



Spring Classes

Class locations:

Greenwood Senior Center (GSC): 525 N 85th St 98103

Phinney Center (PC): 6532 Phinney Ave N 98103

To register: Call the number, email, or visit the website in the class listing. Pre-registration is required for all PNA classes unless otherwise noted. Classes will be canceled for low enrollment, so register early to make sure the class runs.

PNA Class Cancellations & Refunds: We refund tuition if we cancel a class, or if you cancel at least seven days before class. See cancellation policy at phinneycenter.org/refund-policy.

PLEASE NOTE: Many classes at PNA campuses are offered by individuals or organizations who rent space and are not affiliated with the PNA. This spring, this guide contains just the classes that are organized by the PNA.

ARTS & CRAFTS

Collage for Wellbeing:

What's Blooming?

Fri, Apr. 29, 9 am-12 pm

GSC. Free. Register: 206.297.0875

Access your own inherent wisdom and guidance. You will tap into your intuitive side, then create a mixed-media collage that reveals your inner wisdom. You will have the opportunity to journal about and share your creation with others. Collage is a powerful medium for self-expression that is accessible to all of us—no artistic experience needed!

BE PREPARED

CPR/First Aid/HIV Certification

Ken Norris

Sat, March 26, April 9, or May 14
9 am-12:30 pm. PC Blue Building

\$40 PNA Member, \$50 Public
Register: phinneycenter.org/classes
or call 206.783.2244

Can you provide first aid in emergencies, locate and take care of injuries, help a choking infant or child, and stop cardiac arrest? Learn infant, child, and adult CPR, HIV and bloodborne pathogens, and first aid, all with a focus on injury prevention and safety. Taught by Ken Norris, a 26-year veteran of the Seattle Fire Department who has taught CPR for 25 years. Modified to meet COVID-19 safety requirements (hands-on only, no mouth-to-mouth). Meets L/I WISHA-WAC safety standards. Certificates issued at the end of class.

DANCE

Line Dancing for All Levels

Mon, Ongoing, 11:15 am-12:15 pm
GSC, \$6 PNA Member, \$8 Public
Register: 206.297.0875

In this easy, upbeat class, you'll explore music from classic rock to Latin to contemporary with 32, 48 and 64 count routines. It's great for anyone who enjoys moving to music. Exercise never felt like such fun! Benefits include increased flexibility, brain enhancement, better balance, and stronger muscles. All levels welcome.

Zwiefacher Online: Tricky Rhythms and Movement

Pat McMonagle

Tue, Ongoing, 4-5 pm

Fri, Ongoing, 10-11 am

GSC Online, \$5 donation

Register: arielb@phinneycenter.org

A weekly course on unusual music rhythms. These will include tunes like Zwiefacher and Dajchovo where clapping along is about as challenging as dancing, and a great exercise for your brain. Pat will play whole tunes—long enough to dance to—and spend a few minutes reviewing some dances as well. People with limited mobility to expert dancers are invited to join.

FITNESS & WELLNESS

Easy Exercise

Gerry Joyce

Mon, Wed, Ongoing, 10-11 am

GSC & Online, \$1 suggested donation

Register: arielb@phinneycenter.org

Health benefits for all in this popular and low-key ongoing class. Gain strength and flexibility among friendly people. What a fun way to keep moving! All skill levels welcome.

Pilates for Core and Balance

Alethea Alexander

Tue, Ongoing, 2:15-3:15 pm

GSC, \$7 PNA Member, \$9 Public

Register: 206.297.0875

Just under an hour of strength and balance training for standing and in-motion stability. This is a Pilates-based approach to strengthening, stabilizing, and building proprioceptive awareness for the core and lower body. We will use chairs, bands, and balls as we move (provided by the GSC). Just bring your body!

Yoga for Osteoporosis and Osteoarthritis

Connie Fisher

Tue, Ongoing, 10:30-11:30 am

GSC & Online

Fri, Ongoing, 9:30-10:30 am. Online

\$5 PNA Member, \$6 Public

Register: arielb@phinneycenter.org

Yoga for your bones and joints! Come enjoy an hour of poses adapted to your needs and abilities. We practice standing, seated, and supine exercises. The class, taught by Certified Yoga Therapist Connie Fisher, ends in a relaxing meditation. All are welcome.

Yoga for All Levels

D'vorah Kost

Thu, Ongoing, 2:30-3:50 pm

GSC & Online

\$5 PNA Member, \$6 Public

Register: arielb@phinneycenter.org

Improve your posture, flexibility, and balance! This eclectic Viniyoga class incorporates modern dance, Pilates, Feldenkrais, and free-form movement. Improve flexibility, relaxation, and balance in standing, chair, kneeling, and lying down poses. Instructor has 35 years of movement education. Wear loose clothing; have a blanket and a water bottle.

Zumba Gold Toning

Penny Fuller

Mon, Wed, Fri, Ongoing 8:15-8:45 am,

GSC Online, \$2 per class

Register: arielb@phinneycenter.org

Tailored for active older adults who want to focus on muscle conditioning and light weight activity, Zumba Gold Toning blends low-intensity strength training with a fun party atmosphere. Sign on for just Toning, or stay for the aerobic Zumba Gold class immediately following. Dress comfortably and have water. Drop-ins and adults of all ages welcome.

Zumba Gold

Penny Fuller

Mon, Wed, Fri, Ongoing, 8:45-9:45 am

GSC Online, \$3 per class

Register: arielb@phinneycenter.org

Zumba Gold is a dance party that is designed to meet the needs of seniors and those new to working out. It has many health benefits, is easy to follow, and is low-impact. Wear comfortable clothes and shoes, have water handy, and be prepared to have fun. Drop-ins and adults of all ages welcome.

LANGUAGE

Spanish Conversation I & II

Ritha Espin de White

Mon, ongoing. Advanced: 6-7 pm,

Intermediate: 7-8 pm

PC Blue Building, Room 3. \$25/month

Register: 206.783.2244 or at the door

¿Usted habla Español? Need a place to practice? Join us on Monday evenings as we converse in Spanish. Facilitated by a native speaker. Not sure which group to join? Come to either group and try it out. First meeting is free!

COVID-19 Information

We know things are rapidly changing with COVID-19, and the safety of the community is our top priority. All in-person classes listed are subject to change, cancellation, or attendance requirements in accordance with current CDC, State, and County guidelines. Vaccinations, boosters, and masks are required for in-person, indoor classes. Visit phinneycenter.org/covid19 for updated information.

Beginning & Intermediate Spanish

Octavio Fernandez

Wed, Ongoing, 4:30-5:30 pm

GSC, By donation

This focused class is intended for beginning to intermediate Spanish students. Our facilitator creates an environment in which learners of all language ability levels can feel successful. Donations gladly accepted.

Advanced Spanish Language Class

Octavio Fernandez

Mon, Ongoing, 4:30-5:30 pm

GSC, By donation

This focused class is intended only for advanced Spanish students. Experienced facilitator. Donations gladly accepted.

Continuing French

Marilyn Severson

Thu, Ongoing, 10-11 am

GSC Online, Free

Register: arielb@phinneycenter.org

The focus of the class will be on speaking French, while learning about French culture and literature. The atmosphere is relaxed, with the students contributing as they feel comfortable. Instructor welcomes all ages and backgrounds in French studies.

Practice English: Talk Time

Mon, Ongoing, 10:30 am-12 pm

GSC, Free

Register: arielb@phinneycenter.org

This group is for new English speakers to practice English in an informal and friendly group. Meet other people who are learning English and practice conversation. All ages and people from all over the world are invited.

WRITING

Writing Class

Ariele Huff

Thu, Mar 10-May 26, 3-4 pm.

Online. \$39 for the quarter

Register: ariel@phinneycenter.org

This ongoing group shares writing of all kinds: life stories, poems, nonfiction and fiction. Instructor Ariele Huff is a writer, editor and writing teacher who has thousands of published articles and columns as well as 31 books. She edits books and marketing materials for clients and has taught on a wide variety of writing issues and genres, as well as some classes not related to writing.