



32083 Janice Rd

Lewes, DE 19958

302-645-9293

lewesseniorcenter.org

Summer Hours: Monday-Thursday

8am-7pm

Friday, 8am-4pm

Mark Your Calendars

September 10th: Travel Preview Meeting, Northern Italy. 10:30am in the Main Hall.

September 16th: Finger Lakes Trip meeting. 12pm in the Main Hall.

September 17th: Options in Medicare FREE presentation. 12pm in the Main Hall.

September 23rd: Cooking with Chef Dave, 12pm in the Main Hall.

September 30th: Painting with Judy, 12pm in the Main Hall.



Center Closed
Monday, Sept. 7th

NEWSLETTER

September 2026

From the Desk of the Executive Director

September brings a welcome shift—crisper air, fresh routines, and a natural sense of renewal. It's no surprise that September is both National Healthy Aging Month and National Fall Prevention Month. Together, they offer a powerful reminder: growing older is a privilege, and staying active is the secret to keeping your independence.

True healthy aging isn't about avoiding the years; it's about living them vibrantly. And protecting your balance is where that vitality begins. Falling is not an inevitable part of aging, and building your physical strength isn't about fear—it's about giving you the confidence to keep moving, traveling, and enjoying life on your terms.

Here is how you can reset your routine for a healthier autumn:

- **Move with Purpose:** Try a new fitness class this month. Low-impact activities like Tai Chi, yoga, or balance training strengthen core muscles and keep you steady on your feet.
- **Smart-Proof Your Space:** Take five minutes to audit your home. Clear pathways, secure loose throw rugs, and add nightlights in hallways to prevent simple trips.
- **Keep Mind & Body Sharp:** Pair physical activity with mental and social wellness. Join a new workshop, share coffee in the lounge, and schedule your annual vision and medication checkups.

September is the perfect moment to set fresh goals for your body, mind, and confidence. Stop by the front desk to pick up our home safety checklist. Let's make this your healthiest season yet!

Kristy Handley, M.S.
Executive Director

MEMBER NEWS

Classes and Presentations

New Class: Tai Chi for Newcomers! Wednesdays, 11am-12pm, Cool Springs Presbyterian Church. Instructors: Laurie deLaski and Gretchen Wolfe. \$7/class

Tai Chi is a mind-body exercise that involves slow, gentle movements designed to improve balance and strength, reduce stress, and promote mental calmness. In this class, students will learn tai chi walking, breathing techniques, and postures, tailored to their individual capabilities. We will provide step-by-step instruction on the Yang 24 form, which is the most popular style of Tai Chi. This knowledge will enable you to join other Tai Chi classes with confidence. Tai Chi is safe and effective for individuals of all abilities and can even be practiced while seated. We look forward to welcoming you to our class!

Spotlight on Northern Italy Travel Preview Meeting:

Join us Thursday, September 10th at 10:30 am in the Main Hall for a travel preview of our September 2027 Northern Italy trip. Representatives from Collette Travel will be here to share the itinerary, answer questions, and help you discover what's in store!

Medicare Options in Retirement: FREE Presentation.

Thursday, September 17th, 12pm in the Main Hall. Have questions about Medicare? Joe Cisco of Caise Benefits will provide answers and helpful information to guide you through your options.

Cooking with Chef Dave:

Wednesday, September 23rd, 12 pm in the Main Hall! \$15/members, \$20/nonmembers Watch Chef Dave create his signature recipes right before your eyes, then sample the delicious dishes before heading home with the recipes in hand. Come hungry! 
Registration is required by September 21st. Menu: TBD

Painting with Judy:

Wednesday, September 30th, 12 pm in the 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!

Dine & Donate: First State Brewing, Rehoboth

Wednesday, September 30th, 3 pm- 10 pm. Bring a flyer, and 20% of your bill will be donated to LSAC!

SENIOR MOMENTS



Volunteer Spotlight Anne Pikolas

When did you become a member of LSAC? June 2023

Why did you start volunteering? I love meeting people and love to talk, so that makes volunteering so easy. I am basically nosy, so I find out all about people. If they need something or have a question, I am here to help.

Tell us about a positive experience you had as a volunteer that made a difference in your life. Well, I have volunteered with many organizations, and as long as I felt energized and people and places were receiving positive vibes, I felt all was great. It is a good feeling.

Where did you live before moving to this area, and how long have you lived here?

I grew up in Williamsport, PA, but for most of my adult life I lived in Lancaster, PA. I have lived here since 2023.

Get to know the LSAC Staff Nancy Duncan



What is your role at LSAC, and what do you enjoy most about it? I am the Volunteer Coordinator at LSAC. The best part about this position is meeting all of the wonderful people here and making new connections.

What is one fun fact about yourself that might surprise our members? For 20 years, I was the Children's Librarian at a public library in Pennsylvania. I loved every minute!

What are your favorite hobbies or ways to spend your free time? Reading (no surprise there), crocheting, and going to the beach.

What's one thing on your bucket list? Flying in a private jet.

What is one piece of advice, favorite quote, or life motto you try to live by? Move, nourish, reflect, connect

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
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	pammpauley616@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	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
Cardio Drumming	1:00pm-2:00pm	Activity Room	Jacqui Krupinski	jbk0159@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	

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
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	Judy Impell	judyimpell@gmail.com	\$7.00
Ball & Band	9:15am-10:00am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
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
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
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	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)	11:00am-12:00pm	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!

Day Trips

Trip Registration & Payment Information

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

Because the Center is required to 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, we cannot guarantee a refund if a replacement is not found.

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

Additional trip details are available on our website.

If you require special accommodations, please let us know when you register 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 by one week prior to the trip date. Trips that do not meet this minimum may be canceled.

Date	Destination	Location	Time	Cost	Notes	Sign up by
Wed. Sept. 2nd	Hobby Lobby & lunch at Countrie Eatery	Dover, DE	Lv. 8:30am Rtn 1:00pm 45 minutes travel time each way	mem: \$8 non: \$13	First stop is Hobby Lobby in Dover. After shopping, lunch will be at Countrie Kitchen in Dover. Lunch is on your own.	August 31st
Thurs. Sept. 3rd	Day in Cape May, NJ	Cape May, NJ	Lv. 8:45am Rtn. 8:00pm Depart Isac for Ferry terminal. Boarding begins at 9:15am. Depart Cape May at 4:45pm.	mem: \$27 non: \$32	Ride the CMLF and then board the shuttle to CM. Spend the day exploring CM before boarding the shuttle back to the ferry for departure to Lewes. Lexi will be the trip leader.	August 31st
Friday, Sept. 11th	Cape Water Tours and Sunset Cruise	Angler's Rd Departure, Lewes	Lv. 5:15pm Rtn.8pm 90 minute boat ride	mem: \$35 non: \$40	Sail Delaware Bay in search of dolphins. Includes breathtaking views of the Lighthouse, the Point, Lewes Beach, and CHSP	Sept. 9th Bring your own light refreshments.
Monday, Sept. 14th	Harrington Casino	Harrington, DE	Lv. 9:30am Rtn. 3:30pm 40 minute travel time each way	mem: \$8 non: \$13	Lunch is OYO at the Casino	Sept. 11th

September Day Trips

Date	Destination	Location	Time	Cost	Notes	Sign up by
Tues. Sept 15th	Salted Vines Winery Salted Vino Tasting Experience	Frankford, DE	Lv. 11 am Rtn 2:30pm 45 minute travel time each way Tasting at 12pm	mem: \$63 non: \$ 68	Enjoy a wine sampling in the Barrel Room led by an educational wine tender. In this elevated experience, you will have access to specialty wines, your own personal charcuterie board and a commemorative tasting glass to bring home.	Sept. 10th
Wednesday, Sept. 23rd	High Tea & Garden Walk at Mt. Cuba Botanical Gardens	Hockessin, DE	Lv. 7:30am Rtn 3:00pm 1 hour & 45 minute travel time each way	mem: \$53 non: \$58	10am Welcome Garden Walk 11am High Tea inside the Copeland Estate. Assorted tea blends, scones, tea sandwiches, and desserts	Sept. 9th
Thurs. Sept. 24th	Guided Tour of Phila. Museum of Art.	Philadelphia, PA.	Lv. 6:45am Rtn. 5:30pm 2.25 hour travel time each way	mem: \$57 non: \$62	1 hour guided "Highlights of the Museum Tour" followed by free time to browse the museum and get lunch at one of the 2 onsite cafes.	Sept. 17th
Tues. Sept 29th	Alpaca Walk at Four Acres Living Farm	Frankford, De	Lv. 9:15am Rtn 12pm 40 travel time each way	mem: \$58 non: \$63	Take one of the gentle alpacas around the farm for a guided stroll. Sturdy walking shoes required.	Sept. 27th

Trip Office Hours: Monday-Thursday, 8:30 am-3:30 pm
 Trip Coordinator: Lexi Kirkey 302-645-9293 ext 105
lexik@lewesseniorcenter.org

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)

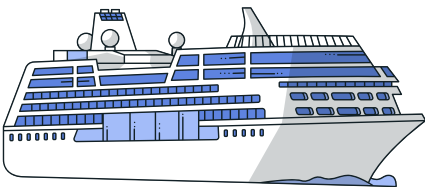
Grand Hawaiian Cruise (Oahu, Kona, Maui, Kauai)~Wait List Only

Spotlight on Northern Italy

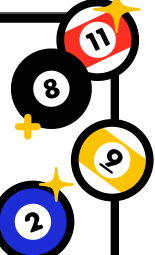
Trip Office Hours: Monday- Thursday 8:00 am-3:30 pm

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

Brochures are available at the Center.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 Hobby Lobby & Countrie Eatery 8:30am	3 A Day in Cape May, NJ 8:45am	4	5
6	7 LABOR DAY Center closed	8 	9	10 <i>Northern Italy Trip Preview meeting 10:30am</i>	11 Cape Water Tours Dolphin & Sunset Cruise 5:15pm	12
13	14 Harrington Casino 9:30am	15 Salted Vines 11am 	16 Finger Lakes Trip meeting 12pm	17 <i>Medicare Options in Retirement 12pm</i>	18	19
20	21	22  Seaford Concert 6pm	23 Mt. Cuba 7:30am <i>Cooking with Chef Dave 12pm</i>	24 Philadelphia Museum of Art 6:45am	25	26
27	28	29 Alpaca Walk 9:15am 	30 <i>Painting with Judy 12pm</i>	Jackpot Bingo Every Tuesday Doors open at 4 pm Games begin at 5:30pm 		

Hours:
Monday-Thursday 8 am-7 pm
Friday 8 am-4 pm

**DINE &
DONATE**



**Wednesday, September 30th
3pm-10pm**

*Present a digital copy or paper flyer and
20% of your bill will be donated to LSAC.*



Shops at SeaCoast
19266 Coastal Hwy, Rehoboth.

