

Parsley, Sage, & Time

November 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.

Please note: the Pike Market Senior Center and Food Bank will be CLOSED on Tuesday, November 11, in observance of Veterans Day. For Thanksgiving hours, please see page 7.

Honoring Native American Heritage Month at the Pike Market Senior Center

Since 1990, November has officially been recognized in the United States as Native American Heritage Month. This is a time to recognize and reflect on the culture, history, and contributions of Native American and Alaska Native people in America, and to acknowledge the difficult and complex history of our colonial past and present. See page 7 for information about the Duwamish Tribe, the First People of Seattle.

At the PMSC, we are honoring Native American Heritage Month with a focus on the beautiful artwork of Northwest Native cultures. On **Thursday the 13th**, we will learn from a local artist at our cultural celebration. On **Tuesday the 18th**, we're visiting the Burke Museum to see their special exhibit on Coast Salish Weaving. And on **Thursday the 20th**, our Market Discoveries tour will cross Pike Place to visit the Steinbrueck Native Gallery, which features works by long established masters and talented emerging artists from the First Nations community.

**CELEBRATE
NATIVE
AMERICAN
HERITAGE
MONTH**



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, Nov. 4 & Nov. 18, 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, November 5, 1:15pm

Come and learn line dances of all kinds with our experienced instructor Chris. *Please note: Due to a scheduling conflict on our part, Chris will only be able to join us once this month.*

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, November 3 & November 17, 1:15pm

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

Karaoke

Friday, November 7 & November 21, 1:15pm

Bring your voice and your love of music. First-timers welcome! Even if you don't plan on singing, come and cheer on those who perform.

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, November 20, 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, November 14, 1:15pm

Join us to honor and celebrate those members born in November. 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)

A twice-weekly gathering of people who express their creativity by making things. We 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, November 20, 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!

November 2025

Monday	Tuesday	Wednesday
3 9:30-10:30 SAIL Fitness 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Conversation Group (TES)	4 9:30-11:30 Threads Club (TES) 9:30-1:00 POCAAN Nurses	5 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
10 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)	11 SENIOR CENTER CLOSED in observance of Veterans Day	12 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
16/17 Sunday, Nov. 16, 12:30 Writing Class w/ Deborah Poe 9:30-10:30 SAIL Fitness 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Conversation Group (TES)	18 9:30-11:30 Threads Club (TES) 9:30-1:00 POCAAN Nurses 1:15 Field trip to the Burke Museum	19 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:15 Annual PMSC Board Feedback Forum 1:30 Art with David 2:45 Tai Chi
24 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)	25 9:30-11:30 Threads Club (TES)	26 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi

Thursday	Friday
6 SENIOR CENTER CLOSED for Staff Day	7 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke
13 9:30-11:30 Threads Club (TES) 10:00 PMSC Volunteering at the Food Bank 1:00 A Group of Our Own (TES) 1:15 Native American Heritage Month Celebration	14 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 November Birthday Party
20 9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES) 1:15 Film: <i>What We Do in the Shadows</i> (2014)	21 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke
27 Thanksgiving Day PMSC <u>open</u> from 9am-2pm Special Thanksgiving meal from 11:30am-12:30pm Food Bank closed.	28 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES)

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 (Limited hours)
 Christmas Day (Limited hours)

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, Nov. 3 & Nov. 17, 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, November 16, 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

Veterans Club will be cancelled this month due to Thanksgiving. We'll see you in December!

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, Nov. 10 & Nov. 24, 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!

Volunteering at the Food Bank

Thursday, Nov. 13, *Leaving the PMSC at 10am*

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.

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.

Native American Heritage Month Celebration

Thursday, November 13, 1:15pm

Join us for a delicious lunch of local foods, including wild salmon and roasted squash. Then, learn about the history of the Native American community in the Seattle area and beyond with a local Native artist.

Burke Museum Field Trip

Tuesday, November 18, 1:15pm

The Burke Museum at the University of Washington is a world-renowned active research museum. The more than 18 million biological, geological and cultural objects in its collections tell the story of life on Earth. Currently, in addition to their permanent exhibit on Northwest Native Art, they have a special exhibit titled, "Woven in Wool: Resilience in Coast Salish Weaving," which showcases both historical and contemporary woven items, including blankets, tunics, hoods, and skirts.

Please note: space on this trip is limited, so if you sign up for this event, please show up!

Member Feedback Forum with the PMSC Board of Directors

Wednesday, November 19, 1:15pm

Join this lively, annual opportunity to give feedback, make suggestions, and talk to the PMSC's Board of Directors about what you think is working or could be improved at the Senior Center.



Pike Market Food Bank News

Grocery Bag Donations Needed!

Help us support our community by donating your clean, reusable grocery bags. We rely on these bags to distribute food to our clients, and your donations can make a big difference. If you have extra bags at home, please consider dropping them off at the Food Bank during our regular hours. If you want to go the extra mile, consider asking your neighbors if they have any extra bags to donate as well.

Thank you for your generosity!

About the Duwamish, Seattle's First People

The Duwamish people have been in the Seattle/Greater King County area since time immemorial. The Duwamish are the First People of the city of Seattle, which took its name from the Duwamish leader Chief Si'ahl. Their long-house today stands across the street from where one of their largest villages was located before it was burned down by settlers in 1895. The host nation of the City of Seattle has not yet been recognized by the Federal Government. In the 1855 Point Elliott Treaty, the Duwamish ceded territory—but not sovereignty—to settlers, in exchange for reservation land and other rights. More than 150 years later, the US government has not honored this agreement. Learn more at www.duwamishtribe.org.



Thanksgiving at the Pike Market Senior Center

Thursday, November 27

Open 9am - 2pm

On Thanksgiving Day, our friends at the Atrium Kitchen will be serving a hot breakfast for PMSC members from 7:30am - 10:30am. The Senior Center will open at 9am, and we will serve a special Thanksgiving meal from 11:30am - 12:30pm.

Regularly scheduled clubs, classes, and events will be cancelled or rescheduled. Please see the calendar on pages 5 - 6 for rescheduling details. *The Pike Market Food Bank will be closed on Thanksgiving Day.* Thank you, and Happy Holidays!



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Seattle, WA 98101

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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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