

32083 Janice Rd  
Lewes, DE 19958  
302-645-9293  
**Monday-Thursday**  
**8am-7pm**  
**Friday 8am-4:30pm**

## LEWES SENIOR ACTIVITY CENTER



### *"Staying Active After 50" Newsletter*

**August 2025**

#### From the Executive Director:

Dear Members:

August is here and IT IS HOT OUT THERE! Good thing the Center has a state-of-the art HVAC system to beat the heat 😊! We've got lots of great activities and trips planned this month so come in and stay cool!

In addition to the heat, August is going to bring some changes to the Center that I would like to share with you. The DeIDOT roundabout project will be starting later this month, and we are working closely with them to minimize the project's impact on our operations and parking. However, we should all be prepared for some disruptions as the project moves forward. To mitigate some of the parking issues that we anticipate, we are in the preliminary stages of turning the grassy area behind the building into a paved lot. We will update you on that project as well as the DeIDOT project as new information becomes available. In the meantime, we are encouraging everyone to carpool to the Center, when possible, which will both free up parking spaces AND is better for the environment!

Stay cool and savor these waning days of summer!

Executive Director

#### **Important Dates in August**

**August 4th-22nd:** School Supply Drive

**August 12:** Pet Therapy with Paris,  
10:30am in the Lounge

**August 13:** Insurance Q&A with Catie  
Walther, 12pm in the Main Hall

**August 14:** Board meeting, 3pm in the  
Main Hall

**August 20th:** Cooking with Chef Dave,  
12pm in the Main Hall

**August 27th:** Managing CHF Lunch &  
Learn, 12pm-1pm in the Main Hall

#### **Volunteer Spotlight ~ Walter Bott**

**When did you become a member of Lewes Senior Activity Center?**

I became a member and a volunteer in 2014.

**Tell me about a positive experience you had as a volunteer that made a difference in your life.**

My positive experiences have been in helping people when they are in need. I have helped with Bingo, setting up chairs and tables for events, helping with maintenance issues, and basically volunteering to help whenever needed.

**Where did you live before moving to this area and how long have you lived here?**

I lived in Kinnelon prior to moving to Lewes in the Fall of 2013.

#### **SAVE THE DATE!**

October 18, 2025

**"Mad Hatter" Tea Party and Fashion Show**



**Tickets go on sale September 18th.**

# MEMBER NEWS

## Upcoming Events

**School Supply Drive Aug. 4th-22nd:** We're collecting **NEW** school supplies for the kids at the Cape Henlopen School District. Especially needed are washable colored markers, dry erase markers, crayons and colored pencils, glue sticks, 3 or 5 subject spiral notebooks, composition books, safety scissors, and pencil cases.

**Pet Therapy with Paris:** August 12th, 10:30am in the Lounge.

**Insurance Q&A with Catie Walther:** August 13th at 12PM in the Main Hall

**Cooking with Dave:** Wednesday, August 20th, 12pm in the Main Hall. Stay cool with the No Oven Meals Menu: Chopped Salad, Red, White & Blue Salad, Rotisserie Chicken Nectarine Salad & Mediterranean Chicken Pita. \$15/ members \$20/nonmembers. Sign up by August 15th.

**Board Meeting:** Thursday August 14th 3PM in the Main Hall

**Managing CHF Lunch & Learn:** Wednesday, August 27th, 12pm-1pm in the Main Hall. Join staff from Beebe Healthcare who will cover topics related to managing CHF during this one hour FREE presentation. Pre-registration is required. Call the Front Desk at 302-645-9392 or stop in to register by August 22nd. LSAC will provide a light lunch for registered attendees.

## New Class Spotlight—Make Sure to Check Them Out!!

### Evening Tai Chi

**Tuesday, 5:30 PM with Gary Tompkins**

Tai Chi is a safe low impact exercise that uses slow fluid movements that both relax and strengthen the body. This class is best for beginners and intermediate levels but all are welcome. 1st class is free/\$7 thereafter.

### Mosaic Wood Art

**Saturday, Sept. 6<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> & Oct. 4<sup>th</sup>, 9A-12P with Joe DeFeo**

Learn how to take wood of varying shapes, sizes and species and craft them into a work of art! Join Joe DeFeo for this 4-part workshop where you'll design and create a unique wood mosaic piece. Joe will supply all materials. **NO EXPERIENCE NECESSARY but you must attend a pre-class meeting on Thursday August 21<sup>st</sup> at 11AM to take the class.** Class size is limited. To register: please email [jmdefeo@gmail.com](mailto:jmdefeo@gmail.com) Cost for the 4 sessions is \$60.

## FYI

**Guest Passes:** Guest passes are available at the front desk for \$5/day for your out-of-town guests or your neighbors who want to try out a class or program in addition to the class fee. Guests must be 50+.

**Please keep our members who have passed away in your thoughts.**

Beth Smith

Mary Lu Pool

# LSAC Group Exercise Classes

Please contact the instructor listed for each class with any questions.

The fees listed are the instructor's fee.

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>Contact information</u>	<u>Fee</u>
<b>MONDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Ultra Beginner Line Dancing	8:00am-9:00am	Main Hall	Marian Fetherolf	302-249-1586	\$6.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Chair Yoga	8:30am-9:25am	Card Room	DVD	302-645-9293	<b>FREE</b>
Balance & Strength	9:15am-10:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Zumba	10:30am-11:30am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Qigong	10:45am-11:30am	Activity Room	Janet DeFeo	302-278-9532	\$6.00
Tai Chi for Beginners	11:45am-12:45pm	Main Hall	Deb Hunt	hunt4taichi@gmail.com	\$7.00
<b>TUESDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Beginner Tai Chi	8:00am-9:00am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Tai Chi	9:15am-10:30am	Main Hall	Susan Hamadock	302-381-0585	\$7.00
Chair Yoga (2 Classes)	8:30am—9:25am & 9:30am-10:25am	Card Room	DVD	302-645-9293	<b>FREE</b>
Line Dancing Advanced	9:30am-10:30am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Line Dancing Low Intermediate	10:45am-11:45am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Next Level Chair Yoga	10:45am-11:45am	Card Room	Linda Catts	410-917-5885	\$7.00
Line Dancing Improver	12:00pm-1:00pm	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Tango at the Beach	7:00pm-9:30pm	Activity Room	Christine Eggert	chrismeggert804@gmail.com	
Tai Chi	5:30pm-6:30pm	Activity Room	Gary Tompkins	garyt.taichi@gmail.com	\$7.00

# LSAC Group Exercise Classes

Please contact the instructor listed for each class with any questions. The fees listed are the instructor's fee.

<b>WEDNESDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Tai Chi Fan Class	8:00am-9:00am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Ball & Band (No class 1st	10:15am-11:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
LaBlast	11am-12pm	Activity Room	Cindy Beaver	717-991-8526	\$8.00
Chair Yoga	12:30pm-1:30pm	Card Room	DVD	302-645-9293	<b>FREE</b>
<b>THURSDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Cardio Blast (June 1-Sept 15)	7:45am-8:30am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	<b>FREE</b>
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
Beginner Tai Chi /Qigong Combined	12:00pm-1:00pm	Activity Room	Janet DeFeo	302-278-9532	\$7.00
<b>FRIDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Balance & Strength	7:45am-8:45am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	<b>FREE</b>
LaBlast	9:00am-10:00am	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 (2 classes)	8:30am-9:25am & 9:30am-10:25am	Card Room	DVD	302-645-9293	<b>FREE</b>
Balance & Strength	10:15am-11:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Zumba	11:30am-12:30pm	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Tai Chi Swords	1:00pm-2:00pm	Main Hall	Marianne Walch	mwalch@verizon.net	\$10.00

# Games & Other Programs

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>LEADER</u>	<u>CONTACT INFORMATION</u>
<b><u>MONDAY</u></b>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Scrabble	10:00am-12:00pm	Card Room	Hester Chinchar	302-645-9293
Mexican Train	12:30pm-2:30pm	Card Room	Front Desk	302-645-9293
Rummikube	1:00pm-3:00pm	Main Hall	Trina Stephenson	trina_step@comcast.net
Bridge	1:00pm-4:00pm	Activity Room	Jenny Waters	703-244-3257
A Stitch in Time	1:00pm-4:00pm	Main Hall	Joyce Sheehy	908-337-5652
Beginner Mah Jong	3:00pm-5:00pm	Card Room	Cheryl Belluci	cab22cute@me.com
Billiards/Ping Pong	4:00-7:00pm	Activity Room	Front Desk	302-645-9293
<b><u>TUESDAY</u></b>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Penny Bingo	11:00am-3:00pm	Main Hall	Josie Schroeder	302-841-4113
Pinochle	12:00pm-5:00pm	Card Room	Jack Welsh	302-644-2238
Jackpot Bingo	Doors open 4pm	Main Hall	Front Desk	302-645-9293
<b><u>WEDNESDAY</u></b>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
T.O.P.S	10:00am-12:00pm	Card Room	Carey Gellman	240-899-1295
Hand, Knee, & Foot	12:30pm-3:15pm	Activity Room	Front Desk	302-645-9293
Spades	2:00-pm-4:00pm (1st & 3rd weeks only)	Card Room	Judith Connor	804-456-0055
Italian Card Games	1:30pm-4:00pm (2nd & 4th weeks only)	Card Room	Neil Garefino	302-703-6296
Billiards/Ping Pong	3:30pm-7:00pm	Activity Room	Front Desk	302-645-9293
<b><u>THURSDAY</u></b>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Canasta	9:00am-12:00pm	Card Room	Front Desk	302-645-9293
Bunco	1:00pm-3:00pm (1st & 3rd weeks only)	Card Room	Josie Glynn	908-892-8605
Cribbage	1:00pm-3:00pm (2nd & 4th weeks only)	Card Room	Front Desk	302-645-9292
Drum Circle	Every 3rd Thursday of month 3:30pm	Main Hall	Marthea Proudfoot	mjpfoot@gmail.com
<b><u>FRIDAY</u></b>				
Ceramics	8:00am-12:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Book Club	11:00am-12:00 (2nd Friday of the month)	Lounge	Linda Catts	410-917-5885
Duplicate Bridge	12:30pm-4:30pm (1st & 3rd weeks only)	Activity Room	Dottie Woodbury	302-945-2059
Duplicate Bridge	12:30 pm-4:30 pm (2nd & 4th weeks only)	Activity Room	Rich Lepley	202-494-8334
Mah Jong	12:00pm-2:00pm	Card Room	Carole Palamar	302-684-3968

# Trips

## Day Trips & Bus 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.***

<u>DATE</u>	<u>DESTINATION</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COST</u>	<u>NOTES</u>	<u>SIGN UP BY</u>
Monday, August 11th	Harrington Casino	Harrington, DE	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch on your own	8/8/25
Wednesday, August 13th	Cape May Craft Brewery Visit via Cape May Ferry & shuttle	Cape May, NJ	Lv. 9:30am Rtn. 7:30pm	Mem: \$50 Non: \$55	Bring Lunch & beer on your own	8/8/25
Monday, August 18th	Assateague Explorer Pony Express Nature Cruise	Assateague	Lv. 9:45am Rtn. 4:00PM	Mem: \$ 77 Non: \$82	Bring lunch to eat on the bus	8/15/25
Wednesday, August 20th	"Noah" at Sight & Sound Theatre, Lunch at Shady Maple	Lancaster, PA	Lv. 7:30am Rtn. 5:30pm	Mem: \$183 Non: \$188	Motorcoach, show, lunch, & gratuities included.	8/18/25
Thursday, August 21st	Lunch OYO at the Reading Terminal Market	Philadelphia, PA	Lv. 9:30am Rtn. 3:30pm	Mem: \$30 Non: \$35		8/19//25
Monday, August 25th	Dover Mall or Bally's Casino	Dover, DE	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch on your own	8/22/25
Wednesday, August 27th	Dolphin Trip with MERR	Lewes, DE	Lv. 9:15AM Rtn. 12PM	Mem: \$ 32 Non: \$37		8/25/25

### **2025 Extended Trips**

Switzerland, Austria, and Bavaria

New Mexico ~Waitlist Only

Pennsylvania's Grand Canyon

Asheville Christmas ~ Waitlist Only

Christmas in Hershey, PA

Christmas Spirit Time in NYC

Kentucky Bourbon Trail 2026

Alaska Cruise 2026

Caribbean Islands Cruise 2027

**Brochures Available at the Center and on our website.**

# JACKPOT BINGO

**DOORS OPEN 4PM**

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