NEWS & ANNOUNCEMENTS

The 'Power of Community' a success for senior programs.

Our Ninth Annual Power of Community Breakfast raised more than \$60,000 for senior programs. We are grateful for the time and generosity of our guests, donors, sponsors, volunteers, and ALL the supporters of the PNA.

Costume jewelry sale drive

It's not yet spring cleaning time, but why not cull your jewelry now to benefit the Greenwood Senior Center? Please separate necklaces in baggies to prevent tangling and drop at the senior center. The sale is Dec 5.

Giving trees go up November 21

Spread holiday cheer by giving to those who can't afford gifts this year. Look for trees with tags at the Phinney Center, Greenwood Senior Center, and several local business locations (stay tuned).

Ballard Preschool Co-op has openings in Infants & 3-5's classes:

Our co-op aims to provide a part-time structured cooperative program designed to encourage the social, emotional, physical, and mental development of young children. It is also intended to be a resource and nucleus of support for participating families. Contact the registrar at bpc.registrar@gmail.com.

Spanish Preschool Co-op Openings

PCPE has some openings and scholarships available for Pre-K and Baby Classes. PCPE provides a play-based learning environment, and a strong community of bi-lingual families. Families who speak Spanish at least part time at home are encouraged to apply. Visit: pcpeseattle.org or contact inscripciones@pcpeseattle.org.

**NOVEMBER 16
WINTER BEER TASTE
— BEERS —
STRANGER
A PNA ORIGINAL**

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