

Parsley, Sage, & Time

June 21, 2021

A word from Zoë

PMSC looks to the future.

We are inching our way toward re-opening. You will hear something definite about what will happen in early July when I send you a special edition of the Parsley, Sage, and Time. As a person whose raison d'être is to gather people in spaces for educational, creative, social, physical, and spiritual activities, I am quite excited that I will soon be able to welcome you back to the Senior Center.

As we talk of reopening the Senior Center activities I am looking at what activities to resume. You will, of course, see bingo, karaoke, and the birthday parties return. There will be a new art teacher. The wonderful Susan has retired. And we should be able to resume dancing. The Women's Group will continue. Films will continue with special film events. Yoga and SAIL will eventually be both in-person and on Zoom.

You can be a part of moving the Wellness Engagement Program forward. I would love your ideas of what activities you would like to see at your Senior Center. I encourage you to drop me a line or call me to share your good ideas, Zoë Freeman, Pike Market Senior Center, 85 Pike Street, #200, Seattle WA. 98101, or 206-728-2773, ext. 108.

It's membership renewal time!

We are renewing memberships for 2021. Come into the Senior Center Monday through Friday between 9 a.m. and noon to renew. The front door and the elevator are open during that time. Delio has a desk set up near the entryway to the dining room. He will be happy to help your with your membership.



SPOTLIGHT ON PIKE MARKET SENIOR CENTER

Meal & Nutrition Program

The Senior Center is very fortunate to have Chef Brenda on staff as manager of the Meal and Nutrition Program. Brenda is a food professional with a strong catering background. Before moving to Seattle, Brenda was a catering director in Chicago. It was there that she also attended
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Healthy Steps with Shannon

This is it - the beginning of a new normal. Are you ready?

Tired of being inside? Want to (safely) be around others? Just want to move?

Healthy Steps is back!!

Shannon Bailey of PMSC leads a walking group for those who want to begin moving 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. The walking pace will be set by you. For now, masks are required.

Need a reminder call to help get started? Call 206-728-2773, extension 216 and leave a message with your phone number. You will get a reminder call the morning of. Otherwise, just show up. That's all you need to do to get started. Show up and have a good time.

brought to you by



PIKE MARKET
Senior Center & Food Bank

Where can I get a Covid-19 Vaccine?

Downtown Covid-19 Vaccine Clinic

2124 4th Ave., between Blanchard & Lenora
call for hours: 206-477-8300

Spotlight on the Meal & Nutrition Program

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culinary school. In Seattle, Brenda started her own successful catering business. Fourteen years later, her journey as a chef brought her to the Senior Center. For Brenda, preparing food that is appealing both to the palate and to eyes is a professional passion. She wants Pike Market Senior Center members to enjoy a daily breakfast and lunch that will support their nutritional needs as well as provide a enjoying dining experience.

Brenda works with a talented team. You have seen Carol, Brandon, Maria, and Darren working alongside her. They not only work together to prepare tasty meals, but they have fun doing it! Important to the team are two volunteers, Lisa and Leila, who have supported the Meal Program for several years,

Brenda prepares weekly menus from both donated and purchased food. She is excited that fresh, local produce is in season! One example of donated produce is the Pike Place Market CSA program that last year donated \$6,000 worth vegetables and fruit.

The Meal Program has been active during this year of Covid-19. Every day during this entire pandemic experience Senior Center members have been able to pick up two hot, nutritionally balanced meals and one sack dinner. The Meal and Nutrition Program has worked with dedication behind the scenes to bring a little bit of the Senior Center community experience to members during these days of isolation.

For your recipe collection

Oatmeal-Brown Sugar Apples

INGREDIENTS:

- 4 Apples
- 1/4 Cup Brown Sugar (Dark or Light)
- 1/4 Cup Old-Fashioned Rolled Oats
- 1/2 Teaspoon Cinnamon
- 1/4 Teaspoon Nutmeg
- Pinch Cloves
- 1 Tablespoon Butter, Divided in Four

DIRECTIONS:

Pre-heat oven to 375°F.

Core of the apples, cutting to within a half inch of the bottom of the apple and creating a well or bowl roughly 3/4-inch wide. Use an apple corer or a small paring knife.

Mix the brown sugar, oatmeal, cinnamon, nutmeg, cloves, and any extras (nuts, raisins, whatever you like) in a bowl. Divide this mixture between the apples, packing the wells firmly.

Arrange the apples in a baking dish and top each one with a pat of butter. Bake for 30 to 40 minutes. Test the apples by poking knife or fork through into the apple; it should slide into the apple easily with no resistance. The skin on the apples will be wrinkled and soft by the end of cooking.

Serve with a scoop of ice cream or whipped cream. Leftovers will keep for up to a week and can be reheated in the microwave or eaten cold.

ELSHAWNA'S JOKE CORNER

A horse walks into a bar. The bartender says "Hey." The horse replies "Sure."

I got my husband a refrigerator for his birthday. His face lit up every time he opened it.