



ANSONIA SENIOR SENTINEL

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



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

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

Email: jcoppola@ansoniac.org

Tracey DeLibero & Pattie Pandolfi—

Main Office



WHAT'S HAPPENING

Elderly Commission Meeting

Tues., Dec. 15th at 1:30pm

Commission meets 3rd Tuesday of every month.

FREE Blood Pressure Clinic with Parish Nurses

Friday, December 12th -10:00 - 11:30 pm -*this clinic will be held on the 2nd Friday of every month*

Hairdresser & Manicurist –

Monday, Dec. 15th– 10:00 am. \$10 cash paid directly to stylist. Appointment required.

Chair Massages—\$15 for 15 min sessions. CASH MUST BE PAID WHEN YOU MAKE APPOINTMENT

Wednesdays, December 3rd & 17th—2-4pm—Appointment required

Membership Information

Ansonia Residents—\$10/yr.

Non-Ansonia Residents—\$15/yr.

New members joining now, membership will be good through January 2027

TRIP NEWS

UPCOMING LONG TRIPS FOR 2025 & 2026

Spain's Costa del Sol & Madrid– March 9 –17, 2026

Discover Scotland—May 18 –27, 2026

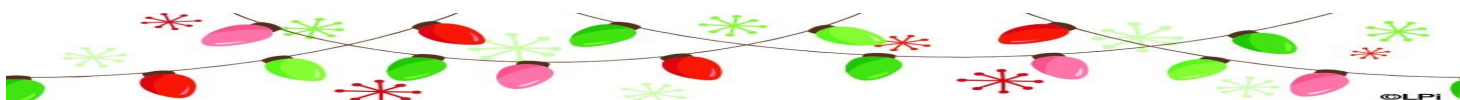
Pacific Northwest & California—September 13-20, 2026

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



2026 TRIP SCHEDULE

Valentine's Day with The King at The Barn in Sturbridge, MA	Final Payment due Jan. 15, 2026 \$119pp	Feb. 17, 2026
"An Irish Celebration" with Dee Reilly & her band—Log Cabin, Holyoke, MA	Final Payment due Feb. 6, 2026 \$133 pp	March 10, 2026
Tropicana Atlantic City—3 days/2 nights . 2 Shows & \$100 back in value	\$50 cash deposit due at sign up \$345pp dbl, \$335 tpl, \$445 sgl Final pmt due Feb. 26, 2026	March 30 –April 1, 2026
Fleetwood Mac tribute "Little Lies" w/ twin lobsters or Prime Rib- Log Cabin, Holyoke, MA	Final Payment due June 5, 2026 \$143pp	July 15, 2026
Kenny Rogers Tribute Show w/ twin lobsters or Prime Rib—Log Cabin, Holyoke, MA	Final Payment due July 2, 2026 \$143pp	August 5, 2026
Branson Country Christmas & Veterans Show at the Aqua Turf Club	Final Payment due Oct.,14, 2026 \$139pp	Nov. 17, 2026
"A Very Soulful Christmas" Amazing Motown Christmas Show—Log Cabin, Holyoke, MA	Final Payment due Nov., 5, 2026 \$143pp	December 8, 2026
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.

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

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DIFFICULTY: ★★★★★

Answers
 Word Twist
 Merry Family Worried
 Joyful Cheer
 Holiday Gift
 Snowflake

ENIGMA CRYPTOGRAM

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

"TKJAJ TJ QE ICF TKIW TJ FE
 IFGJAWMOJO TKIW TJ IAJ."

- ILWKEA LCRCECTC

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E082

Lifelong Learning



5 Word Twist **Season's Greetings**

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!



etirwn _____
 yhdlaoi _____
 kesanofiw _____
 luoyjf _____
 rehce _____
 ftgi _____
 ymrre _____
 iyfmla _____
 cenolbratie _____
 rtmhwa _____

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 Medical Transportation - Incontinence
 Products - Homemaking - Volunteer
 Caregivers - Medicare Applications -
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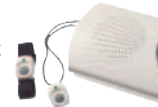
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Ansonia Senior Center, Ansonia, CT

06-5393

ANNOUNCEMENTS

- **Snow Policy**—The Senior Center follows the Ansonia School System for delays and closures. You may receive a Robo call for specific groups if instructor is unavailable.
- **Payment for events or deposits for trips** must be made at time of sign up.
- If you start taking a class regularly, please let us know so we can add you to our call list for cancelations, etc.
- **ALL EVENTS** require sign up at the center. You can call or stop by. We ask this so we know we have enough people for program and are not wasting the speakers time. Thank you for your understanding.
- 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 the center on **Tuesday & Thursdays- Cost \$10**

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



CLASSES & SEMINARS

- **Tai Chi Class**—Starting Tues., Nov 4th, 10:30 am—come and try out this new weekly class. **EXCELLENT** to promote good balance and strength.
- **Age Well!** Thurs., Dec 4th 11:00 (Please note time change for this class) Topic: Scarf Dancing—Come release some stress and have some fun as you move to your favorite holiday tunes with Theresa Waldron, CDP, BFA. This interactive session can be done seated or standing. Come and have some fun! Open to all. Sign up at the center—Walk-ins welcome
- **Chair Massage**—Wednesdays, Dec., 3rd and 17th- 2-4pm. \$15 for 15 mins. **Payment must be made at time of registration.**
- **ZENTANGLE ART CLASS**— Thurs., Dec 4th, 1pm—Class size limited—sign up at the center
- **Scam & Fraud Presentation by Ansonia Police Dept.**—Tues., Dec. 9th, 1pm— Please don't let the new scams get you! Come and learn how to avoid being taken advantage of. Open to all. Sign up at the center
- **The TRAP—The Rhythmic Art Project**—Wednesday, Dec. 10th— 1pm. This is an exhilarating class based on drumming . This program will aid in concentration, memory, range of motion, dexterity and most importantly laughter and enjoyment! Class is limited to 10 members. Sign up at center
- **Bingo Fundraiser with Kathy**—Wed., Dec 10th, 5pm. \$20 Doors open at 4. Sign up at the center.
- **Benefits of Gratitude**—Sponsored by Oak Street Health. Thurs., Dec 11th, 1pm—Sign up at the center
- **Blood Pressure Clinic with Griffin Hospital Parrish Nurses** Fri., Dec.19th 10-11:30am—Walk ins welcome

GENERAL INFORMATION

TRIP info:

- For all those attending trips we **must** have a working cell phone number for you and an emergency contact if going on trips. This phone must be on so that you can be contacted if needed. **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 still looking for Pinocle, Poker & Mahjong Players for our new groups. We also have interest

in starting a Bridge Club. If you are a Bridge player and interested please call the center. See Calendar for dates & times and stop by and join in.

- **REMINDER: WE WILL BE CLOSED ON Dec. 25th—Christmas Day and Jan 1st—New Year's Day . We also will be closing at 12noon on Christmas Eve and New Years's eve. Happy holidays to all!**
- We are always in need of the following items: paper plates, napkins, coffee(Reg & decaf), k-cup pods, plastic forks, etc. Thank you for all of your donations that we have been receiving we truly appreciate your generosity.

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
- **New Members**—your memberships will expire in January of 2027. You will not need to renew in Jan of 2026.

Residents: \$10.00
Non—residents: \$15.00



Answer to Sudoku

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

Answer to Enigma:

— Author Unknown

"Where we go and what we do advertises what we are."

A LETTER FROM THE DIRECTOR

HAPPY HOLIDAYS TO ALL!!

Boy has this year just flew by!

I'd like to take this opportunity to thank everyone for the wonderful year that we have had at the center. The center has weathered some pretty big ups and downs this year to say the least! But I feel that we have weathered them together and because of you and your patience we have all come out better on the other side. It has been a pleasure to come to work everyday and see all of you!

I wish you and your families a joyful holiday season and a happy & healthy New Year!

As always stay safe!

Fondly,

Christine




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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong	-2- 9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group— on hold 10:30—TAI CHI CLASS – NEW CLASS	-3- 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker, Bridge Club—currently looking for members 1:00—Mahjong 2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required	-4- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:00—ZENTANGLE ART CLASS	-5- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Bingo
-8- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong	-9- 9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group— on hold 10:30—TAI CHI CLASS – NEW CLASS 1:00— SCAM & FRAUD PREVENTION EVENT— Presented by Ansonia Police Dept.	-10- 10:00 Exercise with Margaret 10:00 Fall Craft Corner 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker, Bridge Club 1:00—Mahjong 1:00—THE TRAP –THE RHYTHMIC ART PROJECT—sign up required 5:00— BINGO FUNDRAISER	-11- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:00— BENEFITS of GRATITUDE _ Presented by Oak Street Health	-12- 9:00—Latin Fusion 10:00—Exercise with Margaret 10-12—Blood Pressure Screenings 11:30—Bingo
-15- 9:00—Gentle Mat/Wall Pilates - NO CLASS 9:30—Knit & Crochet Club 10:00 Haircuts & Nails—Sign up required 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong	-16- 9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group— on hold 10:30—TAI CHI CLASS – NEW CLASS 1:00—Special Bingo—prizes— Sponsored by Oak St Health	-17- 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong 2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required	-18- 9:00 - Strength Training 12—3pm Christmas Party at Birchwoods at Oaklane Doors Open at 11:30am Must be signed up—NO WALK-INS 	-19- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Birthday Bingo
-22- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00— Hair cuts & Nail Boutique 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong	-23- 9:00 -Strength Training 10:00—Gentle Yoga— 10:00—Sewing group— on hold 10:30—TAI CHI CLASS – NEW CLASS 1:30—Elderly Commission Meeting	-24- Center Closes at 12 10:00 Exercise with Margaret	-25- CENTER CLOSED 	-26- 9:00—Latin Fusion— No Class 10:00—Exercise with Margaret 11:30—Bingo
-29- 9:00—Gentle Mat/Wall Pilates - No Class 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong	-30- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group— on hold 10:30—TAI CHI CLASS – NEW CLASS	-31- Center Closes at 12 10:00 Exercise with Margaret 	-1- CENTER CLOSED 	-2- 9:00—Latin Fusion— No Class 10:00—Exercise with Margaret 11:30—Halloween Bingo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2- Chicken Francese Mashed potato Veggie Soup Dessert	-3-	-4- Lasagna veggie Soup/Salad Dessert	- 5-
- 8-	-9- Stuffed Pork Loin Sweet Potato Veggie	-10-	-11- Eggplant Parm. Linguini veggie Soup/Salad Dessert	- 12-
- 15-	-16- Sausage & Peppers Rice Soup/Salad Dessert	- 17-	-18-  \$30 pp sign up required—NO WALK INS	- 19-
-22-	-23- Chicken Parm veggie Soup/Salad Dessert	- 24- CENTER CLOSED AT 12	-25- CENTER CLOSED 	-26-
-29-	-30- Meatloaf Mashed Potato Soup Dessert	-31- CENTER CLOSED AT 12	-1- CENTER CLOSED 	-2-

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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