

Parsley, Sage, & Time

September 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 Monday, September 1, in observance of Labor Day.**

Connect, Learn, and Grow at the Pike Market Senior Center

We're never too old to learn something new, so why not try a new activity this month at the Senior Center? **Line Dancing** (on Wednesdays, the 3rd and the 17th) is a fun, beginner-friendly way to get some exercise. Learn a new fun fact at **Senior Science with Dr. Tracy** on Tuesday the 16th, or learn about local history at this month's **Hispanic Heritage Month Celebration** on Thursday the 18th. Or dabble in the arts: **Art Class with David** is every Wednesday, and Grace is leading a **Visit to the Seattle Art Museum** on Saturday the 13th. No matter your interest, there's something new to try at the Pike Market Senior Center this month. Not sure where to start? Ask us!



*Learn about and celebrate Latino culture with us at our
Hispanic Heritage Month Celebration on Thursday, September 18!*

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, 9:30 - 10:30am
in the Activity Room

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

POCAAN Health Clinic at PMSC

Tuesday, Sept. 2 & Sept. 30, 9:30am - 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!

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, September 5, 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 will only be able to visit the PMSC once this month.

Line Dancing with Chris

Wednesday, Sept. 3 & Sept. 17, 1:15pm

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

Please note: While Chris is not available on Sept. 3rd, her friend and fellow dance instructor Suzanne will be stepping in to substitute.

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, September 15, 1:15pm

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

Karaoke

Friday, Sept. 5 & Sept. 19, 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, September 18, 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, September 12, 1:15pm

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

A Group of Our Own

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, September 18, 1:15pm
No (2012)

In 1988, military dictator Augusto Pinochet calls for a referendum to decide his permanence in power. The leaders of the opposition persuade a young daring advertising executive to head their campaign. With limited resources and under the constant scrutiny of the despot's watchmen, the team conceives of a bold plan to win the election and free their country from oppression.

MORE Ways we have
FUN, on page 6!

September 2025

Monday	Tuesday	Wednesday
<p>1</p> <p>SENIOR CENTER CLOSED in observance of Labor Day</p>	<p>2</p> <p>9:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES)</p>	<p>3</p> <p>9:30-10:30 SAIL Fitness 11:30 Dr. Erin's Health Chat 1:15 Line Dancing w/ Suzanne 1:30 Art with David 2:45 Tai Chi</p>
<p>8</p> <p>9:30-10:30 SAIL Fitness 1:00-4:00 Acupuncture 1:15 Puzzle Club w/ Summer (TES)</p>	<p>9</p> <p>9:30-11:30 Threads Club (TES)</p>	<p>10</p> <p>9:30-10:30 SAIL Fitness 10:30-11:30 Yoga with Yazzi 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi</p>
<p>15</p> <p>9:30-10:30 SAIL Fitness 10:30-11:30 Yoga with Yazzi 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Bingo 1:20 Spanish Conversation Group (TES)</p>	<p>16</p> <p>9:30-11:30 Threads Club (TES) 1:15 Senior Science (TES)</p>	<p>17</p> <p>9:30-10:30 SAIL Fitness 10:30-11:30 Yoga with Yazzi 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi</p>
<p>21/22</p> <p>Sunday, Sept. 21, 12:30 Writing Class w/ Deborah Poe 9:30-10:30 SAIL Fitness 10:30-11:30 Yoga with Yazzi 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture 1:15 Puzzle Club w/ Summer (TES)</p>	<p>23</p> <p>All day: Women's Retreat to Vashon Island 9:30-11:30 Threads Club (TES)</p>	<p>24</p> <p>All day: Women's Retreat to Vashon Island 9:30-10:30 SAIL Fitness 10:30-11:30 Yoga with Yazzi 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi</p>
<p>29</p> <p>9:30-10:30 SAIL Fitness 10:30-11:30 Yoga with Yazzi 12:30-2:30 Medicare Q&A 1:00-4:00 Acupuncture</p>	<p>30</p> <p>9:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES)</p>	

Thursday	Friday
<div>4</div> <div>SENIOR CENTER CLOSED for Staff Day</div>	<div>5</div> <div>9:00-11:00 Dr. William Lee 9:30-10:30 SAIL Fitness (TES) 1:15 Karaoke</div>
<div>11</div> <div>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)</div>	<div>12/13</div> <div>Saturday, Sept. 13, 10:00 Seattle Art Museum Visit with Grace 9:30-10:30 SAIL Fitness (TES) 10:30-11:30 Yoga with Yazzi 1:15 September Birthday Party</div>
<div>18</div> <div>9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES) 1:15 Hispanic Heritage Month Celebration</div>	<div>19</div> <div>9:30-10:30 SAIL Fitness (TES) 10:30-11:30 Yoga with Yazzi 1:15 Karaoke</div>
<div>25</div> <div>All day: Women's Retreat to Vashon Island 10:00 Veterans Club (TES) 1:00 A Group of Our Own (TES) 1:15 Film: <i>No</i> (2012)</div>	<div>26</div> <div>9:30-10:30 SAIL Fitness (TES) 10:30-11:30 Yoga with Yazzi</div>

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.

Spanish Conversation Group

Now on a new day of the week!

¡Ahora nos reunimos los lunes!

Monday, September 22, 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!)

Writing Class w/ Deborah Poe

Sunday, September 21, 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, September 25, 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, Sept. 8 & Sept. 22, 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, September 11, 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.

Seattle Art Museum Visit with Grace

Saturday, Sept. 13, *Leaving the PMSC at 10am*

While our friend Grace is not able to host her usual conversation group this month, she still wants to chat with us! Join her on a visit to the Seattle Art Museum for some artistic discussion.

Volunteering at the Food Bank

Thursday, Sept. 11, *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.

Annual Women's Retreat

Sept. 23-25 at Camp Burton on Vashon Island

Cost of \$125 per person

The PMSC Women's Retreat is an opportunity to get out of the hustle and bustle of downtown Seattle to quietly relax in a beautiful setting with a small culturally diverse group (30 people) that fosters interaction. Delicious healthy meals and entertaining activities fill out the itinerary. Activities include an evening concert, art projects, dance parties and movie night. Sleeping accommodations are 3 person rooms that share a bath. Meals are served in the spacious dining hall with great water views and is a pleasant short walk from the retreat center.

Limited scholarships are available by lottery. Please contact Butter for more information.

Hispanic Heritage Month at the Pike Market Senior Center

Since 1988, September 15 to October 15 has been recognized as “Hispanic Heritage Month” in the United States, to honor the independence of many Latin American countries. At the PMSC, we will celebrate the many different Hispanic nationalities and identities of our community, all September long! *¡Honramos y celebramos a nuestra comunidad hispana! Únete a nosotros para disfrutar de comida y música.*

Cultural Celebration

Thursday, September 18, 1:15pm

The celebration will start with a delicious meal from the Kitchen Team featuring cuisines from across Latin America. After lunch, Andrés will lead us in a fun game of *papa caliente*! Next, we will enjoy *horchata* and listen to a presentation on local Hispanic history from the Executive Director of the Highline Museum, Nancy Salguero McKay. Finally, we will get up and dance to the joyful music of Los Flacos, a local band that plays many Latin American regional folk styles.

Save the Date! Bailadores de Bronce at the Moore Theatre

Tuesday, October 21, *Leaving the PMSC at 10:00am*

“Experience the vibrant heartbeat of southern Mexico through a dynamic showcase of traditional dance and music: powerful rhythms, colorful traditions, and expressive footwork.” Bailadores de Bronce was formed at the University of Washington in 1972 by a group of students as a product of the Civil Rights and Chicano movements. Join your friends from the PMSC at this beautiful performance! *Please note: space is limited, so if you sign up for this event, please show up! Sign up at the Activities Office or by contacting Sam at sam@pmsc-dtfb.org.*

Scams Targeting Seniors: What You Need to Know

By Katherine Ha, Consumer Education and Training Services (CENTS)

As scams become more advanced, seniors are increasingly targeted—losing billions each year. In 2023 alone, elder fraud losses hit \$3.4 billion, according to the FBI. These schemes come in many forms: romance scams, fake tech support, and refund fraud. Scammers convince victims to send money via wire transfer, gift cards, or cryptocurrency.

Law enforcement struggles to keep up. Criminals often operate overseas, moving stolen money quickly. Some police mistakenly assume victims gave consent, and many cases go unreported due to embarrassment or hopelessness. Experts like former prosecutor Paul Greenwood emphasize that this isn’t consent—it’s fraud. Victims deserve support and justice.

Protect yourself: **Be skeptical** of unsolicited calls, emails, or texts. **Never** send money or share personal info with strangers. **Consult** trusted friends or family before large financial decisions.

You worked hard for your savings—don’t let scammers steal them. Stay alert, informed, and report suspicious activity. For more financial security tips, visit www.SeniorMoneyProject.org.



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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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