

Parsley, Sage, & Time

December 2025



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.

Pike Market Senior Center & Food Bank Holiday Schedule

On Wednesday, December 24, the Senior Center and Food Bank will both be
OPEN for regular hours.

On Thursday, December 25, the Senior Center will be OPEN for limited hours,
and the Food Bank will be CLOSED.

On Thursday, January 1, the Senior Center and Food Bank will both be CLOSED.

Please see Page 7 for details. Thank you!



Jingle, Jangle, Generously!

The Great Figgy Pudding Caroling Competition

Saturday, December 6, 12:00-2:30pm



The Pike Market Senior Center & Food Bank proudly invites you to one of the most joyful and charming holiday events of the season! Now celebrating its 40th anniversary, family-friendly Figgy Pudding brings teams of local carolers to sing their hearts out and compete for bragging rights on the festive cobblestones of Pike Place Market.

For our full schedule of events in December, please see the calendar on pages 4-5.



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! *iHabla 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! *iHabla 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, Dec. 2 & Dec. 16, 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.

Please note: Our friends at the SIEAM will be on Winter Break from Dec. 15 to Jan. 2.

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
Friday, Dec. 5 & Dec. 12, 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.

Please note, Dr. Lee is only available two weeks this month.

Line Dancing with Chris

Wednesday, Dec. 3 & Dec. 17, 1:15pm

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

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, December 1 & December 15, 1:15pm

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

Karaoke

Friday, December 5 & December 19, 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, December 18, 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, December 12, 1:15pm

Join us to honor and celebrate those members born in December. 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, December 18, 1:15pm
Train Dreams (2025)

Directed by Clint Bentley and based on Denis Johnson's beloved novella, Train Dreams is the moving portrait of Robert Grainier, a logger and railroad worker who leads a life of unexpected depth and beauty in the rapidly-changing Pacific Northwest of the early 20th Century.

MORE Ways we have
FUN, on page 6!

December 2025

Monday	Tuesday	Wednesday
1 9:30-10:30 SAIL Fitness 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Conversation Group (TES)	2 9:30-11:30 Threads Club (TES) 9:30-1:00 POCAAN Nurses	3 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
8 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)	9 9:30-11:30 Threads Club (TES)	10 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
15 9:30-10:30 SAIL Fitness 1:15 Bingo 1:20 Spanish Conversation Group (TES)	16 9:30-11:30 Threads Club (TES) 9:30-1:00 POCAAN Nurses	17 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
21/22 Sunday, Dec. 21, 12:30 Seattle Art Museum Visit with Deborah Poe 9:30-10:30 SAIL Fitness 12:30-2:30 Medicare Q&A 1:15 Puzzle Club w/ Summer (TES)	23 9:30-11:30 Threads Club (TES)	24 Christmas Eve Senior Center and Food Bank OPEN regular hours. Regular activities will be cancelled or rescheduled.
29 9:30-10:30 SAIL Fitness 12:30-2:30 Medicare Q&A	30 9:30-11:30 Threads Club (TES)	31 9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:15 New Year's Eve Celebration 1:30 Art with David 2:45 Tai Chi

Thursday	Friday	Senior Center Hours
	4	5/6
SENIOR CENTER CLOSED for Staff Day	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke Saturday, Dec. 6, 12:00-2:30 The Great Figgy Pudding Caroling Competition	Monday - Friday, 8am-4pm Saturday & Sunday, 8am-2pm Closed 1st Thursday of each month for staff meeting.
9:00 Forest Meditation Trip 9:30-11:30 Threads Club (TES) 10:00 PMSC Volunteering at the Food Bank 11:00 Member Feedback Forum 1:00 A Group of Our Own (TES)	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 December Birthday Party	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)
	11	12
	18	19
9:30-11:30 Threads Club (TES) 10:00 Veterans Club 10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES) 1:15 Film: <i>Train Dreams</i> (2025)	9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke	Meal Service Breakfast - every day 8:20am - 9am Weekday Lunch 12pm - 1pm Weekend Lunch 11:30am - 12:30pm
Christmas Day Senior Center OPEN from 9am-1pm. Regular activities will be cancelled or rescheduled. Food Bank CLOSED.	9:30-10:30 SAIL Fitness (TES)	 Food Bank 1531 Western Ave Level 5 of Parking Garage Phone: 206-626-6462
	25	26
	1	
New Year's Day Senior Center and Food Bank CLOSED in observance of New Year's		Hours <i>Express Service:</i> Tuesday: 11am—11:45am <i>Regular Service:</i> Tuesday: 12pm—3pm Wednesday: 3pm—7pm Thursday: 12pm—3pm <i>No-Cook Bag Hours:</i> 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, Dec. 1 & Dec. 15, 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!)

PMSC Veterans Club

Thursday, December 18, 10:00am
in The Extra Space (TES)

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, Dec. 8 & Dec. 22, 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, Dec. 12, *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.



Feedback Forum

Thursday, December 11, 11am

Join this lively opportunity to give feedback, make suggestions, and talk to Senior Center staff about what you think is working or could be improved.

New & Special Events

Sign up for special events at the Member Services Desk, or contact Sam at sam@pmsc-dfb.org or 206-554-1409.

Forest Meditation Trip

Thursday, December 11,
Leaving the PMSC at 9am

Improve your health with this trip to Discovery Park! A certified guide will lead us in a 90-minute forest meditation walk. Also called "forest bathing," this practice facilitates mindfulness, stress relief, and social connection.

Please note: These trips are limited to 20 people. If you sign up for this event, please show up!

Visit the Seattle Art Museum with Deborah Poe

Sunday, December 21,
Leaving the PMSC at 12:30pm

This month, instructor Deborah Poe is taking her writing class out of the classroom! Join her on a visit to the Seattle Art Museum for poetic inspiration. Deborah is a published writer and poet who teaches writing and literature, most recently at Pace University and at Seattle University.

New Year's Eve Celebration

Wednesday, December 31, 1:15pm

Close out 2025 in style at our classy New Year's Eve celebration. We'll enjoy refreshments and a beautiful performance from classically-trained musicians. Plus, mark the occasion at our NYE photo booth!



Pike Market Food Bank News

Thank you for your support!

We are deeply grateful for the outpouring of generosity our community has shown in response to the recent SNAP benefit interruption. Thanks to your donations and food purchases, the Pike Market Food Bank has been able to continue providing thousands of meals and grocery bags each week to our neighbors in need. Of course, times are still uncertain, and we still have plenty of work to do. So thank you for continuing to stand with us and helping ensure everyone has access to nourishing food.

If you're looking to help, please visit our website at pmsc-fb.org. Or, help us with an ongoing need: 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!

Happy Holidays from the Pike Market Senior Center & Food Bank!



Here are the details for all of the adjusted hours, special events, and closures at the end of 2025.

Wednesday, December 24: The Senior Center and Food Bank will both be open for regular hours. The Senior Center will be serving a special holiday 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.

Thursday, December 25: The Senior Center will open at 9am and close at 1pm. A cold breakfast will be served from 9:30-10:30am and a sandwich lunch will be served 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 Food Bank will be fully closed.

Wednesday, December 31: The Senior Center and Food Bank will both be open for regular hours. Plus, join us at the Senior Center at 1:15pm for a lovely New Year's Eve Celebration, with live music and refreshments.

Thursday, January 1: The Senior Center and Food Bank will both be CLOSED in observance of New Year's Day. We'll see you on January 2!



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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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