



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

Phone: (203) 736-5933

Email: csonsini@ansoniac.org

Jeff Coppola | Assistant Director

Phone: (203) 736-5933

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Tracey DeLibero & Pattie Pandolfi—
Main Office



WHAT'S HAPPENING

Elderly Commission Meeting

September 16th at 1:30pm

Commission meets 3rd Tuesday
of every month

FREE Blood Pressure Clinic with Parish Nurses

Friday, September 12th –10:00 -
12 pm -*this clinic will be held on*

the 2nd Friday of every month

Hairdresser & Manicurist –
Monday, September 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, September 3rd &
17th—2-4pm—Appointment
required

Membership Information

Ansonia Residents—\$10/yr.

Non-Ansonia Residents—\$15/yr.

**Membership renewals for NEW
MEMBERS ONLY will be prorated**

Ansonia residents—\$5

Non- Ansonia Residents—\$10

until November 2025

TRIP NEWS

UPCOMING LONG TRIPS FOR 2025 & 2026

Southern Italy & Sicily—November 7-19, 2025

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

Essex Steam Train and Riverboat with lunch aboard restored 1920's Pullman Diner Car	Registration due August 7, 2025 - \$159pp	September 4, 2025
Margaritaville on Cape Cod—BRAND NEW Resort w/ Beach Boys & Doo Wop Tribute Shows—3 day tour—Hyannis, MA	Registration due Aug. 11, 2025—\$599pp/dbl, \$75 deposit at Sign up Insurance extra \$39 at sign up	Sept., 22-24, 2025
Newport Playhouse & Cabaret—"St. Charles is Dead and Someone in This Room Killed Him"	Registration due Aug 21, 2025, \$149pp	Sept., 24, 2025
The Corvettes Doo Wop Revue—La Bella Vista	Registration due September 15, 2025—\$138pp	October 15, 2025
Octoberfest—The Log Cabin, Holyoke, MA German Themed meal & German Band—Dennis Polinsky's MAESTROS MEN	Registration due September 19, 2025 \$132 pp	October 16, 2025
Tropicana Atlantic City with The Edward Twins & Donna Summer Tribute with Band. Three shows & \$100 back in value	Registration due September 26, 2025—\$349pp/dbl, \$339pp/triple, \$469 sgl—\$39 trip insurance	October 28-30, 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.

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

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DIFFICULTY: ★★★☆☆

Answers

World Twist

Backpack, Bulet, Pencel, Notebook, Paper, Lunch, Folder, Recycle

Lifelong Learning



ENIGMA CRYPTOGRAM

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

"TDBU NA FYSF PYUL CAOQ KYDTIQU
FYDLG AH HSDQLUNN, KSQDLJ, SLI
DLFUJQDFC, FYUC FYDLG AH CAO."
- Y. XSKGNAL MQAPL, XQ.

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E095

Word Twist

Back to School

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!

pcabkca _____ toonkbo _____
relur _____ odlerf _____
cnipl _____ chuln _____
smkrear _____ ladkboahr _____
paerp _____ screes _____

E095



SERVICES FOR OLDER ADULTS IN THE VALLEY

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Caregivers - Medicare Applications -
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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 WILL BE PRORATED UNTIL THE END OF THE YEAR-Please see Membership News below for information.
- 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 Monday, 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

- ♦ LOCAL AUTHOR GARY SCARPA—will present along with his wife and daughter a 30 min/ dramatic presentation on his latest novel STILL LIFE—Thursday Sept 4th, 1pm—Sign up at the center
- ♦ Age Well Series. Topic: — “Healthy Sleep after 50: What you need to know” Presented by Peter Forcelli, Dor of Respiratory Services at Griffin Health Services—Thursday, September 4th—2pm (Please note time change) Sign up at the center
- ♦ Zentangle Art Class—Thursday, Sept. 11th. 1pm Sign up required
- ♦ The LGBTQ Journey of a Valley Girl—Come and hear about Patty Nicolari’s journey as an LGBTQ woman from Ansonia and now starting her PROUD Academy— September 18th, 1pm Sign up at the center.
- ♦ AARP SAFE DRIVING CLASS—Tuesday, September 23rd, 12:30– 4:30. \$20 for AARP Members and \$25 non-members must be paid to instructor on day of first class. Registration is required.
- ♦ MEATO FUNDRAISER—Tuesday, Sept., 23rd , 5pm. Doors open at 4pm. \$20pp. Bring your own snacks. Register at the center.
All proceeds will go toward offsetting cost of Christmas party.
- ♦ ORAL HEALTH BINGO sponsored by Connecticut Dental health Partnership— Wed., Sept. 24th, 1pm .This program is limited to 20pp Sign up required.
- ♦ COMING IN OCTOBER:
Medicare informational sessions to discuss all of the changes to Medicare plans prior to the open enrollment period.
- ♦ Into to Alcohol ink art class
- ♦ Customer enrollment event with UI, Eversource, etc.
- ♦ First Flu Clinic of the season (Yes, its that time of year)
- ♦ Halloween Bingo fundraiser

GENERAL INFORMATION

TRIPS:

- For all those attending trips we must have a cell phone number for you and an emergency contact if going on overnight trips. **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 to start a group. If interested please contact the center.**
- We are always in need of the following items: paper plates, napkins, coffee(Reg & decaf), k-cup pods, plastic forks, etc. Thank you for the outpouring of donations that we have been receiving we



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
- Pro rated memberships rates

for new members only until the November 2025

Residents: \$5.00
Non—residents: \$10.00



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

A LETTER FROM THE DIRECTOR

Can't believe that we are in September! Just a reminder that we will be closed on Monday, September 1st in observance of Labor Day.

We have some new programs starting this month and some program times have changed at your request. Please double check the calendar portion for changes. I also wanted to let everyone know that this is your center. If you would like to come in with a group of friends and play cards, games, Wii bowling, etc. it does not have to be a group on the schedule for you to come in and enjoy the center.

NVHD will be hosting a Free Chronic Pain Self-Management Class for 6 weeks This class will be rescheduled in November. Watch for new date.

MEATO Fundraiser will be held on Tuesday, September 23rd at 5 pm, \$20pp. This fundraiser to help offset the cost of the Christmas Party. Sign up at the center.

I know that fall is quickly approaching but we still have some hot days in our future. The center is open from 8-4 Mondays—Thursday and Friday 8-2pm if you need somewhere to go to get out of the heat.

Lastly, please call the center if you have signed up for something and are unable to attend.

As always stay safe!

Fondly,
Christine

Answer to Enigma:

"Live so that when your children think of fairness, caring, and integrity, they think of you." — H. Jackson Brown, Jr.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>-1- CENTER CLOSED IN OBSERVANCE OF LABOR DAY</p> 	<p>-2- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group</p>	<p>-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</p>	<p>-4- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:00—Gary Scarpa's presentation of "Still Life" 1:30 Age Well—Topic: Healthy Sleep after 50</p>	<p>-5- 9:00—Latin Fusion 11:30—Bingo</p>
<p>-8- 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</p>	<p>-9- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group</p>	<p>-10- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong</p>	<p>-11- 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 Sign up required</p>	<p>-12- 9:00—Latin Fusion 10:00—Exercise with Margaret—NEW CLASS 10-12—Blood Pressure Screenings 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 & Nail Boutique– Sign up required 11:30– Zumba Gold 1:00—Line Dancing 1:00—Mahjong</p>	<p>-16- 9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—Elderly Commission Meeting</p>	<p>-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</p>	<p>-18- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:00—Presentation by Patty Nicolari—The LGBTQ Journey of a Valley Girl & starting the ROUD Academy–sign up at center</p>	<p>-19- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Birthday Bingo</p>
<p>-22- 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</p>	<p>-23- 9:00 -Strength Training 10:00—Gentle Yoga– 10:00—Sewing group 12:30—4:30pm—AARP SAFE DRIVING CLASS—\$20 for AARP Members \$25 for non-members—Registration is required 5pm—MEATO Fundraiser—\$20pp Sign up at center</p>	<p>-24- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker 1:00—Mahjong 1:00—Oral Health Bingo—Sponsored by CT Dental Health Partnership see flyer for info—limited to 20pp 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 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—Line Dancing 1:00—Mahjong</p>	<p>-30- 9:00 -Strength Training 10:00—Gentle Yoga</p>	<p>-1- 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</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- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Bingo</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1- CENTER CLOSED 	-2- Chef Salad (turkey, ham, Roaset beef. Swiss cheese. Hard boiled egg, romaine lettuce) Dessert	-3-	-4- Meatloaf Mashed Potatoes veggie Salad Fruit Dessert	- 5-
- 8- Rosemary Chicken Rice pilaf veggies	-9- Tuscan Chicken Rice Veggie salad Dessert	-10-	-11- Stuffed Shells Meat balls veggie Salad Dessert	- 12-
- 15- Roast Pork Loin Potatoes Roasted veggies	-16- Grilled Chicken Ceasar Salad Dessert	- 17-	-18- Roast Beef Mashed Potato Salad Dessert	- 19-
-22- Baked Penne With meatballs	-23- Chicken Sandwich with Lettuce/ tomato Veggie Coleslaw Salad Dessert	- 24-	-25- Sausage/ Peppers/Onions Rice veggie Salad Dessert	-26-
-29- Roast beef Mashed Potatoes veggies	30- Shrimp Florentine over linguine Salad Dessert	-1-	-2-	-3-

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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