



32083 Janice Rd

Lewes, DE 19958

302-645-9293

lewesseniorcenter.org

Summer Hours: Monday-Thursday

8am-7pm

Friday, 8am-4pm

Mark Your Calendars

August 3-24: School Supply Drive

August 3-4: Puzzle Sale -
Buy One Get One FREE
8am-12pm, in the Lounge

August 13th: Board meeting, 3:30pm in the Main Hall

August 25: Pet Therapy with Paris, 10:30am in the Lounge

LSAC Board of Directors

Alan Fegley, President

Brian Hunt, Vice President

Dot Basile, Secretary

Joanne Kempton, Treasurer

Sue Dutton, Asst. Treasurer

Nancy Carlson, Member-at-Large

Marilou Hahn, Member-at-Large

Joyce Stephens, Member-at-Large

Molly Young, Member-at-Large



**School
Supply Drive
August 3-24**



**Puzzle Sale
August 3, 4**

NEWSLETTER

August 2026

Hello everyone!

I am absolutely thrilled to join the Lewes Senior Activity Center family as your new Executive Director. Thank you to everyone I have met over the past week, your warm welcomes and smiles have already made me feel right at home.

I bring over 25 years of healthcare leadership experience, spanning long-term care, hospice, and brain injury communities. Most recently, I spent 5½ years in Delaware building workforce systems to drive economic mobility for vulnerable populations. While proud of this systemic work, my true passion is working directly with my favorite population: seniors. The wisdom, humor, and life stories you share are what drew me to this field, and it is an honor to dedicate my daily energy to a community I care about so deeply.

On a personal note, I was born and raised right here in Delaware. I've been married to my high school sweetheart, Joe, for 33 years, and we have three amazing kids. This August, we will reach an exciting milestone as we officially become empty nesters!

My goal is to ensure LSAC continues to be a place of joy, support, and engagement for all of us. Whether you come for fitness, art, bingo, or just a cup of coffee, please know that my door is always open. I welcome your ideas for our future and look forward to getting to know each of you!

Warmly,

Kristy Handley, M.S.

Executive Director

MEMBER NEWS

Classes and Presentations

School Supply Drive: August 3rd-24th. Once again, we are teaming up with S.E. Brittingham Enterprises for their Backpack and School Supply Giveaway at West Side Beginnings, benefiting any student in our area who needs a hand with school supplies. Donation bins will be located in the lounge area.

Puzzle Sale: August 3rd& 4th, 8 am-12 pm. BOGO! Buy one puzzle, get one free! Stock up on your summer puzzles or get ready for the long, cold winter and support LSAC at the same time. 2nd puzzle must be of equal or lesser value.

Pet Therapy with Paris: August 25th, 10:30 am in the Lounge. Stop by and spend a few minutes with Paris, a Certified Therapy Dog, and you are sure to leave with a smile.

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

Carl Edelin

Charlie Fleetwood

SENIOR MOMENTS

Volunteer Spotlight

Brian Major



When did you become a member of LSAC? November 2023

Why did you start volunteering? A friend brought me to the Center, and everyone I met was friendly, so I thought why not? Also, being retired, it gives me something to do.

Tell us about a positive experience you had as a volunteer that made a difference in your life. I don't get paid for this, but I get paid by the number of friends I have made.

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

I lived in Northampton, Massachusetts, before moving here with my Mom and Stepfather.



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
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					
Tai Chi for all levels	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
Advanced 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	9:15am-10:15am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Low intermediate Line Dancing	10:20am-11:20am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Improver Line Dancing	11:30am-12:30pm	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Cardio Drumming	1:00pm-2:00pm	Activity Room	Jacqui Krupinski	jbk0159@gmail.com	\$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	10:30am-11:30am	Main Hall	Pamm Pauley	pammpauley616@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	pammpauley616@gmail.com	\$7.00
Mat Pilates	9:00am-10:00am	Cool Springs Pres. Church	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Tai Chi	9:15am-10:15am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Tai Chi Swords	9:15am-10:15am	Activity Room	Marianne Walch	mwalch@verizon.net	\$10.00
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	Activity Room	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	pammpauley616@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	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	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)	2:00pm-4:00pm	Card Room	Susan Thornton	301-404-3912
Italian Card Games (2 nd & 4 th weeks of the month)	1:30pm-4:00pm	Card Room	Neil Garefino	302-703-6296
Ukelele Group	3:00pm-5:00pm	Main Hall	Steve Sell	302-588-0968
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	Activity Room	Linda Catts	410-917-5885
Duplicate Bridge	12:00pm-4:00pm	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!

SENIORS ON THE GO!

Day Trips

Trip Registration & Payment Information

Payment is due at the time of registration for all trips and must be made in person.

Because the Center is required to purchase tickets and make reservations in advance for shows, tours, and other activities, trip fees are generally non-refundable. If you are unable to attend a trip after registering, we will make every effort to help find a replacement; however, we cannot guarantee a refund if a replacement is not found.

If a trip is canceled by LSAC or the venue, a full refund will be issued.

Additional trip details are available on our website.

If you require special accommodations, please let us know when you register so we can do our best to meet your needs.

Please register as early as possible. A minimum of six participants must be registered and committed by one week prior to the trip date. Trips that do not meet this minimum may be canceled.

Date	Destination	Location	Time	Cost	Notes	Sign up by
Mon. August 3rd	Ocean Downs Casino	Berlin, MD	Lv. 9:30am Rtn 3:30pm 60 minutes travel time each way	mem: \$8 non: \$13	Try your luck at Ocean Downs Casino! Lunch is on your own at the Casino.	July 30th
Thurs. August 6th	Pop-Up Opera at Lewes Canalfront Park	Lewes, DE	Lv. 6pm Rtn. 8:45pm 10 minute travel time each way	mem: \$5 non: \$10	Must bring your lawnchair. Pop-up Opera introduces you to the talent and power of live Opera! Prizes, & giveaways.	August 3rd
Tues. August 11th	Chesapeake Maritime Museum Tour, Lunch, and Cruise	St. Michaels, MD	Lv. 7:45am Rtn. 5:30pm 1 hour 40 minutes travel time each way	mem: \$88 non: \$93	Includes tour of CMM, lunch, and a 70-minute narrated historical cruise about the Patriot	July 27th Lunch choice due by July 28th
Wed. August 12th	Tour of DuPont Nature Center	Milford, DE	Lv. 9:30am Rtn. 11:30am 30 minute travel time each way	mem: \$8 non: \$13	Tour the exhibits the center has to offer focused on horseshoe crabs, shorebirds, local history, and aquariums.	August 10th

Return times are approximate due to summer traffic.

Trip Office Hours: Monday-Thursday, 8:30 am-3:30 pm

Trip Coordinator: Lexi Kirkey 302-645-9293 ext 105

lexik@lewesseniorcenter.org

Meet our bus driver, Alex Froner.



Alex's primary responsibility is to transport our members to and from their destinations safely. While he may occasionally join the group for a tour or lunch, please note that he is not your tour guide and cannot deviate from the pre-planned itinerary to make additional stops. All trips are "on your own" unless otherwise specified.

August Day Trips

Date	Destination	Location	Time	Cost	Notes	Sign up by
Thurs. August 13th	Tour of Air Mobility Command Museum	Dover AFB, Dover, DE	Lv. 9:15am Rtn 12:30pm 45 minute travel time each way	mem: \$35 non: \$ 40	Take a tour of the AMM at Dover AFB. The museum houses over 35 aircraft varying in roles and sizes.	August 10th
Monday, August 17th	Dover Mall or Bally's Casino	Dover, DE	Lv. 9:30am Rtn 3:30pm 45 minute travel time each way	mem: \$8 non: \$13	Lunch OYO	August 14th
Monday, August 24th	Strasburg Railroad & Kitchen Kettle Village	Lancaster, PA	Lv. 7:30am Rtn. 5:30pm 2.5 hour travel time each way	mem: \$80 non: \$90	Embark on a fully narrated excursion about the Strasburg Railroad. Enjoy lunch while traversing through 2,500 acres of the picturesque Amish Country Side. After the ride, we will head to Kitchen Kettle Village for some shopping!	August 14th
Wednesday, August 26th	Nemours Estate & Lunch at Banks Seafood	Wilmington, DE	Lv. 7:45am Rtn 3:30pm 1.5 hour travel time each way	mem: \$33 non: \$38	Self-guided tour of the Mansion, Chauffer's garage, & gardens. Lunch OYO at Banks Seafood after the tour.	August 24th
Thursday, August 27th	Taping of WBOC's Delmarva Life & Tour of WBOC studio	Salisbury, MD	Lv. 7:45am Rtn. 12:30pm 1 hour travel time each way.	mem: \$8 non: \$13	Have a seat in the audience at a taping of Delmarva Life & tour the studio	August 25th

Return times are approximate due to summer traffic.

Extended Travel



2026-2027



Christmastime in Vermont

Christmas at Greenbrier Resort, WV

European Christmas Markets (Czech Republic, Germany, Austria, Slovakia, Hungary)~Wait List Only

Christmas in New York City, NY

2027

St. Augustine, Florida

Eastern Caribbean Cruise (Dominican Republic, St. Thomas)

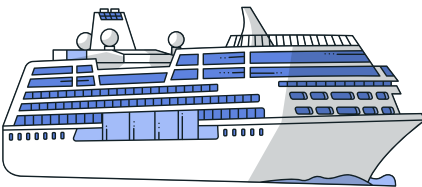
Grand Hawaiian Cruise (Oahu, Kona, Maui, Kauai)~Wait List Only

Spotlight on Northern Italy

Trip Office Hours: Monday- Thursday 8:00 am-3:30 pm

Trip Coordinator: Lexi Kirkey 302-645-9293 ext 105

Brochures are available at the Center.



Pittsburgh 2026





August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Ocean Downs Casino 9:30am School Supply Drive begins Puzzle BOGO	4  Sale 8am-12pm	5	6 Pop Up Opera at Lewes Canalfront Park 6pm	7	8
9	10	11 CMM Tour & Cruise 7:45am 	12 Dupont Nature Center 9:30am	13 Air Mobility Museum 9:15am Board Meeting 3:30pm	14	15
16	17 Dover Mall or Bally's Casino 9:30am	18 	19	20	21	22
23	24 Strasburg RR & Kitchen Kettle Village 7:30am School Supply Drive ends	25 Pet Therapy with Paris 10:30am 	26 Nemours Estate & Lunch at Banks Seafood 7:45am	27 Taping of Delmarva Life & tour WBOC 7:45am	28	29
30	31					



Summer Hours:
Monday-Thursday 8 am-7 pm
Friday 8 am-4 pm