

Parsley, Sage, & Time

August 13, 2021

A word from Zoë

August is National Wellness Month.

Here are a few reminders of health facts that we already know. *(from Internet sources)*

Start your day with a few stretches, yoga, or meditation. Mindfulness practice has been shown to reduce stress and anxiety, and has many beneficial health effects, including improving cognitive functioning in older adults.

Eat breakfast. The first meal of the day is important. It is also a chance to sit down with your family, or if you live alone, to take an inventory of your physical and emotional state.

Regular exercise for at least 15-20 minutes a day is very important. A good way to make sure you do it is to call or text someone after you exercise to let them know you have done it. Choose a "virtual buddy" today.

- If you own a stationary bike or treadmill, now is the time to dust it off.
- If you have had physical therapy for an injury or medical condition, you can use the exercises the therapist prescribed.
- You can go out to walk your pet, even during "shelter in place" orders. This will help you both!

Healthy Steps with Shannon

PMSC's Shannon Bailey leads a walking group to help us move towards a healthier, more active life.

Meet at Rachel the Pig every Tuesday and Thursday, 11:15 to 11:45. You will be back in time for lunch at the Senior Center. You set the walking pace. Masks are required.

Need a reminder call on the morning of? Call 206-728-2773, extension 216 and leave a message with your phone number. Otherwise, just show up!

Women's Retreat: The Facts.

Dates: Monday, September 27 – morning of Thursday, September 30.

Register by September 13 by calling Zoë, 206-728-2773, ext. 108

Space limited. Only fully vaccinated members may attend.

Due to pandemic precautions there will not be an orientation meeting. Please read the following details and call Zoë if you have questions.

Cost: \$147 for 3 nights' lodging at the Retreat Center

\$5 Deposit to be paid at the time of registration. This will be applied to the lodging cost.

PMSC pays the cost of meals, on-island transportation, the living-room concert, and supplies for the craft class. Participants pay for lodging only.

Mail or bring check to: Zoë Freeman, Pike Market Senior Center, 85 Pike St, #200, Seattle WA 98101

Payment plan: You may pay in 3 monthly installments divided between August, September, and October. Make arrangements with Zoe.

Scholarships: A limited number of scholarships are available for those for whom the cost of the retreat is a hardship. This will be distributed through a lottery. Contact Zoë to apply.

Activities (Dates to be announced): Field trip, living room concert, craft class, films.

Meals: Let us know if you have special food requirements when you register.

Transportation

To Vashon: Metro Rapid Ride C at 3rd Ave & Pike, in front of Walgreen's, at 8:25 a.m. to Fauntleroy Ferry Terminal.

Fauntleroy ferry at 9:30 a.m. If you get on the earlier ferry wait for the others inside or on the outside bench of the ferry house.

continued on back

brought to you by



PIKE MARKET
Senior Center & Food Bank

Women's Retreat *(continued from front)*

Zoe and a big yellow school bus will be waiting for you on Vashon.

Zoe will transport any items you do not wish to carry. Bring these items to the senior center by noon on Friday, September 24th

Return to Seattle: On the 10:30 a.m. ferry.

ART CLASS WITH DAVID PAN

First class: Thursday, August 19

Classes continue 1st and 3rd Wednesdays, beginning September 1.

David Pan will teach a series of art classes starting Thursday, August 19, and continuing 1st and 3rd Wednesdays, beginning September 1.

Artist David Pan was a Fellowship member of Seattle Co-Arts and Art/Not Terminal Galley from year 2000. He has taught drawing, acrylic painting, watercolor painting, Chinese brush painting, collage with painting, photography, and framing artwork, at North Seattle College, Everett Community College, and Renton Technical College for 5 years.

David will be fun to work with. There is no cost for classes. Sign up with Zoë, 206-728-2773, ext. 108

We thank Susan Schneider for her fun and educational classes these past years.

BRIEF ANNOUNCEMENTS

Monthly Staff Day Closure is now on the 1st Thursday of each month.

Acupuncture in the PMSC Activity Room restarts Monday, September 13, 1 – 5 pm. It will be transitioning to a drop-in clinic.

It's membership renewal time! We are renewing memberships for 2021. Renew at the Senior Center Monday through Friday, 9 a.m. to noon. The front door and the elevator are open during that time. Delio has a desk near the entryway to the dining room. He will be happy to help your with your membership.

For your recipe collection

Tasty Tomato Tart

INGREDIENTS:

- 1 sheet frozen puff pastry, thawed
- 1 onion, thinly sliced
- 1 teaspoon olive oil
- 2-3 large tomatoes (multiple colors make a beautiful tart, but red works just as well)
- 1 cup of your favorite cheese (e.g. blue cheese, mozzarella, feta, or Parmesan)
- 1 tablespoon Italian seasoning, or chopped fresh herbs like basil and oregano

INSTRUCTIONS

Preheat oven to 425 F.

Line a baking sheet with parchment paper or non-stick aluminum foil.

Stretch puff pastry onto the lined baking sheet. Poke small holes in the pastry with a fork.

Add onions and olive oil to a skillet over medium heat. Sauté, stirring frequently, until soft — about 5 minutes.

Sprinkle cooked onions over the pastry dough. Top with tomato slices so they don't overlap. Sprinkle with cheese and half the seasoning or herbs. Season with salt (or salt replacement) and pepper to your tastes.

Bake 25 minutes, until the crust is golden. Sprinkle with the remaining herbs, cut into squares, and enjoy!

ELSHAWNA'S JOKE CORNER

I read recipes the same way I read science fiction. I get to the end and I think, 'Well, that's not going to happen.'

I don't have a girlfriend. But I know a girl who would get really mad if she heard me say that.