

# Parsley, Sage & Time

March 2022

## A few words from Zoé

It has been several weeks since you have received a newsletter. And in the most recent letter I sent you, I said that you would receive a 4 page Parsley, Sage, & Time for February. The pandemic had other ideas.

The activities I had hoped to schedule for February could not take place. I will admit to feeling disappointed and frustrated. I want ever so much to have the activity life return to the Senior Center. I know you do too.

We seem to be turning a corner. The outdoor mask mandate will have ended by the time you receive this. I feel confident that I can plan a few activities for April. After completing this newsletter I will start planning and writing about April.

Some of you attended the open houses of December 21 and February 14 where you voted on the programs and activities you want to see at the reopened Senior Center. I am currently searching for a Development Coordinator, a new position at the Senior Center, to work with me to make these things happen. The job is posted. I am hoping for a good response.

Until then you can enjoy the walking group, bingo, David's art class, the Thursday women's group, and the monthly birthday party. And don't forget to stop in for the acupuncture clinic. Read about these activities on the back page.

## March is Women's History Month

Women's History Month is an annual declared month that highlights the contributions of women to events in history and contemporary society. It is celebrated during March in the United States, the United Kingdom, and Australia, corresponding with International Women's Day on March 8.

The commemoration began in 1978 as Women's History Day in Sonoma County, California, and was championed by Gerda Lerner and the National Women's History Alliance to be recognized as a national week (1980) and then month (1987) in the United States, spreading internationally after that.

### *Why Do We Celebrate Women's History Month?*

Women's History Month is a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

(Collected from internet sources)



### A joke to tell your friends

I asked the IT guy, "How do you make a Motherboard?"  
He said, "I tell her about my job."



PIKE MARKET  
Senior Center Food Bank

# What's Happening Now at Your Senior Center

## Exercise with Zoom

SAIL - M, W, F at 9:30 a.m.

Yoga - M, W, F at 10:40 a.m.

Contact Zoë, 206.728.2773, ext 108 for more info

## Acupuncture

**Mondays at 1 p.m.** Your Senior Center hosts a free acupuncture clinic on Mondays at 1 p.m. in the Activity Room. Drop-ins welcome. Sponsored by Seattle Institute of Eastern Asian Medicine.

## BINGO returns to Pike Market Senior Center!

**Mondays, March 7 & 21, 1 p.m.**

## Health Clinic at the Senior Center

**Tuesday mornings, no appointment needed.**

- 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.

## Healthy Steps Walking Group with Shannon

**Tuesdays and Thursdays 11:15 a.m. to 11:45 a.m.**

Meet at Rachel the Pig.

## Seattle Public Library at The Commons

**1901 Western Ave., 2nd Wednesdays, 2:15-2:45**

The library is at The Commons the second Wednesday of each month. Browse books and other materials, and place holds for materials including WiFi hotspots.

## Calling all Bird Watchers

If you are interested in starting a bird watching group contact Zoë at 206.728.2773, ext. 108

## Art Class with David



**1st & 3rd Wednesdays, 1 p.m.,** in the Activity Room. David has a fun and unique approach to teaching art. Drop-ins welcome.

## Women's Group

**Thursdays at 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.

## The Birthday Party makes a come-back.



**Friday, March 25 at 1 p.m.**

This very popular monthly celebration features cake and live music. Join your friends at the Senior Center for a lively party honoring the day of your birth, and help others celebrate theirs.

## Poetry Corner

### March Morning

Edna Mead

A pale sun glints across the swirling drifts,  
Bent trees are crackling with a silver load,  
A wild gale shrieks in mischief as it lifts  
A stinging screen of flakes across the road.  
It seems midwinter still, and still the world  
Lies wrapped in sleep upon the year's high shelf,  
But March is such a rogue, his challenge hurled  
In fury cannot hide his other self.

A softer azure tints the sky's cold blue,  
Sometimes, for moments, all the wind is quiet,  
Ice jewels melt to tears the rendezvous  
Of ruffled sparrows teems with April riot.  
Still roars the lion, but the lamb is bolder,  
The madness has a subtle touch of play,  
The night was Winter, but the Spring grown older,  
Knows what a sham of Winter is today.

