



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

Hours: Monday-Friday 8am-7pm

### Mark Your Calendars

- **May 7th:** Sussex MS Band Concert, 1pm in the Main Hall
- **May 14<sup>th</sup>:** Pet Therapy with Paris, 10:30am in the Lounge
- **May 20<sup>th</sup>:** Cooking with Chef Dave, 12pm in the Main Hall
- **May 25<sup>th</sup>:** Memorial Day, Center Closed
- **May 27<sup>th</sup>:** Painting with Judy, 1pm in the Main Hall

# EVENTS



Sussex Central Middle School Band Concert

Wednesday, May 7th  
1pm in the Main Hal

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# NEWSLETTER

May 2026

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HAPPY  
*Mother's Day*

## FROM THE DIRECTOR

Dear Members,

As May arrives, bringing longer days and a renewed sense of energy, I've been reflecting on just how true it feels that "the times they are a changing." This season, that sentiment is especially meaningful for our Center.

Over the coming weeks, we will be saying, "Happy Retirement" to Jill Stabinski as we welcome several new staff to the Trips & Membership office. Changes like this can feel bittersweet. It's hard to say goodbye to people like Jill who have given so much of themselves to the Center. At the same time, I am incredibly grateful to have worked with her over the last two years. I hope you'll join me in wishing Jill all the very best in what comes next!

Thank you, as always, for embracing each new chapter with us.

*Virginia*

# MEMBER NEWS

## Upcoming Events

### ***Sussex Central Middle School Band Concert***

Thursday, May 7<sup>th</sup>, 1 pm in the Main Hall. Come out and support the students in the Sussex Central MS Band as they entertain us with Jazz selections and other popular tunes

***FREE!***

***Celebrating You! Lunch!*** : Thursday, June 4<sup>th</sup>, 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

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

## Classes and Presentations

**Pet Therapy with Paris:** Thursday, May 14th, 10:30 am in the Lounge. Stop by the lounge and say hi to Paris!

**Cooking with Chef Dave:** Wednesday, May 20th, 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. Menu: Wedding Soup, Cheese and spinach manicotti, Lemon Zabaglione. Sign up by May 15<sup>th</sup>.

**Painting with Judy:** Wednesday, May 27th, 1 pm in the Main Hall. Let your inner artist shine! Judy provides step-by-step instructions and all of the painting supplies to help you create your very own masterpiece. \$25/members \$30/nonmembers includes paint supplies, instruction, and light refreshments. Stop by the lobby to see a sample of May's painting. Sign up by May 25th.

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

*Gerald Beaulieu*

# SENIOR MOMENTS



## Volunteer Spotlight Marion Donahue

**When did you become a member of LSAC?** March 2021

**Why did you start volunteering?** After becoming a member for a few months, I noticed lots of projects going on, so I checked with some members, asking questions, and that is how it started. My first time volunteering was a huge mailing project with Jan, Ken, & Jill. After that, I wanted to be more involved in all projects; it just made me feel good!

**Tell us about a positive experience you had as a volunteer that made a difference in your life.** My most positive experience was meeting so many great people, having lunches, parties, and the fashion show.

**Where did you live before moving to this area, and how long have you lived here?** When I moved to Lewes from Wilmington in 2001, I didn't know anyone, so the best place to start after many years working in my community and other associations was to join a senior center. The first and very best thing I ever did was to introduce myself to Jill, and as we all know, once Jill gets your number, you are in for life...in a good way! Thank you for making these past five years a fun and great place to visit each day.



We want to take a moment to celebrate and honor our beloved Membership & Volunteer Coordinator, Jill Stabinski, as she embarks on a new chapter in her life—retirement! Jill began her journey with us as a dedicated front desk volunteer, and it didn't take long for us to realize the extraordinary talent and warmth she brought to our Center. When the opportunity arose to bring her on staff, it felt like the most natural decision; she truly was the perfect fit.

For the past five years, Jill has poured her heart and soul into her work, sharing her vast experience, unmatched work ethic, and infectious laughter with all of us. Her kindness and dedication have left an indelible mark on LSAC, and for that, we are eternally grateful.

Though she's stepping into retirement, Jill promises us she won't be a stranger. We look forward to seeing her bright smile and spirit as she continues to volunteer her time with us.

Please join us in wishing Jill all the joy and relaxation she so richly deserves in this new phase of her life. Thank you, Jill, for everything—you will be deeply missed!

## **FROM THE BOARD OF DIRECTORS**

It is with a mix of deep gratitude and heartfelt congratulations that the Board of Directors announces the retirement of our Executive Director, Virginia Dillon. Throughout her tenure, Virginia has made an extraordinary and lasting impact on LSAC. Her leadership and dedication have driven meaningful improvements across many areas, including grant writing, programs, and technology, among countless other contributions too numerous to list.

Her vision, commitment, and tireless efforts have strengthened the foundation of this organization, and the positive results of her work will continue to be felt for years to come. Virginia has been an exceptional leader, trusted colleague, and invaluable advocate for LSAC.

On behalf of the entire Board of Directors, we wish her all the very best in this well-deserved retirement. We are grateful for her service and celebrate all Virginia has accomplished.

Please join us in wishing her a happy, healthy, and fulfilling next chapter.

With sincere appreciation,

The Board of Directors

## **Annual Members Meeting & Board Elections**

***SAVE THE DATE! June 25, 2026, at 11:30 am***

Please join us on Thursday, June 25, 2026, for Lewes Senior Activity Center's annual meeting. Meet the nominated candidates and enjoy lunch with LSAC members.

# 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
<b>Monday</b>					
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
<b>Tuesday</b>					
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
<b>Wednesday</b>					
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	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
<b>Thursday</b>					
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
Moving the Moment	10:45am-11:45am	Cool Springs Pres. Church	Janaea Rose Lyn	www.janaearoselyn.com	\$7.00
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
<b>Friday</b>					
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
<b>Monday</b>				
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
<b>Tuesday</b>				
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
<b>Wednesday</b>				
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 <sup>st</sup> & 3 <sup>rd</sup> weeks of the month)	1:30pm-4:00pm	Card Room	Judith Connor	804-456-0055
Italian Card Games (2 <sup>nd</sup> & 4 <sup>th</sup> 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
<b>Thursday</b>				
Canasta	9:00am-12:00pm	Card Room	-	302-645-9293
Bunco (1 <sup>st</sup> & 3 <sup>rd</sup> weeks of the month)	1:00pm-3:00pm	Card Room	Josie Glynn	908-892-8605
Drum Circle (3 <sup>rd</sup> Thursday of the month)	3:30pm-5:00pm	Main Hall	Marthea Proudfoot	mjpfoot@gmail.com
<b>Friday</b>				
Book Club (2 <sup>nd</sup> 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!**

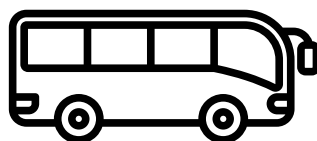
During DelDot's construction, parking at LSAC is limited. Arriving closer to your class time helps earlier participants wrap up and open spaces for those coming next.

# 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
Thurs. May 7	Goat Social at Goat Joy	Harbeson, DE	Lv. 2:00pm Rtn. 4:00pm	mem: \$23 non: \$28	Wear goat snuggling clothes	May 5th
Wed. May 13	High Tea at Victoria's	Rehoboth Beach, DE	Lv: 2:45pm Rtn: 5:30pm	mem: \$35 non: \$40	includes gratuity	May 11
Fri. May 15	A Day in St. Michaels	St. Michaels, MD	Lv. 9:00am Rtn: 4:00pm	mem: \$18 non: \$23	Lunch OYO	May 13
Mon. May 18	Harrington Casino	Harrington, DE	Lv. 9:30am Rt. 3:30pm	mem: \$8 non: \$13	Lunch OYO	May 15
Tues. May 19	Wallops Island Visitor Center (No Tour)	Wallops Island, VA	Lv: 11:15am Rtn: 4:45pm	mem: \$18 non: \$23	Lunch OYO after visitor center. Bring a snack for the bus.	May 15
Thurs. May 28	Mt. Cuba Botanical Garden	Hockessin, DE	Lv. 9:00am Rtn 3:30pm	mem: \$35 non: \$40	Pack a lunch	May 26



# Extended Travel



## 2026-2027



Pittsburgh, PA

Berkshires, MA

Alaska Cruise

Finger Lakes, NY

Christmastime in Vermont

Christmas at Greenbrier Resort, WV

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

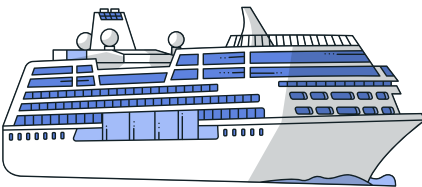
Christmas in New York City, NY

**2027**

Eastern Caribbean Cruise ( Dominican Republic, St. Thomas)

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

*Brochures are available at the Center.*



Costa Rica 2025



# May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Jackpot Bingo Doors open 4pm 	6	7 Sussex Central Middle School Band Performance 1pm Goat Social at Goat Joy 2pm	8	9
10 HAPPY <i>Mother's</i> DAY	11	12 Jackpot Bingo Doors open 4pm	13 <i>High Tea at Victoria's</i> 2:45pm	14 Pet Therapy with Paris 10:30am	15 <i>Day in St. Michaels, MD</i> 9am	16
17	18 <i>Harrington Casino</i> 9:30am	19 <i>Wallops Island Visitor Center</i> 11:15am  Jackpot Bingo Doors Open 4pm	20 Cooking with Chef Dave 12pm	21	22	23
24	25 Center Closed 	26 Jackpot Bingo Doors open 4pm	27 Painting with Judy 1pm	28 <i>Mt. Cuba Botanical Gardens</i> 9:00am	29	30
31						