

Sign up for special events (on the calendar in **bold**) at the Reception Desk,
or contact Lyn at LynRedFox@pm-sc-dtfb.org or 206-728-2773.
For more info on events, call or visit our online calendar at www.p-msc-fb.org/activities.

New and Special Events

Sunday, August 2 & 16, 1:00pm — “Smartphone Class” Sessions 3 & 4

Build your smartphone skills and confidence with this four-part workshop. Learn how to use essential tools, avoid scams, and speed up your phone. These sessions will focus on Google apps, photos, and scam safety. *Please note: A working smartphone and SIM card are required for this class.*

Tuesday, Aug. 4 & 18, 1:00pm, in the Activity Room — Drawing Art History with Cathy

Join volunteer Cathy in drawing famous art pieces from history. We will cover fundamentals such as linework, composition, form, value, and perspective. Each class will start with a short art history lesson about the artist and their piece. *Art supplies provided!*

Friday, August 7, 10:00am, in the Activity Room — Budget Planning with BECU

Our friend Ali from BECU is back for a workshop on budget planning, saving tips, and more!

Tuesday, August 11, 10:00am — Summer Picnic at Golden Gardens Park

See Page 1 for all the details!

Tuesday, August 11 & 25, 2:00pm — Tech Help with Osman

Need help with your cell phone, computer, Facebook, email, etc.? Tech Help is now available the 2nd and 4th Tuesday of each month with volunteer Osman, in addition to every Friday with volunteer Brian.

Thursday, August 13 & 27, 1:15pm — Book Club with Ron

Book Club will now meet twice a month to discuss our favorite books and connect through conversation.

Monday, August 17, 24, & 31, 1:15pm — No Acupuncture

Our friends at the Seattle Institute of East Asian Medicine will be on break from August 17 through August 31. Acupuncture will return on Monday, September 14 (after Labor Day on September 7).

Tuesday, August 18, 2:30pm — Eating Well Cooking Class and Tasting with Pam
A cooking demonstration of nutritious and delicious foods! 10 spaces available, recipes provided.

Tuesday, August 25, *Leaving the PMSC at 9:30am* — Field Trip to Bainbridge Island

Enjoy a beautiful ferry ride and visit Bainbridge Island. We will leave the PMSC at 9:30am and walk to the Ferry Terminal together. We will take the 10:40am ferry to Bainbridge and return to Seattle on the 1:15pm ferry. To-go lunch will be provided. Once we arrive, we will visit the Bainbridge Island Senior Center to make some new friends. *Please note: Space is limited, please sign up at the Reception Desk.*

Monday, August 31, 1:15pm — Bunco Tournament

Enjoy some friendly competition with this classic dice game! Make a friend, have a laugh, and—if you’re lucky—win a prize!

Parsley, Sage, & Time

August 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.

The Pike Market Senior Center’s Summer Picnic is back!

Tuesday, August 11 at Golden Gardens Park

What: Fun and games on the sunny beach! Live music and a BBQ lunch.

Menu: Classic hot dogs and hamburgers (or vegan sausage), oven baked bbq pinto beans (vegetarian), ranch coleslaw, chips, wrapped cookie, soda/water. *Menu subject to change.*

Where: Golden Gardens park, lunch served at the Bathhouse on the beach.

When: Tuesday, August 11. Doors for lunch open at 11am, lunch served from 11:30am - 1:00pm. Buses from the Senior Center will leave at 10am, please be here by 9:45am. Return buses load up at 1:30pm to go back to the Senior Center.

Transportation: If you cannot take the “Golden Gardens Direct” Metro bus, transportation from the Senior Center is provided. *Please note that space is limited and registration is required.* Sign up at the Senior Center Reception Desk. 90 spots available on the buses, members with limited mobility will be prioritized.



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!

August 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Senior Center Hours
	2/3 Sunday, August 2, 1:00 “Smartphone Class” Session 3 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo	4 9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 1:30-3:00 Drawing Art History with Cathy	5 9:30-10:30 SAIL Fitness (TES) 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	6 SENIOR CENTER AND FOOD BANK CLOSED for Staff Day	7 9:30-10:30 SAIL Fitness (TES) 10:00 BECU Budgeting Workshop 10:30-12:00 Tech Help 1:15 Karaoke	Closed 1st Thursday of each month for staff meetings. Monday - Friday, 8am-4pm Saturday & Sunday, 8am-2pm Meal Service Daily Breakfast: 8:20am -9am Weekday Lunch: 12pm -1pm Weekend Lunch: 11:30am -12:30pm
	10 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Game Club w/ Summer (TES)	11 9:30-11:30 Threads Club (TES) 10:00 Summer Picnic at Golden Gardens Park 10:45 Walking Group w/ Shannon 2:00 Tech Help	12 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin’s Health Chat 1:30 Art with David 2:45 Tai Chi	13 9:00 Food Bank Volunteering 9:30-11:30 Threads Club (TES) 11:00 Member Feedback Forum 1:15 Weekly Women’s Circle (Activity Room) 1:15 Book Club with Ron (TES)	14 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help 1:15 August Birthday Party	<u>Food Bank Hours</u> 1531 Western Ave Level 5 of Parking Garage Phone: 206-626-6462 Closed 1st Thursday of each month for staff meetings. <i>Express Service:</i> Tuesday: 11am - 11:45am
	16/17 Sunday, August 16, 1:00 “Smartphone Class” Session 4 12:30-2:30 Medicare Q&A 1:15 Bingo	18 9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 1:30-3:00 Drawing Art History with Cathy 2:30 Eating Well Cooking Class with Pam	19 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin’s Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	20 9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:15 Weekly Women’s Circle (TES)	21 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help 1:15 Karaoke	<i>Regular Service:</i> Tuesday: 12pm - 3pm Wednesday: 3pm - 7pm Thursday: 12pm - 3pm <i>Ready to Eat Bag Hours:</i> Monday: 10am - 3pm Tuesday: 10am - 3pm Wednesday: 12pm - 7pm Thursday: 10am - 3pm Friday: 9am - 12pm
	24 12:30-2:30 Medicare Q&A 1:15 Game Club w/ Summer (TES)	25 9:30-11:30 Threads Club (TES) 9:30 Field Trip to Bainbridge Island Senior Center 10:45 Walking Group w/ Shannon 1:15 Senior Science (TES) 2:00 Tech Help	26 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin’s Health Chat 1:30 Art with David 2:45 Tai Chi	27 9:30-11:30 Threads Club (TES) 1:15 Weekly Women’s Circle (Activity Room) 1:15 Book Club with Ron (TES)	28 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help	<i>Please note:</i> <i>Ready to Eat Bags are not “snack bags.” They are for people without housing or those experiencing a food security emergency. Clients may come for a Ready to Eat Bag once each day.</i>
	31 12:30-2:30 Medicare Q&A 1:15 Bunco Tournament					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)