



ANSONIA SENIOR SENTINEL

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



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

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Jeff Coppola | Assistant Director

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Tracey DeLiberio & Pattie Pandolfi—

Main Office (203) 735-5933



WHAT'S HAPPENING

Elderly Commission Meeting

Tues., June 16th at 1:30pm

Commission meets 3rd Tuesday of every month.

FREE Blood Pressure Clinic with Parish Nurses

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

Hairdresser & Manicurist –

Monday, June 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, June 3rd & 17th—2-4pm—Appointment required

REIKI Sessions—\$15 for 15mins Wednesdays 10am–12pm Cash must be paid when you make your appointment

©LPI

TRIP NEWS

UPCOMING LONG TRIPS FOR 2026 and 2027



Pacific Northwest & California—September 13 –30, 2026

Aloha Hawaii—November 4-12, 2026

Nashville & the Smoky Mountains Holiday—Nov. 29—Dec. 6, 2026

Greece Island Hopper—April 19-29, 2027

Sunny Portugal with Porto and Fatima—March 15-27, 2027

Coastal California & Sequoia National Park—June 16-25, 2027

Alaska Discovery Land & Cruise—September 1-13, 2027

Utah's Mighty Five and The Rockies—September 13-21, 2027

Spotlight on Northern Italy—September 23—October 1, 2027

2026 TRIP SCHEDULE

Fleetwood Mac tribute "Little Lies" w/ twin lobsters or Prime Rib- Log Cabin, Holyoke, MA	<i>Final Payment due June 5, 2026 \$143pp</i>	July 15, 2026
The Corvette's Show—50's & 60's Doo Wop at the Log Cabin, Holyoke, MA	<i>Final Payment due June 15, 2026- \$143pp</i>	July 16, 2026
Hudson River Cruise on the Rip Van Winkle, with lunch at the Cornell Restaurant	<i>Final Payment due June 23, 2026— \$163pp</i>	July 23, 2026
Elton John Tribute Show w/ Twin Lobsters or Prime Rib at the Log Cabin, Holyoke, MA	<i>Final Payment Due July 8, 2026- \$143pp</i>	August 4, 2026
Kenny Rogers Tribute Show w/ twin lobsters or Prime Rib—Log Cabin, Holyoke, MA	<i>Final Payment due July 2, 2026 \$143pp</i>	August 5, 2026
Summer Nights a Tribute to Grease—Aqua Turf	<i>Final Payment due July 16, 2026 \$132pp</i>	August 19, 2026
Lake George & Saratoga—2 day	<i>Final Payment due by Aug. 1, 2026 \$355pp dbl, \$335pp—tpl, \$485pp sgl</i>	September 2-3, 2026
Margaritaville on Cape Cod—2 Shows & a visit to Martha's Vineyard	<i>Final Payment due by Aug. 18, 2026 \$639 dbl, &609 tpl, &809 sgl \$49- Travel insurance available at sign up</i>	September 21-23, 2026
Catskill Mountain Railroad with lunch at The Cornell Restaurant	<i>Final Payment Due Sept. 1, 2026, \$160pp</i>	October 2, 2026
Tropicana Atlantic City—2 Shows and \$100 back in value	<i>Final Payment Due by Sept. 15, 2026 \$379 pp dbl, \$359pp tpl, \$499 pp sgl Travel insurance available</i>	October 27-29, 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?

Lifelong Learning



Sudoku

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

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

ENIGMA™ ENIGMA cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "U" = "Y"

CRYPTOGRAM

"YCI CKR FPC PLX OCKWDRIRQ PHX
 CFK JHKQ, HG HX GPR ARXG CY
 YIHRKQX; CGPRIFHXR, GPR TIRLGRXG
 RKRJU." - NIHPKL

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E072

5 Word Twist

In the Garden

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!



Answers

- Seed
- Bloom
- Spade
- Glove
- Working
- Soil
- Tulip
- Weeder
- Lomb
- Rose

- esro _____
- wnal _____
- eedrew _____
- ilutp _____
- ilso _____
- terwgain _____
- evlog _____
- edaps _____
- lombo _____
- edse _____

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ANNOUNCEMENTS

- 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 Thursdays— and catered by local restaurants—Cost \$10pp and sign up is required by **10 am** on Tuesday prior to lunch. **NO WALK-INS**

Other Program Information

- ♦ We will be offering Reiki—\$15 for \$15 mins. Reiki Sessions will be offered Wednesdays—10 -12pm. Payment due upon sign up
- ♦ Chair Massages—May 6th & 20th. \$15 for 15 mins. Sign up at center. Payment due at sign up
- ♦ The TRAP—The Rhythmic Art Project—Wednesdays.—1pm starting in June. 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 12pp members. Please call for availability.

CLASSES & SEMINARS

- [Mahjong Class—First Session—June 1st—July 6th. 1 pm](#) (Second session—July 20—Aug. 17th—1pm -current classes are full with those who have already signed up for the first two sessions.
- [REIKI SESSIONS](#)—Wednesdays—10-12pm. \$15 for 15 mins—Payment due at sign up
- [Age Well: Thurs., June 4th 1:00pm](#)
[Topic: Fueling your Body with Fiber and Why it Matters](#) A discussion with Jody Reade, RD, CDN Griffin's Clinical Lead Dietician on importance of fiber is in our diets. She will share how we can increase our fiber intake creatively with what we already have in our kitchens. Sign up at the center
- [FREE 3 week HEART HEALTH WORKSHOP—Mondays, June 8,15 & 22nd—10-11:30am](#)—This workshop teaches the American Heart Association curriculum on risk factors, symptoms, and the management of cardiovascular disease. Presented by Carolyn Gundell, MS, CDCES, Nutrition, Wellness, & Diabetes Specialist—Sign up at the

center.

- [TRANSFERENCE WORKSHOP—Monday, June 8th, 1pm. Presented by Ed Knight.](#) This workshop will discuss the best ways to handle executorship appointees, Power of attorney (POA) responsibilities and dealing with all the issues that need to be handled after a loved one passes away. Sign up at the center.
- [Blood Pressure Clinic](#) - Fri., June 12th 10-11:30am—Walk ins welcome
- [CASINO TRIP - JUNE 24TH—BUS WILL LEAVE Nolan field at 7:30 am sharp and leave the casino at 3:30pm. Cost \\$40 pp and MUST be paid at time of sign up.](#) Sign up at the center or by calling the center prior to June 15th. Open to all.
- Center will be closed on **FRIDAY, JUNE 19th** in observance of **JUNTEENTH**.



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, Set Back or other card game & 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.

- 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.
- The Knitting & Crochet Group is looking for yarn donations. If anyone has any new or lightly used yarn, the group would greatly appreciate your donation.



MEMBERSHIP NEWS

- [All memberships should have been renewed 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



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

A LETTER FROM THE DIRECTOR:

Hello all! Warmer weather is finally upon us! A few housekeeping things: If you are not receiving a newsletter from us, please check in because it probably means that your membership is not up to date. We are kindly asking the members to please try to conduct business M-Th and Friday mornings before 11am. Fridays are extremely busy here with over 80 members playing bingo as well as other programs going on in the morning. Thank you in advance for your help with this. We will be celebrating our country's 250th Anniversary in July with a picnic. So stay tuned for details if you would like to attend. We also have a beautiful handmade patriotic quilt to raffle off so come down and take a chance. We had such overwhelming interest in our Mahjong class that we will be splitting the group into two 6 week sessions with the first starting in June. This will help to eliminate a long wait list. Happy Father's Day to all of our Father's. Please join us at our luncheon on June 18th at noon. \$12 pp As always stay safe!

Fondly,
Christine

Answer to Enigma:

"For one who has conquered his own mind, it is the best of friends; otherwise, the greatest enemy." - Krishna

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>-1- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30- Zumba Gold 1:00—Mahjong Class</p>	<p>-2- 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS</p>	<p>-3- 9:00—Meditation Group 10 - 12—Reiki Sessions 10:00 Exercise with Margaret 11:30- Zumba Gold 1:00 Step aerobics class 1:00—Mahjong 1:00—TRAP -THE RHYMTHMIC ART PROJECT—sign up required 2-4pm—Chair Massages</p>	<p>-4- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:30—Age Well—Topic: Fueling your Body with Fiber and Why it Matters with Griffin Health's lead dietician—Sign up at the center</p>	<p>-5- 9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 11:30—Bingo</p>
<p>-8- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10-11:30- HEART HEALTH WORKSHOP—sign up at the center 11:30- Zumba Gold 1:00—TRANSERFENCE WORKSHOP—SIGN UP AT THE CENTER 1:00—Mahjong Class</p>	<p>-9- 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS</p>	<p>-10- 9:00—Meditation Group 10 - 12—Reiki Sessions— 10:00 Exercise with Margaret 11:30- Zumba Gold 1:00 Step Aerobics class 1:00—Mahjong 1:00—TRAP -THE RHYMTHMIC ART PROJECT—sign up required</p>	<p>-11- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club</p>	<p>-12- 9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 10-11:30—Blood Pressure Screenings— with Griffin Health 11:30—Bingo</p>
<p>-15- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10:00 Haircuts & Nails 10-11:30- HEART HEALTH WORKSHOP—sign up at center 11:30- Zumba Gold 1:00—Mahjong Class</p>	<p>-16- 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS— 1:30—Elderly Commission Meeting</p>	<p>-17- 9:00—Meditation Group 10 - 12—Reiki Sessions— 10:00 Exercise with Margaret 11:30- Zumba Gold 1:00 Step Aerobics class 1:00—Mahjong 1:00—TRAP -THE RHYMTHMIC ART PROJECT—sign up required 2-4pm—Chair Massages</p>	<p>-18- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 12:00 FATHER'S DAY LUNCHEON—Must sign up and pay by 6/16</p>	<p>-19- CENTER CLOSED IN OBSERVANCE OF JUNETEENTH</p> 
<p>-22- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10-11:30- HEART HEALTH WORKSHOP—sign up at center 11:30- Zumba Gold 1:00—Mahjong Class</p>	<p>-23- 9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga— 10:30—TAI CHI CLASS</p>	<p>-24- 7:30—CASINO TRIP 9:00—Meditation Group 10 - 12—Reiki Sessions— 10:00 Exercise with Margaret 11:30- Zumba Gold 1:00 Step Aerobics class 1:00—Mahjong 1:00—TRAP -THE RHYMTHMIC ART PROJECT—sign up required</p>	<p>-25- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group</p>	<p>-26 - 9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 11:30—Bingo</p>
<p>-29- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30- Zumba Gold 1:00—Mahjong Class</p>	<p>-30- 9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga— 10:30—TAI CHI CLASS</p>	<p>-1- 9:00—Meditation Group 10 - 12—Reiki Sessions— 10:00 Exercise with Margaret 11:30- Zumba Gold 1:00 Step Aerobics class 1:00—Mahjong 2-4pm—Chair Massages - 15 min sessions for \$15 sign up/payment required</p>	<p>-2- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group</p>	<p>-3- CENTER CLOSED IN OBSERVANCE OF FOURTH OF JULY</p> 

MEAL SIGN UP

**ANSONIA SENIOR CAFÉ MEALS
on THURSDAYS at 12 Noon—\$10
PP**

**You must sign up for meals - No
walk ins. Meals with be
provided by local restaurants
including Mattei's Deli,
Massimino's, Emma's and others
will be added as we expand of
lunch menus**

**Substitutions may be needed
depending upon availability of
food**

**Please sign up by Tuesday at
10:30 am for the Thursday meal
as no walk ins will be taken.**

JUNE LUNCH MENU

June 4th

**Cheese Tortellini Alfredo
Salad, garlic bread &
Dessert**

June 11th

**Penne Ala Vodka, Meatballs
salad, roll
& dessert**

June 18—Father's Day

Luncheon—\$12pp

**Pulled pork, roasted pota-
toes, cole slaw, corn bread
& dessert**

June 25th

**Kielbasa & Sauerkraut,
Pierogies, salad, roll
& Dessert**

**All lunches are \$10 unless
Otherwise specified
All orders must be called in
by 10:30 am on Tuesday.**

BENEFITS OF MEDITATION FOR SENIORS

Meditation offers profound benefits for older adults, serving as a powerful tool healthy aging. Regular practice helps preserve cognitive function and memory, reduces symptoms of depression and anxiety, and alleviates chronic pain.

Additionally, it lowers blood pressure, improves sleep quality, and activates the body's relaxation response. The National Council on Aging (NCOA) +2

KEY MENTAL & COGNITIVE BENEFITS:

- **Preserves Brain Health:** Meditation supports neuroplasticity (the brain's ability to adapt) and cognitive reserve. Studies show it can strengthen neural pathways, thereby aiding attention and potentially slowing memory loss.
- **Relieves Depression and Anxiety:** Mindful breathing and guided meditation ease emotional burdens associated with aging by reducing rumination and lowering stress hormone (cortisol) levels.
- **Eases Grief and Loneliness:** Group meditation or solitary reflection fosters emotional resilience, helping seniors process life changes and feeling of social isolation. PubMed Central (PMCO (.gov)) +6

KEY PHYSICAL BENEFITS:

- **Manages Chronic Pain:** Mindfulness practices help older adults change their perception of physical discomfort, making it highly effective complementary tool for managing chronic pain.
- **Improves Sleep Quality:** By lowering heart rate and reducing anxiety, meditation helps older adults combat age-related sleep interruptions, prompting more restorative sleep.
- **Lowers Blood Pressure:** Calming the mind consistently lowers the body's stress response, which helps stabilize blood pressure and reduce cardiovascular risk factors. Senior Lifestyle +4

SIMPLE STARTING TECHNIQUES:

- **Breathwork:** Focusing purely on the rhythm of inhales and ex-hales is a great way to anchor the mind.
- **Body Scans:** Mentally checking in with your body from head to toe helps release physical tension.
- **Guided Meditations:** Listening to audio prompts is an easy and effective way for beginners to follow along and relax. Greater Good: The Science of a Meaning +2



Ansonia Senior Center
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