

Parsley, Sage, & Time

July 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.

**Please note: the Pike Market Senior Center and Food Bank will be
CLOSED on Friday, July 4, in observance of Independence Day.**

**Because of this, the Senior Center will remain open on
the first Thursday of the month, July 3.**

The Food Bank will be closed for the first Thursday as normal.

Enjoy Summer with Your Friends at the Pike Market Senior Center!

Seattleites know we have to take advantage of the sun while it lasts—so get outside with us! We will be taking field trips on **Tuesday, July 15** and **Thursday, July 24** to get near the water and in the sun. Prefer to stay cool indoors? Relax in the AC at the Senior Center and join one of our many groups, like **Book Club** or our **Spanish Conversation Group**. No matter how you enjoy the summer, **stay cool with the tips on Page 7!**



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

Coming soon! See page 6 for more information.

SAIL Fitness is returning to the PMSC! We will be testing a new program in July, and will have it on the calendar in August. Please see page 6 for more details, or talk to Member Services Staff.

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, July 15, 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.

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, July 16, 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, July 11 & July 25, 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, July 7 & July 21, 1:15pm

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

Karaoke

Friday, July 18, 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, July 17, 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.

Birthday Party

Friday, July 11, 1:15pm

Join your friends to honor and celebrate those members born in July. 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, July 17, 1:15pm
The Ballad of Wallis Island (2025)

In this quirky and delightful comedy, an eccentric lottery winner who lives alone on a remote island tries to make his fantasies come true by getting his favorite musicians to perform at his home.

MORE Ways we have
FUN, on page 6!



WEDNESDAY COFFEE!

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

July 2025

Monday	Tuesday	Wednesday
	1 9:30-11:30 Threads Club (TES) 1:15 Conversation Group with Grace (TES)	2 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
7 1:00-4:00 Acupuncture 1:15 Bingo	8 9:30-11:30 Threads Club (TES) 1:15 Spanish Conversation Group (TES)	9 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
14 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Puzzle Club with Summer (TES)	15 8:30-1:00 POCAAN Nurses 9:15 Senior Science Field Trip 9:30-11:30 Threads Club (TES) 1:15 Conversation Group with Grace (TES)	16 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
20/21 Sunday, July 20, 12:30 Writing Class with Deborah Poe 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo	22 9:30-11:30 Threads Club (TES) 1:15 Spanish Conversation Group (TES)	23 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
28 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Puzzle Club with Summer (TES)	29 9:30-11:30 Threads Club (TES)	30 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi

Thursday	Friday
<p>3</p> <p>SENIOR CENTER OPEN, FOOD BANK CLOSED. The Senior Center will not close for Staff Day this month.</p> <p>9:30-11:30 Threads Club (TES) 1:00 A Group of Our Own (TES)</p>	<p>4</p> <p>SENIOR CENTER CLOSED in observance of Independence Day</p>
<p>10</p> <p>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)</p>	<p>11</p> <p>9:00-11:00 Dr. William Lee 11:00 Book Club with Olivia (TES) 1:15 July Birthday Party</p>
<p>17</p> <p>9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:15 Film: <i>The Ballad of Wallis Island</i> (2025) 1:00 A Group of Our Own (TES)</p>	<p>18</p> <p>9:00-11:00 Dr. William Lee 1:15 Karaoke</p>
<p>24</p> <p>10:00 Field Trip to the Bainbridge Island Museum of Art 1:00 A Group of Our Own (TES)</p>	<p>25</p> <p>9:00-11:00 Dr. William Lee 11:00 Book Club with Olivia (TES)</p>
<p>31</p> <p>10:00 Veterans Club (TES) 1:00 A Group of Our Own (TES)</p>	

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, July 1 & July 15, 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!

Writing Class w/ Deborah Poe

Sunday, July 20, 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.

PMSC Veterans Club

Thursday, July 31, 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, July 14 & July 28, 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!

Feedback Forum

Thursday, July 10, 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.



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New & Special Events

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

Spanish Conversation Group

Tuesday, July 8 & July 22, 1:15pm
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!)

Volunteering at the Food Bank

Thursday, July 10, *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.

SAIL Fitness at the PMSC

Class dates and times to be determined.
Please speak to Member Services staff.

SAIL Fitness is returning to the PMSC! Our very own staff members, Brandon and Butter, have gotten their teaching certifications. Throughout July, they will be testing out different class formats and schedules to find the best fit for our community. By August, we will have regularly scheduled SAIL classes back on the calendar. Please share your thoughts with them! For details on when classes will be, please speak to Member Services staff.

July Field Trips with the Pike Market Senior Center

This month we have two great opportunities for you to enjoy the beautiful Seattle summer weather. As with all special events, *space is limited*, so please contact Sam or look for a sign-up sheet at the Member Services Desk to ensure your spot!

Senior Science at the Ballard Locks

Tuesday, July 15, *Leaving the PMSC at 9:15am*

This month, Dr. Tracy Mallette is taking her Senior Science lesson out of the classroom! She will be travelling to the Ballard Locks for a private tour with the US Army Corps of Engineers. We will learn about the hundreds of thousands of salmon who pass through the Locks each year, as well as the engineering and environmental science behind the iconic structure itself. We will meet at the Senior Center and take the #33 bus together to go to the Locks. The tour will last approximately one hour, and we will return to the PMSC for lunch service. *Please note that while this tour is ADA accessible, it involves a fair amount of walking.*

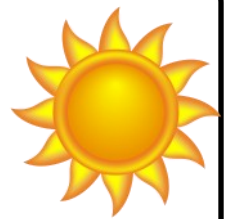
Field Trip to the Bainbridge Island Museum of Art

Thursday, July 24, *Leaving the PMSC at 10:00am*

There's no better way to enjoy summer in Seattle than from the water, so join us on a ferry ride to Bainbridge Island! Once we arrive, we will be visiting the beautiful Bainbridge Island Museum of Art, where we will get a personal tour of the museum and its exhibitions. Packed lunches will be provided by the PMSC for us to enjoy once we get to Bainbridge. We will meet at the Senior Center and walk together to the ferry terminal at Coleman Dock to catch the 10:40am ferry. *If you are not able to walk to the ferry terminal, please let Sam know in advance so we can make arrangements!*



Staying Safe When It's Too Darn Hot



When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool this summer.

Stay away from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces, like the Senior Center, or the library.

Stay hydrated. Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

Dress appropriately. Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro!

For more information, ask Senior Center staff for helpful flyers or pamphlets. Or, read more online from trusted sources, like the National Institute on Aging, at:

<https://www.nia.nih.gov/health/safety/hot-weather-safety-older-adults>



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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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