



Winter 2012

# Class Schedule

## Class Registration & Information

Class fees vary and are listed in each section or class description. Pre-registration is required for all PNA-sponsored classes unless noted otherwise.

**PNA Class Cancellations & Refunds:** We refund tuition in full if we cancel a class, or if you cancel your registration at least seven days before class.

**Classes:** In addition to PNA-sponsored classes, a variety of community organizations and individual instructors rent space at the Phinney Neighborhood Center and the Greenwood Senior Center offering a large variety of classes. Registration for community classes is done through the sponsoring organization or individual instructor.

**Greenwood Senior Center (GSC)** 525 N. 85th St. Seattle, WA 98103.

**Phinney Neighborhood Center (PNC)** 6532 Phinney Ave. N. Seattle, WA 98103.



Arts

### Art Journals For Busy People

Tina Koyama

Sat, Mar 31, 10am-4:30pm

Room 3, PNA Blue Building

\$55 PNA member, \$65 Public

To register call 206.783.2244

Keeping a written and visual journal of one's life is an enriching practice of self-expression. Learn to use a variety of media to create a journal-keeping practice that you can maintain for less than 30 minutes a day. Use fun mark-making techniques while developing a habit of keeping a journal that will be a joy to view and learn from. Students bring their own art supplies (list provided upon registration). Please bring a sack lunch.

### Valentine Card Making

Thu, Feb 2, 1-3pm

GSC, \$5 PNA member, \$7 Public

To register call 206.297.0875

www.greenwoodseniorcenter.org

Make beautiful Valentine greeting cards this winter with friendly people! Materials and samples are included in this crafty workshop. Veteran card makers will help show you the ropes if you need assistance with stamping, embossing, cutouts and a variety of other unique card making techniques. No prior experience needed. Registration required.



### Create Compelling Videos

Greg Tuke, International Trainer

Ages 14-adult

Thu, Feb 23-Mar 29, 7-9pm, No class Mar 8

Room 6, PNA Blue Building

5 sessions, includes free software

\$295, Video software: Adobe Elements 9

Bring laptop

To register: [www.tukeinternationalconsulting.com/workshops.html](http://www.tukeinternationalconsulting.com/workshops.html)

Tell stories through the power of short, digital movies you create. Learn photography, videography, storytelling and technical/software skills from someone who has taught these skills worldwide. Showcase a great cause, organization or business venture. Learn how to give new voice to family memories. Learn to turn your stories into powerful, authentic videos and share with family, friends, the world!

### Creativity Jetpack for Painters

Susan Pullen

Wed, Feb 1, 6:45-8:45pm

Room 3, PNA Blue Building

\$15 PNA member, \$20 Public

To register call 206.818.4680

www.susanpullen.com

Want to boost your creativity? In this two-hour class we'll talk about common blocks to painting like procrastination, perfectionism, fears, comparison, or feeling overwhelmed-and how to avoid them. You will get practical tools for boosting your imagination. Learn how to put yourself in the creative flow of new ideas more easily. You'll leave feeling inspired and energized. Instructor Susan Pullen is a certified Kaizen-Muse Creativity Coach, life coach and artist.

### Jewelry Making Workshop

1<sup>st</sup> & 3<sup>rd</sup> Tue, Jan 3 & 17, Feb 7 & 14,

and/or Mar 6 & 20, 1-3pm

GSC, \$5 class fee & \$10 supply fee

To register call 206.297.0875

www.greenwoodseniorcenter.org

Get creative in this fun workshop where you will learn to create your own beautiful jewelry. Bead a necklace, make eyeglass chains, bracelets or whatever you'd like to create. Use gems, glass beads, shells and metal materials. No experience necessary. All supplies are provided.

### Original Theater Class

Roberta Maguire

Tue, Mar 6-27, 2:30-4:30pm

GSC, \$40 PNA member, \$48 Public

To register call 206.297.0875

www.greenwoodseniorcenter.org

In this four-week class, we'll create original theater through games, improv, narrated stories and supportive ensemble work. We'll begin getting to know each other with warm-ups and exercises to jump-start our memory and creative mind. Next, we'll produce theater scenes together, ranging from serious to comic, in a safe and fun atmosphere. Beginners welcome. Minimum of four participants.

### Watercolor & Drawing

Susan Schneider

Wed, Jan 11-Mar 28, 10am-noon

GSC, \$10 PNA member, \$12 Public

To register call 206.297.0875

www.greenwoodseniorcenter.org

In this two-hour drop-in class, students of all skill levels can participate. Watercolor students learn about materials, composition, light and shade. Colored pencil or acrylic students paint still life. Bring art supplies. Newsprint and charcoal provided. Contact Susan, a professional artist and teacher in Seattle, at [susanbatik@yahoo.com](mailto:susanbatik@yahoo.com). Minimum of three participants. Registration required. No class Jan 4 or Feb 29.

### Watercolor For Beginners

Charlene Collins Freeman, NWWWS

Tue, Mar 6-27, 6:30-8:30pm

Room 3, PNA Blue Building

\$75 PNA member, \$85 Public

To register call 206.783.2244

Learn the magic of watercolor! See like an artist, develop basic skills, enjoy the process! You'll be amazed at how quickly you'll progress. Charlene's work has been in many local and international exhibits, awarded Best of Show in national competitions and is a signature member of the Northwest Watercolor Society. Students bring their own art supplies (list provided upon registration).

### Watercolor Painting

Glen Oberg

Wed, Ongoing, 1-4pm

GSC, \$15 PNA member, \$18 Public

For information call 206.297.0875

www.greenwoodseniorcenter.org

Join a great group and learn to paint. Some experience is necessary. Bring your own supplies. Fee due for each class.



Be Prepared

### CPR/First Aid/HIV Certification

Ken Norris, Retired Seattle Firefighter

Sat, Jan 14, Feb 25, Mar 17, 9am-1pm

Room 6, PNA Blue Building

\$30 PNA member, \$35 Public

To register call 206.783.2244

Learn to provide first aid in emergencies, locate and take care of injuries, help a choking infant or child and stop cardiac arrest. Learn first aid, infant, child and adult CPR, HIV and blood-borne pathogens, focusing on injury prevention and safety. L&I WISHA-WAC general safety standards: certificates issued upon completion of class.

### Infant/Child CPR

Ken Norris, Retired Seattle Firefighter

Fri, Jan 13, Feb 24, Mar 16, 7-8:30pm

Room 6, PNA Blue Building

\$10 PNA member, \$15 Public

To register call 206.783.2244

Would you be able to help a choking infant or child? Enroll in this 1.5-hour class which focuses on injury prevention and safety. Ken Norris is a 26-year veteran of the Seattle Fire Department and has taught CPR for 15 years.



Birding

### Beginning Birding

Jack Stephens & Barry Levine, Master Birder

Lectures: Wed, Feb 1 & 8, 7-9pm

Field trips: Sat, Feb 4 or 11

Room 6, PNA Blue Building

\$55 Seattle Audubon member

\$70 non member

To register call 206.523.4483

Learn about birds and birding through a fun-filled and innovative approach to enjoying one of the world's favorite hobbies. Participants will need to sign up for one of the two field trips at the first session. An optional session on birding optics will be held on the 8th from 6:30-7pm. Class size limit 22, 11 per field trip.



Computer

### Apple Laptop Mentoring

Quin Jackins

Call for dates & times

GSC, \$5 PNA member, \$7.50 Public

To register call 206.297.0875

Got a Mac laptop and want some help figuring out how to use it? Get help with your specific questions or learn about some of the features and applications on your Mac. Schedule an hour-long appointment for one-on-one help. Participants must bring a Mac laptop and appropriate power cord.

### Facebook 101

Julie Nathon

Wed, Feb 1 & 8, 6:30-8pm

GSC, \$15 PNA member, \$20 Public

To register call 206.297.0875

www.greenwoodseniorcenter.org

Want to join Facebook, but concerned about privacy? Already have an account but feel frustrated by its many features? Learn about the Wall, manage your Friends list and adjust privacy settings so you can have fun and feel comfortable using this tool to connect with friends and family. Please register for a Facebook account before coming to class.

### How To Search The Internet

Erika Anderson

Tue, Jan 17, 6-8pm

GSC, \$10 PNA member, \$15 Public

To register call 206.297.0875

www.greenwoodseniorcenter.org

Yahoo!, Google, Bing... where should you begin? This class starts with the very basics—the best ways to search the internet. You'll learn how to optimize your searches to get the information that you want quickly and accurately.

### Online Shopping:

#### How To Keep Yourself Safe

Erika Anderson

Tue, Feb 7, 6-8pm

GSC, \$10 PNA member, \$15 Public

To register call 206.297.0875

www.greenwoodseniorcenter.org

Are you interested in online shopping, but don't know where to begin? Demystify Ebay, Paypal, Craigslist and more. This new class starts with the best and safest ways to shop online. Get your questions answered in this fun, informative class.



Cooking

### Eating Healthy On A Budget

Brianna Moulton, Holistic Health Coach

Wed, Jan 11, 3:30-4:30pm

GSC, Free

To register call 206.297.0875

www.briannamoulton.com

Learn tricks for eating healthy, fresh food on a budget. We will discuss where and how to shop for healthy, affordable foods. Come ready to sample tasty snacks and leave with recipes to make them yourself at home! This free kick-off event is the beginning of our upcoming cooking series.

## Cooking For 1-2 People

Brianna Moulton, Holistic Health Coach

Wed, Mar 7, 2:30-4:30pm

GSC, \$10 PNA member, \$12 Public

To register call 206.297.0875

[www.briannamoulton.com](http://www.briannamoulton.com)

Are you tired of spending hours cooking for yourself? Do you end up throwing away fresh fruits and vegetables because you can't eat them fast enough? If so, join us to learn helpful tricks for shopping and cooking for 1-2 people. We will cover how to cook once and eat three different meals and how to measure portion sizes.

## Low Sodium:

### Warm Winter Foods

Brianna Moulton, Holistic Health Coach

Wed, Feb 15, 2:30-4:30pm

GSC, \$10 PNA member, \$12 Public

To register call 206.297.0875

[www.briannamoulton.com](http://www.briannamoulton.com)

Do low sodium diets make you think of tasteless, boring food? Have you been told to cut salt out of your diet? Join us this winter as we prepare delicious, flavorful warm winter foods that are low-sodium and easy to make. Come learn tricks to eating and making delicious, flavorful food that is NOT loaded with sodium.

## Weight Management: Finding A Healthy Weight For You

Brianna Moulton, Holistic Health Coach

Wed, Jan 25, 2:30-4:30pm

GSC, \$10 PNA member, \$12 Public

To register call 206.297.0875

[www.briannamoulton.com](http://www.briannamoulton.com)

Struggle with losing weight or putting it on? This class will give you the foundation for achieving your ideal weight through simple, easy steps. Learn new ways of cooking and eating while discovering small lifestyle changes that can help you find the balance you desire.

## Cultural Engagement



### PNA Cultural Engagement

#### Film Series:

#### *Put This On The Map*

Wed, Feb 1, 7-9pm

Community Hall, PNA Brick Building, Free

Join us for a dialogue about gender and sexuality. We'll be screening this award-winning local film featuring the voices of 26 queer youth. Hear a spectrum of experiences and take part in the conversation. The filmmakers and several advocacy organizations will be in attendance, including the Safe Schools Coalition.

## Dance



### Beginning Tap Dance C

Paulette DeRooy

Ages 12-adult

Tue, Jan 10-Feb 25, 6-7pm

Room 31, PNA Brick Building

\$95/8 wk session, Drop-in \$15

Register thru NSCC Continuing Education

[www.learnatnorth.org](http://www.learnatnorth.org)

or 206.527.3705

Get your tap groove on! Tap dancing builds and maintains total mental-body coordination, control and rhythmic development. Begin or continue to develop your tap dancing technique in Beginning Tap Dance, during which you will learn a variation of the classic Shim Sham Shimmy and a part of a Buster Brown routine. Improvisation practice too! Instructor: 206-380-1795 or ptdapdancer@yahoo.com.

### Bellydance For Every Woman

Shay Moore

Thu, 7-8pm, Ongoing

Room 7, PNA Blue Building

\$60/6 week session

To register visit [www.deeprootsdance.com](http://www.deeprootsdance.com)

This is not your typical way to stay in shape! You'll be dancing from your first class. Shay mixes equal parts strength and skill training with fun and a sense of playfulness. Women of all ages, sizes and fitness levels welcome. Try your first class for Free! Classes run in six-week sessions. See website for details and dates.

### Cha Cha, Salsa, Tango

Ron Bolin, The Dancin' DJ

Wed, Feb 22-Mar 21, 8:30-9:45pm

Room 7, PNA Blue Building

\$60/5 weeks

For information call 425-917-1188

or email [Ron@SeattleDanceInfo.com](mailto:Ron@SeattleDanceInfo.com)

Learn three popular Latin dances! We'll cover basics and popular variations of playful Cha Cha, hot Salsa, and dramatic Tango. Fun for singles and couples, all ages. Last 15 minutes is group practice. \$10 discount per level on each class (\$20 off total) if taken concurrently with 7:10pm Level 2 West Coast Swing. Make it an evening! Register at [www.SeattleDanceInfo.com](http://www.SeattleDanceInfo.com).

### Chair Ballet Class

Lauri Amidon

Wed, Feb 15-Mar 21, 2-3pm

GSC, \$60/series, \$10/class

For information call 206.297.0875

[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

This accessible class is a graceful and feminine workout for those who are dancers and ballerinas at heart. Listen to classical ballet music while learning ballet vocabulary and technique. By the end of the series, you will feel like a true ballerina! Instructor trained professionally in New York and London. No drop-ins for this six-class series. Eight participant minimum.

### Chair Ballet Workshop

Lauri Amidon

Wed, Jan 25, 2-3pm

GSC, Free

For information call 206.297.0875

[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Have you always wanted to be a ballerina, but you're not sure where to begin? Did you do ballet as a child and do you miss it? In this complimentary workshop we'll tap into this graceful and feminine workout doing accessible ballet. Instructor is trained professionally in New York and London. Workshop will be followed by a six-week class.

### Irish Step Dancing

Carin Nash, American Dance Institute

Pre-Irish, Ages 4-6 yrs, Sat 10-10:45am

Room 1, PNA Blue Building

\$15/class, call for session dates

To register call 206.783.0755

[www.AmericanDanceInstitute.com](http://www.AmericanDanceInstitute.com)

A fun energetic introduction to the basic steps in reels and jigs. This traditional Irish dance form will include both solo and ceili dances. Classes for additional ages and levels are available at our 80<sup>th</sup> and Greenwood studio.

### Line Dance: All Levels

MaryLee Lykes

Tue, Ongoing, 1-2pm

Thu, Ongoing, 11am-noon

GSC, \$6 PNA member, \$8 Public

For information call 206.297.0875

[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

In this easy, fun class, you'll learn many line dances to music like swing, rock and roll, waltz, zydeco and western. It's great for everyone who loves to move to music. Exercise never felt like such fun! Benefits include increased flexibility, better balance, stronger muscles and improved body awareness. Different dances explored each month.

### Line Dance Class: Beginners

MaryLee Lykes

Tue, Ongoing, 12:30-1pm

GSC, \$3 PNA member, \$4 Public

For information call 206.297.0875

[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

In this easy, fun class, you'll learn some beginning line dancing moves. It's great for everyone who loves to move to music. Exercise never felt like such fun! Benefits include increased flexibility, brain enhancement, better balance, stronger muscles and improved body awareness. This class is to learn the basics. Stick around after class for the all levels dance class.

### Nurturing Pathways®

#### Creative Dance

Ages 3 mos-5 yrs

Wed, Thu, Fri, Sat, Jan 11-Mar 17

Room 7, PNA Blue Building

Baby, Waddler \$188, Toddler \$196

Grad Class \$198, 10 weeks

To register call 425.280.3805

[info@nurturingpathways.com](mailto:info@nurturingpathways.com)

[www.nurturingpathways.com](http://www.nurturingpathways.com)

Find good growing for your child in Nurturing Pathways® creative dance classes. Classes for babies, waddlers, toddlers or 3-4 year olds without parent combines the best of movement and music together for bonding and playing. Have fun with sensory props, develop motor skills, play musical instruments and enjoy obstacle courses. Parent materials include CDs, child development booklets, weekly Brain Bites™ and Parent Handouts.

### Polynesian Hula Dance

Kathy DeAguiar, American Dance Institute

Ages 5-12 yrs

Beginning, Thu, 4-5pm

Intermediate, Thu, 5-6pm

Room 31, PNA Brick Building

\$15/class, call for session dates

To register call 206.783.0755

[www.AmericanDanceInstitute.com](http://www.AmericanDanceInstitute.com)

Learn the basic steps of the beautiful Hawaiian Hulas as well as some Tahitian Dance and Maori Dance (from New Zealand). You will also learn about the Hawaiian Islands and their individuality as well as elements of the rich Hawaiian culture and beautiful spoken language. Some work with basic rhythm instruments native to the Polynesian Islands will also be included.

### Waltz, Rumba, Nightclub Two-Step

Ron Bolin, The Dancin' DJ

Wed, Jan 18-Feb 15, 8:30-9:45pm

Room 7, PNA Blue Building

\$60/5 weeks

For information call 425-917-1188

or email [Ron@SeattleDanceInfo.com](mailto:Ron@SeattleDanceInfo.com)

Learn three romantic dances! We'll cover the basics and popular variations of classic Waltz, passionate Rumba, and modern Nightclub Two-Step. Fun for singles and couples, all ages. Last 15 minutes is group practice. \$10 discount per level on each class (\$20 off total) if taken concurrently with 7:10pm Level 1 West Coast Swing. Make it an evening! Register at [www.SeattleDanceInfo.com](http://www.SeattleDanceInfo.com)

### West Coast Swing

Ron Bolin, The Dancin' DJ

Level 1, Wed, Jan 18-Feb 15, 7:10-8:25pm

Level 2, Wed, Feb 22-Mar 21, 7:10-8:25pm

Room 7, PNA Blue Building

\$60/5 weeks

For information call 425-917-1188 or email

[Ron@SeattleDanceInfo.com](mailto:Ron@SeattleDanceInfo.com)

Learn the modern style of swing! Dance to various music genres including Rock/Pop/Top 40, Funk, Blues... even Country. Fun for singles and couples of all ages. Last 15 minutes is group practice. \$10 discount per level on each class (\$20 off total) if taken concurrently with 8:30pm class (Waltz, Rumba, Nightclub Two-step or Cha Cha, Salsa, Tango). Register at [www.SeattleDanceInfo.com](http://www.SeattleDanceInfo.com).

## Fitness



### Bellydancercise

Zaphara Delmarter

Beg: Tue, Jan 17-Mar 6, 7-8 pm

Int/Adv: Tue, Jan 17-Mar 6, 7:45-8:45 pm

Room 2, PNA Blue Building

\$98, 8 weeks

To register call 206.632.2416

[www.bellydancingbyzaphara.com](http://www.bellydancingbyzaphara.com)

Total body conditioning! Superior core workout! Strengthens and coordinates muscle groups in the trunk, spine and arms. Helps prevent and alleviate lower back problems. Improves posture and flexibility. Creative and empowering! FUN! Instruction includes basic conditioning exercises, tummy undulations, finger cymbals and Egyptian hip and arm movements. Zaphara performs at Yanni's Greek Restaurant.

### Exercise

Gerry Joyce

Mon, Wed, Fri, 10-11am Ongoing

GSC, \$1 suggested donation

For information call 206.297.0875

[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Health benefits for all. Socialize while you get in shape, and you'll have the strength and flexibility to enjoy your independence. All skill levels welcome.

### Fresh Air Fitness

Outdoor/Indoor Boot Camp

Ivonne DePauli & Sherry Jaqua

Tue, Thu, Jan 2-Feb 16, 6-7am

1 class/week \$99

2 classes/week \$169

To register call 206.293.7379 or

[www.seattlefreshairfitness.com](http://www.seattlefreshairfitness.com)

Get started on those resolutions! Our group workouts support every fitness level and help you in achieving your fitness goals. Every workout includes cardio conditioning drills, strength training, agility and balance activities. Meets at PNA lower parking lot (indoors if raining). New clients may join mid-session. Classes are ongoing. First class is free!

### Zumba

Ivonne DePauli

Mon & Wed, 7-8 pm, Ongoing

Wed & Fri, 9-10 am, Ongoing

PNA Blue Building

\$85/10 Punchcard, \$10 Drop-in

[ivonnezumba@gmail.com](mailto:ivonnezumba@gmail.com)

206.293.7379

Get started on those New Year's Resolutions with a Zumba workout! Join the party! Zumba® is a Latin music inspired, easy to follow, calorie burning, dance fitness-party. So much fun you won't realize you are working out! No previous dance experience required. Wear workout shoes. Come check it out!

## Happiness



### True Happiness Workshop

Jean Katayama

Tue, Jan 31, 2:30-4:30pm

GSC, Free

To register call 206.297.0875

[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

"Winter Blues" got you down? Join us for this free introductory workshop where you'll have the opportunity to dip into an inquiry process and try out some of the types of experiential exercises we will use in the upcoming True Happiness Course, based on the book *Be Happy* by Robert Holden, Ph.D. Join us for this fun, uplifting workshop.

## True Happiness I

Jean Katayama  
Tue, Feb 14-Mar 13, 2:30-4:30pm  
GSC, \$10/class PNA member,  
\$12/class Public  
To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

This experiential five-week course is based on Robert Holden's book *Be Happy*. Holden teaches that happiness is our true nature, not a reward that can be pursued, achieved, purchased or possessed. What makes you happy, and why? Learn how to stop blocking your happiness and express more natural joy. Minimum of six participants must sign up for full course.

## True Happiness II

Jean Katayama  
Tue, Mar 20-Apr 17, 2:30-4:30pm  
GSC, \$10/class PNA member,  
\$12/class Public  
To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

A five-week continuation of our in-depth experiential exploration into the nature of happiness based on Robert Holden's book *Be Happy*. Take happiness to the next level through kindness, gratitude, giving and receiving, and experience more happiness in your family and relationships. Prerequisite: True Happiness I. Minimum of six participants must sign up for full course.



## Backyard Cottages & Stay-At-Home Strategies For Seniors

Microhouse, Ncompass Cottage Company, Husky Senior Care  
Wed, Feb 29, 7-9pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Backyard cottages provide opportunities for seniors and their families. Learn more about stay-at-home strategies for seniors including design, construction and use of backyard cottages. Bring your ideas. There will be a question and answer time.

## Building Codes & The Permit Process

Tom Kayser  
Mon, Feb 6, 7-9pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Don't miss this class with architect Tom Kayser who will help you understand how to use the codes to your advantage, expediting the permit process and making your home improvements beautiful, safe and legal.



## Cheap & Simple Ways To Save Money & Energy In Your Home

Mike Vacirca, Lastingnest Inc.  
Thur, Feb 9, 7-9pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

The average American home has so many air leaks that a basketball could fit through the cumulative hole! There are many ways to cheaply and easily improve your home's energy efficiency while reducing energy consumption, saving money and dumping less carbon into the atmosphere. Mike will go over the why and how of some of the most effective ways to do this.

## Earthquake Home Retrofit

Roger Faris, Tom Hall & Tony Holder  
Wed, Mar 7, 7-9pm  
Community Hall, PNA Brick Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Learn to evaluate your home for possible structural improvements. We'll cover the City of Seattle's Project Impact plans and discuss the permitting, tools, materials and implementation of a seismic retrofit. Find out whether to tackle the project yourself or hire a trained contractor. All levels of experience welcome. Free handouts from the Dept. of Planning & Development and Seattle's Office of Emergency Management include a complete set of plans and detailed drawings.

## How Heat Pumps Work

Al Namazi, Energy Technologies  
Tue, Feb 7, 7-9pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Discover the benefits of heat pumps for saving energy. Heat pumps provide either heating or cooling, depending upon whether the environment is cooler or warmer than the interior space. Heat pumps use less input from commercial-energy sources than conventional furnaces. We will describe how different systems work, including a heat pump demonstration. Learn how heat pumps can solve your home's needs.

## How To Partner With Your Contractor

Kurt Harjo, Harjo Construction  
Wed, Feb 22, 7-9pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Learn to work with your contractor and architect to achieve success. We'll cover putting together your design ideas from floor plans to finishes; living in your house during a remodel; deal-making and negotiating; risks associated with internet and discount shopping; labor you can reasonably contribute to the project (including budgeting your time) and tasks homeowners should never take on.

## Choosing & Combining Great Colors In Your Home

Rebecca West, Rivalee Design  
Mon, Feb 6, 7-9pm  
Room 5, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

It can feel impossible to choose the right color from the hundreds of swatches in a paint display! Learn from a professional color consultant what to consider when choosing a paint color, how to choose a paint color that you'll love for years to come, and how to coordinate it to other materials like flooring and counters.

## Keeping Basements and Crawl Spaces Dry

Steve Bodine, Bodine Construction  
Sat, Feb 11, 10am-12noon  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

No one wants water in their basement! Learn how to address and prevent water infiltration into your basement and crawl spaces. For over 30 years, Steve has been solving difficult drainage problems for Seattle homeowners. Bring your questions and get started on finding a solution.

## Working With An Architect

Christoph Kruger, Architect  
Tue, Mar 6, 7-9pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Considering a remodel? Learn what a design professional can bring to your project. Learn to select and work with an architect, including the steps of the design process and expected costs. This class will give you the tools and strategies to work harmoniously with a professional to achieve the goal of a successful home improvement project. Time provided for discussing your specific project ideas.



## ¡Aventuras! Spanish Class For Learners Of All Levels

Wed, 10am-noon, Ongoing  
GSC, Donation, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Spanish language learners of all ability levels are welcome. Our facilitator creates an environment in which learners of all language ability levels can feel successful. Participants are invited to join this special group where learning happens through both actively engaging and simply being immersed in the language.

## Chinese for Children

Sat, Jan 7-Mar 3  
9:15-10am (Ages 2-4 yrs)  
10:10-11:10am (Ages 5+ yrs)  
Red Room, PNA Blue Building  
\$130 + \$30 materials & registration fee  
To register call 206.795.6644

Take advantage of your child's prime time for acquisition of natural pronunciation for this important tonal language. Taught by the Director of Panda Institute and a native Mandarin speaker. Small, active classes utilize songs, plays, stories, arts and crafts and dance to allow for maximum fun and immersion. More information at [www.pandainstitute.com](http://www.pandainstitute.com).

## Practique Inglés: Talk Time

Los lunes, 10:30am al mediodía  
GSC, Gratis  
Para inscribirse, al 206.297.0875  
(se habla inglés) o venga [www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Este grupo se reúne para usar el inglés y conectar con comunidad en un ambiente positivo y relajado. Todos son bienvenidos. Este grupo se reúne todos los lunes. Venga cuando pueda.

## Polly-Glots Language Classes For Kids: Mandarin, Spanish, French & Japanese

Ages 1-7 yrs  
Mon, Tue, Wed & Sat, Dec 5-Feb 25  
Room 2, PNA Blue Building  
\$239, 10 weeks, includes materials  
For questions call 206.861.9698  
View full schedule & register online  
[www.polly-glots.com](http://www.polly-glots.com)

Did you know foreign language ability makes your children smarter? Give your child the gift of language. Learn basic, practical and themed language in our parent/child immersion classes that are filled with play, BrainDance, games, crafts, music and more. Instructors are native-level speakers. Learning guaranteed!

## Special Talk Time

Tue, Feb 21, 10:30am-noon  
Greenwood Public Library  
8016 Greenwood Ave N  
Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Join us for this special Talk Time held at the Greenwood Library instead of the GSC. Practice English and connect with community in a safe, relaxed environment. All are welcome. This is a drop-in group usually held at GSC. After the group, feel free to browse the library and learn more about this wonderful community resource.

## Talk Time

Mon, 10:30am-noon, Ongoing  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Join this conversation group for English language learners. This is a safe and relaxed environment where participants can practice English and connect with the community. All are welcome. This is a drop-in group, so come when you can.

## Spanish Conversation I & II

Ritha Espin de White  
Adv: Mon, 6-7pm, Ongoing  
Int: Mon, 7-8pm, Ongoing  
Teacher's Lounge, PNA Blue Building  
\$20/month  
To register call 206.783.2244

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



## Qigong/Tai Chi Workshop

Dennis Sharp  
Thu, 7-9pm, Ongoing  
Room 5, PNA Blue Building  
\$50/6 sessions, \$10/drop-in  
To register call 425.775.9609  
[drsharp63@frontier.com](mailto:drsharp63@frontier.com)  
[www.sharptrainingsystems.com](http://www.sharptrainingsystems.com)

Experience the benefits and peace of mind of Qigong and Tai Chi practice. The gentle meditation and slow movement exercises of Qigong supplement the more dynamic Yang Style Tai Chi. Suitable for most age groups. Beginners welcome.

## Samurai Martial Arts

Garron Billick, Certified Nami Ryu Instructor  
Mon, 7-8pm, Ongoing  
Room 36, PNA Brick Building  
\$75/month  
To register call 206.450.8780 or, [garron.billick@gmail.com](mailto:garron.billick@gmail.com)

The Samurai derived their strategy and principles from the study of the sword. This art, kenjutsu, formed the core of their training and taught them the subtle and effective techniques of their aiki jujutsu. Through the study of this ancient art you will strengthen your personal discipline, build confidence and learn how to apply martial skills in the modern world.

## Seattle Martial Arts

Aaron Logue & Aaron Kahn  
Adults & children ages 8 & up  
TaeKwon Do, Mon, Wed 5-6pm  
HwaRang Do, Mon, Wed 6-7pm  
Room 32, PNA Brick Building  
\$65/month  
Register at class or at  
[www.seattlemartialarts.com](http://www.seattlemartialarts.com)

Two different styles of comprehensive traditional Korean martial arts. Emphasis on fitness, fun, practical martial arts and self-defense. Visit our website for more information. Free trial class. Beginners welcome.

**SAVE THIS DATE: may 19th, 9 am-3 pm  
Greenwood Garage Sale Day**

## Sustaining Vitality Qigong

Dennis Sharp  
Tue, 7-9pm, Ongoing  
Room 5, PNA Blue Building  
\$50/6 sessions, \$10 drop in  
For information call 425.775.9609  
drsharp63@frontier.com  
www.sharptrainingsystems.com

Learn methods of maintaining and nurturing health and well-being. Qigong is based on the principles of understanding and balancing natural energy (Qi). This series of meditations and exercises is easy to perform for people of most age groups and abilities.

## Tai Chi Chuan

Frank Deering  
Beg. Form: Wed, Jan 4-Mar 14, 6-7pm  
Room 7, PNA Blue Building  
\$70/10 weeks  
To register call 206.783.1580

Learn the art of meditation through movement, Tai Chi Chuan. In Tai Chi, we use a series of slow relaxed movements to improve posture, balance, health and a sense of well-being. What you learn in the class will help bring about a reduction in the level of stress in your daily life.

## Meditation



### Meditation: The Ultimate Brain Workout

Wed, Feb 8, 1:30-3pm  
GSC, Free  
To register call 206.297.0875  
www.greenwoodseniorcenter.org

Are you curious about meditation and what it can do for you? Join our expert panel to explore the physical, cognitive and emotional benefits of meditation. Special guest presenters include Jane Tornatore, PhD, Gen Khedrub, Kadampa Meditation Center, and Christine Prenovitz, MSW. This is a special one-time workshop facilitated by Carin Mack that you won't want to miss.

### Meditation In Everyday Life

Chris Prenovitz, MSW  
A Senior Center Without Walls Class  
Fri, Jan 13-Feb 17, 10:30-11:30am  
Standing Stone Healing & Arts  
943 N 89<sup>th</sup> St  
By donation  
To register call 206.297.0875  
www.heartofrelaxation.com

Mindfulness is being present to what is happening with wise, non-judgmental attention. Learn practical and useful ways to relax the mind and body and integrate mindful practices into your life. Chris is a dharma leader with Seattle Insight Meditation and a stress management consultant.

## Movement



### Essential Tai Chi & Qigong For Active Adults

Karin Collins  
Tue & Thu, 9-10am, Ongoing  
GSC, \$100/10 week session  
To register call 206.898.5048  
www.greenwoodseniorcenter.org

Join us! Regular practice improves strength, balance, flexibility and confidence. You will learn body alignment and structure principles to feel more stable, breathing techniques to increase your lung capacity and tricks to feel more graceful in movement. This is a fun, engaging class with a great sense of community. Karin has taught this class for over eight years.

## Feldenkrais®: Awareness Through Movement

LeeAnn Starovasnik, GCFP  
Thu, 1-2pm, Ongoing  
GSC, Pre-paid: \$20/4 wks or \$25/5 wks,  
Drop-in: \$7/class  
To register call 206.297.0875  
www.greenwoodseniorcenter.org

Discover this fun and easy movement method that improves your sense of balance and overall well-being. Customized classes will engage your brain and body to help you move easier and recover faster. No experience necessary! LeeAnn is a Guild Certified Feldenkrais Practitioner<sup>CM</sup> with over 12 years experience teaching curious learners of all ages. Wear warm, comfortable clothing for chair poses.

### Healthy Steps: Moving You To Better Health With Lebed Method

Barbara Miller & Holly Simonton  
Mon & Wed, 3:15-4:15pm, Ongoing  
GSC, \$30/6 class card or \$5/drop-in  
For information call 206.297.0875  
www.greenwoodseniorcenter.org

An international therapeutic exercise and movement program using wonderful music. Designed to work the heart (circulatory system) and clear and pump the lymphatic system. Healthy Steps was created by two physicians and a dance movement specialist to provide effective benefits for persons with conditions that limit upper and lower body movement, range of motion and balance.

## Music



### Chickadee Music Together

Ages 6 mos-4 yrs  
Tue-Fri, Jan 10-Mar 23  
Room 5, PNA Blue Building  
\$180, For schedule & registration  
Call 206.782.1010  
www.chickadeemusic.com

Children's natural musical ability and love of music are developed as they sing, move and explore instruments with their parents or caregivers in a fun, relaxed atmosphere. Fee includes professionally recorded CD and songbook for music-making at home and ten weeks of classes. The Music Together song collections are known for their charm and appeal. Internationally recognized program!

### Community Chorus

Maggie McClellan  
Thu, Jan 5-Mar 15, 7:30-9pm  
Community Hall, PNA Brick Building  
\$115, For information or registration  
Call 206.525.9102  
Email beckyg.sea@gmail.com

Join this no audition, a cappella chorus and let your heart sing! Learn songs from many different cultures, experience a dynamic group process and grow musically in a non-competitive, non-threatening atmosphere of carefully planned rehearsals. Ten weekly sessions and occasional low-key performances. All are welcome.

Sarah Nishioka 206.524.5086  
sarah.nishioka@gmail.com www.firstnotes.info

first notes  
early music enrichment for ages 3 & up

MUSIC GARTEN

## Kindermusik Studio3Music

Ages newborn-5 yrs  
Thu & Fri, 9:15am-noon, Ongoing  
Room 2, PNA Blue Building  
\$69/mo (tuition & materials)  
To register call 425.385.3636  
www.studio3music.com

Kindermusik is a music and movement program where you and your child will play, listen and dance to musical activities specifically designed to stimulate early childhood development and strengthen neural pathways in your child's mind. Connect with other families, and discover how music makes parenting easier. Join anytime as we sing, explore, create and grow! More information at www.studio3music.com.

### Music For Everyone

Parent/Caregiver & Child  
Ages 2-5 yrs  
Mon, Jan 9-March 26, 10am & 11am  
No class 1/16 & 2/20  
Room 5, PNA Blue Building  
\$125,  
To register: musicforevery1@gmail.com  
www.musicforevery1.com

Explore music with your child! Early childhood music teacher Jana Vitols has taught music to children for the past 12 years and enjoys introducing them to the violin, guitar, uke and banjo. These fun and imaginative classes incorporate musical games, stories, dance, singing, improvising and ensemble playing to teach music fundamentals. Families learn songs and activities to spark musical curiosity!

### Musikal Magik

#### Infant Music Development

Ages 1 mo-17 mo  
Tue, Jan 10-Feb 14 & Feb 21-Mar 27  
11:05-11:50am  
Room 1, PNA Blue Building  
Session 1 \$50, Session 2 \$60  
To register call 206.328.7148  
www.musikalmagik.com  
katy@musikalmagik.com

Shake eggs, dance with scarves! Pound on drums and play along with live guitar! Teacher Katy guides you through exercises that help develop your child's musical, social, physical, verbal and cognitive skills using the magic of music. Taught by Katy Webber.

### Musikal Magik

#### Infant/Toddler Music Development

Ages 1 mo-3 yrs  
Tue, Jan 10- Feb 14 & Feb 21-Mar 27  
9:15-10 am  
Room 1, PNA Blue Building  
Session 1 \$50, Session 2 \$60  
To register call 206.328.7148  
www.musikalmagik.com  
katy@musikalmagik.com

Shake eggs, dance with scarves! Pound on drums and play along with live guitar! Teacher Katy guides you through exercises that help develop your child's musical, social, physical, verbal and cognitive skills using the magic of music. Taught by Katy Webber.

### Musikal Magik

#### Toddler Music Development

Ages 18 mo-3 yrs  
Tue, Jan 10-Feb 14 & Feb 21-Mar 27  
10:10-10:55 am  
Room 1, PNA Blue Building  
Session 1 \$50, Session 2 \$60  
To register call 206.328.7148  
www.musikalmagik.com  
katy@musikalmagik.com

Shake eggs, dance with scarves! Pound on drums and play along with live guitar! Teacher Katy guides you through exercises that help develop your child's musical, social, physical, verbal and cognitive skills using the magic of music. Taught by Katy Webber.

## New Year, New You



### Boomers: Be Your Best At Any Age

Annette Hansen  
Sat, Feb 4, 10am-12pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Would you like to: Feel more confident about your changing appearance? Experience higher levels of meaning, satisfaction and fulfillment in life? Discover your unique personal style, and become your most authentic and attractive self? Join us in this workshop to develop tools and skills that will help you navigate the aging process with grace and poise.

### Is Your House Keeping You Fat?

Rebecca West, Rivalee Design  
Thu, Jan 26, 7-8:30pm  
Room 6, PNA Blue Building  
\$20 PNA member, \$25 Public  
To register call 206.783.2244

Your house may be sabotaging your "get-healthy" goals. Learn how your house might be making it harder to reach your goals, and what changes you can make so your home works for, instead of against, your goals. Small changes to color, lighting and organization can reduce the amount of will power it takes to be successful and get healthy.

### New Year's Resolutions That Work

Susan Pullen  
Wed, Jan 11, 6:45-8:45pm  
Room 3, PNA Blue Building  
\$15 PNA member, \$20 Public  
To register call 206.818.4680  
www.susanpullen.com

Many of us commit to a new habit or change on Jan. 1, only to lose our momentum by Valentine's Day. The reason our resolutions don't stick has to do with the way our brain is wired. Learn proven ways to make lasting changes based on the science of how our minds work. You'll leave with specific tools to develop new healthy habits as well as strategies to stay motivated. Instructor Susan Pullen is a certified life coach.

### Weight Management: Finding A Healthy Weight For Your Body

Brianna Moulton, Holistic Health Coach  
Wed, Jan 25, 2:30-4:30pm  
GSC, \$10 PNA member, \$12 Public  
To register call 206.297.0875  
www.briannamoulton.com

If you struggle with losing weight or putting it on, this class is for you. This class will give you the foundation for achieving your ideal weight through simple, easy steps. Learn new ways of cooking and eating while discovering small lifestyle changes that can help you find the balance you desire.

## Parenting



### Effective Discipline: Setting Limits That Work

Tracy Kalloway, Therapist/Coach  
For parents of kids ages 2-99  
Tue, Jan 24, 6:15-7:45  
Room 3, PNC Blue Building  
Free, To register call 206.819.3529  
www.TracyKalloway.com

Would you like your child to listen to you when you say "No"? What if you could learn a more effective way to get kids to do what you want? Setting effective limits is a skill every parent needs in their parenting "tool-kit". Come learn how to build or sharpen this skill at this fun and interactive presentation.

## Internet Safety For Parents

Tracy Kalloway, Therapist/Coach  
Tue, March 13, 6:15-7:45 pm  
Room 5, PNC Blue Building  
\$10 PNA member \$15 public  
To register call 206.819.3529  
Or email tkalloway@msn.com

Would you like some ideas for how to keep your child safe on the internet? While the internet has a lot of positive opportunities to offer kids, it also contains many unsafe and disturbing sites. Come learn some strategies for keeping your child's internet experience age appropriate and secure. [www.tracykalloway.com](http://www.tracykalloway.com)

## Raising Resilient Children

Tracy Kalloway, Therapist/Coach  
For parents of kids ages 2-18  
Thu, Feb 16, 6:15-7:45  
Room 6, PNC Blue Building  
Free  
To register call 206.819.3529  
[www.TracyKalloway.com](http://www.TracyKalloway.com)

In life it isn't how many times you fall down, it's how many times you get up that really counts. But how do we help our kids develop the inner strength needed to keep getting up when exposed to the challenges of life? Come find out what research shows are some key strategies parents can use to raise resilient children.

## The 4th Trimester Postpartum Support For Parents With Newborns Or Pre-crawlers

Sarah Palmer & Anita Shelton  
Wed, 10:15-11:45am, Ongoing  
Room 6, PNA Blue Building  
\$5/suggested donation  
For information email: [the4thtrimester@gmail.com](mailto:the4thtrimester@gmail.com) or [thefourthtrimesterseattle.com](mailto:thefourthtrimesterseattle.com)  
The 4thTrimester is a weekly drop-in postpartum group for new parents to meet and ask questions, express concerns and hear suggestions. We recognize the range of diversity within today's families. All are welcome. Sarah Palmer, MA, LMHCA is a psychotherapist working with individuals and families. Anita Shelton, MAc, EAMP, LMP is an acupuncturist focusing on women's health and maternity care.

## Pets



## Coping With The Loss Of A Beloved Pet

Kristina Callender, MSW, LICSW  
Tue, Jan 24, 1-2pm  
GSC, Free  
To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Come learn about the human-pet bond and how it affects our grief journey. Learn how rituals and memorial activities, supportive counseling and/or pet loss support groups can help us to cope after the loss of a beloved pet. Grief counselor and proud pet parent, Kristina Callender, understands how difficult it is when the bond that rewarded and fascinated us ends.

## Dog Obedience

Canine Behavior Center, Inc.  
Mon or Tue, Ongoing, 6-7pm  
Mon or Tue, Ongoing, 7:15-8:15pm  
Mon or Tue, Ongoing, 8:30-9:30pm  
Community Hall, PNA Brick Building  
\$130, To register call 206.367.8071

You and your dog will learn to work together and communicate in a meaningful way that will enhance your relationship. Courses are devised to teach your dog all the basic obedience commands. Behavior problems at home and in public are addressed. Hand signals and voice commands are taught. The class is not only educational, but fun for both the people and the dogs. [www.caninebehaviorcenter.com](http://www.caninebehaviorcenter.com). Class size limited.

## Real Estate



## Living Options For Today's 50+ Homeowner

Diane Rae Jones, Windermere  
Kathryn Howell, CareForce  
Adults 50+ & Those Who Love Them  
Tue, Jan 31, Wed, Feb 29, Mon, Mar 19  
6pm-7pm  
Room 3, PNA Blue Building  
\$5/class single or couple  
To register call 206-406-5232 or  
Email [Diane@DianeRaeJones.com](mailto:Diane@DianeRaeJones.com)

Is someone you know thinking about aging in place or moving to a more manageable home? Join experts who will provide facts and insight into 50+ living options. In-home services, home selling techniques, real estate market updates, legal issues and financial tools for modifying a home or buying another will be discussed. Bring questions, leave with ideas and resources.

## Seniors

# 55+

## AARP Driving Safety

Corine Olson, AARP  
Ages 55 & up  
Thu & Fri, Jan 26 & 27 Feb 16 & 17 or  
Mar 29 & 30, 9:30am-2:30pm  
GSC, \$12 AARP member, \$14 Public  
To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
Come and join this refresher course in defensive driving. Different issues will be covered each time. If you are an AARP member, bring your card or membership number with you on the first day.

## Adult Daughters Caring For Their Mothers Group

Carin Mack, MSW &  
Jane B.G. Tornatore, PhD  
1<sup>st</sup> Wed, Jan 4, Feb 1 & Mar 7, 4-5:30pm  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

The mother-daughter relationship is a special bond but there are often strong, complicated emotions underlying the ties. In this workshop, we will address the unique issues that can come up in this caregiving role. This group is open to all women who are involved in providing support for their mothers in their homes, facilities or long distance.

## Baseball Stories

1<sup>st</sup> & 3<sup>rd</sup> Fri, Jan 20, Feb 3 & 17  
and/or Mar 2 & 16, 10-11:30am  
GSC, Free, To sign up call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
If you're a baseball fan, join this new group! Group facilitator, Rex Allison, has been a baseball fan since 1948. In his career life he was editor and sports writer for several newspapers. Beginning with the Seattle Rainiers, baseball history holds many great stories to be told and remembered again and again. Come and join the backfield chatter.

## Cell Phone Mentoring

Ariel Burnett  
Call for dates & times  
GSC, \$5 suggested donation  
To register call 206.297.0875  
Do you have a cell phone and want some help figuring out how to use it? Get help with your questions or learn some of the basics such as how to add a contact to your address book and how to record your greeting. Schedule a half-hour appointment for one-on-one help. *Participants must bring their own cell phone and preferably the user manual.*

## King County Assessor Talk: Property Taxes & Senior Tax Relief Programs

Lloyd Hara, King County Assessor  
Wed, Mar 14, 11am-noon  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
Wondering where your property tax dollars go? Seeking answers on your property valuations? Meet King County Assessor Lloyd Hara! He will address the property assessments process, valuations, exemptions, online services and the appeal process. Understand your property taxes and the local levy rate. For seniors seeking tax relief, the Assessor will provide information on the senior exemption and/or deferral program.

## Managing Your Medication

Linda Phillips, Senior Services  
Wed, Feb 29, 1-2pm  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
Are you or someone you care for feeling overwhelmed by medications? Do you have questions about how to organize and take control of your medication management? Learn about partnering with your doctor and pharmacist, creating a personal medication record and getting informed about your medications. You'll even learn ways to save money on prescription drugs at this free, informative workshop.

## One-On-One Computer Mentoring For Seniors

Various weekly hours, Ongoing  
GSC, \$3 suggested donation  
To register call 206.297.0875  
Calling all seniors! Are you having problems on your personal computer and not sure how to find the answers? Sign up for an hour-long session and receive personalized help. Volunteer computer mentors will work with you to improve your skills. Bring your own laptop, or use one of our Windows lab computers. By appointment only.

## On Aging: Book Reviews & Discussion

Carin Mack, MSW  
Thu, Mar 8 & 15, 10:30am-noon  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
Join us for a lively program! In this series with Carin Mack, we will discuss aging while using two books as sounding boards. We'll look at both authors and their views on aging in *Never Say Die* by Susan Jacoby and *Life Gets Better* by Wendy Lustbader.

## Resilience Workshop

Cyrus Appell, MD  
Mon, Mar 5, 1-2pm  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
Join us for an educational workshop on resilience. Life can present us with difficult, disappointing and even tragic events which may have a major impact on our lives. We will look at how to be resilient when these challenging events occur. Facilitator Cyrus Appell, GHC Palliative Care and Hospice Physician, will lead this conversation. Discussion and questions are encouraged.

## Seniors Training Seniors Computer Basics

Shirley Lyshol  
Tue & Thu, Jan 3 & 5, Feb 7 & 9 or Mar 6 & 8, 10am-3pm  
GSC, \$10 PNA member, \$15 Public  
To register call Patti at 206.684.0639  
Mayor's Office for Senior Citizens  
This class is for true beginners. Students will learn how to use the computer, mouse, internet and e-mail. Enjoy learning in a relaxed and non-intimidating environment. Participants must attend both days in the session. Class is for seniors with little to no computer experience. Minimum of 3 students per class.

## Seniors Training Seniors Computer Basics Plus!

Shirley Lyshol  
Tue, Jan 10, Feb 14 or Mar 13 10am-3pm  
GSC, \$10 PNA member, \$15 Public  
To register call Patti at 206.684.0639  
Mayor's Office for Senior Citizens  
This class is for advanced beginners and intermediates who want to stretch and gain new skills. You must know your existing e-mail address and password and have good mouse skills to attend class. Class is offered each month. Minimum of three students per class.

## Seniors Training Seniors Intro To Microsoft Word

Paul Garavaglia  
Tue & Thu, Jan 17 & 19, Feb 21 & 23 or  
Mar 27 & 29, 10am-3pm  
GSC, \$10 PNA member, \$15 Public  
To register call Patti at 206.684.0639  
Mayor's Office for Senior Citizens  
It's time to be creative with the power of word processing now that you know how to use a computer, email and internet. Microsoft Office Word makes writing personal memoirs, stories, letters and documents easy. In this practical approach, you'll discover surprises in what you can insert and create in your letter and story writing! Basic typing skills required.

## Seniors Training Seniors Photo Editing Using Adobe Elements

Lynn Mickelson  
Mon-Fri, Jan 23-27 or Mar 19-23, 10am-3pm  
GSC, \$20 PNA member, \$30 Public  
To register call Patti at 206.684.0639  
Mayor's Office for Senior Citizens  
A five-day class for repairing, sharpening or improving photos! Learn the basics of cropping and adjusting color, then focus on separating and combining images to create personal projects. Good memory retention skills and ability to use mouse and Windows programs are necessary to enroll. *Adobe Elements Six or Seven must be installed on your home computer.* Minimum of three students.

## This I Believe: Life Lessons

Carin Mack, MSW  
Thu, Feb 2, 9 & 16, 11am-noon  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
In this series with Carin Mack, we will explore the essays written in this new book of the popular series. Join us for this special discussion group as we discover essays written by people from all walks of life. This I Believe is an international organization engaging people by sharing the core values that guide their daily lives. Readings provided.

## Women's Friendship Group: Ourselves Growing Older

Carin Mack, MSW & Ruth McCormick  
Wed, Jan 25, Feb 22 & Mar 14, 1-2pm  
GSC, Free, To register call 206.297.0875  
[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)  
In this group with Carin Mack and Ruth McCormick, we will explore our aging in an open and personal way. This new ongoing discussion group is for women only. Join us as we explore life with a group of supportive women.

## SAVE YOUR RECEIPTS

from Greenwood and  
Ballard Markets.

Bring them to the PNA.  
*(To be usable, the tax amount must appear on your receipts.)*

1% of the total will be donated to  
our senior center programs.

*Since 1999, your receipts have brought in \$37,000*

## Thank You

## Test Prep



### Understand & Plan for

#### the PSAT/SAT/SATII/ACT 101

Phil Johnson, Director of Test Programs,  
University Tutoring  
Sat, Jan 21, 12-3pm

Room 6, PNA Blue Building  
\$15 PNA member family, \$20 Public family  
To register call 206.783.2244

Would you like to know how to get ready to take the SAT in the spring? Are you wondering how to interpret your PSAT score? Would you like clarification on the SAT vs. the ACT? Join us for a family informational meeting to cover the ins and outs of college admission standardized tests. Question & answer session will follow.

## Travel



### Kayak Across France: From Sea To Sea

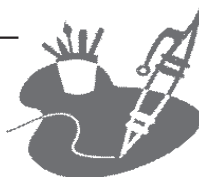
Nigel Foster & Kristin Nelson

Thu, Mar 8, 7-9pm

Room 6, PNA Blue Building, Free

In 2010 Nigel and Kristin paddled through the wine-growing regions of southern France from the Mediterranean to the Atlantic. In this colorful slide presentation, Nigel reveals the magic of traveling through French 17th Century canals lined with plane trees, past historic towns, country markets, wine chateaux, and through the cities of Toulouse and Bordeaux. A journey any one of us could make by kayak, bicycle, on foot, rental boat or even by car! Come along for inspiration and a reminder of summer sun! Bring a bottle of your favorite French wine to share with the group!

## Writing



### Follow the Story: Winter Creative Writing

Nick O'Connell, MFA, PhD

Wed, Jan 11, 18, 25, Feb 8, 15

Mon, Jan 23, 30, Feb 6, 7-9 pm

PNA Blue Building, Room 6 & 3

\$575/8 sessions

To register call 206.284.7121 or

Email [nick@thewritersworkshop.net](mailto:nick@thewritersworkshop.net)

Website: [www.thewritersworkshop.net](http://www.thewritersworkshop.net)

Follow the Story will explore the genres of fiction and nonfiction. The eight-week course will introduce you to a wonderfully diverse mix of writing--personal essays, memoirs, profiles, travel stories, short light pieces and short stories. What are the "rules" and conventions of each genre? How can you use genre to deepen and enrich your own work?

### Introduction to Professional Blogging

Sean Keeley

Mon, Mar 5, 7-9:30pm

Room 5, PNA Blue Building

\$20 PNA member, \$25 Public

To register call 206.783.2244

[seankeeley.com](http://seankeeley.com)

Learn best practices and rules of the road for professional blogging, including strategies for building an audience and maintaining an interested community; how to maximize social media; avoid the pitfalls and find ways to monetize the content you create. Instructor is a professional blogger.

### On Your Way To Being Published

Corbin Lewars

Mon, Jan 30, 7-9pm

Room 6, PNA Blue Building

\$35 PNA member, \$40 Public

To register call 206.783.2244

[www.corbinleuars.com](http://www.corbinleuars.com)

Whether you are hoping to have an essay or short story published or an entire manuscript, this workshop will walk you through the options and various steps needed to achieve your goal. Areas covered will include the magazine market, query letters, how to find an agent, book proposals, the difference and process for self-publishing, small presses and large presses, and how to stay motivated in a competitive market.

### Poeming The Silence: A Women's Writing Workshop

Esther Altshul Helfgott, PhD

Thu, Mar 1, 10am-noon

GSC, \$10 PNA member, \$12 Public

To register call 206.297.0875

[www.estherhelfgott.com](http://www.estherhelfgott.com)

Discover how one small poem can help you uncover real or fictional stories you have not even known you were looking for. Learn how to transform your finds into memoir, poetry, history, play or song. Consider this two-hour session an archeological dig. Beginning and experienced writers welcome. Esther Altshul Helfgott is a writer and writing group facilitator. No computers please.

## Yoga



### Free Yoga On Mondays & Wednesdays

At Phinney Ridge Yoga

Phinney Yoga House, PNC Brick Building

206.547.2172

[www.phinneyridgeyoga.com](http://www.phinneyridgeyoga.com)

Mention this ad and try any drop-in yoga class on Mondays or Wednesdays at Phinney Ridge Yoga for the first time free of charge!

### Pilates/Yoga

Carla Barragan, MA

Diana Garcia-Snyder, MFA

Wed, Jan 11-Mar 28, 6-7pm

\$120/12 sessions, \$15 drop-in \*

To register contact 206.931.5787 or

[estefaluna@yahoo.com](mailto:estefaluna@yahoo.com)

This class combines exercises that strengthen, invigorate and stretch you. Pilates strengthens core muscles and helps alignment. Yoga increases flexibility. Bring a thick mat. \*You can also buy a class card for the number of classes you want to commit to.

### Reclaiming The Core Series

Yoga Momma

Sat, Jan 7, 14, 28 & Feb 4, 8:30- 9:45 am

Phinney Yoga House

Lower Brick Building, SE entrance

\$55/4 weeks

To register visit [www.yoga-momma.com](http://www.yoga-momma.com)

or email [info@yoga-momma.com](mailto:info@yoga-momma.com)

A four-week series ideal for moms who carried babies in their bellies, but also open to all women wanting deeper core strength. Safely strengthen and tone your abdominal muscles, discover daily movement, breath, and tools to support healthy core development and recovery. Minimum six weeks post-partum, all levels welcome, you are invited to work at your own level. Pre-registration required.

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### The Heart Of Yoga

Will Doran

Anusara Inspired Teacher

Sat, 10-11am, Ongoing

Room 5, PNA Blue Building

\$10 Drop-in, 7 class pass \$60

Mats, blocks, straps provided

For information call 206.789.1058

This yoga class is designed to start your weekend feeling energized and good. Teacher keeps it light and fun as you develop strength and inner stability. Movement is designed to open your heart and honor your body in the moment. Alternate modifications are offered for all body types. Regardless of your experience you'll leave feeling balanced and invigorated.



### Yoga For All Levels

D'vorah Kost

Thu, Ongoing, 2:30-3:45pm

GSC, \$5 PNA member, \$6 Public

For information call 206.297.0875

[www.greenwoodseniorcenter.org](http://www.greenwoodseniorcenter.org)

Improve your posture, flexibility and balance! This eclectic Viniyoga class incorporates modern dance, Pilates, Feldenkrais and free form movement. Students say that this class has improved their flexibility, relaxation, balance and respiration. Instructor has 35 years of movement education and structures the session from chair to standing, kneeling and lying down. Wear loose clothing, bring a blanket and water bottle.

Yoga for Women and Families




YOGA MOMMA

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YogaKids ~ Women's CORE  
Parent & Baby Yoga

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Phinney Yoga House  
6615 Dayton Ave N  
[www.yoga-momma.com/206.658.3573](http://www.yoga-momma.com/206.658.3573)

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Creating Balance for a Better Life



8551 Greenwood Ave N Suite 2  
[www.wholelifeyoga.com](http://www.wholelifeyoga.com)  
206-784-2882

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