



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.

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

Phone: (203) 736-5933

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Tracey DeLibero & Pattie Pandolfi—

Main Office



WHAT'S HAPPENING

Elderly Commission Meeting

November 18th at 1:30pm

Commission meets 3rd Tuesday of every month

FREE Blood Pressure Clinic with Parish Nurses

Friday, November 14th -10:00 - 12 pm -*this clinic will be held on the 2nd Friday of every month*

Hairdresser & Manicurist – Monday, Nov.17th– 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, November 5th & 19th—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.



2025 TRIP SCHEDULE

Medieval Times Dinner & Tournament— THIS IS A NEW ADD ON—OPEN TO EVERYONE—BRING YOUR FAMILY	Registration due October 2, 2025— \$144 pp	November 2, 2025
Veterans Day—Songs Across America Featuring Jimmy Mazz—Carriage House, West Springfield, MA	Registration due by October 5, 2025 \$122 pp	November 5, 2025
Christmas with Father at The Carriage House, Big E grounds. Holiday lunch at the Carriage House (Storowton Tavern)	Registration due by November 9, 2025	December 3, 2025
“Rock this Town Orchestra” Amazing Christmas Show. Swinging with the 50's and 60's - Aqua Turf Club	Registration due November 8th, 2025, \$131pp	December 8, 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.

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

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DIFFICULTY: ★★★☆☆

Word Twist

Answers

S
 California
 Blessing
 Autumn
 Pumpkin
 November
 Harvest
 Family
 Gratitude

Lifelong Learning



ENIGMA CRYPTOGRAM

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

"ZFBFM GK NZEQVCZY CZ VNRQF
QVNQ WNZ ZFBFM SF XZGKZF."

- ENDZNBNUJEN GNRN

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E108

5 Word Twist

Give Thanks

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!



itgudreat _____
iyfmia _____
srthvae _____
yrteuk _____
tsfea _____
nbreevom _____
sgnilseb _____
utnmau _____
mkpipnu _____
eebctreal _____

©LPi



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Products - Homemaking - Volunteer
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Ansonia Senior Center, Ansonia, CT

06-5393

ANNOUNCEMENTS

- In an effort to defray the cost of postage, we will be emailing out the newsletter to those members who have emails on file. You will no longer receive a paper copy unless you do not have an email address.
- NEW MEMBERSHIPS—membership will expire in Jan 2027
- 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. Thank you. 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.
- Snowman Wreath Class with Kathy—Tues., Nov 4th. 10 am. Cost \$25 for materials must be paid at time of sign up. Class limited to 10 members.
- Chair Massage—Wednesdays, Nov. 5th & 19th. 2-4pm \$15 for 15 mins. Payment must be made at time of registration.
- Age Well: Thurs., Nov 6th 1:30 Topic: AARP Fraud Watch Network: Landscape and Staying Safe—Open to all. Sign up at the center.
- Flu Clinic with Shop Rite—Friday, Nov. 7th 10am —Bring your insurance card and Sign up at the center walk-ins welcome.
- Blood Pressure Clinic with Griffin Hospital Parrish Nurses Fri., Nov. 7th 10-11:30am—Walk ins welcome
- Managing Elevated Blood Sugar in Pre-Diabetes & Diabetes—A 2 week Wellness Workshop—hosted by Griffin Hospital—Thurs., Nov. 13 & 20th, 1:30—3pm Sign up at the center. Open to all.
- Understanding Sugar and Diabetes. Nov 17th, 1pm. Sponsored by Oak Street Health. Sign up at the center
- THANKSGIVING CELEBRATION LUNCH—Thurs., Nov. 20th 12 noon. \$15 pp Must be paid at time of reservation. NO WALK INS Menu is Turkey with Gravy, Bread stuffing, sweet potato, green beans and pumpkin pie. Come join your friends for a Thanksgiving feast.
- Electric Rate Presentation—Tues., Nov. 18th, 1pm Bring your electric bill. Sign up at the center. Open to All. Electricity Supply rates generally increase on Jan. 1st. So bring a copy of your electric bill and learn about the new supply rates

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. See Calendar for dates & times and stop by and join in.
- REMINDER: WE WILL BE CLOSED ON Tues., Nov 11th - Veteran's Day, Thurs., Nov. 27th—Thanksgiving & Fri., Nov. 28th—Thanksgiving holiday
- 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

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

Answer to Enigma:

— *“Never do anything in haste that can never be undone.”*
— *Vajnavalkya Dasa*

A LETTER FROM THE DIRECTOR

Welcome to November. It's crazy how quickly October flew by and Christmas will be here before you know it.

This being said we will be having our Annual Thanksgiving Celebration Luncheon on Thurs., Nov. 20th. The cost will be \$15pp and reservations must be made and paid for by Mon., Nov. 17th. Come and join us for a traditional thanksgiving meal and time with friends.

We will be closed to celebrate our Veteran's on Tuesday, Nov. 11th and celebrate Thanksgiving on Thursday & Friday, Nov 27 & 28th. I hope you all have a wonderful Thanksgiving!

We will be hosting an other Flu & other vaccine clinic on Fri., Nov. 7th—10 am, a 2-part workshop on Managing Elevated Blood sugar in Diabetes & Prediabetes by Griffin hospital as well as Understanding your Sugar and How it effects your health by Oak Street Health. Lastly we will have an Electric Rate presentation for all ahead of the rates increasing in January.

Our annual Holiday Party will be held on Thursday, Dec. 18th at Birchwoods at Oak Lane in Woodbridge. Cost will be \$30 for members and payment must be made at time of reservation to hold your spot. This event sells out quickly so don't hesitate to sign up if you want to go.

As always stay safe!

Fondly,
Christine




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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30—Zumba Gold -NO CLASS 1:00—Line Dancing 1:00—Mahjong	-4- 9:00 Strength Training 10:00—Gentle Yoga 10:30—TAI CHI CLASS – NEW CLASS 10:00—Sewing group—on hold 10:00— Snowman Wreath Class with Kathy—\$25pp for materials class limited to 10pp—sign up required	-5- 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	-6- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:30 Age Well—Topic: AARP Fraud Watch Network: Landscape and Staying Safe—sign up at center	-7- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Bingo
-10- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30—Zumba Gold— 1:00—Line Dancing 1:00—Mahjong	-11- CENTER CLOSED 	-12- 10:00 Exercise with Margaret 10:00 Fall Craft Corner 11:30—Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong	-13- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:30 –3:00 - Managing Elevated Blood Sugar in Pre-Diabetes & Diabetes—A Wellness Workshop—Sign up required	-14- 9:00—Latin Fusion 10:00—Exercise with Margaret 10-12—Blood Pressure Screenings 11:30—Bingo
-17- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30—Zumba Gold 1:00—Line Dancing 1:00—Mahjong 1:00—Understanding Sugar and Diabetes—presented by Oak Street Health—Sign up at center	-18- 9:00 Strength Training 10:00—Gentle Yoga 10:30—TAI CHI CLASS – NEW CLASS 10:00—Sewing group—on hold 1:00—ELECTRIC RATE PRESENTATION W/ Art Marcelynas. PLEASE BRING YOUR ELECTRIC BILL Sign up at the center	-19- 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	-20- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 12:00—THANKSGIVING CELEBRATION LUNCH—\$15 pp— PAYMENT MUST BE MADE WHEN MAKING RESERVATION BY 11/17 1:00—Card Club 1:00—Pinochle group 1:30 –3:00 _ DIABETES PREVENTION & EDUCATION Group.	-21- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Birthday Bingo
-24- 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—Line Dancing 1:00—Mahjong	-25- 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	-26- 10:00 Exercise with Margaret 11:30—Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker 1:00—Mahjong	-27- CENTER CLOSED 	-28- CENTER CLOSED 
-1- 9:00—Gentle Mat/Wall Pilates - 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30—Zumba Gold 1:00—Line Dancing 1:00—Mahjong	-2- 9:00 -Strength Training 10:00—Gentle Yoga 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 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	-5- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Halloween Bingo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	-4- Stuffed Shells Meatballs Veggie Soup/Salad Dessert	-5-	-6- Meatloaf w/ gravy Mashed Potatoes Soup Fruit Dessert	- 7-
- 10-	-11- CENTER CLOSED 	-12-	-13- Chicken Parm. Linguini veggie Soup/Salad Dessert	- 14-
- 17-	-18- Tuscan Chicken Soup/Salad Bread Dessert	- 19-	-20- THANKSGIVING CELEBRATION Turkey, Bread Stuffing, Green Beans, Sweet Potatoes, pumpkin pie \$15 pp sign up required—NO WALK INS	- 21-
-24-	-25- Lasagna Veggie Soup/Salad Dessert	- 26-	-27- CENTER CLOSED 	-28- CENTER CLOSED
-1-	-2- Chicken Francese Mashed Potato Soup Dessert	-3-	-4- Lasagna Veggie Soup/salad Dessert	-5-

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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