

Sign up for special events (on the calendar in **bold**) in the Activities Office, or contact Butter at butter@pm-sc-dtfb.org or 206-728-2773, ext. 108. For more info on events, call or visit our online calendar at www.p-msc-fb.org/activities.

New and Special Events

Tuesday, July 7, 10:45am — Estate Planning 101 with Holmquist + Gardiner Law Firm

Join us for an informational presentation on basic estate planning topics such as wills, powers of attorney, health care directives, and common planning issues. Get clear, practical information and ask questions of legal experts from a local law firm.

Sunday, July 12, 1:00pm — “Smartphone Class” Session 1

Sunday, July 26, 1:00pm — “Smartphone Class” Session 2

Build your smartphone skills and confidence with this four-part workshop. Learn how to use essential tools, avoid scams, and speed up your phone. This first two sessions will focus on foundational skills and apps. *Please note: A working smartphone and SIM card are required for this class.*

Monday, July 13, 1:15pm — Traditional Thai Dance Performance

Enjoy a special performance from PMSC member Pim! Pim is a regular performer at the Northwest Folklife Festival with her group, Siam Smile.

Thursday, July 23, Leaving the PMSC at 9:30am — Field Trip to Bainbridge Island

Enjoy a beautiful ferry ride and visit Bainbridge Island. We will leave the PMSC at 9:30am and walk to the Ferry Terminal together. We will take the 10:40am ferry to Bainbridge and return to Seattle on the 1:15pm ferry. To-go lunch will be provided. Once we arrive, we will visit the Bainbridge Island Senior Center to make some new friends.

The \$5.65 fare can be paid with your ORCA card if you have funds in your e-purse (but not with a monthly or annual pass). If needed, the PMSC will purchase a ticket for you. *Please note: Space is limited, sign up in the Activities Office. If you cannot make it, don't worry! We will take another trip to Bainbridge Island in August.*

Friday, July 24, 2:00pm - 4:00pm — Byrd Barr Place Energy Assistance Sign-Ups

Do you need help paying your utility bill? Staff from Byrd Barr Place will be at the Senior Center to help you apply for their Energy Assistance Program. *Please note: Space is limited, and not everyone is eligible for the program. Please speak with Member Services staff to make sure you are eligible and to sign up.*

Tuesday, July 28, 1:15pm — U.S. National Parks Presentation with Ranger Pat

Join retired park ranger, Pat Pilcher as he shares stories about his “dream job”, working at several National Park sites. The program will highlight the diversity and spectacular beauty of our national parks— the crown jewels of the United States that film maker Ken Burns called “America’s Best Idea.”

Parsley, Sage,
& Time
July 2026



*Celebrating 48 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 Saturday, July 4, in observance of Independence Day.

Because of this, the Senior Center will remain open on the first Thursday of the month, July 2.

The Food Bank will be closed for the first Thursday as normal.

Summer Fun at the Pike Market Senior Center

In classic Seattle fashion, July is jam-packed with events here at the PMSC! There's something for everyone, and of course, air conditioning all summer long.

Learn something new at the Senior Center! July is full of classes, workshops, and presentations, covering essential topics like estate planning and entertaining subjects like a former U.S. Park Ranger's “dream job.” Plus, our friendly tech volunteer Rajat is starting a new “Smartphone Class” series this month, with more classes coming next month.

Enjoy Seattle's beautiful summer weather! We're so excited to continue our summer tradition of field trips on the Washington State ferries. Join us on **Thursday the 23rd** for a visit to Bainbridge Island—and don't worry if sign-ups fills up, we'll be going back next month too! Plus, join our friend Shannon and her weekly Tuesday Walking Group for a stroll through Pike Place.



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!

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Senior Center Hours
		1 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	2 SENIOR CENTER OPEN, FOOD BANK CLOSED. The Senior Center will not close for Staff Day this month. 9:30-11:30 Threads Club (TES) 1:15 Weekly Women's Circle (Activity Room)	3/4 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help 1:15 Karaoke Saturday, July 4 SENIOR CENTER CLOSED in observance of Independence Day	Closed 1st Thursday of each month for staff meetings. Monday - Friday, 8am-4pm Saturday & Sunday, 8am-2pm Meal Service Daily Breakfast: 8:20am - 9am Weekday Lunch: 12pm - 1pm Weekend Lunch: 11:30am - 12:30pm
6 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo	7 9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 10:45 Estate Planning 101	8 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi	9 9:00 Food Bank Volunteering 9:30-11:30 Threads Club (TES) 11:00 Member Feedback Forum 1:15 Weekly Women's Circle (Activity Room) 1:15 Book Club with Ron (TES)	10 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help 1:15 July Birthday Party	Food Bank Hours 1531 Western Ave Level 5 of Parking Garage Phone: 206-626-6462 Closed 1st Thursday of each month for staff meetings. <i>Express Service:</i> Tuesday: 11am - 11:45am <i>Regular Service:</i> Tuesday: 12pm - 3pm Wednesday: 3pm - 7pm Thursday: 12pm - 3pm <i>Ready to Eat Bag Hours:</i> Monday: 10am - 3pm Tuesday: 10am - 3pm Wednesday: 12pm - 7pm Thursday: 10am - 3pm Friday: 9am - 12pm <i>Please note: Ready to Eat Bags are not "snack bags." They are for people without housing or those experiencing a food security emergency. Clients may come for a Ready to Eat Bag once each day.</i>
12/13 Sunday, July 12, 1:00 "Smartphone Class" Session 1 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Thai Dance Performance 1:15 Game Club w/ Summer (TES)	14 9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon	15 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	16 9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:15 Weekly Women's Circle (TES)	17/18 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help 1:15 Karaoke Saturday, July 18, 12:45 Spanish Convo Group (TES)	<i>Ready to Eat Bag Hours:</i> Monday: 10am - 3pm Tuesday: 10am - 3pm Wednesday: 12pm - 7pm Thursday: 10am - 3pm Friday: 9am - 12pm <i>Please note: Ready to Eat Bags are not "snack bags." They are for people without housing or those experiencing a food security emergency. Clients may come for a Ready to Eat Bag once each day.</i> 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)
20 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo	21 9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 1:15 Senior Science (TES)	22 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi	23 9:30 Field Trip to Bainbridge Island Senior Center 1:15 Weekly Women's Circle (Activity Room) 1:20 Juegos en Español (TES)	24 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help 2:00-4:00 Byrd Barr Energy Assistance Sign-Ups	
26/27 Sunday, July 26, 1:00 "Smartphone Class" Session 2 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Game Club w/ Summer (TES)	28 9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 1:15 U.S. National Parks Presentation with Ranger Pat	29 9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi	30 11:00 Veterans Club (TES) 1:15 Weekly Women's Circle (Activity Room)	31 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help	