

Parsley, Sage, & Time

January 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 Thursday, January 1, for New Year's Day, and on Monday, January 19, in observance of Martin Luther King Jr. Day.

Happy New Year from the Pike Market Senior Center!

A warm 2026 welcome from Pamela Hinckley, our Executive Director

As we step into 2026, the Pike Market Senior Center & Food Bank sends our warmest wishes for a healthy and hopeful new year. The Market has always been a place where people look out for one another, and that spirit of care continues to shape all we do.

Our team is honored to serve such a resilient and welcoming community—neighbors lending a hand, sharing a laugh, and sticking together. Being part of the Pike Place community means being part of something larger: the Soul of Seattle, where neighbors, businesses, volunteers, and social services all support one another.

In the year ahead, we look forward to sharing a full calendar of activities, nourishing meals, groceries, and many moments of togetherness. Whether it's a familiar routine or something new to try, we're excited for all the ways we'll continue to gather and connect, together.

As always, your ideas and feedback are welcome. Please feel free to email me at pamela@pmsc-dtfb.org.

With appreciation and best wishes for the year ahead,
Pamela Hinckley
Executive Director, Pike Market Senior Center & Food Bank



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

Friday, Jan 2, Jan 16, & Jan 30, 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, Jan 9. or Jan 23 this month.

Line Dancing with Chris

Wednesday, Jan. 7 & Jan. 21, 1:15pm

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

Please note, Chris is only available on Jan. 21 this month, but our friend Suzanne will be here on Jan. 7 as a substitute dance instructor.

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, January 5, 1:15pm

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

Karaoke

Friday, January 2 & January 16, 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, January 15, 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 for more info.



WEDNESDAY COFFEE!

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

Birthday Party

Friday, January 9, 1:15pm

Join us to honor and celebrate those members born in December. 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!

Film Event

Thursday, January 22, 1:15pm
Jay Kelly (2025)

Famous movie actor Jay Kelly (George Clooney) embarks on a journey of self-discovery, confronting his past and present with his devoted manager Ron (Adam Sandler). Poignant and humor-filled, pitched at the intersection of regrets and glories.

MORE Ways we have
FUN, on page 6!

January 2026

Monday	Tuesday	Wednesday
5	6	7
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Conversation Group (TES)	9:30-11:30 Threads Club (TES)	9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Suzanne 1:30 Art with David 2:45 Tai Chi
12	13	14
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 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)	9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
18/19 Sunday, Jan. 18, 12:30 Writing class w/ Deborah Poe Monday, Jan. 19 SENIOR CENTER CLOSED in observation of Martin Luther King Jr. Day	20	21
26	27	28
9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 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)	9:30-10:30 SAIL Fitness 10:30-11:30 Yoga w/ Yazzi 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi

Thursday	Friday	Senior Center Hours
SENIOR CENTER CLOSED in observation of New Year's Day	1 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke	2  Monday - Friday, 8am-4pm Saturday & Sunday, 8am-2pm Closed 1st Thursday of each month for staff meeting.
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)	8 9:30-10:30 SAIL Fitness (TES) 1:15 January Birthday Party	9 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)
9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:00 Weekly Women's Circle (TES)	15 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke	16  Meal Service Breakfast - every day 8:20am - 9am Weekday Lunch 12pm - 1pm Weekend Lunch 11:30am - 12:30pm
9:00 Forest Meditation Trip 9:30-11:30 Threads Club (TES) 1:00 Weekly Women's Circle (TES) 1:15 Film: <i>Jay Kelly</i> (2025)	22 9:30-10:30 SAIL Fitness (TES)	23  Food Bank 1531 Western Ave Level 5 of Parking Garage Phone: 206-626-6462
9:30-11:30 Threads Club (TES) 10:00 Veterans Club 1:00 Weekly Women's Circle (TES)	29 9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES)	30  Hours <i>Express Service:</i> Tuesday: 11am—11:45am <i>Regular Service:</i> 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, January 5, 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 Veterans Club

Thursday, January 29, 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. Together, we build camaraderie, support one another, and help each other access Veterans' resources.

Game Club with Summer

Monday, Jan. 12 & Jan. 26, 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, Jan. 8, *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.

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.

Forest Meditation Trip

Thursday, January 22,
Leaving the PMSC at 9am

Rescheduled from December!

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: These trips are limited to 20 people. If you sign up for this event, please show up!

Writing Class w/ Deborah Poe

Sunday, January 18, 12:30pm

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

Feedback Forum

Thursday, January 8, 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.

Brrrr! Winter Tips & Advice

Being informed and prepared can help lessen risks during the colder months.

Older adults have a higher chance of being affected by cold weather. Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold, which can turn into a dangerous health issue quickly.

Some common chronic medical conditions (like diabetes, thyroid problems, Parkinson's disease, heart disease, circulation problems, and arthritis) can make it harder to stay warm. Some medications can affect body heat, too. These include prescription medications and those bought over the counter, such as some cold medicines. Ask your doctor if medications you take may affect body heat.

Hypothermia occurs when your body temperature drops to a dangerous level. Warning signs include: cold skin that is pale or ashy; feeling very tired, confused and sleepy; feeling weak; problems walking; slowed breathing or heart rate. Note: Shivering is not a reliable warning sign because older people tend to shiver less or not at all when their body temperature drops.

Winter tips: Dress smart—layer up! Wearing 2 or 3 thinner layers of loose-fitting clothing is warmer than a single layer of thick clothing. If you use a cane, replace the rubber tip before it is worn smooth. You can get a new tip at the PMSC. Make sure space heaters are at least 3 feet away from anything that might catch fire, like curtains or bedding.

Be smart, and be safe this winter! For more information and advice, visit: www.HealthInAging.org/tools-and-tips/tip-sheet-winter-safety-older-adults

The Interesting History of "King" County's Name

The PMSC will be closed on Monday, Jan. 19 in observance of Martin Luther King Jr. Day. But did you know the story behind Dr. King's connection with King County, WA?

From HistoryLink.org: King County, Washington's largest county, is the first county in the nation to be named in honor of the Reverend Dr. Martin Luther King Jr. (1929-1968), the celebrated civil rights leader and advocate of nonviolence. The county has been "King County" since it was created in 1852, before the establishment of Washington Territory, by the Oregon Territorial Legislature. However it was originally named in honor of William Rufus de Vane King (1786-1853), who was elected vice president the year of its creation. Among other things, William King was a slaveholder. In 1986, the King County Council passed a motion naming the county in honor of Dr. Martin Luther King Jr. That action went relatively unnoticed until 1999, when councilmember Larry Gossett (b. 1945) moved to replace the county's crown logo with an image of Dr. King. In the debate, it was noted that only the state legislature had the power to rename a county. Efforts to pass the necessary legislation succeeded in 2005, officially renaming the county for Martin Luther King. After a design process, a new logo was unveiled in 2007. Dr. King's likeness was phased in gradually over the ensuing five years as the official county flag and emblem.

For more on the history of the name of our county, visit www.HistoryLink.org/File/11261.



King County



85 Pike Street #200
Seattle, WA 98101

NON-PROFIT
US POSTAGE PAID
SEATTLE, WA
PERMT 12481

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!

In this issue

Happy New Year!

Calendar

Winter Tips for Seniors

The History of "King" County's Name

page 1

pages 4, 5

page 7

page 7