

Parsley, Sage, & Time

June 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.

Pride Month is an annual celebration of the many contributions made by the LGBTQ+ community to history, society, and cultures world-wide. Pride is celebrated each year throughout the month of June in commemoration of its roots in the Stonewall Riots of June 1969. 2024 also marks the 50th year of Pride in Seattle! **Join the PMSC for our Pride celebration on Friday, June 21, at 1pm.** *Continued on Page 7.*



**HOLIDAYS: The Senior Center will be CLOSED
on Wednesday, June 19 in observation of Juneteenth.**



Juneteenth

Widely thought of as African American Independence Day, Juneteenth is a celebration of the end of slavery in the United States. Serving as a symbol of total freedom from the slave trade across all states, today Juneteenth provides an opportunity to reflect on what progress is still needed, as well as to celebrate Black joy and community. *Continued on Page 7.*



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

Mindfulness with Alicia

Monday, June 3, 10:30 - 11:45am

In The Extra Space (TES)

Please join us for this three part series focused on experiencing embodied mindfulness together and creating sustainable practices that support your individual and collective voyages.

The goals of mindfulness are to practice bringing your attention to the here-and-now, and grounding yourself into your body with a sense of calm acceptance and an enhanced ability to navigate distressing feelings/thoughts. However, using mindfulness skills takes practice—and that's where our work actually begins! This group is an invitation to be here-and-now together, using experiential techniques to practice embodied mindfulness together.

Continued on Page 6!

Health Clinic at PMSC

Tuesday, June 4 & June 18, 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 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, June 10 & June 24, 1pm

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

Book Club with Olivia



Friday, June 14 & June 28

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, June 20, 1pm

Milk (2008)

Milk tells the story of American gay activist Harvey Milk, who fought for gay rights and was elected as California's first openly gay official before his tragic assassination in 1978. *Milk* won two Oscars, for best lead actor and best original screenplay.



MORE Ways we have FUN, on page 6!



Birthday Party

Friday, June 14, 1pm

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

Karaoke

Friday, June 28, 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, June 13 & June 27, 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, June 5, 1:15pm

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

A little light *punishment*...

Which country's capital has the fastest-growing population?

Ireland. Every day it's Dublin.

What do you get when you cross a vampire and a snowman? Frostbite.

June 2024

Monday	Tuesday	Wednesday
3 9:30 Zoomin' into Health 10:30-11:45 Mindfulness with Alicia (TES) 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1-4:30 Acupuncture	4 8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES) 1:30-2:30 Slow Yoga with Jordan	5 9:30- Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 2:00 Art with David 3:15 Tai Chi
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	11 10:30-11:30 Threads Club (TES) 1:15 Senior Science with Dr. Tracy Mallette (TES) 1:30-2:30 Slow Yoga with Jordan	12 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
17 9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 12:30-2:30 Medicare Q&A 1-4:30 Acupuncture	18 8:30-1:30 POCAAN Nurses 10:30-11:30 Threads Club (TES) 1:30-2:30 Slow Yoga with Jordan	19 SENIOR CENTER CLOSED for Juneteenth
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	25 10:30-11:30 Threads Club (TES) 1:30-2:30 Slow Yoga with Jordan	26 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

Thursday	Friday
6	7
SENIOR CENTER CLOSED for Staff Day	9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:00 Tech Support with Mac 10:45 Yoga (Zoom)
13	14
10:00 PMSC volunteering at Food Bank 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 June Birthday Party
20	21
10:30 Market Discoveries with Pam 1:00 Film Event: <i>Milk</i> (2008)	9:00-11:00 Dr. William Lee 9:30 Zoomin' into Health (Zoom) 10:00 Tech Support with Mac 10:45 Yoga (Zoom) 1:00 Pride Month Celebration and Rainbow Bingo
27	28
9:00 Field trip to Bremerton 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) 10:00 Tech Support with Mac 10:45 Yoga (Zoom) 11:00 Book Club with Olivia (TES) 1:00 Karaoke (New date!)

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

Thursday, June 27

Departs Senior Center at 9am

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

Transportation: Depart the PMSC at 9am, walk to 3rd and Pike to catch 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 Friday, June 21 .

Tech Support with Mac

Fridays, 10 - 11am by appointment only

Sign up by calling Sam at 206-728-2773, ext. 111, or by signing up at the Reception desk. Mac is available for 20 minute appointments to help you with your smart phones, tablets, social media, and email.

Slow Yoga with Jordan

Tuesdays, 1:30 - 2:30pm

Calm, slow-paced yoga from local instructor Jordan. Focus on stretching, breathing, and mindfulness. Come for the yoga, stay for the personal connection! Join us in the Activity Room. Online class coming soon.

Senior Science with Tracy

Tuesday, June 11, 1:15pm

In The Extra Space (TES)

Tracy Mallette, Ph.D is a biomedical engineer doing research at UW. She is passionate about scientific research and baking cookies. The classes will consist of an hour of science talk, a fun activity, and Tracy's home-made cookies.

Pike Market Food Bank Volunteering

Thursday, June 13, 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

Join other Senior Center members and 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!

Market Discoveries with Pam

Thursday, June 20, 10am

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.

Mindfulness with Alicia

Continued from Page 2

"Embodiment helps to heal the mind-body divide. It doesn't have to be learned, for we are born into it; it only has to be remembered. It is never too late to learn how to come back home to yourself." -Dr. Hillary McBride

Please any attend combination of sessions that work for you. We will practice different experiences during each session & talk about strategies to support your routines.



Feedback Forum

Thursday, June 13, 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, June 27, 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.

Celebrating Pride at the PMSC

Continued from Page 1

The Pike Market Senior Center is celebrating Pride throughout all of June!

Saturday, June 1, 12 - 7pm: Visit **GenPride's** Legacy Lounge at Pride in Volunteer Park.

Thursday, June 20, 1pm: Movie time at the PMSC! See the Oscar-winning 2008 biopic *Milk*.

Friday, June 21, 1pm: Pride at the PMSC, featuring special refreshments, educational speakers, and **Rainbow Bingo** hosted by Pike Place Market's very own **Sativa Queen!**

Saturday, June 30, 11am: Be a part of the Seattle Pride Parade! Join Parade Grand Marshalls **GenPride** on their float and wave!

The History of Juneteenth

Continued from Page 1

Even though the Emancipation Proclamation was made effective in 1863, it could not be implemented in places still under Confederate control, like the westernmost state of Texas. Freedom finally came on June 19, 1865, when Union troops arrived in Galveston Bay, Texas. This day came to be known as "Juneteenth."

Observed by African Americans since the late 1800's, early celebrations of Juneteenth involved families getting together, observing prayer, sharing meals, and in some cases making an annual pilgrimage back to Galveston. Today, folks continue to celebrate by bringing families together over food, with some cities holding larger events like parades and festivals.



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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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