Reflection & Reinvention

From HUFFPOST

When it comes to Reinvention… trust yourself!

We’re surrounded by so much information that sometimes it paralyzes us and we don’t know which way to turn - this diet, that investment, now that’s bad for you, only this is good for you…

We’re all different and we’re adults with research and information on everything at our fingertips. Take in the information and figure out what is right for you. Then you can own it and forge a path that includes these new tools, habits, programs, interests.

If New Year’s resolutions are the moment of reflection for you – then this might just help…

If you are really ready to make that leap and become more fit, or find that new career path, or get into a good relationship, or do some great volunteer work, or whatever your passion is to pursue, then set realistic goals so that you can feel good about achieving them, and the milestones along the way.

Whether we want to or need to, these little or big reinventions are incredible journeys and you want to map yours out, just like you would if you’re going on a vacation to somewhere new and interesting.

A few fundamental steps are involved so write them down, especially because in weeks or months from now, when you’re having a down day or feeling challenged with your goals, reading your game plan will remind you and reinforce the reason and spirit with which you set out to do it.

- Pick your destination - where do you want to end up?
- Do some research - what’s involved, what more do you need to know, will this require some education, courses, reading, meetings with others?
- How do you work your reinvention into your current life - what gives? What stays in place? What has to be reorganized to make this work?
- Who’s involved and how will these new plans affect them? How will they be involved?
- Who else do you need to engage in your process for support, guidance, mentoring, inspiration?
- What are the first five things you’ll need to do to get on the path?
- What’s your personal measurement of success in this journey? How will you know you’re on the right path and pleased with your reinvention?

Whatever your passion, wherever this next adventure takes you, prepare yourself with a roadmap to get there - this is not work - this is your journey, so enjoy every step of it and own it with a sense of excitement.

Do it with Quiet Dignity, Wisdom in your Heart, Intelligence in your Body and Own the Life You Want.

Health facts

The Benefits of an Active Social Life

In January we often look at our lives to see if we want to change anything. Labeling the changes as resolutions often puts pressure on us. Changes do not have to be huge; small changes can make a huge difference. One change you can make is to socialize more. And one way you can socialize more is to attend the Pike Market Senior Center Monthly Birthday Party – the 4th Friday of each month. It is easy to make this change, and you get to enjoy live music and eat cake.

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JANUARY FILMS

Concert & Birthday Party
Friday, January 31, 1:00 p.m.
Celebrate members’ January birthdays with cake and live music.
Is your birthday in January?
We will have a gift for you at the party!

THREATLING TALES with David Wright
You may have attended this popular series at Seattle Public Library. Now thanks to SPL and David Wright, Thrilling Tales is coming to us. Thrilling Tales features exciting short stories that will keep you on the edge of your seat. David knows how to draw suspense from every word.

Thursday, January 9, 10:30 a.m.
Dip in the Pool, by Roald Dahl. Gambling on the high seas can be awfully fun, but as the stakes rise a shipboard wager gets out of hand.

BUTT OUT.
Explorations in reducing, or even quitting, smoking
A free workshop, facilitated by Shannon Bailey
Tuesdays, January 21 - February 18,
with a possible Wednesday meeting
9:30 – 11:30 a.m., in The Extra Space, 1519 1st Ave

WANTED: Smokers thinking about, or willing to think about, quitting smoking. Learn how to build up to quitting. Nicotine replacement therapy is available.

END GOAL: You decide!

We are not blowing smoke. Explore how and why to quit smoking using the American Lung Association system and with access to nicotine replacement therapy. Join a group of people with the same struggles, and get support from each other! This is a matchless opportunity. You’ll even receive Pike Market Bucks at each session!

Want more information? Have questions? Leave a message for Shannon at 206.495.2011. She will call you back.

AARTH PRESENTS
Chronic Pain Management Workshop
THURSDAYS, JANUARY 16 - FEB. 20, 9-11:30 AM
IN THE EXTRA SPACE (TES) 1519 1ST AVENUE

Get the support you need. Discover practical ways to manage your pain, improve your strength, eat healthier, sleep better, and communicate better with your health care provider.

Living with chronic pain can present many challenges like decreased mobility, low energy, living your life to avoid complications, and getting the support from family and friends. The Chronic Pain Management Workshop can help!

Sign up with Zoë at 206.728.2773, ext. 108 or stop by her office.

Tuesday Afternoon Films
7th: Captain America – First Avenger
14th: Secret Life of Walter Mitty
21st: Dinner at Schmuck’s
28th: Transylvania 6-5000

Thursday Afternoon Documentaries
9th: Seasons
16th: Incredible Creatures that Define by Design
23rd: The Cloud Forest
30th: Bear Trek
Ways We Stay Healthy, Happy & Peaceful
Rhonda teaches holistic wellness programs. She is certified to teach yoga & SAIL.

Wellness Break Wednesdays, 8:45 – 9:15 am
Learn about nutrition, breathing and relaxation exercises, and low impact movement.

SAIL: Stay Active & Independent For Life
Monday, Wednesday, Friday, 9:30 – 10:30 a.m.
Strengthen your body & recover balance. We work on balance for standing and walking to help prevent falls. TES

Yoga Monday, Wednesday, Friday, 10:40 – 11:40 a.m.
Yoga promotes a strong mind-body connection and releases stress, through deep stretching, mindful breathing, & meditation. TES

Health facts continued from page 1

Why socialize more?

You may live longer. People with more social support tend to live longer than those who are more isolated, and this is true even after factoring in your overall health.

You will enjoy better physical health. Social engagement is associated with a stronger immune system, especially for older adults. This means that you are better able to fight off colds, the flu, and even some types of cancer.

You will enjoy better mental health. Interacting with others boosts feelings of well-being and decreases feelings of depression. Research shows one sure way of improving your mood is to work on building social connections.

You may even lower your risk of dementia. More recently, there has been accumulating evidence that socializing is good for your brain health. People who connect with others generally perform better on tests of memory and other cognitive skills. And, in the long run, people with active social lives are less likely to develop dementia than those who are more socially isolated.
## Lifelong Recreation Program Field Trips
with Seattle Parks Department are listed here:
seattle.gov/parks/find/lifelong-recreation-(50)
Sign up two weeks in advance with Angela Smith,
206.684.4240 or angela.smith@seattle.gov.

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<thead>
<tr>
<th>Monday</th>
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<tr>
<td>9:00 Morning Film</td>
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<td>8:00 Foot &amp; health care</td>
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<td>9:30 SAIL (TES)</td>
<td>10:00 Food Bank open 10 - 1</td>
<td>8:45 Wellness Break</td>
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<td>10:40 Yoga (TES)</td>
<td>10:15 Quit Smoking (PMC)</td>
<td>9:00 Morning Film</td>
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<td>1:15 Acupuncture</td>
<td>1:00 Transition to Wellness (TES)</td>
<td>9:30 SAIL (TES)</td>
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<td>5:00 Community Dinner</td>
<td>1:00 Afternoon Film: Captain America – First Avenger</td>
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<td>Dr. Martin Luther King, Jr’s Birthday</td>
<td>9:00 Morning Film</td>
<td>8:00 Foot &amp; health care</td>
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<td>Senior Center closed</td>
<td>10:00 Food Bank open 10 - 1</td>
<td>8:45 Wellness Break</td>
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<td>11:30 Suzette Eby on Piano</td>
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### Pike Market Senior Center

#### Senior Center Hours
Monday through Friday, 8 a.m. - 4 p.m.
Saturday & Sunday, 8 a.m. - 1 p.m.
**Closed** 1st Wednesday of each month

#### Closed on Holidays
- Dr. Martin Luther King Jr’s Birthday
- Presidents Day
- Memorial Day
- Fourth of July
- Labor Day
- Veterans Day
- Thanksgiving Day
  (festive meal served noon to 1:30 p.m.)
- Christmas Day
  (festive meal served noon to 1:30 p.m.)

#### Meal Service

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<tr>
<td>Community for Women (TES)</td>
<td>Mindfulness Practice</td>
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<td>Documentary</td>
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9:00 Morning Film
10:00 Food Bank open 10 - 1
10:30 Thrilling Tales
1:00 Creating Community for Women (TES)
1:00 Annual Membership Party
1:00 Documentary: *Seasons*

9:00 Morning Film
10:00 Food Bank open 10 - 1
10:00 Creating Community for Women (TES)
10:00 Documentary Film: *Incredible Creatures that Define by Design*

9:00 Morning Film
10:00 Food Bank open 10 - 1
1:00 Creating Community for Women (TES)
1:00 Documentary Film: *The Cloud Forest*

9:00 Morning Film
10:00 Veterans’ Club
10:00 Food Bank open 10 - 1
1:00 Documentary Film: *Bear Trek*
1:00 Creating Community for Women (TES)

9:00 Morning Film
10:00 Veterans’ Club
10:00 Food Bank open 10 - 1
1:00 Documentary Film: *Bear Trek*
1:00 Creating Community for Women (TES)

9:30 SAIL (TES)
10:40 Yoga (TES)
11:45 Mindfulness Practice
1:00 Art with Susan

9:30 SAIL (TES)
10:40 Yoga (TES)
11:45 Mindfulness Practice
1:00 Art with Susan

9:30 SAIL (TES)
10:40 Yoga (TES)
11:45 Mindfulness Practice
1:00 Karaoke

9:30 SAIL (TES)
10:40 Yoga (TES)
11:45 Mindfulness Practice
1:00 Karaoke

9:30 SAIL (TES)
10:40 Yoga (TES)
11:45 Mindfulness Practice
1:00 Birthday Party

9:30 SAIL (TES)
10:40 Yoga (TES)
11:45 Mindfulness Practice
1:00 Birthday Party

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**Location Key**

(TES) The Extra Space, 1519 1st Avenue

(PMC) Pike Market Clinic, 1930 Post Alley

All other activities in the Senior Center

**Food Bank Hours**

Tuesdays & Thursdays: 10 am – 1 pm

Wednesdays: 4 – 6 p.m.
Membership

Join the Pike Market Senior Center! If you are 55 or older, it’s very easy to join.

Current membership is required for all Pike Market Senior Center activities. If you do not have the 2020 card, please pick up a membership information form at the reception desk. Your card will be ready to pick up at the reception desk about two weeks after you submit the form. We do not mail membership cards. Occasionally, and with approval of PMSC staff, non-members may visit the acupuncture clinic.

Please sign in & show your membership card each time you visit the Senior Center. Signing in tells us how many members visit each day. We report this information to the Seattle Department of Human Services, and when we apply for grants for meals, activities, classes, and other programs. Each time you show your card, you are helping PMSC to become a better place. Thank you!

Pike Market Senior Center and Food Bank (PMSC) does not discriminate against members, job applicants or employees on the basis of race, color, creed, religion, gender, age, national origin, marital status, sensory or physical or mental handicap, political ideology, or sexual orientation. In compliance with the Americans with Disabilities Act, PMSC provides, upon request, hearing and interpretation services and additional accommodations for individuals with disabilities. Please give two weeks’ notice. PMSC programs comply with Title VI of the Civil Rights Act & Section 504 of the Rehabilitation Act. Membership to PMSC is available only to people aged 55 or older.

Find Us

Senior Center: 85 Pike St #200, Seattle, WA 98101

Food Bank: 1531 Western Ave, Seattle, WA 98121

Directions to the Senior Center: From the SW corner of 1st and Pike, walk straight down the cobblestone street as far as you can and look for a door on your left that says “LaSalle Hotel;” that’s our front door. Walk to the end of the hall – you are in the Senior Center.

For elevator access, go toward Maximilien restaurant, and through the door on your left just after the Market Spice Shop, then take the elevator to the 4th floor.

www.PikeMarketSeniorCenter.org

Contact the Senior Center

Phone: 206.728.2773 | Fax: 206.727.4849
Executive Director, Jeannie Falls ext. 102
Deputy Director, Mason Lowe ext. 103
Development & Administration, John Rockwell ext. 110
Wellness Engagement Coordinator, Zoë Freeman ext. 108
Member Services Coordinator, ELShawna Jenkins ext. 213
Weekend Member Services Coordinator, Kimberly True
Outreach Social Services Coordinator and Resident Advocate, Sandra Dunn ext. 105
Social Services and Member Resources Coordinator, Danielle Montrose ext. 106
Social Services Coordinator, Mark Lally ext. 104
Nutrition Program Mgr, Brenda Neuweiler ext. 107
Program Assistant, Delio Mamon ext. 215
Reception, Member Services, Lyn Red Fox ext. 101
Food Bank Manager, Stella Jones, 206.626.6462
Parsley Design & Production Volunteer, Kim Sherman

Contact the PMSC Board

Email: boardmember@pmsc-dtfb.org | In writing: leave a note with the receptionist; envelopes are available.

Leave a Legacy with planned giving

When you designate PMSC-FB in your will with planned giving, you can keep helping your community, even when you’re gone.
Transitioning to Wellness in the Third Act of Life
Tuesdays, 1-2:30 p.m. (TES)

A New Year means
New Opportunities for Health!

January 7: Develop Wellness Goals for 2020. Identify areas of health to focus on for the next year.
January 14: The Science of Aging. Healthcare & prevention versus medical care & disease. Learn the difference between the two models. Do you have to choose? Can we incorporate both in our plans for health care?
January 21: Life is an Endurance Event. Strategies to get started on physical activity, stay motivated and stick with it. We’ll practice some simple movement together.

January 28: Tell your Life’s Story - Whether writing a journal or an autobiography, telling your life’s story increases your awareness of changes you’ve experienced and ways you’ve grown. Life review benefits your emotional and physical health.

Creating Community for Women
A WEEKLY GATHERING JUST FOR WOMEN
Thursdays, 1-2:30 p.m. (TES)

Come to our new women’s group to share support and interests. We discuss topics like maintaining boundaries, staying healthy, shopping and meal planning on a budget, aging in place, and free activities. Bring your challenges and triumphs as we create more community for women.

Thoughts at Winter Time
by Vernon Durocher

Winter is here and that could mean snow. Snow? I love the snow. When I was not quite four years old, we live in the Spokane Valley. We lived there three months during the winter. There was a mountain near where we lived, I am not sure exactly what it was called. Dad would tie a rope from the bumper of the station wagon to a sled and off we would go. My two older sisters and I would ride on the sled to the base of mountain. There we would build a snow wall to keep us from sliding into the road and climb up the slope with our sled and a couple of inner tubes. The tubes would pack the snow enough to make a sled run down the side. Half way down the slope was a large flat rock that jettisoned out of the bank and made a perfect four foot jump. To me it seem like it was at least a 12 foot jump but it made the trip so exiting we would spend the whole day up and down the hillside.

When we moved to Tacoma we lived on steep hill. We would build knoll at the bottom of the street to help turn the sleds before the intersection of an otherwise busy intersection. However the knoll was not always enough to out of the arterial so we took turns standing at the bottom watching for traffic.

Snow has been an important part of winter as long as I can remember. Sledding down hills, making snow angels, building snow forts having snowball fights, until being completely exhausted cold wet then tracking it into the house. One year we made a snowman so big that in July there was still a four foot pinnacle in our front yard. Sometimes we would go up to the pass and play on the sled runs. I never got to ski downhill because it was too expensive for the family budget. Later when I was making my own money the whole idea lost its luster. After all the idea of spending lots of money, getting cold and wet then spending three months in a cast was something I thought I could do without.

After getting married, my wife and I bought a place near the town of Snoqualmie. We had just over an acre at the 1000 foot elevation level. Every winter it snowed six to twelve inches and I loved it. There were times I could not get out of the drive way so I had to call in to work and other times the freeway was so treacherous that driving above 20 miles per hour was not recommended. Even so the snowflakes falling under my headlights was like watching the intro to Star Trek, like traveling through space at warp speed.

So when it snows this year and you want to complain about being cold and wet, or about the slick roads just think back to your childhood and the delight in your eyes when you woke up and saw that the world was blanketed in white, how completely amazing it seemed and still is today.
After lunch we will gather for membership card renewal and cookies. Remember the Senior Center no longer has dues – we have eliminated that obstacle to membership.

Please help our administrative staff by renewing your membership at the party. Thank you!