

Stories and happenings for Northwest Seattle neighbors

From Welcome to Wellness: Support Seniors in Our Community

As September marks Senior Center Awareness Month, we are reminded of the essential role senior centers play in supporting the well-being of older adults. At the PNA's Greenwood Senior Center (GSC), we offer a wide range of services to help seniors thrive at every stage.

From exercise classes and weekday lunches, to support groups and Medicare counseling, the GSC provides numerous programs. We also offer specialized services for memory loss, and support for aging in place. **This month, we're launching our Power of Community fundraising campaign, with the goal of raising \$100,000 by the end of October to support vital programs at the GSC.** Your

donations directly support our work, contributing to a thriving aging population in NW Seattle.

Did you know...our senior programs include:

- **Daily Programming:** Yoga, theater games & improv, Tai Chi, humanities lectures, excursions, weekday lunches, card games, book clubs, arts & crafts, and holiday celebrations like Halloween and Christmas.
- **Support Services:** Activities to combat social isolation, grief support, memory loss support, caregiver groups, plus services such as foot care and haircuts, tax assistance, and Medicare counseling.



- **Community Engagement:** Volunteer opportunities across all PNA programs, such as becoming Tool Library stewards, GSC receptionists, bakers, pen pals for kids, or handy helpers for Village members.

Senior centers are more than just places for recreation; they are vital community hubs that offer opportunities for socialization, education, and support. As we celebrate Senior Center Awareness Month, we invite you to join us in making a difference in our community by donating.

Thank you for your generosity and commitment to our seniors!

To donate: phinneycenter.org/poco



Whittier Kids Pre-K Enrollment Open



Bite of Phinneywood Buy Tickets



Winter Beer Taste Buy Tickets



Sponsor Upcoming Events

GREENWOOD SENIOR CENTER

525 N 85th St, Seattle, WA 98103 • gsc@phinneycenter.org • 206.297.0875

Established in 1977, the GSC is an inclusive community that provides social, physical, and educational activities focused on the needs of older adults. We work to fight isolation, build camaraderie, and enrich each other's lives. Our full calendar is on pages 3-6. Adults of All Ages Welcome.

HIGHLIGHTS

Qi Gong Workshop and Acupuncture Q&A
9/6, 1 pm. Free.

Theatre Games (Improv) Series
9/12 & 26, 10/24, 11/14, 1-2 pm.

Good Luck Charm Rock Painting
9/13, 1 pm. \$5-7. Free.

Fix it Fair
9/14, 11 am-3:30 pm. Free.

Wrinkles in Time Improv Performance
9/18, 1 pm. Free.

Friday Film: *Dead Poets Society* (1989)
9/20, 1 pm. Free.

LEGO Open Build Time: Bricks for Your Brain
9/25, 1 pm. Free.

What to Know About Selling Your Home
9/26, 1 pm. Free.

Oktoberfest Celebration with Folk Voice Band
10/2, 1 pm. \$3 donation.

Collage for Wellbeing
10/4, 9 am. Free.

Weird and Wacky Elections
10/4, 1 pm. Free.

Balance and Falling Safely
10/11, 1 pm. \$5 donation.

Needle-Felted Pumpkins Class
10/16, 10:30 am. \$5-\$7.

The Northwest's Most Infamous Crimes with Author Rebecca Morris
10/18, 1 pm. Free.

Scarecrow Video Presents: *Carnival of Souls* (1962)
10/23, 1 pm. Free.

Thrills and Chills Book Talk with SPL
10/29, 1 pm. Free.

Spooky Seattle
10/30, 11 am. Free.

Native American Heritage Month Movie Series
Fridays, 11/1, 11/8, & 11/15, 1 pm. Free.

Japan Travelogue
11/6, 1 pm. Free.

Humanities Washington Talk: Heaven on the Half Shell: Washington State's Oyster Odyssey
Sponsored by Humanities Washington.
11/13, 1 pm. Free.

Card Making Workshop
11/20, 10 am. \$5-\$7.

Open Mic
11/22, 4 pm. \$3 donation.

Thanksgiving Luncheon
11/22, 12 pm. \$5.

Those Mysterious Seacoast Forts
12/6, 1 pm. Free.

PNA VILLAGE

MEMORY LOSS PROGRAM

Ten Warning Signs of Alzheimer's and Dementia
11/20, 1-2 pm. Free.

Alzheimer's Cafe
10/8, 1 pm. Free.

SOCIAL CONNECTION PROJECT

Unlonely Film Festival
10/2, 11 am. Free.

Speed Friending
10/5, 10 am. Free.

Connect2Affect
10/8, 11 am. Free.

Slot Car Club
11/11, 1-3 pm. Free.

Heartening stories will be the order of the day at the PNA Village Membership Information Session on Oct. 16, 1-2 pm at GSC. PNA Village is a vital community resource that enables seniors to remain in their homes and active in their neighborhoods – something most want dearly, even as home upkeep gets more challenging. Membership includes help for minor home repairs, rides to appointments, and social opportunities. Work is provided by a sizeable force of capable volunteers. At the event, you will meet members and volunteers, get the full story on PNA Village membership, and have the chance to join this win-win program. Snacks will be served, alongside generous slices of heartfelt appreciation for the significant work of this prized community resource. RSVP for this free event at village@phinneycenter.org or 206.789.1217.

OUR RENTERS

In addition to all the wonderful programming and events the PNA manages, we have oodles of groups who use our rental spaces at Phinney Center to offer classes, meetings, and clubs. Rentals are affordable and support the PNA.

Here are a couple of ways to connect with our renters:

PhinneyWood Blog Community Events page at: phinneywood.com/events/community-events/ This daily news blog is a community resource for the Phinney Ridge and Greenwood neighborhood and is a great place for you to discover the many classes and groups who meet at Phinney Center.

Renters Directory at: phinneycenter.org/renters-directory/ This directory includes a list of many of the groups and individuals renting our spaces. Search our directory to find out how to enroll in a class or join a group.

Looking to rent space? PNA offers several rooms that can be used for a variety of reasons – meetings, workshops, seminars, staff retreats, yoga, martial arts, exercise and dance classes, children's classes, acting, art and improv classes. Find out more at: phinneycenter.org/room-rentals/

Business District News

- **Homestead Community Land Trust** has announced the commencement of construction for two transformative affordable homeownership projects here in the PhinneyWood business district. The developments at 5819 Phinney Ave N. and 6109 Phinney Ave N. will collectively provide 38 new permanently affordable condominium homes tailored for income-qualified residents, as well as affordable retail spaces that will also welcome back the return of our beloved A la Mode Pies in 2025.
- Eight years after the 2016 Greenwood gas explosion destroyed their original location, **Mr. Gyros** is set to return this Fall. The new restaurant is just a stone's throw from their original location, at 8537 Phinney Ave N — a block to the east of Halcyon Brewing.
- After more than three years of rumors, stops, and starts, the long-awaited tenant of the new Hemlock Apartments on 87th and Greenwood has been announced: California-based grocer **Trader Joes!**
- On June 4, **Phinney Ridge Cabinet Company** proudly celebrated its 20th anniversary, marking two decades of bringing custom cabinetry dreams to life for the PhinneyWood community.

Are you *actually* a member?

By Emily Szczech

There are quite a few ways you could be involved in the PhinneyWood community. Maybe your involvement is simply reading our *Review* (this fine paper right here). You might also attend one or many of the fabulous events the PNA throws, such as one of our fundraising events like the infamous Beer Taste or one of our free community events like Holi or Lunar New Year. There's a good chance you're a volunteer with us at the Greenwood Senior Center; or maybe it's the Hot Meal Program that's more up your alley. Maybe, just maybe, you signed up for membership several years ago and haven't renewed since then.

There are, quite possibly, an infinite number of ways you could be part of our community, and that makes you a vital aspect of the PNA. But, I hate to break it to you, that doesn't make you a **member**. Members of the PNA take the extra step to help fund what the PNA does. With the backing of over 2,000 members, the PNA receives that extra financial support we need to continue

doing what we do. Attending, volunteering, and interacting with the PNA make you part of our community. But **becoming a member** is how you can **financially sustain our community** and enable us to grow our programs, services, and events. So, take that extra step today and chip in to help fund the PNA into the future!

PNA membership is a suggested donation of **\$50** for Individuals, **\$80** for Households, and **\$150** for becoming a

Phinney Funder. You can also give what you can, every penny counts and anything that you can contribute will help our community. You'll not only be chipping in to sustain our community programs, events, and services. Membership also includes discounts to events and classes, access to the Community Woodshop and Tool Library, and free notary services.

Check your membership status by emailing membership@phinneycenter.org. Visit us at phinneycenter.org/membership and contribute to the growth of our community today!



PHINNEY RIDGE PAINTING & HOME SERVICES
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VOLUNTEER SPOTLIGHT

by LeAnne Chow

The results are in! PNA volunteers have once again poured their love, energy, and creativity into supporting our community, making winners out of all of us! In 2023, 1,308 PNA Volunteers shared 38,899 hours* to support our neighbors!

What do PNA volunteers do? Some volunteers help **spread the word** about what we're up to, putting together newsletters, updating the readerboard, and distributing posters. Others **care for our spaces**, dusting cobwebs, taking truck-loads to donate, painting our walls, and tending our gardens. **Strong people** distribute A-boards, set up sound systems, and move canopies and tables.

Through the **Hot Meal Program**, volunteers distribute hygiene products and clothing, cut hair, pick up food donations, and wash aprons. **Village volunteers** drive members to appointments, walk dogs, take out garbage bins, and organize happy hours. DIY-ers rely on our **Tool Library** volunteers to pick out the right tools, and woodworking enthusiasts teach kids how to make planter boxes at our **Woodshop**.

Behind the scenes, **office volunteers** enter data, add events to our website, and digitize files. **Board and committee members** discuss the next Beer Taste theme and the state of the PNA finances, and repair strings of lights on PNA animals. **Bakers** make dozens of cookies, cakes, and other delights. Donors select holiday gifts for kids in low-income housing, and provide all the fixings for belly-busting Thanksgiving meals.

And right in the thick of things, PNA volunteers **engage with our neighbors** – singing with our Early Stage Memory Loss participants, making lunch, assisting co-op teachers with fun activities, and signing seniors up for foot care appointments. They teach chair exercise and help others learn how to use their smart phones. They capture our programming and events on digital film, make popcorn, call bingo, and tidy the bathrooms. They show up at 6 am and leave after 11 pm; some show up three times a week, others make helping an annual tradition.

Team PNA is made up of enthusiastic and dedicated volunteers. They show up for our neighbors, and make our community better. PNA Volunteers are worth their weight in gold! **Thank you, volunteers!**

*number of hours recorded

KIDS PROGRAMS



Mark your calendar for Saturday, Oct. 5! PNPC is hosting two events on the same day this fall – our Bi-annual Kids' Sale and PNPC Open House.

Phinney Neighborhood Preschool Co-op (PNPC) and Ballard Preschool Co-op's (BPC) bi-annual Kids' Gear Sale

WHAT: This popular event will offer deals on gently used children's clothing, shoes, toys, books, strollers, bedding, furniture, safety equipment, sports gear, winter gear, maternity wear, Halloween costumes, and more. Enter the doors after noon and get a voucher for 50% discounts on numerous items. Admission and parking is free. Interested in supporting the co-op by donating kid's gear? Contact pnpciddsale@gmail.com.

WHEN: Saturday, Oct. 5 from 9 am-1 pm

Where: Phinney Center Community Hall.

Phinney Neighborhood Preschool Co-op Open House

WHAT: Meet our teachers, play in our classroom, and learn more about our school.

WHEN: Saturday, Oct. 5 from 10 am-12 pm

WHERE: The Red Room (located in the upper Blue Building)

Phinney Neighborhood Preschool Co-op has a few spots available for the 2024-2025 school year! Check out the PNPC website for more details on spaces and how to apply: phinneycenter.org/pnpc

PRESCHOOL ENROLLMENT

Ballard Preschool Co-op (BPC) currently has open spots for the 2024-25 school year in the Infants, Mixed Aged, and 3-5s/Pre-K classes. At BPC, we are all about creating a strong community, supporting one another, and growing together as caregivers, parents, and families. Come talk to BPC families at our Fall Gently Used Sale on Saturday, Oct. 5, 9 am-1 pm in the PNA Brick Building. If you would like to inquire about registration, contact our All School Registrar at bpc.registrar@gmail.com.

Fall is back-to-school time for PNA Whittier Kids Preschool.

Watching new friends and teachers blend into a supportive learning community is always exciting! Enrollment is open throughout the school year, and we currently have openings for ages 2.5 – 5 in our mixed aged classroom. Located onsite at Whittier Elementary School, WK Preschool offers hands-on learning in a nurturing environment. Preschoolers engage in month-long studies on topics that interest them. Last year's studies included Insects, Music, and Boxes. For more information and to schedule a tour, please visit phinneycenter.org/wk

HOT MEAL PROGRAM

Are you looking to make a difference in your community? PNA's **Hot Meal Program** provides three free meals each week to neighbors experiencing food insecurity, and they need your help! HMP is looking for substitute volunteers who might be interested in picking up a shift or two each month cooking, serving, or cleaning up after the meal. Please reach out to amandac@phinneycenter.org if you're interested.

Help Wanted at the PNA / Volunteer opportunities

We love our volunteers! Together, we make our community better! See page 11 for volunteer opportunities.

To sign up or learn more, visit phinneycenter.org/volunteer or email leanec@phinneycenter.org. Thank you for your support!

DIY HUB

Discover the PNA's DIY Hub—a place where you can learn new skills, create stuff, and make friends. It's all about empowerment, connection, and sustainability.

Run entirely by volunteers, the DIY Hub offers access to a community woodshop and tool library. Getting involved is simple: just become a PNA member.

TOOL LIBRARY REPORT

By Eric Muhs

In late June, I struck up a conversation with a Tool Library client who, as it turns out, is an oceanography professor at the University of Washington. In my pre-Tool Library life, I was a physics and astronomy teacher, so we've shared several lively discussions about all things science. But this time, the conversation took a more serious turn. After getting him the tools he needed, we ended up making plans for the next day. And what were those plans? To help dismantle a \$5,000,000 Carbon-14 spectrometer, which had been recently used in drug trials, and move it to either UW or Oregon State.

This incredible machine uses a powerful, precisely controlled magnetic field to count individual atoms of different carbon isotopes in samples. The new goal is to repurpose it for studying carbon movement in the oceans. So, I spent the day volunteering for science, undoing a lot of bolts and nuts. The tool library is more than just retiling your bathroom, apparently.

Roger Faris, the fearless founder of the Tool Library and beloved Fix-it Radio Show host on KUOW for nearly 25 years, made a special visit during Friday's open hours. He was thoroughly impressed with all the hard work we've put in, and we couldn't help but express our boundless admiration in return—people still ask about him all the time! In fact, we've even got a framed photo of Roger in a place of honor, much like a presidential portrait in a post office.

These days, Roger spends his time caring for his grandkids and sailing the West Coast. One of his sons owns the RidgeWood Bottle & Tap and recently opened the new Phinney Station.



Bottom left, clockwise: **Ted Schwartz**, volunteer, **Brian McCarthy**, volunteer, **Roger Faris**, **Mark Scardiglia**, volunteer, **Eric Muhs**, Tool Library coordinator

WOODSHOP REPORT

By Kevin Kane

For the first time ever, our woodshop volunteers took part in the Summer Arts Festival, helping kids craft tiny toolboxes for all those essential tiny tools they just can't be without. It was a hit! This fall, we'll be offering classes in box-making, bowsaw techniques, and even sharpening—because even the tiniest tools need to stay sharp!

Fall dates are not yet set, but to keep updated please email woodshop@phinneycenter.org.



PNA Events

Community Begins Here

EVENTS & ACTIVITIES

PC Phinney Farmers Market

Fridays, until September 27, 3-7 pm. Free.

The PNA partners with the Seattle Neighborhood Farmers Markets, a community-based non-profit that brings Washington State farmers into the city to sell their farm-fresh produce. Enjoy your Friday afternoons at the Market, which runs seasonally from June through September. Grab dinner or a snack at the food trucks, listen to live music, and get your fresh produce and other goodies for the week.

PC CPR, First Aid & HIV Certification

Saturdays, September 21, October 19, and November 16, 9 am-12 pm. \$55-65.

Learn first aid, infant, child, and adult CPR, HIV and bloodborne pathogens, with a focus on injury prevention and safety. This class meets L/I WISHA-WAC safety standards, and certificates are issued at the end. Gain skills to handle emergencies, care for injuries, and assist choking infants or children. Taught by retired firefighter Ken Norris. phinneycenter.org/calendar

GSC Summer Blood Drive

Friday, August 30, 9 am-5 pm. Free.

Bloodworks Northwest urgently needs donations for local hospitals. This summer, you can donate blood at the GSC. Please make an appointment soon at schedule.bloodworksnw.org or call 800-398-7888; same-day appointments are available. Your donation helps ensure patients receive life-saving care. Photo ID and appointments are required.

GSC Qi Gong Workshop and Acupuncture Q&A

Friday, September 6, 1-2 pm. Free.

Join Olivia Granach, LAc, AEMP, for Five Element Qi Gong. We will move through the five phases, allowing for smoother flow of Qi to the yin organs. The exercises are fun and easy to learn, and if practiced regularly can create lasting change in the body, increasing balance and inner harmony. No experience necessary. Q&A about our upcoming Community Acupuncture Clinic to follow. RSVP: 206-297-0875.

GSC Theatre Games (Improv) Series

Thursdays, 1-2 pm. Free.

Every time we listen and then respond, we improvise! Join new GSC Director, MJ Jurgensen, for a class full of creativity, play, and laughter. Theatre Games will be based on basic improvisational theatre technique. We will learn how to say "yes, and..." but most importantly, how to not take ourselves too seriously. All levels welcome! Register: 206.297.0875.

GSC Good Luck Charm Rock Painting

Friday, September 13, 1-2 pm. GSC. \$5-7.

Fight triskaidekaphobia (fear of the number 13) in this Friday the 13th workshop. We'll use paint and symbolism to turn river rocks into lucky charms. RSVP: 206.297.0875.

C Phinneywood Art Walk

Friday, September 13, 6-9 pm & Saturday, September 14, 12-5 pm. Free.

Join the PhinneyWood Art Walk for a neighborhood celebration of art and food! Enjoy a variety of local art, including photography, sculpture, paintings, and more. The event features music, performances, and special offers from restaurants and pubs. Register yourself as an artist or business as an Art Walk location. phinneycenter.org/artwalk

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LOCATIONS:

PC Phinney Center, 6532 Phinney Ave N, Seattle, WA 98103

GSC Greenwood Senior Center, 525 N 85th St, Seattle, WA 98103

C Out in the community; please check the address noted in the listing

Online meeting

GSC Fix it Fair

Saturday, September 14, 11 am-3:30 pm. Free.

Bring your broken items to the Fix-it Fair. The PNA Fixers will diagnose and repair your item for free (parts may be extra) while also helping reduce waste in Seattle. At the same time, you can bond with the rest of your local community, and learn something new by watching the repair. Typical items include heaters, sewing machines, waffle irons, blenders, mixers, electric bikes, extension cords, lamps, audio gear, and more. There are hardware stores nearby if you need to fetch parts. The PNA Fixers meet regularly at Greenwood Hardware on the first Wednesday of every month, 3-6 pm.

GSC PNA Village Fall Gardening Day

Saturday, September 14, 8:30 am-12:30 pm

Want to help a neighbor usher in the fall season? Join us as we help our senior members (in NW Seattle) clean up and prepare their gardens for the fall and winter season! Great opportunity for families, teens and anyone ready to get in the dirt with their neighbors. No experience necessary, open to all ages! Access to driving vehicle needed. Sign up by 6 pm on Tuesday, 9/10. phinneycenter.org/volunteer/village-garden-day/

PC Bite of PhinneyWood

Sunday, September 15, 1 pm VIP entry; 2-5 pm General Admission. \$25-75.

You're invited to embark on a culinary adventure at the Bite of PhinneyWood! With up to 20 incredible restaurants participating, you'll get to try a sizeable bite from each participant, exploring the best that PhinneyWood has to offer! Join us to meet the people behind your favorite restaurants, explore diverse flavors, and experience the rich food scene that defines our community. phinneycenter.org/bite

GSC Feather Earring Workshop

Wednesday, September 18, 1-2 pm. \$20-25.

Learn how the art of fly-tying can be used to make beautiful feather earrings. Instructor James Schmidt is an experienced fly tyer, as well as the past Conservation President of the Federation of Fly Fishers, the past President of the Washington Fly Fishers Club, and a member of the NW Fly Anglers. Supplies will be provided. Registration required: 206.297.0875.

GSC Wrinkles in Time Improv Performance

Wednesday, September 18, 1-2 pm. Free.

Watch and listen as we create a program on the spot! We sing, we dance, we spin our collective tales – sometimes poignant, sometimes amusing ... always entertaining. What you witness at our performance is created in the moment and will never be seen again! We believe that the spirit doesn't age, and we do our best to tap into that. RSVP: 206.297.0875.

GSC Friday Film: Dead Poets Society (1989)

Friday, September 20, 1-3 pm. Free.

Maverick teacher John Keating returns to the prestigious New England boys' boarding school where he was once a star student, using poetry to embolden his pupils to new heights of self-expression. RSVP: 206.297.0875.

GSC LEGO Open Build Time: Bricks for Your Brain

Wednesday, September 25, 1-2:30 pm. Free.

Building with LEGO has been scientifically proven to boost cognition and stimulate your creativity. It's also fun to do with others! We will have a large bucket of bricks to play with – no instructions, just create whatever you feel like. RSVP: 206.297.0875.

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EVENTS & ACTIVITIES

GSC What to know about Selling your Home

Thursday, September 26, 1-2 pm. Free.

John Anderson and Riana Nolet from Anchor Real Estate will talk about how to prepare for eventually selling your home. John will cover what repairs, if any, you should make upfront, when to sell "as is," decluttering strategies, and the best timing to sell. John is a designated Seniors Real Estate Specialist® and is a PNA Village recommended business. He is also a 4th generation Ballardite and has been a real estate agent in Seattle for 20 years. Refreshments provided. RSVP: 206.297.0875.

GSC Costume Jewelry Drive

Drive begins in October, Sale on December 11.

We're collecting good condition costume jewelry for our annual sale in December. Please bring old necklaces, earrings, bracelets and pins to the Greenwood Senior Center for donation, beginning October 1. Put your donations in zip-lock bags so we don't have to untangle it. All proceeds to benefit GSC.

GSC UnloneY Film Festival

Wednesday, October 2, 11 am-12 pm. Free.

The annual UnloneY Film Festival, sponsored by the Foundation for Art & Healing, celebrates the power of storytelling in film. It's a curated series of award-winning short films that give voice to the loneliness epidemic and represents the many lived experiences with isolation. Several films will be viewed and discussed. To register, contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061.

GSC Oktoberfest Celebration with Folk Voice Band

Wednesday, October 2, 1-2:30 pm.
\$5 suggested donation.

The wonderful Folk Voice Band returns to help us celebrate Oktoberfest with authentic music. Stay after the end for a beer toast and pretzels. RSVP: 206.297.0875.

GSC Collage for Wellbeing

Friday, October 4, 9 am-12 pm. Free.

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! RSVP: 206.297.0875.

GSC Weird and Wacky Elections

Friday, October 4. 1-2 pm. By donation.

Bill Woodward, Professor Emeritus of History at Seattle Pacific University, brings us this collection of odd electoral tales. From a contest when the sitting Vice-President defeated the sitting President (and was almost bested by his own running mate), through the several elections when nobody won at first, to the election when dangling chads, a dissident candidate, and a divided court determined the outcome, this tour through the quadrennial selection of a President reveals the many occasions when the improbable and impossible happened – almost routinely. RSVP: 206.297.0875.

PC PNPC & BPC Gently Used Kids' Gear Sale

Saturday, October 5, 9 am-1 pm. Free.
Community Hall.

The bi-annual Kids' Gear Sale will offer deals on gently used children's clothing and shoes, toys, books, strollers, bedding, furniture, safety equipment, sports gear, winter gear, maternity wear, Halloween costumes, and more. Enter the doors after noon and get a voucher for 50% discounts on numerous items. Admission and parking are free.

GSC Speed Friending

Saturday, October 5, 10 am-12 pm. Free.

Interested in meeting others in your community and making new friends? Speed Friending is a fun and fast paced way to meet new people in a way that dissolves awkward social barriers. To register, contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061

GSC Connect2Affect

Tuesday, October 8, 11 am-12 pm. Free.

Are you recently retired and feel you've lost vital social connections? Perhaps you've had a recent life transition and have lost friends? If so, this workshop is for you! Created by the AARP Foundation's Connect2Affect program, it will help you craft your own 'Friendventory' to take stock of your social contacts and think about ways to improve your connections. To register, contact Teresa Tam at teresat@phinneycenter.org or 206.531.0061

C Power of Community Fundraiser

Thursday, October 10, 11 am-1:30 pm. Swedish Club.
Ticket cost varies. Tickets on sale August 30.

From welcome to wellness, the PNA's senior programs support and enrich the lives of thousands of older adults and their families each year by offering everything from exercise classes and card games to daily lunches, educational lectures, and essential support services. The Power of Community fundraising event once again is raising \$100,000 to sustain these vital programs and services. Join us to celebrate and support the strength of our community, and the care we provide to our seniors. phinneycenter.org/poco

GSC Balance and Falling Safely

Friday, October 11, 1-2 pm. \$5 suggested donation.

Join Quantum Martial Arts to learn how to fall safely. We will warm up with body and situational awareness exercises and then move to improving our balance. Using padded mats, we will practice ways to safely fall forwards, backwards and sideways. We will end with some basic self-defense techniques. RSVP required: 206.297.0875.

PC Cider Press Party

Sunday, October 13, 3-4 pm. Free. Phinney Center
Red Room & Playground.

The PNA is raising a glass to celebrate our community and inviting PhinneyWood to our apple pressing party! Join us as we press fresh apples into delicious cider, celebrate the PNA, and enjoy our amazing community spirit. Feel free to bring a friend and apples for the communal cider. We hope to see you there!

GSC Needle-Felted Pumpkins

Wednesday, October 16, 10:30 am-12 pm. \$5-7.

Needle felting is a fun and easy craft that produces great results. Make fuzzy pumpkins and jack-o-lantern faces that will mark the holiday without eventually rotting on your porch. Needles and felting wool provided; bringing a thimble from home is suggested. 10 students maximum. Register: 206.297.0875.

GSC Village Member Recruitment Event

Wednesday, October 16, 1-2 pm. Free.

Join current PNA Village members for tea and treats while you learn all about the PNA Village program. The Village provides a network of support including volunteer services, trusted business referrals, and social engagement. This framework empowers people to remain in the homes and neighborhoods they love, while staying active and engaged as they age. RSVP at village@phinneycenter.org or 206.789.1217.

EVENTS & ACTIVITIES

GSC The Northwest's Most Infamous Crimes with Author Rebecca Morris

Friday, October 18, 1-2 pm. Free.

New York Times bestselling author Rebecca Morris will talk about the Pacific Northwest's most infamous crimes, both solved and unsolved. Morris is a former journalist and the author of eight true crime books and one memoir. She appears frequently as a crime expert on '20/20', Investigation Discovery, Inside Edition and other media. Her book *A Killing in Amish Country* was a Lifetime television movie in the fall of 2023. Sponsored by Seattle Public Library. RSVP: 206.297.0875.

GSC Urology Talk

Monday, October 21, 1-2 pm. Free.

Dr. Hehemann is a fellowship-trained surgeon, researcher, educator and patient advocate specializing in the field of Men's Health and general urology. Dr. Hehemann will discuss such topics as BPH, urinary retention, urinary tract symptoms, and erectile dysfunction. Presented by the GSC Men's Group. RSVP: 206.297.0875.

GSC Scarecrow Video Presents: Carnival of Souls

Wednesday, October 23, 1-3 pm. Free.

Scarecrow Video, a local nonprofit film organization dedicated to championing the role of film arts in community, cultural, and civic life, presents quarterly classic movies at the GSC. *Carnival of Souls* (1962): After a traumatic accident, a woman becomes drawn to a mysterious abandoned carnival. RSVP: 206.297.0875.

GSC Scaryoke Bingo Karaoke

Friday, October 25, 7-10 pm. \$30-40. Tickets on sale
Wednesday, October 2 at 10 am.

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. All proceeds support activities for seniors like yoga and dance, painting and writing, daily meals, memory-loss programs, and support groups at the GSC. phinneycenter.org/bingo

C Hunger Goblin' Trick or Treat & Food Drive

Saturday, October 26, 12-3 pm. Free.

For over 30 years, the PhinneyWood business district has hosted a daytime trick-or-treat event. In 2013, it became the Hunger Goblin' Trick or Treat & Food Drive to benefit FamilyWorks in Wallingford. Dress up the kids and enjoy treats galore. Participating businesses between 67th and 87th on Greenwood will have signs in their windows.

GSC Thrills and Chills Book Talk with SPL

Tuesday, October 29, 1-2 pm. Free.

Jason Davis, adult librarian a SPL's Greenwood Branch, will share recommendations for thrilling books perfect for the season, and read out loud from a chilling tale by H.P. Lovecraft. Register: 206.297.0875.

GSC Spooky Seattle

Wednesday, October 30, 11 am-12 pm. Free.

There's more to our city than meets the eye. Come hear spooky true tales and haunted history from a local paranormal investigator, historian, and podcast host Kim Douthit. Register: 206.297.0875.

GSC Native American Heritage Month Movie Series

Fridays, November 1, 8, & 15, 1-3 pm. Free.
RSVP: 206.297.0875.

November 1: *Killers of the Flower Moon* (2023)

Based on the 2017 non-fiction book by David Grann, set in 1920s Oklahoma. It focuses on a series of murders of Osage members and relations in the Osage Nation after oil was discovered on tribal land. Directed by Martin Scorsese.

November 8: *Reservation Dogs Marathon, part 1* (2021)

The first American series to feature all Indigenous writers and directors, along with an almost entirely Indigenous North American cast and crew. This comedy follows the lives of four Indigenous teenagers in rural Oklahoma, as they spend their days hanging out and committing crimes to earn enough money to leave their reservation community.

November 15: *Reservation Dogs Marathon, part 2* (2021)

The second half of the first season of this wonderful show.

PC Día de los Muertos Festival

Saturday, November 2, 12-5 pm. Free.

Join us for Día de los Muertos, a Mexican holiday celebration of death honoring our loved ones with food, drink and festivities, while celebrating the lives of our loved ones. Experience a traditional altar with offerings, mesmerizing performances, and delicious food and drinks. Engage in crafts, dance, and learn about unique traditions. Everyone is welcome to connect, learn, and create lasting memories at this celebration of life and love.

GSC Japan Travelogue

Wednesday, November 6, 1-2 pm. Free.

Julie Gangler, GSC community member and travel writer, will take us to Japan via photos and stories of her adventures there. Register: 206.297.0875.

PC 37th Annual Winter Beer Taste

Saturday, November 9, 6 pm VIP/Preview Tasting;
7-10 pm General Admission. \$10-\$70.

Taste microbrews from more than 35 Northwest breweries and cideries, including beers made just for our event. The PNA Winter Beer Taste is Seattle's oldest and longest running Beer Taste. Enjoy 10 generous tastes, pub snacks and music by KBFG. This is a 21+ event (no babies or dogs). Beat the crowds and come an hour early for the VIP Preview tasting which includes delicious fare from our sponsor, the 74th Street Ale House!

GSC Slot Car Club

Wednesday, November 11, 1-3 pm. Free.

Have you ever wanted to drive a Ford GT-40 around a track at 150 miles per hour? Join us for some fun, a bit of competition, and a lot of laughs as we launch little cars across the room. Cars and controllers are provided so just bring yourself! No registration required. Questions? email teresat@phinneycenter.org. RSVP to 206-297.0875.

GSC Humanities Washington Talk: Heaven on the Half Shell: Washington State's Oyster Odyssey

Wednesday, November 13, 1-2 pm. Free

Sponsored by Humanities Washington.

Get to know the PNW's most beloved bivalve: the oyster. In this talk, author David George Gordon discusses three species— the Olympia, Eastern, and Pacific oysters—and the people who have cultivated these delicacies for generations. Learn about the Native American sea gardens and clam beds that existed 11,500 years ago, as well as the contemporary efforts in our state to cultivate native and introduced oysters. Learn about the many surprising innovations that have made oysters such an enduringly popular and environmentally sustainable food. As the old saying goes: when the tide is out, the table is set. *David George Gordon is the principal author of Heaven on the Half Shell: The Story of the Oyster in the Pacific Northwest. A former science writer for Washington Sea Grant, Gordon has written 22 books on topics ranging from slugs and snails to sharks, gray whales, and Sasquatch.* RSVP: 206.297.0875.

GSC Card Making Workshop

Wednesday, November 20, 10 am-12 pm. \$2-3.

Who doesn't love receiving a handmade card? Get a head start on your season's greetings. All supplies will be provided in this guided workshop. 10 students maximum. RSVP: 206.297.0875.

GSC Ten Warning Signs of Alzheimer's and Dementia

Wednesday, November 20, 1-2 pm. Free.

In this presentation from the Alzheimer's Association, learn about the 10 early symptoms of Alzheimer's that you shouldn't ignore, and how these symptoms differ from normal aging. Register: 206.297.0875.

GSC Open Mic

Friday, November 22. 4-6 pm. Free.

Bring your performing talents to our stage – vocal, instrumental, poetical, comedic and dramatic. Expect snacks, drinks, and a friendly audience. RSVP: 206.297.0875.

GSC Thanksgiving Luncheon

Friday, November 22, 12 pm. \$5.

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

Visit phinneycenter.org/calendar for online listings

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EVENTS & ACTIVITIES

PC Community Thanksgiving Potluck
Thursday, November 28, 4-6 pm. Free.

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

PC GloCone & Holiday Lighting Event
Saturday, November 30, 5-5:30 pm.
Phinney Air Raid Tower. Free.

The air raid tower will be lit aglow with our annual GloCone holiday lights installation! This bright tree is made of over 3,200 programmable LED lights that change patterns and colors throughout the evening. Come by for carols, hot cocoa, and community.

GSC Those Mysterious Seacoast Forts
Friday, December 6, 1-2 pm. Free.

Long nagged by memories of the British invasion of 1814 (the only successful attack on our nation's capital before 9/11/01) advocates for "homeland security" in the 1860s and 70s turned to massive guns to protect the three American coasts. One of the first Pacific installations came at the mouth of the Columbia River; within a generation, Puget Sound had its own defenses. Now quaint state parks, these artifacts of a past obsession with "Never again!" raise questions about threats both imagined and real, and responses both psychological and tangible. The tale of these silent sentinels reveals America's changing engagement with the world and its reliance on new technologies to "guarantee" security. RSVP: 206.297.0875.

TRIPS & OUTINGS FOR SENIORS

Note that all trips are made taking public transportation and traveling on pedestrian-friendly city streets. Every effort is made to make the trips accessible, but participants need to be able to walk or wheel in an urban environment, typically up to a half-mile per increment (walking tours up to 2 miles). If you have accessibility needs that will prevent you from doing so, contact us ahead of time. Trips need five participants minimum to happen and are restricted to ten participants maximum for safety reasons. Call to reserve your space ahead of time. Trip times can be subject to change based on bus schedules or other transportation changes.

GSC Ballard Locks Visitor's Center Tour
Monday, September 23. Meet at the GSC at 10 am. Free admission. Bring bus fare and \$ for lunch.
We'll bus to the Hiram Chittenden Locks for a guided tour and a visit to the Visitor Center. Lunch in the neighborhood. Register: 206.297.0875.

GSC Seattle Aquarium
Tuesday, October 8. Meet at the GSC at 10 am.
Free admission for 60+ with Gold Card. Bring bus fare.

The Seattle Waterfront has been undergoing lots of changes and that includes the aquarium and its surrounding area! Well worth it to bus down for a visit and a look around. Lunch on the waterfront. Register: 206.297.0875.

GSC Ride the Light Rail: Alderwood Mall
Tuesday, November 12. Meet at the GSC at 10 am.
Bring transit fare and \$ for lunch.

Seattle's light rail system has expanded all the way North to Lynnwood, putting Alderwood Mall within reach for Holiday shopping excursions. It's an elevated line, so expect a good view as we speed past the traffic below. Register: 206.297.0875.

SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875.

GSC *New* Community Acupuncture Clinic
Fridays 10 am-1 pm. Call for an appointment. \$35-40.

Affordable, gentle & effective treatment in a group setting with Olivia Grana, LAc, AEMP. You'll remain fully dressed. Just wear loose clothing, and expose your lower arms and lower legs. Pain, anxiety, depression, insomnia, headaches, digestive upset, menopause, chemo & radiation recovery, limited mobility, and much more can be treated. Acupuncture uses small, thin, single-use sterilized needles to stimulate pathways in your body to improve circulation and increase healing. Call for appointment: 206.297.0875.

GSC Minor Computer Repair
By appointment only. Free.

A volunteer will troubleshoot your computer hardware problems and will fix what issues they can. Call for availability.

GSC Foot Care
Varying days/times. Call for an appointment. \$42-45

Keith Germain cares for your feet. Call to make an appointment: 206.297.0875

GSC Haircuts
2nd and 4th Tuesday of each month, 1-4 pm. \$15.
Call for an appointment: 206.297.0875

GSC Medicare Counseling
3rd Tuesdays & 4th Thursdays, 10 am-3:45 pm. Free.

Have questions regarding your healthcare? Senior Health Insurance Benefits Advisors Lee Rockoff & Laura Tranin offer monthly, one-hour appointments. Call the GSC to reserve your spot. For more information about SHIBA: insurance.wa.gov.

GSC Financial Services
1st Thursdays, 1-3 pm. Free.

Kylie B. Bernethy is an independent financial services professional who assists with financial questions relating to IRAs, Mutual Funds, Retirement Income Planning, Health Insurance, Long Term Care Insurance, and Annuities. Representative is registered with, and offers only securities and advisory services through, Innovation Partners II, a registered broker/dealer investment advisor and member FINRA/SIPC. Call for a free 30-minute appointment.

SOCIAL SERVICES

GSC Hot Meal Program
Mondays, 4-6 pm. GSC. Free.

C Tuesdays, 4-6 pm; Wednesdays, 11 am-1 pm.
St. John United Lutheran Church. Free

In addition to providing a meal, the Hot Meal Program provides a safe environment to feel cared for and to feel like a part of this neighborhood. We offer a variety of hygiene products, gently-used clothing, physical therapy, and medical services as well. Volunteer opportunities are available at phinneycenter.org/hotmeal/

SOCIAL SERVICES & COUNSELING

Social worker **Kristen Oshyn**, MSW, directs our memory loss program and leads support groups at the GSC and online. To make an appointment, email kristeno@phinneycenter.org or call 206.297.0875.

Therapeutic Counselor **Lisa Bakke**, MA, GMHS, provides social services and individual counseling and leads support groups at the GSC and online. To make an appointment, email lisab@phinneycenter.org or call 425.416.0641.

Donations to the GSC for Kristen's and Lisa's services are appreciated.

Wi Early-Stage Memory Loss Support Group
1st and 3rd Monday of the month. 10:30 am-12 pm.

For those diagnosed with mild memory loss issues. Support group meets each month to discuss coping, communication, and other areas of concern. Screening with Kristen required before participation. Call 206.297.0875 for details.

Wi Parkinson's Spouses
3rd Monday of the month, 1-2:30 pm.

Provides education, resources, and coping skills to family members and caregivers of those living with Parkinson's disease.

Wi Senior Parents of Adult Children with Mental Illness
2nd Tuesday of the month, 10:15 am-12 pm.

Explores resources, education, and coping skills related to mental illness, alcohol, and addiction problems. Contact Lisa for details: lisab@phinneycenter.org.

Wi ESML Caregiver Support Group: Spouses
3rd Tuesday of the month, 10:30 am-12 pm.

Monthly group for any spouse who is a caregiver of someone with early-stage memory loss. New participants must contact Kristen before attending: 206.297.0875.

Wi Mid-Stage Memory Loss Caregiver Support Group: Spouses
4th Tuesday of the month, 10:30 am-12 pm.

Monthly group for any spouse who is a caregiver of someone with mid-stage memory loss. New participants must contact Kristen before attending: 206.297.0875.

Wi Adult Daughters Caring for their Mothers
1st Wednesday of the month, 3-4:30 pm.

Address mother-daughter relationship issues which are unique to this caregiving role. This group is open to all women who are involved in providing support for their mothers in their homes, in facilities, or long distance. Contact Lisa for details: lisab@phinneycenter.org.

Wi Advanced Dementia Spousal Caregiver Support Group
3rd Wednesday of the month, 1-3 pm.

Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility. Contact Kristen to register: kristeno@phinneycenter.org.

GSC Living Alone Monthly Support Group
3rd Wednesdays of each month. 11 am-12 pm.

Are you an older adult living in your own space? We explore your opportunities, challenges, and choices. RSVP: 206.297.0875.

MEMORY LOSS SPECIAL OFFERINGS

Programs are held in-person and online. For details, call the GSC at 206.297.0875.

GSC UW Alzheimer's Disease Research Center, Research Update

Wednesday, September 25, 2-3:30 pm. GSC. Free.

Dr. Rosenbloom is a board-certified neurologist at the UW Medicine Memory and Brain Wellness Center where he directs the clinical trials running at the UW Alzheimer's Disease Research Center (ADRC). He previously served for 13 years as director of the HealthPartners Center for Memory and Aging in St. Paul, MN where he led clinical research in cognitive screening for dementia, intranasal therapeutics, and non-invasive neurostimulation for neurodegenerative diseases. Join us for an afternoon presentation led by Dr. Rosenbloom about current research studies at the UW ADRC and how to become involved. RSVP: 206.297.0875.

GSC Alzheimer's Café
Monday, October 7. 1-2 pm. Free.

Come and join us for an hour of coffee, socializing, and music! Open to those living with memory loss, their family, and friends. Great, informal way to meet others and visit the Center. RSVP 206-297-0875.

GSC All Present Song Circle
Mondays, 1-2:30 pm. *No October Sessions* \$5-7.

A chorus for people with memory loss, and community members who love to sing. Song sheets will be provided. Register 206.297.0875.

GSC ESML Community Service Group
2nd Mondays, 11 am-1 pm. Free.

Come join others to make a positive impact on the community. We'll be assembling hygiene and dental kits for those in our community who are unsheltered, and then sharing lunch together at the Senior Center. RSVP to Kristen Oshyn, kristeno@phinneycenter.org.

Wi The Gathering Place
Tuesdays, 1-3 pm. Online. \$20/session.

GSC Thursdays, 1-4 pm. GSC. \$40/session.

The Gathering Place is an early-stage memory loss program for people living with Alzheimer's, Mild Cognitive Impairment or other kinds of diagnosed memory disorders that impact their daily living. This program fosters a strong sense of community while providing cognitive stimulation, exercise, cultural enrichment and discussion. The Gathering Place runs on a quarter system but new members can be added throughout the year. There is no drop-in availability. Pre-screening is required. Contact Kristen Oshyn, kristeno@phinneycenter.org with any questions or to make an appointment.

Wi Brain Games
1st & 3rd Wednesdays, 1-2 pm. Free.

Join us for games and exercises designed to support your cognitive health. This hour-long program is sure to give your brain a workout! Suitable for participants with Mild Cognitive Impairment and Early-Stage Memory Loss. Register: erikac@phinneycenter.org.

Wi ESML Art Appreciation
2nd & 4th Wednesdays, 1-2 pm. Free.

This one-hour program includes viewings of classic and contemporary works of visual art along with guided discussion, all in a relaxed, supportive setting. Suitable for folks with Mild Cognitive Impairment and Early-Stage Memory Loss. Register: erikac@phinneycenter.org.

Wi Living Independently with Memory Loss
2nd Wednesdays, 10:30 am-12 pm. Free.

If you have diagnosed memory loss, and are managing life alone, join us for a facilitated conversation of shared concerns and resources. RSVP to Kristen Oshyn: kristeno@phinneycenter.org.

GSC Music and Mindfulness
Tuesdays, 10-11 am. Free.

Discover mindfulness, relaxation, and self-awareness techniques to enhance your daily life. Join sessions featuring breathwork, gentle movement, and instrumental improvisations focused on relaxation and restoration. This inclusive class welcomes participants with early to mid-stage memory loss and their care partners. Instructor Kate Schnieder has a Bachelor of Music in Music Therapy and is a board-certified music therapist. Register: 206.297.0875.

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ONGOING GROUPS

BOOK & DISCUSSION GROUPS

- GSC Men's Group**
Mondays, 2 pm. Locations vary. Free.
We seek to enjoy each other's company, have fun, develop life-long friendships, have memorable experiences together, support each other as needed, and serve our community. We have an eclectic mix of discussions and presentations on various topics, games, tours, walks, socializing, volunteering; anything that looks interesting, informative, unusual, or adventurous. Email for info about upcoming events: gmensgroup@gmail.com.
- GSC Book Discussion Group**
1st Tuesday of the month, 1:30-3 pm. Free.
Expect in-depth discussions about interesting and challenging literature; both fiction and non-fiction. We do not have copies to lend, but only choose readily available books, currently in paperback. Email for questions and book info: arielb@phinneycenter.org.
- GSC Whodunit Book Group**
1st Tuesday each month, 6:30-8:15 pm. Free.
The Whodunit Book Club meets on the first Tuesday of each month. We gather at 6:30 pm and discussion of our latest book starts at 7 pm and lasts until about 8:15 pm. The books are available in print, e-book, and audio from Seattle, King, and Sno-Isle libraries. You are welcome to come along and meet us, even if you haven't read the book - all are welcome! Call or Email Ariel Burnett for questions and book info: arielb@phinneycenter.org, 206.297.0875.
- GSC Technology Support Group**
3rd Tuesday of the month, 1-2:30 pm.
Bring your tech questions and your device(s) (e.g., iPhone, iPad, laptop) and we'll research solutions together online, followed by breakout groups to implement those solutions. Register at the GSC or by calling 206.297.0875.
- GSC Spousal Loss Grief Group**
Wednesdays, 5:45-7:15 pm. Free.
Have you lost a spouse? We can help. Our mission is to provide a supportive environment and practical assistance to widows and widowers during their adjustment to the loss of a spouse by death, and into their lives as a single person. For more information, call Robin Thomas: 206.234.4647.
- GSC World Affairs Roundtable**
2nd Wednesdays, 12:45-2 pm. Free.
World Affairs Roundtable is a monthly group in which members make up-to-five-minute presentations of their chosen subjects, followed by discussion. For more information: globalstudycontax@gmail.com.
- GSC Us Too Prostate Cancer Support Group**
2nd (online) & 4th (GSC) Wednesdays, 6-8 pm. Free.
Our group is a forum for patients and caregivers to learn about and discuss prostate cancer diagnosis, treatment options, side effects, and the life changes that affect us. We provide information and support for all stages of the cancer journey. For more information, contact Marty Chakorian: marty@chakorian.com, 206-412-0571.
- GSC Reader's Theatre**
3rd Thursday of the month, 1:30-3 pm. Free.
Reader's Theatre is intended for people who would like to read, or enjoy listening to a reading of, a one-act play.
RSVP: 2003birdlady@gmail.com.

ONGOING GROUPS

GAMES & CRAFTS

- GSC Art Club**
Mondays, 3-4 pm. Free.
Join us for Art Club, a weekly opportunity to come together, enjoy coffee and snacks, and flex your creative muscles. Popular past projects include "Heart Soul" collages, shirky-dink lucky charms, coffee filter macchias, and lithograph lanterns.
- GSC Jewelry Making Group**
4th Mondays, 1-3 pm. Free.
Come dabble in baubles. Join us for an introduction to earring making. We will show you how to construct simple, beautiful earrings, from choosing the beads to wrapping the wire. Later sessions will build on basics. No prior experience needed and no supplies to bring! There may be fees later on, depending on group interest and projects. There's no need to attend every month, we'll catch you up! Limit 8-10 participants, based on available tools and supplies. If you have your own tools, bring them! RSVP is required; contact Holly Stein, hollybstein@gmail.com or 206.790.0266.
- GSC Scrabble**
Mondays & Wednesdays, 10 am-12pm. Free.
If you love Scrabble, join us! This is a fun, informal group who will happily welcome Scrabble players of all ages. Expect to play by standard Scrabble rules, as described on the box.
- GSC American Mah Jongg**
Experienced players Tuesdays, 1:30-4:15 pm.
Intro to Mah Jongg for beginners, 2nd Tuesday, 12:45-1:30 pm (must RSVP) Free.
For further information, or to RSVP for beginner sessions, email ronni.wolfe@gmail.com. Note: masks continue to be mandatory for this group.
- GSC Bridge Group**
Wednesdays, 10 am-12 pm. Free.
An ongoing social Bridge group at the novice level. No RSVP is required. Bridge is the ultimate card game, and is a great way to keep your brain active. Learn and improve your technique using the Standard American Yellow Card bidding system. Please have some familiarity with Bridge basics.
- GSC Needle Arts Group**
Thursdays, 10:30 am-12 pm. Free.
Do you knit, sew, do cross-stitch, quilt, or embroider? Rug hooking? Bargello? Any type of needle and thread/yarn work is welcome. Bring your project and enjoy some social interaction. Questions: 206.297.0875.
- PC Cribbage Club**
2nd & 4th Thursdays, 6:45-9 pm. Room 3.
Free-\$5.
We meet the second and fourth Thursday of each month for a round-robin cribbage tournament! Suggested \$5 donation to play, with proceeds donated to the PNA Hot Meal Program. There will be prizes for the first and second place winners of the tournament. Email pna@phinneycenter.org to sign up.
- GSC Fiber Spinning Group**
3rd Thursdays, 1:30-3:30 pm. GSC. Free.
Come sit and spin with us, and join this social spinning circle. Bring your own wheel and fiber to spin, chat, ask questions, and get inspired. There's no formal instruction but beginner spinners are welcome.
- GSC American Sewing Guild – North Seattle**
3rd Sundays, 1-3 pm. Free.
Is sewing one of your passions? The North Seattle neighborhood group of the Greater Seattle Chapter of American Sewing Guild (ASG) meets to discuss sewing topics. Interested sewists are welcome to attend two meetings; after that, we request you join the national ASG (\$60/year).

MUSIC

- GSC Second Sundays Song Circle**
2nd Sundays, 7 pm. GSC. Free.
Join us to share the joy of singing together. No expertise is required (staying in key is nice, but we're not perfect). We sing mainly folk-songs, but you can hear anything at one time or another. Singing goes around the group in a circle. When it's your turn, you may choose to sing, request a song from the group, or pass. We all join in on choruses or anything else we recognize. The group has been meeting for over 40 years. Presented in connection with the Seattle Folklore Society. For more info, contact Bruce Baker: 425.998.6134, or songcircle@seafolklore.org.

ONGOING GROUPS

MEAL PROGRAM

- GSC Lunch Program**
Monday to Friday, noon. \$5 suggested donation for diners 60 and over.
Enjoy tasty and nutritious fare at an amazingly low cost for people 60 and over! RSVP (by 10 am): 206.297.0875.

ONGOING CLASSES

ARTS & CRAFTS

- GSC Watercolor Class**
Wednesdays, 1-2:30 pm. \$3-5.
Join our inclusive painting group for beginners and intermediate-level artists. Explore watercolor techniques and develop skills in drawing people and still-life compositions. Enjoy a mix of instruction, practice time, and free painting, with supportive critiquing of each other's work in a friendly environment. Optional sharing fosters a safe, welcoming atmosphere. Taught by Linda Mendez. Register: 206.297.0875.

BE PREPARED

- GSC AARP Smart DriverTEK**
Tuesday, Oct 8, 10 am-12 pm. Free.
Technology is changing the driving experience. Blind spot warnings, drowsy driver alerts, emergency response systems—all of it designed and included in most new vehicles to keep you safer. This free workshop familiarizes drivers with all of the latest car tech features. Good for those who recently bought, or are considering buying, a new vehicle. Ages 55 and up. Taught by Corine Olson, AARP. Register: 206.297.0875.

- GSC AARP Smart Driver Course**
Thursdays & Fridays, Sep 12 & 13, Oct 10 & 11.
\$20-25.
Come and join this informative class in "smart" driving. This course has been scientifically proven to reduce driving errors, and is approved by insurance companies for a safe-driving discount upon completion. Ages 55 & up. Bring your AARP card or member number with you on the first day. Taught by Corine Olson, AARP. Register: 206.297.0875.

MUSIC & DANCE

- GSC Line Dancing for All Levels**
Thursdays, 10:15-11:15 am. \$6-8.
In this easy, upbeat class, you'll explore music from Classic Rock to Latin, Contemporary and—yes!—Western with 16, 34, and 48 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 are welcome. Taught by Chris Banta. 206.297.0875.
- GSC Line Dancing Level 2**
Thursdays, 11:30 am-12:30 pm. \$6-8.
Line dancing for experienced beginners: After learning the basics, move on to new rhythms, new steps, and new dance types. A little more difficult than the New Beginner level, but still lots of fun! Taught by Chris Banta. 206.297.0875.

ONGOING CLASSES

HEALTH & WELLNESS

- Zumba Gold Toning**
Mon, Wed, Fri 8:15 am-8:45 am. \$3.
Led by Penny Fuller and 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. Come for just Toning, or stay for the aerobic Zumba Gold class immediately following. Dress comfortably and bring water. Drop-ins and adults of all ages welcome. To attend online: arielb@phinneycenter.org.
- GSC Easy Exercise**
Mondays & Wednesdays, 10-11 am. \$1.
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. Taught by Gerry Joyce. To attend online: arielb@phinneycenter.org.
- GSC Hatha Yoga**
Fridays, 10:30-11:30 am. \$5-6
One-hour heart-opening, alignment-based Hatha yoga class. Release tension, build muscle strength, flexibility, balance, and confidence. Classes are a blend of asana infused with live music, which is performed during guided meditation and Savasana. Occasional restorative yoga poses offer opportunities for deep relaxation. Sequences designed to fit your needs. Instructor Marieke Slovin has been teaching yoga since 2015. She holds a 200-hour RYT in Hatha Yoga and a 500-hr RYT for Anusara yoga. 206.297.0875.
- GSC Pilates for Core and Balance**
Tuesdays, 2:15-3:15 pm. \$7-9.
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! Taught by Alethea Alexander. 206.297.0875.
- GSC Tai Chi: Moving Meditation**
Tuesdays & Thursdays, 9-10 am. \$10.
Come have fun! Build strength, balance, and agility with the centuries-old practices of Tai Chi and Qigong. Experience deep breathing, slow flowing movement, and meditation to maximize longevity, and improve quality of life. Suitable for all ability levels. Taught by Larry Spangler. 206.297.0875.
- GSC Yoga for Osteoporosis and Osteoarthritis**
Tuesdays, 10:30-11:30 am & Wednesdays, 11 am-12 pm. \$5-6.
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. 206.297.0875.
- GSC Yoga For All Levels**
Thursdays, 2:30-3:50 pm. \$5-6.
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. The instructor has 35 years of movement education. Wear loose clothing; have a blanket and water bottle. Taught by D'vorah Kost. arielb@phinneycenter.org.

Welcome home.

Are you looking for an open and affirming spiritual home for your family? Look no further.

In our Youth and Family Programs, kids can freely embrace and express their inner greatness, true nature, and be totally empowered.

We educate youth with spiritual but not religious stories, principles, and practices that help them grow in fun, authentic, and meaningful ways.

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SpiritualLiving.org

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K-12 Grade Programs, Sundays at 11am



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ONGOING CLASSES

LANGUAGE

GSC Practice English: Talk Time
Mondays, 10:30 am-12 pm. Free.

For all new English speakers, this group provides an opportunity to practice English conversation in an informal and friendly group. Meet other people who need to learn to express themselves easily with a new language. All ages and people from all over the world are invited. Register: 206.297.0875.

PC Spanish Conversation I & II
Mondays, 6-8 pm
(Advanced 6-7 pm; Intermediate 7-8 pm).
Teachers' Lounge. \$25/month.

¿Usted habla Español? Need a place to practice? Join us on Monday evenings as we converse in Spanish. Facilitated by native speaker Ritha Espin de White. Not sure which group to join? Come to either group and try it out. The first meeting is FREE! Register: 206.783.2244 or at the door.

GSC Advanced Spanish Language Class
Mondays, 4:30-5:30 pm. By donation.
This class is intended only for advanced Spanish students. Experienced facilitator. Donations gladly accepted. Taught by Octavio Fernandez.

GSC Intermediate Spanish
Wednesdays, 4:30-5:30 pm. By donation.
This focused class is intended for intermediate Spanish students. Our facilitator creates an environment in which learners of all language ability levels can feel successful. Donations gladly accepted. Taught by Octavio Fernandez.

Continuing French
Thursdays, 10-11:30 am. Free.
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. Taught by Marilyn Severson. Register: arielb@phinneycenter.org.

Seattle Folklore Society Fall 2024 Concerts

Seattle Folklore Society launches a new season of live music on Phinney Ridge, celebrating 55+ years of activity in Seattle and 20+ years partnering with PNA! Concertgoers can look forward to a wide variety of folk and acoustic offerings in coming months. Most performances are held in the Phinney Center Community Hall on Saturday nights. Additional information, updates, and calendar additions at www.seafolklore.org. Tickets are available 60 days before each show, online, or in-person at prior concerts. Doors open a half-hour before showtime.

- 9/21 - **Iona Fyfe** - Award-winning Scots singer
 - 9/28 - **Outlanders Variety Show** - In the style of old-time radio
 - 10/5 - **House of Hamill** - Upcycled Celtic folk
 - 10/12 - **Richard Shindell** Rare Seattle concert from evocative songwriter, now based in Argentina
 - 10/19 - **Srivani Jade Ensemble** - Northern Indian music & song
 - 11/10 (Sunday) - **The Henry Girls** - Irish folk/roots, superb vocal harmonies
 - 11/16 - **Dunava** - Vocal magic from Eastern Europe
 - 11/17 (Sunday) - **Newberry & Verch** - Missouri Ozarks meets Canada's Ottawa Valley
 - 11/23 - **James Keelaghan** - Notable Canadian songwriter
 - 11/24 (Sunday*) - **Jason O'Rourke Trio + Celtic Roses Dancers** - Concertina/Fiddle/Guitar
 - 12/3 (Tuesday*) - **Ensemble Sangineto** - Enchanting Italian songs & tunes
- *show at Royal Room in Columbia City, SFS co-sponsors

PNA DIY HUB

PC Tool Lending Library
Mondays, 5-7 pm, Fridays, 3-5 pm & Saturdays, 9 am-1 pm. \$1-50.

The sun is shining, which means it's time to get your yard or garden into shape! Let the PNA Tool Lending Library give you a hand. We have rakes, edgers, seed spreaders, wheelbarrows, chainsaws, and so much more. phinneycenter.org/tools

PC PNA Woodshop dedicated to Bill Fenimore
Wednesdays, 7-9 pm, and Saturdays, 9:30 am-1:30 pm. \$10/hour.

Did you know that there is a woodshop in your area? Whether you're a newcomer to woodworking or an experienced woodworker, the PNA woodshop is the ideal place to bring your creative projects to life. Whether you're interested in crafting a bench, flower bed, jewelry box, chair, or cupboard, the possibilities are endless. To learn more about the PNA woodshop, visit phinneycenter.org/woodshop

PC PNA Woodshop dedicated to Bill Fenimore
Upcoming classes, workshops, and events, check phinneycenter.org/woodshop for event dates and times.

Lumber Support Group
Calling all woodworkers and the lumber-curious! Lumber Support Group is a quarterly meetup organized by PNA Woodshop volunteers, but open and free to anyone with an interest in woodworking. Fall Meetup topic and date to-be-determined.

Sharpen This!
Learn to put a fine edge on your woodworking hand tools. In this four-hour workshop, we will cover grinding, honing, and polishing via several popular media. Bring one or two items to class that you would like to sharpen.

Make A Bow Saw
Start building your woodworking tool collection by making your own bow saw! A bow saw is the perfect hand tool for making curved cuts by hand. And there is no satisfaction like that of using a tool that you made yourself in two three-hour sessions. Materials provided.

Build a Box
Make a small wood box for your precious tools or jewels in two three-hour sessions. Materials provided.

Introduction to Woodworking for Kids
Kids, come learn how to work with wood and walk away with a project you can use and decorate! (e.g., owl box, small keep-sake box - actual project TBD). Kids between the ages of 5-10 will work with hand tools (hand saw, twist drill, plane, screwdrivers, hammer). Parents are welcome to stay and help in this three-hour workshop. Materials provided.



Newberry & Verch. PHOTO: Bruce deBoer

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Volunteer

Help Wanted at the PNA

We love our volunteers! Together, we make our community better!
To sign up or learn more, visit phinneycenter.org/volunteer or email leanne@phinneycenter.org. Thank you for your support!

GSC = Greenwood Senior Center
PC = Phinney Center
PW = PhinneyWood

UPCOMING EVENT VOLUNTEER OPPORTUNITIES

- Art Walk – the Big One! (Fri-Sat, 9/13-14, PhinneyWood)
- Yard Work Party for Seniors (Sat, 9/14, GSC & NW Seattle homes)
- Bite of PhinneyWood (Sun, 9/15, PC lower lot)
- Power of Community Benefit (Thur, 10/10, Swedish Club)
- Halloween Bingo Karaoke (Fri, 10/25, GSC)
- Día de los Muertos (Sat, 11/2, PC)
- Winter Beer Taste (Sat, 11/9, PC)
- Thanksgiving Meal (Fri, 11/22, GSC)
- Thanksgiving Potluck (Thur, 11/28, PC)
- GloCone Lighting (Sat, 11/30, PC)
- Winter Festival (Sat-Sun, 12/7-8, PC)

DONATION DRIVES

Costume Jewelry, Oct-Nov
Donate loved, but no longer wanted, costume jewelry at the GSC for our annual sale in December.

Hunger Goblin, October
Feed our neighbors by donating non-perishable food items at PNA sites and participating PhinneyWood businesses.

Winter Wishes, mid-Nov to mid-Dec
Support local kids, seniors, families, and neighbors in need through our annual holiday gift drive.

GREATEST NEEDS (**see below for more details**)

- Board of Directors
- Winter Festival Entertainment Coordinator
- Art Walk A-board Coordinator

ONGOING OPPORTUNITIES

Bake & Prepare Meals

Feed Seniors as a GSC Lunch Helper Prepare, serve, and clean up scratch meals made with local and seasonal ingredients with the GSC chef and volunteer team. Mon or Tues, 10 am-2 pm.

Help at the Hot Meal Program Prepare & serve meals, set up & clean up on Mon, 4-7 pm at the GSC; Tues, 4-7 pm at St. John Lutheran Church in Phinney.

Treat Makers needed to provide delicious, homemade baked goods for GSC memory loss classes, lunch program, events and bake sales.

Donate Pies & other holiday-themed items for our annual Thanksgiving and/or Christmas meals at the Hot Meal Program.

Thanksgiving Potluck Celebrate community with the PNA! Volunteers needed to help set up & clean up. Th, Nov 28 at the Phinney Center. RSVP (to eat and volunteer) 206.783.2244.

Board & Committees

*****PNA Board of Directors** Seeking community members passionate about the PNA's mission and vision to build community. Terms start in January. 4 to 8 hrs/mo. phinneycenter.org/pna-board/***

Seeking energetic members for our **committees**: Champions; Diversity, Equity Inclusion & Belonging (DEIB), Finance, and Site.

PNA Village Committees: Bring your enthusiasm for the Village and expertise to the Volunteer, Membership/Marketing, or Newsletter committees.

Garden & Landscape

Yardwork Party at NW Seniors' Homes Sat, 9/14, 8:30 am-12:30 pm. Help our members (in NW Seattle) clean up and prepare their gardens for fall and winter. Great opportunity for families and teens. No experience necessary. Access to driving vehicle needed. Sign up by Tues, 9/10, phinneycenter.org/volunteer-opportunities

Yardwork Work Party Mailing List Join our mailing list to learn about upcoming yard work parties!

Adopt a Garden Help spruce up our grounds by regularly performing a task (like weed whacking). Flexible schedule. Ongoing and one-time group opportunities available at the Phinney Center, Greenwood Senior Center, Whittier Kids, and Heart of Phinney Park.

Help Kids & Seniors

Weekly Zoo Walk Join the team of volunteers to support people with memory loss and their care partner on a weekly walk through the Woodland Park Zoo. Tues, 9:15-11:30 am, includes welcome and hanging out at the cafe.

Pen Pals Needed! Kids and seniors needed to write letters to each other! phinneycenter.org/pen-pal

Provide local rides for seniors with the PNA Village. Your own vehicle and insurance required. Especially in need of drivers available during the workday and/or ok with dogs in your vehicle.

Play with Kids! Support school-age kids afterschool at Whittier Kids: play board games, art, gym/playground games, etc, at Whittier Kids. Weekly opportunities, between 2 and 5 pm, ideally through the school year (ends in June).

Maintenance & Handiwork

Tool Librarian Strong customer service and computer skills a must. Volunteers check membership status, check tools out and in, and collect donations. Some experience with tools helpful, but not required.

Woodshop Steward Supervise experienced shop users during open hours with a focus on safety and correct use of equipment and tools. 6-month commitment requested. Safety training and shop orientation provided.

Handy with a Hammer? Perform basic home repairs and maintenance for seniors living in their homes through the PNA Village.

Marketing & Outreach

*****Art Walk A-boards** Update the A-boards with this year's information, distribute them to participating PhinneyWood businesses, and pick them up after Art Walk is done! Prep & distribute on Fri, 9/13 (sometime between 10 am-4 pm); collect on Sat, 9/14 (about 5 pm).***

*****Winter Festival Entertainment Coordinator** Seeking a dedicated volunteer to schedule volunteer performances, help organize event logistics, and collaborate with staff and other volunteers to ensure smooth operation. Presence at event not required. Strong communication skills and great attention to detail needed.***

Put Up Posters at local businesses and community buildings (like the libraries) in PhinneyWood to help promote our upcoming events and classes. Great for students and young children with their parents. Flexible schedule.

Office & Admin

Phinney Center Weekend Receptionist Strong customer service skills needed to greet and interact with our guests and members. Support transition between renters by resetting rooms and supplies. Some computer skills helpful, training provided. 4 hrs/wk, 9 am-1 pm on Sat, and/or 1-5 pm Sat and/or Sun. 6+ months requested.

PNA Village Office Support Help the Village stay connected with our members! Strong communication and computer skills needed, especially to enter information into our database. Must also be comfortable on the phone. Th, 10 am-noon at the GSC.

GSC Weekly Receptionist Greet and interact with neighbors of all ages & backgrounds. Strong customer service skills required. 4 hrs/wk, 6+ mo commitment requested.

Teach & Mentor

One-on-One Tech Mentors Help seniors and others learn how to use their smart phones, tablets and laptops. Flexible schedule, 6-month commitment requested. Great for high school students looking for an ongoing position.

Share Your Passion Teach others about your passion – at the Greenwood Senior Center! Now scheduling December through March.

HELP WANTED IN THE COMMUNITY

Join **Tilth Alliance** in our gardens, kitchens, and food access programs and help us build a better food future! tilthalliance.org/get-involved/volunteer-with-us/.

Help needed with **Seattle Folklore Society** concerts at the Phinney Center: volunteer at one, or help plan. concerts@seafolklore.org.

Help tackle educational inequity by tutoring students grades 1-12 afterschool (or during summer) - no experience necessary! Youth Tutoring Program (YTP), volunteerytp@ccsw.org.

Volunteer to help K-12 students with homework and learning skills at **The Seattle Public Library!** volunteer@spl.org.

Help at the **Loyal Heights Community Center** Fall Carnival on Fri, 10/25, 4:30-9:00 pm. Ron Brown: (206)684-4052 or Ronald.Brown@seattle.gov.

Volunteer with **Girls on the Run (GOTR)!** Each season, coaches inspire and guide youth through our tried-and-true curriculum! gotrpugetsound.org/volunteer.

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181K SOCIAL MEDIA REACH
120K PRINT CIRCULATION
23 EVENTS THIS YEAR

Event Sponsor Opportunities

Sponsorships for 2024 are still open, and planning for 2025 has begun! Packages start at \$1,000, with custom options also offered. Support the PNA's community impact and connect your brand with engaged attendees.

Let's talk! PNA@phinneycenter.org

PNA Memberships



Business | Community |
Village (Aging in Place)
Support Your
Neighborhood!



PNA EVENTS

SAVE THE DATES | JOIN YOUR COMMUNITY!

- Art Walk** - September 13 & 14
- Village Fall Gardening Day** - September 14
- Bite of PhinneyWood** - September 15
- Gently Used Kids' Gear Sale** - October 5
- Power of Community Fundraiser** - October 10
- Cider Press Party** - October 13
- Hunger Goblin'** - October 26
- Dia de Los Muertos** - November 2
- Winter Beer Taste** - November 9
- Thanksgiving Potluck** - November 28
- GloCone Holiday Lighting Celebration** - November 30
- Winter Festival & Crafts Fair** - December 7 & 8
- Costume Jewelry Sale** - December 11
- Dogs & Nogs** - December 13

PNA Events are free or at low cost to the public. We are much more than a community center. We are neighbors, businesses and connection!

[@phinneyneighborhoodassociation](https://twitter.com/phinneyneighborhoodassociation) | phinneycenter.org/events

The Review Fall 2024 Vol. 38, No. 3

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