ANSONIA SENIOR SENTINEL

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



WHAT'S HAPPENING

Elderly Commission Meeting
Tues., Oct 20th, 1:30pm
Commission meets 3rd Tuesday of every month.

FREE Blood Pressure Clinic with Parish Nurses
Friday, Nov 13th –10:00 - 11:30 am
-this clinic will be held on the 2nd Friday of every month

Age Well series - topic "Low Vision as you age" Robin Singer, OTR/L
Nov. 5th Sign up at center

Hairdresser & Manicurist
Monday, Nov 16th - 10:00 am
$10 cash paid directly to stylist.
Appointments required.

Chair Massages - $15 for 15 mins.
Oct 7th & Oct 21st - Sign up and pay at the center- Appointments required.

REIKI Sessions-$15 for 15mins
Wednesdays 10am– 12pm
Appointments required. Sign up at the center.

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@ansoniact.gov
Jeff Coppola | Assistant Director Phone: (203) 736-5933
Email: jcoppola@ansoniact.gov
Tracey DeLibero & Pattie Pandolfi—
Main Office (203) 736-5933

TRIP NEWS



UPCOMING LONGTRIPS FOR 2026 and 2027

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 -**SOLD OUT**
Utah's Mighty Five and The Rockies—September 13-21, 2027
Spotlight on Northern Italy- September 23 - Oct.1, 2027
Contact Rosemarie Spatafore at 203-446-9150 for more information

TRAVEL SHOWCASE - Thurs., Nov. 5th, 1pm Trips to be discussed are Coastal California & Sequoia National Park, Utah's Mighty Five & The Rockies and Spotlight on Northern Italy Open to all. Sign up at the center

2026 TRIP SCHEDULE

9/11 Memorial Museum & Memorial	**Final Payment due Oct. 5th - $124pp**	**November 5, 2026**
Branson Country Christmas & Veteran's Show at the Aqua Turf Club	**Final Payment due by Oct. 15th - $139pp**	**November 17, 2026**
Christmas Charm in Massachusetts— Holiday Show at Steaming Tender Resturant followed by Bright Lights at Forest Park	**Final Payment due Nov. 2nd - $165pp**	**December 2,2026**
"A Very Soulful Christmas" Amazing Motown Christmas Show at the Log Cabin, Holyoke, MA	**Final Payment due Nov. 5th - $143pp**	**December 8, 2026**
	STAY TUNED FOR 2027 UPCOMING TRIPS	
***** ALL trips subject to change if not enough interest** **Min. $20 cash deposit due on all day trips, unless otherwise 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	4		8	7		
			3					
5							9	8
8	5			1		3	4	
			9				2	
		9				8		1
3	7						8	4
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	1					2		

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DIFFICULTY: ★★★☆

Lifelong Learning

ENIGMA™ CRYPTOGRAM

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

"YE Z WZO HZMUA OD HKDGFKH ZJDGH BKZH YA SYAHZOH, KU BYNN EYOS ADLLDB OUZL ZH KZOS."

— PDOEGPYGA

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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 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 the 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**

IMPORTANT INFORMATION

Looking for any "volunteers" who maybe interested in giving members a ride to doctors appointments as needed. Members would pay for the ride. If interested in providing this service, please call the center.

MEDITATION GROUP:
Paula would like to know if there is a specific day and time that would work better for the group to meet ? Also, the group style would move to more of a guided imagery style meditation group that everyone is more accustomed to. Please let Paula or the staff know.

CLASSES & SEMINARS

Chess for Beginners Class - **6-week class starting Tuesdays, Oct 13 - Nov 17th - 11-12:30. Sign up at the center if interested**	**Christmas Diamond Art Class with Nancy - Nov 10th - 11:30 - 3:30 - $25.00 pp to be paid upon sign up. Class size limited**
Winter Painting Class - Snowman - Wednesday, Nov., Nov. 4th, $5pp. Payment due at sign up.	**Fraud Presentation by M&T Bank** - Thurs., Nov 12th, 1pm Open to all. SIgn up at center.
Age Well Series: Topic: :"Low Vision as you grow Older" - Robin Singer. OTR/L will doscuss how it affects your daily function, low vision assistive devices and comppensation techniques to improve your quality of life. Sign up at center Open to all	**BROWN BAG EVENT Sponsored by Valley Pharmacy -Wed., Nov 18th, 1pm. Bring in all prescription medication, over the counter medications & vitamins and sit with the pharmascist to discuss questions, concerns and possible drug interactions. Sign up required** **Electric Rate Program - Nov. 19nd, 1pm - Bring your electric bill and discuss how and when the rates are going up and the best plans to save you money - Sign up at the center**
Travel Showcase - Thurs., Nov.5th -1pm - Tips to be discussed will Coastal CA & Sequoia National Park, Utah's Mighty Five & The Rockies and Spotlight on Northern Italy - Presented by Collette Travel & Rosemarie Spatafore Sign up at the center	**ART WITH HEART**: presented by Theresa Waldron Tues., Oct., 27th 11:30am - $5pp Payment due at sign up. This will be a monthly Art group with different "topics" monthly limited spaces

MEMBERSHIP NEWS



All memberships should be renewed by January every new year.

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 per year Non-Residents - $15 per year

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

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

Answer to Enigma:

"If a man takes no thought about what is distant, he will find sorrow near at hand." - Confucius

A LETTER FROM THE DIRECTOR

On October 10th, we are partnered with CT Comedy for Cash to host a comedy show fundraiser that included 4 comedians , numerous raffles gifts and a lottery"rake". The event was a huge success with lots of laughs! We raised $4585 for the center! I would like to personally thank the committee - Bill Pandolfi, Maryann Milkowski, Linda Bayusik, Carol Pluchino, Pat Roberge, Sue Ranno, Carol Bujanauskas, as well as the senior center staff of Pattie Pandolfi, Tracey DeLibero and Jeff Coppola who worked so hard to make this event a success, we could not have done it without them! I would also like to thank All of the community businesses who sponsor the show or gave gift cards, raffle prizes, etc! Thank you for your support!

As a reminder for Thursday lunch orders, we rarely have extra meals because we order from local restaurants. If you would like to order lunch, please reserve your lunch with payment at the center by 10:30 AM on Tuesdays. Please also note that there are no take out meals. This is a rule from the Health Department.

Lastly, a few members are looking for occasional rides to medical appointments and are willing to pay for the service. If you are interested in helping out, please let me know so we can discuss the details.

As always stay safe!
Fondly,

Christine

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rdubiel@4LPi.com
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Monday	Tuesday	Wednesday	Thursday	Friday
2) 9:00 Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold	3) 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—Tai Chi Class 11:00- 12:30 Chess for beginners	**4)** 9:00—Meditation Group **9:30 am Winter Painting Grp - $5pp Asst. paintings - Sign up required** 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 req. **2:00-4pm Chair Massages**	**5)** 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club **1:30 - TRAVEL SHOWCASE WITH COLLETTE TRAVEL & ROSEMARIE SPATAFORE- SIGN UP AT THE CENTER**	**6)** 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30 - BINGO
9) 9:00 Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold	**10)** 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—Tai Chi Class 11-12:30 - Chess for beginners	**11)** **CENTER WILL BE CLOSED IN HONOR OF** 	**12)** 9:00- Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card/game club **1:00 - FRAUD PRESENTATION by M&T BANK - Open to all sign up at the center**	**13)** 9:00—Latin Fusion 10:00—Exercise with Margaret 9:30 - 11:30 - Blood Pressure Clinic with Griffin Health 11:30 - BINGO
16) 9:00 Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10:00 - Haircuts & Nails - 11:30– Zumba Gold	**17)** 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—Tai Chi Class 11- 12:30 - Chess for Beginners	**18)** 9:00 Meditation Group 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 req. **2-4pm—Chair Massages**	**19)** 9:00 Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card /Game club **1:00 -ELECTRIC RATE PROGRAM PRESENTAION - Open to all - please bring your electrice bill to presentaion- sign up at the center**	**20)** 9:00 -Latin Fusion 10:00—Exercise with Margaret 11:30 - BINGO
23) 9:00 Gentle Mat/Wall Pilates- no class 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold	**24)** 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—Tai Chi Class	**25)** 9:00—Meditation Group 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 req.	**26)** **CENTER CLOSED FOR THANKSGIVING HOLIDAY** 	**27)** **CENTER CLOSED FOR THANKSGIVING HOLIDAY** 
30) 9:00 Gentle Mat/Wall Pilates - no class 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold	**1)** 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—Tai Chi Class **11:30 -ART WITH HEART CRAFT CLASS - $5 - LIMITED SEATING - SIGN UP AT CENTER.**	**2)** 9:00—Meditation Group 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 req.	**3)** 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture - no class 1:00—Card Club	**4)** 9:00 -Latin Fusion - no class 10:00—Exercise with Margaret 11:30 - BINGO

MEAL SIGN UP

ANSONIA SENIOR CAFÉ MEALS
on THURSDAYS at 12 Noon—$10 pp - unless otherwise specified.
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 no later than 10:30 am on Tuesday for the Thursday meal as no walk ins will be taken.
THERE ARE ABSOLUTELY NO TAKE-OUT MEALS PER HEALTH DEPT.

November Menu

November 5th
Lasagna, Salad, Garlic Toast & Dessert

November 12th
Chicken Parmesan, ziti, salad, bread, & dessert

November 19th
THANKSGIVING DINNER
Turkey, Stuffing, Mashed Potatoes, butternut squash, cranberry sauce, dinner rolls,
& dessert
$17 pp MUST be paid at time of sign up

November 26th
CLOSED - HAPPY THANKSGIVING

MEDICARE OPEN ENROLLMENT STARTS SOON AND THERE ARE NUMEROUS CHANGES TO MEDICARE AND PLANS. PLEASE WATCH THE FLYERS AND SOCIAL MEDIA FOR OTHER PRESENTATIONS REGARDING THESE CHANGES

ARTICLE OF THE MONTH:

How to Host a Family Gathering Without Stressing Over Every Detail

Family gatherings can be some of the most joyful moments in life — laughter, memories, and time together that everyone looks forward to. But if you're the host, it can also feel like a heavy weight: planning the menu, cleaning the house, making sure everyone's comfortable, and keeping things running smoothly. It's easy to fall into the trap of believing that "everything has to be perfect." Reality check! It doesn't.

Here are a few simple ways to host without letting stress take over:

1. *Decide What Really Matters*

Not everything deserves your energy. Ask yourself: "What will make this gathering meaningful?" Maybe it's having enough food for everyone or creating enough space in the living room for good conversation and sharing family stories. Focus on those priorities and let the rest be "good enough."

2. Simplify the Menu

You don't need a five-course meal to impress your guests. Choose a few crowd-pleasers you can make ahead of time, and don't hesitate to ask guests to bring a dish to pass. People usually love contributing a favorite dish, and it lightens your load. Bonus!

3. Set Realistic Expectations for Your Home

A spotless house isn't the goal — a welcoming one is. Tidy up the spaces where people will gather, but don't stress about every corner. A lived-in home often feels more comfortable than a perfect one. Vacuum the carpet, but don't bother getting it professionally cleaned. Those worn pillows you've had since college? Much more comfortable than the stiff ones you got at Home Goods the day before last.

4. Create a "Flow," Not a Schedule

Instead of planning every detail, think of the natural rhythm of the gathering. Have food and drinks ready when people arrive, give kids a space to play, and let conversations unfold naturally. The best moments often happen when you're not trying to control them. Things don't need to happen on a specific timeline for the night to go right.

5. Let People Help

If someone offers to set the table, take coats, or wash dishes, don't hesitate to say yes. Sharing responsibility doesn't make you a less capable host. Rather, it makes the gathering feel more like a community.

The heart of any family gathering isn't the decorations, the food, or even the perfectly cleaned house. It's the people. When you let go of the pressure to manage every detail, you make space to actually enjoy the reason you're bringing everyone together in the first place.

©LPi

GENERAL INFORMATION

TRIP INFO:

All those attending trips MUST have a working cell phone number and an emergency contact if going on trips. Also your cell phone must be on so you can be contacted if needed. NO EXCEPTIONS

All final trip payments are due 1 month prior to trip date.

If you have attended 2 or more trips with us and are not currently a member you will need to become a member to continue attending trips with the center.

CARD GROUP

We have many members interested in playing pinocle on Thursday afternoons. If you are interested please contact the center.

Free Box

We have a free box in the lobby- please do not put food, clothing or medication unless it is approved by staff. Please also try to keep this box neat. Thank you.

We are always in need of the following items for the kitchen: napkins, paper plates, coffee (reg & decaf) , k-cup pods, plastic forks, etc. Thank you for all of your donations thus far as they are greatly appreciated!

The Knitting & Crochet group is looking for yarn donations. New or lightly used donations would be greatly appreciated.

ALL FLYERS MUST be given to staff to post. Please do not post flyers on the boards yourself. Thank you.

Ansonia Senior Center
65 Main Street
Ansonia, CT 06401

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