

Parsley, Sage, & Time

December 2024



*Celebrating 46 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.



Jingle, Jangle, Generously!

The Great Figgy Pudding Caroling Competition

Saturday, December 7, 12:00-2:30pm



The Pike Market Senior Center & Food Bank proudly invites you to one of the most joyful and charming holiday events of the season! Now in its 39th year, family-friendly Figgy Pudding brings 20 teams of local carolers to sing their hearts out and compete for bragging rights on the festive cobblestones of Pike Place Market.



Pike Market Senior Center & Food Bank Holiday Schedule

Please note that in addition to holiday closures in December, both the Senior Center and the Food Bank will be closed on New Year's Day.

Tuesday, December 24: The Senior Center and Food Bank will both be open regular hours. The Senior Center will be serving a special holiday meal from 11:30-12:30.

Wednesday, December 25: The Senior Center will close early at 1pm. (See page 4 for details.) The Food Bank will be fully closed.

Thursday, December 26 through Tuesday, December 31: The Senior Center will be open for normal operation. Unfortunately, the Food Bank will be closed, as most food distribution organizations will not be open during this time. The Food Bank will reopen as normal on January 2.



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!
¡Ella habla español!

Slow Yoga with Jordan

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

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

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POCAAN Health Clinic at PMSC

Tuesday, Dec. 3 & Dec. 17, 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

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. It offers many health benefits.

Acupuncture

Monday, December 2 & December 9, 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.

Please note: Our friends at the SIEAM will be on Winter Break from Dec. 13 until Jan. 5.

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.

Line Dancing with Chris

Wednesday, December 4, 1:15pm

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

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, December 9 & December 23, 1pm

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

Book Club with Olivia



Friday, Dec. 13 & Dec. 27

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, December 19, 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, December 19, 1pm

Thelma (2024)

This riotous comedy centers on Thelma Post, a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.



MORE Ways we have
FUN, on page 6!

Birthday Party

Friday, December 13, 1pm

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

Karaoke

Friday, December 27, 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 is welcome! Art supplies are provided.

Women's Group

Thursday, December 12 & December 26, 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.

Threads Club

Tuesdays, 10:30 - 11:30am, in The Extra Space

A 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. We even have an instructor who can help you learn new skills!

A little light *punishment*...

What do snowmen eat for breakfast? *Frosted Flakes!*

What do you call a penguin in the Sahara desert? *Lost.*

Did you hear what happened to the angry snowman? *He had a bit of a meltdown!*

December 2024

Monday	Tuesday	Wednesday
2 9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 1:00-4:30 Acupuncture	3 8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES) 1:30 Slow Yoga with Jordan	4 9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 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
9 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 10:30-11:30 Threads Club (TES) 1:15 Holiday Music Performance 1:30 Slow Yoga with Jordan	11 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
16 9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A	17 8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES) 1:15 Senior Science with Dr. Tracy 1:30 Slow Yoga with Jordan	18 9:30 Zoomin' into Health 10:45 Yoga 11:30 Dr. Erin's Health Chat 1:30 Zoe's Fabulous Fête
22/23 SUN, DEC. 22, 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 Bingo	24 10:30-11:30 Threads Club (TES) 11:30-12:30 Special Christmas Luncheon 1:30 Slow Yoga with Jordan	25 PIKE MARKET FOOD BANK CLOSED FOR HOLIDAYS SENIOR CENTER OPEN 8am-1pm Breakfast 8:20-9:00 Light lunch 11:30-12:30
30 PIKE MARKET FOOD BANK CLOSED FOR HOLIDAYS 9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A	31 PIKE MARKET FOOD BANK CLOSED FOR HOLIDAYS 10:30-11:30 Threads Club (TES) 1:15 NYE Celebration 1:30 Slow Yoga with Jordan	

Thursday	Friday
5	6/7
SENIOR CENTER CLOSED for Staff Day	9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom) SATURDAY, DEC 7, 12-2:30 The Great Figgy Pudding Caroling Competition
12	13
11:00 Tech Support with Mac 11:00 Member Feedback Forum 12:45 Forest Meditation Trip 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 December Birthday Party
19	20
10:30 Market Discoveries w/ Pam 11:00 Tech Support with Mac 1:00 Film: <i>Thelma</i> (2024)	9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom)
26	27
PIKE MARKET FOOD BANK CLOSED FOR HOLIDAYS	PIKE MARKET FOOD BANK CLOSED FOR HOLIDAYS
10:00 Veterans Club (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 10:45 Yoga 11:00 Book Club with Olivia (TES) 1:00 Karaoke

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
 (Limited hours at Senior Center,
 Food Bank closed Dec. 25 - Dec. 31)

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: 206-626-6462

Hours

Express Service:

Tuesday 11am—11:45am

Regular Service:

Tuesday: 12pm—3pm

Wednesday: 3pm—7pm

Thursday: 12pm—3pm

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, December 22, 12:30pm

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

Veterans Club

Thursday, December 27, 10:00 - 11:30am,
in The Extra Space (TES)

Veterans 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 veterans' resources, and promote veterans awareness.

Feedback Forum

Thursday, December 12, 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.



New & Special Events

Sign up for special events at the Member Services Desk, or contact Sam at sam@pm-sc-dtfb.org or 206-554-1409.

Holiday Music Performance

Tuesday, December 10, 1:15pm

Enjoy wonderful holiday music and more from classical opera singer Charlene Klockzien, accompanied by Alyssa Hironaka on the piano.

Forest Meditation

Thursday, December 12

Leaving the PSMC at 12:45pm

Improve your health with this trip to Discovery 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: These trips are limited to 20 people. If you have attended a Forest Meditation trip before, please share the experience!

New Year's Eve Celebration

Tuesday, December 31, 1:15pm

This theme of this special performance from Dr. Stacey Mastrian is *Peace and Joy*. Dr. Mastrian is a Seattle-based soprano and voice teacher who has performed around the world. She will be accompanied on piano by Adam Stern, conductor of the Seattle Philharmonic Orchestra and more.

Morning Movies at the PMSC

What movies you can catch in December

We love watching fun movies between breakfast and lunch service!

Here are some of the films you might enjoy with us this month:

The Apartment; Jurassic Park; It's a Wonderful Life; The King's Speech; The Preacher's Wife; Die Hard; The Lord of the Rings: The Fellowship of the Ring; The Muppet Christmas Carol; Dead Poet's Society; Spaceballs; The Holiday; The Dig, A Christmas Story; The Holdovers; When Harry Met Sally; Soul Food; All is Lost; Birdman; and more!



Celebrating 33 years of joy with Zoé Freeman!

*Zoé's endless commitment to the mission of the Pike Market Senior Center has kept our doors open through good times and hard times. She is a pillar of the community, and has worked many wonders over the years to provide it with dependable service, frequent joy, and class to boot! Please join us in celebrating Zoé on **Wednesday, December 18**. A special lunch menu will be followed by a joyous fête at 1:30pm, with refreshments and remarks.*

"I admired Zoé from afar when I was on the Board of Directors for this agency, and now that I have the privilege of working with her every day, that admiration has turned into unflinching respect. For over 30 years, Zoé has been the heart and soul of the Member Services department. With a rare combination of expertise, empathy, and vision, she has built a space where every senior is welcomed and valued.



What sets Zoé apart is her insistence—not just on meeting the expectations of the role, but on elevating it. She knows that Member Services isn't just about answering questions or processing paperwork. It is about creating a supportive environment where each individual is connected and cared for.

And, of course, there's Zoé's unforgettable combination of stubbornness and elegance. When Zoé makes up her mind about something—whether it is improving a process or fighting for what's right—nothing can sway her. She is as determined as she is graceful, proving that you can be both fiercely resolute and impeccably poised at the same time.

Her passion for serving others is infectious, and her kindness and determination have created ripples that will continue to affect the Pike Market Senior Center community for generations. Zoé's leadership has been a model for all of us who work alongside her."

-Pamela Hinckley, Executive Director

"The welcoming atmosphere at the Senior Center isn't something that 'just happens.' It was carefully designed over the years, and while everyone at the Center helps put together this positive feeling, Zoé is the architect. She has a special ability to welcome each individual as they are—to appreciate their unique journey. At the same time, she understands the needs of the whole group. Being good at one of these things is impressive. Being so good at *both* of them is why we love Zoé. I really could go on and on. But for now, I'll just say that we love her because she cares. Because she cares so much about us."

-Mason Lowe, Deputy Director



"Zoé is a dynamic and pragmatic leader whose passion for community knows no bounds. Her infinite patience and capacity for kindness are hugely inspirational. I have learned so much from Zoé and have been so inspired by her vision for the PMSC. Words cannot describe my gratitude, Zoé! Thank you for everything!"

-Butter Nelson, Member Services Coordinator



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ABOUT THE 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!

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