

32083 Janice Rd
Lewes, DE
19958
302-645-9293
Monday-Friday
8am-7pm



LEWES SENIOR ACTIVITY CENTER

LEWES SENIOR
Activity Center
Staying Active After 50

"Staying Active After 50" Newsletter

October 2025

From the Executive Director:

Dear Friends,

As we welcome the crisp air and colorful leaves of fall, I'm excited to share a few important updates and some fun events coming up at the Center!

First, the new **storage addition** is complete! Thank you for your patience during the construction — your support truly made a difference!

Next, a friendly reminder that **permit parking enforcement will begin on Tuesday October 7th**. If you haven't already picked up your parking permit, please stop by the front desk. Staff are always happy to help if you have any questions.

We've got two great special events coming up this month. Join us for the **Mad Hatter Tea & Fashion Show** on the 18th! Enjoy tea, treats, and terrific company. Then get ready to boogie at **Play That Funky Bingo!** on the 29th. It's bingo like you've never played before — with music, laughs, and funky prizes. Don't miss it!

As always, thank you for being such a vibrant part of our community. Whether you're here for a class, a card game, or just a cup of coffee and conversation, your presence makes the Center feel like home.

MEMBER DUES UPDATE

Dear Fellow LSAC Members:

The Board of Directors has approved a change to align our membership year with our fiscal year — and that means a little extra value for you! To make the transition, the **2026 membership will cover 18 months — from January 1, 2026, through June 30, 2027 — for just \$60**. (That's only \$20 more than our current 12-month rate of \$40!)

For new members who join between **April 1 and June 30, 2027**, dues will be based on the new rate that starts **July 1, 2027**.

We know changes like this can take some getting used to, and we really appreciate your support as we make the shift!

Best regards,

LSAC Board of Directors

Important Dates in October

October 6th: Flu Shot Clinic, 9am-2pm in the Main Hall.

October 9th: Board Meeting, 3pm in the Main Hall.

October 13th: Center Closed for Federal Holiday.

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

October 18th: Mad Hatter Tea Party & Fashion Show

October 22nd: Boscov's Friends Helping Friends shopping event.

October 23rd: Preventative Health, Part 1. 12pm-1pm in the Main Hall.

October 29th: Play That Funky Bingo, 1pm in the Main Hall

October 30th: Medicare Options in Retirement Free Presentation, 12pm in the Main Hall.

Wednesday, October 29th!



\$5 suggested donation for admission.
No sign up required.

MEMBER NEWS

Upcoming Events

Pet Therapy with Paris: October 16th, 10:30am in the Lounge.

Flu Shot Clinic: Monday, October 6th in the Main Hall. Vaccines provided by Beebe Healthcare. No appointment needed. **Please make sure to bring your insurance card and picture ID,**

Board Meeting: Thursday, October 9th, 3pm in the Main Hall. All current LSAC members are invited and encourage to attend.

Dine & Donate!: Monday, October 13th at **NICOLA PIZZA** 5PM-9PM. Come out and eat some pizza and LSAC will share in 20% of dine-in sales. Take out orders will not be included.

Cooking with Dave: Wednesday, October 15th, 12pm in the Main Hall. Menu: Halloween Theme: Ghostly Ravioli with Haunted Blush Sauce, Butternut Squash Orzo with Eyeballs, and Strawberry Ghosts. \$15/members \$20/nonmembers. Sign up by October 10th.

Bosco's Friends Helping Friends Shopping Event: Wednesday, October 22nd. Donate \$5 to LSAC and receive a voucher for 25% off your total. The voucher can be used online or in the Dover store. Vouchers available at the front desk.

AARP Defensive Driving Full Course: Wednesday, October 22nd, 11am-6pm in the Main Hall. Call the front desk to register at 302-645-9293. Fee to be paid to the instructor on the day of class. This class is for those who have not taken the course in the last 3 years.

Preventative Care — Take Action!: Thursday, October 23rd, 12pm-1pm in the Main Hall. This is Part 1 in Beebe Healthcare's Educational Series on Preventative Health. Learn how to increase your focus on preventive care and caring for and stabilizing chronic conditions. FREE. A light lunch will be provided. Pre-registration is required. Sign up at the Front Desk.

Play that Funky Bingo!: Wednesday, October 29th, 1pm-4pm in the Main Hall. Suggested donation \$5. Join us for a fun afternoon with DJ Sharon Messina leading a game of **Play That Funky Bingo!** Sing along to the tunes as you attempt to get 5 in-a-row and shout "Funky Bingo"! All Bingo supplies and snacks provided. Beer & wine will be available for a donation. HALLOWEEN COSTUMES ENCOURAGED!

TEA PARTY AND FASHION SHOW

The biannual Tea Party and Fashion Show will be held on Saturday, October 18th, 1pm-4pm, in the Main Hall. The theme this year is "Mad Hatter Tea Party" and will feature a fashion show with outfits for men and women from local boutiques, tea sandwiches & desserts, basket raffle, and a "Best in Show" hat contest.

HOLIDAY CRAFT FAIR & SOUP SALE

Saturday, November 1st, 8am-1pm. Shop over 30 local craft vendors, LSAC Ceramics, books & puzzles, and be sure to grab a quart or two of soup to take home. Get a jump start on your holiday shopping, or treat yourself to something special!

Volunteers Needed!

Volunteer sign up sheets are in the lobby for the Holiday Craft Fair & the Soup Sale on November 1st. If you have any questions or can sign up for a time slot to help out, please call Jill at 302-645-9293 or email Jill@lewesseniorcenter.org.

Volunteer Spotlight ~Kathy Brooker



When did you become a member of Lewes Senior Activity Center? I joined on July 6, 2021. I signed up and participated in my first line dancing class on that date.

Why did you start volunteering?

Volunteering for me is a social event. It is a great way to meet new people. I really like doing something for somebody else, but also making new friends in the process.

Tell me about a positive experience you had as a volunteer that made a difference in your life. In my small town in Virginia I volunteered in the local library shelving books (just like I did in my first job during high school) and also helping check out books for patrons. I also worked at the local Hospice office, working on the newsletter and sending thank you letters to donors to Hospice. I really felt good about doing something for those neighbors who were dealing with life threatening illnesses and needed our assistance.

Where did you live before moving to this area and how long have you lived here? I moved to Lewes from Montross, VA in 2021. I find it hard to believe I have lived here for over 4 years. I moved during Covid and had several "supply issues", but I am so happy to have found Lewes and LSAC.

Senior Moments — The Good Kind!



LSAC Group Exercise Classes

Please contact the instructor listed for each class with any questions.

The fees listed are the instructor's fee.

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>	<u>Contact information</u>	<u>Fee</u>
MONDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Ultra Beginner Line Dancing	8:00am-9:00am	Main Hall	Marian Fetherolf	302-249-1586	\$6.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
Chair Yoga	8:30am-9:25am	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-11:30am	Activity Room	Janet DeFeo	302-278-9532	\$6.00
Tai Chi for Beginners	11:45am-12:45pm	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					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Beginner Tai Chi	8:00am-9:00am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
Tai Chi	9:15am-10:30am	Main Hall	Susan Hamadock	302-381-0585	\$7.00
Chair Yoga (2 Classes)	8:30am—9:25am & 9:30am-10:25am	Card Room	DVD	302-645-9293	FREE
Line Dancing Advanced	9:30am-10:30am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Line Dancing Low Intermediate	10:45am-11:45am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Next Level Chair Yoga	10:45am-11:45am	Card Room	Linda Catts	410-917-5885	\$7.00
Line Dancing Improver	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	

LSAC Group Exercise Classes

5

Please contact the instructor listed for each class with any questions. The fees listed are the instructor's fee.

WEDNESDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Tai Chi Fan Class	8:00am-9:00am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
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	11am-12pm	Activity Room	Cindy Beaver	717-991-8526	\$8.00
Chair Yoga	12:30pm-1:30pm	Card Room	DVD	302-645-9293	FREE
THURSDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Cardio Blast	7:45am-8:45am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
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
Cardio Drumming	5:00pm-6:00pm	Activity Room	Jackie Krupinski	302-645-9293	\$7.00
FRIDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Balance & Strength	7:45am-8:45am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Walk Aerobics	8:30am-9:00am	Activity 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 (2 classes)	8:30am-9:25am & 9:30am-10:25am	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	mwvalch@verizon.net	\$10.00
Tai Chi /Parkinson's	2:15PM-3:15PM	Main Hall	Silver Lotus/Janet Defeo	302-278-9532	Free until November

Games & Other Programs

6

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>LEADER</u>	<u>CONTACT INFORMATION</u>
<u>MONDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Scrabble	10:00am-12:00pm	Card Room	Hester Chinchar	302-645-9293
Mexican Train	12:30pm-2:30pm	Card Room	Front Desk	302-645-9293
Rummikube	1:00pm-3:00pm	Main Hall	Trina Stephenson	trina_step@comcast.net
Bridge	1:00pm-4:00pm	Activity Room	Jenny Waters	703-244-3257
A Stitch in Time	1:00pm-4:00pm	Main Hall	Joyce Sheehy	908-337-5652
Beginner Mah Jong	3:00pm-5:00pm	Card Room	Cheryl Belluci	cab22cute@me.com
Billiards/Ping Pong	4:00-7:00pm	Activity Room	Front Desk	302-645-9293
<u>TUESDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
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 4pm	Main Hall	Front Desk	302-645-9293
<u>WEDNESDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
T.O.P.S	10:00am-12:00pm	Card Room	Carey Gellman	240-899-1295
Hand, Knee, & Foot	12:30pm-3:15pm	Activity Room	Front Desk	302-645-9293
Spades	2:00pm-4:00pm (1st & 3rd weeks only)	Card Room	Judith Connor	804-456-0055
Italian Card Games	1:30pm-4:00pm (2nd & 4th weeks only)	Card Room	Neil Garefino	302-703-6296
Billiards/Ping Pong	3:30pm-7:00pm	Activity Room	Front Desk	302-645-9293
<u>THURSDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Canasta	9:00am-12:00pm	Card Room	Front Desk	302-645-9293
Bunco	1:00pm-3:00pm (1st & 3rd weeks only)	Card Room	Josie Glynn	908-892-8605
Cribbage	1:00pm-3:00pm (2nd & 4th weeks only)	Card Room	Front Desk	302-645-9292
Drum Circle	Every 3rd Thursday of	Main Hall	Marthea Proudfoot	mjpfoot@gmail.com
<u>FRIDAY</u>				
Ceramics	8:00am-12:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Book Club	11:00am-12:00 (2nd Friday of the month)	Lounge	Linda Catts	410-917-5885
Duplicate Bridge	1:00pm-5:00pm (1st & 3rd weeks only)	Activity Room	Dottie Woodbury	302-945-2059
Duplicate Bridge	1:00pm-5:00pm (2nd & 4th weeks only)	Activity Room	Rich Lepley	202-494-8334
Mah Jong	12:00pm-2:00pm	Card Room	Carole Palamar	302-684-3968

Trips

Day Trips & Bus 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, 10/20	Harrington Casino	Harrington, DE	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	10/16
Wed. 10/22	Boscov's Shopping Day	Dover, DE	Lv. 9:30am Rtn. 3:30pm	Free for members	Lunch OYO	10/20
Friday 10/24	Ocean City Sunfest	Ocean City, MD	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	10/22
Monday, 10/27	Dover Mall OR Bally's Dover Casino	Dover, DE	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch OYO	10/23
Friday, 10/31	A Day in St. Michaels	St. Michaels, MD	Lv. 9:00am Rtn 4:00pm	Mem: \$18 Non: \$23	Lunch OYO	10/26

2025-2026 Extended Trips

Pennsylvania's Grand Canyon~Wait List Only

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 at the Center and on our website.



SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6 Flu Shot Clinic 9am-2pm	7	8 PA Grand Canyon Trip Meeting 11am	9 Board Meeting 3pm	10	11
12	13 Center Closed For Federal Holiday	14	15 Cooking with Chef Dave 12pm	16 Pet Therapy with Paris 10:30AM	17	18 Tea Party 1pm
19	20 Harrington Casino 9:30am	21	22 Bosco's Shopping Event AARP Driving Course 11am	23 Preventative Health, Part 1 of 3 Part Series 12pm-1pm	24 OC Sunfest 9:30am	25
26	27 Dover Mall or Casino 9:30am	28	29 NYC Trip Meeting 11am Funky Bingo 1pm	30 Medicare Options in Retirement 12pm	31 A Day in St. Michaels 9:00am Happy Halloween!	November 1st Holiday Craft Fair and Soup Sale 8am-1pm

Jackpot Bingo

Every Tuesday, Doors open 4pm

Open to the Public

Don't be late...
Save the Date

"Mad Matter"
Tea Party
&

Fashion Show

October 18th, 2025

1pm-4pm
LSAG Main Hall

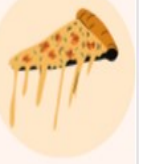
\$40/members
\$45/nonmembers

Fashion Show featuring men's and women's outfits from local boutiques.
Tea Sandwiches & Desserts
Hat Contest
Basket Raffles
50/50
and of course...Tea!



DINE TO DONATE
Join Us

NICOLA PIZZA



Monday, October 13, 2025

5:00p.m. to 9:00 p.m.

17323 Ocean One Plaza
Lewes, DE 19958

20% of DINE IN sales (no takeout) will be split between Lewes Senior Activity Center and Volunteer Delaware 50+ Advisory Council



LEWES SENIOR ACTIVITY CENTER
32083 JANICE RD.
LEWES, DE 19958

Soup Sale

**SATURDAY, NOVEMBER 1ST
8AM-1PM**

\$10/QUART

HOMEMADE

ALL PROCEEDS BENEFIT LSAC MEMBER PROGRAMS. LSAC IS A 501(C) NON PROFIT ORGANIZATION.

LEWES SENIOR Activity Center

**Lewes Senior Activity Center
HOLIDAY CRAFT
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

***Vendor tables are sold out.**



With DJ Sharon Messinal

**Wednesday, October 29th
1pm-4pm in the Main Hall.**

Sing along to songs from the '50s through the
'90s while trying to get 5-in-a-row and yell,

"FUNKY BINGO"

\$5 suggested donation

All Funky Bingo Supplies and snacks included!

Beer & Wine will be available for additional donations.

HALLOWEEN COSTUMES ENCOURAGED!

NO SIGN UP REQUIRED!