March is Women’s History Month

Women’s History Month has its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as “Women’s History Week.” Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as Women’s History Week. In 1987 after being petitioned by the National Women’s History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as “Women’s History Month.” Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women’s History Month. Since 1995, Presidents Clinton, Bush, and Obama have issued a series of annual proclamations designating the month of March as “Women’s History Month.”

100th Anniversary of Women’s Right to Vote

The year 2020 marks the 100th anniversary of the passage of the 19th Amendment, guaranteeing and protecting women’s constitutional right to vote. This historic centennial offers an unparalleled opportunity to commemorate a milestone of democracy and to explore its relevance to the issues of equal rights today. The Women’s Vote Centennial Initiative, a collaboration of women-centered institutions, organizations, and scholars from across the US, works to ensure that this anniversary, and the 72-year fight to achieve it, are commemorated and celebrated throughout the United States.

1920-2020

19th Amendment Centennial

The passage of the 19th Amendment was not brought about by a single event, group, or individual. Instead, it was women and their allies, working together for decades and spanning the turn of a century, who fought and won the constitutional right to vote.

African American Women & 19th Amendment

African American women, though often overlooked in the history of woman suffrage, engaged in significant reform efforts and political activism leading to and following the ratification in 1920 of the Nineteenth Amendment, which barred states from denying American women the right to vote on the basis of their sex. They had as much—or more—at stake in the struggle as white women. From the earliest years of the suffrage movement, Black women worked side by side with white suffragists. By the late nineteenth century, however, as the suffrage movement splintered over the issue of race in the years after the Civil War, Black women formed their own organizations to continue their efforts to secure and protect the rights of all women, and men.

The US women’s rights movement was closely allied with the antislavery movement. Before the Civil War, Black
March events!

**Craft Class with the Librarians**

Senior Center Activity Room
Tuesday, March 10 at 1 p.m.

Alicia & Elizabeth from Seattle Public Library will lead a craft class, bringing all supplies needed to make your own toothpaste. They’ll also help us make sachets, wonderful little scented bags are like potpourri that can be thrown into any bag, shoe, or room.

**Reiki with Diana**

Fridays at 11:00 a.m.

**Reiki returns!** Reiki is a form of alternative medicine called energy healing. Reiki practitioners use a technique called palm healing through which a “universal energy” is said to be transferred through the palms of the practitioner to the patient, to encourage emotional or physical healing.

**Concert & Birthday Party**

Friday, March 29, 1:00 p.m.

Celebrate members’ March birthdays with cake and live music. Is your birthday in March? We will have a gift for you at the party!

**Celebrate Women’s History with Tuesday Afternoon Documentaries**

March 3  Not for Ourselves Alone: The Story of Elizabeth Cady Stanton & Susan B. Anthony
March 10  Ida B. Wells, Journalist and Educator
March 17  Maya Angelou: And Still I Rise
March 24  American Revolutionary: The Evolution of Grace Lee Boggs
March 31  RBG: Ruth Bader Ginsberg

**Thursday Afternoon Documentaries**

**Wildest Islands**

March 4: Zanzabar: Isle of Giants
March 11: Philippines: Isles of Mystery
March 20: Hebrides: Land of Legends
March 27: Sri Lanka: Monsoon Island

**Thrilling 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, March 12, 10:30 a.m.**

*The Edge of the Sea*, by Algis Budrys. He wasn’t sure just what it was that has washed ashore, but it was his now and nothing on earth – or from beyond earth - was going to take it back.

**Thursday, April 9, 10:30 a.m.**

*2020 Journey to Death*, by Donald Westlake. Their ship went down but he survived, only to be trapped with a madman at the bottom of the sea.

*Island of Fear* by William Sambrot. A tiny dot on the map holds ancient treasures, and ancient terrors!
Wellness Engagement Program

TES = The Extra Space, 1519 1st Avenue || PMC = Pike Market Clinic, 1930 Post Avenue

Bingo Mondays, March 9 & 23, 1 – 2 p.m.
Enjoy a timeless community game & company of friends.

Acupuncture Clinic
Monday, March 2, 1:15 p.m.
Acupuncturists offer free treatments the first Monday of the month. Call Zoë, 206.728.2773, ext. 108, for more info.

Quit Smoking with Neighborcare Health
Tuesdays, 10:15 – 11:15 a.m., PMC, 2nd floor
This non-traditional approach has no quit date, just support for progress towards cutting down and/or quitting. We offer info about smoking & share life experiences.

Dancing with Yu San
Wednesdays, March 11 & 25, 1 – 3 p.m.
Yu San is a DJ teaching ballroom, line dancing, & mixers.

Foot and Health Care Screening
Wednesdays, March 11 & 25, 8 a.m. – 2 p.m.
Kathy Lewis, Claudia Sewell, & their team of nurses help make feet happy. You’ll be seen in order of arrival.

Veterans Club
Thursday, March 26, 10 a.m.

Practice Mindfulness
Fridays, 11:45 – 11:50 a.m.
Pause for a five-minute mindfulness practice. We achieve mindfulness by focusing our awareness on the present moment. It a valuable tool for decreasing stress.

Drawing with Susan
Fridays, March 13 & 27, 1:00 – 2:30 p.m.
Learn to draw or improve your skills! All materials are provided for this fun class.

Karaoke & Ice Cream Social!
Friday, March 20, 1:00 – 2:30 p.m.
Drop in to sing your favorite songs, and listen to others while eating ice cream! We encourage newcomers!

Ways We Stay Healthy, Happy & Peaceful
Welcome Emily, our new yoga and SAIL teacher!

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:
Easy daily exercises you can do at home
For Balance

Single Food Stand: This exercise is similar to standing like a flamingo - but less dangerous.
1. Stand behind a steady, un-moveable chair and hold onto the back.
2. Pick up your left foot and balance on your right foot as long as is comfortable.
3. Place your left foot down and then lift up your right foot and balance on your left foot
You are aiming to be able to stand on one foot without holding the chair for up to a minute.

Tippy Toe Lifts: Pretend to be a ballet dancer, using this exercise to strengthen your legs and improve your balance.
1. Stand beside or behind a chair or counter and place your hands on the surface for support.
2. Push yourself up onto your tippy toes as high as is comfortable and then return back to a flat foot. Repeat.

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<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
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| 9:30 SAIL (TES) | 11:45 Mindfulness Practice |
| 1:00 Art with Susan | 1:00 Karaoke & Ice Cream Social |

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**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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**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**

**Breakfast**
7 days a week at 8:20 am

**Lunch**
Monday - Friday at noon
Saturday & Sunday, 11:30 a.m.

**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: 9:30 am – 3 pm
Wednesdays: 3 – 7 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.
Transitioning to Wellness in the Third Act of Life
Tuesdays, 1-2:30 p.m. (TES)

Food can be a Four Letter Word

March 3: Food Fads. Each year new “miracle” foods and diets appear, and there’s a rush to join the latest craze. Explore the ever-changing landscape of healthy food choices.

March 10: Prescribed Diets for Medical Conditions. Heart disease, diabetes, and migraines all bring specific dietary needs. Learn about pros and cons of doctor-recommended diets, including benefits, consequences and financial factors.

March 17 - Is Your Food Actually Making You Sick? Learn helpful hints for safe food storage and techniques to avoid illnesses that are actually caused by your food.

March 24 - Mindfulness in Eating. Often what we remember eating is not in fact what we actually ate. Experience the benefit of keeping a food journal for just one week and discover the difference that mindful eating can make in your physical and emotional 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.

Women’s History Month continued from page 1

and white abolitionists and suffragists joined together in common cause. During the antebellum period, a small cohort of formerly enslaved and free Black women, including Sojourner Truth, Harriet Tubman, Maria W. Stewart, Henrietta Purvis, Harriet Forten Purvis, Sarah Remond, and Mary Ann Shadd Cary, were active in women’s rights circles. They were joined in their advocacy of women’s rights and suffrage by prominent Black men, including Frederick Douglass, Charles Lenox Remond, and Robert Purvis, and worked in collaboration with white abolitionists and women’s rights activists, including William Lloyd Garrison, Elizabeth Cady Stanton, and Susan B. Anthony. (from various sources on the internet)

Health facts continued from page 3

Daily Exercises for Strength

Chair Squats: Pretend that you are about to sit down in a chair to strengthen your entire lower body.
1. Stand in front of a chair with your feet as far apart as your hips.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Then push your body back up to return to standing.

Wall Push-Ups: These push-ups can provide strengthening for your entire upper body with a focus on your arms and chest. But you don’t have to get down on the floor and worry about being stuck there!
1. Stand in front of a sturdy wall, up to two feet away but as close as you need to.
2. Place your hands up against the wall directly in front of your shoulders.
3. Keep your body straight and bend your elbows to lean in towards the wall.
4. Stop with your face close to the wall and then straighten your arms to push your body away from the wall.

$20 bill preliminary design, featuring anti-slavery activist, Harriet Tubman, by US Dept of Printing & Engraving

Programs to benefit the Whole You!
Facilitated by Sheila M. Holt, MACP, MHP.
Welcome to Spring Ice Cream Social

Friday, March 20, 1 – 2:30 p.m.

Join the fun, enjoy the ice cream, & be entertained by Karaoke singers!