

CLOSED 2/17: The Phinney Center and Greenwood Senior Center will be closed Monday, February 17 for Presidents' Day

Events

FOR DETAILS & MORE EVENTS

Visit phinneycenter.org/events

Pick up *The Review* at the Phinney Center or Greenwood Senior Center or go online to phinneycenter.org/review.

FEBRUARY EVENTS

Sa 2/1–Open House for PCPE, Phinney Spanish-language Cooperative Preschool

10 am-1 pm. PC Blue Building, lower level. Free.

Does your child speak Spanish in the home? Check out PCPE, Seattle's only Spanish-language Cooperative Preschool, and a program of the PNA! We welcome bi-lingual families with children ages 0 to 6, who speak Spanish either full or part-time at home. PCPE provides a play-based learning environment, encouraging and supporting the whole child and his/her development process. We are a strong community of bilingual families, celebrating diverse Latino cultures. Attend the Open House to receive priority status on our waiting list. For more info visit pcpeseattle.org or contact us at inscripciones@pcpeseattle.org.

Th 2/6-2/9 – AARP Tax Help at GSC

9 am– 4 pm. GSC. Free.

Once you have compiled all the necessary paperwork to complete your return, call 206.297.0875 to schedule an appointment with the AARP volunteer tax preparers. While this service is free (such a bargain!), donations to the GSC are appreciated.

Th 2/6 – PNA Village Presentation and Q&A

1-2 pm. GSC. Free.

Have you heard about the Village Program but are still unsure if it's right for you? Join us for a fun and interactive Q&A to answer your questions about this great, well-established and growing program. For example, did you know the Village Program is now open to residents of all NW Seattle neighborhoods, from the ship canal to 145th and west of I-5? Did you know fees to join are on a sliding scale averaging just \$6-\$30/month? The Village is here to celebrate and support our elders and we'd love for you to join us in aging in community. Questions: 206.297.0875.

Sa 2/8 – PNPC Red Room Open House (Parent/Infant, Toddler, Two's, and Multi-Age Classes)

10 am-12 pm. PC Blue Building, Red Room (lower level). Free.

Interested in learning more about the Phinney Neighborhood Preschool Co-op (PNPC) and our Parent/Infant, Toddler, Two's, and Multi-Age classes? Please join us for our Red Room Open House. Teachers and current co-op families will be on hand to discuss the program and its play-based curriculum and explore our wonderful classrooms. Children are welcomed and encouraged to attend. For questions and to RSVP, please contact the PNPC registrar at pnpc.info@gmail.com.

W 2/12– Movie and Discussion: *The Farewell*

12:45 pm-2:25 pm (movie), 2:30-3:30pm (discussion). GSC. Free.

The Farewell is funny and poignant story, inspired by true events in the filmmaker's life, about one family's dramatic attempt to say goodbye to their matriarch, without telling her she is dying. Following the movie, Carin Mack will lead a discussion exploring the themes of family, cross-cultural differences, and how we process end of life issues. RSVP: 206.297.0875.

Th 2/13 – 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.

F 2/14 – I Love Seattle

1-2 pm. GSC. Free.

Seattle is a mess of contradictions. Depending on your point of view, it can be beautiful or gloomy, full of community or "frozen," exciting or crowded, vibrant or on its last legs. For many of us, both native and transplants, it's mostly just home; one we love...warts and all. Let's celebrate our city together. Bring your stories and artifacts! We'll toast to buildings and businesses that have left us, discuss new things that are coming, and write Valentines to our favorite landmarks. RSVP: 206.297.0875.

Sa 2/22 – Fall Book Exchange

11 am-2 pm. PC Blue Building. Free.

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

Tu 2/25 – 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? Help with rides, help in and around the home, and provide social interaction. To attend, contact us at 206.789.1217 or village@phinneycenter.org.

F 2/28 – PADS for Parkinson's: Training Dogs in Disease Detection

1-2 pm. GSC. Free.

PADs is the first program of its kind in North America to train dogs to detect Parkinson's Disease. Today, PADs has 14 star bio-detection dogs in the program, all with an accuracy (sensitivity rating) of 90% or greater in their ability to detect this debilitating disease. Program Director Lisa Holt will come talk about her ground-breaking organization, how the dogs are trained and helping scientists with their research, why early detection is so important, and how you can help. RSVP: 206.297.0875.

F 2/28 – Carnival Bingo

6:45-10 pm. GSC. \$10/PNA Member, \$17/Public + \$5 gambling fee. 21+

It's Carnival—a time for merrymaking and celebration! Wear colorful costumes, masks, and carnival attire. Play rollicking games of bingo (for cash prizes!), wow the crowd with your karaoke skills, and buy your friends a round of drinks and snacks. Regular tickets on sale at 8 pm on 2/3. Advance tickets on sale now: phinneycenter.org/bingo.

Sa 2/29 – 30th Annual PNA Wine Taste

7:30-10 pm. PC Blue Building. \$25/Members, \$30/Public. \$10/ Designated Driver

Sip, Savor and shop! Compare and enjoy northwest wines with friends and neighbors.

Includes ten tastes of wine and appetizers. Purchase your favorites and wines available only from the vineyards and wineries—an important fundraising part of this event that supports PNA programs! Thank you to our sponsor Ballard Market and to the wineries for donating their tasting wine. For tickets and wineries, visit phinneycenter.org/wine.

SAVE THE DATES

3/5 **STEM College Application Seminar**

3/8 **PNA's 40th Birthday Party Ice Cream Social**

F 3/13 **Art show opening: *Up and Coming* - youth artists**

Sa 3/21 **Phinney Neighborhood Preschool Co-op's Gently Used Gear Sale**

Sa 3/28 **Holi Festival of Colors**

Sa 4/25 **PNA Auction: *Don't Stop Believin'***

MONTHLY GROUPS & EVENTS

W 2/5–Fixers' Collective

5-7 pm. 1st Wednesdays. Greenwood Hardware. Free. BYO broken thing. phinneycenter.org/tools/fixers.

Su 2/9–Seattle Song Circle

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

F 2/14–PhinneyWood ArtUp Art Walk

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

F 2/28 –Sprouts & Seniors Playgroup

10-11 am. GSC. Free. 4th Fridays. All birth to preschool kids, caregivers, and older adults welcome!

For community meetings, visit phinneycenter.org/groups

WEEKLY GROUPS & EVENTS

MONDAYS: **The People's Think Tank:**

Dealing with today's political dilemmas. 10-11:30 am. Couth Buzzard, 8310 Greenwood Ave N.

Spanish Conversation I & II:

Advanced 6-7 pm, Intermediate 7-8 pm. PC Blue Building. \$25/mo. 1st night free! (No class 2/17)

TUESDAYS: **Conversation & News of the Day**

10:30 am-12 pm. HomeStreet Bank Community Room, 7307 Greenwood Ave N. Free. Bring a news clipping if you wish.

WEDNESDAYS: **Understanding Happiness**

10-11:30 am. HomeStreet Bank Community Room, 7307 Greenwood Ave N. Free. phinneycenter.org/understanding-happiness/

THURSDAYS: **Conversation & News**

of the Day. (2 groups) 9:30-10:30 am & 10:30-11:30 am. Couth Buzzard, 8310 Greenwood Ave N. Free.

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.

SATURDAYS: **Community Study Group with Cecile Andrews.**

10-11 am. Couth Buzzard. 8310 Greenwood Ave N. Free. phinneycenter.org/community-study-group/

Seattle Folklore Society Concerts

7 or 7:30 pm. (some Sundays) PC Brick Building. Tickets and schedule at brownpapertickets.com/profile/2149

PNA Newsletter

Volume 41, Issue 2, February 2020

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

VOLUNTEER OPPORTUNITIES

To sign up, email: leannec@phinneycenter.org

Wine Taste. Sat. 2/29. Help guests enjoy a fabulous night of great wine! Jobs include set-up, admissions, winery support, kitchen crew, and clean up. Volunteers get free admission! 21+

Ice cream fun. Sat. 3/8. Help us celebrate our 40th birthday! Set-up, scoop, clean-up, etc.

Neighborhood busybody. Help us dial into neighborhood goings-on and news for the PhinneyWood.com blog through online research and keeping your eyes open. Optimal for folks who are members of online neighborhood Facebook groups, Nextdoor, etc and who like keeping up with the community. A plus if you like writing!

BUSINESS MEMBER DIRECTORY

Support businesses that support our community! This month, if you need flowers, falafel, or a flamenco class, check out the PNA Business Member Directory at phinneycenter.org/directory.

TOOL & SEED LIBRARY HOURS

Wednesday: 3-6:30 pm

Friday: 5-7 pm

Saturday: 9 am-2 pm

Info & tool inventory: phinneycenter.org/tools

Location: PC Brick Building, Dayton Ave. entrance (6615 Dayton Ave N). 30 minute parking in the driveway next to the entrance. The Tool Library is a PNA Member benefit; donations are appreciated to keep it running!

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
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Seattle WA
Permit #12699

BOOK GROUPS

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

Tu 2/4 – GSC Book Discussion Group

12:30-2:30 pm. GSC. Free
Braiding Sweet Grass by Robin Wall Kimmerer

Tu 2/11 – 2nd Tuesday Book Club

7:30-8:30 pm. PC Blue Building. Free.
The Forgetting Time by Sharon Gustin

W 2/12 – PNA Book Club (2nd Wed)

7-8:30 pm. PC Blue Building. Free.
Conversation with Friends by Sally Rooney



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 2/4 – Disaster Skills: Stop the Bleed

6 pm- 7:30 pm. PC Blue Building. Free.

A bleeding person can die from blood loss within five minutes. In disasters and high casualty incidents, emergency services are often spread thin, and bystanders are usually there first. This training will equip you with the knowledge to save lives. Taught by Seattle Office of Emergency Management. Register: phinneycenter.org/calendar/stop-the-bleed-feb-20/

Th 2/6 – Earthquake Preparedness

7-8 pm. PC Blue Building. Free.

If the recent earthquakes have shaken you into action, this is the class for you. Learn the hazards that can impact Seattle, and how to

be prepared to deal with them. Includes how to develop a disaster plan, build a disaster supply kit, and organize with your neighbors. Also provides an overview of other Seattle Office of Emergency Management efforts including the SNAP program, Community Emergency Hubs, and the City's new alert and notification system. Space is limited; registration required: phinneycenter.org/calendar/earthquake-preparedness-feb/.

W 2/5 – Be Smart for Your Heart

1-2 pm. GSC. Free.

Learn about the types of heart disease and what numbers to watch, including cholesterol, blood pressure and blood sugar. Discover heart-healthy lifestyle approaches, including diet, identifying healthy foods from labels, physical activity and stress management. Presented by Christy Goff RDN, CD of the Living Well Alliance Team from Pacific Medical Centers. RSVP: 206.297.0875.

F 2/21 – Bullet Journaling for Beginners

1-2:30 pm. GSC. Free.

Bullet Journaling has been described as a mindfulness exercise disguised as an organizational system. It is designed to be a flexible system that can work as a task manager, sketchbook, journal, idea catcher, and much more! Come learn how to get started from an experienced "journaler" with practical tips and demonstrations. Bring a notebook to practice. RSVP: 206.297.0875.

Sa 2/22 – Community Cooking Class: Chili and Cornbread Lunch!

12-2 pm. GSC. \$15/Members, \$18/ Public.

Spend your afternoon cooking, learning, and sharing with friends and community with Seattle Cucina Cooking School. We will work together to cook up a large batch of winter chili and two sides: brown butter

cornbread served with honey butter and a side salad. Meat optional, vegan/vegetarian friendly. We can accommodate most dietary restrictions. Must Register: 206.297.0875.



Coffee & Chat with Dar'Nesha

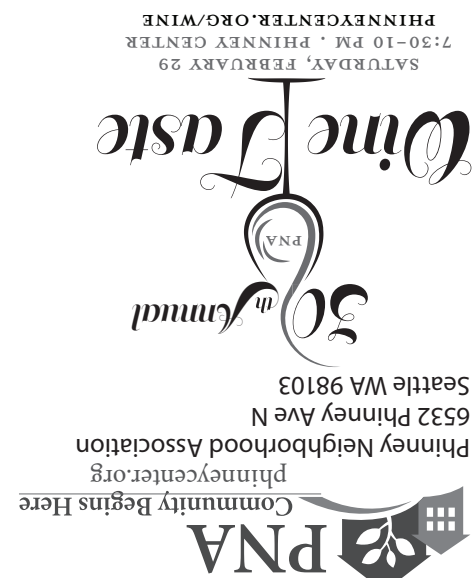
Next month, come meet our new Executive Director, Dar'Nesha Weary, over a cup of coffee at the Phinney Center. She's looking forward to getting to know you—our community members, hear about your experiences with the PNA, and explore ways to deepen our impact. Dates are: March 9, 7-8 pm; March 11, 7-8 pm; March 20, 7-8 pm; and March 24, 1-2 pm. All are welcome!

Ballard Preschool Co-op enrollment opens February 11

PNA's BPC preschool offers a part-time structured cooperative program for children from birth through pre-K. On-site sibling care is usually available for children not participating in class while their parent is working in the classroom for only \$8.50/hr. For information on the program, class hours, and tuition, go to phinneycenter.org/bpc. More info: email bpc.registrar@gmail.com.

Warm clothing drive at the Phinney Center

In partnership with Discovery Church, PNA is hosting a warm clothing drive through the end of February. By dropping off new/pre-packaged socks, new/pre-packaged gloves, new/pre-packaged winter hats or new/lightly used coats, you would join in serving our unhoused neighbors this winter.



Community Begins Here
PNA
Phinney Neighborhood Association
6532 Phinney Ave N
Seattle WA 98103
SATURDAY, FEBRUARY 29
7:30-10 PM . PHINNEY CENTER
PHINNEYCENTER.ORG/WINE