

Sign up for special events (on the calendar in **bold**) in the Activities Office, or contact Butter at butter@pmcsc-dtfb.org or 206-728-2773, ext. 108. For more info on events, call or visit our online calendar at www.pmcsc-fb.org/activities.

New and Noteworthy Events

Weekly Women's Circle on Pause until Thursday, June 11

Please note that the Weekly Women's Circle will be taking a break until Thursday, June 11.

Tuesday, May 19, 1:15pm — AAPI Heritage Month Celebration

May is Asian American & Pacific Islander Heritage Month! Join us as we celebrate the AAPI community here at the Pike Market Senior Center with a delicious lunch and fun entertainment.

Thursday, May 21, 1:20pm — Juegos en Español

Spanish Conversation Group is branching out for more fun! Join Andrés for cards, chess, and other games while talking in Spanish and making new friends. ¡Nos vemos! (See you!)

Friday, May 22, 1:15pm — Presentation: "Nutrition for Healthy Aging"

Katie and Anna are Masters students in the Food Systems, Nutrition, and Health program at the UW. Their talk will cover topics including muscle and bone health, digestion, hypertension, and heart health.

Tuesday, May 26, 1:15pm — Local Author Talk with Cartoonist Kiku Hughes

Kiku Hughes is a Japanese American (Yonsei) cartoonist based in the Seattle area. Learn about her work, including her comic *Displacement*, which explores the Japanese-American internment of 1942.

Thursday, May 28, 1:15pm — Field Trip to the Seattle Asian Art Museum

Visit the beautiful Seattle Asian Art Museum (SAAM) in lovely Volunteer Park. The SAAM's collections of Asian art span many centuries and mediums. We will meet at the Senior Center and go to the museum together on the #10 bus.

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 and free of charge 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.

Parsley, Sage,
& Time
May 2026



*Celebrating 48 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 Asian American & Pacific Islander Heritage Month at the Pike Market Senior Center

Throughout the month of May, the Pike Market Senior Center is honoring the heritage of Asian American and Pacific Islander (AAPI) members! Learn about the rich histories, diverse cultures, and meaningful contributions of AAPI communities here in Seattle and across the country through field trips, film screenings, and presentations. Plus, get a taste of many different cultures as our Meals Program presents a variety of delicious lunches all month long.

We'll be hosting a special AAPI Heritage Month Celebration right here at the Senior Center on **Tuesday the 19th** with food and live music. Then, on **Tuesday the 26th**, local author Kiku Hughes will speak at the Senior Center about her work and its reflections of the Japanese-American experience. Finally, on **Thursday the 28th**, we'll take a field trip to the Seattle Asian Art Museum to explore incredible art and history together.

Plus, join us on **Friday the 22nd** for a presentation on nutritional health with experts from the University of Washington.

As always, thank you for joining us at the Pike Market Senior Center. If you have any questions, please let staff know.

The Pike Market Senior Center is a place where many people come together, and all are welcome. We hold many identities, and value what those identities bring to our community. Senior Center members behave toward one another with respect and civility. Disrespectful, violent, and disruptive behavior is not tolerated. The safety of our community is our top priority at the PMSC. If you experience any kind of harassment at the PMSC, please speak with a staff person immediately. Thank you for being kind!

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Convo Group (TES)	9:30-11:30 Threads Club (TES)	9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	SENIOR CENTER AND FOOD BANK CLOSED for Staff Day	9:30-10:30 SAIL Fitness (TES) 1:15 May Birthday Party 2:30 Tech Help with Rajat
11	12	13	14	15
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Game Club w/ Summer (TES)	9:30-11:30 Threads Club (TES) 1:15 Senior Science (TES)	9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi	9:30-11:30 Threads Club (TES) 10:00 PMSC Volunteering at the Food Bank 11:00 Member Feedback Forum	9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke 2:30 Tech Help with Rajat
18	19	20	21	22
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Convo Group (TES)	9:30-11:30 Threads Club (TES) 1:15 Asian American & Pacific Islander Heritage Month Celebration	9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:20 Juegos en Español (TES)	9:30-10:30 SAIL Fitness (TES) 1:15 Presentation: "Nutrition for Healthy Aging" 2:30 Tech Help with Rajat
25	26	27	28	29
SENIOR CENTER AND FOOD BANK CLOSED in observance of Memorial Day	9:30-11:30 Threads Club (TES) 1:15 Local Author Talk: Kiku Hughes	9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi	10:00 Veterans Club (TES) 1:15 Field Trip to the Seattle Asian Art Museum	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 2:30 Tech Help with Rajat

Senior Center
Hours
Monday - Friday, 8am-4pm
Saturday & Sunday, 8am-2pm
Closed 1st Thursday of each month for staff meetings.

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); 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: 206-626-6462

Hours
Closed 1st Thursday of each month for staff meetings.

Express Service:
Tuesday: 11am - 11:45am

Regular Service:
Tuesday: 12pm - 3pm
Wednesday: 3pm - 7pm
Thursday: 12pm - 3pm

No-Cook Bag Hours:
Monday: 10am - 3pm
Tuesday: 10am - 3pm
Wednesday: 12pm - 7pm
Thursday: 10am - 3pm
Friday: 9am - 12pm
Please note: No-Cook Bags are not "snack bags." They are for people without housing or those experiencing a food security emergency. Clients may come for a No-Cook Bag once each day.