

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](http://www.lewesseniorcenter.org)**

### Important Dates in October

**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**

### 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,

### UPCOMING EVENTS

#### ACTIVE AGING WEEK

*October 4th-8th*

**Join us for a week  
of FREE activities!**

**See the full schedule**

**On Page 9**

*Boscov's*

**Boscov's Day**

**To Benefit**

**LSAC**

**Wednesday, October 20th**

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



**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.

**Bosco's Day:** Wednesday, October 20th, Purchase your 25% off shopping pass for \$5 at the Center good for 10/20 only at the Dover Bosco'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 is 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 Cordner	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

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

DAY	TIME	LOCATION	INSTRUCTOR	Contact information	
<b>MONDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Balance & Strength	8am-9am	Main Hall	Pamm Pauley	seafitbypamm.punchpass.com	
Walk Aerobics	8:30am-9am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Balance & Strength	9:15am-10:15am	Main Hall	Pamm Pauley	seafitbypamm.punchpass.com	
Yoga	9:30am-10:30am	Activity Room	Judy Impell	<a href="mailto:judyimpell@gmail.com">judyimpell@gmail.com</a>	
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	<a href="mailto:alisonhealth@gmail.com">alisonhealth@gmail.com</a>	
<b>TUESDAY</b>					
Cardio Strength	8am-9am	Main Hall	Pamm Pauley	seafitbypamm.punchpass.com	
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Walk Aerobics	8:30am-9am	Activity Room	DVD	302-645-9293	<b>FREE</b>
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	<b>FREE</b>
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	
<b>WEDNESDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Beginner Tai Chi	8am-9am	Mail Hall	Janet Defeo	302-827-4924	
Walk Aerobics	8:30am-9am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Yoga	9:30am-10:30am	Activity Room	Judy Impell	<a href="mailto:judyimpell@gmail.com">judyimpell@gmail.com</a>	
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	<b>FREE</b>
<b>THURSDAY</b>					
Cardio Strength	8am-9am	Main Hall	Pamm Pauley	seafitbypamm.punchpass.com	
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Walk Aerobics	8:30am-9am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Tai Chi	9:15am-10:15am	Activity Room	Janet Defeo	302-827-4924	
Beginner Qigong	12pm-1pm	Activity Room	Susan Hamadock	302-381-0585	
Tap & Ballroom	5:00pm- 6pm	Activity Room	Barbara Dutch	<a href="mailto:dutchba@comcast.net">dutchba@comcast.net</a>	
<b>FRIDAY</b>					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	<b>FREE</b>
Balance & Strength	8am-9am	Main Hall	Pamm Pauley	seafitbypamm.punchpass.com	
Walk Aerobics	8:30am-9am	Activity Room	DVD	302-645-9293	<b>FREE</b>
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	<b>FREE</b>
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.

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>LEADER</u>	<u>CONTACT INFORMATION</u>
<b><u>MONDAY</u></b>				
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
<b><u>TUESDAY</u></b>				
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
<b><u>WEDNESDAY</u></b>				
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
<b><u>THURSDAY</u></b>				
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
<b><u>FRIDAY</u></b>				
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!*

**Health Screenings**

**Brain Games & Trivia**

**Exercise Classes  
Demonstrations**

**Flu shots & Blood Bank**

**Healthy Cooking with  
Chef Dave**

**Informative Lectures**

**Pool, Darts, Cornhole**

**Food Trucks & Live  
Entertainment**

**Fairy Gardens & Paint  
night**

**Trail Walks & Walk  
Aerobics**

**Card & Board Games**

**Door Prizes**

*Plus many more activities! Check our website for schedules and details. [lewesseniorcenter.org](http://lewesseniorcenter.org)*



# October 2021

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



# ACTIVE AGING WEEK

## October 4th-8th

DAY	ACTIVITY	TIME	LOCATION	
<b>MONDAY</b>	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	
<b>TUESDAY</b>	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
<b>WEDNESDAY</b>	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	
<b>THURSDAY</b>	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
<b>FRIDAY</b>	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	