

Parsley, Sage, & Time

October 2024



*Celebrating 45 years of service
to the Market Community!*

The Pike Market Senior Center strives to make each day better and safer for adults 55 and older.



The Pike Market Senior Center Celebrates

Filipino American History Month

*Ipagdiwang at parangalan ang kasaysayan
ng Pilipino kasama natin!*

Join us in honoring and celebrating our Filipino community, on Friday, October 18! We will have delicious food, entertainment, and learn about the history of the Filipino American community.

See page 7 for more information.

Keep your community healthy!

Get your flu shot and COVID vaccine at the Pike Market Senior Center, Tuesday, October 22, at 9am. See page 6 for more information.



Happy Halloween from the Pike Market Senior Center!



WEDNESDAY COFFEE!

Join us for Starbucks coffee every Wednesday after lunch. Starbucks loves PMSC!



The Pike Market Senior Center is a place where all people are welcome. We hold many identities. Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) folks are valued in our community. We will not tolerate harassment of LGBTQ+ people. If you experience any kind of harassment at the PMSC, please speak with a staff person immediately.

Ways we stay HEALTHY with ACTIVITIES at Pike Market Senior Center



Exercise Classes with Emily

Join from home or in the Activity Room

Join Emily and folks from around the country with **Zoomin' into Health** and **Yoga** classes, taught online and now available in our Activity Room on Mondays and Wednesdays. Lots of ways to stay flexible and fit!

Zoomin' into Health

Mondays, Wednesdays, & Fridays, 9:30am

Yoga

Mondays, Wednesdays, & Fridays, 10:40am

Healthy Steps Walking Group

Wednesdays, 11:15 - 11:45am

Have fun and stay fit with a weekly trek around the Market. Meet Shannon at Rachel the Pig.
No Walking Group on 2nd Wednesdays.

Dr. Erin's Health Chat

Erin Adams, MD - Family Medicine, Kaiser Permanente
Wednesdays, 11:30am

Dr. Erin shares a short info session on a new health topic every week. She is super friendly and always makes time to answer individual questions after presenting. Say hi to Dr. Erin!
iElla habla español!

Slow Yoga with Jordan

Tuesdays, 1:30 - 2:30pm
in The Extra Space (TES)

Jordan will not hold class on Tuesday, October 1st.

Calm, slow-paced yoga from beloved instructor Jordan. Focus on stretching, breathing, and mindfulness. Come for the yoga, stay for the personal connection!

2

POCAAN Health Clinic at PMSC

Tuesday, Oct. 1 & Oct. 15, 8:30am - 1:30pm

Talk to a nurse about any health concerns: aches, pains, or health other questions you may have. Check your blood pressure and your blood sugar. The nurses from POCAAN can help you!

Tai Chi with David

Wednesdays, 2:45 - 3:15pm
in the Activity Room

Tai Chi is a system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi offers many health benefits.

Acupuncture

Mondays, 1pm

Your senior center hosts a free acupuncture clinic every week in the Activity Room. Drop-ins welcome! Sponsored by the Seattle Institute of East Asian Medicine.

The Doctor Is In!

William Lee, MD - Board Certified, Internal Medicine
Fridays, 9 - 11am

Dr. Lee is a retired physician who is available to members for basic screening and to listen and advise on health matters. Come talk to the doctor. He is welcoming and kind.

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, Oct. 14 & Oct. 28, 1pm

Join your friends for this popular, timeless game. Win fun and useful prizes.

Book Club with Olivia



Friday, Oct. 11 & Oct. 25

11am - 12pm in The Extra Space (TES)

Book club will meet twice a month to discuss our favorite books, read a monthly book together, and connect through conversation. Feel free to join whether you're an avid reader or just looking for a fun social gathering!

Market Discoveries with Pam

Thursday, October 17, 10:30am

A monthly jaunt to one of the less known but completely awesome treasures in the Market where we will learn something new. Walking required, bring your taste buds and your curiosity.

Film Event

Thursday, October 17, 1pm

Yellow Rose (2019)

Grammy-winning Eva Noblezada stars as Rose in this drama written and directed by Diane Paragas. When a budding country music singer's dreams are interrupted by the harsh reality of anti-immigrant policies, she must choose between her family, her home, and her passion for music.

Birthday Party

Friday, October 11, 1pm

Join your friends to honor and celebrate those members born in October. Enjoy live music along with your cake and ice cream.

Karaoke

Friday, October 25, 1pm

Bring your voice and your love of music. First-timers welcome! Even if you don't plan on singing, come and cheer on your friends.

Art with David

Wednesdays, 1:30 - 2:30pm

in the Activity Room

David is a multitalented artist who teaches in many techniques. Everyone welcome! Art supplies are provided.

Women's Group

Thursday, Oct. 10 & Oct. 24, 1pm

in The Extra Space (TES)

Join this welcoming gathering of Senior Center women for tea and supportive conversation. Sponsored by Valley Cities Behavioral Health.

Line Dancing with Chris

Wednesday, Oct. 2 & Oct. 16, 1:15pm

Come and learn line dances of all kinds with our experienced instructor Chris.



MORE Ways we have
FUN, on page 6!



A little light *punishment*...

Why did the zombie eat brains? *He wanted some food for thought!*
Why don't haunted houses like rain? *It dampens their spirits!*
How do you say goodbye to a vampire? *"So long, sucker!"*

October 2024

Monday	Tuesday	Wednesday
	1	2
	8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES)	9:30 Zoomin' into Health 10:45 Yoga 11:15 Walking with Shannon 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
7	8	9
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 1:00-4:30 Acupuncture	10:30-11:30 Threads Club (TES) 1:00 Seattle Art Museum Visit 1:30 Slow Yoga with Jordan	9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
14	15	16
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1:00 Bingo 1:00-4:30 Acupuncture	8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES) 1:15 Senior Science with Dr. Tracy Mallette (TES) 1:30 Slow Yoga with Jordan	9:30 Zoomin' into Health 10:45 Yoga 11:15 Walking with Shannon 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
20/21	22	23
SUN, OCT. 20, 12:30 Writing Class with Deborah Poe 9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1:00-4:30 Acupuncture	9:00-11:00 Vaccine Clinic 10:30-11:30 Threads Club (TES) 1:30 Slow Yoga with Jordan	9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 11:15 Walking with Shannon 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
28	29	30
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1:00 Bingo 1:00-4:30 Acupuncture	10:30-11:30 Threads Club (TES) 1:30 Slow Yoga with Jordan	9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 11:15 Walking with Shannon 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi

Thursday

Friday

3

**SENIOR CENTER CLOSED
for Staff Day**

9:00-11:00 Dr. William Lee
9:30 Zoomin' into Health (Zoom)
10:45 Yoga (Zoom)

4

10

10:00 PMSC volunteering at
the Food Bank
10:30 Clase de inglés (TES)
11:00 Tech Support with Mac
11:00 Member Feedback Forum
1:00 Women's Group (TES)

9:00-11:00 Dr. William Lee
9:30 Zoomin' into Health (Zoom)
10:45 Yoga (Zoom)
11:00 Book Club with Olivia (TES)
1:00 October Birthday Party

11

17

10:30 Market Discoveries
with Pam
10:30 Clase de inglés (TES)
11:00 Tech Support with Mac
1:00 Film: *Yellow Rose* (2019)

9:00-11:00 Dr. William Lee
9:30 Zoomin' into Health (Zoom)
10:45 Yoga (Zoom)
**1:00 Filipino History Month
Celebration**

18

24

9:00 Forest Meditation Trip
10:30 Clase de inglés (TES)
11:00 Tech Support with Mac
1:00 Women's Group (TES)

9:00-11:00 Dr. William Lee
9:30 Zoomin' into Health (Zoom)
10:45 Yoga (Zoom)
11:00 Book Club with Olivia (TES)
1:00 Karaoke

25

31

10:00 Veteran's Club (TES)
10:30 Clase de inglés
(Activity Room, *not* TES)
11:00 Tech Support with Mac
1:00 Women's Group (TES)

Pike Market Senior Center



Senior Center Hours

Monday - Friday, 8am-4pm
Saturday & Sunday, 8am-2pm
**Closed 1st Thursday of each month
for staff meeting.**



Closed on Holidays

New Year's Day
Dr. Martin Luther King Jr.'s Birthday
Presidents Day
Memorial Day
Juneteenth
Fourth of July
Labor Day
Veterans Day
Thanksgiving Day
Christmas Day

Meal Service



Breakfast - every day
8:20am - 9am

Weekday Lunch
12pm - 1pm

Weekend Lunch
11:30am - 12:30pm

Food Bank

1531 Western Ave
Level 5 of Parking Garage
Phone: 206 626 646



Distribution Hours

Tuesday, 12pm - 3pm
Wednesday, 3pm - 7pm
Thursday, 12pm - 3pm

Senior Science with Dr. Tracy

Tuesday, Oct. 15, 1:15pm, The Extra Space (TES)

Tracy Mallette, Ph.D., is a biomedical engineer doing research at the UW. She is passionate about science and baking. The hour-long class consists of a science talk, a fun activity, and home-made cookies.

Pike Market Food Bank Volunteering

Thursday, October 10, 10am

Join other Senior Center members and change the world. Every week, the Food Bank serves hundreds of clients. Let's lend them hand! Folks of all abilities are welcome. Interested? Meet at the PMSC first!

Threads Club

Tuesdays, 10:30 - 11:30am, The Extra Space (TES)

Join this weekly gathering of people who express their creativity by making things. Our members sew, crochet, hook, knit, embroider, teach each other new skills, and have a good time.

Veteran's Club

Thursday, October 31, 10:00 - 11:30am,
in The Extra Space (TES)

Veteran's club meets the last Thursday of each month to provide a non-judgmental environment for members. We build camaraderie, support one another, help each other access veteran's resources, and promote veteran's awareness. *For more info, contact Saeed Mohamed at saeed@pm-sc-dtfb.org.*

Clase de Inglés Semanal

Jueves, 10:30am en The Extra Space (TES)

"*You look great today!*" ¿Te gustaría saber que significan estas palabras? Te invitamos a nuestro grupo de inglés para principiantes que se dará cada Jueves a las 10:30am en The Extra Space. ¡Ven y disfruta aprendiendo de otro idioma!

6

New & Special Events

Sign up for special events at the Member Services Desk, or contact Sam at sam@pm-sc-dtfb.org or 206-728-2773, ext. 111.

New schedule!

Tech Support with Mac

Thursdays, 11am - 12pm

by appointment only

Sign up at the Reception desk. Mac is available for 20 minute appointments to help you with your devices, social media, email, etc.

Writing Class w/ Deborah Poe

Sunday, October 20, 12:30pm

Join published writer and poet Deborah Poe for her monthly class, focusing on a new genre of writing each month. Deborah teaches writing and literature, most recently at Pace University and at Seattle University.

Vaccine Clinic

Tuesday, October 22, 9:00 - 11:00am

Protect yourself (and your friends and loved ones) this flu season! The Washington State Department of Health will be administering flu shots *and* updated COVID vaccines in the PMSC. All are welcome! Please bring your insurance information if possible, and please bring your patience, as there may be a wait.

Feedback Forum

Thursday, October 10, 11am

Join this lively opportunity to give feedback, make suggestions, and talk to Senior Center staff about what you think is working or could be improved.



The Extra Space has a new home!

TES has moved to **Level 3 of the Down Under.**



Head north from the hallway leading out of the Senior Center.



Enter the green doorway. Take the elevator or continue down the ramp.



Select Floor 3 in the elevator. Go left and the new TES is on your right!

Filipino American History Month Celebration

Thursday, October 18, 1pm

“Filipino Americans are the second-largest Asian American group in the nation. The celebration of Filipino American History Month in October commemorates the first recorded presence of Filipinos in the continental United States, which occurred on October 18, 1587, when “Luzones Indios” came ashore from the Spanish galleon Nuestra Senora de Esperanza and landed at what is now Morro Bay, California. In 2009, U.S. Congress recognized October as Filipino American History Month in the United States.” —The Filipino American National Historical Society

Join us in celebrating our Filipino community! We will share food, culture, and good times.

Field Trips & Outings

Sign up for special events at the Member Services Desk,
or contact Sam at sam@pmsc-dtfb.org or 206-728-2773, ext. 111.

Seattle Art Museum Visit

Tuesday, October 8, 1pm

“Art washes from the soul the dust of everyday life.” –Pablo Picasso

Join your friends at the PMSMC as we wander the halls of the Seattle Art Museum for an afternoon! We will leave from the Senior Center after lunch and walk to the museum together. All are welcome!

Forest Meditation

Thursday, October 24, *Leaving the PSMC at 9am*

Improve your health with this trip to Lincoln Park! A certified guide will lead us in a 90-minute forest meditation walk. Also called "forest bathing," this practice facilitates mindfulness, stress relief, and social connection. *Please note: Only 20 people are allowed on this trip, so if you have attended a previous Forest Meditation session, please allow others to experience it this time! Thank you!*



85 Pike Street #200
Seattle, WA 98101

NON-PROFIT
US POSTAGE PAID
SEATTLE, WA
PERMT 12481

Return Service Requested

ABOUT PIKE MARKET SENIOR CENTER

85 Pike Street, #200 | Seattle, WA | 98101

Mission Statement

In Downtown Seattle, the Pike Market Senior Center strives to make each day better and safer for older adults; the Pike Market Food Bank serves people of all ages who face hunger. Together, we provide services, activities, and support to promote healthier, more self-sufficient and fulfilling lives.

Land Acknowledgement

The Pike Market Senior Center & Food Bank acknowledges that we work on the unceded, traditional land of the Coast Salish Peoples, specifically the first people of Seattle, the Duwamish People, original stewards of the land, past and present. We honor with gratitude the land itself and the Duwamish Tribe.

Senior Center Membership

Membership is open to all persons who are at least age 55, with official proof of age. Joining is as easy as filling out the membership form. You will receive a membership card to show upon entry and at meals.

Equity Statement

The Pike Market Senior Center & Food Bank believes that systemic racism is prevalent and acknowledges our role within those systems. We will demonstrate our commitment to equity by examining our policies and practices to eliminate bias, and by collaborating with community partners to promote the equitable interests and well-being of staff, clients, and the community at large.



Let's meet at the Market!

In this issue

Filipino History Month	pages 1, 7
Calendar	page 4
Vaccine Clinic at the PMSC	page 6
Fun Fall Field Trips	page 7
TES moves closer to PMSC	page 7