



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

Hours: Monday-Friday 8am-7pm

## Mark Your Calendars

**January 5th**-Center Re-opens

**January 13th**-Pet Therapy with Paris,  
10:30 am in the Lounge

**January 14th**-Accent on Travel 2026  
Trips presentation, 1 pm in the Main Hall

**January 15th**-Collette Travel 2026 Trips  
presentation, 1 pm in the Main Hall

**January 19th**- Center Closed- Federal  
Holiday

**January 21st**- Dine & Donate at Abbott's  
Grill, Milton. 11 am-8 pm.

**January 21st**- Cooking with Chef Dave,  
12 pm in the Main Hall

**January 28th**- Painting with Judy, 1 pm  
in the Main Hall.

**SAVE THE DATE:** Wednesday, February  
25<sup>th</sup>, FREE Skin Cancer Screenings by  
Connolly Dermatology.

Appts: 9 am-3 pm  
Call the front desk at 302-645-9293 to  
reserve your time.

## Center closed

January 1 & 2, 2026



January 19th



# NEWSLETTER

January 2026

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

## FROM THE DIRECTOR

Happy New Year! As we welcome January, I want to thank you for being such an important part of our LSAC family!

A new year is a great time for fresh starts and new adventures. Along with our regular programs, I encourage you to check out our day trips and extended trips—they're a fun way to get out, explore new places, and enjoy great company along the way.

Whether you join us for a class, a game, a trip, or just to relax and catch up with friends over coffee, we're always happy to see you. Our goal for 2026 remains the same: to provide a welcoming place where you can stay active, connected, and engaged.

Thank you for being part of the LSAC community! We wish you a happy, healthy New Year!

See you at the Center!

# MEMBER NEWS

## Upcoming Events

### Dine & Donate at Abbott's Grill

Wednesday, January 21<sup>st</sup>, 11 am-8 pm

Enjoy a meal at Abbott's Grill in Milton, and 15% of your bill will be donated to LSAC. You must have a flyer (last page of the newsletter) or a screenshot of the flyer.

### Spring Craft Vendor Fair

The Spring Craft Vendor Fair is "springing forward" one week to March 28<sup>th</sup> 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](mailto:jill@leweseniorcenter.org).

## Classes and Presentations

**Pet Therapy with Paris:** January 13, 10:30 am in the Lounge. Stop by the lounge and say hi to Paris!

**Diabetes Self-Management:** 6-week course presented by Beebe Healthcare. Tuesdays, January 20th-February 24th, 2:30 pm-5:00 pm in the Activity Room. FREE. You must sign up for the full 6 weeks. Call the front desk at 302-645-9293 or stop by to sign up.

**Cooking with Chef Dave:** January 21st, 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 December 12<sup>th</sup>. January menu coming soon!

**Painting with Judy:** January 28th, 1pm in the Main Hall. Let your inner artist shine through! For just \$25/members & \$30/nonmembers, Judy provides all of the supplies you need, plus step-by-step instruction. Light refreshments included! Sign up by January 26<sup>th</sup> in the Trip office.

# SENIOR MOMENTS

## Volunteer Spotlight



**John Sparacino**

**When did you become a member of LSAC?** 2022

**Why did you start volunteering?** To occupy my time and give back to the community.

**Tell us about a positive experience you had as a volunteer that made a difference in your life.** While volunteering to drive a bus for Code Purple, I came to realize that the homeless population comes from various walks of life and for countless reasons. My positive experience at LSAC is simply cooking hot dogs for Penny Bingo. It's not much, but people seem to be appreciative of it. That makes it a positive experience. And then there's Richard...! He's a positive experience by himself. We've had many interesting conversations.

**Where did you live before moving to this area, and how long have you lived here?** I was born in Beckley, West Virginia, but raised in Maryland until Brenda and I relocated from Germantown, MD to Lewes in 2014. We have four children and seven grandchildren. I played baseball and softball from second grade until my mid-30s. I love many genres of music, many decades of automobiles, and last but not least, I am an avid DC sports fan of the Redskins/Commanders.



## ***Thank You!***

The Thanksgiving and Holiday lunches were only possible because of our dedicated volunteers. Thank you to our kitchen crew, servers, and the Ceramics group for everything!

# Group Fitness Classes

Please note class time changes during DelDot's construction in our parking lot.

| CLASS                                     | TIME            | ROOM          | INSTRUCTOR       | CONTACT                   | FEE    |
|---|-----------------|---------------|------------------|---------------------------|--------|
| <b>Monday</b>                             |                 |               |                  |                           |        |
| Ultra Beginner Line Dancing               | 8:00am-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 |
| 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 |
| <b>Tuesday</b>                            |                 |               |                  |                           |        |
| 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 |        |

**Walk Aerobics- 2 classes daily, 7:45am-8:15am & 8:30am-9:00am  
in the Activity Room. FREE with your membership**



# Group Fitness Classes

Please note class time changes during DelDot's construction in our parking lot.

| 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 | 1:30pm-2:30pm   | 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 |

# 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     | Jack Welsh                     | 302-644-2238                               |
| 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   | Lounge        | Linda Catts                    | 410-917-5885                               |
| Duplicate Bridge  | 12:30pm-4:30pm    | Activity Room | Dottie Woodbury<br>Rich Lepley | Dottie: 302-945-2059<br>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!**

# 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. 1.8  | Lunch OYO at Trevi Restaurant         | Smyrna, DE        | Lv. 11:00am<br>Rt. 2:30pm  | Mem: \$13<br>Non: \$18  | Lunch OYO                    | 1.7.26     |
| Mon. 1.12   | Harrington Casino                     | Harrington, DE    | Lv. 9:30am<br>Rt. 3:30pm   | Mem: \$8<br>Non: \$13   | Lunch OYO                    | 1.9.26     |
| Wed. 1.14   | Delaware Art Museum                   | Wilmington, DE    | Lv. 8:00am<br>Rt. 3:00pm   | Mem: \$34<br>Non: \$39  | Lunch OYO at museum cafe     | 1.9.26     |
| Fri. 1.16   | New Castle Farmers Mkt.               | New Castle, DE.   | Lv. 8:30am<br>Rt. 2:30pm   | Mem: \$18<br>Non: \$23  | Lunch OYO                    | 1.14.26    |
| Wed. 1.21   | Ferry and Shuttle to Hard Rock Casino | Atlantic City, NJ | Lv. 8:00am<br>Rtn. 7:30pm  | Mem: \$65<br>Non: \$70  | Park at Lewes Ferry Terminal | 1.19.26    |
| Fri. 1.23   | American Treasures Museum             | Oaks, PA          | Lv. 7:30am<br>Rtn. 4:30pm  | Mem: \$48<br>Non: \$ 53 | Lunch OYO at PJ Wheilhans    | 1.22.26    |
| Thurs. 1.29 | Noises Off at Clear Space Theater     | Rehoboth, DE      | Lv. 10:15am<br>Rtn. 1:30pm | Mem: \$42<br>Non: \$47  |                              | 1.26.26    |
| Wed. 2.4    | Philadelphia Auto Show                | Philadephia, PA   | Lv. 9:30am<br>Rtn. 6:00pm  | Mem: \$50<br>Non: \$55  | Lunch OYO                    | 2.1.26     |

# Extended Travel



## 2026-2027



Kentucky Bourbon Tour

Pittsburgh, PA

Canyon Country Adventure ( NV, UT, AZ)

Berkshires

Alaska Cruise

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

Finger Lakes, NY

Thailand

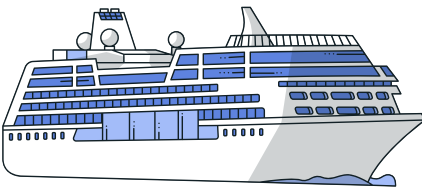
European Christmas Markets (Czech Republic, Germany, Austria, Slovakia,  
Hungary)

**2027**

Eastern Caribbean Cruise

Grand Hawaiian (Oahu, Kona, Maui, Kauai)


*Brochures are available at the Center.*



Costa Rica 2025



# JANUARY

| Sunday | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |  | Saturday |
|--------|---|---|---|---|--|--|----------|
|        |   |   |   | 1<br>Center Closed<br><b>HAPPY<br/>2026<br/>NEW YEAR</b>  | 2<br>Center Closed<br><b>CLOSED</b>              |  | 3        |
| 4      | 5   | 6   | 7   | 8<br>Lunch at<br>Trevi's<br>Restaurant<br>11am            | 9  |  | 10       |
| 11     | 12<br>Harrington<br>Casino<br>9:30am  | 13<br><i>Pet Therapy<br/>with<br/>Paris<br/>10:30am</i> | 14<br>Delaware<br>Art Museum<br>8:00am<br><i>Accent on<br/>Travel<br/>Presentation<br/>1pm</i>  | 15<br><i>Collette<br/>Travel<br/>Presentation<br/>1pm</i> | 16<br>New Castle<br>Farmer's<br>Market<br>8:30am |  | 17       |
| 18     | 19<br><br>Center<br>Closed | 20  | 21<br>Hard Rock<br>Casino<br>8am<br><i>Cooking with<br/>Chef Dave<br/>12pm<br/>Dine &amp; Donate<br/>at Abbott's<br/>Grill<br/>Milton</i> | 22  | 23<br>American<br>Treasures<br>Museum<br>7:30am  |  | 24       |
| 25     | 25  | 27  | 28<br><i>Painting with<br/>Judy<br/>1pm</i>   | 29<br>Noises Off at<br>Clears Space<br>10:15am            | 30   |  | 31       |





DINE & DONATE

# ABBOTT'S GRILL

16388 Samuel Paynter Blvd #4  
Milton

WEDNESDAY, JANUARY 21ST

**15% OF YOUR BILL  
DONATED TO LSAC.**



**11AM-8PM**

Must have flyer or screenshot.