

Parsley, Sage & Time

April 2023



Covid-19 Protocols

Watch for signage at the Senior Center. Mask requirement will be updated according to the Washington State Department of Health guidelines for COVID-19 community level.



Brodrick Aberly



Duane Kelly

NEW!

WRITING PROGRAM WITH BRODRICK

Tuesdays April 11 and 25 at 10:45 am,
and every 2nd and 4th Tuesday
thereafter.

Brodrick invites you to join him:

Hello everyone! My name is Brodrick, and I am so excited to be a new volunteer at the Pike Market Senior Center. I'm thrilled to announce that I'll be leading a new writing program called *Telling Your Story*, which will provide a platform for older adults to express themselves and share the value of their lived experiences.

The Telling Your Story program will consist of a series of workshops, each with a specific theme that will provide opportunities for older adults to explore and share their personal stories. Themes could include childhood memories, family stories, personal growth, or life-changing experiences.

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Join Duane Kelly in Edinburgh - slide show

Tuesday, April 18 at 11 AM.

Senior Center Main Room

Journey to Edinburgh Fringe Theatre Festival
Duane Kelly, Pike Place Market neighbor and Senior Center member, is the author of eleven stage plays. Last summer he had the honor of his play, *Visiting Cezanne*, being produced in Scotland at the Edinburgh Fringe Festival. This is the world's largest theatre festival, attracting upwards of half a million visitors every August.

Duane has prepared a slide show to share about Edinburgh and his amazing experience there. Approximately 45 minutes, including time for questions.

APRIL IS ARAB AMERICAN HERITAGE MONTH

Read about these Arab Americans on page 6



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.



WEDNESDAY COFFEE!

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

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 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 with Emily

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

Wednesdays at 3:15 in Activity Room

Tai Chi has moved back to the Senior Center

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**

Wednesdays 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 fourth 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

Yoga with Erica

Date and Time TBD

Erica can meet you at whatever skill level. We have moved to a morning time slot hoping it will work for more people. All genders, all skill levels encouraged to attend.

Monthly Market Groove: You can sit, You can stand, You can dance, You can groove Tuesday, April 14th at 1:15pm

Join DJ Bloom Cage for another request-filled live DJ set. Come dance with us. Get free with a melody in your head or your body, hopefully both!

Women's Group

**Thursdays 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.

Karaoke

Friday, April 21 at 1 pm.

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, April 14th at 1 pm.**

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 2 pm

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

Line Dancing with Chris Banta - Monday the 3rd and 17th at 1:00pm

Attention Fancy Feet! Join Chris, our experienced teacher, who leads us in all kinds of line dancing. Let's move together!

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**

April 2023

Monday	Tuesday	Wednesday
3 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00-4:30 Acupuncture 1:15 Line Dancing with Chris	4 8:30-1:30 POCAAN 1:00 Monthly Market Groove 	5 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 11:15 Walking with Shannon 2:00 Art with David 3:15 Tai Chi
10 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 1:00 Bingo 1:00-4:30 Acupuncture	11 8:30-1:30 POCAAN 10:45 Writing with Brodrick TES	12 9:30 SAIL with Emily (Zoom) 10:45 Yoga with Emily (Zoom) 11:15 Walking with Shannon 2:00 Art with David 3:15 Tai Chi
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Thursday	Friday
<p>Senior Center Closed for STAFF Day</p> <p>1:00 Women's Group at TES (1519 1st Ave)</p>	<p>9:00-11:00 Dr. William Lee</p> <p>9:30 SAIL with Emily (Zoom)</p> <p>10:30 Yoga with Erica (TES)</p> <p>10:45 Yoga with Emily (Zoom)</p>
<p>1:00 Women's Group at (TES)</p>	<p>9:00-11:00 Dr. William Lee</p> <p>9:30 SAIL with Emily (Zoom)</p> <p>10:45 Yoga with Emily (Zoom)</p> <p>1:00 Birthday Party</p>
<p>1:00 Women's Group at (TES)</p>	<p>9:00-11:00 Dr. William Lee</p> <p>9:30 SAIL with Emily (Zoom)</p> <p>10:30 Yoga with Erica (TES)</p> <p>10:45 Yoga with Emily (Zoom)</p> <p>1:00 Karaoke</p> 
<p>1:00 Women's Group at (TES)</p>	<p>9:00-11:00 Dr. William Lee</p> <p>9:30 SAIL with Emily (Zoom)</p> <p>10:30 Yoga with Erica (TES)</p> <p>10:45 Yoga with Emily (Zoom)</p>

Pike Market Senior Center

Senior Center Hours

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

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)

New Year's Day

Meal Service

7 days a week
Breakfast 8:20 am-9:00am

Weekday Lunch
Lunch 12:00 pm-1:00 pm

Weekend Lunch
11:30 pm-12:30 pm

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

APRIL IS

ARAB AMERICAN HERITAGE MONTH

Beginning in the 1990s, Arab American heritage was celebrated sporadically in various states at different times of the year, primarily in school districts. It wasn't until 2017 when Arab America began a national initiative to coordinate all states under National Arab American Heritage Month. On April 30, 2019, Arab American organizations asked Congresswoman Debbie Dingell to issue a congressional resolution proclaiming National Arab American Heritage Month. It was then introduced to the house on April 30, 2019, and then referred to the House Committee on Oversight and Reform. The largest and most promising achievement towards federal recognition of the month of April as the National Arab American Heritage Month was the proclamation published by the U.S. Department of State, which was accomplished on April 1, 2021, by the efforts of independent Syrian-American advocate and author, Pierre Subeh.

ARAB PEOPLE

The Arab people are an ethnic group mainly inhabiting the Arab world in Western Asia and North Africa, and to a lesser extent the Horn of Africa, and the western Indian Ocean islands (including the Comoros). The term "Arab" tends to refer to those from Arab nations, who both carry that ethnic identity and speak Arabic as their native language.

Arab American Heritage Month is a time to celebrate the accomplishments of people in the United States with Middle Eastern roots as well as for the public to become informed about the history of Arab Americans in the U.S. While Middle Eastern people in the United States are often perceived as foreigners, Arab Americans first began to arrive on American shores in the late 1800s. About half of Arab Americans were born in the U.S., according to the 2000 U.S. Census

ARAB AMERICANS WHO HAVE MADE HISTORY

U.S. Air Force Colonel James Jabara



James Jabara, son of Lebanese immigrants, was the first American jet ace in history. During World War II, Jabara flew two tours of combat duty in Europe.

For his heroism during World War II, Jabara was awarded the Distinguished Flying Cross with one Oak Leaf Cluster and the Air Medal with 18 Oak Leaf Clusters. While in Korea, he received the Distinguished Service Cross with one Oak Leaf Cluster and an Oak leaf Cluster to the Distinguished Flying Cross.



Political Activist Linda Sarsour

Linda Sarsour has earned accolades as one of the most prominent progressive activists in the country. She also served as the former executive director of the Arab American Association of New York, and co-chair of the Women's March. She advocates for rights of all people: immigrants, Muslims, women, black victims of police violence, Standing Rock Native Americans, and many more. (cont'd on page 7)

ARAB AMERICANS WHO HAVE MADE HISTORY

(cont'd from page 6)

Pediatrician and Professor Dr. Mona Hanna-Attisha



By now, you've probably heard of the Flint Water Crisis. Dr. Mona Hanna-Attisha, a pediatrician at Hurley Medical Center and professor at Michigan State University, skyrocketed to star status when she blew the whistle on the environmental disaster. The Flint Water Crisis exposed its residents to dangerous levels of lead, and still hasn't completely resolved. Today, Hanna-Attisha advocates for children, immigrants, and women in STEM.

Space photographer Pioneer Dr. Farouk el-Baz



American geologist Dr. Farouk el-Baz was born in Egypt and helped plan all the Apollo moonlandings. As if that wasn't enough, he later pioneered the use of space photography to study the Earth. If you've ever gazed in awe at photographs from beyond our atmosphere, you can thank el-Baz for that privilege.

Teacher and Astronaut Christa McAuliffe

A Concord, New Hampshire teacher Christa McAuliffe was chosen from more than 11,000 applicants to participate in the NASA Teacher in Space Project. She died tragically along with the rest of the crew when the Challenger Space Shuttle broke apart after just 73 seconds in flight. While she did not make it as the first teacher in space, she continues to inspire others to follow their dreams and reach for great heights.



WRITING PROGRAM WITH BRODRICK

(Continued from page 1)

Our focus will be on the process of writing and self-discovery, rather than the final product. By writing and sharing their stories, older adults will gain confidence in their writing and learn from the experiences of others. I can't wait to get started on this new writing program! My goal is to provide a safe and supportive environment for older adults to explore and share their personal experiences through writing and group discussions. I'm looking forward to meeting and working with all of you!

BRODERICK'S BIO

Brodrick Aberly is a writer and producer living in Seattle, Washington. Originally from Birmingham, Alabama, he served as a photojournalist in the U.S. Navy for five years before moving to Seattle. Brodrick is passionate about telling stories that resonate with diverse audiences and exploring social issues through the medium of film. In his free time, he enjoys practicing yoga and acting. He is excited to be leading a new writing program called Telling Your Story at

the Pike Market Senior Center in Seattle, where he hopes to inspire and empower older adults to find their own voice and express themselves through writing.



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Parsley, Sage **& Time**



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