



ANSONIA SENIOR SENTINEL

65 Main Street, Ansonia, CT 06401 | 203-736-5933 |



Did you Know? Ansonia is also referred to as “The Copper City” and produced copper, brass, rubber and plastics.

i CENTER INFORMATION

Hours of Operation

Monday - Thursday:

8:00 am - 4:00 pm

Friday: 8:00—2:00pm

Subject to change.

Our Staff

Christine Sonsini | Director

Phone: (203) 736-5933

Email: csonsini@ansoniac.org

Jeff Coppola | Assistant Director

Phone: (203) 736-5933

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Tracey DeLiberio & Pattie Pandolfi—

Main Office



WHAT'S HAPPENING

Elderly Commission Meeting

Tuesday, April 15th - 1:30pm

Commission meets 3rd Tuesday of every month

FREE Blood Pressure Clinic with Parish Nurses

Friday, March 14th - 10:00 - 12 pm

-this clinic will be held on the 2nd Friday of every month

Hairdresser & Manicurist —**On hold until we reopen**

Chair Massages—\$15 for 15 min sessions. On hold until we reopen

Membership Information
Ansonia Residents—\$10/yr.
Non-Ansonia Residents—\$15/yr.
Membership renewal—Jan 2025 if you have not renewed your membership please due so in order to take part in programs and continue to receive your newsletter. Thank You!

TRIP NEWS

UPCOMING LONG TRIPS FOR 2025

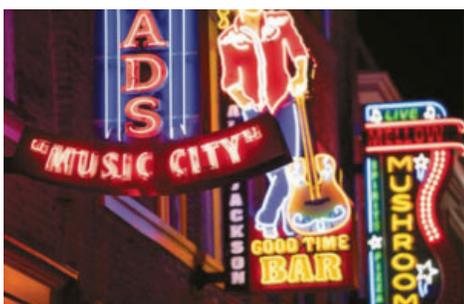
Royal Caribbean Liberty Of the Seas Cruise—August 21– August 30, 2025

Painted Canyons of the West—September 2-10, 2025

Southern Italy & Sicily—November 7-19, 2025

Spain's Costa del Sol & Madrid—TBA

For more details come to the center to pick up a flyer or call 203-641-4476 to have one mailed to you.



2025 TRIP SCHEDULE

The Jersey Tenors—The Log Cabin, Holyoke, MA	<i>Registration due April 14th, 2025—\$135pp</i>	Wed., May 14, 2025
Dancing Dream—ABBA Tribute Band—Aqua Turf	<i>Registration due April 14th, 2025—\$129pp</i>	Thur., May 15, 2025
“Noah” at The Sight & Sound Theatre—Lancaster, PA—3 day Tour	<i>Registration due May 8th, 2025—\$569pp/dbl—\$100 deposit due at sign up , insurance extra</i>	June 3-5, 2025
James Taylor Tribute band—The Log Cabin—Holyoke, MA—Twin Lobsters or Prime Rib	<i>Registration due June 15th, 2025—\$140pp</i>	Tues., July 15, 2025
“Ticket to Ride” Beatles Tribute Band—The Log Cabin—Holyoke, MA—Twin Lobsters or Prime Rib	<i>Registration due June 15th, 2025—\$140pp</i>	Wed., July 16, 2025
Neil Diamond Tribute with Band at the Log Cabin	<i>Registration due July 5th, 2025</i>	Tuesday, August 15, 2025
Carole’s Kings Featuring the music of BEAUTIFUL—Aqua Turf	<i>Registration due July 17, 2025—\$134pp</i>	Tues., August 19, 2025
Lake George & Saratoga Raceway –2 day package	<i>Registration due July 28, 2025</i>	August 27 & 28, 2025
Essex Steam Train and Riverboat with lunch aboard restored 1920’s Pullman Diner Car	<i>Registration due August 7, 2025 -\$159pp</i>	September 4, 2025
Margaritaville on Cape Cod—BRAND NEW Resort w/ Beach Boys & Doo Wop Tribute Shows—3 day tour—Hyannis, MA	<i>Registration due Aug. 11, 2025—\$599pp/dbl, \$75 deposit at Sign up Insurance extra \$39 at sign up</i>	Sept., 22-24, 2025
The Corvettes Doo Wop Revue—La Bella Vista	<i>Registration due September 15, 2025—\$138pp</i>	October 15, 2025
Tropicana Atlantic City with The Edward Twins & Donna Summer Tribute with Band. Three shows & \$100 back in value	<i>Registration due September 26, 2025—\$349pp/dbl, \$339pp/triple, \$469 sgl—\$39 trip insurance</i>	October 28-30, 2025
All trips schedule to change if not enough interest **\$20 CASH deposit due on all day trips unless other amount specified **	Transportation for seniors provided by Valley Transit District. Call VTD at 203-735-6408 for information or to schedule a pick up.	

CAN YOU SOLVE IT?

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

					2	5
1		8				
				4		7
5	2			8	1	
1	9				3	4
	8	4		9		
						1
		5		4	3	9
	3			5		2

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DIFFICULTY: ★★☆☆

Word Twist

Answers

Ambering, Blossom, Bloom, Garden, Meadow, Renewal, Sunshine, Breeze, Growth, Ridge, Blossom, Garden, Meadow, Renewal, Sunshine, Breeze, Growth, Ridge

Lifelong Learning



ENIGMA™
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "L" = "W"

"VJZZOGAQQ LOMM GAWAN BPKA RP
RVPQA LVP UJOM RP JZZNABOJRA
LVJR RVAS JMN AJIS VJWA."

- JXRVPN XGHGPLG

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E099

Word Twist

Step into Spring

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. Hint: Each puzzle has a common theme!

- lmoob _____ wdoeam _____
- anrewel _____ niar _____
- nisuhtes _____ zeerbe _____
- sosbmlo _____ ndgare _____
- htowgr _____ waekninga _____

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Ansonia Senior Center, Ansonia, CT

06-5393

ANNOUNCEMENTS

- ALL EXERCISE, MOVEMENT & DANCE CLASSES ARE BEING HELD AT THEIR REGULAR TIMES AT THE ARMORY (EXCEPT YOGA) UNTIL WE REOPEN
- ALL EDUCATIONAL CLASSES/ SEMINARS WILL BE HELD AT THE ARMORY UNTIL WE REOPEN.
- ALL REGISTRATION FOR CLASSES/ SEMINARS, ETC NEED TO BE MADE AT THE CENTER OR BY CALLING THIS INCLUDES PAYMENTS FOR CLASSES
- THE SENIOR CENTER OFFICES ARE OPEN FOR REGULAR SCHEDULED HOURS EXCEPT ON FRIDAYS WE ARE HERE UNTIL 10
- BINGO WILL BE HELD AT HOLY ROSARY CHURCH HALL- DOORS OPEN AT 10AM NOT EARLY. PLEASE PARK ON THE JULIA DAY CARE SIDE OF THE BUILDING. BRING YOUR OWN DRINKS
- If you start taking a class regularly, please let us know so we can add you to our call list for cancellations, etc.
- If you have signed up for a speaker, massage, haircut, nails, etc. and you are unable to make your appointment **PLEASE** call the center to cancel.
- IMPORTANT PHONE NUMBERS to program into your phones so you are getting the calls
The Center—203-736-5933
Robo call line—855-619-4185

Meal Information

Ansonia Senior Café will be offered at **MUNCH EATERY** on **MONDAYS at 11:30am** until we reopen. Cost \$5

Registration & payment will be needed the by 11am on the Friday before.
Meals need to be paid in advance of the meal to assure proper headcount. No walk-ins.
Call the center for menu.



CLASSES & SEMINARS

- ◆ **Matter of Balance Class**— 8 week class provided by NVHD. Tuesdays April 1st—May 20th 1:30pm—3:30pm Registration required (Armory)
- ◆ **Age well Series. Topic: — “Building a Solid Core”** -April 3rd, 1:30pm. Registration required. (Armory)
- ◆ **Bunny Craft**— **Tuesday April 8th, 1:00** Registration required. (Armory)
- ◆ **BP Screenings with Griffin Hospital Parish Nurses**—Friday, April 11th—10-11:30am (Holy Rosary Church Hall)
- ◆ **AARP Safe Driving Class**— Thursday, April 22nd, 12:30-4:30pm. \$20 members, \$25 non-members to be paid day of class. **REGISTRATION IS REQUIRED.**

- ◆ **Chair Massage**— on hold until we reopen
- ◆ **Baking with Dee—Zeppole's**— This class will be rescheduled when the center reopens
- ◆ **MEATO**— will be rescheduled to a later date when the center reopens.
- ◆ **Zentangle 3 part Art Class**— May 8th—22nd 1pm \$5 Registration & Payment required



GENERAL INFORMATION

TRIPS:

- For all those attending trips we must have a cell phone number for you and an emergency contact if going on overnight trips. **No Exceptions.**
- Please be mindful of when your final payments are due for trips. As a general rule, final payments are due **1 month prior** to trip date.
- **If you have gone on 2 or more trips with us, you will need to become a member to continue joining us on our day trips**

- **We are looking for Pinoche and Poker Players to start a group. If interested please contact the center.**
- We are always in need of the following items: paper plates, napkins, coffee(Reg & decaf), k-cup pods, plastic forks, etc. Thank you for the outpouring of donations that we have been receiving we truly appreciate your



MEMBERSHIP NEWS

- All memberships should have been renewed in January 2025.
- If your membership is not renewed you will not be able to participate in trips or classes until it is renewed or receive a newsletter
- When renewing your

membership please update any information needed

- (i.e. phone numbers, emergency contact, email,etc) Thank you.



4	6	8	7	3	9	2	1	5
9	1	7	8	2	5	4	6	3
3	5	2	6	1	4	8	9	7
5	2	3	4	8	6	1	7	9
1	9	6	5	7	2	3	4	8
7	8	4	3	9	1	6	5	2
8	4	9	2	6	7	5	3	1
2	7	5	1	4	3	9	8	6
6	3	1	9	5	8	7	2	4

A LETTER FROM THE DIRECTOR

HAPPY SPRING!!

I want to thank you all for your patience while we relocated programs to other venues. The community really rallied around us, offering alternate spaces for us to use so we could continue to provide programs for you. Please support Munch Eatery for lunch, a quick cup of coffee and a muffin or 1 of the many events that they host. We are working with the company to get the reconstruction of our space completed as quickly as possible and we will continue to keep you all in the loop. We are currently able to work out of our office with normal hours except on Friday when we close the office around 10am to oversee Bingo at Holy Rosary. Secondly, please program 1-855-619-4185 into your phones as this is the Robocall line for program changes and cancellations. If you program it into your phone it will not show up as spam.

Please call the center if you have signed up for something and are unable to attend.

Exciting news: We will still be hosting—MEET THE AUTHORS Event on Saturday, March 29th from 10-4pm. The event has been moved to the armory. There will be 45+ local authors here covering all different genres. This is open to the public. Hope you all can come!!

Fondly,
Christine

Answer to Enigma:

"Happiness will never come to those who fail to appreciate what they already have." — Author Unknown



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MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE NOTE THAT ALL PROGRAMS WILL BE HELD AT THE CURRENT SITES (MUNCH EATERY, ANSONIA ARMORY & HOLY ROSARY) UNTIL WE ARE ABLE TO REOPEN</p>	<p>-1- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—3:30—MATTER OF BALANCE CLASS— Registration required— limited to 12 people 8 week class</p>	<p>-2- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, Poker 2-4pm—Chair Massages – 15 min sessions for \$15 sign up required -ON HOLD UNTIL WE REOPEN</p>	<p>-3- 9:00 -Strength Training w/ Bobbi 10:00—Chair Yoga 10—Poise & Posture 1:30 AGE WELL SERIES— TOPIC—BUILDING A SOLID CORE</p>	<p>-4- 9:00—Latin Fusion— 11:30—Bingo</p>
<p>-7- 9:00—Gentle Mat/ Wall Pilates 9:30—Knit & Crochet Club 10:00—Haircuts & Nail Boutique- on hold 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00— Spring Craft— \$3 Sign up required. Limited to 15 members 1:30—Line Dancing</p>	<p>-8- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—3:30—MATTER OF BALANCE CLASS— Registration required— limited to 12 people 8 week class</p>	<p>-9- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker</p>	<p>-10- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club</p>	<p>-11- 9:00—Latin Fusion— 10-12—Blood Pressure Screenings 11:30—Bingo</p>
<p>-14- 9:00—Gentle Mat/ Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 1:30—Line Dancing</p>	<p>- 15- 9:00 Strength Training— 10:00—Gentle Yoga 10:00—Sewing group 1:30—3:30—MATTER OF BALANCE CLASS— Registration required— limited to 12 people 8 week class 1:30—Elderly Commission Meeting</p>	<p>- 16- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, Poker 2-4pm—Chair Massages – 15 min sessions for \$15 sign up required -ON HOLD UNTIL WE REOPEN</p>	<p>- 17- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club</p>	<p>-18- CENTER CLOSED FOR EASTER HOLIDAY </p>
<p>- 21- 9:00—Gentle Mat/ Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 1:30—Line Dancing</p>	<p>- 22- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 12:30—4:30—AARP SAFE DRIVING CLASS— REGISTRATION REQUIRED 1:30—3:30—MATTER OF BALANCE CLASS— Registration required—</p>	<p>-23- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker</p>	<p>-24- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club</p>	<p>-25- 9:00—Latin Fusion 11:30—Bingo</p>
<p>-28- 9:00—Gentle Mat/ Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 1:30—Line Dancing</p>	<p>-29- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—3:30—MATTER OF BALANCE CLASS— Registration required—</p>	<p>-30- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, Poker</p>	<p>-1- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club</p>	<p>-2- 9:00—Latin Fusion 11:30—Bingo</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***THIS MENU IS IN EFFECT ONLY WHEN WE REOPEN***</p>	<p>-1- Manicotti Meatballs Veggie Soup/salad Bread Dessert</p>	<p>-2-</p>	<p>-3- Meatloaf Mashed potato Veggie Soup Dessert</p>	<p>- 4-</p>
<p>- 7-</p>	<p>-8- Soup/salad Bread Dessert</p>	<p>-9-</p>	<p>-10- Cavatelli Sausage Broccoli Veggie Soup Dessert</p>	<p>- 11-</p>
<p>- 14-</p>	<p>-15- Fish Filet Sandwich Sweet potato wedges Coleslaw Bread Dessert</p>	<p>- 16-</p>	<p>-17- Roasted Pork Shoulder Red Potatoes veggie Soup/salad Bread Dessert</p>	<p>- 18-</p>
<p>-21-</p>	<p>-22- BBQ Boneless Chicken Thighs Rice Soup/salad Dessert</p>	<p>- 23-</p>	<p>-24- Sausage & Peppers Rice Soup/Salad Bread Dessert</p>	<p>-25-</p>
<p>-28-</p>	<p>-29 Chicken Burrito Bake Black Beans Rice Soup/Salad Dessert</p>	<p>-30-</p>	<p>-1- Eggplant Parm Pasta Salad Fruit Dessert</p>	<p>-2-</p>

MEAL SIGN UP

ANSONIA SENIOR CAFÉ MEALS on TUESDAYS & THURSDAYS at 12 Noon—\$10 pp
You must sign up for meals - No walk ins.



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