



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

Hours: Monday-Friday 8am-7pm

Mark Your Calendars

February 5th-Stroke & TIA Educational Seminar, 12 pm-1 pm in the Main Hall

February 11th- Dine & Donate at Titanic Pizzeria, Milton. 11 am-8 pm

February 11th-Play That Funky Bingo, 1 pm-4 pm, in the Main Hall

February 12th-Pet Therapy with Paris, 10:30 am, in the Lounge

February 12th-LSAC Board of Directors Meeting, 3 pm, in the Main Hall.

February 16th- Center Closed- Federal Holiday

February 18th - Cooking with Chef Dave, 12 pm in the Main Hall

February 25th- FREE Skin Cancer Screenings by Connolly Dermatology. Appts: 9 am-3 pm Call the front desk at 302-645-9293 to reserve your time.

Save the date: Spring Craft Fair, March 28th, 8 am-1 pm

Center closed

February 16, 2026



Special Events

Play That Funky Bingo!
Wednesday, 2.11.26
1pm in the Main Hall

NEWSLETTER

February 2026

Reminder:
LSAC follows the
Cape Henlopen School District
for weather-related closings.

FROM THE DIRECTOR

Good news! There are only 6 more weeks of winter, and we've got plenty of great activities planned to keep you motivated this February!

Get ready to *get funky* on **February 11** at our **St. Valentine's Day-themed Play that Funky Bingo**-it's always a fun time! Be sure to check out our **day trips**, too-there's something for everyone.

We're also offering important wellness programs this month, including a **Stroke/CVT Workshop with Beebe Healthcare on February 5**, and a **Skin Cancer Screening on February 25**.

And please **mark your calendars for March 5-6!** The Center will be participating in **Do More 24 Delaware**, a 24-hour online giving event that helps support our programs and activities. More details are coming soon!

Stay warm, and we look forward to seeing you at the Center!

Virginia

MEMBER NEWS

Upcoming Events

Dine & Donate at Titanic Pizzeria

Wednesday, February 11th, 11 am-8 pm

Enjoy a meal at Titanic Pizzeria in Milton, and 10% of your bill will be donated to LSAC.

Just mention you are from Lewes Senior Activity Center. Dine in or Takeout

Spring Craft Vendor Fair

The Spring Craft Vendor Fair is “springing forward” one week to March 28th due to the Easter holiday falling on the first weekend in April. If you would like to be on the Craft Vendor email list, please email Jill at jill@leweseniorcenter.org.

Classes and Presentations

Stroke & TIA Educational Seminar: February 5th, 12 pm-1 pm, in the Main Hall. Presented by Beebe Healthcare. FREE! A light lunch will be provided for all registered participants. Please call the front desk at 302-645-9293 to sign up.

Pet Therapy with Paris: February 12, 10:30 am in the Lounge. Stop by the lounge and say hi to Paris!

Cooking with Chef Dave: February 18th, 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. Sign up by February 13th. February menu: Potato gnocchi with tomato jam sauce, corned beef eggrolls, or tacos, or sliders. Irish potato candy

Skin Cancer Screenings: FREE Skin Cancer Screenings by Connolly Dermatology. Appts: 9 am-3 pm Call the front desk at 302-645-9293 to reserve your time.

SENIOR MOMENTS

Volunteer Spotlight



Theresa Miksic

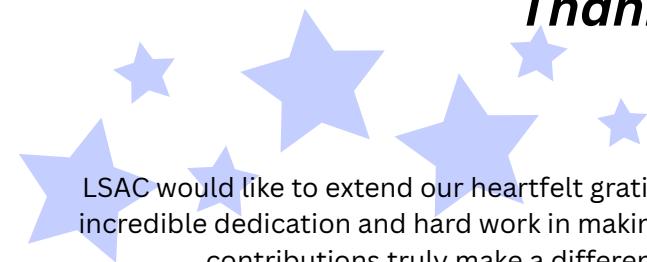
When did you become a member of LSAC? 2022

Why did you start volunteering? On a whim--I had the time and felt it would be a nice thing to do.

Tell us about a positive experience you had as a volunteer that made a difference in your life. Overall, volunteering at the front desk has been a very rewarding experience for me. It's a good feeling to know you're helping others and are appreciated. It's my Happy Place!

Where did you live before moving to this area, and how long have you lived here? Before moving to Lewes 5 years ago, I lived in Norriton, Pennsylvania. I worked for the Commonwealth of PA for 30 years and then retired after working as an Administrative Assistant to the Director of the Psychiatric Hospital for Children until it closed, and later, to the Warden of a State Correctional Institution. Once retired, I became a caretaker for my granddaughter and grandson from birth all through their school years, while their parents worked. I moved to Delaware in 2020. One day, while parked at LSAC to walk on the trail, my husband and I checked out the Senior Center. Afterward, we became members, and I became a volunteer. Volunteering at LSAC has been one of the best things I have done for myself. I've met many nice people and also found new friends. LSAC is a fun and great place!

Thank You!



LSAC would like to extend our heartfelt gratitude to LSAC's Stitch in Time group for their incredible dedication and hard work in making items for Meals on Wheels. Their generous contributions truly make a difference in the lives of those they serve.



This wonderful donation comprised:- 24 cozy blankets- 53 beautiful hat and scarf sets- 15 stylish scarves- 5 warm hats- 8 snug pairs of mittens- 1 special blanket for MOW to raffle.



Thank you so much to the amazing ladies in this group for your kindness and commitment to spreading warmth and compassion within our community. Your efforts are deeply appreciated!



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
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
Mat Pilates	12:00pm-12:45pm	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	

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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	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
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
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	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	Marianne Walch	mwalch@verizon.net	\$10.00

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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
Wed. 2.4	Philadelphia Auto Show	Philadelphia, PA	Lv. 9:30am Rtn. 6:00pm	Mem: \$50 Non: \$55	Lunch OYO	2.3.26
Mon. 2.9	Dover Mall or Bally's Casino	Dover, DE	Lv. 9:30am Rt. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	2.6.26
Thurs. 2.19	Museum of the American Revolution	Philadelphia, PA	Lv. 7:00am Rt. 4:00pm	Mem: \$51 Non: \$56	Lunch OYO at Museum cafe	2.16.26
Fri. 2.20	American Craft Council Craft Show	Baltimore, MD	Lv. 8:30am Rt. 4:00pm	Mem: \$42 Non: \$47	Lunch OYO	2.18.26
Wed. 2.25	Herr's Snack Factory Tour	Nottingham, PA	Lv. 7:45am Rtn. 4:00pm	Mem: \$35 Non: \$40	Lunch OYO after tour	2.23.26
Fri. 2.27	Booth's Corner Fmr Mkt	Boothwyn, PA	Lv. 8:30am Rtn. 4:00pm	Mem: \$23 Non: \$28	Lunch OYO	2.25.26
Thurs. 3.5	Philadelphia Flower Show	Philadelphia, PA	Lv. 8:30am Rtn. 6:00pm	Mem: \$73 Non: \$78	Lunch OYO	2.27.26

Extended Travel



2026-2027



Pittsburgh, PA

Berkshires

Alaska Cruise

Yellowstone National Park (UT, MT, WY, SD)

Finger Lakes, NY

Thailand

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

2027

Eastern Caribbean Cruise

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

Brochures are available at the Center.



Costa Rica 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Philadelphia Auto Show 9:30am	5 <i>Stroke/TIA</i> Workshop 12pm-1pm	6	7
8	9 Dover Mall or Bally's Casino 9:30am	10	11 <i>Funky Bingo</i> 1pm <i>Dine & Donate</i> <i>Titanic</i> <i>Pizzeria</i> 11am-8pm	12 <i>Pet Therapy</i> with Paris 10:30am <i>Board Meeting</i> 3pm	13	14
15	16 Center Closed	17	18 <i>Cooking with</i> <i>Chef Dave</i> 12pm	19 Museum of the American Revolution 7am	20 American Craft Council Craft Show 8:30am	21
22	23	24	25 <i>Skin Cancer</i> <i>Screenings</i> 9am-3pm <i>Herr's Snack</i> <i>Factory Tour</i> 7:45am	26	27 Booth's Corner Farmers Mkt 8:30am	28

Save The Date
 Saturday, March 28
SPRING CRAFT VENDOR FAIR
8am-1pm

Play that

Funky Bingo

With

DJ Sharon Messina

MUSIC, FOOD,
FUN, & PRIZES!

Wednesday

February 11th

1pm-4pm

VALENTINE'S
DAY EDITION



\$5 suggested donation
Please sign up at the front
desk.

Light snacks and soft drinks included.

PIZZA, BEER , & WINE AVAILABLE FOR AN ADDITIONAL
DONATION.