



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

Hours: Monday-Friday 8am-7pm

Mark Your Calendars

- **June 4th:** Celebrating YOU lunch, 12pm in the Main Hall
- **June 8th-24th:** Absentee voting for LSAC Board
- **June 16th:** Pet Therapy with Paris 10:30am in the Lounge
- **June 17th:** Cooking with Chef Dave, 12pm in the Main Hall
- **June 19th:** Juneteen Holiday, Center Closed
- **June 25th:** Annual Members meeting and Board elections, 11:30am in the Main Hall.

EVENTS

Celebrating YOU Lunch
Thursday, June 4th
12pm in the Main Hall

**Annual Members Meeting
&
Board Elections**
Thursday, June 25th
11:30am in the Main Hall

NEWSLETTER

June 2026

HAPPY
Father's
days
FROM THE DIRECTOR

Dear Members,

As many of you know, I will be retiring from my role at the Center in the coming weeks. It has been a privilege to work with such an active and engaged community, and I am grateful for the support, friendships, and experiences I've had during my time here.

As one chapter closes, another begins. I'd also like to welcome the new staff members joining the LSAC team. I know they will bring fresh energy and ideas as the Center continues to grow and evolve.

Thank you for being part of this community and for making the Center such a special place. I look forward to seeing all the great things ahead for LSAC.

Warm regards,

Virginia

MEMBER NEWS

Upcoming Events

Celebrating You! Lunch!: Thursday, June 4th, 12pm in the Main Hall \$10/mem \$15/non.

Join us for a special afternoon dedicated to you, our wonderful community. Whether you're a parent, grandparent, friend, or simply someone worth celebrating (that's everyone!), come enjoy a delicious lunch, great company, and a joyful time together. Let us celebrate all of the people that make life meaningful. Sign up in the Trip office.

Menu: Grilled hot dogs & burgers, macaroni salad, cowboy beans, appetizers, and desserts.

Entertainment by: Vintage Vibes

Donations of appetizers and desserts more than welcomed. See the sign up sheet in the lobby

Annual Members Meeting and Board of Directors Elections:

Thursday, June 25th, 11:30am

All current LSAC members are invited and encouraged to attend.

A light lunch will be served. More information on page 3.

Classes and Presentations

Pet Therapy with Paris: Tuesday, June 16th, 10:30 am in the Lounge. Stop by the lounge and say hi to Paris!

Cooking with Chef Dave: Wednesday, June 17th, 12 pm in the Main Hall. Follow along as Dave prepares this month's menu and then enjoy a taste of everything! \$15/members, \$20/nonmembers. Payment is due at the time of registration. Please register by 6.12.26.

Menu: "Fun with Fiber": Brown rice and iceberg lettuce salad, jerk chicken with black beans, apple, and quinoa, Oatmeal raisin chocolate square.

Do you play the ukulele, or do you want to learn? Bring your ukulele if you have one! There will be a limited number of loaners. 3PM-5PM in the Main Hall. FREE for members.

Annual Members Meeting and Board of Directors Elections

Date: Thursday, June 25th

Time: 11:30am

Where: LSAC Main Hall

Who: All current LSAC members

A light lunch will be served. Please RSVP to the Front Desk by 6.22.26

Meet The Candidates

Nancy Carlson...A retired judge from the District Courts of Maine and a retired Director for Maine's Health & Human Services Bureau, Nancy has strong people and communication skills, is highly organized, and is a team player. An active member since January of this year, she loves the Center, sees how important it is to the community, and wants to contribute to its future growth.

Sue Dutton...An LSAC member for 4 years, Sue is a retired school administrator and middle school principal, past-President of the Milton Art Guild, and past Assistant Principal at Cape. With excellent computer skills, experience in implementing building projects, and organizational planning, Sue recognizes the challenges ahead for the Center, and she is ready to step up and be part of the team!

Joanne Kempton...An LSAC member for 15 years, she has enjoyed many of the activities, trips, and classes at the Center. Joanne is a retired corporate financial manager with strong non-profit Board experience, communication, financial, and leadership skills. Very organized and future-focused, she hopes to meet head-on the trends and situations impacting LSAC over the next 5 years.

Gail Tannenbaum...Retired Director of Meetings and Conferences for IBM and Xerox, just to name a few, has been an LSAC member for 3 years. Proficient in every aspect of event planning, Gail wants to bring those skills to LSAC to get to know the members on a one-to-one basis and be active on the Board.

Mary Jane Wood...Known as "Woody" in the Ceramics Room, Mary Jane is a retired Director of two out-of-state major Health Care Organizations. Budgeting, strategic planning, membership, and fundraising are her strengths, along with balancing the needs of an organization with the financial responsibility of running one.

Absentee Ballots:

Absentee ballots for those who cannot attend the meeting will be available in the Executive Director's office from June 8th to 24th. Voting times: 8:30 am- 4 pm Monday through Thursday, and 8:30 am-12 pm Fridays. Membership must be current, and ballots must be filled out in person in the Executive Director's office.

SENIOR MOMENTS



Volunteer Spotlight

Judy Weir

When did you become a member of LSAC? March 2014

Why did you start volunteering? I wanted to get out after retiring and saw staffers were needed. I then saw the ceramics room and Voila! I was hooked.

Tell us about a positive experience you had as a volunteer that made a difference in your life. There is always a positive experience when a member finds joy in painting or completes a piece that unexpectedly comes out beautiful. It's all about joy!

Where did you live before moving to this area, and how long have you lived here? Near Philadelphia, and I moved here 33 years ago.

Please welcome our new staff members:

- ***Volunteer Coordinator: Nancy Duncan***
- ***Membership Coordinator: Kathleen Albert***
- ***Trip Coordinator: Lexie Kirkey***

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

Sylvia Ritchie

Donald Sheehan

Group Fitness Classes

Please note class time changes during DeDot'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	9:30am-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	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	9:15am-10:00am Beginning June 3rd 10:30am-11:30am	Main Hall	Pamm Pauley	pamppauley616@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	pamppauley616@gmail.com	\$7.00
Mat Pilates	9:00am-10:00am	Cool Springs Pres. Church	Pamm Pauley	pamppauley616@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	pamppauley616@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	pamppauley616@gmail.com	\$7.00
Zumba	11:30am-12:30pm	Main Hall	Pamm Pauley	pamppauley616@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	Marie Hallan	302-644-2654
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		
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	12:30pm-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
Tues. June 9th	Brandywine Tour at the Hagley Museum	Wilmington, DE	Lv. 8:00am Rtn. 3:30pm	mem: \$38 non: \$43	2 Hour guided tour Lunch OYO after tour	June 5th
Wed. June 10th	Choptank River Lunch Cruise, Suicide Bridge Rest.	Hurlock, MD	Lv. 11:00am Rtn: 4:00pm	mem: \$72 non: \$77	2 Hour river cruise. Menu:Crab Cake, Fried Chicken combo, sides, dessert, non-alcoholic bev.	June 5th
Fri. June 12th	Grounds For Sculpture	Hamilton, NJ	Lv. 7:45am Rtn: 5:00pm	mem: \$47 non: \$52	11am self-guided tour Lunch OYO at GFS	June 9th
Mon. June 15th	A Day in Rehoboth Beach	Rehoboth Beach, DE	Lv. 10am Rt. 3:00pm	mem: \$5 non: \$10	Shop, eat, stroll the boards without worrying about parking!	June 11th
Thurs. June 18th	Delmarva Shorebirds Game	Salisbury, MD	Lv: 5:30pm Rtn: 10pm	mem: \$23 non: \$28	Stadium is cashless. Please bring card to buy food/drinks	June 15th
Mon. June 22nd	Dover Mall or Bally's Casino	Dover, DE	Lv. 9:30am Rtn 3:30pm	mem: \$8 non: \$13	Lunch OYO	June 18th
Tues. June 23rd	Tour of Delaware Food Bank and lunch at the Food Bank Cafe	Milford, DE	Lv. 10:30am Rtn. 1pm	mem: \$8 non: \$ 13	Lunch OYO Cafe sales benefit culinary scholarships	June 18th

Extended Travel

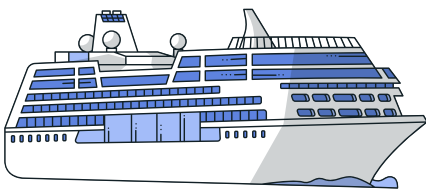


2026-2027



Berkshires, MA
Alaska Cruise
Finger Lakes, NY
Christmastime in Vermont
Christmas at Greenbrier Resort, WV
European Christmas Markets (Czech Republic, Germany, Austria, Slovakia,
Hungary)
Christmas in New York City, NY
2027
St. Augustine, Florida
Eastern Caribbean Cruise (Dominican Republic, St. Thomas)
Grand Hawaiian Cruise (Oahu, Kona, Maui, Kauai)

Brochures are available at the Center.



Costa Rica 2025



JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Jackpot Bingo Doors open 4pm	3	4 Celebrating YOU lunch 12pm	5	6
7	8	9 Brandywine Tour at Hagley Museum 8am Jackpot Bingo Doors open 4pm	10 Choptank River Cruise Lunch 11:00am	11	12 Grounds For Sculpture 7:45am	13
14	15 A Day in Rehoboth Beach 10am	16 Pet Therapy with Paris 10:30am Jackpot Bingo Doors open 4pm	17 Cooking with Chef Dave 12pm	18 Delmarva Shorebirds Game 5:30pm	19  Center Closed	20
21 	22 Dover Mall or Bally's Casino 9:30am	23 Jackpot Bingo Doors open 4pm	24	25 Annual Members Meeting & Board Elections 11:30am	26	27
28	29	30 Tour of Delaware Food Bank & lunch Jackpot Bingo Doors open 4pm				