



32083 Janice Rd

Lewes, DE 19958

302-645-9293

lewesseniorcenter.org

Summer Hours: Monday-Thursday

8am-7pm

Friday, 8am-4pm

Tuesday, October 6

Pet Therapy with Paris

10:30am | Lounge

Thursday, October 8

Board Meeting

3:30pm | Main Hall

Monday, October 12

Center Closed

Thursday, October 15

Christmas in Vermont Trip

Meeting

12:30pm | Main Hall

Wednesday, October 21

Healthy Cooking Class with Chef

Dave

12pm | Main Hall

Thursday, October 22

Medicare Options in Retirement –

FREE Presentation

12pm | Main Hall

Wednesday, October 28

Painting with Judy

12pm | Main Hall

Thursday, October 29

Funky Bingo

12-3pm | Main Hall



**Center Closed
October 12th
Federal Holiday**



**Play That Funky Bingo
October 29th**

NEWSLETTER

October 2026

From the Executive Director:

Happy Fall!

Reflecting on my first few months with LSAC, I couldn't be more grateful for our hardworking team and vibrant, inclusive community.

This month, I'm thrilled to highlight Active Aging Week—a global celebration of the vitality, passion, and endless potential of older adults. Growing older is an opportunity to find new ways to stay active, curious, and connected. To celebrate, LSAC is hosting a week of special events from October 19–23. In support of holistic wellness—mind, body, and spirit—our team invites you to participate in a series of free programs created to help you stay active and engaged.

Keep an eye out for the event schedule coming soon—spots are first-come, first-served, so be sure to register early! We can't wait to celebrate, move, and connect with you this fall.

Warmly,

Kristy Handley, M.S.
Executive Director

Class & Member News.

CALLING ALL OF OUR AMAZING SOUP MAKERS!

Do you have a favorite soup recipe that everyone raves about? We need YOU! ❤️
Grab your favorite recipe, make a pot—or two!—and help us make this fundraiser a SOUPer success!  

We'd love a delicious variety of homemade favorites:  Chili  Chowder  Veggie 
Creamy  Spicy  Grandma's secret recipe...and everything in between!

Who's ready to get those soup pots simmering?  

 Ready to help? Sign-up sheets are in the lobby! Stop by the front desk to pick up your soup containers and labels. Every pot makes a difference, and we truly appreciate all of our wonderful soup makers who help make this fundraiser possible! ❤️

Let's make it a SOUPER success!   Soup Sale is in conjunction with the Craft Fair on November 7th.

Pet Therapy with Paris

Tuesday, October 6 | 10:30am | Lounge

Take a break and spend some time with our favorite four-legged friend, Paris!

Board Meeting

Thursday, October 8 | 3:30pm | Main Hall

Members are welcome to attend the LSAC Board Meeting.

Christmas in Vermont Trip Meeting

Thursday, October 15 | 12:30pm | Main Hall

Travelers heading to Vermont will meet to go over important trip information and details.

Healthy Cooking with Chef Dave

Wednesday, October 21 | 12pm | Main Hall

Join Chef Dave for another delicious and informative cooking class. Come ready to learn, taste, and enjoy! The class is being offered FREE thanks to a grant obtained by LSAC. First come, first served, limit of 25 people. Sign up required in the trip office.

Medicare Options in Retirement – FREE Presentation

Thursday, October 22 | 12pm | Main Hall

Have questions about your Medicare options? Join us for this FREE presentation and get information to help you make informed decisions about your retirement healthcare options.

Painting with Judy:

Wednesday, October 28th | 12pm | Main Hall

Let your inner artist shine! Judy provides step-by-step instruction and all the supplies you need to create your very own masterpiece. \$30 members | \$35 nonmembers, including supplies, instruction, and light refreshments. Stop by the lobby to see a sample of September's painting!

Play That Funky Bingo

Thursday, October 29 | 12–3pm | Main Hall

Get ready to Play That Funky Bingo! Join us for a fun afternoon of bingo, music, and plenty of laughs. \$5 suggested donation for LSAC members. Food concessions will be available for purchase. **Costumes encouraged! Sign up at the Front Desk. LSAC Member sign up 10/1-10/15 only. Nonmember sign up 10/16-10/28 \$10**

SENIOR MOMENTS

Volunteer Spotlight

Molly Young



When did you become a member of LSAC? 2011

Why did you start volunteering? During Covid the Center was the only place open and would walk down the trail and use the Fitness Room. I started conversing with the people here and found everyone friendly. As a retired high school teacher of 18 years, I needed something to do, so when the volunteer position came up-I signed up.

Tell us about a positive experience you had as a volunteer that made a difference in your life. Most recently as a volunteer trip leader, I met new people and we've become friends and now socialize outside of LSAC.

Where did you live before moving to this area, and how long have you lived here? I grew up in Mexico, Maine. We lived in Ellicott City for 20+years, and Oahu from 2015-2019. After camping in this area for 30 years, we sold our house in MD and retired to Lewes 6 years ago.

Get to know the LSAC Staff

Lexi Kirkey



What is your role at LSAC, and what do you enjoy most about it?

I am the Trip Coordinator at LSAC. I enjoy getting members signed up for fun trips and sharing in their excitement.

What is one fun fact about yourself that might surprise our members? I was a ghost tour guide when I was in college. I love all things Halloween.

What are your favorite hobbies or ways to spend your free time?

Traveling, of course! I also enjoy walking dogs at the humane society when I am not home with my rescue dog, Finn.

What's one thing on your bucket list? Walking the 102 mile Cotswold Way.

What is one piece of advice, favorite quote, or life motto you try to live by? Give someone a compliment when you can. You never know how kind words can turn someone's day around.

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
Balance & Strength	9:15am-10:00am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Yoga	9:30am-10:15am	Activity Room	Linda Catts	410-917-5885	\$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
Tango at the Beach	6:00pm-7:00pm	Card Room	Christine Eggert	chrismeggert804@gmail.com	
Tango by the Beach	7:00pm-9:30pm	Activity Room	Christine Eggert	chrismeggert804@gmail.com	

Group Fitness Classes

**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	Linda Catts	410-917-5885	\$7.00
Ball & Band	9:15am-10:00am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Cardio Drumming	10:30am-11:15am	Main Hall	Jacqui Krupinski	jbk0159@gmail.com	\$8.00
LaBlast	11:00am-12:00pm	Activity Room	Cindy Beaver	717-991-8526	\$8.00
Tai Chi for Newcomers	11:00am-12:00pm	Cool Springs Pres. Church	Laurie deLaski Gretchen Wolfe	taichilaurie@gmail.com lg27now@gmail.com	\$7.00
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	1:20pm-2:20pm	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
Beginner 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
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	Susan Thornton	301-404-3912
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	Steve Sell	302-588-0968
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 (Sept & Oct. 4 th week of the month) Will resume 3 rd week of the month in November.	3:30pm-5:00pm	Main Hall	Marthea Proudfoot	mjpfoot@gmail.com
Friday				
Book Club (2 nd Friday of the month)	10:50am-11:50pm	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	302-519-4899

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!

October Day Trips

Trip Registration & Payment Information

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

Because LSAC must 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, a refund cannot be guaranteed if a replacement is not found.

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

If you require special accommodations, please let us know at the time of registration 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 at least one week prior to the trip date. Trips that do not meet this minimum may be canceled.

Additional trip information and details are available on the LSAC website.

Date	Destination	Location	Time	Cost	Notes	Sign up by
Thurs. Oct. 1st	Private Guided Tour of Delaware Botanic Gardens	Dagsboro, DE	Lv. 9:15am Rtn 1:15pm 40 minutes travel time E/W	mem: \$33 non: \$38	1.5 hour guided tour of the diverse landscapes of the Botanic Garden. Feel free to pack snacks or a lunch to enjoy in the picnic area if you choose.	Wed. Sept. 30th
Tues. Oct 6th	Private Pontoon Boat Tour of Trap Pond & BYO picnic lunch	Laurel, DE	Lv. 10:00am Rtn. 2:00pm 45 minute ride E/W. 11am boat tour	mem: \$14 non: \$19	1 hour boat tour of Trap Pond followed by a BYO picnic lunch at the park.	Oct. 5th
Thurs. Oct 8th	A Day in Berlin, MD	Berlin, MD	Lv. 10:30pm Rtn. 4:40pm 1 hour ride E/W	mem: \$8 non: \$13	Spend 4 hours exploring "America's Coolest Small Town" on your own. Browse the shops, specialty museums, and your choice of restaurants.	Oct. 7th

Trip Office Hours: Monday-Thursday, 8:30 am-3:30 pm
 Friday-Volunteer Hours in the Trip office 9:00am-12:00pm
 Trip Coordinator: Lexi Kirkey 302-645-9293 ext 105
lexik@lewesseniorcenter.org

October Day Trips

Date	Destination	Location	Time	Cost	Notes	Sign up by
Wed. Oct. 14th	U.S. Naval Academy Riding Tour and lunch at Iron Rooster	Annapolis, MD	Lv. 8:15am Rtn 4:00pm 2 hour travel time E/W with a bathroom stop. Tour is at 11:30am and we must arrive at least 30 mins. prior to check in.	mem: \$51 non: \$56	See the Yard in style with a riding tour in a comfortable passenger vehicle, while seeing highlights of the Naval Academy. YOU MUST BRING REAL ID DRIVER'S LICENSE, US PASSPORT, OR ENHANCED DRIVER'S LICENSE.	Oct. 7th
Thurs. Oct. 15th	Parson's Farm Produce	Dagsboro, DE	Lv. 10:30am Rtn 1:45pm 40 minute travel time E/W	mem: \$8 non: \$13	Shop for farm fresh produce, eggs, baked goods, and gifts. Lunch oyo at the Farm Fresh Cafe.	Oct. 14th
Mon. Oct. 19th	Dover Mall or Bally's Casino	Dover, DE	Lv. 9:30am Rtn 3:30pm 45 minute travel time E/W	mem: \$8 non: \$13	Lunch OYO	Oct. 15th
Tues. Oct. 20th	Simeone Foundation Automotive Museum Tour & lunch at Nifty Fifty's	Philadelphia, PA.	Lv. 8:30am Rtn. 5:30pm 2 hour travel time E/W with a bathroom stop	mem: \$36 non: \$41 Lunch OYO at Nifty Fifty's.	Join expert docents as they take you on an unforgettable journey through the world's greatest collection of Racing Sports Cars. In addition to the biography of each car, you'll hear amazing true stories, mysterious cold cases, and once-in-a-lifetime opportunities of a collection that took over 50 years to assemble.	Oct. 13th

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

Ohio Treasures~New

Mackinac Island~New

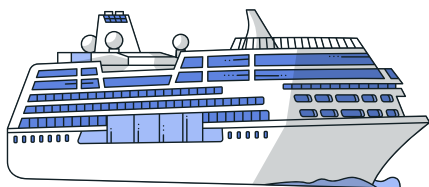
Haunted Salem and Boston~New

Spotlight on Northern Italy

Trip Office Hours: Monday- Thursday 8:00 am-3:30 pm

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

Brochures are available at the Center.



OCTOBER

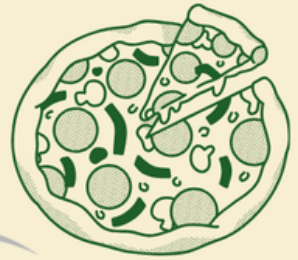


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Delaware Botanic Gardens 9:15am	2	3
4	5	6 Trap Pond Pontoon Boat Tour 10am Pet Therapy with Paris 10:30am	7	8 A Day in Berlin 10:30am Board Meeting 3:30pm	9	10
11	12  Federal Holiday Center Closed	13	14 US Naval Academy Tour 8:15am	15 Parson's Farm 10:30am Christmas in Vermont Trip Meeting 12:30pm	16	17
18	19 Dover Mall or Bally's Casino 9:30am	20 Simeone Foundation Automotive Museum 8:30am	21 Cooking with Chef Dave 12pm Dine and Donate at Titanic Pizzeria.	22 Medicare Options in Retirement 12:00pm	23	24
25	26	27	28 Painting with Judy 12pm	29 Play That Funky Bingo 12pm-3pm	30	31 

Jackpot Bingo
Every Tuesday
Doors open at 4 pm
Games begin at 5:30pm



Mark Your Calendars!
Holiday Craft Fair & Soup Sale
Saturday, November 7th
8am-1pm



Titanic Pizzeria



Dine & Donate
October 21st, 11am-8pm



**Mention LSAC, and 10% of
your bill will be donated to
LSAC.**

16388 SAMUEL PAYNTER BLVD. UNIT 4
(PAYNTER'S MILL) MILTON, DE 19968

DINE IN OR TAKE OUT



**Thursday, October 29th
12pm-3pm 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 for LSAC members

All Funky Bingo Supplies included!

Food concessions will be available for additional donations.

HALLOWEEN COSTUMES ENCOURAGED!

**Sign up at the Front Desk!
Members sign up 10/1-10/15!**

**Nonmembers \$10
Sign up 10/16-10/28**



Monday
November 2nd

**DINE &
DONATE**

5pm-9pm



20%
OF YOUR BILL

DINE IN ONLY



WILL BE DONATED
TO LSAC



Lewes Senior Activity Center

HOLIDAY GRAFT

FAIR

Saturday, November 7th

8am-1pm

Over 30 local Craft Vendors

Silent Auction

LSAC Ceramics

Books & Puzzles

Soup Sale

32083 Janice Rd
Lewes, DE 19958