

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

New and Noteworthy Events

Thursdays, 1:15pm — Weekly Women's Circle Location Change

Please note that the Weekly Women's Circle with our friends from Valley Cities will now be hosted in the Activity Room, *except for the Third Thursday of each month, when the Activity Room is reserved.*

Friday, April 17, 10:45-11:45am — BECU Presents: Keeping Safe from Scams and Fraud

Senior fraud is a growing crisis, with over 101,000 victims aged 60+ reporting \$3.4 billion in losses to the FBI in 2023. Learn key strategies and tools for keeping yourself—and your money—safe with our friends from BECU.

Tuesday, April 21, 11:00am — “The Secrets to Dying Well” Workshop

Join end-of-life planning consultants from KnownWishes.com for an open, honest conversation about what it means to prepare yourself and your loved ones for the inevitable or a health care emergency. *No individualized legal, medical, or financial advice will be given. The information provided is for educational purposes and will include direction toward useful resources.*

Tuesday, April 21, 12:30pm — Chat with YMCA Staff

Talk with staff from the Downtown YMCA about what fitness programs you'd like to see hosted here at the Senior Center. Plus, learn about different YMCA membership options that work for you.

Thursday, April 23, 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!)

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

April 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.

Spring Growth at the Pike Market Senior Center

Cherry blossoms, magnolia trees, and daffodils aren't the only things growing this month. Here at the PMSC, we're learning and growing all month long with educational programs and activities!

Learning a new language? Practice your Spanish with Andrés at **Spanish Conversation Group on Monday April 6 & 20**, or at the new **Juegos en Español on Thursday, April 23**.

Learn how to keep yourself safe from scams. Our friends from BECU will teach a **workshop on scam and fraud prevention on Friday, April 17**.

Learn how to prepare for end-of-life arrangements. On **Tuesday, April 21, join us for a “Secrets to Dying Well” Workshop** with experts in end-of-life planning.

And learn about new fitness opportunities. **Chat with YMCA staff on Tuesday, April 21** here at the PMSC.

And be sure to keep an eye on our Community Events bulletin board in the PMSC hallway—there are many great events happening nearby this month! Highlights include the Seattle-King County Health Clinic at the Seattle Center, April 23-26; a Tech 101 session on data privacy at the Queen Anne Library on April 10; and a Book Fair at the Rainier Valley Food Bank on April 25. Also, applications open for the Senior Farmers Market Nutrition Program this month, so ask PMSC staff or our friends at the Market Commons for more information about those food benefits.

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

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!

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	SENIOR CENTER CLOSED for Staff Day	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke
6	7	8	9	10
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 1:30 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 1:00 Weekly Women's Circle (Activity Room)	9:30-10:30 SAIL Fitness (TES) 1:15 April Birthday Party
13	14	15	16	17
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)	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 1:00 Weekly Women's Circle (TES)	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:45-11:45 Keep Safe from Scams with BECU 1:15 Karaoke
20	21	22	23	24
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 12:30-2:30 Medicare Q&A 1:15 Bingo 1:20 Spanish Convo Group (TES)	9:30-11:30 Threads Club (TES) 11:00 "The Secrets of Dying Well" Workshop 12:30 Chat with YMCA Staff 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	1:00 Weekly Women's Circle (Activity Room) 1:15 Popcorn Movie 1:20 Juegos en Español (TES)	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES)
27	28	29	30	
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 12:30-2:30 Medicare Q&A 1:15 Game Club w/ Summer (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 1:30 Art with David 2:45 Tai Chi	10:00 Veterans Club (TES) 1:00 Weekly Women's Circle (Activity Room)	

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.