

# Parsley, Sage & Time

October 2022



**PIKE MARKET**  
Senior Center  
& Food Bank

## Covid-19 Protocols

At this time only fully vaccinated members may enter the Senior Center and masks are required.

## October is Filipino American History Month

Filipino American History Month is celebrated annually in October commemorating the arrival of the first Filipinos in the United States on October 18, 1587.

Filipino-Americans were known as Luzones Indios then and they were primarily Filipino sailors who were enrolled into the Spanish navy as laborers during the Manila-Acapulco galleon trade. From the Spanish galleon Nuestra Senora de Esperanza, they arrived at the shores of present-day Morro Bay, California.

Following years of campaigning and advocacy by both civil society and organizations, the Filipino American National Historical Society established Filipino American History Month in 1992. In 2009, Congress recognized the month of October officially as Filipino American History Month in the U.S. *(continued on page 7)*

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 of value and importance to our community, and we welcome them here.

We will not tolerate harassment of LGBTQ+ people at PMSC.

If you are experiencing harassment of any kind at PMSC please speak with a staff person immediately.

## Meet local artists and see their work at Seattle Art Walks.

These happen all over Seattle and are free! If you need help with buses or more specific locations just ask a PMSC staff member.

These are the October dates but Art Walk happens every month rain or shine.

Oct. 6 - Pioneer Square - The oldest art walk in the country!

Oct. 8 - Ballard

Oct. 13 - Capitol Hill

Oct. 13 - West Seattle

Oct. 14 - Belltown

Oct. 20 - Edmonds



## Cyber-Seniors

Founded in 2015 by the creators of the award-winning documentary film CYBER-SENIORS, this non-profit organization provides older adults with tech training using an intergenerational, volunteer model. Young people are provided with lessons and learning activities to train them to act as digital mentors and the adult mentees gain access to effective technology training and intergenerational communities that keep them socially connected and engaged.

*(continued on page 7)*

# WAYS WE STAY HEALTHY WITH ACTIVITIES AT PIKE MARKET SENIOR CENTER

**PIKE MARKET SENIOR CENTER PROVIDES PROGRAMMING AND SERVICES THAT FOCUS ON THE TOTAL WELL-BEING OF ITS MEMBERS. THE GOAL IS FOR YOU TO BE RESILIENT, SOCIALLY ENGAGED, AND INVOLVED IN YOUR COMMUNITIES.**

## **PMSC Online Zoom classes with Emily Denton.**

Emily facilitates community embodiment practices at Pike Market Senior Center and is passionate about bringing fun and powerful group exercise to its members.

Contact [Zoe@pm-sc-dtfb.org](mailto:Zoe@pm-sc-dtfb.org) to join.

### ● **Stay Active and Independent for Life**

Monday, Wednesday, Friday at 9:30 a.m.  
Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

### ● **Yoga**

Monday, Wednesday, Friday at 10:45 a.m.  
Most people are familiar with yoga, it is essentially a discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Emily adds her own twist to this time-proven exercise.

### **Acupuncture**

Mondays at 1 p.m.

Your Senior Center hosts a free acupuncture clinic in the Activity Room. Drop-ins welcome. Sponsored by Seattle Institute of Eastern Asian Medicine.

## **Tai-Chi with David**

Thursdays the 14th, 21st and 28th at 11 a.m. in The Extra Space (TES) 1519 First Avenue

Tai chi, also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion. It has many health benefits.

## **Healthy Steps Walking Group with Shannon**

Thursdays 11:15 a.m. to 11:45 a.m.  
Have fun and walk for your health.  
Meet at Rachel the Pig.

## **Health Clinic at the Senior Center**

Tuesdays (with exception of the First Tuesday)  
8:30 a.m. - 1:30 p.m.

Check your blood pressure and blood sugar. Ask that nagging question that you have had on your mind for weeks. Have a nurse look at a sore you're worried about. Talk about your pain. Have you been feeling blue? Discuss these and many more questions with health clinic staff. Sponsored by POCAAN.

## **The Doctor is In! William Lee, MD**

### **Board Certified, Internal Medicine.**

Friday at 9:00-11:00 a.m.

Dr. William Lee is a retired board certified Internist who makes himself available to members every Friday. He listens and advises. He takes blood pressures and checks glucose levels. He is welcoming and kind.



# WAYS WE HAVE FUN, LEARN, AND CREATE

## **Women's Group**

**Thursdays at 1p.m. in The Extra Space (TES), 1519 First Ave.**

Join this welcoming gathering of Senior Center women. Sponsored by Valley Cities behavioral health.

## **Karaoke**

**Friday, October 21st at 1pm.**

Bring your voice just as it is. Or if you don't plan on singing bring your enthusiastic support of your friends who will be singing.

## **The Birthday Party**

**The next celebration is on**

**Friday, October 14th at 1pm.**

Join your friends to honor and celebrate those members born this month. Live music and refreshments.

## **Express Yourself - Art at PMSC**

**Art With David**

**Wednesdays at 1pm**

David is a multi-talented artist who teaches in many techniques. He is currently teaching acrylics. Everyone welcome! Supplies provided.

**Monthly Market Groove: You can sit, You can stand, You can dance, You can groove**

**Tuesday, October 4 at 1pm**

Please join us for our new MONTHLY dance party with our resident DJ, DJ Bloom Cage. Every first Tuesday we will enjoy live music spun by one of Seattle's top DJs. Look for the request box in the Center and put in your favorite songs! You can sit! You can stand! You can dance! But we always hope you feel the groove!

## **Women's Tea**

**Tuesday, October 11 at TES at 1pm**

Tea is very important in many cultures. Let us come together and share in this warm and ceremonial tradition. This is our first women's tea in a while! We will come together in The Extra Space for an afternoon tea with treats and sophisticated (and unsophisticated!) conversation. We look forward to seeing you.

## **A Visit from The Seattle Public Library**

**Tuesday, October 18th at 12:30 pm**

We are so excited to welcome the Seattle Public Library to the Center! They will be joining us to offer help with signing up for library cards, information about what services you can access and even a short storytime getting us ready for the Halloween season. Seattle Library staff Emily + David are eager to tell us how to get all we can from our community libraries.

## **A Spooky Monster Mash**

**Monday the 31st at 1pm**

Join us for spooky treats and music.

We will have a costume photo booth with prints in the coming days for you to take home. Halloween-themed creepy treats and lots of music for you to monster mash to!

## **Let's Go To The Movies!**

**October 25th at 1p.m.**

**In The Extra Space - 1519 First Avenue.**

Join us for a Fall Halloween Edition of PMSC Movie Club.

**The Witches** is a 1990 fantasy extravaganza starring Angelica Houston. A young boy stumbles upon a witches' conference and mayhem ensues. This movie is fun, fun, fun. Join us at TES for popcorn and treats.

# October 2022

Monday	Tuesday	Wednesday
<p>3</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00-4:30 Acupuncture</p>	<p>4</p> <p>1:00 Monthly Market Groove</p> 	<p>5</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00 Art with David</p>
<p>10</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00-4:30 Acupuncture 1:00 Bingo</p>	<p>11</p> <p>8:00-12:00 POCAAN 1:00 Women's Tea @ TES</p>	<p>12</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00 Art with David</p>
<p>17</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00-4:30 Acupuncture</p>	<p>18</p> <p>8:00-12:00 POCAAN 1:00 Seattle Public Library</p> 	<p>19</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00 Art with David</p>
<p>24</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00-4:30 Acupuncture 1:00 Bingo</p>	<p>25</p> <p>8:00-12:00 POCAAN <b>1:00 Let's Go to the Movies! at TES 1519 1st Ave.</b></p>	<p>26</p> <p>9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00 At with David</p>
<p>31</p> <p>1:00 <b>Monster Mash!</b></p> 		



Thursday	Friday
<b>Senior Center Closed for STAFF Day</b>  1:00 Women's Group at TES (1519 1st Ave)	9:00-11:00 Dr. William Lee 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom)
11:00 Tai Chi with David (TES) 11:15 Walking with Shannon 1:00 Women's Group at (TES)	9:00-11:00 Dr. William Lee 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) <b>1:00 Birthday Party</b>
11:00 Tai Chi with David (TES) 11:15 Walking with Shannon 1:00 Women's Group at (TES)	9:00-11:00 Dr. William Lee 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) <b>1:00 Karaoke</b>
11:00 Tai Chi with David (TES) 11:15 Walking with Shannon 1:00 Women's Group at (TES)	9:00-11:00 Dr. William Lee 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom)

# Pike Market Senior Center

## Senior Center Hours

Monday-Friday 8:20 am-4:00pm  
 Saturday & Sunday 8:20am-2:00pm

## Closed on Holidays

*Dr Martin Luther King Jr's Birthday*

*Presidents Day*

*Memorial Day*

*Junteenth*

*Fourth of July*

*Labor Day*

*Veterans Day*

*Thanksgiving Day*  
*(festive meal served 12:00-1:30)*

*Christmas Day*  
*(festive meal served 12:00-1:30)*

## Meal Service

7 days a week  
 Breakfast 8:20 am-9:00am  
 Lunch 12:00pm-1:00pm

## Food Bank

1531 Western Avenue, parking garage floor 5  
 Phone: 206-626-6462

Walk in grocery hours:  
 Tuesday: 9:30am-3:00pm  
 (Pre-packed bags only, 9:30-10:30am)  
 Wednesday: 3:00pm-7:00pm  
 Thursday 9:30am-3:00pm



# *About the Pike Market Senior Center*

## 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

We would like to acknowledge that we are on the traditional land of the first people of Seattle, the Duwamish People past and present and honor with gratitude the land itself and the Duwamish Tribe.

## Senior Center Membership

Membership is open to all persons who are at least 55 years of age. You only need official proof of age. Becoming a member is as easy as filling out the membership form. You will receive a membership card that you will show upon entry and at meals.

Senior Center address  
85 Pike St, #200  
Seattle 98101



*(continued from page 1)*

Filipino Americans who have made significant contributions to American culture, politics, and society:

**Stella Abrera**

A Filipina American ballet dancer. She danced as a principal dancer with the American Ballet Theatre until her retirement in 2020 and is the company's first Filipina principal ballerina. She is now the artistic director of the dance cultural park Kaatsbaan.



**Emil Guillermo**

Award-winning journalist, writer, and broadcaster. Guillermo is the first Filipino American to anchor a regularly scheduled national news program, NPR All Things Considered. Also, a winner of the American Book Award in 2000.

**Tomas Alexander Asuncion Tizon**

(October 30, 1959–March 23, 2017)

Tomas was a Pulitzer Prize-winning author and journalist. His book *Big Little Man*, a memoir and cultural history, explores themes related to race, masculinity, and personal identity.

**We honor the members and staff of Pike Market Senior Center who share this beautiful heritage.**

**CYBER SENIORS PROVIDES:**

- **DIRECT ACCESS TO FREE TELEPHONE TECH SUPPORT IN THREE LANGUAGES: ENGLISH, SPANISH AND FRENCH.**
- **BOOK AHEAD ONE-ON-ONE TECH SUPPORT THAT CAN BE PROVIDED OVER THE PHONE OR OVER ANY DIGITAL PLATFORM.**
- **DAILY TECHNOLOGY WEBINARS IN ENGLISH AND SPANISH.**
- **OPPORTUNITIES TO PARTICIPATE IN OTHER ONLINE SOCIAL PROGRAMS.**
- **ACCESS TO HUNDREDS OF TECH-TRAINING RESOURCES AND SELF-LEAD TUTORIALS**

**PLEASE VISIT [WWW.CYBERSENIORS.COM](http://WWW.CYBERSENIORS.COM) FOR MORE INFORMATION OR VISIT PMSC AND ASK A STAFF MEMBER FOR ASSISTANCE.**





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# *Parsley, Sage & Time*



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