

Stories and happenings for Northwest Seattle neighbors



**Your support lit up the way  
in 2023: now help us make  
2024 shine. Donate today!**





## Your support makes a difference: Help us end the year strong

By Chris Robinson

As we approach the end of the year, we want to take a moment to express our deepest gratitude for your unwavering support throughout 2023. Your generosity and commitment to our mission have made a profound impact on the lives of community members and those we serve.

From providing **17,743** hot meals for guests in our Hot Meal program, to completing **1,890** critical tasks for our Village members, to offering **1,481** activities at the Greenwood Senior Center and hosting sold-out events that brought **7,406** of our community members together, your contributions have made it all possible. The impact of your financial support is deeply felt within our organization and by the communities we serve.

As we approach the holiday season and the end of another year, we are excited to look forward to 2024 and embark on our 44th year of creating opportunities for belonging, connection, and impact. **We invite you to be a part of our journey by donating to the PNA by Dec. 31.**

Your year-end gift not only helps us finish the year on a high note but also provides a strong foundation for our initiatives in the upcoming year. We have exciting plans on the horizon, and your continued support will be instrumental in making them a reality.



Beloved community members at our October 2023 Power of Community fundraiser!

Your support, regardless of its size, makes a significant difference. Whether it's a one-time gift or a recurring donation, every dollar counts and brings us closer to our goals.

To make your contribution, visit our secure donation page here: [phinneycenter.org/donate](http://phinneycenter.org/donate). You can also mail your contribution to the PNA by filling out the envelope included in this edition of *The Review* or in a separate envelope to 6532 Phinney Ave N, Seattle, WA 98103.

Your continued support means the world to us, and we're excited to have you as part of our extended PNA family. Together, we will continue to

build community connections and provide the critical programs our community wants and needs.

Once again, thank you for your outstanding support throughout the year. Your generosity has made a real difference, and we're excited to see what the future holds with you by our side.

Wishing you a joyful holiday season and a New Year filled with health, happiness, and success.



### Director's Corner

## Illuminating Community

We know that social connections are a key indicator of health and a healthy community. In fact, isolation and loneliness have become a public health crisis as the risk factors for both mental and physical health have increased with social distancing and more and more individuals living alone. Some are surprised to realize that it is not just close connections with loved ones that they miss, but also those casual interactions with strangers. (Yes, strangers!)

That is why, for this edition of *The Review*, we are shining a light on the variety of opportunities available for you to gather this winter with friends, family, neighbors, and strangers. Coming together, especially during the darkest days of

the year, brightens our community both figuratively and literally.

This year's Phestivus celebrations are focused on 'Illuminating Community.' To learn more about Phestivus, refer to page 3. There are many bright spots to highlight! You can participate, volunteer, or showcase your baking skills at one of our holiday meals offered at the Phinney Center, Greenwood Senior Center, and our Hot Meal Program. You can shop locally at the Winter Festival Craft Fair, and Costume Jewelry Sale. You can light up PhinneyWood at the GloCone holiday lighting and look for PNA Animal Winter Lights around the neighborhood. You can give back to your community by

making a donation to the PNA or by contributing to Winter Wishes.

Our community shines brightest when we come together. This winter, please help us illuminate the PNA! Let's make this community visible to everyone looking for a connection, a way to get involved, a gathering, or a friendly connection with a stranger. I encourage you to explore something new this winter, or simply stop by the Phinney Center or Greenwood Senior Center to say 'hi.'

Thank you for being a part of this community and for supporting the PNA!

~ Christi



Christi Beckley,  
PNA Executive  
Director

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### The Review

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# Let it Rain! Let it Rain! Let it RAIN!

By Emily Szczech

Oh, the weather outside is frightful,  
but the PNA is so delightful.  
As long as you love this **PNA** campaign  
Let it rain! Let it rain! Let it rain!

The PNA doesn't show signs of stopping  
And the organization is absolutely popping  
The **Blue Building** looks periwinkle  
Let it sprinkle! Let it sprinkle!

When we finally have **Winter Fest**  
How I'll love to support our local crafters  
I'll fill my bags and my down vest  
All the way to the PNA rafters.

And the fire inside me is starting to blaze  
With my excitement for supporting the PNA-ze  
I'm going to **join as a member today**  
And support the PNA all the way!

I'm now a **volunteer** at the PNA  
And spend my time there everyday  
None of my time there is ever a waste  
Especially when I attend the **Beer Taste**.

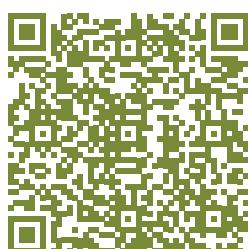
When we start working on the house  
How will I ever fix my tub  
But then there was a great idea from my spouse  
All the tools I can rent from the **DIY HUB**.

Oh, the **preschoolers** are slowly growing  
And, to the parents, the PNA is ongoing  
But as long as you'd stay a PNA supporter  
You'll fund programs until next quarter!

When we finally visit the **Greenwood Senior Center**  
How I'll look forward to events and classes  
And I'll also become a **facility renter**  
And tell about my experience to the masses!

The **Hot Meal Program** is feeding folks  
And, my dear, we're still continuing hopes  
As long as you've loved this PNA campaign  
Let it rain! Let it rain! Let it rain!

Join us at the PNA for the Annual Meeting happening on Jan. 20  
from 10 am – 12 pm and consider joining as a **member of the PNA**  
today!



SCAN THIS QR CODE FOR  
MEMBERSHIP INFORMATION

## ABOUT PNA

The PNA is a non-profit community organization founded in 1980 with a commitment to fostering an environment where everyone is welcomed. Through events, services, education, partnerships, individual engagement, and community connections, the PNA is always listening, learning, and reflecting to meet the current and future needs of the NW Seattle community.

The PNA runs five programs across its two campuses, the Phinney Center, and the Greenwood Senior Center.

## ARTS & CULTURE

The PNA celebrates our diverse community through arts and cultural events. The Art Stroll and Art Walk provide a platform for local artists and cultural leaders, celebrate expression and authenticity, and encourage arts appreciation and patronage.

Annual cultural celebrations like Lunar New Year, Holi, and Día de los Muertos bring community together and provide education on new traditions.

## COMMUNITY EVENTS

The PNA cultivates a sense of belonging by creating community events, groups, and programming that are enriching and culturally significant.

It strengthens belonging through events such as Rainbow Hop, Phestivus, Beer and Wine Tastes, and activities like the Farmers Market, Seed Swap, Tool Library, and Fixers Café.

## COMMUNITY RESOURCES

The PNA is a community hub and connector for NW Seattle. It is committed to using its voice, tools, programs, and people to move the community forward.

The work of the PNA Business Group ensures PhinneyWood businesses feel connected and supported by neighbors and the PNA.

The PNA also runs PhinneyWood.com, a daily news source that reports on district happenings in NW Seattle.

Across the Phinney Center's Brick and Blue Buildings, affordable rental space enables gathering, learning, and connecting.

Fixers and builders are also equipped to create with the PNA Tool Library and Community Woodshop.

## SOCIAL SERVICES

The PNA envisions a long-term inclusive and caring community. It provides essential services that contribute to the health and well-being of everyone we engage with.

It offers free meals, medical care, personal supplies, and social services through our Hot Meal Program, and offers counseling, support groups, and a memory loss program through the Greenwood Senior Center.

Finally, the PNA Village helps people live in the homes they love, and stay active as they age.

## EDUCATION

As part of its commitment to creating a healthy and thriving community, the PNA values lifelong learning.

The Greenwood Senior Center offers ongoing classes for adults of all ages, from languages to line dancing.

Whittier Kids Preschool and After School programs use a play-based approach to nurture kids' development up to grade 5.

Two cooperative preschools—Phinney Neighborhood Preschool Co-op and Ballard Preschool Co-op—combine early education with a hands-on role for families.

## STAY CONNECTED

- Visit us **online**: [phinneycenter.org](http://phinneycenter.org)
- Subscribe to **email news**: [phinneycenter.org/signup](http://phinneycenter.org/signup)
- Visit our events and class **calendar**: [phinneycenter.org/calendar](http://phinneycenter.org/calendar)

### STAY CONNECTED

- **Facebook**: [facebook.com/phinneyneighborhoodassociation](https://facebook.com/phinneyneighborhoodassociation)
- **Instagram**: [@phinneyneighborhoodassociation](https://instagram.com/@phinneyneighborhoodassociation)
- **LinkedIn**: [linkedin.com/company/phinney-neighborhood-association/](https://linkedin.com/company/phinney-neighborhood-association/)

## ABOUT THE REVIEW NEWSPAPER

*The Review* is published by the PNA four times per year. It includes stories of interest to NW Seattle such as updates on local businesses and events, programs, and classes. *The Review* is mailed to all 21,000 addresses in Phinney-Greenwood and to PNA members. It's also emailed to 7,500 subscribers, posted on the PNA website, and available at the Phinney Center and Greenwood Senior Center and local libraries. For advertising, visit [phinneycenter.org/review/advertise](http://phinneycenter.org/review/advertise).



Nov 22  
to  
Jan 2

illuminating the community



# Phestivus

**PNAnimals  
Winter  
Lights  
11/22 - 1/1**

**Year-End  
Giving  
Campaign  
11/22 - 1/1**

**Winter  
Wishes  
11/22 - 1/1**

**Thanksgiving  
Meal  
11/23**

**GloCone  
11/25**

**Winter  
Festival  
12/2-3**

**Costume  
Jewelry  
Sale  
12/6**

**Dogs and  
Nogs  
12/15**

**Cookies  
and  
Carolers  
12/20**

**GSC  
Christmas  
Luncheon  
12/22**







By the Phinney Neighborhood Association  
← Learn More at [phinneycenter.org/phestivus](http://phinneycenter.org/phestivus)





## EVENTS & ACTIVITIES

### LOCATIONS:

-  **Phinney Center**, 6532 Phinney Ave N, Seattle, WA 98103
-  **Greenwood Senior Center**, 525 N 85th St, Seattle, WA 98103
-  Out in the **community**; please check the address noted in the listing
-  **Online meeting**

### **CPR/First Aid/HIV Certification** Saturday, November 18, 9 am-12 pm. \$50-60.

Can you 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 bloodborne pathogens, with a focus on injury prevention and safety. Taught by Ken Norris, a 26-year veteran of the Seattle Fire Department who has taught CPR for 25 years. Meets L/I WISHA-WAC safety standards. Certificates issued at the end of class. Register at: [phinneycenter.org/calendar/cpr-first-aid-hiv-certification-3/2023-11-18/](http://phinneycenter.org/calendar/cpr-first-aid-hiv-certification-3/2023-11-18/)

### **GSC Thanksgiving Luncheon** Wednesday, 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. Entertainment provided by Al Hirsch. Register: 206.297.0875.

### **Thanksgiving Potluck** Thursday, November 23, 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](mailto:pna@phinneycenter.org). Let us know the dish you are bringing and if you can help set up or clean up.

### **Winter Wishes** Season long, November 23 – December 22.

Each year around the December holiday season, the PNA works with several local organizations to bring gifts to children and adults in our area. Our participants have been generous over the years, and again this year we will have over 400 gifts to be purchased and delivered to our partners who provide direct support to children, families, and adults who are in need this holiday season and all year round. Neighbors who have the means to share can sign up on our website, and deliver or ship gifts directly to the organizations, where they will be distributed to the recipients. Sign-ups will open on Thanksgiving week; gift deadlines vary by organization throughout December. [phinneycenter.org/winterwishes](http://phinneycenter.org/winterwishes)

### **GloCone & Holiday Lighting Event** Saturday, November 25, 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. Check out [phinneycenter.org/glocone](http://phinneycenter.org/glocone) for more information.

### **Healthy Snacks and Holiday Hacks** Wednesday, November 29, 1-2 pm. Free.

Nutritionist (and popular GSC speaker) Christy Goff presents you with the latest in nutritional science. Make this holiday season different with a positive relationship with splurge meals while also maintaining weight. We will touch on tricks for parties and gatherings as well as how to implement mindful eating into your winter season meals and snacks. RSVP: 206.297.0875.

### **Literary Birthdays Series** Thursday & Friday, November 30 & December 1; Wednesday, January 3; Friday, January 19; Wednesday, February 14. Free.

Join the GSC (and special appearance by SPL branch librarians) to celebrate the winter birthdays of a few influential English-language writers.


**L.M. Montgomery (Nov 30 & Dec 1, 12:30-2 pm):** *Anne of Green Gables parts 1 & 2 (1985)*

**J.R.R. Tolkien (Jan 3, 12-3 pm):** *The Fellowship of the Ring (2001)*

**Edgar Allen Poe (Jan 19, 1-2 pm):** Celebrate the originator of the modern detective novel with a mystery book suggestion session from SPL librarians.

**Frederick Douglass (Feb 14, 10:30 am-12 pm):** *Becoming Frederick Douglass (2021)*

### **43rd Annual PNA Winter Festival & Crafts Fair** Saturday & Sunday, Dec 2 & 3, 10 am-5 pm, \$4-6. Tickets sold at door.

 Celebrate the holiday season with unique, locally crafted gifts. The Phinney Center transforms into a captivating shopping experience during this cherished festival, featuring a curated selection of over 120 talented local artisans and creators. You'll discover a remarkable assortment of products, including home decor, jewelry, accessories, art, glass, ceramics, clothing, and more! Whether it's for your favorite person, your closest friend, or the little ones in your life, you'll find the perfect gift for everyone on your list. When you shop at the Winter Festival & Crafts Fair, you're not only finding exceptional gifts but also supporting local artists and the PNA. For the vendor lineup and additional details, visit [phinneycenter.org/winterfestival](http://phinneycenter.org/winterfestival)

### **Off-Center Rock Band Concert** Sunday, December 3, 2-3 pm. Free.

Join us for a fun concert of classic rock, courtesy of the Off-Center Rock Band from Music Center Northwest. RSVP: 206.297.0875.

### **Bloodworks Northwest Pop-up Blood Drive** Friday, December 8, 10:30 am-4:30 pm. Free.


As the community faces a dangerous blood and platelet shortage, Bloodworks Northwest is in dire need of donations to supply local hospitals. Make an appointment to donate blood at the Phinney Center. Donor Portal ([bloodworksnw.org](http://bloodworksnw.org)) or call 800.398.7888.

### **The BLOCK Project Info Session/Q&A with a BLOCK host**

Monday, Dec 4, 6-8 pm, Room 6. Free.  
Friday, Dec 8, 3:30-5:30 pm, Room 2. Free.

Learn how your neighbors are helping house the unhoused! With Facing Homelessness' The BLOCK Project, homeowners can share a small piece of their backyard and gain a neighbor. Hear about hosting, how Facing Homelessness fills a crucial gap in Seattle's housing supply, and other ways you can support the BLOCK project and our unhoused neighbors. No need to RSVP, we look forward to seeing you!

### **Costume Jewelry Sale** Wednesday, December 6, 9 am-7 pm. Free.

 The GSC has been collecting costume jewelry since early October, and there sure is a lot of it! Find fascinating pieces from vintage to modern and score some great new "bling" at very reasonable prices. All proceeds benefit the Greenwood Senior Center.


### **CPR/First Aid/HIV Certification** Saturday, December 9, 9 am-12 pm. \$50-60.

Can you 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 bloodborne pathogens, with a focus on injury prevention and safety. Taught by Ken Norris, a 26-year veteran of the Seattle Fire Department who has taught CPR for 25 years. Meets L/I WISHA-WAC safety standards. Certificates are issued at the end of class. Register at: [phinneycenter.org/calendar/cpr-first-aid-hiv-certification-4/](http://phinneycenter.org/calendar/cpr-first-aid-hiv-certification-4/)

### **All Present Holiday Sing-along Jamboree** Sunday, December 10, 2-4 pm. Free.

Join the GSC memory loss community, Elena Louise Richmond, the ALL PRESENT Song Circle, and the OK Chorale for a warm and musical hour of holiday favorites. Bring your holiday spirit, and wear your Santa hats, elf tights, and ugly sweaters! Register: 206.297.0875.

### **Snow Globe Making Workshop** Tuesday, December 12, 10:30 am-12 pm. \$8-10.

 Create beautiful, custom snow globes. Makes a great present or a fun keepsake decoration. All supplies will be provided, but feel free to bring small objects from home. 10 students maximum. Registration required: 206.297.0875.

Visit [phinneycenter.org/calendar](http://phinneycenter.org/calendar) for online listings



## EVENTS & ACTIVITIES

### **GSC Dogs and Nogs Party**

Friday, December 15, 2-4 pm. Free.

Bring your well-behaved pets for this dog-friendly holiday party at the GSC. We will have eggnog, treats, decorations, and, most importantly, Santa and Mrs. Claus! A photographer will be available to take your pooch's picture too. Festive attire welcomed. RSVP: 206.297.0875.

### **GSC Jingle Bell Karaoke**

Friday, December 15, 7-10 pm, \$30-40.

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](http://phinneycenter.org/bingo). Tickets go on sale Nov 15, 10 am.

### **GSC Cookies and Carolers**

Wednesday, December 20, 1-2:15 pm. Free.

Join us for an end-of-year reception and performance by a local holiday institution, The Dicken's Carolers. Feel free to bring cookies to share, or just eat the ones we provide. RSVP: 206.297.0875.

### **GSC GSC Christmas Luncheon**

Friday, December 22, 12-1 pm. \$5

Our kitchen crew prepares a lovely and celebratory feast to close out the year. Join your friends for a delicious meal before our holiday break. Must register by Dec. 20: 206.297.0875.

### **GSC Clothes Swap**

Friday, January 5, 1-3pm. Free, but bring gently used clothing or accessories of good quality to participate.

Clothes swaps are an environmentally and budget friendly way to clear out your closets of outfits you don't wear, while spending nothing on new clothes! Plus, it's a fun way to spend an afternoon! Bring between 3-10 pieces of clothing or accessories in good condition by 12 pm for sorting before the event. Registration required: 206.297.0875.

### **GSC The Mercury 13: America's Woman in Space Program**

Wednesday, January 10, 1-2 pm. Free.

Come learn the history of the Mercury 13, the qualified women who were trained to be astronauts, but were never allowed to go to space because of their gender. Speaker Jon Fehrenbach is a retired engineer and a volunteer MOF docent. Presented by the Museum of Flight Speakers Bureau. Register: 206.297.0875.

### **PC Village Volunteer Recruitment Happy Hour**

Thursday, January 11, 5-6 pm. Free.

Have some pizza and drinks on us while you learn how you can help the PNA Village reimagine aging by volunteering for your neighborhood elders. The goal of the PNA village is to create a strong and active inter-generational community that reimagines aging by offering elders opportunities combined with support to fully engage in this next phase of life. Village Volunteers provide services like transportation, help with small projects in and around the home, and social interaction. Volunteering is flexible and easy, volunteer whenever and however you choose, and make a difference in how your neighbors chose to age!

To learn more, join us for pizza, beer, and other refreshments. We'll visit with each other, hear stories from volunteers, and celebrate a new vision of aging in place. Your RSVP is appreciated but not required at [village@phinneycenter.org](mailto:village@phinneycenter.org) or 206-789-1217.

### **GSC LEGO Open Build Time: Bricks for Your Brain**

Monday, January 29, 1-2 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.

### **GSC Who's Watching You?**

Wednesday, January 17, 1-2 pm. Free.

Who's Watching You? – Do you ever have the feeling that you are being watched when you walk in downtown Seattle? You are probably right. Hundreds of eyes peer out from buildings in the city observing your every step. Neither human nor electronic, these ever-present watchers belong to dozens of carved and molded animals gazing out from Seattle buildings. Based on author, naturalist, and tour guide David B. William's book, *Seattle Walks*, this 1.5 mile virtual walk through Seattle's central business district will reveal a menagerie of beasts fabled, fantastic, and fierce, including lions, eagles, ducks, and walrus. No binoculars needed. RSVP: 206.297.0875.

### **GSC Scarecrow Video Presents**

Wednesday, January 24, 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.

### **GSC Beach Party Bingo Karaoke**

Friday, January 26, 7-10 pm. \$30-40.

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](http://phinneycenter.org/bingo). Tickets go on sale Jan. 3, 10 am.

### **PC PNA's Annual Meeting & Breakfast**

Saturday, January 20, 10 am-12 pm. Free.

Welcome the new year with the PNA! We'll serve breakfast, review our work in 2023, and share some plans for 2024 during this annual meeting. PNA members will vote in Board elections and our leadership will present our work. RSVP's are not required, but they are highly encouraged. Knowing how many members are coming will help us plan a fantastic event. RSVP at [emilys@phinneycenter.org](mailto:emilys@phinneycenter.org)

### **GSC Friendship Through Memory Loss**

Wednesday, January 31, 1-2:30 pm. Free.

Being a friend becomes more complex when memory loss enters the picture. If you are the friend of someone living with memory loss, join us for a presentation and discussion around how to be a good friend when the elephant in the room is memory loss. RSVP: 206.297.0875.

### **GSC Ballard High School Brass Band**

Wednesday, January 31, 3:30-4:30 pm. Free.

Join Ballard High's award-winning band for an exciting and upbeat concert of New Orleans style brass! RSVP: 206.297.0875.

### **GSC AARP Tax Assistance**

Fridays, February 2-April 12. 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.

### **GSC Humanities Washington Talk: A Space for Black History**

Saturday, February 3, 1-2 pm. Free.

Across the country, efforts to suppress Black history in libraries and classrooms have taken root. Anger against "critical race theory" and "wokeness" has led to new laws prohibiting what can and cannot be taught to students of all ages, and what books can remain in libraries. Why are there efforts to limit this knowledge? Are some ideas just too dangerous? If so, how do we decide what those are as a society? Shouldn't we have the freedom to think, to know, to aspire? To counter some of these efforts, professor Luther Adams – *Free Man of Color*, uses Black thought, images, and poetry, as well as local history, to create an open space to ask questions about Black history, and why it matters to all of us.

*Luther Adams – Free Man of Color is an associate professor of ethnic, gender, and labor studies at the University of Washington, Tacoma. As a student and teacher of Black history and culture, his work brings together the interdisciplinary study of urban, southern, labor, and religious history to understand Black culture and life.*

Sponsored by Humanities Washington. [humanities.org](http://humanities.org). RSVP: 206.297.0875.

### **GSC Valentine's Day Charm Crafting Class**

Wednesday, February 7, 10:30 am-12 pm. \$6-8.

Create unique and personalized charms using miniature bottles and a variety of craft supplies. These can be given as gifts to loved ones, or kept to show yourself some love. All supplies provided – just bring your imagination. RSVP: 206.297.0875.

### **GSC PNA Village Membership Info Session**

Thursday, February 8, 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. Your RSVP is appreciated at [village@phinneycenter.org](mailto:village@phinneycenter.org) or 206-789-1217.



## EVENTS & ACTIVITIES

### PC PNA's Lunar New Year Celebration

Saturday, February 10, 1-4 pm. Free.

Our inaugural Lunar New Year celebration in 2023 was a joyous event, and we are excited again to honor the traditions of the Asian cultures that celebrate this holiday in our newest annual tradition. We began the day last year wondering who would show up for this new-to-us event, but soon enough the building was bustling with people of all ages decorating lanterns, eating baked goods and dumplings, and being entertained by performances. The LQ Lion Dancers delighted the crowd as the lion moved through the whole building, playing with children and adults alike, and the powerful Seattle Kokon Taiko Drummers were a gorgeous endcap to the event. We are thrilled every time we have the chance to celebrate a holiday and share in another cultural tradition. We hope you will join us to celebrate the beginning of spring and the arrival of a new year!

### GSC Oscar Party Bingo Karaoke

Friday, February 23, 7-10 pm. \$30-40.

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](http://phinneycenter.org/bingo). Tickets go on sale Jan. 31, 10 am.

### PC 33rd Annual PNA Wine Taste

Saturday, March 2, 7:30-10 pm. \$30-35.

Treat yourself to an evening of good wines and good friends. Enjoy ten tastes of local wines and appetizers. Then, stock up on bottles of your favorites from the "wine store," where you can buy wines from wineries and vineyards whose wine might only be available at the tasting rooms. Proceeds from the wine store and admission tickets benefit the PNA's programs for the community. Join us to celebrate Washington wine with friends, neighbors, and fellow wine enthusiasts! [phinneycenter.org/wine](http://phinneycenter.org/wine). Tickets go on sale Jan. 5.

## TRIPS & OUTINGS FOR SENIORS

Please 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.

### C Seattle Genealogy Society Library Tour

Tuesday, January 9, 10:30 am-1:30 pm, Meet at the GSC. Free. Bring bus fare and money for lunch.

The Seattle Genealogy Society just celebrated their 100 year anniversary. We will visit their library at the Good Shepherd Center for a guided tour and discussion about their collection. Lunch afterwards at Wallingford Senior Center (which is also located in the Good Shepherd Center). Register: 206.297.0875.

### C El Centro de la Raza Tour

Thursday, February 1, 10:30 am-1:30 pm. Meet at the GSC. Free. Bring bus fare and money for lunch.

El Centro de la Raza has been serving the Latino/a community of Seattle since 1972. They administer programs for youth and seniors, and provide classes, housing, and job skill training, as well as many other things. We will tour their historic building, and learn more about what they do. Lunch in the Beacon Hill neighborhood to follow. Register: 206.297.0875.

## SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875.

### GSC Notary Services

By appointment only. \$0-\$10 Public.

The GSC Office Manager is a licensed notary public and provides notary services at the GSC (by appointment). Signatory witnesses can be arranged. Masking while at the GSC is preferred. Call 206.297.0875 or email [gsc@phinneycenter.org](mailto:gsc@phinneycenter.org).

### 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

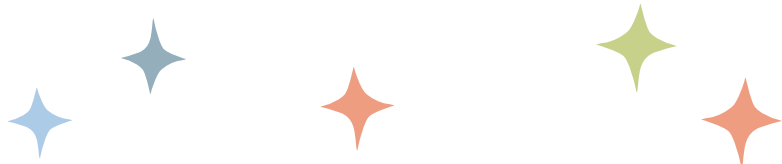
3rd Tuesdays & 4th Thursdays, 10 am-3:45 pm. Free.

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](http://insurance.wa.gov).

### GSC Financial Services

1st Thursdays, 1-3 pm. Free.

Kylle 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 llc, a registered broker/dealer investment advisor and member FINRA/SIPC. Call for a free 30-minute appointment.





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## MEMORY LOSS SPECIAL OFFERINGS

Programs are held in-person and online. Call Kristen Oshyn, MSW 206.297.0875, with any questions or to make an appointment.

### Retaining and Rekindling Romance with Memory Loss

Wednesday, February 14, 1-3 pm. GSC. Free.

A diagnosis of memory loss and subsequent changes, big and small, can push the strongest relationship into one that revolves around 'care'. 'Care' will be a piece of the relationship but how do you also retain the spark of the partnership that brought you to each other? Come together and gain some insight to help navigate this challenge. Register: 206.297.0875.

### All Present Song Circle

Mondays, 1-2:30 pm. No January 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.

### 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.

### The Gathering Place

Tuesdays, 1-3 pm. Online. \$20/session.

### 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. Call Kristen Oshyn with any questions or to make an appointment, 206.297.0875.

### 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 MCI and ESML. Register: kristeno@phinneycenter.org.

### 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: kristeno@phinneycenter.org.

### NEW Living Independently with Memory Loss

 2nd Wednesdays, 10:30 am-12 pm.  
GSC & Online. 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.

### Music and Mindfulness

Fridays, 11 am-12 pm. Free.

Practice mindfulness, relaxation, and self-awareness, and learn how to implement these practices in your life. Sessions will incorporate breathwork, gentle movement, and instrumental improvisations, all while focusing on relaxation and restoration. This class will also be accessible to those with early to mid-stage memory loss along with 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.

## SOCIAL SERVICES & COUNSELING

### Hot Meal Program

Mondays, 4-6 pm. GSC. Free.

### 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/](http://phinneycenter.org/hotmeal/)

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](mailto: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](mailto:lisab@phinneycenter.org) or call 425.416.0641.

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

### Early-Stage Memory Loss

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. Email [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org) for details.

### 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.

### 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](mailto:lisab@phinneycenter.org).

### 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.

### 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.

### 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](mailto:lisab@phinneycenter.org).

### 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.

## STAY CONNECTED!

Sign up for GSC weekly email newsletter.  
Go to [phinneycenter.org/signup](http://phinneycenter.org/signup) or  
email [gsc@phinneycenter.org](mailto:gsc@phinneycenter.org)

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Winter Festival  
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Saturday & Sunday  
December 2 & 3, 2023



## ONGOING GROUPS

### **C** 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](mailto: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](mailto:arielb@phinneycenter.org).

### **GSC** Technology Support Group

3rd Tuesday of the month, 1-2:30 pm.

Technology can help maintain and enhance social connections with peers, family, friends, and caregivers. But what if technology scares or frustrates you? The new Greenwood Senior Center (GSC) Tech Support Group is here to help! The first hour will cover a tech topic, followed by a half hour to get additional support from your peers and facilitators. If more assistance on the topic is needed, participants can make a follow-up individual tech mentoring appointment. RSVP required: [teresat@phinneycenter.org](mailto:teresat@phinneycenter.org) or 206-531-0061.

### **GSC** Spousal Loss Group

 Wednesdays, 5:45-7:15 pm. Free.

Have you lost a spouse? Widowed Information and Consultation Services can help. The 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

1st 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](mailto:globalstudycontax@gmail.com).

### **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](mailto:2003birdlady@gmail.com).

## MEAL PROGRAM

### **GSC** 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 GROUPS

### GAMES & CRAFTS

### **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, please bring them! RSVP is required; contact Holly Stein, [hollybstein@gmail.com](mailto: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](mailto: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. Some familiarity with Bridge basics is appreciated, but not required.

### Knitting Group

Wednesdays, 10 am-12 pm. Free.

All knitters are welcome to join this friendly group of yarn aficionados. Bring your own supplies. RSVP: [arielb@phinneycenter.org](mailto:arielb@phinneycenter.org).

### **GSC** Needle Arts Group

1st 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 and all proceeds will be donated to the PNA Hot Meal Program. There will be prizes for the first and second place winners of the tournament. Email [raing@phinneycenter.org](mailto:raing@phinneycenter.org) to sign up.

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**Nov 25** John Whelan & Dale Russ      **Feb 11** Jim & Susie Malcolm

Jan 27, Feb 3, Feb 10, Feb 17: TBA

Coming March 2024: Gerry O'Connor w/ Richard Mandel; Éilís Kennedy w/ William Coulter; John Reischman & the Jaybirds; Hanneke Cassel Band



[SeaFolklore.org](http://SeaFolklore.org)



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## ONGOING CLASSES

### ARTS & CRAFTS

#### **GSC** Watercolor Class

Wednesdays after January 10 (1st Wednesdays Plein Air), 1-2:30 pm. \$3-5.

This group is open to beginning and intermediate-level painters. We'll explore watercolor techniques and practice drawing people and still-life arrangements. There will be some instruction and discussion but plenty of time for practice and free painting. We will also practice positive critiquing of each other's work. Sharing is encouraged but not required. Emphasis will be on creating a safe, friendly environment. Taught by Linda Mendez. Register: 206.297.0875.

#### **GSC** Collage For Wellbeing: Discovering The Sacred In The Ordinary

Fri, December 8, 9am-12pm. 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! Register: 206.297.0875.

### BE PREPARED

#### **GSC** AARP Smart DriverTEK

Tuesday, February 6, 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, January 11 & 12, February 8 & 9, 9:30 am-2:30 pm. \$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

#### Zwiefacher Online: Tricky Rhythms and Movement

Tuesdays, 4-5 pm & Fridays, 10-11 am. \$5

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

#### **GSC** Line Dancing for All Levels

Thursdays, 11:30 am-12:30 pm. \$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. Register: 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. Register: 206.297.0875.

## ONGOING CLASSES

### HEALTH & WELLNESS

#### **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. Register for online: arielb@phinneycenter.org.

#### **GSC** Hatha Yoga

Fridays, 10-11 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. Register: 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. Register: 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. Register: 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. Register for online: arielb@phinneycenter.org

#### **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. Register for online: arielb@phinneycenter.org.

#### Zumba Gold Dance & Toning

Mondays, Wednesdays, & Fridays, 8:15-9:15 am. \$5.

Zumba Gold is a dance party that is designed to meet the needs of seniors and those new to working out. It has many health benefits, is easy to follow, and is low impact. This class includes a toning component as well. Come in comfortable clothes and shoes, bring water, and be prepared to have fun. Drop-ins and adults of all ages welcome. Register: arielb@phinneycenter.org.



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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 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.

## PNA DIY HUB

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

Winter is coming which means it's time to put your yard or garden to bed! Let the PNA Tool Lending Library give you a hand. We have rakes, edgers, seed spreaders, wheelbarrows, chainsaws, and so much more. Browse our online inventory and come by on any Friday, Saturday, or Monday to talk with one of our knowledgeable staff. [phinneycenter.org/tools](http://phinneycenter.org/tools)

**C Fixers Repair Café**  
1st Wednesday, 4-6 pm.  
Greenwood Hardware. Free.

You can't break what's already broken! The PNA Fixers is an informal group of folks who meet up simply for the fun of helping people and taking stuff apart, putting it back together again, and maybe even fixing some things in the process. [phinneycenter.org/tools/fixers/](http://phinneycenter.org/tools/fixers/)

**PC PNA Woodshop,**  
**dedicated to Bill Fenimore**  
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. All you need to do is become a PNA member, attend an orientation, and complete two safety classes. Once you've done that, you can reserve your shop time and get started on your project. To learn more about the PNA woodshop, visit [phinneycenter.org/woodshop](http://phinneycenter.org/woodshop)



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# PNA WINE TASTE

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# Egan, Dederer among local authors to meet at 14th Holiday Bookfest

By Bill Thorness



Is there anything better than curling up with a good book in a rainy Seattle winter? Well, meeting one of your favorite authors and getting them to sign their new book for you (or as a holiday gift) comes in a close second.

Fortunately, the Holiday Bookfest will satisfy both needs! Now in its 14th year, the event will once again connect authors and readers. It's happening on Saturday, Nov. 18, from 2-4 pm on the second floor of PNA's Blue Building.

Are you a fan of Tim Egan's writing? He'll be in attendance with his new historical thriller, *A Fever in the Heartland*. Erica Bauermeister, one of the founders of the Holiday Bookfest, will travel from Port Townsend to share her novel, *No Two Persons*.

Claire Dederer will be there with *Monsters*, cookbook author Michela Tartaglia with *Pasta for All Seasons*, Peter Blecha, and children's book illustrator and writer Michaela Razi with *Drake the Super-Excited, Over-eager, In-Your-Face Snake*.

The growing list of esteemed local authors includes Jonathan Evison, Kevin O'Brien, David B. Williams, Dominic Smith, Sonora Jha, Tara Austen Weaver, Susanna Ryan, Jane Wong, Julie Kim, and Deb Caletti. For more information, visit Bookfest's Facebook event page.

Short readings will be offered by authors throughout the afternoon.

The event is family-focused, offering fun for kids too. It will feature an interactive "Bookmaker's Space" from BFI. The tutoring center will have volunteers and materials on hand to help kids create their own mini zine to take home. New and seasoned writers are welcome to contribute to the Comically Large Book being created during the event.

The Holiday Bookfest donates a portion of its proceeds to the Bureau of Fearless Ideas and the Phinney Neighborhood Association, and the Books to Prisoners group will be on hand to accept new and gently used books for their program. Book sales will be handled by Phinney Books.



## STUDIO SARDINE

Brenna Gerlach  
studiosardine.com

With a background in illustration, it's no surprise Washington native Brenna Gerlach's work is rooted in storytelling imagery. Brenna renders her favorite daydreams of forest and sea into, and onto, functional and decorative ceramic pieces, with a fondness for witty and whimsical details.

Her avid interest in traditional handicrafts and craftsmanship often leads her in creative quests with paper and fabric, wood, and garden-sourced materials, in her sardine can-sized garage studio turned brand name, "Studio Sardine."



## DESTINATION GOODS

Sophie Zifak Saunders  
@destinationshirts

Sophie is the creative force behind Destination Goods, a one-woman company established in early 2021. A Seattle native, with a profound love for its urban and natural landscapes, her artistic journey began with a passion for capturing the essence of the Pacific Northwest.

Focusing on iconic Seattle landmarks, Sophie handcrafts every artwork, infusing them with her unique touch. She's also dedicated to growing her collection with exciting new additions.



## LINDEN PARK WIZZ

Melizza Rosich  
@lindenparkwhisk

In 1989, a young girl in Brooklyn began her culinary journey, brewing imaginative tea for her dolls on her apartment's radiator. Her passion for baking grew as she moved through different places, eventually landing in Washington.

In 2019, due to a severe gluten intolerance, she transformed her cake recipes to be gluten-free. This led to the creation of Linden Park Whisk, a small Seattle-based cake studio.

From cakes for various occasions to custom orders, Linden Park Whisk offers gluten-free delights worth exploring.



## THE RUSTIC PUP

Jennifer Cross  
@therusticpup

Jennifer, owner of four adventure-loving pups (Beckett, Ash, Millie, and Larkin), began her pet fashion journey fueled by her love for her dogs.

Creating beautiful bandanas for her furry friends turned into a passion shared with loved ones and now with you! Rustic Pup offers double-sided, machine-washable bandanas in various sizes, ensuring style and convenience. Check out their new line of quilts and quilted jackets too.



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# PNA unveils five new murals near Green Lake

By Jonathan Booker

If you have recently traveled on N 63rd Street at Aurora Avenue near Green Lake, you have likely noticed a big new burst of color on the north wall of the underpass. On Sept. 30, dozens of volunteers gathered to install five new murals spanning over 270 feet. The project, led by the PNA with financial support from the City of Seattle and the Office of Arts & Culture, brought together some of the most exciting muralists in Seattle to create new artwork for the highly trafficked site.



Check out the newly painted 63rd St Mural which, designed in September by Odette Allen, Craig Cundiff, Dozfy, Ai-Chun Huang, Mia Milling, and Aisté Rye, celebrates the idea of belonging. PHOTO BY RAND PETERSON

Local artists Odette Allen, Ai-Chun Huang, Dozfy, Craig Cundiff, and the artist team of Aisté Rye and Mia Milling were commissioned to create new murals exploring the theme of Belonging. "I wanted to express where I find belonging living in Seattle," writes Odette Allen, "While also giving a nod to the Native tribes whose spaces we inhabit and who I believe it is deeply important to honor." Allen's work depicts a variety of PNW flora and fauna, including Oregon Grape, a native species of plant and traditional food source for Coast Salish tribes, and Coho and Chinook salmon. The piece created by Aisté Rye and Mia Milling approaches the theme by shining a light on Deaf culture and American Sign Language. Two hands are shown signing the word "connect," while other elements portray the dark side of audism, in contrast with the beauty of sign language and an inclusive community of both hearing and Deaf/Hard of Hearing people.

The project is truly a community effort. Mallory Paint Store, located just north of the site, donated the paint, while Phinney Ridge Painting provided technical support, and Urban Artworks coordinated installation. Now, the focus shifts to maintaining the artwork. Anyone interested in helping can sign up for the Graffiti Busting Team by visiting [phinneycenter.org/63rd-st-mural](http://phinneycenter.org/63rd-st-mural).



Join us for this year's GloCone lighting on Saturday, Nov. 25 at 5 pm. PHOTO BY JUDE DAI

## GloCone: Illuminating holiday joy and community spirit

By Rosie L. Grant

Join us at the GloCone lighting, a heartwarming holiday tradition that has been lighting up the Phinney Ridge neighborhood since 2014. Created to fill the void left by Greenwood Hardware's discontinued tree lighting ceremony, GloCone embodies the essence of holiday togetherness. This annual event, held on the Saturday after Thanksgiving, transforms Phinney Avenue N at 67th Street into a festive haven, attracting all ages.

This beacon of light has evolved over the years, currently adorned with 3,200 programmable LEDs that create intricate lighting patterns, from stars to ornaments, all designed with intentionality. The celebration is further enhanced by the melodious voices of the OK Chorale, serenading the crowd with timeless holiday carols. To keep everyone toasty and satisfied, hot chocolate and cookies are offered to all attendees.

One enchanting tradition is that every child in attendance receives a free raffle ticket for a chance to play a crucial role in the GloCone's illumination. Two lucky kids are chosen: one to turn the key, and another to push the button, lighting up the night for the season.

The event lasts approximately 30 minutes, commencing just after sunset. The GloCone draws more people into its warm embrace, with 100 to 150 attendees gathering to share in the festivities.

The GloCone stays aglow from the end of November to the beginning of January, brightening up the neighborhood's darkest days. It's a time when neighbors come together, celebrating the holiday season, and fostering a sense of unity that transcends the illuminated streets. It's a reminder that in a world that often feels divided, community events like this have the power to unite us all. So, mark your calendars and join us this year as we light up the night with the GloCone, a symbol of holiday joy and community spirit.



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# The superheroes at the PNA Village

By Randi Luoto

“Faster than a speeding bullet; able to leap tall buildings in a single bound.” Years ago, these words described a beloved superhero. Today, a superhero is likely to possess a set of tools and the know-how to use them. This certainly describes volunteers with PNA Village. These superheroes help seniors remain in their own homes by providing assistance with home upkeep and household chores as maintenance and repair become more challenging. The result is that seniors can stay where they prefer—in their own homes; housing stock in neighborhoods is maintained; and community connections are formed and deeply strengthened. Win, win, win.

Who are the volunteers of PNA Village? About 200 of your neighbors. Many signed up as they faced retirement but wanted to do something useful and important with their newfound time. After her retirement, Marguerite David joined because she welcomed the chance to be useful without being slotted into a committee and sitting through meetings; she had had enough of that in her career. The whole Village concept appealed to her, “I grew up in West Virginia, a very rural state, where the concept of the Village held, especially in smaller towns. Neighbors just knew they were supposed to help neighbors.”

Liz White first learned about PNA Village at a community event in her Ballard neighborhood; she volunteered right away, even before she retired. Liz welcomed being able to help somebody, someone in her neighborhood, yet having the flexibility to choose when to help. This is a major strength of volunteering with PNA Village: Volunteers choose when they have time to help and what they prefer to do. Consequently, volunteering can be as simple as scheduling a “friendly visit” with a lonely senior, or providing a ride to the doctor for one who no longer drives.

While friendly visits and rides are common requests, other requests have included cleaning a dryer vent, helping choose a moving company, installing a bidet, painting a fence, carrying heavy boxes, and pulling weeds. If a volunteer finds themselves unable to fix a problem, they can call on others from the volunteer force or, failing that, recommend a professional vetted by PNA Village who is accustomed to stepping in.

If you are interested in learning more about PNA Village and its volunteers—a fun group who would welcome your participation as they gather to solve problems and help others: call 206.789.1217, email [village@phinneycenter.org](mailto:village@phinneycenter.org), or attend the volunteer recruitment happy hour on Jan. 11 (see page 5 for details).



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# The Bottle and the Barber

By Lynne Yamamoto

When you enter “A Barber Shop with a Hoppy Twist,” you’re in for an experience that will make you look good and feel good!

The Bottle and the Barber, located at 706 NW 70th Street, is a one-of-a-kind emporium where clients are pampered by talented barber/owner Cameron Dean, but that’s not all. The widescreen television, eye-catching pinball machines, and refrigerators full of an unbeatable array of beers and ales – “Easy Being Green” or “Hen’s Teeth,” anyone? – bring looking good and being entertained to a new level.

Cameron, with his years of experience in the wine and beer industries, brought this dream to fruition in January 2022. “I wish more barbershops offered beer or a shot of whiskey,” he said. Encouraged by his partner, Cameron went to barber school for nine months and honed his new skills at various Seattle venues, including Rudy’s in Phinney Ridge and in the Queen Anne area. Craigslist yielded the perfect spot, a former paint company office, in a neighborhood with foot traffic but that had that “tucked away” quality Cameron valued.

The shop’s experience extends itself to groomsman parties, for instance, and welcomes lots of father/son visits, where dads and their boys take turns in the barber’s chair. The space accommodates up to 20 people. What’s more, the impressive selection of beer is available for on-site consumption or “to go.” A customer could easily come by to beer-shop for a party or barbecue, an alternative to a stop at a grocery or convenience store.

Cameron’s appointment schedule is booked solid, and though he is currently the sole barber, he is eager to hire more qualified barbers to expand the business. He dove into marketing the shop “from day one,” resulting in press in *The Seattle Times* and *My Ballard*, among others. His partner also engaged in a postcard handout to businesses and shoppers in the area.



Cameron Dean’s desire for a successful business in this community has only increased his “passionate” desire to “give back” in a way that is truly unique. While in barber school, he cut the hair of people who were homeless, fleeing domestic violence, or who were otherwise unable to enjoy that simple, soul-lifting experience so many of us take for granted. After contacting the PNA about a year-and-a-half ago with an offer to help, he brings his scissors and other tools of his trade once or twice a month to the PNA’s Hot Meal Program, where he “sets up shop” and trims the locks of as many people as possible in two hours. That’s another big reason having more barbers on his staff would be significant – they, too, would be able to participate in the hair care program.

“People are eager to share their experience,” he says. They open up about what they are enduring in life, and by doing so, have an opportunity to learn that others care for them. Those who do the “giving” are then gifted with a deeper understanding of the struggles so many are faced with today.

In October, Cameron partnered with Hatch Cantina in Belltown to host “Barbers and Burritos.” It was an effort to bring the same hair-trimming opportunity to needy downtown residents. The restaurant provided food, thus ensuring any participant would enjoy a great haircut and a hot, delicious meal. If it proves successful, Cameron envisions offering assistance with medical care, housing, job counseling, and the like to those ready to accept it.

PNA Social Services Engagement Manager Bernadette Pauls says, “Everyone who has gotten their hair cut by Cameron loves him. He is kind, supportive of the needs of the Hot Meal Diners, and is an incredible barber!”

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# Winter 2024 rentals

The Phinney Center is bustling with activity as hourly renters and lease tenants fill our spaces. In our Fall issue, we highlighted the eclectic group of hourly renters on our campus. In this issue, we feature our new lease tenants and available lease spaces.

The Seattle Go Center (SeattleGo.org) is our latest lease tenant, focusing on teaching and promoting the game of Go. You can find their space on the southeast side of our brick building. Leadership Preparatory Academy (Lead-prep.org) is an innovative micro school for



teens, which has been on campus for several years but recently relocated to the north wing of our brick building.

By Georgette Semroc and Tricia Bentley

Did you know that we lease small office spaces at the Phinney Center? Currently, we have two small rooms available to lease upstairs in our brick building. The rooms measure 110 and 132 sq ft, respectively, and are ideal for one-to-two people. Both rooms offer west-facing windows, wi-fi, and bookshelves (otherwise, they are unfurnished). We offer one-year leases with an estimated monthly rent of approximately \$650, including utilities. For more details, contact us at [rentals@phinneycenter.org](mailto:rentals@phinneycenter.org).

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# Meet your local business owners

By Karla Rava



Mariana Bodea and Claudia Banu, owners of Pizzeria La Rocca. Roll by for lovingly made pizza and pasta, and Italian and Romanian wines.

## Pizzeria La Rocca, Mariana Bodea & Claudia Banu

• 8404 Greenwood Ave N • pizzalarocca.com

Mariana Bodea worked in the assisted living industry before embarking on a new business venture as a restaurateur. Alongside her fellow Romanian countrywoman and good friend, Claudia Banu, the duo established an Italian pizzeria in September 2019. Mariana says, "Before this, both of us had different jobs, but for me, this was like a dream come true. I really enjoy doing this!"

Pizzeria La Rocca opened just before the start of the global pandemic. Mariana recalls, "It wasn't easy, but we grew slowly, and we had time to adjust to everything. We had fewer customers at the beginning, maybe because of COVID-19 or because people didn't know us yet...a little bit of both." But this setback did not discourage their determination to serve delicious food and good wines in a pleasant atmosphere.

Today, Pizzeria La Rocca is thriving. Mariana describes, "our flour is organic, like most of our vegetables; all the sauces are made by us, and the desserts are homemade...except the ice cream, so there's a lot of work in the back of the restaurant." Their pizzas are made in a traditional pizza oven, and they offer a range of authentic pasta dishes, with the creamy pesto penne being one of their top sellers. They also have an extensive selection of imported Italian and Romanian wines. And no meal is complete without dessert, including gelato, tiramisu, and Romanian Amandine. For more information, visit: pizzalarocca.com.

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### Rob Turner, owner/lead carpenter

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Rob Turner is the quintessential Utahan, with a German Shepherd named Frankie and a zeal for the great outdoors. When he's not fishing, skiing, or snowboarding, he's immersed in carpentry. "What I love about carpentry is the gratitude that comes from the act of creating."

Rob moved to Seattle eight years ago and worked as a lead carpenter for a local painting company. In 2020, during the height of COVID-19, work began to slow down, as was the case for many tradespeople, and Rob explored taking on side projects. Those side projects grew into bigger projects, and ultimately, Rob had to decide. By August of that year, he was fully operational and the new business owner of Prospect Builds. Rob says, "Being a new business owner has been a learning curve, but the craft remains the same." Rob has been a carpenter for 12 years now and continues to take online classes and maintain all required certifications.

Prospect Builds is a licensed and bonded company that specializes in custom-built structures and designs. Their services include new builds (decks, fences, stairs, and trellises), restoration (repairing, refurbishing, and restoring existing structures from weather damage, water, wind, fire), cottages, and custom furniture. Currently trending is converting sheds into work or office spaces.

Rob enjoys all aspects of the work he gets to do, but he does have a few personal favorites. For outdoor projects, he's keen on building decks and fences where he can add unique details for an added touch. For interior projects, he likes building custom shelves and standalone tables, which are truly one of a kind. For more information, visit: [prospectdecks.com](http://prospectdecks.com).

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## Business moves and changes

- The new **Cypress Greenwood Apartments** at 7006 Greenwood Ave N will house the second location of **Atulea**, a matcha and boba cafe that originated on Capitol Hill.
- **Gary's Greenwood Auto Repair** at 7418 Greenwood Avenue N has been purchased by the owners of **RidgeWood Bottle & Tap**, who will refurbish the aging garage into a spectacular taphouse slated to open next year: **The Phinney Station**.
- Three already-popular businesses opened over the summer in the long-awaited Shared Rood building on 70th and Greenwood: **Ben's Bread**, the **Orcas Project** tasting room, and **Holy Mountain Brewery** taproom.
- **Mr. Gyros**, a beloved and popular local spot on Greenwood Avenue which was destroyed in the 2016 PSE gas explosion, will be returning to the neighborhood and is in the midst of building out their new space at 8535 Phinney Ave N. Co-owner Sammy Arsheed shared "We are beyond excited to finally say we're returning to our favorite community, a place where our vision and dream began many years ago."
- The **Seattle Go Center** has relocated to the Phinney Neighborhood Association's Brick Building after 30 years in the University District.

## Welcome, new PNA Business members!

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**KB Design** - kbdesign.com

**8 Limbs Yoga Centers** - 6801 Greenwood Ave N - 8limbsyoga.com

**Seattle Realty Boutique** - seattlerealtyboutique.com

**Vitality Pilates** - 7216 Greenwood Ave N - vitalitypilates.com

**Wendorf Property Pro** - wendorfpropertypro.com

**Prospect Builds** - prospectdecks.com

**Emerald City Editing** - emeraldcityediting.com

**Frances Coppa Coaching** - francescoppa.com

**The Peoples Gardening Collective** - pgcseattle.com

**Cheeky & Dry Alcohol Free Bottle Shop** - 6120 Phinney Ave N

**Holy Questions ECC** - holyquestions.org

**Tailored Advisory Solutions** - TailoredAdvisorySolutions.com

**Ben's Bread Co.** - 216 N. 70th St. - bensbread.com

Learn about PNA Business Membership: Visit [phinneycenter.org/business](http://phinneycenter.org/business) or contact Chris Maykut at [chrism@phinneycenter.org](mailto:chrism@phinneycenter.org).

## Kids' Corner

### Ballard Preschool Co-op's rainy day recommendations

By Katharine Ford

We asked our BPC preschoolers (and their families) what they love to do when the days get shorter and wetter. Grab your rain suits and boots and see how many activities you can check off before the spring equinox!

- Scoot bike the Shilshole marina—then warm up with coffee and hot cocoa at Jibe Cafe.
- Skip the mud with a paved trail around Green Lake, Seward Park, and the Washington Park Arboretum.
- Visit with the local trolls—the classic Fremont Troll, and the new Frankie Feet Splinters at the National Nordic Museum.
- Tromp the half-mile Wolf Tree Nature Trail loop in Discovery Park.
- Count birds at Union Bay Natural Area.
- Stay dry at the Woodland Park Zoo Zoomazium, and come back at night for WildLanterns.
- Walk on the Edmonds Ferry (kids ride free!) and see the holiday lights at the Kingston Marina.
- See more lights with a walk (or drive) through Olympic Manor.
- Watch garbage trucks in action from the viewing room at the North Transfer Station.
- Draw a map of your neighborhood and plan a walk to visit a friend.
- Grab rain suits and hand towels and visit your favorite playground.
- Play inside at a community center Tot Gym.
- Bake cookies, or a favorite food from scratch, like pizza or soft pretzels.
- Turn up the tunes for kid karaoke.
- Use your library card and the Libby app to listen to kid-friendly audiobooks.
- Set up pillows or towels on the floor and pretend the floor is lava.
- Transform a cardboard box into a fort, food truck, or toy truck garage.
- Play Alphabet Eye Spy – "I Spy Something that starts with N."
- Swim at a local (indoor, heated) pool.
- Join your friends at Ballard Preschool Co-op! We're enrolling now, with classroom openings for every age from infant to pre-K. Visit [phinneycenter.org/bpc/](http://phinneycenter.org/bpc/) to learn more!



BPC's Molly Dwyer in a puddle. When the days are shorter and wetter, grab your rain coat and boots and do as Molly does!

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## Looking forward to Winter in our Neighborhood

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Y E Z S A E Z L N O W O I H E  
C C T O M M N L K I C I M Y O  
H S O X O O I D E Z M O K F D  
O A G M C L Y L S J U A N V O  
L L E R M B A O Y R S M L E L  
I M S N N U F N E X H J U S L  
D O S H F L N U T V J K A P Y  
A N H C A U M I D E P R Q T L  
Y N Z C V P B U T M R Y M R L  
S R I X F X C T S Y I N X E A  
N E I G H B O R S I Z N S E M  
C O O K I E S Z E D C K Z S A

Zoolanterns	Dollyllama	community	pie
neighbors	PNAnimals	GloCone	
cookies	friends	family	
geese	music	holidays	
salmon	trees		

✂

# 2024 PNA EVENTS

COMMUNITY JOY SHARE FUN SMILES SUPPORT TOGETHER

**S** January 10 - **Lunar New Year**

**A** March 2 - **Wine Taste**

**V** March 30 - **Holi Festival of Colors**

**E** April 27 - **Spring Fundraiser**

May 18 - **Garage Sale Day**

June 1 - **Rainbow Hop**

**T** June 30 - **Art Stroll**

**H** July 13 - **Summer Beer Taste**

**E** September 13 & 14 - **Art Walk**

September 15 - **Bite of PhinneyWood**

October 26 - **Hunger Goblin'**

**D** November 2 - **Día de los Muertos**

**A** November 9 - **Winter Beer Taste**

**T** November 30 - **GloCone Lighting Celebration**

**E** December 7 & 8 - **Winter Festival & Crafts Fair**

Full list of events: [phinneycenter.org/events/](http://phinneycenter.org/events/)  
@PhinneyNeighborhoodAssociation

✂



# 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](http://phinneycenter.org/volunteer) or email [leannec@phinneycenter.org](mailto:leannec@phinneycenter.org). Please note, links below are accurate as of the publication date. In the event of a broken link, start at [phinneycenter.org/volunteer](http://phinneycenter.org/volunteer).

### LOCATIONS

GSC = Greenwood Senior Center  
PC = Phinney Center

### UPCOMING EVENT VOLUNTEER OPPORTUNITIES

[phinneycenter.org/volunteer/events/](http://phinneycenter.org/volunteer/events/)

- **Holiday Lights Delivery** (late Nov/early Dec) & Pick Up (early Jan)
- **Winter Festival** (Sat, 12/2 & Sun, 12/3, PC)
- **Costume Jewelry Sale** (Wed, 12/6, GSC)
- **Jingle Bell Bingo Karaoke** (Fri, 12/15, GSC)
- **Annual Meeting Pancake Breakfast** (Sat, 1/20/24, PC)
- **Beach Party Bingo Karaoke** (Fri, 1/26/24, GSC)
- **Lunar New Year Celebration** (Sat, 2/10/24, PC)
- **Oscars Party Bingo Karaoke** (Fri, 2/23/24, GSC)
- **Wine Taste** (Sat, 3/2/24)

### Donation Requests

#### Winter Wishes

(formerly Giving Tree), mid-Nov to early Dec, virtual! Help us support local kids, seniors, families, and neighbors in need through our virtual drive. [phinneycenter.org/winterwishes/](http://phinneycenter.org/winterwishes/)

**Donate homemade pies & more** for our Hot Meal Program Christmas meal. [phinneycenter.org/volunteer/hot-meal/](http://phinneycenter.org/volunteer/hot-meal/)

### GREATEST NEEDS

(\*\*\*see below for more details\*\*\*)

- Board of Directors: community members passionate about the PNA, 4-8 hours/month
- Archivist or Library Scientist: help digitize & organize our many resources, flexible
- Teach TJQMBB to help older adults improve balance; training subsidized
- Paint PNA walls: with a group of your friends/coworkers or as your quiet time

### ONGOING OPPORTUNITIES

#### Bake & Prepare Meals

##### Bake & Prepare Meals

Help at the Hot Meal Program. Prepare & serve meals, set up & clean up. Weekly or every-other week shifts at the GSC or St John Lutheran on Phinney.

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

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

### Board & Committees

**\*\*\*PNA Board of Directors:** Seeking community members who are passionate about the PNA's mission and vision to build community—we envision strangers becoming neighbors, and neighbors becoming a welcome and caring community.\*\*\*

The Board is a group of community members who in addition to other activities, support financial oversight and leadership to help the PNA achieve its mission. Terms start in January. Generally 4 to 8 hours per month. [phinneycenter.org/join-board/](http://phinneycenter.org/join-board/)

- **Champions Committee:** Enthusiastic community members and passionate advocates of the PNA needed to support the PNA, our activities and fundraising events, our neighbors, and community. Creative, energetic, connected team players desired.
- **Diversity, Equity, Inclusion & Belonging (DEIB) Committee:** Seeking community members interested in helping the PNA address racial inequity, structural inequality, unconscious bias, and systemic oppression throughout the PNA and our community.
- **Finance Committee:** Help oversee the PNA's budgeting and spending. Basic business knowledge and an understanding of budgeting and financial management needed. An accountant or financial officer would be especially welcome!
- **Site Committee:** Guides the maintenance and stewardship of the PNA's facilities and grounds. An architect, landscape architect, or mechanical engineer would be especially welcome.

### Garden & Landscape

**Yardwork Work Party Mailing List:** Join our mailing list to learn about upcoming yardwork parties!

**Adopt a Garden:** Help spruce up our grounds by adopting a garden or regularly performing a task (like mowing). Flexible schedule, occasional, or ongoing opportunities available. Ongoing and group opportunities are available at the Phinney Center, Greenwood Senior Center, Whittier Kids, and Heart of Phinney Park.

**Yardwork for Seniors:** Adopt a local senior's garden (through the PNA Village) and help with their yardwork. Ideal volunteers will help 1-2+ times per month. Background check required, 6+ month commitment preferred (seasonal commitment also ok).

**Shovel Snow Help:** Keep our campuses and neighbors safe by helping to shovel for them! We get a request for help, and then reach out to the volunteers closest to the request. Help if you're able or let us know to try again next time!

### Kids & Seniors

**Share Your Passion!** Lead a class or group about something you really enjoy. Like helping others learn English, or helping older adults in movement classes? Or if you tend to talk about a subject to the point where your friends start to roll their eyes when you bring it up, come talk about it at the GSC! And people will applaud afterwards! Now scheduling March through June.

**Pen Pals Needed!** Especially in need of seniors to write to kids! [phinneycenter.org/pen-pal/](http://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.

**Early-Stage Memory Loss (ESML) Programming Team:** Help create a dementia-friendly community through our weekly enrichment class, the Gathering Place. Volunteers converse with class participants, assist with writing and drawing exercises and other activities, help make reminder calls, and enjoy the company of our participants. Classes are Thursdays (in-person), 1-3 pm (you work 1/mo), with occasional meetings with our staff.

Ideal candidates have some experience working with seniors or an interest in working with people with ESML and are at least 21 years old. Background check required; yearlong commitment requested.

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

### Maintenance & Handiwork

**\*\*\*Painting Party:** Bring a group of your friends or coworkers and help us refresh our interior spaces! We have lots of options at the Phinney Center (Blue and Brick Buildings) and the Greenwood Senior Center. Or, if you prefer some quiet time, that works for us too! We provide the supplies. Flexible schedule. \*\*\*

**Graffiti Busters:** Help keep our community mural on the 63rd Street underpass (and maybe more of PhinneyWood!) free of graffiti! We provide the materials & help you figure out the best plan of action, and you provide elbow grease to clean it up.

**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 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

**Put Up Posters** at local businesses and community buildings (like the libraries) in Greenwood-Phinney to help promote our upcoming events and classes. A great opportunity for students and young children with their parents. Flexible schedule.

**The Write Stuff!** We need writers with journalism experience to help write and edit articles.

**Event Photographer:** Have an eye for photographic moments and a camera to capture our events? Must have own camera and be able to deliver pics in a timely fashion.

### Office & Admin

**\*\*\*Archivist or Library Scientist:** Find, sometimes digitize, and organize our amazing resources in a searchable way, with minimal oversight. Flexible schedule, but ideally will see project through to the end, PC.\*\*\*

**GSC Weekly Receptionist:** Greet and interact with seniors of all ages & backgrounds; Strong customer service skills required. 4 hours weekly, 6-month commitment is requested.

### Technology

**\*\*\*Teach TJQMBB to Older Adults Tai Ji Quan:** Moving for Better Balance® (TJQMBB) is a research-based balance training regimen designed for older adults at risk of falling and people with balance disorders. Instructors must be certified, and partial subsidizing for training available.\*\*\*

**English Language Conversational Group Facilitator:** Support English Language Learners through the Talk Time model of student-led learning, and emphasis on small group conversations between English Language Learners and English-speaking volunteers. Mondays from 10:30 to noon at the GSC.

**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.

### Help Wanted in the Community

Transform the lives of people with disabilities at **Little Bit Therapeutic Riding Center!** Horse experience NOT required. [littlebit.org/volunteer](http://littlebit.org/volunteer).

**Pancake Breakfast volunteers needed** at Loyal Heights Community Center on Sun, March 3, 2024. Nick White: 206.684.4052, [nick.white@seattle.gov](mailto:nick.white@seattle.gov).

## PNA TOOL LIBRARY

 **Got projects? Why not borrow?**  
Info & inventory at [phinneycenter.org/tools](http://phinneycenter.org/tools)

 **PNA**  
Community Begins Here

 **HOURS:** Mondays, 5-7 pm  
Fridays, 3-5 pm  
Saturdays: 9 am – 1 pm  
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