

# Parsley, Sage, & Time

July 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.

**Happy Fourth of July!** The Pike Market Senior Center is proud to be a space where older adults of all nationalities can come together in friendship. We are inspired by our community every day, and we hope these quotes inspire you, too.

*The fact is, with every friendship you make and every bond of trust you establish, you are shaping the image of America projected to the rest of the world.*  
— Michelle Obama

*Where you see wrong or inequality or injustice, speak out, because this is your country. This is your democracy. Make it. Protect it. Pass it on.* — Thurgood Marshall

*It takes no compromise to give people their rights. It takes no money to respect the individual. It takes no political deal to give people freedom.* — Harvey Milk



**HOLIDAYS: The Senior Center will be CLOSED  
on Thursday, July 4 for Independence Day.**



## **Pike Market Senior Center Summer Picnic at Green Lake**

Get ready for a favorite summer tradition! Our annual picnic at the beautiful Green Lake Park will be **August 10, 2024**. With live music, barbeque, sun, and fun, this is a highlight of the PMSC calendar every year. Sign ups are now open! *See page 7 for more information.*



### **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

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

## Health Clinic at PMSC

Tuesday, July 2 & July 16, 8:30am - 1:30pm

Talk to a nurse about any health concerns. Ask about aches, pains, or health other concerns 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, July 8 & July 22, 1pm

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

## Book Club with Olivia



Friday, July 12 & July 26

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!

## Film Event

Thursday, July 18, 1pm

*American Fiction (2023)*

This Oscar-winning satire is one of Zoe's favorite movies of 2023. Jeffrey Wright stars as Monk, a frustrated novelist who's fed up with tired and offensive tropes. To prove his point, Monk uses a pen name to write his own outlandish "Black" book—that propels him into the heart of hypocrisy and the madness he claims to disdain.

## Market Discoveries with Pam

Thursday, July 18, 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.

## Birthday Party

Friday, July 12, 1pm

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

## Karaoke

Friday, July 26, 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, July 11 & July 25, 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, July 17, 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*...

How does the sun catch up with friends?  
*Through light conversation.*

What do you call a snail that isn't moving? *An escar-stay.*

# July 2024

Monday	Tuesday	Wednesday
1	2	3
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) <b>11:30 Thai Dance Performance</b> 12:30-2:30 Medicare Q&A 1-4:30 Acupuncture	8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES) 1:30-2:30 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
8	9	10
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1:00 Bingo 1-4:30 Acupuncture	10:30-11:30 Threads Club (TES) 1:30-2:30 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
15	16	17
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1-4:30 Acupuncture	8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES) <b>1:15-2:30 Slow Yoga + Senior Science Special Event</b>	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
22	23	24
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1:00 Bingo 1-4:30 Acupuncture	10:30-11:30 Threads Club (TES) 1:30-2:30 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
29	30	31
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Thursday	Friday
4	5
<b>SENIOR CENTER CLOSED for Independence Day</b>	9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom)
11	12
10:00 PMSC volunteering at the Food Bank <b>10:30 Field Trip to GenPride</b> 11:00 Member Feedback Forum 1:00 Women's Group (TES)	9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:00 Tech Support with Mac 10:45 Yoga (Zoom) 11:00 Book Club with Olivia (TES) 1:00 July Birthday Party
18	19
10:30 Market Discoveries with Pam 1:00 Film Event: <i>American Fiction (2023)</i>	9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom) <b>1:00 Summer Ice Cream Social</b>
25	26
<b>9:00 Field trip to Bremerton (See page 6)</b> 10:00-11:30 Veteran's Club (TES) 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

# 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

## Field Trip: Bremerton Ferry

*Back by popular demand!*

Thursday, July 25

Departs Senior Center at 9am

*Space is limited. If you attended our June field trip to Bremerton, we ask you to please allow others to join this month's trip.*

Enjoy Seattle's summer weather from the water! We'll take in the city views on this relaxing hour-long ferry ride, enjoy a packed lunch provided by the PMSC kitchen, and even get a treat at Bremerton's waterfront.

*Transportation:* Depart the PMSC at 9am, take the Rapid Ride C bus to the Colman dock, and take the 10am ferry to Bremerton. Return ferry arrives back at 2:30. The fare for the ferry is \$4.90, payable with your ORCA Card!

Please sign up with Sam or Zoe by phone, email, or in person. Sign ups close Thursday, July 18, or when space is no longer available.

## Tech Support with Mac

Friday, July 12, 10am by appointment only

Sign up at the Reception desk. Mac is available for 20 minute appointments to help you with your smart phones, tablets, social media, and email.

## Pike Market Food Bank Volunteering

Thursday, July 11, 10am

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

—Margaret Mead

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

## Special Events

### Thai Classical and Folk Dance

Monday, July 1, 11:30am

Enjoy a special performance from PMSC member Pimana Thichalad! Pimana is a regular performer at the Northwest Folklife Festival with her group, Siam Smile.

### Field Trip To GenPride

Thursday, July 11, 10:30am

Pride Month may be over, but LGBTQ+ community is year-round! Visit GenPride's new community center on Capitol Hill and make some new friends over lunch. Leaving the PMSC at 10:30am to take the bus up the Hill together.

### Slow Yoga + Senior Science

Tuesday, July 16, 1:15 - 2:30pm

Slow Yoga instructor Jordan and Senior Science instructor Dr. Tracy are teaming up this month for a special class on the "Science of Movement." Learn how your body's muscles work while keeping them healthy! The class will be part science discussion, part slow yoga. In the extra space (TES) with cookies from Dr. Tracy.

### Summer Ice Cream Social

Friday, July 19, 1pm

Cool off with your friends at the Senior Center! Join us for an afternoon of sweet treats, music, and games.

### Feedback Forum

Thursday, July 11, 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!

## They're back! PMSC Member Clubs!

### Threads Club

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

Join this weekly gathering of people who express their creativity by making things. Our members sew, crochet, hook, knit, embroider, and have a good time. We get new ideas from each other or craft books, and help each other learn new skills. Drop-in and observers are welcome!

### Veteran's Club

Thursday, July 25, 10 - 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 benefits resources, and promote veteran's awareness.

## Pike Market Senior Center Summer Picnic at Green Lake

Saturday, August 10

*Registration required. Sign up with Delio or Zoe by August 4.*

*Only current PMSC members are eligible to attend.*

### WHEN:

Saturday, August 10. Lunch served at 11:30. Best be on time!

### SUGGESTED TRANSPORTATION FROM DOWNTOWN:

Bus #62 from 3rd and Union or 3rd and Pine at 10:15 or 10:30 am. Get off at NE Ravenna and Woodlawn NE. Cross the street and enter the park.

### LOCATION IN GREEN LAKE PARK:

The grassy area behind the Community Center and Evans Pool, where NE 71st Street dissects the park.

### ENTERTAINMENT:

Greg Paul will entertain with banjo and vocals.

### MENU:

Hot dogs, hamburgers, (vegetarian options available), beans, potato salad, chips, soda, cookies.



85 Pike Street #200  
Seattle, WA 98101

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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!*

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