



32083 Janice Rd
Lewes, DE 19958
302-645-9293
lewesseniorcenter.org

Hours: Monday-Friday 8am-7pm

Mark Your Calendars

April 1-29-Delaware Dignity
Project Collection Drive

April 2nd- Medicare Options in
Retirement Presentation,
12:30pm in the Main Hall

April 9th-Board Meeting, 3pm in
the Main Hall.

April 14th-Pet Therapy with Paris,
10:30am in the Lounge

April 15th-Cooking with Chef
Dave, 12pm in the Main Hall

Notice:

The Main Hall is getting a refresh
and will be repainted
April 6th-10th.
There will be NO classes or
activities in the Main Hall,
including Bingo
during that week.



NEWSLETTER

April 2026



FROM THE DIRECTOR

HAPPY SPRING!

April is **Volunteer Appreciation Month**, and it gives us a wonderful opportunity to recognize and celebrate the people who truly make our Center such a special place—**our volunteers**.

Every day, volunteers bring energy, compassion, and dedication to everything they do. Whether they are welcoming members at the front desk, assisting with events, providing transportation, or simply offering a friendly smile and conversation, their contributions touch every part of our community. They help create the warm, welcoming environment that makes the Center feel like a second home.

During this month, I invite you to take a moment to thank a volunteer, share a kind word, or acknowledge the impact they've had on your experience here.

To all of our volunteers: THANK YOU! We are deeply grateful for the difference you make each and every day.

Virginia

MEMBER NEWS

Upcoming Events



Delaware Dignity Project

Collection Drive

April 1st-29th

Restoring dignity, one essential at a time.

The Delaware Dignity Project is a community-driven initiative that provides women and menstruating individuals with free menstrual products, bras, socks, and underwear, ensuring that no one in Delaware has to choose between basic needs and their dignity. We are about more than just giving—it's about empowerment, education, and breaking the stigma surrounding period poverty and access to essential hygiene.

Collection bins located in LSAC's Lounge.

Classes and Presentations

Medicare Options in Retirement: Thursday, April 2ndth, 12:30 pm in the Main Hall. Medicare is confusing and you have questions...Joe Cisco of Caise Benefits has answers! Join Joe for this FREE presentation.

Pet Therapy with Paris: Tuesday, April 14th, 10:30 am in the Lounge. Stop by the lounge and say hi to Paris!

Cooking with Chef Dave: Wednesday, April 15th 12 pm in the Main Hall. Join Chef Dave as he shares his favorite recipes with the class. Follow along as he prepares delicious dishes and then (the best part) taste a sampling of each menu item. \$15 for members, \$20 for non-members. Menu: Small Desserts: Chocolate truffles, Tiramisu, White chocolate stacks, Sweet coral lace basket with a fruit mousse. Sign up by April 10th.

New Class!

Tai Chi Sword, Friday 1pm in the Main Hall. No Tai Chi experience necessary. \$7/class. Instructor: Pat Bower

Please keep our members who have passed in your thoughts and hearts.

Mary Toman

SENIOR MOMENTS

Volunteer Spotlight

Thank you to all LSCAC Volunteers

As we celebrate Volunteer Appreciation Month this April, we want to take a moment to recognize the extraordinary individuals who make our work possible.

Quite simply: without you, Lewes Senior Activity Center would not be able to do the things we do. You are not just helpers; you are a vital part of our organization's DNA. Whether you are leading a class, helping in the kitchen, assisting with events, or providing friendly companionship, your contributions directly impact our senior community and ensure that our center remains a vibrant, welcoming home for all our members.

Your dedication, time, and passion fuel our mission every single day. On behalf of the entire LSAC team, thank you for your unwavering support and for being the heart of our community.



WE NEED YOU!

Are you recently retired with a financial/budgeting background? Want to help with the future plans for LSAC? Have you ever been on a non-profit Board of Directors? LSAC is looking for three new Board members and **WE NEED YOU!** Fill out the Board of Directors Nomination Form located on our website or at the front desk at the Center and return it by May 1.

EXECUTIVE DIRECTOR SEARCH

The Lewes Senior Activity Center is seeking a dynamic and customer-focused leader to operate the Center's day-to-day operations. Reporting to the Board of Directors, this hands-on position requires a self-starter with excellent people skills, operational knowledge of QuickBooks, experience in preparing grants, and proven ability in program, volunteer, and fundraising development.

Email resume and cover letter to: search@lewesseniorcenter.org

society.com
volunteerism
nonprofit
build
hope
family
mission
celebrate
HandsOn
friends

love
change
difference
prosperous

volunteers
service
community
celebrate
HandsOn
friends

volunteer
youth group
skills
prosperous

Thank You



Group Fitness Classes

Please note class time changes during DeDot's construction in our parking lot.

**Walk Aerobics- 2 classes daily, 7:45am-8:15am & 8:30am-9:00am
in the Activity Room. FREE with your membership**

CLASS	TIME	ROOM	INSTRUCTOR	CONTACT	FEE
Monday					
Ultra Beginner Line Dancing	7:45am-8:45am	Main Hall	Marian Fetherolf	302-249-1586	\$6.00
Chair Exercise (Curtis w/Resistance band)	8:30am-9:15am	Card Room	DVD	302-645-9293	Free
Tai Chi for Parkinson's	9:00am-9:45am	Cool Springs Pres. Church	Janelt DeFeo	302-278-9532	Free
Balance & Strength	9:15am-10:00am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Yoga	9:30am-10:15am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Zumba	10:30am-11:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Qigong	10:45am-11:30am	Activity Room	Janet DeFeo	302-278-9532	\$6.00
Chair Aerobics	11:00am-12:00pm	Cool Springs Pres. Church	Cindy Beaver	717-991-8526	\$8.00
Tai Chi for Beginners	11:45am-12:30pm	Main Hall	Deb Hunt	hunt4taichi@gmail.com	\$7.00
Balance & Strength	11:45-12:30pm	Activity Room	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Tuesday					
Beginner Tai Chi	8:00am-8:45am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Chair Exercise (Curtis w/Resistance band)	8:30am-9:15am	Card Room	DVD	302-645-9293	FREE
Tai Chi	9:15am-10:15am	Main Hall	Susan Hamadock	302-381-0585	\$7.00
Chair Yoga (Anne-weights)	9:30am-10:30am	Card Room	DVD	302-645-9293	FREE
Advanced Line Dancing	9:30am-10:15am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Low intermediate Line Dancing	10:30am-11:15am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Improver Line Dancing	11:45am-12:30pm	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Cardio Drumming	1:00pm-2:00pm	Activity Room	Jacqui Krupinski	myactivecenter.org	\$7.00
Tango at the Beach	6:00pm-7:00pm	Card Room	Christine Eggert	chrismeggert804@gmail.com	
Tango at the Beach	7:00pm-9:30pm	Activity Room	Christine Eggert	chrismeggert804@gmail.com	

Group Fitness Classes

Please note class time changes during DelDot's construction in our parking lot.

**Walk Aerobics- 2 classes daily, 7:45am-8:15am & 8:30am-9:00am
in the Activity Room. FREE with your membership**

CLASS	TIME	ROOM	INSTRUCTOR	CONTACT	FEE
Wednesday					
Tai Chi Fan Class	8:00am-8:45am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Ball & Band	9:15am-10:00am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
LaBlast	11:00am-12:00pm	Activity Room	Cindy Beaver	717-991-8526	\$8.00
Chair Yoga (Anne-stretch)	12:30pm-1:30pm	Card Room	DVD	302-645-9293	FREE
Thursday					
Cardio Blast	7:45am-8:45am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Mat Pilates	9:00am-10:00am	Cool Springs Pres. Church	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Tai Chi	9:15am-10:15am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Tai Chi Beginning Swords	9:15am-10:15am	Activity Room	Susan Hamadock	302-381-0585	\$10.00
Moving the Moment	10:45am-11:45am	Cool Springs Pres. Church	Janaea Rose Lyn	www.janaearoselyn.com	\$7.00
Beginner Tai Chi/Qigong Combined	12:00pm-1:00pm	Activity Room	Janet DeFeo	302-278-9532	\$7.00
Tai Chi for Ind. with Parkinson's Disease	1:15pm-2:00pm	Main Hall	Janet DeFeo	302-278-9532	FREE
Tai Chi for Beginners	5:45pm-6:45pm	Activity Room	Gary Tompkins	garyt.taichi@gmail.com	\$7.00
Friday					
Balance & Strength	7:45am-8:30am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Chair Exercise w/Curtis (weights)	8:30am-9:15am	Card Room	DVD	302-645-9293	FREE
LaBlast	9:00am-9:45am	Main Hall	Cindy Beaver	717-991-8526	\$8.00
Yoga	9:30am-10:45am	Activity Room	Linda Catts	410-917-5885	\$7.00
Chair Yoga (Anne-stretch)	9:30am-10:30am	Card Room	DVD	302-645-9293	FREE
Balance & Strength	10:15am-11:00am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Zumba	11:30am-12:30pm	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Tai Chi Swords	1:00pm-2:00pm	Main Hall	Pat Bower	patriciakbower@gmail.com	\$7.00

Games and Other Programs

CLASS	TIME	ROOM	LEADER	CONTACT
Monday				
Scrabble	10:00am-12:00pm	Card Room	Pat Williams	610-613-9281
Mexican Train (Dominoes)	12:30pm-2:30pm	Card Room	-	302-645-9293
Rummikub	1:00pm-3:00pm	Main Hall	Trina Stephenson	trina_step@comcast.net
A Stitch in Time	1:00pm-4:00pm	Main Hall	Joyce Sheehy	908-337-5652
Bridge	1:00pm-4:00pm	Activity Room	Jenny Waters	703-244-3257
Beginner Mah Jong	3:00pm-5:00pm	Card Room	Cheryl Belluci	cab22cute@me.com
Billiards/Ping Pong	4:00pm-7:00pm	Activity Room	-	302-645-9293
Tuesday				
Penny Bingo	11:00am-3:00pm	Main Hall	Josie Schroeder	302-841-4113
Pinochle	12:00pm-5:00pm	Card Room	Dennis Sabato	302-212-6711
Jackpot Bingo	Doors Open 4:00pm	Main Hall	Sue Petko	302-645-9293
Wednesday				
T.O.P.S.	10:00am-12:00pm	Card Room	Carey Gellman	240-899-1295
Hand, Knee, & Foot	12:30pm-3:15pm	Activity Room	-	302-645-9293
Spades/Hearts (1 st & 3 rd weeks of the month)	1:30pm-4:00pm	Card Room	Judith Connor	804-456-0055
Italian Card Games (2 nd & 4 th weeks of the month)	1:30pm-4:00pm	Card Room	Neil Garefino	302-703-6296
Billiards/Ping Pong	3:30pm-7:00pm	Activity Room	-	302-645-9293
Thursday				
Canasta	9:00am-12:00pm	Card Room	-	302-645-9293
Bunco (1 st & 3 rd weeks of the month)	1:00pm-3:00pm	Card Room	Josie Glynn	908-892-8605
Drum Circle (3 rd Thursday of the month)	3:30pm-5:00pm	Main Hall	Marthea Proudfoot	mjpfoot@gmail.com
Friday				
Book Club (2 nd Friday of the month)	11:00am-12:00pm	Lounge	Linda Catts	410-917-5885
Duplicate Bridge	12:30pm-4:30pm	Activity Room	Dottie Woodbury Rich Lepley	Dottie: 302-945-2059 Rich: 202-494-8334
Mah Jong	12:00pm-2:00pm	Card Room	Carole Palamar	302-684-3968

CERAMICS STUDIO IS OPEN MONDAY-FRIDAY.

DUE TO THE POPULARITY OF THE CLASS, YOU MUST SIGN UP FOR A 2-HOUR TIME SLOT. EITHER STOP BY THE CERAMICS ROOM OR CALL 302-645-9293 EXT 107. EVERYONE IS WELCOME!

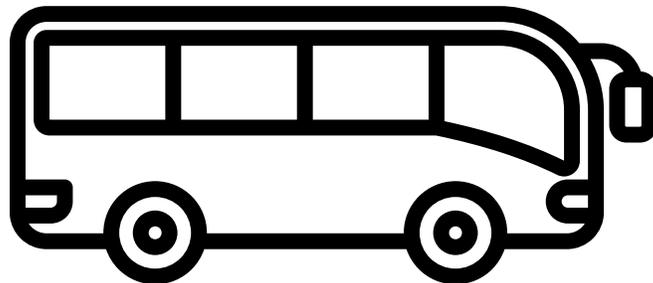
During DelDot's construction, parking at LSAC is limited. Arriving closer to your class time helps earlier participants wrap up and open spaces for those coming next.

SENIORS ON THE GO!

Day Trips

Payment due at the time of registration for all trips. All payments must be made in person. The Center must pay for tickets in advance for shows, tours, etc. If you pay for a trip and cannot attend, we will try to help you find a replacement but we cannot refund your money if we don't. If LSAC or the venue cancels, refunds will be issued. More details on the trips on our website. If you need special accommodations let us know at the time of registration. **Please sign up in advance of trips, we must have 6 participants committed the week prior or the trip will be cancelled.**

Date	Destination	Location	Time	Cost	Notes	Sign up by
Wednesday, April 8	Herr's Snack Factory Tour	Nottingham, PA	Lv. 7:45am Rt. 4:00pm	Mem: \$35 Non: \$40	Lunch OYO	4.6.26
Friday, April 10	Booth's Corner FMR Market	Boothwyn, PA	Lv. 8:30am Rt. 4:00pm	Mem: \$23 Non: \$28	Lunch OYO	4.8.26
Monday, April 20	Dover Mall or Dover Bally's Casino	Dover, DE	Lv. 9:30am Rt. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	4.17.26
Friday, April 24th	Ocean City Springfest	Ocean City, MD	Lv. 9:30am Rt. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	4.22.26
Wednesday, April 29th	Longwood Gardens	Kennett Square, PA	Lv. 9:30am Rt. 6:00pm	Mem: \$37 Non: \$42	Lunch OYO	4.27.26



Extended Travel



2026-2027



Pittsburgh, PA

Berkshires, MA

Alaska Cruise

Finger Lakes, NY

European Christmas Markets (Czech Republic, Germany, Austria, Slovakia, Hungary)

2027

Eastern Caribbean Cruise (Dominican Republic, St. Thomas)

Grand Hawaiian Cruise (Oahu, Kona, Maui, Kauai)

Brochures are available at the Center.



Costa Rica 2025



April



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Delaware Dignity Project Collection Drive Begins	2 Medicare Options in Retirement Free Presentation 12:30pm	3	4
5  Happy Easter!	6	7 No Jackpot Bingo	8 Herr's Snack Factory Tour 7:45am	9 LSAC Board Meeting 3:00pm	10 Booth's Corner Fmr Mkt 8:30am	11
12	13	14 Pet Therapy with Paris 10:30am Jackpot Bingo Doors open 4pm	15 Cooking with Chef Dave 12pm	16	17	18
19	20 Dover Mall or Bally's Casino 9:30am	21 Jackpot Bingo Doors open 4pm	22	23	24 OC Springfest 9:30am	25  World Tai Chi Day
26	27	28 Jackpot Bingo Doors open 4pm	29 Longwood Gardens 9:30am Delaware Dignity Project Drive ends	30		

