

# Parsley, Sage, & Time

February 2024



**Covid-19 Protocols:** Watch for signage at the Senior Center and Food Bank. Mask requirements will be based on the CDC Community Level for King County.



## ***Black History Month Celebration at your Senior Center***

**Thursday, February 15th at 1:15pm**

Join your friends at this community gathering with a purpose - the purpose being appreciation of the vital, historic and continued contributions of Black Americans to this country's history. This year in particular, we honor the contributions of Black Americans to the arts. The theme for Black History Month 2024 is, "African Americans and the Arts".

### **Celebration agenda**

Lunch menu (served at noon): Smothered Pork Chops (vegan patty available), Smashed Sweet Potatoes, Collard Greens, Jalapeno Cheddar Cornbread, Fruit, Peach Cobbler

Celebration starts at 1:15: Cultural presentation, entertainment, refreshments

### **Membership Renewal Day**

**Wednesday, February 14th from 9am to 2pm**

Time to renew your membership! This year's form and card color is a bright green.



**HOLIDAYS: We are closed Monday, February 19th for Presidents' Day.**



### **WEDNESDAY COFFEE!**

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



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 valued in our community. We will not tolerate harassment of LGBTQ+ people. If you experience any kind of harassment at PMSC, please speak with a staff person immediately.

# Ways we stay HEALTHY with ACTIVITIES at Pike Market Senior Center



## Exercise Classes with Emily

**Join from home or in the Activity Room**

Join Emily and folks from around the country with Zoomin' into Health and yoga classes taught online and now available in our Activity Room. Lots of ways to stay flexible and fit Mondays and Wednesdays at the Senior Center and online.

### **Zoomin' into Health**

**Mondays, Wednesdays, & Fridays at 9:30am**

Zoomin' into Health is an evidence-based strength, balance, and fitness program for adults 65 and older. Performing exercises that improve strength, balance, and fitness are the most important activity that adults can do to stay active and reduce their chances of falling. The curriculum of activities can help improve strength and balance if done regularly.

### **Yoga**

**Mondays, Wednesdays, & Fridays at 10:45am**

Yoga is a time-honored discipline that focuses on bringing harmony between the mind and body. It is an art and science for healthy living. Fitness instructor Emily brings her engaging personality and years of experience that make her yoga classes so much fun.

## Acupuncture

**Mondays at 1:00pm**

Your senior center hosts a free acupuncture clinic every week in the Activity Room. Drop-ins welcome! Sponsored by the Seattle Institute of East Asian Medicine.

## Tai Chi with David

**Wednesdays at 3:15pm in the Activity Room**

Tai Chi 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. Tai Chi offers many health benefits.

## Healthy Steps Walking Group with Shannon

**Wednesdays 11:15-11:45am**

Have fun and stay fit with a weekly trek around the Market. Bring a friend! Meet up at Rachel the Pig.

## Health Clinic at PMSC

**Tuesdays 8:30am - 1:30pm**  
**(except for 4th Tuesday of the month)**

Check your blood pressure and blood sugar. Have a nurse look at the sore you're worried about. Ask about aches and pains you may have. Feeling blue? The nurses from POCAAN can help.

## The Doctor Is In!

William Lee, MD - Board Certified, Internal Medicine

**Fridays 9:00 - 11:00am**

Dr. Lee is a retired physician who makes himself available to members for basic screening and to listen and advise on health matters. Come talk to the doctor. He is welcoming and kind.

# Ways we have FUN, LEARN, and CREATE

## B-I-N-G-O!

**Monday, Feb 12 & Feb 26 at 1pm**

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

## Monthly Market Groove with DJ Bloom Cage

**Thursday, Feb 29 at 1:15pm**

You can sit, you can stand, you can dance, you can groove! Stick around after lunch to chill out and request songs. One of Seattle's favorite DJs will play songs just for you.

## Line Dancing with Chris

**Wednesday, Feb 7 & Feb 21 at 1:15pm**

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

## Women's Group

**The Extra Space (TES), 1519 1st Ave**

**Dates to be determined - ask at Senior Center**

Join this welcoming gathering of Senior Center women. Sponsored by Valley Cities Behavioral Health.

## Birthday Party

**Friday, Feb 9 at 1pm**

Join your friends to honor and celebrate those members born in December. Enjoy music along with your cake and ice cream. The monthly birthday party is sponsored by AETNA - a CVS Health Company. Thank you!

## Karaoke

**Friday, Feb 16 at 1pm**

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.

## Express Yourself - Art with David

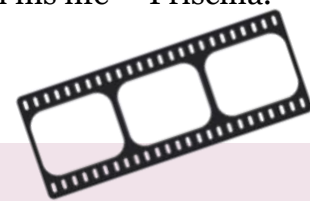
**Wednesday, Feb 7, 14, 21 & 28 at 2pm**

David is a multitasking artist who teaches in many techniques. Everyone welcome! Art supplies are provided.

## Film Event

**Thursday, February 22 at 1pm *Elvis (2022)***

Nominated for 7 Academy Awards. From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla.



**A little light *punishment*...**

Why shouldn't you trust stairs? They're always up to something.

**Know any good rope jokes? I'm a frayed knot.**

What did one plant say to the other? "Girl, you really got me growing."

# February

Monday	Tuesday	Wednesday
<div>5</div> <p>9:30 Zoomin' into Health 10:30-1:00 Medicare Q&amp;A 10:45 Yoga (Zoom and PMSC) 1:00 Bingo 1-4:30 Acupuncture</p>	<div>6</div> <p>8:30-1:30 POCAAN Nurses 1:30-2:30 Slow Yoga with Jordan</p>	<div>7</div> <p>9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 1:00 Women's Meet Up w/ Chloë 11:15 Walking with Shannon 1:15 Line Dancing 2:00 Art with David 3:15 Tai Chi</p>
<div>12</div> <p>9:30 Zoomin' into Health 10:30-1:00 Medicare Q&amp;A 10:45 Yoga (Zoom and PMSC) 1:00 Bingo 1-4:30 Acupuncture</p>	<div>13</div> <p>8:30-1:30 POCAAN Nurses 1:15 Senior Science with Dr. Tracy Mallette (TES) 1:30-2:30 Slow Yoga with Jordan</p>	<div>14</div> <p>MEMBERSHIP RENEWAL DAY 9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 11:15 Walking with Shannon 2:00 Art with David 3:15 Tai Chi</p>
<div>19</div> <p><b>SENIOR CENTER Closed</b>  <b>For Presidents' Day</b></p>	<div>20</div> <p>1:30-2:30 Slow Yoga with Jordan</p>	<div>21</div> <p>9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 11:15 Walking with Shannon 1:15 Line Dancing 2:00 Art with David 3:15 Tai Chi</p>
<div>26</div> <p>9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 1:00 Bingo</p>	<div>27</div> <p>8:30-1:30 POCAAN Nurses</p>	<div>28</div> <p>9:30 Zoomin' into Health 10:45 Yoga (Zoom and PMSC) 11:15 Walking with Shannon 2:00 Art with David 3:15 Tai Chi</p>

Thursday	Friday
<div>1</div> <div>SENIOR CENTER Closed</div>	<div>2</div> <div>9:00-11:00 Dr. William Lee</div> <div>9:30 Zoomin' into Health</div> <div>10:45 Yoga (Zoom)</div>
<div>8</div> <div>11:00 - noon Current Events Discussion</div>	<div>9</div> <div>9:00-11:00 Dr. William Lee</div> <div>9:30 Zoomin' into Health</div> <div>10:45 Yoga (Zoom)</div> <div>1:00 February Birthday Party</div>
<div>15</div> <div>11:00 - Member Feedback Forum</div> <div>1:15 Black History Month Celebration</div>	<div>16</div> <div>9:00-11:00 Dr. William Lee</div> <div>9:30 Zoomin' into Health</div> <div>10:45 Yoga (Zoom)</div> <div>1:00 Karaoke</div>
<div>22</div> <div>1:00 - Film Event: <i>Elvis</i> (2022)</div>	<div>23</div> <div>9:00-11:00 Dr. William Lee</div> <div>9:30 Zoomin' into Health (Zoom)</div> <div>10:45 Yoga (Zoom)</div>
<div>29</div> <div>Happy Leap Day!</div> <div>1:00 - Market Groove</div>	

# Pike Market Senior Center

## 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

## Distribution Hours

Tuesday, 12pm - 3pm  
 Wednesday, 3pm - 7pm  
 Thursday, 12pm - 3pm





## Origins of Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has designated the month of February as Black History Month.

The story begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing "Negro History Week." By the late 1960s, thanks in part to the civil rights movement, and a growing awareness of Black identity, "Negro History Week" had evolved into Black History Month on many college campuses.

## New Events and Opportunities!

### NEW! Slow Yoga with Jordan

*Tuesdays 1:30-2:30*

Calm, slow-paced yoga from local instructor Jordan. Focus on stretching, breathing, and mindfulness. Come for the yoga, stay for the personal connection! Join us in the Activity Room. Online class coming soon.

### NEW! Senior Science with Tracy

*Tuesday, February 13 at 1:15 in The Extra Space, 1519 First Ave*

Tracy Mallette, Ph.D is a biomedical engineer doing research at UW. She is passionate about scientific research and baking cookies.

The classes will consist of an hour of science talk, a fun activity, and coffee and Tracy's home made cookies '

### Food Bank Volunteering Trips

*Dates to be determined, ask staff for details*

Did you know that the Pike Market Food Bank serves over 800 in-person grocery clients and supports over 300 grocery deliveries every week? Join other Senior Center members in lending a hand to the wonderful Food Bank staff. Interested? Talk to Sam when you see him, or email: [sam@pm-sc-dtfb.org](mailto:sam@pm-sc-dtfb.org),



## Coffee Chat

**Thursday, February 8th  
11am - 12pm, Activity Room**

Come together to enjoy conversations over a cup of coffee.

Staff will prepare a news round-up from multiple sources touching on local, national, and international issues.

# Managing the Winter Blues *(psst you can do most of these at the senior center!)*

- 1. Keep active:** Research shows that a daily one-hour walk in the middle of the day could help you cope with the winter blues.
- 2. Get outside:** Go outdoors in natural daylight as much as possible, especially at midday and on brighter days. Inside, sit near windows whenever you can.
- 3. Keep warm:** Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 64F and 70F degrees.
- 4. Eat healthily:** A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter. Balance your craving for carbohydrates, with plenty of fresh fruit and vegetables.
- 5. See the light:** Some people find light therapy effective for seasonal depression. One way to get light therapy at home in winter is to sit in front of a light box for up to 2 hours a day.
- 6. Take up a new hobby:** Keeping your mind active with a new interest seems to ward off the Winter Blues. It could be anything, such as playing bridge, singing, knitting, or keeping a journal. The important thing is that you have something to look forward to and concentrate on.
- 7. See your friends:** Socializing is good for your mental health. Try to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.

## ABOUT 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

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. 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.

### Equity Statement

The Pike Market Senior Center & Food Bank believes that systemic racism is prevalent and acknowledges our role within those systems. Systemic racism has harmed many people and its eradication would greatly benefit our society.

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.

**Pike Market Senior Center address:** 85 Pike Street, #200 | Seattle, WA | 98101



85 Pike Street #200  
Seattle, WA 98101

NON-PROFIT

US POSTAGE PAID

SEATTLE, WA

PERMT 12481

Return Service Requested

# Parsley, Sage, & Time



*Let's meet at the Market!*

## In this issue

New Activities!	page 6
Beat the Winter Blues	page 7
Calendar	page 4
Origins of Black History Month	page 6