

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

LEWES SENIOR ACTIVITY CENTER

"Staying Active After 50" Newsletter

September 2025

From the Executive Director:

Dear Members,

Well, it's time to say goodbye to summer and hello to autumn! Whatever the season, we've got a packed calendar of fun and informative activities coming up this month. Approaching retirement or need a refresher? Come to the workshop on Medicare options on 9/18 at 12PM. Want to let your creative side shine through? We've got Paint with Judy on 9/24 at 1PM. Need to connect with farm animals? Then our trip to Goat Joy Farm on the 11th might be right for you. We are here to keep you active and engaged!

Don't forget about the Falling into Cash Raffle being held during the month of September. Raffle tickets were mailed to our members and there are tickets available at the front desk.

Be sure to check out the September calendar and enjoy all that the Center has to offer!


Executive Director

Important Dates in September

September 1st: Center Closed

September 9th: Pet Therapy with Paris, 10:30am in the Lounge.

September 17th: Cooking with Chef Dave, 12pm in the Main Hall.

September 18th: Precious Metals Buying Event, 9am-3pm in the Lounge.

September 18th: Medicare Options in Retirement Free Presentation, 12pm in the Main Hall.

September 25th: Strokes & Transient Ischemic Attacks Free Presentation, 12pm in the Main Hall. Registration required.

Volunteer Spotlight ~Denise Kates

When did you become a member of Lewes Senior Activity Center?
2015

Why did you start volunteering?

I have always volunteered since my children started school (PTO, and classroom mom). This is just the next phase of my life.

Tell me about a positive experience you had a volunteer that made a difference in your life. I am so happy to hear how appreciative some people are when I call to wish them a happy birthday.

Where did you live before moving to this area and how long have you lived here? I moved here 35 years ago from Linwood, PA.

SAVE THE DATE!

October 18, 2025

"Mad Hatter" Tea Party and Fashion Show

Tickets go
on sale
September
18th.



\$40/members
\$45/
nonmembers

MEMBER NEWS

Upcoming Events

Pet Therapy with Paris: September 9th, 10:30am in the Lounge.

Grief Support Group: Fridays, starting September 5th. Facilitators: Joseph Anastasio, LCSW, Sandra Rosenfeld, and Anita Smulyan. There is no cost for this group, but you must pre-register by calling 410-804-6407 or email turnheartlighton@gmail.com. This is not a drop-in group.

Cooking with Dave: Wednesday, September 17th, 12pm in the Main Hall. Menu: Early Fall! Roasted acorn squash salad with tahini dressing, Pecan baked chicken, Jasmine rice pilaf, Baked apple hand pies. \$15/members \$20/nonmembers. Sign up by September 11th.

Precious Metals Buying Event: Thursday, September 18th, 9am-3pm in the Lounge. The appointment sign up sheet is on the bulletin board.

Medicare Options in Retirement: Thursday, September 18th, 12pm in the Main Hall. Free Presentation by Joe Cisco of Caise Benefits.

Paint With Judy: Painting with Judy: Wednesday, September 24th, 1pm in the Main Hall. All paint supplies, Judy's instruction, and light refreshments included. \$25/members \$30/nonmembers. Check our website and the Center lobby to see this month's painting. Please sign up September 19th.

Stroke & Transient Ischemic Attacks: Thursday, September 25th, 12pm-1pm in the Main Hall. Katelyn Scarff, BSN, RN-BC, will cover topics related to stroke prevention during this one hour FREE presentation. Pre-registration is required. Call the Front Desk at 302-645-9392 or stop in to register by Sept. 22. LSAC will provide a light lunch for registered attendees.

Tea Party and Fashion Show

Don't be late for this very important date! The semi-annual 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. Tickets go on sale on Thursday, September 18th. \$40/members, \$45/non-members. This year we are offering table reservations. All 8 seats must be paid for in advance with a list of attendees in order to reserve a table. Keep an eye on our website, social media pages, and bulletin board for further details.

FYI

Looking for fun and friendship? Join the Red Hat Society! New group starting in September. Meet and Greet at Lewes Public Library on September 25th at 6Pm. Light refreshments served. For more information contact Kathy Desbonnet, 303-200-9254 or boodymom@yahoo.com or go to redhatsociety.com

Please keep our members who have passed away in your thoughts.

Tracey Frazier

LSAC Group Exercise Classes 3

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

The fees listed are the instructor's fee.

DAY	TIME	LOCATION	INSTRUCTOR	Contact information	Fee
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	5:30pm-6:30pm	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 4

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	pamppauley616@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	pamppauley616@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 (Coming Soon)	5:00pm-6:00pm	Activity Room	Jackie Krupinski	More information to come!	
FRIDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Balance & Strength	7:45am-8:45am	Main Hall	Pamm Pauley	pamppauley616@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	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

Games & Other Programs

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<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 month 3:30pm	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	12:30pm-4:30pm (1st & 3rd weeks only)	Activity Room	Dottie Woodbury	302-945-2059
Duplicate Bridge	12:30 pm-4:30 pm (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.***

<u>DATE</u>	<u>DESTINATION</u>	<u>LOCATION</u>	<u>TIME</u>	<u>COST</u>	<u>NOTES</u>	<u>SIGN UP BY</u>
Thursday, September 11th	Goat Social at Goat Joy Farm	Harbeson, DE	Lv. 1pm Rtn. 3:30pm	Mem: \$23 Non: \$28	Wear goat snuggling clothes!	9/8/25
Monday, September 15th	Lunch OYO at Schaefer's Canal House	Chesapeake City, MD	Lv. 10:30am Rtn. 2:30pm	Mem: \$12 Non: \$17	Lunch & gratuity on your own.	9/12/25
Friday, September 19th	Booth's Corner Farmers Mkt	Boothwyn, PA	Lv. 8:30am Rtn. 3:30pm	Mem: \$23 Non: \$28	Lunch on your own at Farmers Mkt.	9/17/25
Monday, September 22nd	Harrington Casino	Harrington, DE	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch on your own	9/19/25
Friday, September 26th	A Day in Berlin	Berlin, MD	Lv. 9am Rtn. 4pm	Mem: \$8 Non: \$13	Lunch on your own	9/24/25
Monday, September 29th	Dover Mall or Bally's Casino	Dover, DE	Lv. 9:30am Rtn. 3:30pm	Mem: \$8 Non: \$13	Lunch on your own	8/22/25

2025-2026 Extended Trips

New Mexico ~Wait List Only

Christmas Spirit Time in NYC~Wait List Only

Pennsylvania's Grand Canyon~Wait List Only

Kentucky Bourbon Trail

Asheville Christmas~Wait List Only

Alaska Cruise

Christmas in Hershey, PA

Caribbean Islands Cruise 2027

Brochures Available at the Center and on our website.

SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 	2 <i>A Matter of Balance Class</i> 1:15pm	3	4	5 <i>Grief Support Group</i> 10:45	6
7	8	9 Pet Therapy with Paris 10:30am <i>A Matter of Balance Class</i> 1:15pm	10	11 Goat Social at Goat Joy Farm 1pm	12 <i>Grief Support Group</i> 10:45	13
14	15 Schaefer's Canal House Lunch 10:30am	16 <i>A Matter of Balance Class</i> 1:15pm	17 Cooking with Chef Dave 12pm	18 Precious Metals Event 9am Medicare Options in Retirement 12pm	19 Booth's Corner Farmers Mkt 8:30am	20
21	22 Harrington Casino 9:30am 	23 <i>A Matter of Balance Class</i> 1:15pm	24 Painting with Judy 1pm	25 Stroke Prevention Lunch & Learn 12pm *registration required	26 A Day in Berlin, Md 9am <i>Grief Support Group</i> 10:45	27
28	29 Dover Casino Or Dover Mall 9:30am	30 <i>A Matter of Balance Class</i> 1:15pm	<p>TEA PARTY & FASHION SHOW</p> <p>OCTOBER 18, 2025</p> <p>TICKETS GO ON SALE SEPTEMBER 18TH.</p>			

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

Tickets go on sale
Thursday,
September 18th

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!

