

Parsley, Sage, & Time

May 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, May 26, in observance of Memorial Day.

Celebrating the Asian American & Pacific Islander Community at the Pike Market Senior Center

Join us at the Pike Market Senior Center as we celebrate Asian American and Pacific Islander (AAPI) Heritage Month! Throughout May, we honor the rich histories, diverse cultures, and meaningful contributions of AAPI communities. We'll be hosting a special AAPI Heritage Month Celebration right here at the Senior Center on **Friday the 16th** — featuring food, live music, and local history. Then, on **Friday the 23rd**, we'll take a field trip to the Seattle Asian Art Museum to explore incredible art and history together. Come celebrate, learn, and connect with us all month long!

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.



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

Cancelled until further notice

Sadly, the wonderful Jordan has had to leave the PMSC. Fitness and yoga classes will resume once we find a new instructor. If you have feedback about the classes, please talk to a staff member!

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.

Senior Science with Dr. Tracy

Tuesday, May 20, 1:15pm
in The Extra Space (TES)

Tracy Mallette, Ph.D is a biomedical engineer doing research at the UW. She is passionate about scientific research and baking cookies. The classes will consist of an hour of science talk, a fun activity, and Dr. Tracy's home-made cookies.

POCAAN Health Clinic at PMSC

Tuesday, May 6 & May 20, 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.

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, May 7 & May 21, 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! *¡Habla 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, May 12, 1:15pm

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

Book Club with Olivia



Friday, May 9

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! *Please note: Due to limited availability, Olivia will only host one book club meeting this month.*

Karaoke

Friday, May 30, 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.

Market Discoveries with Pam

Thursday, May 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.

MORE Ways we have
FUN, on page 6!

Birthday Party

Friday, May 9 1:15pm

Join your friends to honor and celebrate those members born in May. 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, May 15, 1:15pm

Minari (2020)

A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home. *Minari* won the 2021 Oscar for best supporting actress, and five other nominations.



WEDNESDAY COFFEE!

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

May 2025

Monday	Tuesday	Wednesday
5	6	7
1:00-4:30 Acupuncture 1:15 Puzzle Club w/ Summer (TES)	8:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES) 1:15 Question of the Day Convo Group (TES) 2:30 Learn Smartphone Basics	11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
12	13	14
12:30-2:30 Medicare Q&A 1:00-4:30 Acupuncture 1:15 Bingo	9:30-11:30 Threads Club (TES) 2:30 Learn Smartphone Basics	11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi
18/19	20	21
Sunday, May 18, 12:30 Writing Class w/ Deborah Poe 12:30-2:30 Medicare Q&A 1:15 Puzzle Club w/ Summer (TES)	8:30-1:00 POCAAN Nurses 9:30-11:30 Threads Club (TES) 1:15 Senior Science with Dr. Tracy (TES) 2:30 Learn Smartphone Basics	11:30 Dr. Erin's Health Chat 1:15 Line Dancing with Chris 1:30 Art with David 2:45 Tai Chi
26	27	28
SENIOR CENTER CLOSED in observance of Memorial Day	9:30-11:30 Threads Club (TES) 2:30 Learn Smartphone Basics	11:30 Dr. Erin's Health Chat 1:30 Art with David 2:45 Tai Chi

Thursday	Friday
1	2
SENIOR CENTER CLOSED for Staff Day	9:00-11:00 Dr. William Lee
8	9
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)	9:00-11:00 Dr. William Lee 11:00 Book Club with Olivia (TES) 1:15 May Birthday Party
15	16
9:30-11:30 Threads Club (TES) 10:30 Market Discoveries w/ Pam 1:00 A Group of Our Own (TES) 1:15 Film: <i>Minari</i> (2020)	9:00-11:00 Dr. William Lee 10:00 Natural History Presentation (TES) 1:15 AAPI Heritage Month Celebration
22	23
9:30-11:30 Threads Club (TES) 9:30 Threads Club Field Trip to the Goodwill Bins 1:00 A Group of Our Own (TES)	9:00-11:00 Dr. William Lee 1:15 Field Trip to the Seattle Asian Art Museum
29	30
10:00 Veterans Club (TES) 1:00 A Group of Our Own (TES)	9:00-11:00 Dr. William Lee 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, May 6, 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! *Please note: Due to limited availability, Grace will only host one conversation group this month.*

Writing Class w/ Deborah Poe

Sunday, May 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 Pace University and at Seattle University.

PMSC Veterans Club

Thursday, May 29, 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, May 5 & May 19, 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.

Learn Smartphone Basics

Tuesdays, 2:30pm

Learn smartphone basics in a personalized 30-minute 1:1 session! Build a strong foundation, understand key features, and become confident and self-reliant with your phone. No matter your current comfort level, you'll find this session valuable. Sign up for your appointment today!

Natural History Presentation

with Ranger Pat

Friday, May 16, 10:00am,

in The Extra Space (TES)

May 18th is the 45th anniversary of the eruption of Mt. Saint Helens. Learn all about this catastrophic event from Pat Pilcher, who has spent 30 years working as a forestry technician, park ranger, and naturalist guide.

Threads Club Field Trip to the Goodwill Bins

Thursday, May 22, *Leaving the PSMC at 9am*

Threads Club is on the move! Join your friends on an adventure to Seattle's Outlet Goodwill, AKA "The Bins," where clothes are sold by the pound. Hunt for affordable materials for your crafting project, or inspiration for the next one!

Feedback Forum

Thursday, May 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.

Asian American & Pacific Islander Heritage at the PMSC

“Knowing is not enough; we must apply. Willing is not enough; we must do.”

–Bruce Lee

Throughout the month of May, the Pike Market Senior Center is honoring the heritage of Asian American and Pacific Islander (AAPI) members! Learn about the cultures and contributions of the AAPI communities here in Seattle and across the country through field trips, film screenings, and presentations. Plus, get a taste of many different cultures as our Meals Program presents a variety of delicious lunches all month long.

AAPI Heritage Month Celebration

Friday, May 16, 1:15pm

The AAPI community has long been an important part of the story of Pike Place Market. Join your Senior Center friends as we learn more about the local history all around us. We will also enjoy a delicious lunch and a live musical performance.

Field Trip to the Seattle Asian Art Museum

Friday, May 23, *Leaving the PMSC at 1:15pm*

Join us on this visit to the beautiful Seattle Asian Art Museum (SAAM) in lovely Volunteer Park. The SAAM’s collections of Asian art span many centuries and mediums, with works originating in China, Japan, India, Korea, Southeast Asia, the Himalayas, the Philippines, and Vietnam. Currently, they also have a special piece by famed artist Ai Weiwei. We will meet here at the Senior Center and go to the museum together on the #10 bus.

PMSC Member Volunteering at the Pike Market Food Bank

Thursday, May 8, 10am

“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. 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.





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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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