

Stories and happenings for Northwest Seattle neighbors

Phestivus

IN PHINNEYWOOD 2022

Come together to celebrate!





In 2020, The Seattle Santa dispensed cheer inside the "Santa Bubble."

Here comes Santa (and Mrs!) Claus PhinneyWood's dressed-up duo brings holiday cheer

By Julie Ganger

For the 16th year, The Seattle Santa will be bringing holiday joy to PhinneyWood. Dan Kemmis transforms into Santa and his wife Elise Child into Mrs. Claus to delight kids and adults alike during the holidays. Over the years, they have created Santa magic on Greenwood Avenue for private family gatherings, business events, and non-profit organizations—to which they give half their proceeds.

Not even COVID stopped The Seattle Santa. He dispensed holiday cheer from inside the "Santa Bubble" in 2020 and a covered, open-air "Santa House" last December. The snowglobe bubble brought him global media coverage and fame.

This year, The Seattle Santa will be at the Phinney Center on Thursday, Dec. 8, from 4:30 to 6 pm, and at Greenwood Senior Center's Dogs and Nogs Party on Friday, Dec. 16, from 1 to 2:30 pm. He will also be partnering with local businesses to create 90-minute, pop-up events for

the public during December. Check theseattlesanta.com to learn the dates and locations when they are determined.

"Elise and I have so much fun doing this, and it's our way of giving back," said Dan. "Last year, our major focus was Mary's Place; this year, it's the National Alliance on Mental Illness. At public events, folks donate whatever they choose. Private family and business events have rates based on time reserved. Half or more of the money generated has always gone to non-profits, homeless, and those in need."

When not Santa, Dan works in business development and consulting; Elise is a part-time administrative assistant at the Phinney Neighborhood Association, following a 20-year career in government and community media. Both have theatrical backgrounds, which Dan drew on to help a friend and led to their launching The Seattle Santa.

"My friend needed a gig, so we thought he'd be good as an elf and I'd

play Santa," said Dan. "Elf didn't work for him, but I *loved* being Santa!"

Elise laughed: "So I became Santa's helper. When a friend gave me a Mrs. Claus suit, I really got into the role. We find it so rewarding to spread holiday spirit, make kids and families happy, and give back to worthy causes. We've been doing this long enough to see some kids grow up—and still come back to have their photos taken with us."

Dan and Elise provide their own backdrops and props. They can arrange for photography; many businesses provide the photographer. The Seattle Santa also does Zoom calls and custom Santa videos.

With COVID still present, Santa is fully vaccinated and continues to practice safe protocols. While kids can't sit in his lap, they can talk to him without contact, have their photos taken in front of the Christmas backdrop, and be entranced by The Seattle Santa's holiday magic.

Director's Corner

As a general rule in my life, I'm always looking for a good reason to cheer, so I like to have something on the calendar to look forward to. Often these are things like birthdays, holidays, and events. Although these activities can sometimes be stressful, such celebrations are also a needed excuse to gather with friends, family, and neighbors. It is actually the act of gathering that I find most enjoyable.

Spending time with people you care about is especially important this time of year, which is why this issue of *The Review* is all about celebrating the season together. We hope you find lots of ways to celebrate the season with us this winter!

Check out Phestivus in PhinneyWood on page 4 to learn how you can

Christi Beckley,
PNA Executive
Director



celebrate the season with neighbors and community by gathering together, shopping local, and giving back. Phestivus gets a new look and feel this year with expanded activities. It all begins with the GloCone and Holiday Lighting event on Nov. 26.

We are also highlighting our value of **belonging**. To the PNA, belonging means building community so that people feel welcome in our spaces, programs, and events. What better way to foster a sense of belonging than having fun and celebrating together?

So, it's fitting to announce that we are adding a 'B' to our EDI work – Equity, Diversity, Inclusivity, and Belonging. One way you will see this

Celebrate: to do something enjoyable for an important event or occasion.

show up is offering new ways for you to participate in some of your favorite PNA activities. Look for Member Meet-up stations at the Winter Festival this year; another way for us to celebrate together.

You can read more about what **belonging** has meant to the PNA over this past year and how you can support us moving forward on page 9, but we would like to invite you to reflect on how you have been a part of your own communities in 2022 and reminisce on some of your own highlights to celebrate.

However you choose to celebrate this season, I hope you find ways to enjoy what is most important to you.

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The Review

Winter 2022-23 Vol. 36, No. 1

Published quarterly by the Phinney Neighborhood Association
6532 Phinney Ave N
Seattle, WA 98103
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BECOME A PNA MEMBER!

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- New Member Renewal
 Donation (already a member)

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Greenwood Senior Center e-news (weekly): Yes No WI 22

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Questions? Call 206.783.2244 or email membership@phinneycenter.org

ABOUT PNA

The Phinney Neighborhood Association (PNA) was founded in 1980 by community members. The PNA's mission is to build, engage, and support our diverse community through programs, services, and activities that connect neighbors and foster civic engagement. Much more than a community center, the PNA offers programs at five sites and serves all who visit us. We turn strangers into neighbors, and neighbors into a welcoming and caring community. Visit us online at phinneycenter.org.

COMMUNITY EVENTS

The PNA believes connection creates a strong and welcoming community.

The PNA brings people together at dozens of entertaining, engaging events and activities each year for all ages at the Phinney Center, the Greenwood Senior Center, and in the PhinneyWood neighborhood.

SOCIAL SERVICES

The PNA provides essential services to contribute to the health and well-being of the community.

We offer free meals, medical care, clothes, and personal supplies through our **Hot Meal Program**.

Through our **Greenwood Senior Center**, we offer counseling, support groups, and a memory loss program.

The **PNA Village** helps people live in the homes they love and stay active as they get older.

EDUCATION

The PNA values lifelong learning.

The **Greenwood Senior Center** offers dozens of classes for adults of all ages, from language learning to line dancing.

The **Phinney Center** serves as a hub for community classes, offering affordable space for local instructors and programs.

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 parents and families.

ARTS & CULTURE

The PNA celebrates our diverse community through art exhibits and performances, an art walk, and two crafts shows featuring local artists.

Annual festivals like Día de los Muertos and Holi Festival of Colors bring the community together to celebrate diverse cultural traditions.

COMMUNITY RESOURCES

The PNA is a community hub and connector for Northwest Seattle.

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

Because thriving businesses are critical to our community, we offer support and networking to all small businesses in PhinneyWood.

Affordable space rentals help people gather and connect at PNA campuses.

We keep PhinneyWood in the loop with our quarterly newspaper, **The Review** and the neighborhood blog, **phinneywood.com**.

The Phinney Center Blue Building is a welcoming space to stop in to enjoy coffee, view some art, or use a public computer.

PNA volunteer programs help people give back and build community.

STAY CONNECTED

Find out what's going on with events, job opportunities, programs, the community, and more!

- Visit us **online**: phinneycenter.org
- Subscribe to **email news**: phinneycenter.org/signup
- Visit our events and class **calendar**: phinneycenter.org/calendar
- Like us on **Facebook**: facebook.com/phinneyneighborhoodassociation
- Add us to your **Instagram** feed: @phinneyneighborhoodassociation
- Follow us on Twitter: @PNAUpdates
- Connect on LinkedIn: linkedin.com/company/phinney-neighborhood-association/

ABOUT THE REVIEW NEWSPAPER

The Review is published by Phinney Neighborhood Association (PNA) four times per year. It includes stories of interest to Northwest Seattle—particularly Phinney and Greenwood—such as updates on local businesses and events, programs, and classes hosted by the Phinney Center and Greenwood Senior Center. *The Review* is mailed to all 20,000 addresses in Phinney-Greenwood and to PNA members. It's also emailed to 7,500 subscribers, posted on the PNA website at phinneycenter.org/review, and available at the Phinney Center and Greenwood Senior Center and local libraries. For advertising, visit phinneycenter.org/review/advertise.

PHESTIVUS

IN PHINNEYWOOD 2022

Celebrate!

GLOCONE AND HOLIDAY LIGHTING EVENT
 • Saturday, Nov. 26, 5 pm
 Heart of Phinney Park

PNANIMALS LIGHT UP PHINNEYWOOD
 Look for all 6 animals lighting up local businesses

VISIT WITH THE SEATTLE SANTA
 • Thursday, Dec. 8, 4:30-6 pm
 Phinney Center
 Upper Parking Lot

Shop Local!

PNA WINTER FESTIVAL & CRAFTS FAIR
 • Sat, Dec. 3 & Sun, Dec. 4
 10 am-5 pm
 Phinney Center

PHINNEYWOOD GIFT CARDS
 • PhinneyCenter.org
 for more details

HOLIDAY GIFT GUIDE
 • PhinneyCenter.org/giftguide-2022

Give!

DONATE TO THE PNA
 Help support the PNA's mission to build, engage, and support our diverse community.
 • PhinneyCenter.org/donate

WINTER WISHES GIFT DRIVE
 Sign up online, purchase a gift or gift card & deliver.
 • PhinneyCenter.org/winterwishes

PNA MEMBERSHIPS
 Give the gift of the PNA!
 • PhinneyCenter.org/membership



PHESTIVUS IN PHINNEYWOOD 2022

Celebrate the season with neighbors and community by gathering together, shopping local, and giving back. Visit phinneycenter.org/phestivus for more on all these wonderful winter happenings.

Celebrate!

PhinneyWood Winter Lights

Winter is the perfect time to slow down, reflect, and notice the beauty around us. In 2021, the new PhinneyWood Winter Lights annual tradition, the PNAnimals, debuted throughout the business district. The PNAnimals are a diverse group; they swim, fly, run, and climb. Some we see every day, some only at the zoo, some we might count ourselves lucky to see even once. They all have something important in common: you can find each of these animals in the Pacific Northwest and all of them have characteristics that we feel reflect our community. Starting on Nov. 27, search throughout the neighborhood for crows, otters, wolves, squirrels, orcas, and the scarce and shy bears (see if you can find all 6!)

GloCone and Holiday Lighting Event

Saturday, Nov. 26

5-5:30 pm, Heart of Phinney Park. Free.

Our GloCone, a light installation that features 3200 bright and programmable LEDs, will officially light up for the winter! Bring the family for an evening of cheer, hot cocoa, and cookies as we set the air raid tower aglow with lights.



Carolers bring good cheer at the lighting of the GloCone. PHOTO BY JUDE DAI

All Present Holiday Sing-along Jamboree

Sunday, Dec. 4

1-2:30 pm, Greenwood Senior Center. Free.

Join Elena Louise Richmond, the ALL PRESENT Song Circle, the OK Chorale, and the GSC memory loss community 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.

Visit with The Seattle Santa

Thursday, Dec. 8

4:30-6 pm, Phinney Center Upper Lot. Free

Last year, we saw The Seattle Santa in an elaborate "snow globe" on Greenwood Avenue. This year, Santa will be popping up all over the city, including the Phinney Center. Take your photo in front of the Christmas backdrop and feel The Seattle Santa's holiday magic.

Jingle Bell Bingo Karaoke

Friday, Dec. 9, 7-10 pm. GSC.

\$30 PNA Members/Public \$40

Bring your bells and dress up for the holidays to sing karaoke and play bingo to support the Greenwood Senior Center. Get tickets ASAP at: phinneycenter.org/bingo.

Handbell Choir

Saturday, Dec. 10, 2-3 pm.

Greenwood Senior Center. Free.

Join the Phinney Ridge Lutheran Church Handbell Choir for a 45-minute concert of harmonious bell ringing. Register: 206.297.0875.

Dogs and Nogs Party

Friday, Dec. 16, 1-2:30 pm.

Greenwood Senior Center. Free.

Bring your well-behaved pets to 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.

Hanukkah Menorah Lighting

Monday, Dec. 19 - Thursday, Dec. 22, 1 pm.

Greenwood Senior Center. Free.

Join Senior Programs Director Cecily Kaplan in the GSC lobby, every afternoon from Dec. 19 to 22, for the lighting of the menorah. Questions: 206.297.0875.

Shop Local

Holiday Gift Guide

The Phinney Neighborhood Association's Business Group launched a local gift guide in 2020 to remind our neighborhood that the best gifts are within walking distance, and to support our business district! We ask that the community shop local to help our small businesses thrive. Get a personal recommendation from a crew member at Snapdoodle Toys, a knowledgeable knitter at the Fiber Gallery, or a talented maker as they help you find the perfect gift.

Visit phinneycenter.org/giftguide-2022 after Dec. 1 to see some local favorites.

The PhinneyWood Gift Card

Debuting this holiday season, the PhinneyWood Gift Card is designed to keep local dollars local. These cards will be good at all participating businesses in our district, with more to be added in 2023. Can't figure out what to get that hard-to-buy-for person on your list? Get them this gift card accepted at many local small businesses! The PhinneyWood Gift Card makes it easier than ever to encourage folks to shop local. Watch phinneycenter.org/giftcard and phinneywood.com for the debut of the card in the beginning of December.

Give the Gift of Membership

Spread holiday cheer to your neighbors, family, and friends by gifting them a PNA Membership! Starting at \$40/year, a membership supports all of the PNA's community-driven programs and services, and gives you access to the PNA Tool Library, Community Woodshop, and discounts on their events and classes. Sign up online at phinneycenter.org/membership or in person at the Phinney Center Blue Building to give the gift of community this holiday season!

Holiday Bookfest – Local Authors, Great Books

Saturday, Nov. 19, 2-4 pm, Phinney Center Blue Building. Free.

Meet two dozen of your favorite Pacific Northwest authors and get signed copies of their books for yourself or holiday gifts. Now in its 13th year, this much-anticipated event connects our book-loving community. Phinney Books handles the sales. A portion of the proceeds benefit the Greater Seattle Bureau of Fearless Ideas and the PNA.

42nd Annual PNA Winter Festival & Crafts Fair

Saturday, Dec. 3 & Sunday, Dec. 4

10 am-5 pm, Phinney Center, Both Buildings.

\$3/PNA Members, \$5/Non-Members, Children under 12 free.

+ A food item for the FamilyWorks Food Bank is suggested.

Gift handmade and local this season. The Phinney Center becomes a shopping wonderland during this beloved festival, showcasing specialty goods by 100+ hand-picked local artists and makers. You'll find an astounding array of items: home goods and decor, jewelry, accessories, art, pottery, apparel, and more! Find gifts for everyone on your list, from your favorite guy to your best friend and all the kids in your life. By shopping at the Winter Festival & Crafts Fair, you are supporting local artists and the PNA! Visit phinneycenter.org/winterfestival for the vendor line-up and more details!



Wandering Souls Knits offers touchable and wearable art, inspired by the Pacific Northwest outdoors.

PHOTO BY RAND PETERSON

Visit phinneycenter.org/calendar for online listings

LOCATIONS:

Phinney Center (PC): 6532 Phinney Ave. N
Greenwood Senior Center (GSC): 525 N 85th St.



The PNA animals aglow for the PhinneyWood Winter Lights. PHOTO BY JUDE DAI

Give to Community

Donate to the Phinney Neighborhood Association (PNA)

This holiday season, help support the PNA's mission to build, engage, and support our diverse community by making a donation today. Your generous support helps power our programs, services, and activities that connect neighbors and foster civic engagement. To make your donation, please visit phinneycenter.org/donate.



Winter Wishes Gift Drive

Studies show true joy comes from the act of giving, for example by participating in our annual Winter Wishes gift drive. It's easy! Sign up online, purchase a gift or a gift card (\$20-30), and follow the instructions for delivery. Children and adults from nine local community partners deeply appreciate whatever you can give. Learn more and sign up at phinneycenter.org/winterwishes.



Make the holiday season shine by making Winter Wishes come true!



Songs of good cheer at the All Present Concert. PHOTO BY LEE HARPER

Costume Jewelry Sale

Wednesday, Dec. 7, 1-6 pm. GSC. No early entry.

The Greenwood Senior Center 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.

PNA's Annual Meeting & Breakfast

Saturday, Jan 28

9-11 am. Brick Building, Community Hall. Free.

Join us in welcoming the new year by reflecting on the past year with the PNA! We're inviting all of our members to the Brick Building where we'll be serving up homemade breakfast and reviewing our year. As members, you get to participate in our board elections, get updates on what we've been up to, and hear from our Director and Board. Breakfast is from 9-9:45 am and then we get down to business.

Bloodworks Northwest Pop-up Blood Drive

Friday, Jan. 27 & Friday, Mar. 31

9 am - 4 pm. Phinney Center. 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 on Friday, Jan. 27, or Friday, Mar. 31, online at bloodworksnw.org or call 800.398.7888.

Lunar New Year Celebration

Feb. 5, 2023. Phinney Center.

In the spirit of our Día de los Muertos and Holi celebrations, the PNA is collaborating with our Asian community to create a new annual event. In February 2023, we will debut an inclusive and diverse new event for North Seattle that honors the traditions of the Asian cultures that celebrate the Lunar New Year, as well as supports local Asian-led businesses and organizations. Watch phinneycenter.org events for details to come.

Pajama Party Bingo Karaoke

Friday, Feb. 24

7-10 pm. GSC. \$30 PNA Members/Public \$40

Tickets go on sale Feb. 1 at 10 am at phinneycenter.org/bingo

Wear your jammies, play bingo, wow the crowd with your karaoke skills, and buy your friends a round of drinks and snacks – all to support the community programs at the Greenwood Senior Center.



Bingo Karaoke is one of the PNA's most popular events—and tickets go fast! PHOTO BY RAND PETERSON




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ONGOING GROUPS & ACTIVITIES

Additionally, check out Greenwood Senior Center's offerings (open to adults of all ages!) on pages 16-20.

Cribbage for a Cause

First & Third Thursdays, 6:45-9 pm. PC Blue Building.
\$5 donation.

Join us at the Phinney Center for a round robin cribbage tournament! It costs \$5 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. To sign up to play or for more information, email raing@phinneycenter.org.

Phinney Friends Crochet Group

Thursdays, 10 am-12:15 pm. PC Blue Building, Room 3
Crochet lap robes and baby blankets for folks who need them.

PNA Fixers Collective

First Wednesday of the month, 4-6 pm.

Greenwood Hardware, 7201 Greenwood Ave N.

Don't throw that gadget away! Bring it to the PNA Fixers Collective to see if it can be saved. Kids welcome.

PNA Book Club

Second Wednesdays, 7-8:30 pm. Online. Free.

See phinneycenter.org/bookclub for selections. Contact Linda (lprot@hotmail.com) or Claire (smithyeager@msn.com) with questions or if you'd like to join.

Emerald City Contra Dance

Fridays, 7:30-10 pm. PC Brick Building, Community Hall.

Dance every Friday night to live music and a caller who teaches all of the dances. No experience necessary, but enthusiasm is encouraged. Check seattle-dance.org/contra/emeraldcity for the most recent schedule and details.

Conversation & News of the Day (2 groups)

Tuesdays, 10:30 am-12 pm. Online. Free.

Thursdays 10-11 am. Online. Free.

Come with a news clipping that you want to discuss, or just come and join in with others. Led By Cecile Andrews. Email cecile@cecileandrews.com for Zoom link.

CPR Classes at the Phinney Center

Saturdays, Jan. 21, Feb. 11, and Mar. 4. 9 am-12 pm.

PC Blue Building. \$50 PNA Member, \$60 Public.

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 blood-borne pathogens, with a focus on injury prevention and safety. Class has been modified to meet COVID-19 safety requirements (hands-on only, no mouth-to-mouth) and meets L/I WISHA-WAC safety standards. Certificates are issued at the end of class. Taught by Ken Norris, a 26-year veteran of the Seattle Fire Department who has taught CPR for 25 years.

Register early; class space is limited. Go to phinneycenter.org/classes and click on "Be Prepared & CPR" for class listings and registration.



"Ryan, Eric, and Jeremiah create music together that is at once energetic, sublime, pensive, thought-provoking and jubilant," says Steve Behrens of 67 Music, about **Kalos**, who perform on Jan. 21.

PHOTO COURTESY OF THE BAND

Seattle Folklore Society Concerts

Join Seattle Folklore Society on Saturdays this fall for a wide-ranging array of world-class acoustic music.

Visit seafolklore.org for additional details about the performers, to get tickets, for new updates to the calendar, and current COVID-19 attendance policies. Announcements coming soon regarding schedule additions, livestreaming options, and more!

Nov. 19 - **Loud Weather**

Fiddle and bagpipes at play (with Alasdair White and Elias Alexander), two of North America's foremost exponents of Scottish music.

Jan. 14 - **The Faux Paws**

Fiddle tunes, raging sax, engaging songs, and more: A fresh, constantly-evolving vision on Americana, weaving together bluegrass, roots music, and pop rock

Jan. 21 - **Kalos**

Innovative interpreters and composers of Celtic roots music

Jan. 28 - TBA

Feb. 4 - **Seán Gavin & Johnny B. Connolly**

Traditional Irish music at its best

Feb. 11 - **Newberry & Verch**

From the Missouri Ozarks to the Canadian Ottawa Valley

Feb. 18 - **Gangspil**

Award-winning, lively and soulful Danish folk duo

PHINNEY NEIGHBORHOOD ASSOCIATION'S

42nd ANNUAL

Winter Festival & Crafts Fair

Saturday & Sunday

December 3 & 4, 2022 + 10 am - 5 pm

120+ MAKERS, BAKE SALE
& ENTERTAINMENT (outside)

 PNA
Community Begins Here

INFO: phinneycenter.org/winterfestival



Thaiku's Gaeng Krua Sapparod won crowd favorite for Best Bite. PHOTO BY RACHAEL GREEN

A scrumptious success

New Bite of PhinneyWood event celebrates local restaurants, cafés, and bars

By Matt Coomer

The Phinney Neighborhood Association (PNA) fulfilled a longtime dream of bringing a local tasting event to the neighborhood with Bite of PhinneyWood on Sept. 17.

More than 500 neighbors came to the inaugural event to try food from local restaurants, cafés, and bars while meeting the people behind the plate. The sold-out event raised more than \$20,000 for the PNA's community programs and services while celebrating PhinneyWood's food scene.

One goal of the event was to bring visibility to our local businesses. As one attendee commented, "Such a great event! I liked chatting with the business owners and workers to learn about them and feel connected to my local businesses."

Another goal was to encourage folks to try new eateries in the area and bring increased business to our

district. One attendee shared this encouraging feedback: "We just moved to Phinney and loved this event, it was so perfect for a newbie to try out all the restaurants and find favorites! We went back to three restaurants already!"

Bite attendees were invited to vote on the best bite of the event. After counting and recounting the results, the contest ended up tied between North Star Diner's Left Coast Reuben and Thaiku's Gaeng Krua Sapparod. The PNA invited Bite-goers to break the tie via email and Thaiku came out the final winner.

Salmon Bay Community Lending was this year's presenting sponsor for Bite of PhinneyWood. The PNA thanks everyone who attended, participated in, and volunteered for Bite of PhinneyWood, and is looking forward to next year's event.



As PNA Small Business Advocate Chris Maykut shared, "Bite of PhinneyWood 2022 was an incredible day for everyone involved, and we already can't wait to create something even better in 2023 and beyond."

Check out photos from the event at bit.ly/pna-bite.

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WireFreeSky.com



You helped us power the community!

This year's 11th Annual Power of Community fundraising campaign, supporting the PNA's senior programs, was a huge success! Throughout the campaign, we shared stories from across all of our senior programs, letting the community find celebration and joy in the work we do. Our initial goal for Power of Community was \$60,000 and we're proud to announce that we have exceeded it, thanks to your support.

The Greenwood Senior Center provides social, physical, and educa-

tional activities focused on the needs of older adults. Welcoming 1,800 visitors a year, the senior center offers an opportunity to connect, engage, and find a place of belonging. With dozens of classes, activities, and programs offered each quarter, support from the community is essential to the continued success of these essential programs. The PNA Village enables people to stay in the homes and communities they love as they age. Our Memory Loss Programs support the

whole family through the journey through Alzheimer's and other dementias.

We want to thank our PhinneyWood community and everyone who donated and supported the PNA's critical programs for seniors. We would also like to thank our sponsors, Aegis Living and Era Living. To learn more about PNA's senior programs, visit phinneycenter.org/seniors.

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No place like home The PNA Village reimagines aging

By Elizabeth Black

Anyone who's involved with PNA Village—or "the Village" as it's better known—can tell you it's an incredibly special program.

With the goal of empowering people to remain in their homes and neighborhoods while staying active and engaged as they age, the Village reimagines aging by offering elders opportunities for social engagement and help from their local neighbors. The sense of belonging that the Village creates, and the connected lives it supports show the Power of Community.

By facilitating access to activities and events like walking groups, book clubs, acting groups, jewelry-making, creative writing, coffee chats, community service, and more, the Village ensures there's a place—and an activity—for all members to enjoy. As a result, members have fostered new friendships, hobbies, and interests—proof that building community, and learning and evolving well into our later years is a worthy and fulfilling way to spend our time.



Village member Linda Laing and volunteer Andrew Booker. "He is wonderful, and I love talking with him," shared Linda. PHOTO BY ANDREW BOOKER

The Village also offers members support through a wide network of volunteers who provide social visits, assistance with handy projects, transportation to doctor's appointments,

classes, or errands, and advocacy on health-related matters. The goal is to ensure that members are never without support or friendship, whenever they need or want it.

PNA members and volunteers alike say that the community they've found through the Village has been life changing.

Linda Laing, who has been a Village member for years, said what she loves most about the Village are the people she meets, and the activities she has access to. For her, the community has been incredibly valuable in helping her stay involved with neighborhood activities and strengthening friendships. She also loves spending time with the volunteers, who she says prove time and time again that they are trustworthy, helpful, and genuinely kind and caring. One volunteer in particular, Andrew Booker, has become a true friend to her.

"He is wonderful, and I love talking with him. I needed someone who could help me with small errands and drive me places, and he's been so help-

ful on that front. From there, we've developed a great friendship, built off of a wide variety of mutual interests. For example, we love talking about music and space together!"

Andrew, who has been a volunteer with the Village since 2017, agrees, saying Linda has become a true friend to him over the years. Knowing he can make a huge difference in someone's day by providing transportation, troubleshooting tech problems, and connecting as a friend is incredibly important to him, especially now that he's retired and has extra time to give back to his community.

"Our Village creates so many wonderful connections while supporting active, independent lives," shared PNA Village Program Manager Rebecca Fogarty. "We've served elder neighbors for more than a decade and I'm excited to see our community and its friendships keep growing!"

To learn more about the PNA Village, to volunteer, or join as a member, visit phinneycenter.org/village.



PNA Village members enjoy a trip to the Kruckeberg Botanic Garden.



Village volunteers Jim, Kevin, and Bill paint the side of a garage to help a Village member.



Village volunteer Andrew helps member Marilou with rides.

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Our friends at Coffeholic House delivering a taste to a friend at Bite of PhinneyWood. PHOTO BY RACHAEL GREEN



Pride Rainbow Hop in full swing. PHOTO BY RAND PETERSON

Belonging and Celebration!

The PNA brings people and community together

By Chris Robinson,
Development Director

As the days get shorter and the colors that paint our local neighborhoods change in front of our eyes, we are given the gift of reflection on this past year. For some, 2022 was a blur that flashed by in the blink of an eye. For others, the year might have felt like a long series of moments that stretched from one event to the next. Whether you connect to the former, the latter, or somewhere in between, reflection allows us to take a breath and commemorate what has mattered most over these past 12 months.

At the Phinney Neighborhood Association (PNA), we are also taking the time to reflect on the past year. Financial support from this generous community has provided opportunities for our programs, activities, and events to bring the community together and elevate our organization as an essential part of the PhinneyWood neighborhood. Through this time of reflection, two words continue to shine a little more brightly than others—belonging and celebration.

Belonging

Belonging is a feeling of connectedness to a group or community. It's that sense of being a part of something that drives us to engage with others, allows us to make new friends, connect with loved ones, and help our community become stronger. This is evident in all that the PNA offers.

At the PNA's Hot Meal Program, belonging takes center stage as volunteers, staff, and community members come together to provide free and delicious meals to anyone that needs them, as well as offer a grow-

ing number of vital services each week like a free medical clinic and hygiene products and first aid supplies.

Belonging is fostered at the PNA's Greenwood Senior Center through a robust program of events, activities, lectures, and classes that bring people together and create connections for older adults. It drives our award-winning Memory Loss Program that offers support for Early-Stage Memory Loss (ESML). This program provides opportunities to socialize safely for people living with Alzheimer's disease and other dementias. It shines brightly for everyone involved in the PNA Village, or "the Village" as it's better known. The Village enables people to age vibrantly in the homes and communities they love with opportunities for social connection and help from committed volunteers.

PNA events are tremendous ways to get connected and celebrate with your neighbors and community. Whether it is bringing local restaurants together for the Bite of PhinneyWood, a beer or wine tasting event, or one of our community-based events such as PhinneyWood Art Walk or PhinneyWood Pride Rainbow Hop that provide inclusivity and engagement, the PNA strives to bring people together and celebrate all of the opportunities for belonging. We are excited to host more events that bring our community together in 2023 so be on the lookout for all of our future event announcements.



PNA's Hot Meal Program serves delicious, homemade meals three times a week. PHOTO BY KRISSIE DILLIN

Celebration

And now that we come to the end of the year, it is time to celebrate YOU. Without you, there is no us. Our vital programs can only happen because of the generosity and commitment of the community around us, and we can't thank our supporters enough. Your donations and continued support of our mission helps the PNA grow our community-based programs while focusing on reaching new families and neighbors who are in search of the same belonging we all strive for.

This holiday season, please consider making a meaningful donation to the Phinney Neighborhood Association. Your donation will support the PNA as we connect to new and long-time neighbors while fostering civic engagement next year and beyond. Does your place of work have a matching program or a workspace giving program to maximize your donation? Learn more about the PNA on page 2 and visit phinneycenter.org/donate to make your tax-deductible gift. Thank you for being a part of the Phinney Neighborhood Association.



Shop, eat, spend local

Introducing the PhinneyWood neighborhood gift card

By Emily Szczech

Debuting Dec. 1, the Phinney Neighborhood Association Business Group is offering an easy way to support all your favorite local businesses with a single gift card! Great to give as a gift, the PhinneyWood gift card allows your recipient to choose from any participating business. There's plenty to eat, buy, and do in PhinneyWood with its plethora of eateries, shops, and experiences.

It's easy to use and works just like any gift card. Cards will be available to purchase online and you can write a personal message and send the gift card to recipients via email, text, or by printing out a physical copy. Giving the PhinneyWood gift card means your recipient can experience the neighborhood and enjoy all that we have to offer! A \$50 gift card could buy you a full day of fun in PhinneyWood. Enjoy coffee and a pastry, browse bookstores and craft shops, and end the day with a pint at a local brewery. There's something for everyone in PhinneyWood!

Watch phinneycenter.org/gift-card and phinneywood.com for the official launch of the card. Businesses can learn about participating by contacting Chris Maykut at chrism@phinneycenter.org.

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Students fill a giant light bulb with bright ideas during BFI's All-City Writer's Club summer program. PHOTO: BFI

Fearless learning

Creative writing and storytelling ramps up at BFI

By Bill Thorness

That 20-foot-tall pencil-shaped doorway is again seeing kids and tutors transporting themselves into creativity. It's a hopeful sign at the Bureau of Fearless Ideas (BFI), whose youth tutoring center at 84th and Greenwood Avenue went through a tough time during COVID-19, like so many other nonprofits.

The colorful writing center "got kind of sad without kids" in it, said Program Manager Bryan Wilson. With schools halting field trips and learning going online, BFI programs suffered. The giant wall clocks stopped. The new stage in the adjoining Greenwood Pencil Box storefront hadn't yet seen a performance.

But then, 700 BFI "Idea Books" were distributed to kids to ignite their writerly imagination with creative prompts. "CommuniTEA" sessions brought youth together online for creative chat. Volunteers from Goldman Sachs swept through the Greenwood tutoring space, cleaning and painting. Jennifer Bisson, librarian at The Seattle Public Library, Greenwood Branch, brought over new books. And field trips finally restarted.

BFI landed a collaborative Best Start for Kids place-based grant through School's Out Washington centered at BFI's Yesler Terrace location, with Program Manager Roberto Ascalon handling the BFI portion. In concert with seven community service providers, the grant will support each organization for three years and help create opportunities for growth for each organization involved.

School projects are sprouting across the city: programs at Bailey Gatzert Elementary in the Central District and South Shore K-8 in Rainier Beach, and plans with West Seattle, Shoreline's Parkwood, Greenwood Elementary and more.

In-person programming is ramping up in schools and also in the tutoring space "but we're keeping the virtual

programs," says Bryan. "We found a larger community" stretching from Olympia to Pennsylvania. Virtual storytelling continues on Mondays, in-person after school writing and homework help are currently on Tuesday, Wednesdays, and Thursdays at Greenwood and Yesler Terrace.

Science Writing Saturdays, a collaboration with Fred Hutchinson Cancer Center and sparked by Phinney Neighborhood Association's Board Vice President Gabe Murphy, drew weekend crowds. At the first of four workshops, kids in grades 3-5 learned about the immune system. A high school series sparked ideas on how to conceptualize and write health-focused "op-ed" articles, with student ideas ranging from high school sports injuries to supporting mental health in schools.



Big ideas call for a big pen at the BFI/Fred Hutch Op-Ed writing workshop. PHOTO: BFI

As programming and delivery evolve, BFI staff also has been examining the question "what is writing?" The answer: not just words. Drawing pictures. Dancing. Drum storytelling. Culturally sustaining activities. "It has been an eye-opening experience to help people tell their stories in those ways," says Interim Executive Director Matt Kingston.

BFI's tutoring center has regained its special energy, says Bryan. "It's a place where kids and community mentors can grow together."

Holiday Bookfest

Discover new treasures on the page

By Bill Thorness

Time to celebrate! The Holiday Bookfest, a Phinney tradition that has connected Seattle readers and authors for over a decade, will once again, finally, be held in person at the Phinney Center Blue Building on Saturday, Nov. 19, 2-4 pm.

Come to meet local authors, buy books, and get them signed. Come for author readings, held every 15 minutes. Come to support our local bookstore Phinney Books, who is donating part of the proceeds to the tutoring center Bureau of Fearless Ideas (BFI) and the Phinney Neighborhood Association. Meet some young authors from BFI. Bring your gently used children's books for donation to the Pocket Libraries program.

And come to be reminded what a wealth of writers we have in the Northwest. Among the more than two dozen authors will be bestselling crime novelist Elizabeth George, Washington State Poet Laureate Rena Priest, and memoirist Jessica Gigot, a poet and Skagit Valley farmer.

This year, meet a wealth of cookbook and children's book authors. Our chef authors include Polina Chesnakova, Hsiao-Ching Chou, Jackie Freeman, and Andrea Pons. Children's book authors include Ben Clanton, Rob Albanese, Lynn Brunelle, Andy Chou Musser, and Walker Ranson, a young man who penned his first book with his mother, veteran author Suzanne Selfors.

Rounding out the group are beloved Pacific Northwest authors Erica Bauermeister, Robert Dugoni, Laurie Frankel, Nicola Griffith, Thor Hanson, Molly Hashimoto, Priscilla Long, Zoe Hana Mikuta, Sharon Mentyka, Boyd Morrison, Steve Olson, Putsata Reang, Steven Reddy, Neal Thompson, Tara Austen Weaver and David B. Williams.

Are some names unfamiliar? Fantastic! Discovery is the joy of the season. Speaking of the season, remember that books—especially signed and even personalized by the author—make the best gifts. Surely you have a friend who would love the outdoor artistry of Molly Hashimoto, the speculative fiction of Nicola Griffith, or the regional history of David B. Williams. As you stroll the tables of the Holiday Bookfest, you'll be amazed at the myriad ways our local authors can deliver the goods. There's not a turkey in the bunch.

And by the way—if you are turkey-shopping that afternoon and can't make it to the Holiday Bookfest, don't worry: signed books from the participating authors will be featured through the holiday season at Phinney Books.



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Tom Wimmer and his wife Amy have been contra dancing for decades, and actually met at a dance.



Susan Michaels, left, is the caller who lets dancers know what moves to make as she calls out do-si-do, allemandes, and other instructions.

Two decades of tradition

Friday night contra dancing at the Phinney Center

ALL PHOTOS BY
CONNIE MCDUGALL

By Connie McDougall

When Loren Kalmen tried contra dancing for the first time in the mid '90s, he found an unexpected joy in the twirls and whirls. "I thought, this is the greatest thing in the world! Where has this been all my life?"

He hasn't stopped dancing since, and whenever he has a Friday night free, Loren commutes from his home on Bainbridge Island to the Phinney Center's Brick Building for the weekly Emerald City Contra Dance.

Featuring live music, an energetic caller of contra moves, and a diverse group of people, the dance attracts beginners and veterans alike, ranging in age from teens and 20s well into their 80s.

Contra dancing has roots in English, Scottish, and French country dance, going back to the 17th century. The basics have changed little over the years: Couples line up facing each other, with the two lines sometimes stretching from stage to the back wall. As the dance proceeds, couples meet up with the next two people in line, or "neighbors," while following prompts from the caller, who tells people which "figures" or moves they must execute. As the dance continues, couples meet up with the next two neighbors and in that way, it's sometimes possible to dance with every couple in the line.



Two dancers at the head of a line of dancers get ready for the music to begin.

While contra is similar to square dancing, in the latter, people form a circle of eight people, but many of the calls are the same including do-si-do's, allemandes and swing your partner.

Some people think square dancing is a bit more complex, while contra is accessible to almost everyone. "I think so, although I'm biased," says Tom Wimmer, one of the organizers of Friday night's contra dance. An aficionado for 25 years, he says there's also less footwork than in other forms of dancing. "Some people get it right away and others have been beginners for years. It's a bit like waltzing,

moving left and right, left and right with every beat of the music."

"It's pretty easy to pick up," says 28-year-old Katie Kemp. She's been coming to PNA's contra dances since 2010, in part, because of the camaraderie.

Tom agrees. "The regular contra dancers often build supportive friendships and community," he says. "I think this growth occurs because they interact with each other throughout the evening and from week to week, so the friendships develop easily."

Katie adds: "It's a lot of fun and the music is great."

Live music is central to the experience, and central to that is the fiddle, Tom explains. "The fiddle is a very versatile instrument. It provides a smooth melody or energetic sound. Contra bands often have a guitar. Some have percussion, like the Irish bodhran or African djembe. Piano is also used, and sometimes brass instruments. I've even seen bagpipes."

In lockstep with the musicians is the caller, who has a job of great responsibility, keeping dancers in time with the music while they perform the right figure at the right time.

"Callers prompt the dancers," says Tom. "They cue each move of the dance."

Most of the time, callers follow a script, Tom says. "And they know the material well enough to keep an eye on the dancers, while listening to the band, while keeping both of them together."

Meanwhile, dancers are laser focused on caller cues: "I like the calls," says dancer Loren. "Then I don't have to come up with my own moves."

Everyone seems to have their own reasons for trying it for the first time or staying with it for decades.

Lars Saxegaard, 89, Norwegian born and a regular at the Phinney Center dance, has been doing the contra for more than 40 years. Asked

why he's devoted so many years to it, he says, simply and with a smile: "The people."

If you go

Georgette Semroc, rental manager at the PNA, says the organization is happy to provide space at the Phinney Center for the contra community to come together. "Tom Wimmer has been great to work with and contra has been a staple of the PNA community for almost 20 years."

The dance is held every Friday at the Brick Building Community Hall near the lower parking lot. A beginner's workshop starts at 7 pm, with the dance held from 7:30-10 pm. Admission is a sliding scale from \$10-\$20, \$5 with student I.D., free for people under the age of 16. Masks, as well as proof of COVID-19 vaccinations and boosters are required, as well as the signing of a waiver. For more information, visit seattledance.org/contra/emeraldcity.



Live music keeps the energy level high at contra dances.



Longtime contra-dance fan Loren Kalmen commutes from Bainbridge Island to the contra dance.

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1. How do you get *The Review*? (Check all that apply)

- It's mailed to my home
- It's mailed to my work
- It's emailed to me
- I pick it up at the Phinney Center
- I pick it up at the Greenwood Senior Center
- I pick it up at the library
- It's given/forwarded to me by someone I know
- Other (please specify) _____

2. How do you usually read *The Review*? (Check all that apply)

- On paper
- On a mobile device, like a smartphone or tablet
- On a desktop or laptop computer
- Other (please specify) _____

3. How often do you read it? (multiple choice)

- Every quarter (each issue)
- 1-2 times a year
- Never

4. How much of the paper do you generally read? (multiple choice)

- All of it
- More than half of it
- About half of it
- Less than half
- I skim it
- None of it

5. How long do you generally keep the paper? (multiple choice)

- Less than a week
- 2-3 weeks
- 1-3 months
- More than 3 months
- I recycle it right away
- I don't receive a paper copy

6. In general, do you think the paper is too short or too long? (multiple choice)

- Way too short
- A little too short
- Way too long
- A little too long
- Good length
- No opinion

7. Rate your level of interest in each section: SCALE: 1 (least interested) — 5 (most interested)

- ___ Articles on neighborhood people/places
- ___ Articles on neighborhood events/activities
- ___ Articles on PNA Program
- ___ PNA Event Listings
- ___ Class Listings
- ___ Senior Highlights
- ___ Kids' Corner
- ___ Business Spotlights
- ___ Business Moves & Changes
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8. Would you like to see more or less of the following content?

	MORE	LESS	SAME AMOUNT
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Articles on neighborhood events/activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Articles on PNA Programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PNA Event Listings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class Listings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senior Highlights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kids' Corner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Business Spotlights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Business Moves & Changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteer opportunities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

9. Rate your interest in each of the following subjects: SCALE: 1 (least interested) — 5 (most interested)

- ___ Arts & Culture
- ___ Business News
- ___ Community/neighborhood topics
- ___ Economic/financial
- ___ Education
- ___ Environment
- ___ Health/Mental Health
- ___ Housing
- ___ Human Interest / People Profiles
- ___ Jobs/labor/unemployment
- ___ Kids/Family
- ___ Policing/crime
- ___ Transportation
- ___ Opinion
- ___ Other: _____

10. Do you look at the advertisements?

- Yes
- No
- Sometimes

11. Rate the quality of *The Review*

	EXCELLENT	GOOD	AVERAGE	POOR	NO OPINION
Content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cover	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ease of reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Writing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. What actions have you taken as a result of reading *The Review*? (Check all that apply)

- Attended an event
- Attended a class
- Volunteered or inquired about volunteering
- Contacted a business from an advertisement
- Shared it with someone else
- Shared / forwarded the paper
- Shared the stories/events/information with others
- Visited the PNA website
- Followed PNA on social media
- Signed up for PNA email
- Donated to PNA / Greenwood Senior Center
- Became a PNA member / renewed my membership

13. Please indicate your agreement with this statement: *The Review strengthens my feeling of connection to the community.* (CIRCLE ONE: strongly agree, somewhat agree, somewhat disagree, strongly disagree)

14. What do you like most about *The Review*? _____

15. What do you like least? _____

16. What are your suggestions for improvement? _____

DEMOGRAPHICS

ZIP code: _____

Age:

- Under 18
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+
- Prefer not to answer

Gender: How do you identify?

- Man
- Woman
- Non-binary
- Prefer not to answer
- Prefer to self-describe: _____

Total household income:

- Under \$15,000
- Between \$15,000 and \$29,999
- Between \$30,000 and \$49,999
- Between \$50,000 and \$74,999
- Between \$75,000 and \$99,999
- Between \$100,000 and \$150,000
- Over \$150,000
- Prefer not to answer

Do you have children at home (either part-time or full-time)?

- Yes
- No

What language(s) do you speak at home?

If you would like to be entered in the drawing for a \$100 Visa Gift card, please enter your email address or phone number.



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Thank you for your time and input!



Meet Your Local Business Owners

By Karla Rava



Jessica Hespelt, BrainBrakes. PHOTO BY CHRIS MAYKUT



Diedra Roesijadi, The Still Point. PHOTO BY JUDY LEE PHOTOGRAPHY

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Jessica Hespelt is an ADHD Consultant with 20 years industry experience in research, education, and coaching. She spent the first ten years in medical research and then transitioned into science education as a high school teacher, advisor, and curriculum specialist. Jessica loves working directly with people and was fortunate to spend two years as a fellow at Stanford University developing and incorporating techniques to support equity and social justice in the classroom. Then, Jessica's personal experience with neurodiverse children led to yet another pivot in her career. Jessica recalls, "This was part of my journey to learning more about ADHD and executive functioning. These were some of the students that it seemed like schools were often ill-equipped to support, and I was passionate about figuring out how to get them back on track."

In early 2022, Jessica channeled all of her acquired expertise and learnings to establish BrainBrakes Life & ADHD Coaching. BrainBrakes comes from a metaphor by Edward Hallowell, a well-known author on the subject of ADHD. Hallowell compares the ADHD brain to a Ferrari or a "race car" brain, but with bicycle brakes. In this model, Jessica explains, "the goal of coaching is to help clients develop better braking systems in order to lead more empowered lives and let their amazing brains shine."

Jessica says, "Coaching is my way of continuing this work. I support students, adults, the people that love them, and the professionals that work with them, by helping them develop the skills, habits, and awareness they need to be successful." Jessica also has a new YouTube Channel, called "ADHD Resource Lab" where she shares a wealth of information for free. Her services are currently not covered by insurance, but she hopes someday to convert her business to a non-profit to reach more people, especially those with socio-economic constraints. For more information, visit www.brainbrakes.org.

The Still Point Massage Therapy • 2265 N. 56th Street, #2B seattlestillpoint.com

Diedra Roesijadi spent 23 years as a massage therapist in the private sector, but when the pandemic hit, it all changed. Like so many families faced with COVID-related challenges, Diedra had to leave her job to homeschool her son and support her Seattle Firefighter husband. Diedra recalls, "It has been a longtime dream of mine to expand beyond my private practice and I spent a lot of time dreaming about it during the pandemic." When Diedra's son returned to school and life returned to a "new normal," she began to pencil out what a clinic might look like. She found an amazing space in Seattle's Tangle-town neighborhood and things moved pretty quickly from there.

On Oct. 1, 2021, Diedra opened The Still Point, a massage therapy clinic that transports the patient to a *pure resting state*. Diedra says, "I created The Still Point because, through my own healing journey, I discovered how few truly tranquil and safe spaces there are. I have lived with chronic pain for 26 years and with Multiple Sclerosis for 15 years. There have been full, long chapters of my life where I lived with disability and extreme sensitivity. When I became well enough, I felt called to bring this kind of space to my community. And so this clinic is a manifestation of this calling and of my own personal experiences being chronically ill."

Diedra has curated a team of highly skilled and multifaceted massage therapists with expertise ranging in various techniques such as Craniosacral Therapy, Visceral Manipulation, Deep Relaxation, Deep Tissue, Somatic Bodywork, Swedish, Thai, Reiki, Injury Treatment, Prenatal & Postpartum, Manual Lymphatic Drainage, and more.

When Diedra is not running a business and working alongside other "body nerds," she enjoys open water swimming at the picturesque Magnuson Park. For more information, visit www.seattlestillpoint.com

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Happy Holy Days!

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SCAN FOR EVENTS

SpiritualLiving.org
Sundays at 9 & 11am
6318 Linden Ave N, Seattle



Business Moves and Changes

By Chris Maykut



Woodland Park United Methodist Church. PHOTO BY CHRIS MAYKUT

- Real Estate Broker **Weisbarth & Associates** has moved into the former Electronico Repairs space at 7000 Greenwood Avenue N.
- **The Woodland Park United Methodist Church** will tear down and redevelop the church site on 78th and Greenwood Avenue starting in 2024. The goal is a new multi-use structure with 75 residential units distributed over six floors, several retail spaces, and a more efficient and sustainable home for the church congregants at street level. All the apartments will have rents capped so as to be affordable to residents who earn no more than 60% of area median income.

Find support, connection, and resources for your family! **PEPS**

PEPS offers peer-support programs for expectant parents, parents of newborns, infants, or adolescents and teens, plus affinity groups.

Weekday and weeknight options offered virtually, with selected groups meeting in person at community sites. Flexible Pricing program fees and financial assistance available on all groups.

Join a PEPS Group today! peps.org

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Tokara Japanese Confectionery - 6208 Phinney Ave N
206.784.0226 • tokaragashi.com

The Orcas Project - 360.376.7467 • theorcasproject.com

En Route Workshop - enrouteworkshop.com

Heal - 844.644.4325 • heal.com

Learn about PNA Business Membership: Visit phinneycenter.org/business or contact Chris Maykut at chrism@phinneycenter.org.

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Greenwood Senior Center Highlights

Adults of all ages welcome!



The GSC Mah Jongg group meets Tuesday afternoons. Check out our "Ongoing Groups" section for more info on this and other social activities.
PHOTO BY ARIEL BURNETT

TRIPS & OUTINGS

*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, please contact us ahead of time.*

Trips need five participants minimum to happen and are restricted to 10 participants maximum for safety reasons. Please call to reserve your space ahead of time. Trip times can be subject to change based on bus schedules or other transportation changes.

Bellevue Arts Museum & Bellevue Square

Thursday, Dec. 1, 9:30 am-3:30 pm. Meet at the GSC.
\$12 admission. Bring bus fare and money for lunch.

We'll take the bus East, across Lake Washington to Bellevue, where we'll check out the latest contemporary visual art, craft, and design exhibits at BAM. Then we will stop next door at Bellevue Square to eat lunch, and look at Christmas decorations (and maybe do a little shopping if time allows).
Register: 206.297.0875.

National Nordic Museum

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

We'll visit a new exhibit on a historical encounter between Sami reindeer herders and Seattle in the late 1800s, and experience a guided tour through the permanent exhibits. Lunch in the neighborhood to follow. Register: 206.297.0875.

MOHAI Trip

Tuesday, Feb. 21, 9:30 am-1 pm. Meet at the GSC.
\$9 admission. Bring bus fare and money for lunch.

We're off to South Lake Union to visit the Museum of History and Industry. We'll check out the new exhibit From the Ground Up: Black Architects and Designers (just in time for Black History Month!) and tour the permanent exhibits before eating lunch at Gourmondo, the museum's delicious cafe.
Register: 206.297.0875.

STAY CONNECTED!

Sign up for GSC weekly email newsletter.
Go to phinneycenter.org/signup or
email gsc@phinneycenter.org

Greenwood Senior Center

A program of the PNA

525 N. 85th St.
Seattle, WA 98103
Hours: M-F, 9 am-4:30 pm

Phone: 206.297.0875
E-mail: gsc@phinneycenter.org
Web: phinneycenter.org/gsc

Holiday Closures:

Dec. 23–Jan. 2, Jan. 16, and Feb. 20

No online classes or in-person activities will take place on these days.

COVID-19 guidelines and senior center activities

We know that the levels of COVID-19 are often changing and the safety of the community is our top priority.

The GSC requires all in-person participants to wear masks and show proof of vaccination to enter the building.

You can show proof of vaccination at the front desk. If you are exempt from vaccination, or have other questions about this policy, please get in touch at gsc@phinneycenter.org or call 206.297.0875.

EVENTS & ACTIVITIES

First Friday Films

Dec. 2 and Jan. 6, 1-3 pm. GSC. Free.

Movies chosen based on your suggestions and at the whim of our Program Manager. Email arielb@phinneycenter.org with your recommendations.

Dec. 2: *Togo* (2019)

In the winter of 1925, champion dogsled trainer Leonhard Seppala and his lead sled dog Togo embark on an adventure across the treacherous terrain of Alaska to transport medicine to a small town. Based on a true story.

Jan. 6: *Dr. Strangelove* (1964)

A dark comedy film that satirizes the Cold War fears of a nuclear conflict between the Soviet Union and the United States. The film is often considered one of the best comedies ever made, as well as one of the greatest films of all time.

All Present Holiday Sing-along Jamboree

Sunday, Dec. 4, 1-3 pm. GSC. 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.

Book Talk with Greenwood Branch Library

Tuesday, Dec. 6, 1-2 pm. GSC. Free.

Join Jason Davis, Adult Librarian at Seattle Public Library's Greenwood Branch, for a seasonal book talk. He will be covering his recommendations for great gift books, movies, and music sets, just in time for the holidays! Register: 206.297.0875.

Costume Jewelry Sale

Wednesday, Dec. 7, 1-6 pm. GSC. No early entry.

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.

Handbell Choir

Saturday, Dec. 10, 2-3 pm. GSC. Free.

Join the Phinney Ridge Lutheran Handbell Choir for a 45-minute concert of harmonious ringing. Register: 206.297.0875.

EVENTS & ACTIVITIES, *continued*

Wrinkles in Time Improv Performance

Wednesday, Dec. 14, 12:30-1 pm. GSC. 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. Come and Enjoy! RSVP: 206.297.0875.

Feathered Earrings Class

Thursday, Dec. 15, 1-2:30 pm. GSC. \$3 PNA Members/\$5 Public

Just in time for present season, 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. A basic tools list will be provided after registration; some supplies provided. Register: 206.297.0875.

Dogs and Nogs Party

Friday, Dec. 16, 1-2:30 pm. GSC. 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.

Hanukkah Menorah Lighting

Monday, Dec. 19 - Thursday, Dec. 22, 1 pm. GSC. Free.

Join Senior Programs Director Cecily Kaplan in the GSC lobby, every afternoon from Dec. 19 to 22, for the lighting of the menorah. Questions: 206.297.0875.

Snow Globe Making Workshop

Wednesday, Dec. 21. 1-3 pm. GSC.

\$8 PNA Members/\$10 Public.

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.

Smart Driver Tech

Friday, Jan. 6, 10 am-12 pm. GSC. Free.

Understanding how the newest car technology works can keep you and your family safer—and make you more confident behind the wheel. This new, 90-minute workshop is an easy, interactive way to stay up to date on the safety features in your current or future car. RSVP: 206.297.0875.

Connect2Affect Workshop

Tuesday, Jan. 10, 1-2 pm. Online. Free.

Thursday, Jan. 19, 10-11 am. GSC. Free.

Are you recently retired or had a recent life transition and feel you've lost vital social connections? Or are you an older adult who would like to help peers in your community explore how to build and maintain strong support networks and meaningful relationships? If so, this community workshop is for you. Created by the AARP Foundation's Connect2Affect program, this workshop will help you craft your own 'Friendventory' to take stock of your social contacts, and think about ways to improve your connections. Additionally, if interested, you are invited to become a facilitator of these workshops in your community, and will have a chance to discuss the possibilities with the Social Connection Project Coordinator after the workshop. Note that there are two workshop options: one on Zoom and one in person at the GSC. RSVP: teresat@phinneycenter.org or 206-531-0061.

Marine Mammals:

The Navy's Super Searchers

Friday, Jan. 13, 1-2 pm. Online. Free.

With their natural acoustic, sight, and diving abilities, marine mammals are exceptionally skilled at finding objects underwater. Navy-trained animals save lives all over the world by detecting mines and intruders in a fraction of the time it takes human divers and human-made technology. This presentation from the Undersea Naval Museum explores the missions Navy dolphins and sea lions perform, and the science behind their remarkable abilities. RSVP: 206.297.0875.

Seattle, British Columbia:

The Way We Almost Were

Wednesday, Jan. 18, 1-2 pm. GSC. Free.

A talk about how the boundaries of Washington got their shape (much more fascinating than it sounds!) and especially what didn't happen—a proposal that might have given us today a map featuring Olympia, Oregon, Spokane, and Idaho. Join us for a comical, historical tale that features the "what ifs" of history. RSVP: 206.297.0875.

Protect Yourself from Fraud and Identity Theft

Thursday, Jan. 19, 1-2:30 pm. Online. Free.

Con artists don't care how hard you've worked, they steal billions from Americans like you every year. This talk from AARP will provide you with the tools you need to spot and avoid fraud and scams, and protect yourself and your family. We'll share an inside look at how scammers think, how to safeguard against identity theft and fraud, hear first-hand accounts from victims, and what to do if you or someone you know has been a victim. Register: 206.297.0875.

Chinese New Year Paper Lantern Making

Friday, Jan. 20, 1-2:30 pm. GSC. \$5 PNA Members/\$7 Public.

The Chinese Lunar New Year, marking the start of Year of the Rabbit, begins Jan. 22. Kick off your celebration by creating Chinese New Year paper lanterns. They're easy and fun to make! All supplies provided. 10 students maximum. Register: 206.297.0875.

Scarecrow Video Classic Movie

Wednesday, Jan. 25, 1-3 pm. GSC. 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. Call for movie details and to register: 206.297.0875.

Humanities WA Talk:

The River That Made Seattle

Friday, Jan. 27, 1-2 pm. Free. GSC.

Once teeming with bountiful salmon and fertile plains, Seattle's Duwamish River drew both Native peoples and settlers to its shores over centuries. Unfortunately, the utility of the river was its undoing, as decades of dumping led to the river being declared a Superfund cleanup site. Through the story of the river, author BJ Cummings explores previously unrecorded Native and immigrant histories, and exposes settler falsehoods about the founding of the state. The river's story is a call to action to align future decisions with values of collaboration, respect, and justice.

BJ Cummings founded the Duwamish River Cleanup Coalition, and manages community engagement for the University of Washington's Superfund Research Program. She is the author of *The River That Made Seattle: A Natural and Human History of the Duwamish*, and she was awarded the River Network's national River Hero award for her work leading community-based clean up and restoration of the Duwamish River. RSVP: 206.297.0875.

Black History Movie Series

Wednesdays, Feb. 1-22, 1-3 pm. GSC. Free.

RSVP: 206.297.0875.

Feb. 1: *Harriet*

The tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves, and changed the course of history.

Feb. 8: *42*

A biopic of baseball player Jackie Robinson (jersey number 42), the first black athlete to play in Major League Baseball (MLB) during the modern era.

Feb. 15: *One Night in Miami*

A fictionalized account of one incredible night where icons Muhammad Ali, Malcolm X, Sam Cooke, and Jim Brown gathered to discuss their roles in the Civil Rights Movement and cultural upheaval of the 60s.

Feb. 22: *Immortal Life of Henrietta Lacks*

In 1951, cancerous cells from Henrietta Lacks lead to breakthroughs that changed the face of medicine forever. Aided by writer Rebecca Skloot, Deborah Lacks embarks on a quest to learn about the mother she never knew.



EVENTS & ACTIVITIES, *continued*

AARP Tax Assistance

Fridays, Feb. 3-Apr. 14. GSC. Free.

Once you have compiled all the necessary paperwork to complete your return, call 206.297.0875 to schedule an appointment with the AARP volunteer tax preparers. While this service is free (such a bargain!), donations to the GSC are appreciated.

Valentine's Day Card-Making Workshop

Wednesday, Feb. 8, 1-2:30 pm. GSC.

\$5 PNA Members/\$7 Public.

Everyone loves receiving a handmade Valentine's Day card! All supplies will be provided in this open workshop where you can follow some provided templates, or harness what is available to express your own style. 10 students maximum. RSVP: 206.297.0875.

Valentine's Day Concert with Folk Voice Band

Tuesday, Feb. 14, 1-2 pm. GSC. \$5.

The Folk Voice Band returns to the GSC to help us celebrate Valentine's Day in style! Expect lively songs from around the world and come ready to have fun. RSVP: 206.297.0875.

Seniors and Equitable Climate Policies Discussion

Wednesday, Feb. 15, 1-2 pm. GSC. Free.

In order to fight the climate crisis, we must reduce carbon emissions in all areas of our lives. A group of climate activists is developing policy proposals to reduce emissions in our homes by transitioning to efficient electric heat pumps, water heaters, and stoves, and making other energy efficiency improvements. Our goal is to develop policies that put strong requirements in place but do not exacerbate displacement or burden low and moderate-income residents of Seattle, including seniors on fixed incomes. Join us for a conversation about housing, climate, energy efficiency, and new clean energy technologies that can improve our homes. Share your challenges and concerns as we explore equitable policies for reducing emissions in our homes. RSVP: 206.297.0875.

SERVICES FOR SENIORS

For appointments or registration, call the GSC at 206.297.0875, unless otherwise noted.

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.

Financial Services

1st Thursdays, 1-3 pm. Complimentary 30-minute consultations. Call for an appointment.

Kyle 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.

Foot Care

Varying days/times. Call for an appointment.

\$42/members, \$45/public *new price*.

Keith Germain cares for your feet. All appointments are subject to rules based on health department guidelines. Call to make an appointment.

Medicare Counseling

Thursdays, Dec. 1, Jan. 26, Feb. 23, 10 am-3:45 pm.

Free, donations welcome.

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

Haircuts

2nd and 4th Tuesday of each month, 1-4 pm.

Call for an appointment. \$15.

Notary Services

By appointment only. Free, donations welcome.

The GSC Office Manager is a licensed notary public and provides free notary services at the GSC (by appointment). Signatory witnesses can be arranged. Social distancing, hand sanitizing, and masking practices are required during notarizations: Call 206-297-0875 or email gsc@phinneycenter.org.

SOCIAL SERVICES & COUNSELING

Social worker **Carin Mack**, MSW, directs our Memory Loss Program, and leads support groups at the GSC and online.

To make an appointment, email Carin at socialwkr@comcast.net or call 206.230.0166.

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 Lisa at lisab@phinneycenter.org or call 425.416.0641.

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

Support Groups

Adult Daughters Caring for their Mothers

1st Wednesdays, 3-4:30 pm. Online.

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.

Advanced Dementia Spousal Caregiver Support Group

3rd Wednesdays, 1-3 pm. Online.

Support and resources for spousal caregivers of those with advanced dementia, either at home or in a facility.

Parkinson's Spouses

3rd Mondays, 1-2:30 pm. Online.

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

Early-Stage Memory Loss

1st Mondays, 10:30 am-12 pm. Online.

For those diagnosed with mild memory loss issues. Support group meets each month to discuss coping, communication, and other areas of concern. Screening with Carin required before participation. Call 206.230.0166 for details.

ESML Caregiver Support Group: Spouses

3rd Tuesdays, 10:30 am-12 pm. Online.

Monthly group for any spouse who is a caregiver of someone with early-stage memory loss. New participants must contact Carin before attending: 206.230.0166.

Mid-Stage Memory Loss Caregiver Support Group: Spouses

4th Tuesdays, 10:30 am-12 pm. Online.

Monthly group for any spouse who is a caregiver of someone with mid-stage memory loss. New participants must contact Carin before attending: 206.230.0166.

Living Alone

1st Wednesdays (online) and

3rd Wednesdays (in-person at GSC) 11 am-12 pm.

After the age of 65, many older adults are living alone. New challenges and issues can arise that we may be uncertain how to handle. Come to share experiences and thoughts. Email socialwkr@comcast.net to register for online group, call 206.297.0875 to register for in-person group.

Senior Parents of Adult Children with Mental Illness

2nd Tuesdays, 10:15 am-12 pm. Online.

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

MEMORY LOSS SPECIAL OFFERINGS

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

***New* ESML Art Hour**

Wednesdays, Dec. 14, Jan. 11, and Feb. 1, 10:30-11:30 am. GSC. Free.

The process of making art is good for the brain. So is socializing. Come join us at the GSC for an hour of art-making and good company. No art experience necessary! Register: 206.297.0875.

***New* ESML Line Dance**

Thursdays, starting Dec. 1, 11:30 am-12 pm. GSC. \$5.
no class Dec. 22

Do you enjoy dancing but worry about following along? Join us for a dance class designed for people with early-stage memory loss. You'll explore music from Classic Rock to Latin to Contemporary in a supportive environment while getting your heartrate up. It's great for anyone who enjoys moving to music. Working your body and brain has never been such fun! Register: 206.297.0875.

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 Carin Mack, MSW 206.230.0166 with any questions or to make an appointment.

All Present Song Circle

1st & 3rd Thursdays, 1-2 pm. Online. Donations appreciated.

Listen to some great musicians and sing familiar standards, folk songs, and songs from musicals. Song sheets will be sent out every week. We encourage GSC participants who love to sing, as well as the entire memory loss community, to join us for this musical hour. We especially encourage care partners to be part of the experience. Register: kristeno@phinneycenter.org.

Brain Games

1st & 3rd Mondays, 1-2 pm. Online. 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 Mondays, 1-2 pm. Online. Free.

Let's appreciate art together! This one-hour program will include 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.

ONGOING GROUPS

***New* Technology Support Group**

3rd Tuesdays, Jan. 17, Feb. 21, 1-2:30 pm. GSC. Free.

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 one-on-one tech mentoring appointment. RSVP required: teresat@phinneycenter.org or 206-531-0061.

Jan. 17: Savvy Web Searches: How to efficiently conduct web searches to find accurate information, and find solutions to problems.

Feb. 21: A Shared Photo is Worth 2,000 Words: How to share and save photos from email, text, and other messaging apps.

Book & Discussion Groups

Book Discussion Group

1st Tuesday each month, 1:30-3 pm. GSC. Free.

Expect in-depth discussions about interesting and challenging literature. We don't have copies to lend, but choose books readily available in paperback. Please have read book if attending. Register: arielb@phinneycenter.org.

ONGOING GROUPS, *continued*

World Affairs Roundtable

2nd Wednesdays, 12:45-2 pm. GSC. 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.

Men's Group

Dates and times vary, contact Jeff for details (see below). GSC. Free.

Join other men from the neighborhood for ongoing meetings. We've previously hiked parks, walked neighborhoods, and moved dirt. Now, we plan to expand into reconnoitering, competitions, exhibits, and self-powered transportation. If you are interested in participating, email jeffj@phinneycenter.org or call 206.297.0875.

Spousal Loss Group

Wednesdays, 5:45-7:15 pm. GSC & Online. Free.

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

Games & Crafts

American Mah Jongg

Tuesdays, 2-4:15 pm. GSC. Free.

Beginner tutorial sessions: 2nd Tuesday 1-2 pm (must RSVP)

For further information, or to RSVP for beginner sessions, email ronni.wolfe@gmail.com.

Hand-Sewing Circle

2nd Fridays, 10:30 am-12 pm. GSC. Free.

Join fabric artist Chandra Wu and other sewing enthusiasts for this open hand-sewing circle. Improve your skills or just bring your current project and sew in the company of others.

Beading Group

4th Mondays, 1-3 pm. GSC. Free. RSVP is required: village@phinneycenter.org, or 206-789-1217

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!

Knitting Group

Wednesdays, 10 am-12 pm. Online. Free.

All knitters welcome to join this friendly group of yarn aficionados. Email arielb@phinneycenter.org to join.

Scrabble

Mondays and Wednesdays, 10 am-12 pm. GSC. 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.

Meal Program

GSC Lunch Program

Monday – Friday (**Tuesdays takeout only**). 12 pm. GSC.

\$5 suggested donation for diners 60 and over.

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Greenwood Senior Center Winter Classes

Adults of all ages are welcome!

Fees: If your class has a fee, you may bring cash (exact amount) or a check for the class, or pay online at bit.ly/gsc-payment.

Location: Greenwood Senior Center (GSC):
525 N 85th St, 98103 or online via Zoom

BE PREPARED

AARP Smart Driver Course

Corine Olson, AARP

Ages 55 & up

Thu & Fri, Jan 12 & 13,

Feb. 9 & 10. 9:30 am-2:30 pm

GSC, \$20 AARP Member,

\$25 Public

Register: 206.297.0875

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. Bring your AARP card or member number with you on the first day.

FITNESS, HEALTH & WELLNESS

Easy Exercise

Gerry Joyce

Mon, Wed, Ongoing, 10-11 am

GSC & Online, \$1 suggested donation

Register: arielb@phinneycenter.org

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

Muscle Intelligence Workshop Series

Carri Kaplan, MPT, COMT, LMP

Mon, Dec. 5-Jan. 23, no class Dec. 26 & Jan. 2.

GSC, \$3 suggested donation

Register: 206.297-0875

In this six-week workshop, instructor Carri Kaplan will lead you through a series of yoga-based exercises with a focus on visceral, neurological, respiratory, and bio-mechanical function. Good for all ability levels.

Pilates for Core and Balance

Alethea Alexander

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

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

Register: 206.297.0875

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

Tai Chi: Moving Meditation

Larry Spangler

Tue, Thu, Ongoing, 9-10 am

GSC, \$10

Register: 206.297.0875

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.

Yoga for Osteoporosis and Osteoarthritis

Connie Fisher

Tuesdays at GSC and Online,

10:30-11:30 am

Wednesdays at GSC and Online,

11 am-12 pm. *New time*

\$5 PNA Member, \$6 Public

Register: arielb@phinneycenter.org

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

Yoga for All Levels

D'vorah Kost

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

GSC & Online, \$5 PNA Member,

\$6 Public

Register: arielb@phinneycenter.org

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

Zumba Gold Toning

Penny Fuller

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

GSC Online, \$2 per class

Register: arielb@phinneycenter.org

Tailored for active older adults, who want to focus on muscle conditioning and light weight activity, Zumba Gold Toning blends low-intensity strength training with a fun party atmosphere. 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.

Zumba Gold

Penny Fuller

Mon, Wed, Fri, Ongoing,

8:45-9:45 am

GSC Online, \$3 per class

Register: arielb@phinneycenter.org

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

LANGUAGE

Beginning Spanish Language Class

Marcella Davis

Thu, Ongoing beginning Dec 1,

11 am-12 pm

GSC, By donation

The Basic Spanish class is offered for people who wish to learn the fundamental basics of Spanish. This class is presented in a manner that is easy to understand. The class gives adult learners an excellent overview of the Spanish-speaking countries and cultures. It provides students with an appreciation for cultures and belief systems that are fascinating, and educational. Donations gladly accepted.

Advanced Spanish Language Class

Octavio Fernandez

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

GSC, By donation

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

Intermediate Spanish

Octavio Fernandez

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

GSC, By donation

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

Continuing French

Thu, Ongoing, 10-11 am

Marilyn Severson

GSC Online, Free

Register: arielb@phinneycenter.org

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

Practice English: Talk Time

Mon, ongoing. 10:30 am-12 pm

GSC, Free

Register: arielb@phinneycenter.org

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.

MUSIC & DANCE

Music and Mindfulness

Fridays, 11 am. Online. Free.

When we practice mindfulness, we focus our awareness on the present moment. Mindfulness isn't about "emptying our minds," but about noticing what is there! No prior musical experience is required. We will be practicing mindfulness, relaxation, and self-awareness using active listening, guided imagery, and progressive muscle relaxation, as well as learning how you can implement mindfulness practices into your own life. Instructor Rachel Lockerbie, MT-BC, received her Bachelor of Music in Music Therapy in San Antonio and is a board-certified music therapist. Register: arielb@phinneycenter.org.

Thinking of Selling Your PhinneyWood Home?

Learn how to sell your home fast and for top dollar at the free, 1-hour home-sellers' class at the PNA

- How to establish your best sale price
- What to do (and *not* do) to get your home ready for market
- How to avoid inspection pitfalls that will cost you thousands

Saturday @ 11 AM: 12/10, 1/14 or 2/11

RSVP at PNAHomeSellers.com (or use QR Code)

or call **206-414-5400** and specify the date



Visit the class calendar online at phinneycenter.org/gsc/classes

Kids' Corner

By Whittier Kids

Kids and teachers from PNA's Whittier Kids program worked together to bring this page of fun for kids at home!

A few of their favorite things

A kid-approved, teacher recommended gift guide

The Whittier kiddos enjoy a variety of games and toys, but the following popular items are almost always in rotation in the classroom. They recommended favorites that they "don't already have at home."

AGES 3 – 7

MOBILOS

These building toys support the development of fine motor and critical thinking skills. Kids use movable parts to create vehicles, animals, tools—all sorts of imaginary creatures and contraptions. mobilo.net



SNAP AND DESIGN MONSTER TRUCKS

Our first set of Monsters is still truckin' after four years of crashing into walls, rolling down ramps, and flying off the picnic table. These tough little trucks are fun to play with, and promote prediction and experimentation skills. Available at Lakeshore Learning: bit.ly/wk-trucks

AGES 8 – 12

GRAVITRAX

The kids like that this sophisticated marble track has "magnetic powers" that allow for "experimenting with magnetic forces." The teachers like that it seems to generate a lot of cooperation and teamwork. (And it is super STEM supportive.) Available at Snapdoodle Toys: bit.ly/wk-gravitrax

TACO VS BURRITO

This game was created by a Whittier Kids alumnus, Alex. Although most of the kids who played with his original paper variations of the game are now in middle school, Tacos vs Burritos is still popular at Whittier Kids. tacovsburrito.com

ALL AGES

KWIK STIX TEMPERA MARKERS

Our "critics" say these painting sticks are "smeary and pretty", "not as waste-y as markers when you have something big to color", and "not as messy as paint but paint is still good too." Available at Snapdoodle Toys. bit.ly/wk-kwik



COMET BALLS

Currently, there are comet balls stuck on a second floor window ledge and high up a tree. These colorful toys can really fly! This is simple gross motor toy is great for solo and group play. Available at Lakeshore Learning: bit.ly/wk-comet

SQUISHMALLOWS

A review by Emma Kirschbaum, Grade 3

Kids ages three to 13 would like Squishmallows. I have a bunch of Squishmallows and I think they would like it because: they're squishy and SO CUTE, they're good for pillows, cushions, and other stuff. They come in all shapes and sizes. That's why I think any kid would like it! squishmallows.com



Zwiefacher Online: Tricky Rhythms and Movement

Pat McMonagle
Tue, Ongoing, 4-5 pm
Fri, Ongoing, 10-11 am
GSC Online, \$5 donation
Register: arielb@phinneycenter.org

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

Line Dancing For All Levels

Chris Banta
Thu, Ongoing, 10:15 am-11:15 am
GSC, \$6 PNA Member, \$8 Public
Register: 206.297.0875

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.

WRITING

Writing Class

Thursdays, Sept. 1 – Dec. 15. 3-4 pm Online. \$30 for the quarter.

This ongoing group shares writing of life stories, poems, nonfiction, and fiction. Instructor Ariele Huff is a writer, editor, and writing teacher who has thousands of published articles and columns, and 31 books. For clients, she edits books and marketing materials, and has taught a wide variety of writing issues and genres, as well as some classes not related to writing. Register: arielb@phinneycenter.org

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Decking out the Greenwood Senior Center

Lowes's Hometowns project brings community outside

By Matt Coomer

Pull into the Greenwood Senior Center (GSC) on 85th Street and you will see something new. A gray and black deck sits behind the late-70's era red brick building. Its wide ramp, smooth wood, and garden box, alive with white and yellow mums, are inviting. Its benches are the perfect spot for an afternoon sit.

Outdoor space was always useful to GSC programming, and COVID-19 made it essential. "Before the pandemic, we occasionally needed space outside for activities, but during quarantine, our parking lot became a vital class and meeting place," shared GSC Program Manager Ariel Burnett. "After an old shipping crate behind our building was removed last year, we suddenly had space that we realized could become so much more."

The new deck comes courtesy of the Lowe's Hometowns program, whose bright blue banners hung around the center last summer. The Phinney Neighborhood Association (PNA), which owns the GSC, received an award from Lowe's for a community impact project. According to a press release on their Hometowns program, Lowe's aims to, "...help restore and revitalize spaces that serve as the hubs and heartbeats of communities..." through supporting 100 projects across the country.

The PNA is planning other outdoor improvements, like a new seating area at the Phinney Center, as part of their Lowe's Hometowns project but, right now, the greatest impact is at the GSC. Community member Kathleen Veit loved it when their Solo Agers group convened there. "It was wonderful to be outside in the fresh air! The seats are comfortable and at a COVID-safe distance. The plants along the edge really soften the space."

GSC regular Glenda West likes the green space and the calm that it brings, too. "It's quiet, you know; there's some vegetation... It makes you feel really nice to be in a little bit of nature..." Memory Loss Program Social Worker Kristen Oshyn has seen their Gathering Place participants enjoying nature there firsthand. "They have all expressed appreciation for the space—to take in the nice weather, the plants, a change of scenery." Kristen moved some of the group's social time outside for the extra room and cooler air. Ariel has big plans for it in 2023.

"I'm really looking forward to scheduling classes, meetings, and events out there next spring and summer. It's going to allow for new, creative programs. I'm particularly envisioning sing-alongs, ice cream socials, and coffee gatherings. Maybe even a 'happy hour on the deck' event."

As social opportunities on the deck grow, the GSC increases access to the outdoors for more community members. "...we have a lot of people who live in apartments or condos and they don't necessarily enjoy an outdoor space where they live... it provides some of those people a nice space to be," shared Glenda.

And it is nice. Between sunrays and crunchy leaves from a big leaf maple overhead, you can imagine all the good times to come. Friends laughing over a delicious lunch from Fannie's Kitchen. A yoga class posing in gentle unison. Live music drifting by on a sweet summer day. Moments that, together and with so many more, are the heartbeat of a thriving community.



The Solo Agers group after a meet and greet event held on the GSC deck in October. GSC Social Connection Project Coordinator Teresa Tam shared, "They all loved the deck and commented what a valuable addition it was to the GSC." PHOTO BY TERESA TAM



The Greenwood Senior Center deck. GSC regular Glenda West shared, "One of the nice things is it's such a busy street and the deck is tucked back behind the building so it's away from the traffic." PHOTO BY MATT COOMER

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Volunteer

Help Wanted at the PNA

We love our volunteers! We continue to prioritize the health and wellbeing of our community, and opportunities may evolve between our print deadline and the event date. Thanks for your understanding and support.

To sign up or to learn more, visit phinneycenter.org/volunteer or e-mail LeAnne at leannec@phinneycenter.org. Thank you for your interest!

Locations:

GSC = Greenwood Senior Center
525 N 85th St
PC = Phinney Center
6532 Phinney Ave N

UPCOMING EVENT VOLUNTEER OPPORTUNITIES

phinneycenter.org/volunteer/events/

- **Holiday Lights Delivery** (late Nov/early Dec) & Pick Up (early Jan)
- **Winter Festival** (Sat, 12/3 & Sun, 12/4, PC)
- **Costume Jewelry Sale** (Wed, 12/7, GSC)
- **Jingle Bell Bingo Karaoke** (Fri, 12/9, GSC)
- **Christmas Dinner Prep & Delivery** (Dates TBD, GSC)
- **Annual Meeting Pancake Breakfast** (Sat, 1/28, PC)
- **Lunar New Year** (Sun, Feb 5, PC)
- **Pajama Party Bingo Karaoke** (Fri, 2/24, GSC)
- **Wine Taste** (Sat, 3/4)

DONATION REQUESTS

- **Donate homemade pies** & more for our Hot Meal Program Christmas meal. phinneycenter.org/volunteer/hot-meal/
- **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/

GREATEST NEEDS

(see opportunities marked *** below for more details)

- **Classroom Support:** afterschool, weekly, or daily. Flexible, M-F, between 2 and 5 pm
- **Tool Librarian:** shifts on Fri 2:45-5:15 pm; Sat from 8:30-11 am and 11 am-1:30 pm
- **Instructors for Spring Classes:** Greenwood Senior Center and Woodshop

ONGOING OPPORTUNITIES

Bake & Prepare Meals

phinneycenter.org/volunteer/bake-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. Learn more: phinneycenter.org/volunteer/hotmeal

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

Board & Committees

phinneycenter.org/volunteer/volunteer-committees-board

PNA Board of Directors is 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.

We are actively working to build a more equitable and inclusive Board and organization. We value a diversity of opinions, lived experiences, ages, races, ethnicities, abilities, and sexual orientations; we encourage people representing the diverse elements of our community to apply and serve.

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. Learn more or get started: phinneycenter.org/join-board/

Committee Members Needed!

- **Champions Committee:** Enthusiastic community members and passionate advocates of the PNA needed to support the PNA, our activities & fundraising events, our neighbors and community. Creative, energetic, connected team players desired.
- **Equity, Diversity, and Inclusion (EDI) 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.
- **PNA Village Business Vetting Committee:** Help find trusted vendors for our specific community of seniors. Ideal volunteers enjoy research, and are detail-oriented. Meet 1st Thursdays at 11 am, in person or via Zoom. Volunteer application & background check required.

Garden & Landscape

phinneycenter.org/volunteer/volunteer-gardening/

*****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 available.

*****Yardwork for Seniors***** Adopt a local senior's garden and help with their yard work. Ideal volunteers will help 1-2+ times per month. Background

check required, 6+ month commitment preferred (seasonal commitment also ok).

*****Weed & Rake***** at Whittier Kids. Help maintain courtyard play area. Flexible schedule.

Kids & Seniors

phinneycenter.org/volunteer/volunteer-kids-seniors/

*****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.***

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

Subject Matter Experts: Do you talk about a subject to the point where your friends start to roll their eyes when you bring it up? We want you to talk about it at the GSC! And people will applaud afterwards! Now scheduling March through June. phinneycenter.org/volunteer/volunteer-kids-seniors/

Pen Pals Needed! Especially in need of seniors to write to kids! phinneycenter.org/pen-pal/

Maintenance & Handiwork

phinneycenter.org/volunteer/maintenance/

*****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 is helpful, but not required.***

Fix Children's Books with tape. We provide the books & the tape. You provide the attention to detail & dexterity. Flexible & ongoing.

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

Sanitize & Organize classroom materials at Whittier Kids. Flexible M-F, 7:30 am and 6 pm.

Clean Machine: Help keep our spaces clean by dusting and scrubbing.

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

Marketing & Outreach

phinneycenter.org/volunteer/volunteer-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

phinneycenter.org/volunteer/volunteer-office-admin/

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

phinneycenter.org/volunteer/volunteer-technology/

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. phinneycenter.org/volunteer/volunteer-technology/

Help Wanted in the Community

Like the PNA, many organizations have had to adapt to the changing requirements in order to keep their community—including staff, clients and volunteers—safe. Check in with your favorite orgs to see if you're able to put your talents to work for them, and feel free to give us a heads up if you know of any volunteer opportunities we can help promote. Thank you!

Volunteer or host a winter holiday drive with **Treehouse** to help support youth in foster care. Learn more: treehouseforkids.org/take-action/volunteer

Transform the lives of people with disabilities at **Little Bit Therapeutic Riding Center!** No horse experience required. littlebit.org/volunteer

Help **Hunger Intervention Program** serve meals to seniors in Lake City. Volunteers needed M/W/F from 11:15am – 1:45pm. vista@hungerintervention.org

Volunteers needed for the weekly Alzheimer's Assoc. **Memory Loss Zoo Walk!** Karen Thompson, 206.529.3875, kcthompson@alz.org.

Seattle ReCreative is seeking sorting volunteers. Maria: volunteer@seattlerecreative.org or seattlerecreative.org.

Volunteers needed at **FamilyWorks Food Bank and Resource Center** in Wallingford. familyworksseattle.org/current-volunteer-opportunities/

Volunteer greeters, baggers and stockers needed at **SODO Community Market**. Asian language speakers a plus. volunteer@northwestharvest.org

Volunteer at the **Ballard Food Bank!** Looking for volunteers for all shifts. Fill out an application at ballardfoodbank.org or email Volunteer@ballardfoodbank.org

Special event & class instructor volunteers needed at **Loyal Heights Community Center**. Nick White: (206)684-4052, nick.white@seattle.gov.

Ten Thousand Villages volunteers are trained in a variety of tasks from customer service to unpacking handcrafts. seattle@tenthousandvillages.com.

The Review

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