

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

New and Special Events

Monday, Oct. 5 & 19, 10:00-11:00am, in the Activity Room — Ping Pong Party

Join volunteer Chen-Chen for some friendly competition at the ping pong table.

Tuesday, Oct. 6 & 13, 1:30-3pm, in the Activity Room — Drawing Art History w/ Cathy

Join volunteer Cathy in drawing famous art pieces from history. We will cover fundamentals such as linework, composition, form, value, and perspective. Each class will start with a short art history lesson about the artist and their piece. *Art supplies provided!*

Wednesday, October 7, 1:15pm, in The Extra Space (TES) — Salmon Talk

Jezella Peraza of the Seattle Aquarium's Cedar River Salmon Journey Program will come and discuss the Seattle region's fall salmon run. Learn about the life cycle of salmon and the importance of this intrepid creature to the ecosystem of the Pacific Northwest.

Fridays, Oct. 9-Nov. 6, 10:00-11:30am, in the Activity Room — Money Smarts Class

Our friends from the South Lake Union Capital One branch will be teaching a five-part Money Smarts class. *The Money Smart for Older Adults Program raises awareness among older adults and their caregivers on how to prevent fraud, scams, and other elder financial exploitation. The curriculum encourages advanced planning and informed financial decision-making.*

Wednesday, October 14, 1:15pm — Dance Party with DJ Mantequilla

Get ready to boogie to some tunes picked out by our very own DJ Mantequilla!

Tuesday, October 20, 1:15pm — Filipino American Heritage Month Celebration

October is recognized as Filipino American History Month to commemorate the arrival of the first Filipinos in the continental U.S. on October 18, 1587. Celebrate with us through food, music, and fun!

Friday, October 23, *Leaving the PMSC at 10:00am* — Bailadores de Bronce at the Moore

"Experience the vibrant heartbeat of southern Mexico through a dynamic showcase of traditional dance and music: powerful rhythms, colorful traditions, and expressive footwork." Bailadores de Bronce was formed at the UW in 1972 by a group of students as a product of the Civil Rights and Chicano movements. Join us for this beautiful performance! *Please note: space is limited, so if you sign up, please show up! Sign up at the Reception Desk, or contact Lyn at LynRedFox@pm-sc-dtfb.org or at 206-728-2773.*

Friday, October 23, 1:15pm — Día de los Muertos Celebration

El Día de los Muertos (Day of the Dead) is a Mexican tradition that celebrates the lives of loved ones who have passed. PMSC members and staff are invited to add photos or notes to a community *ofrenda*, share traditional treats, and watch *Coco* together. If you would like help printing photos of other memories of those who have passed, we are happy to help.

Parsley, Sage,
& Time

October 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.

Jumping into Fall at the Pike Market Senior Center

October is bringing changes to the weather, the leaves on the trees, and the calendar at the Pike Market Senior Center. We have many new activities and special events this month. Whether you want to learn something new, stay active, or celebrate the different cultures of the PMSC, there's something for everyone.

Learn something new! Two different educational programs are coming to the PMSC this month: First, join staff from the Seattle Aquarium on **Wednesday, October 7 at 1:15pm** to learn about the amazing migration of salmon across the Seattle river system. Then, starting **October 9**, we are very happy to welcome staff from the South Lake Union Capital One branch **every Friday morning from 10-11:30am in the Activity Room** for a new financial education series designed specifically for seniors.

Stay active at the Senior Center! Two new opportunities to get some exercise and have fun while doing it arrive in October. Join PMSC Volunteer Chen-Chen on **the 1st and 3rd Monday of each month from 10-11am in the Activity Room** for a Ping Pong Party. Or get up and dance to some groovy music from DJ Mantequilla, at **1:15pm on Wednesday, October 14**. Of course, we still have many other ways to stay active at the PMSC, from SAIL Fitness to Walking Group with Shannon.

Celebrate different cultures! We have three special events this month celebrating some of the many cultures that are part of the PMSC community. First, on **Tuesday, October 20, at 1:15pm**, we will celebrate Filipino American Heritage Month. Then, on **Friday, October 23**, we will see traditional Mexican folk dance from Bailadores de Bronce at the Moore Theatre at **10am**, and honor *Día de los Muertos* at the Senior Center at **1:15pm**.

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!

October 2026	Monday	Tuesday	Wednesday	Thursday	Friday	Senior Center Hours
				1	2	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
	5	6	7	8	9	Food Bank Hours 1531 Western Ave Level 5 of Parking Garage Phone: 206-626-6462 Closed 1st Thursday of each month for staff meetings.
	10:00-11:00 Ping Pong Party 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo	9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 1:30-3:00 Drawing Art History with Cathy	9:30-10:30 SAIL Fitness (TES) 1:15 Salmon Talk (TES) 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi	9:00 Food Bank Volunteering 9:00-1:00 Acupuncture 9:30-11:30 Threads Club (TES) 1:15 Weekly Women's Circle (Activity Room)	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:00-11:30 Money Smarts 10:30-12:00 Tech Help 1:15 October Birthday Party	<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:</i> <i>Ready to Eat Bags are not "snack bags."</i> <i>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	14	15	16	Senior Center and Food Bank 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)
	12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Game Club w/ Summer (TES)	9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 11:00 Member Feedback Forum 1:30pm Bunko Tournament 1:30-3:00 Drawing Art History with Cathy	9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin's Health Chat 1:15 Dance Party with DJ Mantequilla 1:30 Art with David 2:45 Tai Chi	9:00-1:00 Acupuncture 9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:15 Weekly Women's Circle (TES)	9:00-11:00 Dr. William Lee 10:00-11:30 Money Smarts 9:30-10:30 SAIL Fitness (TES) 10:30-12:00 Tech Help 1:15 Karaoke	
	19	20	21	22	23	
	10:00-11:00 Ping Pong Party 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo	9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon 1:15 Filipino American Heritage Month Celebration	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	9:00-1:00 Acupuncture 9:30-11:30 Threads Club (TES) 1:15 Weekly Women's Circle (Activity Room)	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:00 Field Trip: Bailadores de Bronce Show 10:00-11:30 Money Smarts 10:30-12:00 Tech Help 1:15 Día de los Muertos Celebration	
	26	27	28	29	30	
	12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Game Club w/ Summer (TES)	9:30-11:30 Threads Club (TES) 10:45 Walking Group w/ Shannon	9:30-10:30 SAIL Fitness (TES) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi	9:00-1:00 Acupuncture 9:30-11:30 Threads Club (TES) 1:15 Weekly Women's Circle (Activity Room)	9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 10:00-11:30 Money Smarts 10:30-12:00 Tech Help	