



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

Hours: Monday-Friday 8am-7pm

### Mark Your Calendars

**March 5th-6th-DoMore24**

**March 11th-** Beebe Healthcare  
Community Presentation: Meet  
Dr. Pandya, 1 pm-2 pm, in the  
Main Hall

**March 18th-**Cooking with Chef  
Dave,  
12 pm, in the Main Hall.

**March 25th-**Painting with Judy, 1  
pm, in the Main Hall

**March 26th-**JGAR Concert, 1 pm,  
in the Main Hall

**March 28th-Spring Craft Vendor  
Fair & Soup Sale, 8am-1pm**



## Special Events

Spring Craft Vendor Fair

&

Soup Sale

Saturday, March 28th

8am-1pm



# NEWSLETTER

March 2026



## FROM THE DIRECTOR

Have you noticed the songbirds starting to return? That can only mean one thing — Spring is on its way!

We're kicking off the month with **Do More 24 Delaware on March 5th-6th**, and we're inviting you to do more with us! Our goal is to raise \$3,000 in just 24 hours to support the programs and activities that keep our community active and connected. With your help, we know we can make it happen — just scan the QR code on March 5th to make your gift!

March also brings some wonderful day trips to help ring in the Spring! You can take in the world-class art collections at the Barnes in Philadelphia on March 9<sup>th</sup> and then the beauty of the cherry blossoms on the 25th.

And don't miss our **Spring Craft Fair and Soup Sale** on Saturday, March 28th — the perfect opportunity to support local crafters, take home delicious soups, and celebrate the season with friends!

It's shaping up to be a wonderful spring at LSAC. We can't wait to share it with you!

A handwritten signature in blue ink, likely belonging to the center's director.

# MEMBER NEWS

## Upcoming Events

### *Spring Craft Vendor Fair*

&

### *Soup Sale*

**Saturday, March 28<sup>th</sup>**

8 am-1 pm

Over 40 craft vendors, LSAC Ceramics, Soup Sale, plus books and puzzles!

*Volunteers needed to make soup for the sale. Please see the sign-up sheet on the bulletin board in the lobby.*

## Classes and Presentations

**BEEBE Healthcare Community Presentation:** Wednesday, March 11<sup>th</sup>, 1 pm-2 pm in the Main Hall. Meet Dr. Pandya! Dr. Pandya is a fellowship-trained, board-certified neurosurgeon with advanced subspecialty training in complex and minimally invasive spine surgery.

**Cooking with Chef Dave:** March 18<sup>th</sup>, 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 February 13<sup>th</sup>. Menu: Sweet Potato Soup with corn and chillies, Grilled chicken with Apricot sauce, Wild and brown rice with cranberries and corn, & three sisters.

**Pet Therapy with Paris:** Thursday, March 19<sup>th</sup>, 10:30 am in the Lounge. Stop by the lounge and say hi to Paris!

**Painting with Judy:** Wednesday, March 25<sup>th</sup>, 1 pm in the Main Hall. Let your inner artist shine in with Judy's help! \$25/members \$30/nonmembers; includes all painting supplies, Judy's instruction, & light refreshments. Stop by the Center or check our website to see this month's painting.

**JGAR Concert:** Thursday, March 26<sup>th</sup>. 1pm in the Main Hall. FREE!

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

*Jean Babiarz*

*Mary Toman*

*Fred Thomsen*

*Michael Sorrick*

# SENIOR MOMENTS

## Volunteer Spotlight



**Grace Glassen**

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

**Why did you start volunteering?** After retiring, I had a genuine desire to help others and give back to my community. Staying engaged and active was also an important factor that provided me with a sense of purpose.

**Tell us about a positive experience you had as a volunteer that made a difference in your life.** I volunteered at Ronald McDonald House as a house parent. I was able to help provide a welcoming and supportive atmosphere for families as they coped with the anxiety of their child's medical condition. That was a life-changing experience for me and has made me grow as an individual, becoming more patient and adaptable.

**Where did you live before moving to this area, and how long have you lived here?** I lived in East Brunswick, NJ, before moving here in May 2019.

**Tell us your Story:** My husband, Bob, and I have been married for 47 years. We don't have children, but have had many fur babies over the years. We currently have 3 dogs. I was an assistant to the superintendent of schools in North Brunswick, NJ, for many years. I retired in 2014 and looked forward to moving closer to the beach. We love living in Delaware and cherish the friendships we have made. I love to read, so I am constantly browsing the thrift stores and shelves at LSAC for my favorite books.

## ***Board of Directors News!***

At the Annual Meeting every June, the membership votes three new members onto the Board. Do YOU have business or leadership experience? Do YOU have previous Board experience? If you answered YES to either or both questions, and you have the "volunteer spirit" for wanting to give back to the senior community, then being a Board Member is for you. You must be a current member of LSAC and in good standing to run for the Board. Simply complete the Board of Directors Nominee Form, available at the front desk or on our website, and return it to the front desk by Friday, May 1st.

**WEAPONS PROHIBITION POLICY**  
**Lewes Senior Activity Center**  
**A Delaware Nonprofit Corporation**

**I. PURPOSE AND POLICY STATEMENT**

This Weapons Prohibition Policy establishes clear guidelines prohibiting the carrying or possession of weapons on property owned, leased, operated, or controlled by Lewes Senior Activity Center (“the Organization”). This Policy is adopted pursuant to the Organization’s rights as a private property owner under Delaware law to control access to and activities on its premises.

The purpose of this Policy is to:

1. Maintain a safe and secure environment for all employees, volunteers, clients, visitors, and members of the public
2. Reduce the risk of violence, accidents, and injury on Organization property
3. Exercise the Organization’s property rights under Delaware law
4. Establish clear expectations and consequences for violations

This Policy applies to all Organization property, facilities, events, and activities, regardless of location.

**II. LEGAL FRAMEWORK**

**Delaware Property Owner Rights**

Under Delaware law, private property owners have the legal right to restrict firearms and other weapons on their premises, and businesses may post signage prohibiting firearms. While “No Firearms” signs in Delaware have no force of law as criminal statutes, property owners retain the right to ask individuals carrying weapons to leave their property.

**Enforcement Through Trespass Law**

The Organization’s ability to enforce this Policy is supported by Delaware’s criminal trespass statutes:

\* **§ 821** - Criminal trespass in the third degree (a violation): A person is guilty of criminal trespass in the third degree when the person knowingly enters or remains unlawfully upon real property

\* **§ 822** - Criminal trespass in the second degree (unclassified misdemeanor): A person is guilty of criminal trespass in the second degree when the person knowingly enters or remains unlawfully in a building or upon real property which is fenced or otherwise enclosed in a manner manifestly designed to exclude intruders

\* **§ 823** - Criminal trespass in the first degree (class A misdemeanor): A person is guilty of criminal trespass in the first degree when the person knowingly enters or remains unlawfully in a dwelling or building used to shelter, house, milk, raise, feed, breed, study or exhibit animals

When an individual refuses to leave Organization property after being asked to do so due to violation of this Policy, they may be subject to criminal trespass charges under Delaware law.

*Full policy available on the website and at the front desk.*

# 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>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	pamppauley616@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	pamppauley616@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	pamppauley616@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	

# 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 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	1:15pm-2:00pm	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
<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	Marianne Walch	mwalch@verizon.net	\$10.00

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.

# 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	Lounge	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!**

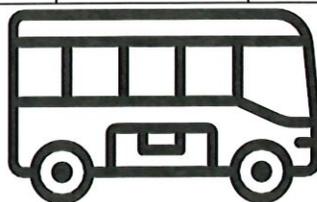
During DelDot's construction, parking at LSAC is limited. Arriving closer to your class time helps earlier participants wrap up and open spaces for those coming next.

# 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
Mon. 3.5	Philadelphia Flower Show	Philadelphia, PA	Lv. 8:30am Rtn. 6:00pm	Mem: \$73 Non: \$78	Lunch OYO	Sold Out See Kate for waitlist
Mon. 3.9	Barnes Foundation	Philadelphia, PA	Lv. 8:00am Rt. 4:30pm	Mem: \$56 Non: \$61	Lunch OYO	3.5.26
Mon. 3.16	Harrington Casino	Harrington, DE	Lv. 9:30am Rt. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	3.13.26
Thurs. 3.19	Shopping at the Concord Mall	Wilmington, DE	Lv. 9:30am Rt. 3:30pm	Mem: \$18 Non: \$23	Lunch OYO	3.16.26
Wed. 3.25	Cherry Blossom Festival	Washington, DC	Lv. 8:30am Rt. 6:30pm	Mem: \$50 Non: \$55	Coach bus Lunch OYO	3.23.26
Thurs. 3.26	Parivaar Indian Grocery Store, Lunch at Flavors of India, & Produce Junction	New Castle, DE	Lv. 9:30am Rtn. 3:30pm	Mem: \$33 Non: \$ 38	Lunch included	3.23.26



# Extended Travel



## 2026-2027



Pittsburgh, PA

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 Cruise (Oahu, Kona, Maui, Kauai)

*Brochures are available at the Center.*



Costa Rica 2025



# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <i>Jackpot Bingo Doors open 4pm</i>	4	5 Phila Flower Show 8:30am	6	7
8 <i>International WOMENS Day</i>	9 Barnes Foundation 8:00am	10 <i>Jackpot Bingo Doors open 4pm</i>	11 <i>Beebe Community Presentation 1pm Seaford Concert 6:15pm</i>	12	13	14
15	16 Harrington Casino 9:30am	17 <i>HAPPY ST. PATRICK'S DAY</i> <i>Jackpot Bingo Doors open 4pm</i>	18 <i>Cooking with Chef Dave 12pm</i>	19 Shopping at Concord Mall 9:30am  Pet Therapy with Paris 10:30am	20	21  <b>SPRING</b>
22	23 Seaford Concert 6:15pm	24 <i>Jackpot Bingo Doors open 4pm</i>	25 Cherry Blossom Festival 8:30am <i>Painting with Judy 1pm</i>	26 Parivar Indian Grocery Store/Flavors of India 9:30am JGAR Concert 1pm	27	28  <b>SPRING CRAFT FAIR &amp; SOUP SALE 8AM-1PM</b>
29	30	31 <i>Jackpot Bingo Doors open 4pm</i>				10

# Help Us Do More!



## LEWES SENIOR Activity Center

Join us on March 5, 6pm–March 6, 6pm  
for Delaware's Largest Giving Day,  
**#DoMore24DE.**

Scan here to support us directly:



**DO MORE**  
DELAWARE **24**

# #DoMore24DE



LEWES SENIOR  
**Activity Center**

**Spring**

# **Craft Vendor Fair**

**Saturday, March 28, 2026**

**Sam-1pm**

**Over 40 Craft Vendor Tables**

**LSAC Ceramics**

**Books & Puzzles**

**Soup Sale**

**32083 Janice Rd**

**Lewes, DE 19958**

**302-645-9293**

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

*LSAC is a 501(c) nonprofit organization and all proceeds benefit member programs.*