

Parsley, Sage, & Time

November 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.

CELEBRATE NATIVE AMERICAN HERITAGE MONTH



The Pike Market Senior Center Celebrates Native American Heritage Month

On Friday, November 15, we will celebrate Native American Heritage Month. This is a time to reflect on and honor the culture, history, and contributions of Native American and Alaska Native people in the United States, while also acknowledging the complex history of their interactions with European settlers and America's colonial past and present. *See page 6 for more information about the event, and page 7 for more information about the Duwamish Tribe, the First People of Seattle.*

Holidays:

The Pike Market Senior Center will be CLOSED on Monday, November 11th in observation of Veterans Day. Thank you, veterans, for your service!

Thanksgiving at the Pike Market Senior Center

The PMSC will be open on Thanksgiving Day from 10am until 2pm for a special Thanksgiving meal.

The Atrium Kitchen will be serving a hot breakfast for our members from 7:30-10:30am.

Regular Thursday clubs, classes, and events will be cancelled or rescheduled.

Please see the calendar on pages 5-6 for rescheduling details.

Schedule for Thursday, November 28

10:00am: PMSC opens.

11:30-12:45: Lunch service. Enjoy a traditional Thanksgiving meal with your friends at the PMSC!
Vegan options available upon request, menu subject to change.

2:00pm: PMSC closes.



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 (LBGTQ+) 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)

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, Nov. 5 & Nov. 19, 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, November 25, 1pm

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

Book Club with Olivia



Friday, Nov. 8 & Nov. 22

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, November 21, 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, November 21, 1pm

Smoke Signals (1998)

Smoke Signals is a humorous yet serious story about Victor, a young man who Director Chris Eyre describes as "trying to forgive his father." Based on a short story collection by WSU alumnus Sherman Alexie and filmed in Worley, Idaho, *Smoke Signals* was the first movie to be written, directed, and co-produced by Native Americans. The film won the 1998 Film Makers Trophy at the Sundance Film Festival.



MORE Ways we have
FUN, on page 6!

Birthday Party

Friday, November 8, 1pm

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

Karaoke

Friday, November 29, 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, November 14, 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, November 6, 1:15pm

Second class date TBD.

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

A little light *punishment*...

What should you wear to keep warm in autumn? *A har-vest!*
Why did the scarecrow win an award? *Because it was out-standing in its field!*
Why do birds fly south in the fall? *Because it's too far to walk!*

November 2024

Monday	Tuesday	Wednesday
4	5	6
9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 1:00-4:30 Acupuncture	8:30-1:30 POCAAN Nurses 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 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
11	12	13
SENIOR CENTER CLOSED in observance of Veterans Day	10:30-11:30 Threads Club (TES) 1:30 Slow Yoga with Jordan	9:30 Zoomin' into Health 10:45 Yoga 11:30 Dr. Erin's Health Chat 1:15 Sr. Science Field Trip to the Pacific Science Center 1:30 Art with David 2:45 Tai Chi
17/18	19	20
SUN, NOV. 17, 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	8:30-1:30 POCAAN Nurses 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 1:15 Feedback Forum with the Board of Directors 1:30 Art with David 2:45 Tai Chi
25	26	27
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
	1 9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom)
7 SENIOR CENTER CLOSED for Staff Day	8 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 November Birthday Party
14 10:30 Clase de inglés (TES) 11:00 Tech Support with Mac 1:00 Women's Group (TES)	15 9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom) 1:15 Native American Heritage Month Celebration
21 10:00 Veterans Club (TES) 10:30 Market Discoveries w/ Pam 10:30 Clase de inglés (Activity Room, <i>not</i> TES) 11:00 Tech Support with Mac 1:00 Film: <i>Smoke Signals</i> (1998)	22 9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom) 11:00 Book Club with Olivia (TES)
28 Thanksgiving Day PMSC <i>open</i> from 10am-2pm Special Thanksgiving meal from 11:30am-12:45pm	29 9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:45 Yoga (Zoom) 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
(Limited hours at Senior Center,
Food Bank closed)
- Christmas Day (Limited hours)

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

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.

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

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!

Writing Class w/ Deborah Poe

Sunday, November 17, 12:30pm

Class date subject to change; please check at the Member Services Desk for more info.

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, November 21, 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. *For more info, contact Saeed Mohamed at saeed@pmsc-dtfb.org.*

New & Special Events

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

Senior Science Field Trip to The Pacific Science Center

Wednesday, November 13

Leaving the PMSC at 1:15pm

Explore distant planets, dance with tropical butterflies, walk amongst the dinosaurs, and more at the Pacific Science Center! Dr. Tracy will be leading this field trip to Seattle's favorite science museum. We will meet at the PMSC and take the bus together to go to the museum. *Space is limited, so please be sure to sign up in advance. If you sign up, please attend!*

Native American Heritage Month Celebration

Friday, November 15, 1:15pm

We will have delicious food, entertainment, and learn about the history of the Native American community in the Seattle area and beyond. We will have a special menu for lunch that day: wild salmon steaks, roasted squash, succotash, wild rice, and more.

Member Feedback Forum with the PMSC Board of Directors

Wednesday, November 20, 1:15pm

Join this lively opportunity to give feedback, make suggestions, and talk to the PMSC's Board Members about what you think is working or could be improved.



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!

About the Duwamish, Seattle's First People

The Duwamish people have been in the Seattle/Greater King County area since time immemorial. The Duwamish are the First People of the city of Seattle, which took its name from the Duwamish leader Chief Si'ahl. Their long-house today stands across the street from where one of their largest villages was located before it was burned down by settlers in 1895. The host nation of the City of Seattle has not yet been recognized by the Federal Government. In the 1855 Point Elliott Treaty, the Duwamish ceded territory—but not sovereignty—to settlers, in exchange for reservation land and other rights. More than 150 years later, the US government has not honored this agreement. Learn more at www.duwamishtribe.org.



Morning Movies at the PMSC

What movies you can catch in November

1. *The Bear* (1988)
2. *Rumble* (2017)
3. *Mr. Smith Goes to Washington* (1939)
4. *Dick* (1999)
5. *Persepolis* (2007)
6. *The Last Black Man in San Francisco* (2019)
7. *Drive My Car* (2021)
8. *Passing* (2021)
9. *Rustin* (2023)
10. *Reel Injun* (2010)
11. *Outstanding* (2024)
12. *Best in Show* (2000)
13. *Catch Me if You Can* (2002)
14. *The Farewell* (2019)
15. *Nyad* (2023)
16. *Plus One* (2019)
17. *Twilight* (2008)
18. *Slumdog Millionaire* (2008)
19. *Pieces of April* (2003)
20. *The Pursuit of Happiness* (2013)





85 Pike Street #200

Seattle, WA 98101

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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!

In this issue

Thanksgiving at the PMSC	page 1
Native American	
Heritage Month	pages 1, 6
Calendar	page 4
Food Bank News	page 7