

32083 Janice Rd

Lewes, DE 19958

302-645-9293

Mon-Thurs 8am-4pm

Friday 8am-12pm

LEWES SENIOR ACTIVITY CENTER

"Staying Active After 50" Newsletter

October 2021

Newsletter always available on our website: www.lewesseniorcenter.org

Important Dates in October

UPCOMING EVENTS

October 4th-8th: ACTIVE AGING WEEK-All regular classes and programs CANCELLED

October 6th: Blood Bank of Delmarva 12pm-6pm

October 7th: FREE Flu Shots given by BEEBE 10am-2pm

October 11th: Federal Holiday, **CENTER CLOSED**

October 12th-14th Pittsburg Trip

October 20th: Boscov's Day

SAVE THE DATE: November 6th, Holiday Bazaar

ACTIVE AGING WEEK

October 4th-8th

Join us for a week of FREE activities!

See the full schedule

On Page 9



Boscov's Day

To Benefit

LSAC

Wednesday, October 20th

Purchase your \$5 shopping pass at the front desk!



A few words from Dennis

Dear Members,

It's time to celebrate our active lifestyles! Please join us during Active Aging Week, Oct 4 through 8. We have daily activities and events planned, check out the schedule and sign up early as some are limited capacity.

Remember, all scheduled activities are cancelled for the week, as we celebrate senior living.

LSAC is following the CDC guidelines, and masks must be worn in our building and on the bus if you are not fully vaccinated. We respect your right to wear mask even if vaccinated. Thank you for cooperating.

Many trips are in the planning stage for 2022. Once we have them scheduled, we will get the word out, so stay tuned, and enjoy life!

Stay well,

Saturday,

November 6th

8am-12pm

Spaces available for Craft Vendors

Member News

Keep updated on what's happening at the Center! Make sure you are on our email list!

Active Aging Week : October 4th-8th. Every day of the week for FREE fun and informative activities and programs. See page 9 for a list of activities! **All regularly scheduled classes and programs are cancelled for that week.**

FREE Flu Shots: Thursday, October 7th 10am-2pm in the Activity Room. No appointments necessary. Given by BEEBE

New Class: Seated Tai Chi/Qigong for Health. Tuesdays 10:45am-11:30am. This class will introduce students to the fundamentals of Seated Tai Chi and Qigong. The seated programs are excellent for anyone who wants to achieve the many health benefits of Tai Chi and Qigong, but find seated exercise is best for them. Martrise is a certified instructor in Seated Tai Chi by the TCFH Institute and teaching with Silver Lotus Training Institute for the last 15 years. Please join us Tuesday morning, October 12, 2021, 10:45-11:30am for a complimentary first lesson.

Boscov's Day: Wednesday, October 20th, Purchase your 25% off shopping pass for \$5 at the Center good for 10/20 only at the Dover Boscov's. LSAC receives \$5 for every pass sold. Limited space available on the LSAC bus.

Holiday Bazaar: Saturday, November 6th, 8am-12pm. Craft Vendor spaces available, please call Dennis 302-645-9293. Volunteers & baked goods will be needed. Keep an eye out for more information.

Cookie Walk: Saturday, December 11th, 8am-11am. Volunteers & bakers needed, more details to follow.

Seamstress: Please call LSAC member Darnise Frey 302-249-8775 for your alteration needs.

MASKS: Reminder, if you are not vaccinated the CDC requires you to wear a mask at all times in the Center. If you are fully vaccinated, it is your choice to wear a mask or not, please do what makes you feel most comfortable.



THANK YOU!

Thank you to Pat Zangaro and all of the volunteers that helped make the Ladies Tea Party & Fashion Show a fun time for all! This event is solely volunteer run, and we appreciate all of the hard work and time that goes into putting together such a big event. See you in September 2023!

Pictured: Jan Moore modeling her Blooming Boutique ensemble escorted by Air Force 1st Sgt. Steve Koester (Ret.)

Welcome!

We welcome April Palakar to the LSAC Board of Directors. April was appointed by the board to replace John Walker, Sr. who left the board after many years of service to move to New York to be closer to family.

Welcome New Members!

| | | | |
|---------------------------------|---------------------------------|------------------------|-------------------------------------|
| Virginia Bush | Nancy Commiso | Susan Hudson | Stephen Hudick |
| Kathleen Cordiner | Joyce DePascale | Renora Licata | Joseph & Donna Lynch |
| Cynthia Fuller | Carlos Segarra | Janet Sazo | Marylinda Maddi |
| Tommy Lynch & Karen Mills-Lynch | Rebecca Gansaner | Patricia Durkan | Paul Ruddy |
| Charles & Delores Mahon | John Gilly & Jane McMahon-Gilly | Kathy Fina | Donna Adair & Connie Fox |
| Joseph & Ruth McKeown | Barbara Monaco | Tim & Dianne Bane | Thomas Alexander |
| Susan Pomerantz | Darlene Seanor | Norma DelNano | Diane Johnson |
| Richard & Mary Spishock | Pauline Shelley | Michael Payne | Patricia Leef |
| George Upperman | Beth Ambrose | Donald Ridzon | Barbara Manning |
| Doris Wilkes | Kathe Ana | Susan Vinzant | Cara Radosevich |
| Jeff & Linda Wilmot | Linda Atkinson | Tammy ChinCheck | Karen Wexler |
| Edie Schneider | Gary Maratta & Vickie Burrier | Gary & Sheryl Day | Donald Barrow |
| Ziva Rubin | Mary Capelli | Patricia Guida | Gregory Breithreitz |
| Julia Blackwell | Lawrence Clendaniel | Michael and Joyce Vari | Robert & Cheryl DeAntonio |
| Kathy Bonanno | Donna Kirby | Kathy Boone | Michael Garrigan & Helene Earl |
| Chuck Bowmaster | Michael & Carol Nofi | Rainer Schulz | Helga Gayowski |
| Dolores Fader | Nilima Palekar | Rose DeDona | Edward Gross & Carole Swaney |
| Susan Gately | Maubra Jane Randolph | Joyce Dicellis | John & Kathy Huegel |
| Alice Hoens | Judy Rodgers | Nicholas Eberstadt | Kevin & Janet Johnson |
| Anthony & Dana Jenkins | Carlos Segarra | Patricia Pierce | Jacqueline Lesney |
| Eileen LaVaedera | Sharon Smith | Linda Stone | Stephen Marriner & Christine Eggert |
| Christina Melchiorre | Jeanne Sokoloski | Lou Howarth | Barbara Martin |
| John Wickizer | Marjorie Worrell | Kathleen Lehmann | Dennis & Marion Swencki |
| Maureen Reeves | Paul & Helen Claypoole | Nora Mastrosimone | Cathy Tatman |
| Elizabeth Anderson | Amy Grace | Joe & Marion Golden | Wanda Tomlinson |
| Nancy Trainor | Beverly Wells | Patricia West | Theresa Whetstone |
| | | | Ralph White |

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



IN REMEMBRANCE

Gloria Dixon

Janice Ott

Joan Flynn

LSAC Group Exercise Classes

4

For specific questions regarding class structures or fees, please contact the instructor listed below.

| DAY | TIME | LOCATION | INSTRUCTOR | Contact information | |
|-----------------------|-----------------|---------------|-------------------|--|-------------|
| MONDAY | | | | | |
| Walk Aerobics | 7:45am-8:15am | Activity Room | DVD | 302-645-9293 | FREE |
| Balance & Strength | 8am-9am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Walk Aerobics | 8:30am-9am | Activity Room | DVD | 302-645-9293 | FREE |
| Balance & Strength | 9:15am-10:15am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Yoga | 9:30am-10:30am | Activity Room | Judy Impell | judyimpell@gmail.com | |
| Zumba | 10:30am-11:30am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Qigong | 11am-11:45am | Activity Room | Maryann Meyer | 302-645-9293 | |
| Wellness w/Allison | 4pm-5pm | Main Hall | Allison Rosen | alisonhealth@gmail.com | |
| TUESDAY | | | | | |
| Cardio Strength | 8am-9am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Walk Aerobics | 7:45am-8:15am | Activity Room | DVD | 302-645-9293 | FREE |
| Walk Aerobics | 8:30am-9am | Activity Room | DVD | 302-645-9293 | FREE |
| Tai Chi | 9:15am-10:00am | Main Hall | Susan Hamadock | 302-381-0585 | |
| Chair Yoga | 9:30am-10:30am | Card Room | DVD | 302-645-9293 | FREE |
| Chair Tai Chi | 10:45am-11:30am | Card Room | Marty Jones | 302-644-8921 | |
| Line Dancing | 9:30am-10:30am | Activity Room | Marion Fetherhoff | 302-249-1586 | |
| Line Dancing | 10:45am-11:45am | Activity Room | Marion Fetherhoff | 302-249-1586 | |
| Line Dancing Beginner | 12pm-1pm | Activity Room | Marion Fetherhoff | 302-249-1586 | |
| Yoga Strength | 4pm-5pm | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Tango Lewes | 7pm-9:30pm | Activity Room | Christine Eggert | 443-326-2096 | |
| WEDNESDAY | | | | | |
| Walk Aerobics | 7:45am-8:15am | Activity Room | DVD | 302-645-9293 | FREE |
| Beginner Tai Chi | 8am-9am | Main Hall | Janet Defeo | 302-827-4924 | |
| Walk Aerobics | 8:30am-9am | Activity Room | DVD | 302-645-9293 | FREE |
| Yoga | 9:30am-10:30am | Activity Room | Judy Impell | judyimpell@gmail.com | |
| Ball & Band | 9:15am-10:15am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| LeBlast | 11am-12pm | Activity Room | Joshua Beaver | 302-645-9293 | |
| Chair Yoga | 12:30pm-1:30pm | Activity Room | DVD | 302-645-9293 | FREE |
| THURSDAY | | | | | |
| Cardio Strength | 8am-9am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Walk Aerobics | 7:45am-8:15am | Activity Room | DVD | 302-645-9293 | FREE |
| Walk Aerobics | 8:30am-9am | Activity Room | DVD | 302-645-9293 | FREE |
| Tai Chi | 9:15am-10:15am | Activity Room | Janet Defeo | 302-827-4924 | |
| Beginner Qigong | 12pm-1pm | Activity Room | Susan Hamadoock | 302-381-0585 | |
| Tap & Ballroom | 5:00pm- 6pm | Activity Room | Barbara Dutch | dutchba@comcast.net | |
| FRIDAY | | | | | |
| Walk Aerobics | 7:45am-8:15am | Activity Room | DVD | 302-645-9293 | FREE |
| Balance & Strength | 8am-9am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Walk Aerobics | 8:30am-9am | Activity Room | DVD | 302-645-9293 | FREE |
| Balance & Strength | 9:15am-10:15am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |
| Chair Yoga | 9:30am-10:30am | Card Room | DVD | 302-645-9293 | FREE |
| Zumba | 10:30am-11:30am | Main Hall | Pamm Pauley | seafitbypamm.punchpass.com | |

Games & Other Programs

If you have specific questions about a particular class or program, please contact the leader listed below.

| DAY | TIME | LOCATION | LEADER | CONTACT INFORMATION |
|------------------------|--|---------------|------------------|---------------------|
| MONDAY | | | | |
| Ceramics | 9am-2pm | Ceramics Room | Jacintha Guerico | 302-645-9293 |
| Scrabble | 10am-12pm | Card Room | Hester Chinchar | 302-645-9293 |
| Crafts | check newsletter for dates | Card Room | Trish Ficarella | 302-604-2255 |
| Rummikube | 1pm-3pm | Main Hall | Annette Anneberg | 302-645-9293 |
| Bridge | 1pm-4pm | Activity Room | Jenny Waters | 703-244-3257 |
| Mexican Train | 12:30pm-2:30pm 2nd & 4th weeks only | Card Room | Carol Jedrzejek | 302-313-5114 |
| TUESDAY | | | | |
| Ceramics | 9am-2pm | Ceramics Room | Jacintha Guerico | 302-645-9293 |
| Pinochle | 12pm-5pm | Card Room | Jack Welsh | 302-644-2238 |
| Mah Jong | 1:30pm-3:30pm | Activity Room | Camille Rafferty | 302-545-0123 |
| WEDNESDAY | | | | |
| Ceramics | 9am-2pm | Ceramics Room | Jacintha Guerico | 302-645-9293 |
| A Stitch in Time | 10am-12pm | Lounge | Joyce Sheehy | 908-337-5652 |
| T.O.P.S | 10am-12pm | Card Room | Marie Chambers | 302-684-0883 |
| Hand & Foot | 12:30pm-3pm | Activity Room | Marion Donohue | 302-430-3839 |
| Poker | 2pm-4pm (every other week-call leader for dates) | Card Room | Robert Neely | 717-968-2938 |
| THURSDAY | | | | |
| Ceramics | 9am-2pm | Ceramics Room | Jacintha Guerico | 302-645-9293 |
| Canasta | 9:30am-12pm | Card Room | Jeff Lynn | 302-645-5134 |
| Bunco | 1pm-3pm (1st & 3rd weeks) | Card Room | Sharon Bryan | 302-893-9255 |
| Bridge Refresher Class | 1:15pm-3:15pm | Activity Room | Bill Monaghan | 302-212-2474 |
| FRIDAY | | | | |
| Ceramics | 9am-2pm | Ceramics Room | Jacintha Guerico | 302-645-9293 |
| Duplicate Bridge | 12pm-5pm (1st & 3rd weeks only) | Activity Room | Dottie Woodbury | 302-945-2059 |
| Mah Jong | 12pm-2pm | Card Room | Carole Palamar | 302-684-3968 |

Trips

Day Trips & Bus Trips

Payment due at the time of registration for all trips. 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 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.

Harrington Casino

TUESDAY, October 12th (change of day due to holiday)

\$5/members \$10/nonmembers

Try your luck at the slots at the Harrington Casino

Lv. LSAC @ 12pm Rtn. LSAC approx. 6pm

Explore St. Michaels, MD On Your own

Thursday, October 14th

\$15/members \$20/nonmembers

Explore the shops and restaurants of beautiful St. Michaels, MD on your own.

Lv. LSAC @ 9:00am Rtn. LSAC approx. 4:30pm

Millburn Orchards Guided Farm Tour

Tuesday, October 19th

\$25/members \$30/nonmembers

Enjoy a guided tour of the orchard including a hay ride through the orchards, a tour of the packing house, demonstration of apple picking bucket, etc. Of course there is a farm shop! Pack a lunch to enjoy on the picnic grounds prior to your tour.

Lv. LSAC @ 10:00am Rtn. LSAC approx. 4:30pm

Booths Corner & New Castle County Farmers Mkt

Friday, October 22nd

\$15/members \$20/nonmembers

Shop 'til you drop! Fill your bags with homemade goodies and unusual finds at the Farmers Mkts.

Lv. LSAC @ 8:30am Rtn. LSAC approx. 4:30pm

Dover Downs Casino OR Mall

Monday, October 25th

\$5/members \$10/nonmembers

Spend the day at Dover Downs OR at the Dover Mall.

Lv. LSAC @ 9:30am Rtn. LSAC approx. 4pm

Trap Pond Fall Foliage Pontoon Boat Tour

Wednesday, October 27th

\$15/members \$20/nonmembers

1 hour guided pontoon boat tour of Trap Pond. Each boat is limited to 7 adults, we will break up into 2 boat rides. While one group is on the boat, the other group will have snacks provided by Trap Pond and explore the visitors center.

Lv. LSAC @ 9:00am Rtn. LSAC approx. 1pm

Layton's Chance Vineyard & Winery Tour, Vienna, MD

Thursday, October 28th

\$25/members \$30/nonmembers

Guided tour of the winery & tasting. Bring a picnic lunch to enjoy on the grounds. Glasses and bottles of wine available for purchase.

Lv. LSAC @ 9:00am Rtn. LSAC approx. 4pm

2022 Trips

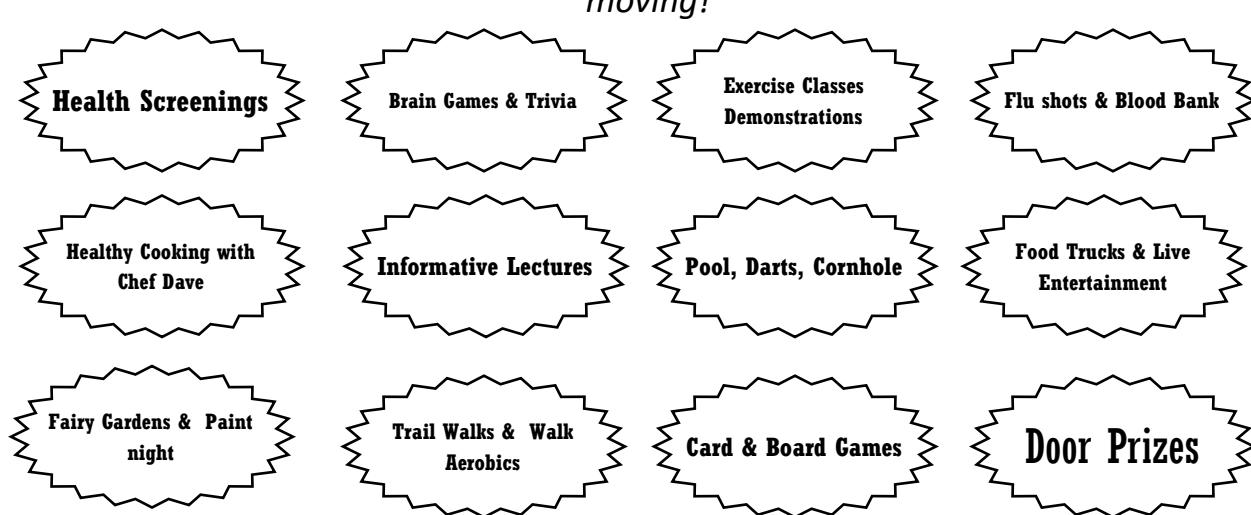
We are working on trips for 2022. These are in the works, and a few others. **WE DO NOT HAVE ANY MORE INFORMATION AT THIS TIME, ONCE WE FINALIZE THEM WE WILL LET YOU KNOW.**

Amelia Island-Florida, South Dakota, Virginia Tattoo Festival, Alaska Cruise, Rocking Horse Dude Ranch, Charleston, and a Christmas trip.

ACTIVE AGING WEEK

October 4th-8th, 2021

This week is meant to celebrate how positive the process of aging can truly be. Active Aging Week encourages adults over the age of 50 to take advantage of all that life has to offer. The goal of this week is to promote wellness initiatives and to get bodies up and moving!



Plus many more activities! Check our website for schedules and details. lewesseniorcenter.org



October 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|---|-------------------------------------|
| | | | | | 1 | 2 |
| <p><i>Save the Date:</i></p> <p>Holiday Bazaar</p> <p>November 6th</p> | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | <p>Active Aging Week—All regularly scheduled classes are cancelled</p> | | <p>Seaford Concert 6pm</p> <p>Blood Bank of Delmarva 12pm</p> <p>FREE Flu Shots 10am-2pm</p> | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | <p>Federal Holiday</p> <p><u>CENTER</u></p> <p><u>CLOSED</u></p> | <p>Harrington Casino</p> <p>12pm</p> | | <p>St. Michaels</p> <p>9am</p> | | |
| | | <p>Pittsburg Express Trip</p> | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | <p>Crafts with Trish</p> <p>12:30pm</p> <p>Seaford Concert 6pm</p> | <p>Milburn Orchards Tour</p> <p>10am</p> | <p>Boscov's Day</p> <p>10am</p> <p>Board Meeting</p> <p>1:30pm</p> | | <p>Booth's Corner & NCC Farmers Mkt</p> <p>8:30am</p> | <p>Dave Nein's Birthday!</p> |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | <p>Dover Mall OR Casino</p> <p>9:30am</p> | | <p>Trap Pond Pontoon Boat Tour</p> <p>9am</p> | | | |
| | 31 | | | | | |



ACTIVE AGING WEEK

October 4th-8th

| DAY | ACTIVITY | TIME | LOCATION | |
|-----------|--|-----------------|-------------------------|--|
| MONDAY | Health Assessments with Pamm Pauley | 8am-11am | Main Hall | Preregister- 302-645-9293 |
| | Health Screenings: Blood Pressure, Pulse, | 10am-12pm | Activity Room | |
| | Fox Rehabilitation Presentation: The Importance of Staying Active | 1pm-2pm | Main Hall | Preregister- 302-645-9293 |
| | DSP Presentation: Senior Fraud Prevention | 1pm-2pm | Activity Room | |
| | Brain Games | 1:30-3:00pm | Card Room | |
| | | | | |
| TUESDAY | 2 Mile Trail Walk | 9am-10am | Meet in Lounge | Inclement Weather- Walk Aerobics in Activity Room |
| | 1 Mile Trail Walk | 10am-11am | Meet in Lounge | |
| | Short Trail Walk | 11am-12pm | Meet in Lounge | |
| | Healthy Cooking with Chef Dave | 12pm-1pm | Main Hall | Preregister- 302-645-9293 |
| | LSAC Bus to Cape Henlopen State Park | 1:45pm-3:45pm | Meet in Lobby | Preregister- 302-645-9293 |
| | | | | |
| WEDNESDAY | Balance & Strength Demonstration | 8am-8:20am | Main Hall | |
| | Cardio Blast Demonstration | 8:30am-8:50am | Main Hall | |
| | Ball & Band Demonstration | 9am-9:20am | Main Hall | |
| | Canasta | 9am-10:45am | Card Room | |
| | Yoga Demonstration | 9:30am-9:50am | Main Hall | |
| | Tai Chi Demonstration | 10am-10:20am | Main Hall | |
| | Tap Dance Demonstration | 10:30am-10:50am | Main Hall | |
| | Free LeBlast Class | 11am-12pm | Activity Room | |
| | Bridge | 11am-12:45am | Card Room | |
| | Blood Bank of Delmarva | 12pm-6pm | Main Hall | |
| | Pick-up Card Games | 1pm-3pm | Activity Room | |
| | Mah Jong | 1pm-3pm | Card Room | |
| | | | | |
| THURSDAY | Fairy Garden Craft | 9am-10:30am | Main Hall | Preregister- 302-645-9293 |
| | Darts | 9am-10am | Card Room | Preregister- 302-645-9293 |
| | Trivia Games | 10:30am-12:30pm | Card Room | Preregister- 302-645-9293 |
| | FREE Flu Shots given by Beebe | 10am-2pm | Activity Room | |
| | Crafts | 11:30am-12:30pm | Main Hall | Preregister- 302-645-9293 |
| | Paint Nite with Judy | 1pm-3pm | Main Hall | Preregister- 302-645-9293 |
| | Darts | 2pm-3pm | Card Room | Preregister- 302-645-9293 |
| | Eight Ball Pool | 2:30pm-3:30pm | Activity Room | Preregister- 302-645-9293 |
| | | | | |
| FRIDAY | Senior Games: Relays, Obstacle Course, Corn | 9am-11am | Back Lawn/Activity Room | Preregister- 302-645-9293 |
| | Food Truck Lunch: Casapulla's, Silly Rabbit | 12pm-3pm | Parking lot/Main Hall | |
| | Live Entertainment by Dale Teat, of | 1pm-3pm | Main Hall | |