

Parsley, Sage, & Time

January 2025



*Celebrating 47 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.

Happy New Year from the Pike Market Senior Center!

A warm welcome from our Executive Director Pamela Hinckley to start of 2025

Our staff at Pike Market Senior Center and Food Bank extends a warm welcome to 2025. With a team of 31 dedicated individuals, we are committed to providing assistance and fostering connections with members and clients. We feel fortunate to be part of the vibrant Market Community, which combines residents, commerce, and supportive services. Looking ahead, we are excited about offering a full calendar of activities, nutritious meals, groceries, and the valuable time spent together. Feedback is welcome!



Please email me with your ideas at pamela@pmsc-dtfb.org.

With appreciation,

Pamela Hinckley, *Executive Director, Pike Market Senior Center & Food Bank*

Pike Market Senior & Food Bank Center Holiday Schedule

Wednesday, January 1: Closed in observation of New Year's Day

Thursday, January 2: Both the Pike Market Senior Center and Food Bank will be open for regular operation! We will not close for a Staff Day this month.

Monday, January 20: Closed in observation of Martin Luther King Jr. Day



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



SAIL Fitness Class with Jordan

Mondays & Wednesdays:

9:30 - 10:30am in the Activity Room

Fridays:

10:00 - 11:00am in The Extra Space (TES)

Certified SAIL classes are now available in person at the PMSC! Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program centered around strength, balance and fitness classes for adults 65 and older. The exercises can be done sitting or standing.

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

Mondays and Wednesdays, 10:45 - 11:45am

Calm, slow-paced yoga from beloved instructor Jordan. Focus on stretching, breathing, and mindfulness. No experience? No problem! Jordan makes yoga accessible. Come for the yoga, stay for the personal connection!

POCAAN Health Clinic at PMSC

Tuesday, Jan. 7 & Jan. 21, 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

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.

Line Dancing with Chris

Wednesday, January 15, 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, January 13 & January 27, 1pm

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

Book Club with Olivia



Friday, Jan. 10 & Jan. 24

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, January 16, 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, January 16, 1pm

Wicked (2024)

The hit musical is brought to the big screen! Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.



MORE Ways we have
FUN, on page 6!

Birthday Party

Friday, January 10, 1pm

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

Karaoke

Friday, January 31, 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.

A Group of Our Own

Formerly known as "Women's Group"

Thursdays, 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, 9:30 - 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*...

Why do you need a jeweler on New Year's Eve? *To ring in the new year!*
My friend drove his expensive car into a tree... *Turns out his Mercedes bends.*
Why are frogs so happy? *They eat whatever bugs them!*

January 2025

Monday	Tuesday	Wednesday
		1 SENIOR CENTER CLOSED for New Year's Day
6 9:30-10:30 SAIL Fitness Class 10:45-11:45 Jordan's Slow Yoga 12:30-2:30 Medicare Q&A 1:00-4:30 Acupuncture	7 8:30-1:30 POCAAN Nurses 9:30-11:30 Threads Club (TES) 1:00 Question of the Day Convo Group (TES)	8 9:30-10:30 SAIL Fitness Class 10:45-11:45 Jordan's Slow Yoga 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
13 9:30-10:30 SAIL Fitness Class 10:45-11:45 Jordan's Slow Yoga 12:30-2:30 Medicare Q&A 1:00 Bingo 1:00-4:30 Acupuncture	14 9:30-11:30 Threads Club (TES) 1:00 Question of the Day Convo Group (TES)	15 9:30-10:30 SAIL Fitness Class 10:45-11:45 Jordan's Slow Yoga 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
19/20 SUN, JAN. 19, 12:30 Writing Class with Deborah Poe Monday, Jan 20: SENIOR CENTER CLOSED in observance of Martin Luther King, Jr. Day	21 8:30-1:30 POCAAN Nurses 9:30-11:30 Threads Club (TES) 1:00 Question of the Day Convo Group (TES) 1:15 Senior Science w/ Dr. Tracy	22 9:30-10:30 SAIL Fitness Class 10:45-11:45 Jordan's Slow Yoga 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
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Thursday	Friday
2	3
<p>SENIOR CENTER OPEN for normal hours, 8am-4pm</p> <p>11:00 Tech Support with Mac 1:00 A Group of Our Own (TES)</p>	<p>9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES)</p>
9	10
<p>11:00 Tech Support with Mac 11:00 Member Feedback Forum 1:00 A Group of Our Own (TES)</p>	<p>9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES) 11:00 Book Club with Olivia (TES) 1:00 January Birthday Party</p>
16	17
<p>10:30 Market Discoveries w/ Pam 11:00 Tech Support with Mac 1:00 A Group of Our Own (TES) 1:00 Film: <i>Wicked</i> (2024)</p>	<p>9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES) 1:15 Seattle Art Museum Visit</p>
23	24
<p>11:00 Tech Support with Mac 1:00 A Group of Our Own (TES)</p>	<p>9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES) 11:00 Book Club with Olivia (TES)</p>
30	31
<p>10:00 Veterans Club (TES) 11:00 Tech Support with Mac 1:00 A Group of Our Own (TES)</p>	<p>9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES) 1:00 Karaoke</p>

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: 206-626-6462



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, January 19, 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, January 30, 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, January 9, 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.

Question of the Day Conversation Group

Tuesdays, 1:00pm, in The Extra Space (TES)

Get to know friends new and old at this conversation group. Don't know what to talk about? Pull a random conversation topic out of the hat and mull it over!

Seattle Art Museum Visit

Friday, January 17, 1:15pm

Dreary winter afternoons are perfectly spent at the art museum! Join your friends as we explore the magic of the SAM, including their newest exhibit: *Joyce J. Scott: Walk a Mile in My Dreams*. It features "over 150 works from the 1970s to the present, including sculpture, bead work, jewelry, textiles, artwear garments, performance compilations, mixed-media installations, and a new large-scale commission."

Pike Market Food Bank News

Grocery Bag Donations Needed!

Help us support our community by donating your clean, reusable grocery bags! We rely on these bags to distribute food to our clients, and your donations can make a big difference. If you have extra bags at home, please consider dropping them off at the Food Bank during our regular hours. If you want to go the extra mile, consider asking your neighbors if they have any extra bags to donate as well! Thank you for your generosity!



What's New at the Pike Market Senior Center

There are many changes coming to the Senior Center calendar with the New Year!

Here's a rundown of what's different in January.

Jordan taking over fitness classes: While we are sad to say goodbye to Emily's "Zoomin' Into Health" class, we are very excited to spend more time with Jordan! Our beloved Slow Yoga instructor will now be leading certified SAIL fitness classes in person here at the PMSC. Additionally, she will teach a second weekly yoga class. *Please see Page 2 for scheduling details.*

Healthy Steps Walking Group on pause: Shannon's weekly walking group is taking a break for the winter. She looks forward to strolling and chatting with you all again in a few months.

New Conversation Group: Make a new friend, or learn something new about an old friend, at this conversation group with a twist! Each Tuesday at 1pm, the Question of the Day Convo Group will come together in the cozy Extra Space, and choose a topic for discussion at random.

New name and more sessions for Women's Group : Thanks to Valley Cities Behavioral Health, this lovely gathering of ladies will now meet every week. The new name is a play on Virginia Wolfe's *A Room of One's Own*.

Threads Club runs longer: The Crafters of the Pike Market Senior Center have spoken, and they say that one hour is not enough time for all of their projects! Starting in January, please enjoy an extra hour of crafting and chatting with your friends at Threads Club in The Extra Space.

Brrrr! Winter Tips & Advice

Being informed and prepared can help lessen risks during the colder months.

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Some common chronic medical conditions (like diabetes, thyroid problems, Parkinson's disease, heart disease, circulation problems, and arthritis) can make it harder to stay warm. Some medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if medications you take may affect body heat.

Hypothermia occurs when your body temperature drops to a dangerous level. Warning signs include: cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Winter tips: Dress smart—layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. If you use a cane, replace the rubber tip before it is worn smooth. You can get a new tip at the PMSC. Make sure space heaters are at least 3 feet away from anything that might catch fire, like curtains or bedding.

Be smart, and be safe this winter! For more information and advice, visit: www.HealthInAging.org/tools-and-tips/tip-sheet-winter-safety-older-adults





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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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