

# Parsley, Sage, & Time

February 2026



PIKE MARKET  
Senior Center  
& Food Bank

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 Monday, February 16, in observance of Presidents Day.**

## Making the Most of the Shortest Month at the PMSC

February might have only 28 days (one of which is a holiday, no less), but we still have lots of special activities and programs planned for this month!

We're very excited to welcome back some familiar friends to the Senior Center, like **Dr. Tracy Mallette**, who returns for her beloved **Senior Science Class** on **Tuesday, Feb. 17**. And of course, it wouldn't be Black History Month without the chance to dance alongside the fabulous **Central Sliders!** Get up and groove with them on **Thursday, Feb. 19**.

We'll be celebrating Black History Month in other ways, too. Explore Northwest art and history with **a guided tour of the Northwest African American Museum on Thursday, Feb. 26**. Or learn about it from the comfort of the Senior Center at our **Black History Month Celebration** on



**Tuesday, Feb. 10**, featuring a delicious meal and a local documentary. For a more thrilling experience of Black film, catch our screening of *Sinners*, the 2025 horror movie up for 16 Oscars, at our **Film Event** on **Tuesday, Feb. 24**.

Of course, for any of these activities you'll need your PMSC membership card. Update yours for 2026 at our **Membership Renewal Party** on **Thursday, Feb. 12**.

*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, and 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.

## **Yoga with Yazzi**

Mondays & Wednesdays,  
10:30 - 11:30am, in the Activity Room

New instructor Yazzi is bringing her signature chair yoga to the PMSC. Beginners welcome!

## **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.*

## **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.

## **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  
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.

*Please note, Dr. Lee is not available on Friday, February 27 this month.*

## **Line Dancing with Chris**

Wednesday, Feb. 4 & Feb. 18, 1:15pm

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

## **WEDNESDAY COFFEE!**



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

# Ways we have FUN, LEARN, and CREATE

## B-I-N-G-O!

Monday, February 2, 1:15pm

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

## Karaoke

Friday, February 6 & February 20, 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, February 12, 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](http://spl.org) for more info.

MORE Ways we have  
FUN, on page 6!

## Birthday Party

Friday, February 13, 1:15pm

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

## Weekly Women's Circle

Thursdays, 1 - 3pm, in The Extra Space (TES)

Join this welcoming gathering of Senior Center women for tea and supportive conversation.

Sponsored by Valley Cities staff. *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! *Please note that Threads Club does not meet on the last Thursday of the month due to a scheduling conflict with the Veterans Club.*

## Film Event

Tuesday, February 24, 1:15pm  
*Sinners (2025)*

Nominated for 16 Oscars, this film directed by Ryan Coogler has been praised for its unique storytelling and powerful soundtrack. Trying to leave their troubled lives behind, twin brothers (both played by Michael B. Jordan) return to their hometown to start again, only to discover that an even greater evil is waiting to welcome them back.

*Please note: Sinners is a horror movie! If you don't like violent scary movies, it might not be for you.*

# February 2026

| Monday   | Tuesday  | Wednesday  |
|--|--|--|
|  | 2  | 3  |
| 9:30-10:30 SAIL Fitness<br>10:30-11:30 Yoga w/ Yazzi<br>1:00-4:00 Acupuncture<br>1:15 Bingo<br>1:20 Spanish Conversation Group (TES)       | 9:30-11:30 Threads Club (TES)<br>2:00 Tech 101 with Rajat  | 9:30-10:30 SAIL Fitness<br>10:30-11:30 Yoga w/ Yazzi<br>11:30 Dr. Erin's Health Chat<br>1:15 Line Dancing with Chris<br>1:30 Art with David 2:45 Tai Chi |
|  | 9  | 10   |
| 9:30-10:30 SAIL Fitness<br>10:30-11:30 Yoga w/ Yazzi<br>12:30-2:30 Medicare Q&A<br>1:00-4:00 Acupuncture<br>1:15 Game Club w/ Summer (TES) | 9:30-11:30 Threads Club (TES)<br>2:00 Tech 101 with Rajat<br><b>1:15 Black History Month Celebration</b> | 9:30-10:30 SAIL Fitness<br>10:30-11:30 Yoga w/ Yazzi<br>11:30 Dr. Erin's Health Chat<br>1:30 Art with David 2:45 Tai Chi                                 |
| <b>Monday, Feb. 16</b><br><b>SENIOR CENTER CLOSED</b><br><b>in observation of</b><br><b>Presidents' Day</b>                                | 16   | 17   |
|  | 9:30-11:30 Threads Club (TES)<br><b>1:15 Senior Science (TES)</b><br>2:00 Tech 101 with Rajat            | 9:30-10:30 SAIL Fitness<br>10:30-11:30 Yoga w/ Yazzi<br>11:30 Dr. Erin's Health Chat<br>1:15 Line Dancing with Chris<br>1:30 Art with David 2:45 Tai Chi |
|  | 23   | 24   |
| 9:30-10:30 SAIL Fitness<br>10:30-11:30 Yoga w/ Yazzi<br>12:30-2:30 Medicare Q&A<br>1:00-4:00 Acupuncture<br>1:15 Game Club w/ Summer (TES) | 9:30-11:30 Threads Club (TES)<br>1:15 Film: <i>Sinners</i> (2025)<br>2:00 Tech 101 with Rajat            | 9:30-10:30 SAIL Fitness<br>10:30-11:30 Yoga w/ Yazzi<br>11:30 Dr. Erin's Health Chat<br>1:30 Art with David 2:45 Tai Chi                                 |
|  |  | 25   |

# Thursday

# Friday

5

**SENIOR CENTER  
CLOSED  
for Staff Day**

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9:00-11:00 Dr. William Lee  
9:30-10:30 SAIL Fitness (TES)  
1:15 Karaoke

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9:30-11:30 Threads Club (TES)  
10:00 PMSC Volunteering at  
the Food Bank  
11:00 Member Feedback Forum  
1:00 Weekly Women's Circle (TES)  
**1:00 2026 Membership  
Renewal Party**

13

9:30-10:30 SAIL Fitness (TES)  
1:15 February Birthday Party

19

9:30-11:30 Threads Club (TES)  
10:30 Market Discoveries w/ Pam  
1:00 Weekly Women's Circle (TES)  
**1:30 Dance Party with the  
Central Sliders**

20

9:00-11:00 Dr. William Lee  
9:30-10:30 SAIL Fitness (TES)

26

10:00 Veterans Club (TES)  
1:00 Weekly Women's Circle (TES)  
**1:00 Visit to the NW African  
American Museum**

27

9:30-10:30 SAIL Fitness (TES)  
1:15 Karaoke

## 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 (Limited hours)  
Christmas Day (Limited hours)

## 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.

## Spanish Conversation Group

Monday, February 2, 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!)

## Game Club with Summer

Monday, Feb. 9 & Feb. 23, 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, Feb. 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, February 12, 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 in the Activities Office, or contact Butter at [butter@pmsc-dfb.org](mailto:butter@pmsc-dfb.org) or 206-728-2773, ext. 108.*

## Tech 101 with Rajat

Tuesdays, 2 - 3pm

Whether you have a specific issue or just want general tips for using your phone/tablet/computer safely, friendly expert Rajat is here to help. For a one-on-one appointment, please sign up in advance.

## Senior Science with Dr. Tracy

Tuesday, February 17, 1:15pm  
in The Extra Space (TES)

*Our favorite scientist is back!*

Tracy Mallette, Ph.D is a biomedical engineer doing research at the UW. She is passionate about scientific research and baking cookies. The classes will consist of an hour of science talk, a fun activity, and Dr. Tracy's home-made cookies.

## PMSC Veterans Club

Thursday, February 26, 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. We build camaraderie, support one another, and help each other access Veterans' resources.

*This month, we are excited to welcome Megan Bott, the Homeless Primary Care Social Work Supervisor at the Seattle VA Medical Center, who will be speaking about ways she and her team help veterans of all kinds.*



## Black History Month Events at the Pike Market Senior Center

Join us this month for a variety of events celebrating African American culture, history, and community!

### Black History Month Celebration

Tuesday, February 10, 1:15pm

We'll first enjoy a fantastic lunch from our amazing Meals Program team, and then watch a short documentary on local history, *A Central Vision*. This 30-minute film by Inye Wokoma and the City of Seattle's Office of Planning and Community Development (OPCD) takes a look at the history—and future—of Seattle's Central Area neighborhood.

### Get Up and Dance with the Central Sliders

Thursday, February 19, 1:30pm

We are so excited to welcome our friends from the Central Area Senior Center back to the PMSC! The Sliders are the line dancing crew at the Central, and they know how to bring the party. They'll show off some of their moves, and then invite you to dance and groove alongside them.

### Field Trip: The Northwest African American Museum

Thursday, February 26, *leaving the PMSC at 1pm*

Come with us on a guided tour of the Northwest African American Museum (NAAM) featuring local Black art, history, and community. Since 2008, the NAAM has been a “gathering place of hope, help, and healing for the entire Northwest region that is building intergenerational cultural wealth.” Their mission is to use “Black heritage to cultivate healing and hope for all.” *Please note: Space is limited, please contact PMSC staff in advance to reserve your spot.*

### Membership renewal party

Thursday, February 12, 1pm

Change out that old 2025 membership card for a shiny new one! If you haven't yet renewed your PMSC membership for the new year, join our paperwork party and snack on cookies while you get it done. If you've already renewed, you get a cookie too! You've earned it.

If you can't make it, don't worry. PMSC membership cards from previous years don't “expire,” so you can just update it the next time you come by. Just ask anyone on the friendly Member Services team, and fill out the paperwork.



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Seattle, WA 98101

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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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