

Parsley, Sage, & Time

March 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.

Honoring Women's History Month at the Pike Market Senior Center

"Moving Forward Together! Women Educating & Inspiring Generations"



The national Women's History Month theme for 2025, "Moving Forward Together! Women Educating & Inspiring Generations," highlights the vital role of women in shaping minds, fostering collaboration, and driving societal progress. Throughout history, the sharing of knowledge has been a catalyst for change, allowing communities to grow stronger through education and mentorship. Women have long been at the forefront of this effort, guiding future generations through their leadership and expertise in classrooms, businesses, and institutions. This year's theme honors the remarkable contributions women have made to the American educational system—ensuring that knowledge remains a powerful tool for unity and progress.

For more about Women's History Month events at the Pike Market Senior Center, please see the calendar on pages 4 & 5, and the event descriptions 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



SAIL Fitness Class with Jordan

Mondays & Wednesdays:

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

Fridays: 9:30 - 10:30am 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.

Slow Yoga with Jordan

Mondays, 10:45 - 11:45am in the Activity Room

Wednesdays, 10:45 - 11:45am in TES

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!

Dr. Erin's Health Chat

Erin Adams, MD - Family Medicine, Kaiser Permanente

Wednesdays, 11:30am

Dr. Erin shares a presentation on a new health topic every week. She is friendly and always makes time to answer individual questions after presenting. Say hi to Dr. Erin! *¡Habla español!*

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.

POCAAN Health Clinic at PMSC

Tuesday, Mar. 4 & Mar. 18, 8:30am - 1:00pm

Talk to a nurse about physical or mental health concerns. Get assistance with scheduling and managing medical appointments. Check your blood pressure and your blood sugar. The nurses from POCAAN can help you!

Acupuncture

Mondays, 1pm

Drop-ins welcome to this free acupuncture clinic every week in the Activity Room. 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, Mar. 5 & Mar. 19, 1:15pm

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

Medicare Q&A

Antony Pinque, Insurance Help, Inc.

Mondays, 12:30 - 2:30pm

Antony can help answer questions about Medicare, Medicaid, and more. He is very friendly and easy to work with! *¡Habla español!*
Antony is not at the Senior Center on the first Monday of the month.

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, March 10 & March 24, 1pm

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

Book Club with Olivia



Friday, Mar. 14 & Mar. 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!

Market Discoveries with Pam

Thursday, March 20, 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.

Karaoke

Friday, March 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 is welcome! Art supplies are provided.

Birthday Party

Friday, March 14, 1pm

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

A Group of Our Own

Formerly known as the "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. *Please note that while the main Senior Center is closed on the first Thursday of each month, this group will still meet in The Extra Space!*

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!

Film Event

Thursday, March 20, 1pm

Nomadland (2020)

Following the economic collapse of a company town in rural Nevada, Fern (Frances McDormand) packs her van and sets off on the road exploring a life outside of conventional society as a modern-day nomad. Directed by Chloé Zhao, *Nomadland* won Oscars for Best Picture, Best Directing, and Best Actress in 2021.

MORE Ways we have
FUN, on page 6!

A little light *punishment*...

Sometimes February feels like it will last forever... *But time Marches on.*

What do clouds wear in a storm? *Thunderwear!*

What do you call a broken can opener? *A can't opener!*

March 2025

Monday

Tuesday

Wednesday

3

9:30-10:30 SAIL Fitness Class
 10:45-11:45 Jordan's Slow Yoga
 1:00-4:30 Acupuncture
 1:00 Puzzle Club w/ Summer (TES)

4

8:30-1:00 POCAAN Nurses
 9:30-11:30 Threads Club (TES)
 1:00 Question of the Day
 Convo Group (TES)

5

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

10

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

11

9:30-11:30 Threads Club (TES)
 1:00 Question of the Day
 Convo Group (TES)

12

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

17

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
 1:00 Puzzle Club w/ Summer (TES)

18

8:30-1:00 POCAAN Nurses
 9:30-11:30 Threads Club (TES)
**10:00-11:30 Planting the
 Seeds w/ Threads Club**
 1:00 Question of the Day
 Convo Group (TES)

19

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

23/24

**Sunday, March 23, 12:30
 Writing Class w/ Deborah Poe**
 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

25

9:30-11:30 Threads Club (TES)
 1:00 Question of the Day Convo
 Group (Activity Room)
 1:15 Senior Science with
 Dr. Tracy (TES)

26

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

31

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

Thursday	Friday
6	7
SENIOR CENTER CLOSED for Staff Day	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES) 3:00-5:00 Health & Wellness Fair at the PMSC
13	14
11:00 Member Feedback Forum 1:00 A Group of Our Own (TES) 1:00 Women's History Month Celebration	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES) 11:00 Book Club with Olivia (TES) 1:00 March Birthday Party
20	21
10:00-11:30 Planting the Seeds w/ Threads Club 10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES) 1:00 Field Trip to the Alene Moris Women's Center	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES)
27	28
10:00 Veterans Club (TES) 1:00 A Group of Our Own (TES) 1:00 Film: <i>Nomadland</i> (2020)	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES) 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: 206-626-6462



Hours

Express Service:
 Tuesday 11am—11:45am
Regular Service:
 Tuesday: 12pm—3pm
 Wednesday: 3pm—7pm
 Thursday: 12pm—3pm

Question of the Day Conversation Group

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

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

Writing Class w/ Deborah Poe

Sunday, March 23, 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.

Senior Science with Dr. Tracy

Tuesday, March 25, 1:15pm

in The Extra Space (TES)

Tracy Mallette, Ph.D., is a biomedical engineer doing research at the UW. She is passionate about science and baking. The hour-long class consists of a science talk, a fun activity, and home-made cookies.

PMSC Veterans Club

Thursday, March 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 all members who are Veterans. Together, we build camaraderie, support one another, help each other access Veterans' resources, and promote Veterans awareness.

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.

Puzzle Club with Summer

Monday, March 3 & March 17, 1pm

in The Extra Space (TES)

Join us on the first and third Mondays of the month for an afternoon of cozy table-top fun. Get creative with a puzzle or show your competitive side with a board game, cards, or more!

Health & Wellness Fair

Friday, March 7, 3:00 - 5:00pm

at the Pike Market Senior Center

In collaboration with the Market Commons

Learn how to get the most out of your insurance benefits, talk to local healthcare providers, and get tips & tricks to improve your wellness. Plus, snacks, music, goodie bags, and a raffle!

Planting the Seeds

with Threads Club

Tuesday, March 18 & Thursday, March 20,

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

Threads Club is excited to host two groups of 8th grade students from the TOPS School as part of their capstone service learning project. Join club members and the students in crafting useful items to donate to the community.

Feedback Forum

Thursday, March 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.



Women’s History Month Events at the Pike Market Senior Center

“Moving Forward Together!

Women Educating & Inspiring Generations”



Continued from page 1. As we celebrate Women’s History Month in 2025, we recognize the educators, mentors, and trailblazers who have dedicated their lives to empowering others. Their diverse stories demonstrate that leadership and learning know no boundaries. By honoring their legacies, we inspire future generations to embrace education, strive for leadership, and work collectively to shape a more inclusive world. This year’s celebration is an opportunity to unite in exploring and sharing women’s history, while also envisioning a future that builds upon the wisdom of those who came before us. Together, we move forward, bridging the past with the future and ensuring that every woman’s voice and contribution continues to shape our society for generations to come.

Women’s History Month Celebration

Thursday, March 13, 1pm

Sip on tea and snack on some refreshments while you learn about the work local women are doing to educate their communities, promote leadership, and preserve history and wisdom. Then, enjoy a lovely performance from local musician Sabrina Saed. Sabrina is a Seattle-born singer/songwriter and folk musician whose music paints beautiful, vivid stories of grappling with love, loss, and transition—or as she puts it, “sad fairy music.”

Field Trip: The Alene Moris Women’s Center at the UW

Thursday, March 20, *leaving the PMSC at 1pm*

The UW Alene Moris Women’s Center is a catalyst for change. Learn about their 100-year history with a guided tour! “We disrupt cycles of oppression and break down gender-based barriers through transformational education programs, leadership development, and advocacy,” the organization writes. “We believe women’s rights are human rights.”

Get “hooked” at Threads Club!

With new lessons each month and supplies for all of your projects, there’s lots to love at this weekly gathering of crafters. Join us Tuesdays at 9:30 in The Extra Space (TES).

New! Lessons with Threads Club

Our artistic members have a new type of craft project to teach and share with the community every month. Join the lesson or work on your own project!

Crafting tools and supplies for all

We have everything you need to start your project. Enjoy the use of sewing machines, all kinds of fabric, yarn, knitting needles, crochet hooks, pins, thread, instruction books, and anything else you might need. Not to mention good company. Come on down!





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!

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