



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

Hours: Monday-Friday 8am-7pm

Mark Your Calendars

November 12: Paint with Judy,
1pm in the Main Hall

November 12: Dine & Donate at
Palm Beach Grill 4pm-9pm

November 13: Pet Therapy with
Paris, 10:30am in the Lounge

November 13: Preventative
Health Presentation, 12pm in
the Main Hall.

November 19: Asheville Trip
Meeting, 1:45pm in the Main
Hall

**Paint this in November's Paint
with Judy class.**



Center closed

November 11th



**November 27th
& 28th**



Lunches

Veteran's Day Lunch
November 6th 12pm

Thanksgiving Lunch
November 20th 12pm

**Sign up in the Trip
Office.**

Special Events

**Holiday Craft Fair
& Soup Sale**
November 1st
8am-1pm

NEWSLETTER

November 2025



FROM THE DIRECTOR

Hello Members!

Can you believe it's already November? We've got a full calendar of fun, festive & informative events this month — and we'd love for you to be part of it all. We're kicking things off with our **Holiday Craft Fair & Soup Sale** on Saturday, Nov. 1. Come browse some amazing goodies and get a head start on your holiday shopping!

We'll wrap up the month with our **Thanksgiving Luncheon** on Nov. 20 — a great chance to connect, celebrate, and enjoy some delicious food with friends.

And don't forget to mark your calendars for **Giving Tuesday on Dec. 2!** Join us on this global giving day and show your support for the Center. Every little bit makes a difference and helps us keep offering all these great programs!

See you at the Center!

MEMBER NEWS

Upcoming Events

Holiday Craft Fair & Soup Sale: Saturday, November 1st, 8 am-1 pm. Get your holiday shopping started early or treat yourself! Over 30 local craft vendors, LSAC Ceramics, used books & puzzles, plus the Soup Sale is back! Stop by the kitchen and pick up a quart of homemade soup for just \$10. Volunteers are still needed for both events. Please call Jill at 302-645-9293 or sign up on the bulletin board in the lobby.

Veteran's Day Lunch: Thursday, November 6th, 12 pm in the Main Hall. Join us as we honor our Veterans. Baked ziti, salad, garlic bread, and desserts. Musical entertainment by Mike Long. Please sign up with Kate in the Trip office by Nov. 3rd. Lunch is FREE for Veterans, \$12/members \$15/nonmember guests.

Thanksgiving Lunch: Thursday, November 20th, 12 pm in the Main Hall. Join us for Turkey and all the fixings, plus appetizers and desserts! \$15/members and \$18/nonmembers. Please let us know if you can donate a turkey or would like to bring a dessert to share. Lunch will sell out quickly, so don't hesitate to sign up.

Classes and Presentations

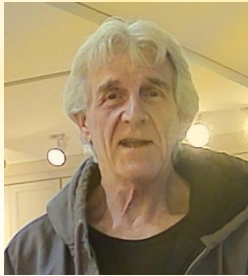
Paint with Judy: Wednesday, November 12th, 1 pm in the Main Hall. Let your inner artist come through and create your latest masterpiece with Judy's help! November's painting is on the front page of the newsletter and hanging in the lobby. \$25/members, \$30/non-members. Includes all paint supplies, Judy's step-by-step instructions, and light refreshments. Sign up with Kate in the Trip office before 11/10.

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

Preventative Care-Know Your Numbers!: November 13th, 12 pm in the Main Hall. This is Part 2 in Beebe Healthcare's Educational Series on Preventive Health. Learn what your numbers mean and what can be done about them. Nurses on-site will provide health screenings for blood pressure, blood sugar, and cholesterol numbers. FREE! A light lunch will be provided. Pre-registration is required. Sign up at the front desk.

SENIOR MOMENTS

Volunteer Spotlight



Drew Naylor

When did you become a member of LSAC? January 2024

Why did you start volunteering? I enjoy working with and around others.

Tell us about a positive experience you had as a volunteer that made a difference in your life. Helping a fellow LSAC member manage her work around her house and seeing her joy.

Where did you live before moving to this area, and how long have you lived here? I moved here from Boston, MA, more than 53 years ago.



Thank You!

Thank you to everyone who contributed to the Tea Party's success. From donating your time to donating items, you are appreciated.

Did you know that all of the mailings you receive from LSAC are prepared by volunteers? Cutting, folding, stuffing, and labeling hundreds (and sometimes thousands) of letters and raffle cards is a huge job, but the "mailings" crew makes it seem easy.

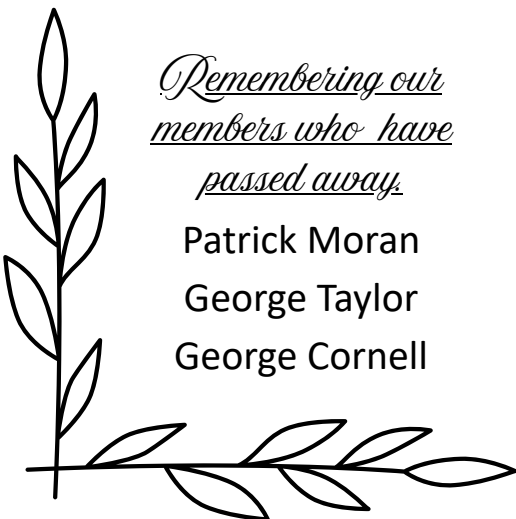
THANK YOU!

*Remembering our
members who have
passed away.*

Patrick Moran

George Taylor

George Cornell



Group Fitness Classes

CLASS	TIME	ROOM	INSTRUCTOR	CONTACT	FEE
Monday					
Ultra Beginner Line Dancing	8:00am-9:00am	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-10:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Zumba	10:30am-11:30am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Qigong	10:45am-11:45am	Activity Room	Janet DeFeo	302-278-9532	\$6.00
Tai Chi for Beginners	11:45am-12:45am	Main Hall	Deb Hunt	hunt4taichi@gmail.com	\$7.00
Mat Pilates	11:45am-12:45pm	Activity Room	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Tuesday					
Beginner Tai Chi	8:00am-9:00am	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-10:30am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Low intermediated Line Dancing	10:45am-11:45am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Improver Line Dancing	12:00pm-1:00pm	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Tai Chi	5:45pm-6:45pm	Activity Room	Gary Tompkins	garyt.taichi@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	

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

Group Fitness Classes

CLASS	TIME	ROOM	INSTRUCTOR	CONTACT	FEE
Wednesday					
Tai Chi Fan Class	8:00am-9:00am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Balance & Strength	9:15am-10:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Ball & Band	9:15am-10:15am	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
Beginner Tai Chi/Qigong Combined	12:00pm-1:00pm	Activity Room	Janet DeFeo	302-278-9532	\$7.00
Cardio Drumming	5:00pm-6:00pm	Activity Room	Jacqui Krupinski	myactivecenter.org	\$7.00
Friday					
Balance & Strength	7:45am-8:45am	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-10:00am	Main Hall	Cindy Beaver	717-991-8526	\$8.00
Yoga	9:15am-10:30am	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-11:15am	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
Tai Chi for Ind. with Parkinson's Disease	2:15pm-3:15pm	Main Hall	Janet DeFeo	302-278-9532	FREE

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	Jack Welsh	302-644-2238
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 (1 st & 3 rd weeks of the month)	2:00pm-4:00pm	Card Room	Judith Connor	804-456-0055
Italian Card Games (2 nd & 4 th 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
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	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!

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
Monday, 11/3	Harrington Casino	Harrington, DE	Lv. 9:30am Rtn 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	10/31/2025
Friday, 11/14	Treasures of the Sea Exhibit	Georgetown, DE	Lv. 12:30pm Rtn 4:00pm	Mem: \$11 Non: \$14		11/12/2025
Monday, 11/17	Trader Joe's, Wegmans, Whole Foods	Concord, DE	Lv. 9:00am Rtn 4:30pm	Mem: \$18 Non: \$23	Lunch OYO	11/13/2025
Wed. 11/19	Reading Terminal Mkt	Philadelphia Pa	Lv. 9:30am Rtn. 4:30pm	Mem: \$30 Non: \$35	Lunch OYO	11/17/2025
Friday 11/21	Booth's Corner FM	Boothwyn, Pa	Lv. 8:30am Rtn: 4:00pm	Mem: \$23 Non: \$28	Lunch OYO	11/19/2025
Monday 11/24	Dover Mall or Casino	Dover, De	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	11/20/2025
Monday 12/8	Longwood Gardens	Kennett Sq, Pa	Lv. 10:15am Rtn. 8:00pm	Mem: \$76 Non: \$81	Travel by charter bus Meals OYO	11/28/2025

Extended Travel



Asheville Christmas~Wait List Only
Christmas in Hershey, PA
Christmas Spirit Time in NYC~Wait List Only

Kentucky Bourbon Trail
Alaska Cruise
Caribbean Islands Cruise 2027

Brochures available on our website and in the lounge.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Holiday Craft Fair & Soup Sale 8am-1pm
2	3 Harrington Casino 9:30am	4	5	6 Veterans Day Lunch 12pm	7	8
9	10	11  Center Closed	12 Paint with Judy 1pm Dine & Donate at Palm Beach Grill	13 Pet Therapy with Paris 10:30am Beebe Presentation 12pm	14 Treasures of the Sea Exhibit 12:30pm	15
16	17 Trader Joe's, Wegmans, Whole Foods 9:00am	18	19 Reading Terminal Mkt 9:30am Asheville Trip Meeting 1:45pm	20 Thanksgiving Lunch 12pm	21 Booth's Corner F.M. 8:30am	22
23	24 Dover Mall or Casino 9:30am	25	26	27  Center Closed	28	29
30						



Lewes Senior Activity Center **HOLIDAY GRAFT**



FAIR

Saturday, November 1st

8am-1pm

**Over 30 local Craft Vendors
Silent Auction
LSAC Ceramics
Books & Puzzles
Soup Sale**

**32083 Janice Rd
Lewes, DE 19958**





Midway Shopping Center

DINE & DONATE

November 12, 2025

4pm-9pm

20% of your food bill will be
donated to LSAC.

Must have a flyer or
screenshot.