



32083 Janice Rd
Lewes, DE 19958
302-645-9293

lewesseniorcenter.org

Summer Hours: Monday-Thursday
8am-7pm
Friday, 8am-4pm

Mark Your Calendars

July 3rd: Center Closed

July 8th: Alaska trip meeting 12pm in the Main Hall.

Berkshires trip meeting 1:30pm in the Main Hall.

July 15th: Cooking with Chef Dave, 12pm in the Main Hall

July 22nd: Painting with Judy, 12pm in the Main Hall



Center Closed July 3, 2026

NEWSLETTER

July 2026

A SEASON OF CHANGE: GOODBYES, HELLOS & THANK-YOUS!

Summer is often a time of growth, renewal, and change—and this year, our organization is experiencing all three. As we celebrate the contributions of our retiring Executive Director, Virginia Dillon, we also look forward with excitement as we welcome our new Executive Director, Kristy Handley, to lead us into the future.

Transitions like these remind us that while leadership may change, our mission remains strong thanks to the dedication of those who have come before and those who are just beginning their journey with us.

The season of new beginnings continues as we welcome three outstanding additions to our staff. We are pleased to introduce Lexi Kirkey as our Trip Coordinator, Kathleen Albert as our Membership Coordinator, and Nancy Duncan as our Volunteer Coordinator. We look forward to the positive impact each of them will make in the months and years ahead.

Every successful organization is built on the commitment of those who give their time and talents in service to others. As Honey Breitmeyer, Pamm Pauley, Peter Pizzolongo, and Sue Elliott conclude their terms on the Board of Directors, we offer our heartfelt thanks for their guidance, support, and dedication to the Center. Their contributions have made a meaningful difference, and their legacy will continue to benefit our members for years to come.

Joanne Murphy
Assistant Director

MEMBER NEWS

Classes and Presentations

Cooking with Chef Dave: Wednesday, July 15th, 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 7.10.26.

Menu: Chicken, sausage, and shrimp paella; spinach and blueberry salad with a citrus dressing. Churros with chocolate sauce

Painting with Judy: Wednesday, July 22nd, 12 pm in the Main Hall. Let your inner artist shine with Judy's step-by-step instruction. All of the painting supplies, plus light refreshments, are included in the class fee. \$30/members & \$35/nonmembers.

For our regular attendees, please note the time change for the class.

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

Lewis Rathbone

Donald Shehan

SENIOR MOMENTS



Volunteer Spotlight Dot Basile

When did you become a member of LSAC? May 2023

Why did you start volunteering? Being newly “retired” and not much of a sit still kinda person, I needed to get out and about! Plus, Sue E. and Jill are very persistent.

Tell us about a positive experience you had as a volunteer that made a difference in your life. Being at the front desk, greeting everyone with a smile, and getting a laugh is a positive experience to complete your day! Giving and receiving that energy is a great feeling.

Where did you live before moving to this area, and how long have you lived here? I officially moved to this area from Pennsylvania in December 2022. I moved here to spend quality time with my younger sister and her family. This was one of my best decisions, and my only question is: why did it take me so long?



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
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	9:15am-10:15am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Low intermediate Line Dancing	10:20am-11:20am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Improver Line Dancing	11:30am-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

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**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	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
Mat Pilates	9:00am-10:00am	Cool Springs Pres. Church	Pamm Pauley	pammpauley616@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	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	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	12:00pm-4:00pm	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!

SENIORS ON THE GO!

Day Trips

Trip Registration & Payment Information

Payment is due at the time of registration for all trips and must be made in person.

Because the Center is required to purchase tickets and make reservations in advance for shows, tours, and other activities, trip fees are generally non-refundable. If you are unable to attend a trip after registering, we will make every effort to help find a replacement; however, we cannot guarantee a refund if a replacement is not found.

If a trip is canceled by LSAC or the venue, a full refund will be issued.

Additional trip details are available on our website.

If you require special accommodations, please let us know when you register so we can do our best to meet your needs.

Please register as early as possible. A minimum of six participants must be registered and committed by one week prior to the trip date. Trips that do not meet this minimum may be canceled.

Date	Destination	Location	Time	Cost	Notes	Sign up by
Tues. July 7th	Layton's Chance Winery VIP Tour and Tasting	Vienna, MD	Lv. 8:30am Rtn 2:30pm 90 minutes travel time each way	mem: \$37 non: \$42	Included: VIP Winery Tour, 8 tasting wines, VIP Charcuterie Board, 15% discount on purchases	July 6th
Thurs. July 9th	Tour of Historic Village in Ocean View	Ocean View, DE	Lv. 9am Rtn. 12:15pm 40 minute travel time each way	mem: \$8 non: \$13	90 minute tour of the Village inc. Tunnell-West Museum, Old Post Office, Chicken house, Hall's Store, Visitor Center. Bring bottled water and wear comfortable shoes	July 6th
Sun. July 12th	Sodelo Concert (Southern Delaware Orchestra)	Cape Henlopen HS	Lv. 2pm Rtn. 4:30pm	mem: \$25 non: \$35		July 9th
Mon. July 13th	Harrington Casino	Harrington, DE	Lv. 9:30am Rtn 3:30pm 45 minute travel time each way	mem: \$8 non: \$13	Lunch OYO at Casino	July 10th

Return times are approximate due to summer traffic.

July Day Trips

Date	Destination	Location	Time	Cost	Notes	Sign up by
Tues. July 14th	Birding & Ecology Cruise with Captain Madie.	Cape Water Tours, Lewes	Lv. 9:15am Rtn 12pm	mem: \$35 non: \$ 40	On this cruise a bird biologist/natural ist will guide you to look for eagles, osprey, rails, willets, and other shorebirds. You may bring water/drinks and small snacks	July 10th
Tues. July 21st	Tour of Battery 519 at Fort Miles	Cape Henlopen State Park	Lv. 10:15am Rtn 12:30pm	mem: \$15 non: \$20	Guided tour of the underground Battery 519 to discover how Ft. Miles planned to defend the east coast during WW2	July 20th
Thurs. July 30th	Academy Art Museum & Explore Easton on your own	Easton, MD	Lv. 8:30am Rtn. 4pm 80 minute travel time each way	mem: \$13 non: \$18	Tour the museum at your own pace and then walk downtown Easton to browse the shops and have lunch on your own.	July 28th

Trip Office Hours: Monday, Wednesday, Friday 9:00 am-3:30 pm

Tuesday, Thursday 12:30 pm-7:00 pm

Trip Coordinator: Lexi Kirkey 302-645-9293 ext 105

lexik@lewesseniorcenter.org



**Alex Froner
Bus Driver**

Meet our bus driver, Alex Froner.

Alex's primary responsibility is to transport our members to and from their destinations safely. While he may occasionally join the group for a tour or lunch, please note that he is not your tour guide and cannot deviate from the pre-planned itinerary to make additional stops. All trips are "on your own" unless otherwise specified.

Extended Travel



2026-2027

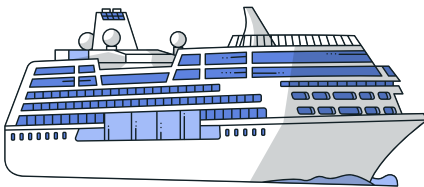


Christmastime in Vermont
Christmas at Greenbrier Resort, WV
European Christmas Markets (Czech Republic, Germany, Austria, Slovakia,
Hungary)~Wait List Only
Christmas in New York City, NY
2027

St. Augustine, Florida
Eastern Caribbean Cruise (Dominican Republic, St. Thomas)
Grand Hawaiian Cruise (Oahu, Kona, Maui, Kauai)~Wait List Only

Trip Office Hours: Monday, Wednesday, Friday 9:00 am-3:30 pm
Tuesday, Thursday 12:30 pm-7:00 pm
Trip Coordinator: Lexi Kirkey 302-645-9293 ext 105

Brochures are available at the Center.



Costa Rica 2025





july

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Center Closed	4
5	6	7 Layton's Chance Winery 8:30am Jackpot Bingo Doors Open 4pm	8 Alaska trip meeting 12pm Berkshires trip meeting 1:30pm	9 Historic Village of Ocean View 9am	10	11
12 Sodelo Concert 2pm	13 Harrington Casino 9:30am	13 Cape Water Tours Birding & Eco Cruise 9:15am Jackpot Bingo Doors open 4pm	15 Cooking with Chef Dave 12pm	16	17	18
19	20	21 Tour of Fort Miles 10:15am Jackpot Bingo Doors Open 4pm	22 Painting with Judy 12pm	23	24	25
26	27	28 Jackpot Bingo Doors Open 4pm	29	30 Academy Art Museum & explore Easton, MD 8:30am		



Summer Hours:
Monday-Thursday 8 am-7 pm
Friday 8 am-4 pm