



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.

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 DeLibero & Pattie Pandolfi—

Main Office



WHAT'S HAPPENING

Elderly Commission Meeting
Tues., April 14th at 1:30pm
Commission meets 3rd Tuesday
of every month.

**FREE Blood Pressure Clinic
with Parish Nurses**

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

Hairdresser & Manicurist –
Monday, April 20th— 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, April 1st & 15th—2-
4pm—Appointment required

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

**Membership renewals
were due in January.
Please renew if you have
not done so.**

TRIP NEWS

UPCOMING LONG TRIPS FOR 2026

Pacific Northwest & California—September 13-20, 2026

Aloha Hawaii—November 4—12, 2026

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

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

There will be a Travel Showcase on Nashville & the Smoky Mountains Holiday and Sunny Portugal trip—April 7 at 1pm with Collette Travel—Sign up at the center



2026 TRIP SCHEDULE

BEE GEES _ The Ultimate Tribute—Aqua Turf Club	<i>Final Payment due April 13, 2026- \$137pp</i>	May 14, 2026
JOSHUA at Sight & Sound—3 day tour—June 9-11th <i>Trip insurance available</i>	<i>\$100 cash deposit due at sign up. Final Payment due May 8, 2026 \$625pp dbl, \$599pp tpl, \$799 sgl.</i>	June 9-11, 2026
Under the Boardwalk Summer Fun—Grand Oak Villa, Oakville, CT	<i>Final payment due May 21, 2026 \$132pp</i>	June 25, 2026
Niagara Falls, Canada—3 day tour—June 28-30th Passports needed at registration	<i>\$75 cash deposit due at sign up Final Payment due May 20, 2026 \$595 dbl. pp, \$575 trl. pp, \$795 sgl</i>	June 28-30, 2026
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
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.

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

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DIFFICULTY: ★☆☆☆☆

Answers

Word Twist

Strike Dugout Pitcher Catcher Inning Base

Bot Ball Mitt

ENIGMA™ CRYPTOGRAM

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

"LFCYLKFFJBH JY AJUJSX KVVJAH
VST RVLLJAH JS BRK FKVA GCFAT,
GRKBRKF HCZ RVUK DCSKH CF SCB."
- OKFFH XKAAJY

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Lifelong Learning



Word Twist Play Ball!

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!



- tba _____
- llba _____
- tmti _____
- ehtpcir _____
- trcahec _____
- gnniin _____
- ugtdou _____
- mheourn _____
- esab _____
- rskite _____

E073

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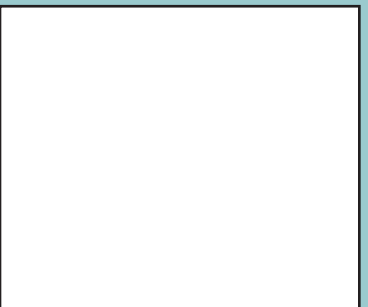
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ANNOUNCEMENTS

- 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 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 noon on Tuesday prior to lunch. **NO WALK-INS**

Other Program Information

- ◆ We will soon be offering Reiki—\$15 for \$15 mins. Please call center for day and times offered if interested.
- ◆ **Chair Massages**—April 1st & 15th. \$15 for 15 mins. Sign up at center. Payment due at sign up
- ◆ **The TRAP—The Rhythmic Art Project**—Wednesdays, April 8th & 22nd.—1pm. This is an exhilarating class based on drumming. This program will aid in concentration, memory, range of motion, dexterity and most importantly laughter

CLASSES & SEMINARS

- **Decoupage Egg Craft class**—Wed., April 1st —9:30am. Class limited to 14 ppl — \$5pp. Sign up at the center
- **EASTER LUNCH, THURSDAY, APRIL 2nd, 12 noon.** \$12 pp Must be paid by March 30th to reserve your spot.
- **Age Well: Thurs., April 5th 1:00pm**
Topic: Body Mechanics and Adaptive Equipment—Griffin's Physical Medicine Team will discuss proper body mechanics while performing activities such as raking, gardening, shoveling to prevent injury and maintain independence while using supportive/ adaptive equipment. Sign up at the center
- **Collette Travel Showcase— UPCOMING Nashville & the Smoky Mountains Holiday and SUNNY PORTUGAL with PROTO and FATIMA** —come and hear all the details. Tues., April 7nd, 1pm. Sign up at the center.
- **Blood Pressure Clinic** - Fri., March 13th 10-11:30am—Walk ins welcome
- **FREE Memory Screenings** provided by Hartford Healthcare's Dementia

Specialist, Julia Ramia. These are FREE confidential memory screenings. Thursday, April 16th from 10-12:30. You must sign up for a 20 min. time slot. No Walk-ins please.

- **Downsizing & Decluttering: Rightsizing with Purpose.** Whether you're thinking about moving or planning to age in place, this engaging talk will motivate you to move forward and simplify your space with intention. Presented by Sheila Gavish, Senior Move Advocate & Outreach Coordinator with Amston Home Transition Solutions. Thurs., April 16th—1pm
- **Zentangle Art Class**—Thurs., April 16th, 1pm. Class is limited to 15 sign up required. Wait list will be kept. **Yes, you requested another class and we have it.**
- **AARP SAFE DRIVING CLASS**—Tuesday, April 21st, 12—4pm, \$20 members and \$25 non-members. Sign up at the center
- **LOTUS FLOWER LANTERN CLASS**— Wed., April 22nd, 1pm. \$6pp. Min. class size is 20 and Max is \$30. Payment due at sign up. See flyer for details.

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 Pinole, 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:

Happy Spring everyone! Finally this cold weather will move out.

A few housekeeping things:

If you have not renewed your membership, **please** do so. I do not want anyone to miss out on any new programming. If you are mailing in your membership please include a self addressed stamped envelope so we can send you an updated membership card.

Our mediation group has been such a huge success that we will soon be offering Reiki sessions at the center. \$15 for 15 min Reiki session. Please call the center if interested. We will also be offering AARP Safe Driving class on a April 21st from 12- 4.

We will be having our Easter Luncheon on Thursday, April 2nd. \$12pp. Please note the changes to our Senior Café. We will be offering lunch on Thursdays only. All meals will be catered by local restaurants.

Come down and join us for a delicious meal.

Looking forward to seeing more of you as the weather warms up.

As always stay safe!

Fondly,

Christine

Answer to Enigma:

“Prosperity is living easily and happily in the real world, whether you have money or not.” – Jerry Gellis

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center">-1-</p> <p>9:00—Meditation Group 9:30—Easter Craft Grp.—max 12pp \$5pp</p> <p>10:00 Exercise with Margaret 11:30— Zumba Gold 1:00 Stepless Step 1:00—Mahjong 2-4pm—Chair Massages-15 min sessions for \$15 sign up/payment required</p>	<p align="center">-2-</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— Body Mechanics and Adaptive Equipment -sign up at center</p>	<p align="center">-3-</p> <p align="center">GOOD FRIDAY Center will be closed</p>
<p align="center">-6-</p> <p>9:00—Gentle Mat/Wall Pilates NO CLASS 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold</p>	<p align="center">-7-</p> <p>9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS</p> <p>1:00—TRAVEL SHOWCASE _ Sunny Portugal with Porto trip—sign up at center</p>	<p align="center">-8-</p> <p>9:00—Meditation Group 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00 Stepless Step 1:00—Pinochle, set back. Poker, Bridge Club 1:00—Mahjong 1:00—THE TRAP –THE RHYMTHMIC ART PROJECT—sign up required</p>	<p align="center">-9-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture - NO CLASS</p> <p>1:00—Card Club 1:00 Chiropractic Care for Seniors with Dr. Kelly at Southern CT Chiropractic</p>	<p align="center">-10-</p> <p>9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 10-11:30—Blood Pressure Screenings— with Griffin Health</p> <p>11:30—Bingo</p>
<p align="center">-13-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Haircuts & Nails 10:00 Exercise with Margaret 11:30– Zumba Gold 1</p>	<p align="center">-14-</p> <p>9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS—</p> <p>1:30—Elderly Commission Meeting</p>	<p align="center">-15-</p> <p>9:00—Meditation Group 10:00 Exercise with Margaret 11:30– Zumba Gold 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 align="center">-16-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 10:30 -12—Memory Screenings—limited space sign up at center 1:00—DOWNSIZING & DECLUTTERING: RIGHTSIZING WITH PURPOSE</p> <p>1:00 Zentangle Art Class—Limited space—sign up at center</p>	<p align="center">-17-</p> <p>9:00—Latin Fusion– on hold 10:00—Exercise with Margaret 11:30—Birthday Bingo</p>
<p align="center">-20-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold</p>	<p align="center">-21-</p> <p>9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga– 10:30—TAI CHI CLASS</p> <p>12:00—4—AARP SAFE DRIVING CLASS—Sign up at the center</p>	<p align="center">-22-</p> <p>9:00—Meditation Group 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00 Stepless Step 1:00—Mahjong 1:00—LOTUS FLOWER LANTERN CRAFT WORKSHOP—\$6pp sign up required Max 30pp 1:00—TRAP –THE RHYMTHMIC ART PROJECT—sign up required</p>	<p align="center">-23-</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">-24 -</p> <p>9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 11:30—Bingo</p>
<p align="center">-27-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold</p>	<p align="center">-28-</p> <p>9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga– 10:30—TAI CHI CLASS</p>	<p align="center">-29-</p> <p>9:00—Meditation Group 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 align="center">-30-</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">-1-</p> <p>9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 11:30—Bingo</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 noon for the Thursday meal as no walk ins will be taken.



WHAT IS REIKI, YOU ASK?

Reiki is a Japanese energy healing technique used primarily to promote deep relaxation, reduce stress and anxiety, and alleviate physical pain. It aids in boosting the body's immune system, improving sleep quality, and managing emotional distress. It is safe for all ages.

KEY BENEFITS OF REIKI:

Stress and Anxiety Reduction: It is highly effective at inducing deep relaxation and calmness, which can help lower blood pressure and manage emotional stress.

Pain Management : Reiki assists in managing chronic pain conditions, such as migraines and sciatica, and helps ease discomfort following surgeries or injury.

Enhanced Well-Being: It is used to aid mental clarity, increase energy levels, and enhance emotional healing.

Support for Conventional Treatment: While not a cure, it is commonly used in hospital to reduce side effects of conventional treatments like chemotherapy, improving overall quality of life.

Improved Sleep: Regular sessions can help alleviate insomnia and improve sleep quality.

How it Works:

Reiki practitioners act as conduits for “universal life force energy” using light touch to balance client’s energy system and facilitate self-healing. It is non-invasive and generally considered a safe complementary practice.

Please watch the newsletter and email for start date to make your appointment.

APRIL LUNCH MENU

**April 2nd—Easter Lunch—
\$12pp**

**Ham, Parslied Potatoes,
Glazed Carrots &
Dessert**

April 9th

**Sausage & Peppers on a hard
roll
French fries & dessert**

April 16th

**BBQ Chicken, Macaroni &
Cheese, veggie & dessert**

April 23rd

**Porchetta Sandwiches
Salad & Dessert**

April 30th

**Lasagna, Ceasar Salad, Garlic
Bread & Dessert**

**All lunches are \$10 unless
Otherwise specified**

**All orders must be called in by
noon on Tuesday.**

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