



ANSONIA SENIOR SENTINEL

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



January

©LPI

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

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Jeff Coppola | Assistant Director

Phone: (203) 736-5933

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Tracey DeLibero & Pattie Pandolfi—

Main Office



WHAT'S HAPPENING

Elderly Commission Meeting

Tues., Jan. 20th at 1:30pm

Commission meets 3rd Tuesday of every month.

FREE Blood Pressure Clinic with Parish Nurses

Friday, Jan 9th—10:00 - 11:30 pm - *this clinic will be held on the 2nd Friday of every month*

Hairdresser & Manicurist –

Monday, Jan. 12th— 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, January 7th & 21st—2-4pm—Appointment required

Membership Information

Ansonia Residents—\$10/yr.
Non-Ansonia Residents—\$15/yr.

Membership renewals begin Jan 1st, 2026

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
The Bobby Darin & Frank Sinatra Show—A Villa Louisa, Bolton, CT	Final Payment due March 20, 2026 \$132pp	April 21, 2026
Niagara Falls, Canada—3 day tour—June 28-30th	\$75 cash deposit due at sign up Final Payment due May 20, 2026 \$595 dbl. pp, \$575 trl. pp, \$795 sgl	June 28-30, 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
Elton John Tribute Show w/ Twin Lobsters or Prime Rib at the Log Cabin, Holyoke, MA	Final Payment Due July 8, 2026	August 4, 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
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.

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

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DIFFICULTY: ★★★☆☆

Answers

Word Twist

SNOWMAN Ice Winter Snow

SHAWN Sleigh Frosty Colder

HALLOWAY Scott Blizzard Answers

Lifelong Learning



ENIGMA™ CRYPTOGRAM

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

"KN ETYPWFYW PZXU-VDPEDOXDYZ

FYV PZXU-ETYWHTX NTM EFY

VZBZXTO AHZFWYZPP TU

ERFHFEWZH." -AHZYBDXXX GXZDPZH

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E001

Word Twist Winter Words

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!



- wsno _____
- decolr _____
- zbiardz _____
- ierntw _____
- tosyfr _____
- fscar _____
- eic _____
- ehslig _____
- aylhoid _____
- masnonw _____

E001



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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. If your group starts at 10 and there is a 2 hr delay there will be class.
- 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 cancellations, 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

- **Vision Boards**—join us to create a personal board made of photos, drawings, words and more to set your goals for the new year. Sponsored by Oak St Health. Jan 5th, 1pm—Sign up at the center
- **Age Well: Thurs., Jan 8th 1:00pm**
Topic: Loneliness & Age Related Loss—As we age, we experience various types of loss. How does loss affect us & how do we learn to move forward in a healthy way? A discussion with Griffin Health's Chaplin, Eric Gramse. Sign up at the center- Walk-ins welcome
- **Chair Massage**—Wednesdays, Jan 7th- & 21st, 2-4pm. \$15 for 15 mins. Payment must be made at time of registration.
- **Chronic Pain Workshop - Free weekly 2.5 hr. workshop that will be held for 6 weeks beginning on Jan 13th—Feb 17th from 1:30—4pm.** **Class limited to 16 people**—please sign up at the center. **Need not be a member to attend. Must sign up.** Sponsored by NVHD
- **The TRAP—The Rhythmic Art Project—Wednesday, Jan 14th & 28th.—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. Please call for availability.
- **Blood Pressure Clinic with Griffin Hospital Parrish Nurses Fri., Jan. 16th 10-11:30am**—Walk ins welcome
- **Dried Flower Picture Craft**—Jan 21st—9:30am . Cost \$5. Please sign up at the Center
- **Financial Literacy Seminar—Smart Moves for a Confident Retirement**—Jan. 29th , 1pm. **This seminar is open to everyone., need not be a member to attend.** Please register with the center.

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 Pinoacle, 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 Jan. 1st—New Year's Day and Jan. 19th—MLK Day**
- 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 need to be renewed in January 2026.**
- **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**

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



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

A LETTER FROM THE DIRECTOR

HAPPY NEW YEAR EVERYONE!!!
 I hope that everyone had a wonderful and healthy holiday with their families! Unfortunately, it is that time of year again, where I must remind you all that your health and the health of all of the members is very important. I know that there has been an increase of Flu, Covid and respiratory viruses going around. I am asking that if you are experiencing any symptoms please stay home. All of these illness can be more difficult on the elderly even if you are otherwise very healthy and do not have any major health conditions. I want to keep everyone as healthy as possible!
 Just a reminder that membership renewals are due in January. Please don't forget to renew your membership.
 I am looking forward to another wonderful year with everyone!
 As always stay safe!
 Fondly,
Christine



Answer to Enigma:

— Author Unknown
 "Where we go and what we do advertises what we are."

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	--	--	<p align="center">-1- CENTER CLOSED</p> 	<p align="center">-2-</p> <p>9:00—Latin Fusion 10:00—Exercise with Margaret</p> <p>11:30—Bingo</p>
<p align="center">-5-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong 1:00—Vision Boards—Come create a personal board for the new year. Sponsored by Oak St Health—sign up at center</p>	<p align="center">-6-</p> <p>9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group—on hold 10:30—TAI CHI CLASS</p>	<p align="center">-7-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker, Bridge Club 1:00—Mahjong 2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required</p>	<p align="center">-8-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group</p> <p>1:30 Age Well Program—Topic – Loneliness &Age Related Loss—sign up at center</p>	<p align="center">-9-</p> <p>9:00—Latin Fusion 10:00—Exercise with Margaret 10-12—Blood Pressure Screenings</p> <p>11:30—Bingo</p>
<p align="center">-12-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Haircuts & Nails— Sign up required 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00—Mahjong</p>	<p align="center">- 13-</p> <p>9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group—on hold 10:30—TAI CHI CLASS</p>	<p align="center">- 14-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—THE TRAP –THE RHYTHMIC ART PROJECT—sign up required 1:00—Pinochle, set back. Poker 1:00—Mahjong</p>	<p align="center">- 15-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group</p>	<p align="center">-16-</p> <p>9:00—Latin Fusion 10:00—Exercise with Margaret</p> <p>11:30—Birthday Bingo</p>
<p align="center">- 19- CENTER CLOSED</p> 	<p align="center">- 20-</p> <p>9:00 -Strength Training 9:30—Dry Flower Craft— \$5—Sign up at the center 10:00—Gentle Yoga— 10:00—Sewing group—on hold 10:30—TAI CHI CLASS</p> <p>1:30—Elderly Commission Meeting</p>	<p align="center">-21-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong</p> <p>2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required</p>	<p align="center">-22-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group S</p>	<p align="center">-23-</p> <p>9:00—Latin Fusion— 10:00—Exercise with Margaret</p> <p>11:30—Bingo</p>
<p align="center">-26-</p> <p>9:00—Gentle Mat/Wall Pilates - 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00—Mahjong</p>	<p align="center">-27-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group—on hold 10:30—TAI CHI CLASS</p>	<p align="center">-28-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong</p>	<p align="center">29-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:00 –RETIRE SMART— Smart Moves for a Confident Retirement and Maximizing your benefits sponsored by Equity Services—Sign up at center</p>	<p align="center">30-</p> <p>9:00—Latin Fusion— 10:00—Exercise with Margaret</p> <p>11:30— Bingo</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--		--	-1- Closed HAPPY NEW YEAR 	- 2-
- 5-	-6- Pork Loin Potato Veggie Soup/salad Dessert	-7-	-8- Stuffed Peppers Rice veggie Soup/Salad Dessert	- 9-
- 12-	-13- Eye of the Round Potato Veggie Soup/Salad Dessert	- 14-	-15- Sausage & Peppers Rice Veggie Soup/Salad Dessert	- 16-
-19- CENTER CLOSED 	-20- Baked Potato with fixings veggie Soup/Salad Dessert	- 21-	-22- Grilled Chicken Ceasar Salad Veggie Soup Dessert	-23-
-26-	-27- Shrimp Stir Fry Rice Soup Dessert	-28-	-29- Boneless Chicken thighs Potatoes Veggies Soup Dessert	-30-

MEAL SIGN UP

ANSONIA SENIOR CAFÉ MEALS on TUESDAYS & THURSDAYS at 12 Noon—\$10 pp
You must sign up for meals - No walk ins.
Substitutions be needed depending upon availability of food



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