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

## New and Special Events

### Friday, November 6, 10:00-11:30am — 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.*

### Tuesday, Nov. 10, 12, & 17, 1:30-3pm, in The Extra Space (TES) — Drawing Art History

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!*

### Tuesday, November 10, 1:30-4pm — Health & Wellness Fair

*In collaboration with the Pike Place Market PDA*
Learn how to get the most out of your insurance benefits, talk to local healthcare providers, and get tips & tricks to improve your wellness. Plus, snacks, music, goodie bags, and a raffle!

### Friday, Nov. 13, *Leaving the PMSC at 10:45am* — Field Trip to Tidelands Art Gallery

Tidelands is a Native art gallery, podcast incubator, photography studio, community gathering space and boutique. Their goal is to "*create a thriving, Indigenous-owned creative space that redefines the narrative of Native America.*" We will walk together from the Senior Center to the gallery, which is close by.

### Wednesday, November 1, 1:30pm — Annual Meeting with the Board of Directors

The Annual Meeting is an opportunity for the clients to meet the governing board and ask questions. There will be a brief presentation followed by an open forum.

### Thursday, November 19, 1:15pm — Native American Heritage Month Celebration

Join us for a delicious lunch of local foods, including wild salmon and roasted squash. Then, hear from a special guest about her experiences growing up both in and out of her native culture, and her traditional beadwork artistry.

### Wednesday, November 25, 1:15pm — Dance Party with DJ Butter

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

### Thursday, November 26, Thanksgiving Day at the PMSC, open 9:00am-2:00pm

On Thanksgiving Day, our friends at the Atrium Kitchen will be serving a hot breakfast from 7:30am - 10:30am. The Senior Center will open at 9am, and we will serve a special Thanksgiving meal from 11:30am - 12:30pm. Regularly scheduled clubs, classes, and events will be cancelled or rescheduled. The Pike Market Food Bank will be closed on Thanksgiving Day. Thank you, and Happy Holidays!


# Parsley, Sage, & Time

November 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 Wednesday, November 11, in observance of Veterans Day. For Thanksgiving hours, please see the back page.**

## November Celebrations in Pike Place Market!

This month is filled with activities, fairs, and celebrations at the Pike Market Senior Center. We are very excited to offer a Thanksgiving feast again this year, on **Thursday, November 26**! Please see the back page for all of the festive details, including our adjusted holiday hours. Of course, the holidays can also be a stressful time, so be sure to look after your health by coming to our Health & Wellness Fair on **Tuesday, November 10, from 1:30-4pm**. Or join the Seattle Institute of East Asian Medicine for one of their twice-weekly acupuncture sessions hosted here at the Senior Center, on **Monday afternoons and Thursday mornings**.

November is also Native American Heritage Month, which we are celebrating at the Pike Market Senior Center on **Thursday, November 19 at 1:15pm**. We will also take a walk to the new Tidelands Native Art Gallery, on **Friday, November 13, leaving at 10:45am**. 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. The Duwamish people have been in the Seattle/Greater King County area since time immemorial. They are the First People of the city of Seattle, which took its name from the Duwamish leader Chief Si'ahl. Learn more at www.duwamishtribe.org.

*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!*

# November 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>10:00-11:00 Ping Pong Party<br>12:30-2:30 Medicare Q&A<br>1:00-4:00 Acupuncture<br>1:15 Bingo | **3**<br>9:30-11:30 Threads Club (TES)<br>11:00 Walking Group w/ Shannon | **4**<br>9:30-10:30 SAIL Fitness (TES)<br>1:15 Line Dancing with Chris<br>1:30 Art with David 2:45 Tai Chi | **5**<br>**SENIOR CENTER AND FOOD BANK CLOSED for Staff Day** | **6**<br>9:30-10:30 SAIL Fitness (TES)<br>**10:00-11:30 Money Smarts**<br>10:30-12:00 Tech Help<br>1:15 Karaoke |
| **9**<br>12:30-2:30 Medicare Q&A<br>1:00-4:00 Acupuncture<br>1:15 Game Club w/ Summer (TES) | **10**<br>9:30-11:30 Threads Club (TES)<br>11:00 Walking Group w/ Shannon<br>1:30-3:00 Drawing Art History with Cathy<br>**1:30-4:00 Health & Wellness Fair** | **11**<br>**SENIOR CENTER AND FOOD BANK CLOSED in observance of Veterans Day** | **12**<br>9:00 Food Bank Volunteering<br>9:00-1:00 Acupuncture<br>9:30-11:30 Threads Club (TES)<br>1:30 Weekly Women's Circle (Activity Room)<br>1:30-3:00 Drawing Art History with Cathy | **13**<br>9:00-11:00 Dr. William Lee<br>9:30-10:30 SAIL Fitness (TES)<br>10:30-12:00 Tech Help<br>**10:45 Field Trip to Tidelands Art Gallery**<br>1:15 November Birthday Party |
| **16**<br>10:00-11:00 Ping Pong Party<br>12:30-2:30 Medicare Q&A<br>1:00-4:00 Acupuncture<br>1:15 Bingo | **17**<br>9:30-11:30 Threads Club (TES)<br>11:00 Walking Group w/ Shannon<br>1:30-3:00 Drawing Art History with Cathy | **18**<br>9:30-10:30 SAIL Fitness (TES)<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<br>**1:30 Annual Meeting with the Board of Directors** | **19**<br>9:00-1:00 Acupuncture<br>9:30-11:30 Threads Club (TES)<br>10:30 Market Discoveries w/ Pam<br>**1:15 Native American Heritage Month Event**<br>1:30 Weekly Women's Circle (TES) | **20**<br>9:00-11:00 Dr. William Lee<br>9:30-10:30 SAIL Fitness (TES)<br>10:30-12:00 Tech Help<br>1:15 Karaoke |
| **23**<br>12:30-2:30 Medicare Q&A<br>1:00-4:00 Acupuncture<br>1:15 Game Club w/ Summer (TES) | **24**<br>9:30-11:30 Threads Club (TES)<br>11:00 Walking Group w/ Shannon | **25**<br>9:30-10:30 SAIL Fitness (TES)<br>11:30 Dr. Erin's Health Chat<br>**1:15 Dance Party with DJ Butter**<br>1:30 Art with David 2:45 Tai Chi | **26**<br>**Thanksgiving Day**<br>**PMSC *open* from 9am-2pm**<br>**Special Thanksgiving meal from 11:30am-12:30pm**<br>**Food Bank closed.** | **27**<br>9:00-11:00 Dr. William Lee<br>9:30-10:30 SAIL Fitness (TES)<br>10:30-12:00 Tech Help |
| **30**<br>12:30-2:30 Medicare Q&A<br>1:00-4:00 Acupuncture | | | | |

## Senior Center Hours

**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

## Food Bank Hours

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

**Closed 1st Thursday of each month for staff meetings.**

*Express Service:*
Tuesday: 11am - 11:45am

*Regular Service:*
Tuesday: 12pm - 3pm
Wednesday: 3pm - 7pm
Thursday: 12pm - 3pm

*Ready to Eat Bag Hours:*
Monday: 10am - 3pm
Tuesday: 10am - 3pm
Wednesday: 12pm - 7pm
Thursday: 10am - 3pm
Friday: 9am - 12pm
*Please note:*
*Ready to Eat Bags are not "snack bags." 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.*

## 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)