

Parsley, Sage, & Time

October 2025



PIKE MARKET
Senior Center
& Food Bank

*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.

The Pike Market Senior Center is Stepping into Autumn

The leaves are changing and the days are getting shorter. Autumn always brings a change of pace to Seattle, and at the PMSC, there are many ways to enjoy it. Please join us for some, or all of our autumnal plans! See our full calendar on Pages 4-5.

Celebrate the season:

Take a peaceful walk through the fall foliage at Lincoln Park during our **Forest Meditation Trip on Tuesday the 14th**. Or get into the spooky spirit and enter our **Halloween Costume contest on Friday the 31st**! And of course, you can watch the seasons change every day from our wonderful dining room with a view.

Dance your way into fall:

This October features many opportunities to celebrate dance, and get moving yourself, too! In addition to our two monthly **Line Dancing Classes, on Wednesday the 1st and Wednesday the 15th**, we will be enjoying two dance performances this month! On **Thursday the 9th, the Filipiniana Dance Company is coming to the Senior Center** for a performance as part of our Filipino American Heritage Month Celebration. And on **Tuesday the 21st, we will see Bailadores de Bronce**, a traditional Mexican folk dance group, perform at the Moore Theatre.

Join us in honoring the history of our Filipino community! See more info on Page 7.



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!

Ways we keep our BODIES and our MINDS ACTIVE at the Pike Market Senior Center

SAIL Fitness

Mondays & Wednesdays, 9:30 - 10:30am
in the Activity Room

Fridays, 9:30 - 10:30am in The Extra Space (TES)

SAIL Fitness is returning to 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. Ask Butter or Brandon for more info.

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!*

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.



WEDNESDAY COFFEE!

Join us for Starbucks coffee every Wednesday after lunch. Starbucks loves the PMSC!

POCAAN Health Clinic at PMSC

Tuesday, Oct. 7 & Oct. 21, 9:30am - 1:00pm

Talk to a nurse about physical or mental health concerns. Check your blood pressure and your blood sugar. The nurses from POCAAN can help!

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.

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.

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, Oct. 1 & Oct. 15, 1:15pm

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

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, October 6 & October 20, 1:15pm

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

Karaoke

Friday, October 3 & October 17, 1:15pm

Now available twice a month! 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.

Market Discoveries with Pam

Thursday, October 16, 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.

Book Club with Olivia

Postponed until further notice.

Our dear friend Olivia is taking some important time away from Book Club, but she will return! Until then, check out the Seattle Public Library's Peak Picks for new book recommendations every month. See spl.org for more info.

Birthday Party

Friday, October 10, 1:15pm

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

A Group of Our Own

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 & Thursdays, 9:30 - 11:30am
in The Extra Space (TES)

Now meeting twice a week! 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, October 16, 1:15pm
What We Do in the Shadows (2014)

Sharing a house with roommates can be tough—especially when you're all dead. This award-winning comedy from director Taika Waititi follows vampires Viago, Deacon, and Vladislav as they struggle with the mundane aspects of modern life like paying rent, keeping up with the chore wheel, trying to get into nightclubs, and overcoming roommate conflicts.

MORE Ways we have
FUN, on page 6!

October 2025

Monday	Tuesday	Wednesday
		1 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
6 9:30-10:30 SAIL Fitness 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Conversation Group (TES)	7 9:30-11:30 Threads Club (TES) 9:30-1:00 POCAAN Nurses	8 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
13 9:30-10:30 SAIL Fitness 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Puzzle Club w/ Summer (TES)	14 9:30-11:30 Threads Club (TES) 1:00 Forest Meditation Trip 1:15 Senior Science (TES)	15 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
19/20 Sunday, Oct. 19, 12:30 Writing Class w/ Deborah Poe 9:30-10:30 SAIL Fitness 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Conversation Group (TES)	21 9:30-11:30 Threads Club (TES) 9:30-1:00 POCAAN Nurses 10:00 Field Trip: Bailadores de Bronce at the Moore Theatre	22 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
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Thursday	Friday
2 SENIOR CENTER CLOSED for Staff Day	3 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke
9 9:30-11:30 Threads Club (TES) 10:00 PMSC Volunteering at the Food Bank 11:00 Member Feedback Forum 1:00 A Group of Our Own (TES) 1:15 Filipino American History Month Celebration	10 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 October Birthday Party
16 9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES)	17 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke
23 9:30-11:30 Threads Club (TES) 1:00 A Group of Our Own (TES) 1:15 Film: <i>What We Do in the Shadows</i> (2014)	24 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES)
30 10:00 Veterans Club (TES) 10:00 Field Trip: Filipino Community of Seattle 1:00 A Group of Our Own (TES)	31 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Halloween Costume Contest!

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

No-Cook Bag Hours:
Monday: 10am—3pm
Tuesday: 10am—3pm
Wednesday: 12pm—7pm
Thursday: 10am—3pm
Friday: 9am—12pm

For people without housing or those
experiencing a food security emergency.
Clients may come for no-cook bags
once daily.

Spanish Conversation Group

Monday, Oct. 6 & Oct. 20, 1:20pm
in The Extra Space (TES)

Come join us for fun conversation about many topics. This is a great opportunity to socialize and meet new friends. If you are learning Spanish, come practice. ¡Nos vemos! (See you!)

Writing Class w/ Deborah Poe

Sunday, October 19, 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 Seattle University.

PMSC Veterans Club

Thursday, October 30, 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, and help each other access Veterans' resources.

Puzzle Club with Summer

Monday, Oct. 13 & Oct. 27, 1:15pm
in The Extra Space (TES)

Join us on the second and fourth 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!

Feedback Forum

Thursday, October 9, 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.



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.

Volunteering at the Food Bank

Thursday, Oct. 9, *Leaving the PMSC at 10am*

Senior Center members change the world! Every week, the Pike Market Food Bank serves over 1,500 people from all over our community. Let's lend them hand! Folks of all abilities are welcome. We'll meet at the Senior Center first, and walk down to the Food Bank together.

Forest Meditation Trip

Tuesday, Oct. 14, *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 sign up, please attend.*

Bailadores de Bronce at the Moore Theatre

Tuesday, Oct. 21, *Leaving the PMSC at 10am*

"Experience the vibrant heartbeat of southern Mexico through a dynamic showcase of traditional dance and music: powerful rhythms, colorful traditions, and expressive footwork."
Bailadores de Bronce was formed at the University of Washington in 1972 by a group of students as a product of the Civil Rights and Chicano movements. Join your friends from the PMSC at this beautiful performance! *Please note: space is limited, so if you sign up for this event, please show up!*

Filipino American Heritage Month at the PMSC

Filipino American History Month (FAHM) is celebrated in October to commemorate the arrival of the first Filipinos in the continental U.S. on October 18, 1587. Founded by the Filipino American National Historical Society in 1992 and officially recognized by Congress in 2009, FAHM celebrates the rich history, culture, and contributions of Filipino Americans to the United States.

Filipino American Cultural Celebration

Thursday, October 9, 1:15pm

First, we will enjoy a sweet treat while we watch a short documentary about the Filipino farm workers that organized with Cesar Chavez in 1965, led by Larry Itliong. Then, we are very excited to welcome back our friends from the Filipiniana Dance Company for this year's celebration! They will give us a performance of traditional Filipino dance.

Field Trip: Lunch at the Filipino Community of Seattle

Thursday, October 30, *Leaving the PMSC at 10:00am*

Located in Seattle's Columbia City neighborhood, the Filipino Community of Seattle is one of the first Filipino organizations in the nation. More than just a gathering place, they provide senior services, youth development and STEM programs, arts and culture programs, and basic needs programs in the form of food bags and warm meals. Join us for a visit to their space for a delicious lunch and friendly faces.

Halloween Costume Contest

Friday, October 31, 1:15pm

Calling all ghosts, ghouls, and witches! It's time to show off your Halloween spirit and creativity. Wear your best Halloween costume to the Senior Center, and we will have a good old-fashioned costume contest. Spooky costumes, funny costumes, classic costumes are all welcome. Featuring special guest judges and a grand prize, this event will be a scary good time!



A note on respectful Halloween costumes:

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. Please be mindful that your Halloween costume is not disrespectful. Cultural appropriation is when someone adopts a culture that isn't their own as a caricature or fad. Dressing up in Native American attire or blackface are common examples of culturally disrespectful Halloween costumes. Rather than dressing up as a culture, engage with the community, perhaps by joining one of the PMSC's cultural celebrations. Thank you for celebrating Halloween respectfully!



85 Pike Street #200

Seattle, WA 98101

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SEATTLE, WA

PERMT 12481

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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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