

Parsley, Sage, & Time

January 14, 2022

A word from Zoë

This will be your final two-page newsletter. Starting next month, the Parsley, Sage, & Time will return to its former four pages, and will arrive at beginning of each month.

Pike Market Senior Center

Hours

8:20 a.m. – 4 p.m.

Breakfast: 8:20 a.m. – 9 a.m.

Lunch: 12 noon – 1 p.m.

Vaccination Policy

- Proof of vaccination required to enter the Senior Center.
- Face coverings must be worn at all times.

Valentine's Day Open House & 2022 Membership Renewal Party February 14, 2022

you are
invited!

It is time to celebrate your Pike Market Senior Center membership and the sense of community that it brings to your life.

Join other members for a gathering where you will:

- Enjoy a variety of light foods and the music of Mark Peterson.
- Vote for 2022 activity programs. We will have lists of possible activities hanging on the wall and you will vote with stickers. You will also write in your own ideas. Zoë is asking you to help **create the future of Pike Market Senior Center!**
- **Renew your membership for 2022!**

We hope you will attend! We look forward to seeing you.

For everyone's safety and to prevent overcrowding, we are asking you to come at assigned times. We are dividing you alphabetically by **LAST NAMES:**

Last names A to M: arrive at 1:30

Last names N to Z: arrive at 2:15

Each group can stay 45 minutes

If you have not already reported your vaccination status to the Senior Center, please be sure to bring proof of vaccination. Only fully vaccinated members should come in to renew membership.



PIKE MARKET
Senior Center & Food Bank

What's Happening Now at Your Senior Center?

Exercise with Zoom

SAIL - M, W, F at 9:30 a.m.

Yoga - M, W, F at 10:40 a.m.

Contact Zoë, 206.728.2773, ext 108 for more info

Acupuncture

Mondays at 1 p.m. Your Senior Center hosts a free acupuncture clinic on Mondays at 1 p.m. in the Activity Room. Drop-ins welcome. Sponsored by Seattle Institute of Eastern Asian Medicine.

BINGO returns to Pike Market Senior Center!

Mondays, February 7 & 21, 1 p.m. This much-enjoyed, timeless game has been missed, and we are excited to have it back!

Health Clinic at the Senior Center

Tuesday mornings, no appointment needed.

- 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.

Healthy Steps Walking Group with Shannon

Tuesdays and Thursdays 11:15 a.m. to 11:45 a.m.

Meet at Rachel the Pig.

Seattle Public Library at The Commons

1901 Western Ave., 2nd Wednesdays, 2:15-2:45

The library is at The Commons the second Wednesday of each month. Browse books and other materials, and place holds for materials including WiFi hotspots.

Calling all Bird Watchers

If you are interested in starting a bird watching group contact Zoë at 206.728.2773, ext. 108

Art Class with David

1st & 3rd Wednesdays, 1 p.m., in the Activity Room. David has a s fun and unique approach to teaching art. Drop-ins welcome.

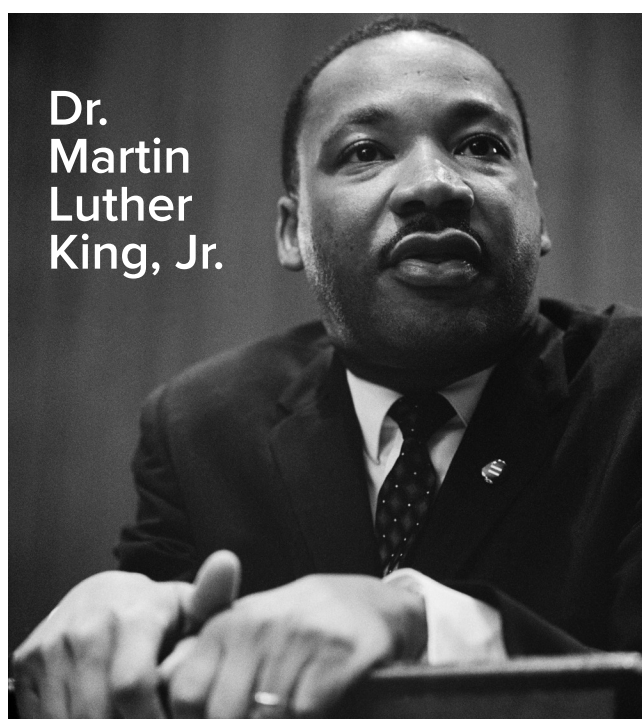
Women's Group

Thursdays at 1 p.m. in The Extra Space (TES), 1519 First Ave. Join this welcoming gathering of Senior Center women. Sponsored by Valley Cities Behavioral Health.

The Birthday Party makes a come-back.

Friday, February 25 at 1 p.m.

This very popular monthly celebration features cake and live music. Join your friends at the Senior Center for a lively party honoring the day of your birth, and help others celebrate theirs.



Dr.
Martin
Luther
King, Jr.

We honor Dr. Martin Luther King, Jr. with a few quotes from his speeches:

“Darkness cannot drive out darkness; only light can do that.”

“Injustice anywhere is a threat to justice everywhere.”

“Our lives begin to end the day we become silent about things that matter.”

“Forgiveness is not an occasional act.”

“Faith is taking the first step even when you don't see the whole staircase.”