

# Parsley, Sage, & Time

February 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.

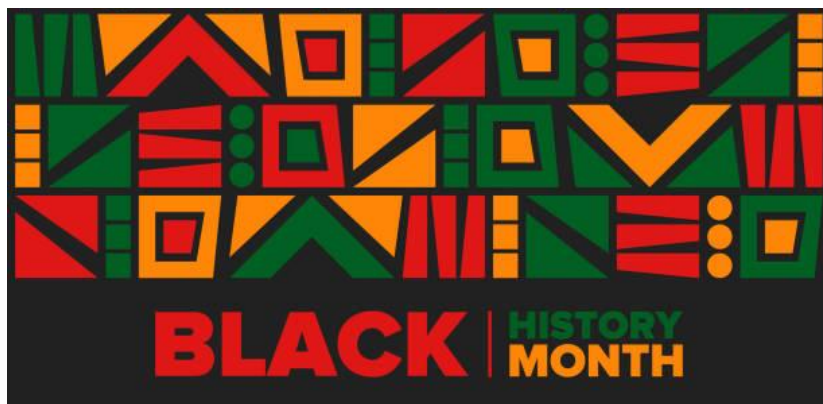
## Celebrating Black History Month at the Pike Market Senior Center

“Close to Home: Black History in Seattle”

Each year since 1976, the month of February has been dedicated to learning about and honoring the contributions and legacy of Black Americans across the United States. From civil rights pioneers to leaders in politics, science, culture, and more, Black Americans of all kinds have shaped our history and society. Too often, their impact is not given the recognition it deserves—especially considering how closely tied it is to the present.

In this light, the theme of our Black History Month events this year is “Close to Home: Black History in Seattle.” Through field trips and film screenings, presentations and celebrations, we will explore the ongoing legacies of the region’s Black communities, and learn about the many ways in which Black history is Seattle’s present.

*For details about Black History Month events at the Pike Market Senior Center, please see the calendar on pages 4 & 5, and the event descriptions on page 7.*



### Holiday Closures at the PMSC-FB

**Monday, February 17:** Closed in observation of Presidents’ 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 (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



## 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, Feb. 4 & Feb. 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, Feb. 5 & Feb. 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, February 10 & February 24, 1pm

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

## Book Club with Olivia



Friday, Feb. 14 & Feb. 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, February 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, February 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, February 14, 1pm

Join your friends to honor and celebrate those members born in February. 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, February 20, 1pm

*Rustin (2023)*

Coleman Domingo was nominated for an Oscar for his portrayal of Bayard Rustin, advisor to Martin Luther King Jr. Rustin dedicated his life to the quest for racial equality, human rights and worldwide democracy. However, as an openly gay Black man, he was all but erased from the civil rights movement he helped build.

MORE Ways we have  
FUN, on page 6!

## A little light *punishment*...

What do you call an alligator in a vest? *An investigator!*

Did you hear about the new corduroy pillowcases? *They're really making headlines.*

Did you hear that the Devil is going bald? *Yeah, there's gonna be hell toupee!*

# February 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 with 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) <b>1:30 2025 Membership Renewal Party</b>	12 9:30-10:30 SAIL Fitness Class 10:45-11:45 Jordan's Slow Yoga 11:30 Dr. Erin's Health Chat <b>1:00 Black History Month Celebration</b> 1:30 Art with David 2:45 Tai Chi
16/17 <b>Sunday, Feb. 16, 12:30 Writing Class w/ Deborah Poe</b> <b>Monday, Feb. 17: SENIOR CENTER CLOSED in observance of Presidents' Day</b>	18 8:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES) 1:00 Question of the Day Convo Group (TES) <b>1:00 Forest Meditation Trip</b>	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
24 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

Thursday	Friday
6	7
<b>SENIOR CENTER CLOSED for Staff Day</b>	9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES)
13	14
11:00 Member Feedback Forum 1:00 A Group of Our Own (TES)	9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES) 11:00 Book Club with Olivia (TES) 1:00 February Birthday Party
20	21
10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES) 1:00 Film: <i>Rustin</i> (2023)	9:00-11:00 Dr. William Lee 10:00 Sail Fitness Class (TES) <b>1:30 Black History Month Music Appreciation</b>
27	28
10:00 Veterans Club (TES) 1:00 A Group of Our Own (TES) <b>1:00 Field trip to the Call to Conscience Black History Museum</b>	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, February 16, 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, February 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, February 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](mailto:sam@pm-sc-dtfb.org) or 206-554-1409.

## Puzzle Club with Summer

Monday, Feb. 3, 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!

## 2025 Membership

### Renewal Party

Tuesday, February 11, 1:30pm

Change out that drab old 2024 membership card for a shiny new one! If you haven't yet renewed your PMSC membership for the new year, join our paperwork party and snack on cookies while you get it done. If you've already renewed, you get a cookie too! You've earned it.

## Forest Meditation Trip

Tuesday, Feb. 18, *Leaving the PSMC at 1pm*

Improve your health with this trip to Lincoln Park! A certified guide will lead us in a 90-minute forest meditation walk. Also called "forest bathing," this practice facilitates mindfulness, stress relief, and social connection. *Please note: Only 20 people are allowed on this trip, so if you have attended a previous Forest Meditation session, please allow others to experience it this time! Thank you!*

## Feedback Forum

Thursday, February 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.



## Black History Month Events at the Pike Market Senior Center



“Close to Home: Black History in Seattle”

### Black History Month Celebration

Wednesday, February 12, 1pm

#### Learn about Seattle History

Enjoy refreshments and dessert while you learn about local stories of Black leadership, creativity, and dedication, and how they have shaped our region’s history and society.

#### Get up and dance with the Central Sliders

We are so excited to welcome our friends from the Central Area Senior Center back to the PMSC! The Sliders are the line dancing crew at the Central, and they know how to bring the party. They’ll show off some of their moves, and then invite you to dance and groove alongside them.

### Black History Month Music Appreciation

Friday, February 21, 1:30pm

The story of Seattle’s Black community is intertwined with the city’s rich music history. From jazz bands of Jackson Street to the rock ‘n’ roll of Jimi Hendrix and beyond, we’ll be playing a selection of the Seattle musicians that shaped global culture. Join us to listen, discuss, and of course, dance!

### Field Trip: The Call to Conscience Black History Month Museum

Thursday, February 27, *leaving the PMSC at 1pm*

Rainier Avenue Radio has converted the Columbia City Theater into a museum on the unique history of Seattle’s Black community. It showcases “the creation of where we were, which led to where we are now,” says founder Tony Benton. “It’s unique to this city and these individuals, and that history isn’t really recorded anywhere.” *Space is limited, please contact Sam to sign up in advance!*

### 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**

This month’s craft lesson: Fabric and clothesline bowls or baskets. A great way to recycle old fabric to make beautiful and useful household items. All materials included. 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, fabric, yarn, knitting needles, crochet hooks, pins, thread, instruction books, and anything else you might need. 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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