

Parsley, Sage, & Time

April 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.

Embracing Spring at the Pike Market Senior Center

As the days grow longer and the cherry blossoms approach full bloom, we are excited to welcome the vibrant energy of Spring to the Pike Market Senior Center. This season brings new beginnings, fresh opportunities, and a renewed sense of connection with one another. We're thrilled to share the latest updates, upcoming events, and all the ways we're relishing this season together. Whether you're celebrating National Poetry Month with us (on **Tuesday the 8th** and **Friday the 18th**), joining our Volunteering trip to the Food Bank (on **Thursday the 10th**), or simply enjoying the delicious food from our hard-working Meals Program (**every day!**), we hope this Spring brings warmth, joy, and inspiration to all of you.

For more about special events at the Pike Market Senior Center, please see the calendar on pages 4 & 5, and the event descriptions on page 7.



*Connect with nature and
practice mindfulness at our
Forest Meditation field trip to
Discovery Park on
Thursday the 24th.*



WEDNESDAY COFFEE!

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



The Pike Market Senior Center is a place where all people are welcome. We hold many identities. Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ+) folks are valued in our community. We will not tolerate harassment of LGBTQ+ people. If you experience any kind of harassment at the PMSC, please speak with a staff person immediately.

Ways we stay HEALTHY with ACTIVITIES at Pike Market Senior Center



SAIL Fitness Class with Jordan

Mon & Wed, 10 - 11am in the Activity Room
Fridays, 10 - 11am in The Extra Space (TES)

Certified SAIL classes are now available in person at 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.

Slow Yoga with Jordan

Mondays & Wednesdays, 11am - 12pm in TES

Calm, slow-paced yoga from beloved instructor Jordan. Focus on stretching, breathing, and mindfulness. No experience? No problem! Jordan makes yoga accessible. Come for the yoga, stay for the personal connection!

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!*

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.

POCAAN Health Clinic at PMSC

Tuesday, April 1, 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!

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. *Please note: Our friends at the SIEAM will be on Spring Break from Apr. 18 until May 4.*

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, April 2 & April 16, 1:15pm

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

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.

Ways we have FUN, LEARN, and CREATE

B-I-N-G-O!

Monday, April 14 & April 28, 1:15pm

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

Book Club with Olivia

Friday, April 11 & April 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!

Market Discoveries with Pam

Thursday, April 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.

Karaoke

Friday, April 25, 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 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.

Birthday Party

Friday, April 11, 1:15pm

Join your friends to honor and celebrate those members born in April. 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, 9:30 - 11:30am, in The Extra Space

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, April 17, 1:15pm
*A Complete Unknown (2024)***

In the early 1960s, 19-year-old Bob Dylan (played by Timothée Chalamet) arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming relationships with musical icons during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

MORE Ways we have
FUN, on page 6!

A little light *punishment*...

When does a joke become a Dad Joke? *When it becomes apparent!*
Why did the cherry blossom go to school? *Because it was budding with knowledge!* Did you hear about the sale on boat paddles? *It was quite the oar-deal!*

April 2025

Monday

Tuesday

Wednesday

	1	2
	<p>8:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES) 1:15 Question of the Day Convo Group (TES)</p>	<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi</p>
7	8	9
<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 1:00-4:30 Acupuncture 1:15 Puzzle Club w/ Summer (TES)</p>	<p>9:30-11:30 Threads Club (TES) 1:15 Poetry Field Trip to the Seattle Art Museum</p>	<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi</p>
14	15	16
<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 12:30-2:30 Medicare Q&A 1:00-4:30 Acupuncture 1:15 Bingo</p>	<p>9:30-11:30 Threads Club (TES) 1:15 Question of the Day Convo Group (TES)</p>	<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi</p>
21	22	23
<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 12:30-2:30 Medicare Q&A 1:15 Puzzle Club w/ Summer (TES)</p>	<p>9:30-11:30 Threads Club (TES) 1:15 Senior Science with Dr. Tracy (TES)</p>	<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi</p>
28	29	30
<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 12:30-2:30 Medicare Q&A 1:15 Bingo</p>	<p>9:30-11:30 Threads Club (TES)</p>	<p>10:00-11:00 SAIL Fitness Class 11:00-12:00 Slow Yoga with Jordan (TES) 11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi</p>

Thursday	Friday
3	4
SENIOR CENTER CLOSED for Staff Day	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES)
10	11
10:00 PMSC Volunteering at the Food Bank 11:00 Member Feedback Forum 1:00 A Group of Our Own (TES)	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES) 11:00 Book Club with Olivia (TES) 1:15 April Birthday Party
17	18
10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES) 1:15 Film: <i>A Complete Unknown</i> (2024)	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES) 1:15 PMSC Poetry Reading
24	25
9:00 Forest Meditation Trip 10:00 Veterans Club (TES) 1:00 A Group of Our Own (TES)	9:00-11:00 Dr. William Lee 10:00 SAIL Fitness Class (TES) 11:00 Book Club with Olivia (TES) 1:15 Karaoke

Pike Market Senior Center

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



Question of the Day Conversation Group with Grace

**Tuesday, April 1 & April 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 conversation topic out of the jar and mull it over!

Senior Science with Dr. Tracy

**Tuesday, April 22, 1:15pm
in The Extra Space (TES)**

Tracy Mallette, Ph.D., is a biomedical engineer doing research at the UW. She is passionate about science and baking. The hour-long class consists of a science talk, a fun activity, and home-made cookies.

PMSC Veterans Club

**Thursday, April 24, 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, help each other access Veterans' resources, and promote Veterans awareness.

Puzzle Club with Summer

**Monday, April 7 & April 21, 1:15pm
in The Extra Space (TES)**

Join us on the first and third 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!

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.

Poetry Field Trip to the Seattle Art Museum

Tuesday, April 8, 1:15pm

This month, instructor Deborah Poe is taking her writing class out of the classroom! Join her on a visit to the Seattle Art Museum to learn and practice *Ekphrasis* (Greek for "description"), a type of poetry that responds to a piece of visual art. Deborah is a published writer and poet who teaches writing and literature, most recently at Pace University and at Seattle University.

PMSC Poetry Reading

Friday, April 18, 1:15pm

As part of National Poetry Month, we invite you to explore writing poetry. There is a poet in all of us. Whether you wrote a poem at the SAM Field Trip, or on your own time, share it with your friends at this event, and enjoy some nice refreshments, too.

Forest Meditation Trip

Thursday, April 24, Leaving the PSMC at 9am

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: Only 20 people are allowed on this trip, so if you sign up, please attend.*

Feedback Forum

Thursday, April 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.

Monthly Volunteering is Back!

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.” –Margaret Mead

A wonderful opportunity to help your community has returned on a monthly basis. Join other Senior Center members and 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.

PMSC Member Volunteering at the Pike Market Food Bank

Thursday, April 10, 10am

We'll meet at the Senior Center first, and walk down to the Food Bank together at 10am. Interested? Sign up at the Member Services Desk, or contact Sam at sam@pm-sc-dtfb.org or 206-554-1409.



Pike Market Food Bank News

Grocery Bag Donations Needed!

Help us support our community by donating your clean, reusable grocery bags! We rely on these bags to distribute food to our clients, and your donations can make a big difference. If you have extra bags at home, please consider dropping them off at the Food Bank during our regular hours. If you want to go the extra mile, consider asking your neighbors if they have any extra bags to donate as well!

Thank you for your generosity!





85 Pike Street #200
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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