

Parsley, Sage, & Time

August 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.

Explore Seattle's Great Outdoors this Month with the Pike Market Senior Center!

This August will be an adventure-filled month at the Pike Market Senior Center—or rather, *outside* of the Pike Market Senior Center! We have three different opportunities to get out and enjoy the beautiful nature of the Seattle area this month. On **Wednesday, August 13**, the annual PMSC Summer Picnic is moving to the iconic Bathhouse in gorgeous Golden Gardens Park. Then, on **Friday, August 15**, we'll be traveling to Bainbridge Island once again to enjoy the weather from the water. Finally, return to Discovery Park with our Forest Meditation trip on **Thursday, August 28**. Of course, there's still plenty of fun at the Senior Center itself, and always delicious meals! We'll see you there!



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 and Slow Yoga

Mondays & Wednesdays, 10 - 11am
in the Activity Room

Fridays, 10 - 11am 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.

At this time we are still searching for a new yoga instructor, and do not have a date for yoga classes returning to the PMSC.

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! *¡Habla español!*

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.

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! *¡Habla español!*
Antony is not at the Senior Center on the first Monday of the month.

POCAAN Health Clinic at PMSC

Tuesday, Aug. 5 & Aug. 19, 8:30am - 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!
Please note: Our friends from POCAAN will only be able to visit the PMSC once this month.

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 Summer Break from Aug. 18 until Sept. 1.

The Doctor Is In!

William Lee, MD - Board Certified, Internal Medicine
Fridays, 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.

Line Dancing with Chris

Wednesday, Aug. 6 & Aug. 20, 1:15pm

Come and learn line dances of all kinds with our experienced instructor Chris.
Please note: Chris will only be teaching one class this month.

Book Club with Olivia

Friday, Aug. 8 & Aug. 22, 11am - 12pm
in The Extra Space (TES)

Book club will meet twice a month to discuss our favorite books, read a monthly book together, and connect through conversation. Feel free to join whether you're an avid reader or just looking for a fun social gathering!

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, Aug. 4 & Aug. 18, 1:15pm

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

Karaoke

Friday, Aug. 1 & Aug. 15, 1:15pm

Now available twice a month! Bring your voice and your love of music. First-timers welcome! Even if you don't plan on singing, come and cheer on your friends.

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, August 21, 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.

Writing Class w/ Deborah Poe

Sunday, August 17, 12:30pm

Join published author and poet Deborah Poe for a monthly class, focusing on a new genre or subject each month. Deborah teaches writing and literature, most recently at Seattle University.



WEDNESDAY COFFEE!

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

Birthday Party

Friday, August 8, 1:15pm

Join your friends to honor and celebrate those members born in August. Enjoy live music along with your cake and ice cream.

A Group of Our Own

Formerly known as the "Women's Group"

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)

Now meeting twice a week! A weekly gathering of people who express their creativity by making things. Our members 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, August 21, 1:15pm
A Real Pain (2024)

At turns hilarious and heartfelt, *A Real Pain* follows mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) as they reunite for a tour through Poland to honor their beloved grandmother. But their adventure takes a dark turn when the odd couple's old tensions resurface against the backdrop of their family history.

MORE Ways we have
FUN, on page 6!

August 2025

Monday	Tuesday	Wednesday
4 10:00-11:00 SAIL Fitness 1:00-4:00 Acupuncture 1:15 Bingo	5 8:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES)	6 10:00-11:00 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
11 10:00-11:00 SAIL Fitness 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Puzzle Club with Summer (TES)	12 9:30-11:30 Threads Club (TES) 1:20 Spanish Conversation Group w/ Andrés (TES)	13 10:00-11:00 SAIL Fitness 11:30 PMSC Summer Picnic at Golden Gardens 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
17/18 Sunday, August 17, 12:30 Writing Class with Deborah Poe 10:00-11:00 SAIL Fitness 12:30-2:30 Medicare Q&A 1:15 Bingo	19 8:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES) 1:15 Senior Science (TES) 1:15 Conversation Group with Grace (Activity Room)	20 10:00-11:00 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
25 10:00-11:00 SAIL Fitness 12:30-2:30 Medicare Q&A 1:15 Puzzle Club with Summer (TES)	26 9:30-11:30 Threads Club (TES) 1:20 Spanish Conversation Group w/ Andrés (TES)	27 10:00-11:00 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi

Thursday	Friday
	1 9:00-11:00 Dr. William Lee 10:00-11:00 SAIL Fitness (TES) 1:15 Karaoke
7 SENIOR CENTER CLOSED for Staff Day	8/9 9:00-11:00 Dr. William Lee 10:00-11:00 SAIL Fitness (TES) 11:00 Book Club with Olivia (TES) 1:15 August Birthday Party Saturday, August 9, 1:00 Checkers Tournament
14 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)	15 8:15 Bainbridge Island Trip (Meet at Colman Dock) 9:00-11:00 Dr. William Lee 10:00-11:00 SAIL Fitness (TES) 1:15 Karaoke
21 9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:15 Film: <i>A Real Pain</i> (2024) 1:00 A Group of Our Own (TES)	22 9:00-11:00 Dr. William Lee 10:00-11:00 SAIL Fitness (TES) 11:00 Book Club with Olivia (TES)
28 9:00 Forest Meditation Trip 10:00 Veterans Club (TES) 1:00 A Group of Our Own (TES)	29 9:00-11:00 Dr. William Lee 10:00-11:00 SAIL Fitness (TES)

Senior Center Hours



Monday - Friday, 8am-4pm
Saturday & Sunday, 8am-2pm
Closed 1st Thursday of each month for staff meeting.

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
Christmas Day

Meal Service

Breakfast - every day
8:20am - 9am
Weekday Lunch
12pm - 1pm
Weekend Lunch
11:30am - 12:30pm



Food Bank

1531 Western Ave
Level 5 of Parking Garage
Phone: 206-626-6462



Hours

Express Service:
Tuesday: 11am—11:45am

Regular Service:
Tuesday: 12pm—3pm
Wednesday: 3pm—7pm
Thursday: 12pm—3pm

No-Cook Bag Hours:
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.

Conversation Group with Grace

Tuesday, August 19, 1:15pm,
in The Extra Space (TES)

Join friendly volunteer Grace on the first and third Tuesday of the month at this conversation group. Get to know friends new and old over a cup of coffee and some snacks. Don't know what to talk about? Pull a random topic out of the jar and mull it over! *Please note: Grace is only able to join us once this month.*

PMSC Veterans Club

Thursday, August 28, 10:00 - 11:30am,
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, Aug. 11 & Aug. 25, 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, Aug. 14, *Leaving the PMSC at 10am*

Senior Center members change the world! 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.

New & Special Events

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

Spanish Conversation Group

Tuesday, Aug. 12 & Aug. 26, 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 Checkers Tournament

Saturday, August 9, 1:00pm

Think you've got what it takes to be the Checkers Champion? Come test your skills and enjoy some friendly competition at the PMSC Checkers Tournament! Whether you're a seasoned player or just in it for the fun, all are welcome. Prizes, bragging rights, and a great time await—don't miss out! *Space is limited, sign up with Andrés!*

Forest Meditation Trip

Thursday, Aug. 28, *Leaving the PSMC 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: Only 20 people are allowed on this trip, so if you sign up, please attend.*

Feedback Forum

Thursday, August 14, 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.

The Annual PMSC Summer Picnic, now at Golden Gardens

Wednesday, August 13, 11:30-1:00pm

You must sign up at the Senior Center to attend!

This favorite summer tradition will look a little different this year, but will still have all the fun. Join us for barbeque, live music, and of course the beauty of Golden Gardens!

WHERE:

The Golden Gardens Bathhouse, *8498 Seaview Place NW, Seattle, 98117*

WHEN:

Golden Gardens Park is open all day. The Bathhouse will be open to us from 11:30-1:00pm. Lunch will be served from 12:00-1:00pm, with vegetarian and vegan options available upon request.

SUGGESTED TRANSPORTATION FROM DOWNTOWN:

The Metro #45 bus runs west along 85th Ave to the stairs at the East side of the park (stop at Loyal Way NW & NW 85th Street). You can connect to the #45 from downtown via either the D Line or E Line bus. *If you are not able to get to Golden Gardens on your own, please come to the PMSC and speak with us in advance so we can make accommodations for you.*

Field Trip to Bainbridge Island

Friday, August 15, *Meeting at Colman Dock at 8:15am*

Our July visit to Bainbridge Island was so popular, we just had to do it again!



If you were not able to join us last month, come with us on the ferry and enjoy the summer weather. We will take the 8:45am ferry to Bainbridge and return to Seattle on the 11:30am ferry. To-go breakfast will be provided due to the early start time. Once we arrive, we will visit the Bainbridge Island Senior Center to make some new friends. The \$5.10 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 that we will be meeting AT the ferry terminal, NOT at the PMSC.

The ferry terminal, also known as Colman Dock, is located at Pier 52 on the Seattle Waterfront, at 801 Alaskan Way, Seattle, 98104. The ferry terminal is a short walk from the PMSC, via Western Ave. You can also get to the ferry terminal on a Metro bus: #21, #56, #57, #113, #125, C line, and H line, stopping at Alaskan Way & Columbia Street. We will see you there at 8:15am!



85 Pike Street #200

Seattle, WA 98101

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Return Service Requested

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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