



# Events

## FOR DETAILS & MORE EVENTS

- > Visit [phinneycenter.org/events](http://phinneycenter.org/events) and [phinneycenter.org/gsc](http://phinneycenter.org/gsc)
- > Pick up *The Review* at the PC or GSC or visit [phinneycenter.org/review](http://phinneycenter.org/review)

## APRIL EVENTS

### Thursdays through 4/13 – AARP Tax Help

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.

### Sa 4/1 – Ballard Preschool Co-op Open House

10 am- 12 pm. 7503 18th Ave NW.

The Ballard Preschool Co-op, a program of the PNA, is a nurturing community of teachers and families with children aged 5 and younger. We offer classes for children from birth through pre-K and on-site sibling care. Our play-based curriculum supports children's social, emotional, physical and cognitive development and provides parents the opportunity to significantly contribute to their child's preschool experience. Interested families are invited to meet teachers and current co-op parents, view the classroom and learn about our program. There will be a short presentation and ample time to explore and ask questions.

### F 4/7 – First Friday Film: *Fried Green Tomatoes* (1991)

1-3 pm. GSC. Free.

### Tu 4/4 – Book Discussion Group: *1984* by George Orwell

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

### Th 4/6 – PNA Member Potluck and Orientation

Potluck starts 5:30, Orientation 6:30-7:30. PC Blue Building. Free.

Whether you're a new member or have been a member for decades, this is a great opportunity to learn what's new at the PNA and how you can get involved. Please bring a dish or drink to share. Kid-friendly. Short presentation at 6:30 pm, followed by Q&A. RSVP is helpful but not required - contact Alex at [alexg@phinneycenter.org](mailto:alexg@phinneycenter.org) or 206.783.2244

### Sa 4/8 PNA Village Volunteer Training

10 am- 12 pm. GSC. Free.

The PNA Village is looking for volunteers! Village volunteers provide services like transportation, help with small projects in and around the home, and social interaction. Make a difference in how your neighbors choose to age! Volunteering is easy and flexible. To attend, please email or call [village@phinneycenter.org](mailto:village@phinneycenter.org) or 206.789.1217

### W 4/12 – Humanities Washington Lecture: *Diamonds in the Ether*

1-2:30 pm. GSC. Free.

Look—and listen—back to the people, stations, and stories that made radio broadcasting a vital part of the culture of the Pacific Northwest. Innovations in technology, programming, and business as far back as the 1920's made radio in this remote corner a little bit different than the rest of the United States, and connected

the people of Washington with events and entertainment from across the country and around the world. With a mixture of vintage audio, historic images, and expert storytelling, radio historian and broadcaster Feliks Banel revisits the power of radio in the Evergreen State then and now, and looks ahead to the unpredictable future of local radio in our communities. RSVP: 206.297.0875. Sponsored by Humanities Washington.

### F 4/14 – Volunteer Appreciation Breakfast

10-11:30 am. GSC. Free.

Our annual breakfast event celebrating of our fantastic volunteers. Enjoy a delicious brunch, chat with staff and other volunteers and be acknowledged for all your effort and enthusiasm! Vegan and/or gluten-free available upon request. RSVP by 4/8: 206.297.0875.

### Tu 4/18 – Volunteer Opportunity Presentation with Bureau of Fearless Ideas

3-3:30 pm. GSC. Free.

The Greater Seattle Bureau of Fearless Ideas is a nonprofit writing and tutoring center that helps youth improve their writing skills.

### Tu 4/19 & Th 4/21 – Earth Day Event: Learning from Rachel Carson

1-2 pm. GSC. Free.

Rachel Carson's 1963 warnings about the effects of pesticides and herbicides—especially DDT—sparked a revolution in environmental policy and created a new ecological consciousness. Join us to view the two-part PBS series, Rachel Carson's *Silent Spring*. Following the second episode, we will gather for a facilitated discussion on her legacy and what represents our "Silent Spring" in the modern day. RSVP at 206.297.0875.

### Th 4/20 – Podiatrist Talk

12:30-1:30 pm. GSC. Free.

Alan Woodle, DPM, from the Greenwood Foot and Ankle Clinic, will present on common foot and ankle complaints, give tips on care and explain the role of a podiatrist in your healthcare. RSVP: 206.297.0875

### Sa 4/22 – Ballard Preschool Co-op Gently Used Kids' Gear Sale

9 am-1 pm. PC Brick Building. Free.

BPC's popular Gently Used Kids' Gear Sale promises super-duper deals on quality, gently used clothes (newborn-size 8), shoes, toys and gear—including pack and plays, cribs, car seats, strollers, maternity wear and more! The entry line typically starts forming before 9 am. Don't forget your shopping bags!

### Su 4/23 – PNA Village 5th Anniversary Celebration

3-5 pm. PC Blue Building. Free.

Join us in celebrating five years of the Village Program! It will be an afternoon of delicious food & drink, music, speakers, and community building. Please RSVP: 206.789.1217 or [village@phinneycenter.org](mailto:village@phinneycenter.org).

### Tu 4/25 – Garden Hospitality: Inviting Birds and Bugs to Your Yard

2:30-3:30 pm. GSC. Free.

Have fun learning about our local birds and how to support and enjoy them here in our urban oasis. Penny Bolton will bring colorful slides of resident birds, and stories to share. Learn how people fit into their ecosystem and how they can help ameliorate some of the negative impacts that increased density brings. Penny will discuss how gardeners can encourage and support the birds and beneficial insects native to our area. Learn about features we can add to our landscape to make it more attractive to birds, and also what to avoid. Register: 206.297.0875.

## SAVE THE DATES

- 5/6 – PNA Starry Night Auction
- 5/12– Phinney Center Gallery Opening
- 5/12 & 13– The BIG One Art Walk
- 6/3 – PhinneyWood Garage Sale Day
- 6/3 – Pride Rainbow Hop

## WEEKLY GROUPS & EVENTS

**MONDAYS: Spanish Conversation I & II**  
6-8 pm. PC Blue Building.  
\$25/month. First night free!

**THURSDAYS: Phinney Friends Crochet & Knit Group.**  
10 am-12 pm. PC Blue Building. Free.

**FRIDAYS: PNA Bridge Club**  
7-10 pm. PC Blue Building. Free.

**Emerald City Contra Dances**  
7:30-10 pm. PC Brick Building.  
(Beginners workshop at 7 pm).  
Students \$5, PNA & SFS Members \$8,  
Public \$9, under 16 free.

**SATURDAYS: Seattle Folklore Society's Concerts on the Ridge**  
7:30 pm. PC Brick Building.  
4/1: *The Reid Jamieson Band*  
4/8: *Thompsonia*  
4/22: *Brian Conway*  
4/28: *David Roth*  
Show descriptions and tickets at [seafolklore.org/wp/concerts/](http://seafolklore.org/wp/concerts/)

## MONTHLY GROUPS & EVENTS

4/2 - **Seattle Family Dance**  
1st Sun. 3-5 pm. PC Blue Building.  
\$6/person, \$18 max. per family  
[seattledance.org/family](http://seattledance.org/family)

4/5 - **Fixers Collective**  
1st Wed. 6 pm. Greenwood Hardware.

4/9 - **Seattle Song Circle**  
2nd Sun. 7-10 pm. GSC West Room. Free.

4/11 – **2nd Tuesday Book Club**  
7-8 pm. PC Blue Building. Free.  
*Bad Land* by Jonathan Raban

4/14 – **PNA Game Night**  
2nd Fri. 7 pm. PC Blue Building. Free.

4/12 – **PNA Book Club**  
2nd Wed. 7 pm. PC Blue Building. Free.  
*American Lion* by John Meacham



## News

### Spring Cleaning!

Garage Sale Day is Saturday, June 3. Shoppers will come from near and far to peruse 100+ garage sales in PhinneyWood, aided by an official garage sale map. Register your yard sale or reserve a space at the Phinney Center Flea Market by May 20.

Visit [phinneycenter.org/garagesale](http://phinneycenter.org/garagesale), call 206.783.2244, or stop by the Phinney Center. A big thank you to interactive map developer SpatialDev!

### Blast off at the PNA Auction

Get your tickets now for our Starry Night Auction on Saturday, May 6. Join your friends and neighbors for a celestial evening of bidding, dining, drinking, and supporting your community. Vacation condos, gourmet dinners, sports tickets, and more await! Visit [phinneycenter.org/auction](http://phinneycenter.org/auction) to browse the catalog (updated regularly) and buy tickets, or to make a last minute donation.

# PNA Newsletter

Volume 39, Issue 4, April 2017

## LOCATIONS & REGISTRATION

For more info or to register for events and classes, please contact...

### Phinney Center (PC)

6532 Phinney Ave N, Seattle  
206.783.2244  
pna@phinneycenter.org  
phinneycenter.org

### Greenwood Senior Center (GSC)

525 N 85th St, Seattle  
206.297.0875  
gsc@phinneycenter.org  
phinneycenter.org/gsc

## PHINNEY CENTER GALLERY

**March 8 – April 7. GREENWOOD RISING.** A show celebrating the art and community of Greenwood, presented by the PNA and Urban Hands. Days after a gas explosion damaged dozens of businesses in the heart of Greenwood in March 2016, street artists organized by Greenwood nonprofit Urban Hands painted colorful plywood murals over blown out windows and doors.

Professional photographer Chuck Johnson has given the art new life by combining photos of the murals with mixed digital art to enhance, alter, and bring to life different components of the images. Framed and unframed prints of the art pieces are available for purchase at the Phinney Center.

## VOLUNTEER OPPORTUNITIES

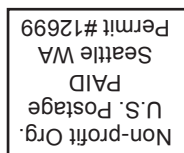
**PNA Starry Night Auction:** Volunteers needed May 6 and 7. Check out the jobs and shifts online: [phinneycenter.org/volunteer](http://phinneycenter.org/volunteer).

**Event Photographers:** Have a keen eye and your own digital camera? We are building our team of photographers to help us capture our events and festivities. Very flexible (you pick the events).

**Hams wanted:** Easter hams needed for the Hot Meal Program. Frozen or chilled. Drop off April 3 – 8 at the Phinney Center.

## TOOL & SEED LIBRARY HOURS

Wednesdays: 3-6:30 pm; Fridays: 5-7 pm;  
Saturdays: 9 am-2 pm  
[phinneycenter.org/tools](http://phinneycenter.org/tools), [kingcoseed.org](http://kingcoseed.org)



## Classes

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### Tu 4/4 – Edible Landscaping

7-9 pm. PC Blue Building. \$20 PNA member, \$30 Public

Your landscape can be beautiful and provide food! Learn simple steps to help you design and install an edible landscape. Basic principles of sustainable landscape design and Permaculture will also be discussed.

### W 4/5 – Restful Insomnia

1-2:30 pm. GSC. \$5 PNA Member/\$7 Public

Are you stressed by wakeful nights and zoned out during the day? Restore your energy by learning to deeply rest your body, mind, and emotions—so you get many benefits of sleep and open the door to slumber as well. RSVP: 206.297.0875.

### Fridays, 4/7-28 – Storyteller's Workshop

1-2:30 pm. GSC. \$10.

Stories are one of the ways we connect to each other and to our communities. In this 4-week course led by a local communication and storytelling expert, participants will learn and apply the basics of what makes a good story, and will practice their storytelling skills through weekly sharing sessions. Register: 206.297.0875.

### Sa 4/8 – Going Solar

12-2 pm. PC Blue Building. \$15 PNA member, \$25 Public

### W 4/12 – Think Like a Designer

7-8:30 pm. PC Blue Building. \$15 PNA Member, \$25 Public

Interior designer Renate Ruby will help you look at your projects in a whole new way. Learn how to think about composition and balance so you have guiding principles to use when making the thousand and one decisions every remodel project puts before you.

### Sa 4/15 – Create Amazing Soil with Hugelkultur

10 am- 2 pm. \$25 PNA Member, \$35 Public

Each season we invest time and money in our gardens. Hugelkultur (literally “mound cultivation”) stretches your investment and regenerates potency year after year. In this hands-on class, you’ll learn to create a self-supporting subterranean ecosystem, regenerating nutrients plants and soil need.

### Tu 4/18 CareBrigade: Don't Go Through a Serious Illness/Surgery Alone! Create a "Just in Case" CareBrigade for Yourself or a Loved One

10 am-12 pm. GSC. Free.

Lay the groundwork to create for yourself, or your family/friends (near or far) a “just in case, just in time” CareBrigade, a sort of flash mob of support. Learn what support roles a patient needs, whom to invite to play each role, how use the CareBrigade’s website to access FREE online tools to support you and others in fulfilling those roles, even over distance. Open to everyone, not just Village members. RSVP to [village@phinneycenter.org](mailto:village@phinneycenter.org) or 206-789-1217.

### F 4/21 – How to Get More Energy from the Food You Eat

10:30 am-12 pm. GSC. Free.

Cook and eat more plant-based foods! Learn about the benefits of whole grains, vegetables and superfoods, and get easy tips on how to incorporate them more into your daily diet. Includes a tasting to prove how delicious good food can be. Register: 206.297.0875.

### F 4/21 – Infant/Child CPR

7-8:30 pm. PC Blue Building. \$15 PNA Member, \$25 Public

### Sa 4/22 – CPR/First Aid/HIV Certification

9 am-1 pm. PC Blue Building. \$35 PNA Member, \$45 Public

### Mondays, 4/24-5/22 – Comprehending Hip Hop: History...Music..Culture

7-9 pm. PC Brick Building. Free, suggested donation.

Gain a greater understanding of hip hop culture: DJs, MCs, B-Boys and Graffiti Writers. During this 5- week intergenerational course, embark on a deep examination and discussion of the elements of this great American art form. Spin is a lifelong hip hop fan, promoter and translator exploring this historically rich culture through words and images.

### Th 4/27 – Emerging Trends for Healthy Homes

7-8:30 pm. PC Blue Building. \$15 PNA Member, \$25 Public

Older homes may not be healthy with excess moisture or dust, toxic off-gassing, lead paint or asbestos. Learn essential steps to create a healthy home during remodel or new construction.

