



ANSONIA SENIOR SENTINEL

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



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@ansoniacct.gov

Jeff Coppola | Assistant Director

Phone: (203) 736-5933

Email: jcoppola@ansoniacct.gov

Tracey DeLibero & Pattie Pandolfi—

Main Office (203) 735-5933



WHAT'S HAPPENING

Elderly Commission Meeting

Tues., at 1:30pm

Commission meets 3rd

Tuesday of every month. **Off**

August

FREE Blood Pressure Clinic with Parish Nurses

Friday, August 14th -10:00 -

11:30 am -this clinic will be

held on the 2nd Friday of

every month

Hairdresser & Manicurist – Nails

-Monday, Aug 17th, 10:00 am.

Haircuts—Mon., Aug 31st—\$10

cash paid directly to stylist.

Appointment required.

Chair Massages—\$15 for 15 min sessions CASH MUST BE PAID

WHEN YOU MAKE APPOINTMENT

Wednesdays, Aug. 5th & 19th—

2-4pm—Appointment required

REIKI Sessions—\$15 for 15mins

Wednesdays 10am–12pm

Cash must be paid when you

make your appointment

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

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
9/11 Memorial Museum & Memorial	<i>Final Payment due by Oct. 5, 2026 \$124pp</i>	November 5, 2026
Branson Country Christmas & Veteran's Show at the Aqua Turf Club	<i>Final Payment due by Oct 15, 2026 \$139pp</i>	November 17, 2026
Christmas Charm in Massachusetts— Holiday Show at Steaming Tender Restau- rant follow by Bright Nights at Forest Park	<i>Final Payment due Nov. 2, 2026— \$165pp</i>	December 2, 2026
"A Very Soulful Christmas" Amazing Mo- town Christmas Show at the Log Cabin, Holyoke, MA	<i>Final Payment due Nov. 5, 2026— \$143pp</i>	December 8, 2026
All trips schedule to change if not enough interest **\$20 CASH deposit due on all day trips un- less 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	7			6				3
					1	2		
2		6		5	4			8
			1		5			
		8				4	1	
1				2			6	5
			7	8				
		5		4				7
7								3

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DIFFICULTY: ★★☆☆

Word Twist Answers

Smoothie Juice Kombucha Milk Tea Coffee Water Soda Seltzer Tonic

ENIGMA CRYPTOGRAM

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

"QNFUWBDVDZZ WZ O UWQL NQ YWUY
BOKCD, JDL WL SNZLZ VNLYWVU."

- HDLLJ ZEWLY

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E070

Lifelong Learning



5 Word Twist Beverages

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!



saoa _____
ltseerz _____
ticon _____
ewrat _____
cfeof _____
tae _____
jceui _____
ckouhamb _____
lmik _____
smohieot _____

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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 **10:30 am** on Tuesday prior to lunch. **NO WALK-INS**

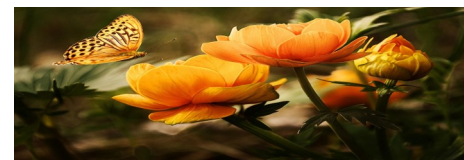
Other Information

- ♦ Looking for any “volunteers” who may be 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

- **Mahjong Class—Second Session—July 20th August 17th 1 pm** - current class is full
- **REIKI SESSIONS**—Wednesdays—10-12pm. \$15 for 15 mins—Payment due at sign up
- **Age Well: Thurs., No Class in August**
- **FREE 6 week Diabetes Self-management 1 hour Workshop—Tuesdays, July 7th—August 11th—10-11:30am**—This workshop will be small group sessions designed to learn about diabetes & prediabetes including: Healthy eating, foot care, low & high blood sugar, guidelines for when you are sick and tips for dealing with stress. Sponsored by NVHD—Sign up at the center. Class is limited to 8 members. Limited spots available
- **Mystery Wreath Class—Thursdays, August 6th & 13th, 10am—\$25 per wreath.** Each mystery kit will include a wreath board, decorative sign, matching deco mesh & coordinating ribbon. Each kit is different, so the design will be a surprise. Examples set

- up at the center. Call or stop by to sign up. Class limited to 10 pp each session.
- **Jukebox Bingo—Tuesday, August 11th at 1pm.** \$10 pp—Sign up at the center
- **Blood Pressure Clinic** - Fri., August 14th 10-11:30am—Walk ins welcome
- **Hancock Pharmacy Presentation—Wednesday, August 19th —11 am**—This presentation will discuss medication services offered as well as other services and offer a blood pressure clinic as well. Please sign up at the center.
- **Book Vase Craft with Laura - Wednesday, August 26th. 1pm - \$25** Class limited to 10 members. Come and learn how to make this very creative and beautiful “vase” out of a book. Example displayed at the center. Payment due a sign up.



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 Pinochle, 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



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

Answer to Enigma:

"Forgiveness is a gift of high value, yet it costs nothing."

- Betty Smith

A LETTER FROM THE DIRECTOR:

Hello All,

Thank you to everyone who joined us for another wonderful picnic. It was a great turnout with great food.

Please note that all city email addresses have switched from .org to .gov. Everything else remains the same.

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.

On October 10th, we are partnering with CT Comedy for Cash to host a Comedy Fundraiser at the center. Proceeds will support our drumming program and the Christmas party. Tickets will be on sale soon, and attendance is limited to 120 people. We will be looking for committee volunteers and raffle prizes. More information will follow, but please save the date.

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3- 9:00—Gentle Mat/Wall Pilates No Class 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong Class	-4- 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS	-5- 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 req. 2-4pm—Chair Massages	-6- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture No Class 10:00—MYSTERY WREATH CLASS—\$25 Max 10 members- Sign up at center 1:00—Card Club 1:30—Age Well—no class	-7- 9:00—Latin Fusion— on hold 10:00—Exercise with Margaret
-10- 9:00—Gentle Mat/Wall Pilates No Class 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong Class	-11- 9:00 Strength Training— No Class 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—Tai Chi Class 1pm—JUKEBOX BINGO—\$10pp sign up at the center	12- 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	-13- 9:00 - Strength Training— No Class 10:00—Chair Yoga 10:00—Poise & Posture No Class 10:00—MYSTERY WREATH CLASS—\$25 Max 10 members- Sign up at center 1:00—Card Club	-14- 9:00—Latin Fusion— on hold 10:00—Exercise with Margaret 10-11:30—Blood Pressure Screenings— with Griffin Health 11:30—Bingo
-17- 9:00—Gentle Mat/Wall Pilates— 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10:00 Nails only 11:30— Zumba Gold 1:00—Mahjong Class	-18- 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—off for the summer	-19- 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	-20- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture— 1:00—Card Club	-21- 9:00—Latin Fusion— RESTART 10:00—Exercise with Margaret 11:30—Bingo
-24- 9:00—Gentle Mat/Wall Pilates— 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Mahjong Class	-25- 9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS	-26- 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 Book Vase Project with Laura—Max 10 members \$25 Sign up and payment required 1:00—TRAP -THE RHYMTHMIC ART PROJECT	-27- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture— 1:00—Card Club 1:00—Pinochle group	-28 - 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Bingo
-31- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00—Haircuts only 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	-2- 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	-3- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group	-4- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Bingo

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 no later than 10:30 am on Tuesday for the Thursday meal as no walk ins will be taken.

ARTICLE OF THE MONTH:



AUGUST LUNCH MENU

August 6th

**Roast Beef w/ gravy
Mashed potatoes, green beans,
roll &
Dessert**

August 13th

**Porchetta, roasted potatoes,
veggies, roll
& dessert**

August 20th

**Chicken Francese, rice, veggies,
roll
& dessert**

August 27th—End of the Summer

Fish Fry—\$15pp

**Fried Fish Filet, Macaroni &
Cheese, Cole Slaw, roll
& Dessert**

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

**All orders must be reserved and
paid for by 10:30 am on Tuesday.
No Walk-ins**

The Art of Saying No Without the Guilt

Most of us want to be helpful. We want to support our friends, say yes to family, and step up when our community asks for something. But too often, this leads to a schedule packed with commitments that can leave us feeling tired and stretched thin. Learning to say no, kindly and without guilt, is one of the most important skills for living with intention.

Why Saying No Feels So Hard

Saying yes often feels easier in the moment. We don't want to disappoint people or seem unkind. Sometimes we fear that saying no might make us look selfish. But in reality, saying no is not a rejection of the person. It is a way of protecting your time and honoring the priorities that matter most to you.

The Cost of Always Saying Yes

Every time you agree to something, you are also saying no to something else. When you agree to another committee, another dinner, or another favor, you might be saying no to rest, to time with your family, or to caring for your own health. Over time, too many yeses can leave you burned out and resentful.

How to Say No with Kindness

The good news is that saying no doesn't have to be harsh. It can be respectful, gentle, and clear. Here are a few simple approaches:

- **Be honest but brief.** You don't need to give a long explanation. A simple "I can't commit to that right now" is enough.

- **Offer gratitude.** Thank the person for thinking of you, even if you cannot help. "I appreciate you asking me, but I need to pass this time."
- **Suggest an alternative.** If you truly want to help but cannot commit in the way requested, suggest an alternative option. "I can't attend the event, but I'd be happy to share it with friends."
- **Practice confidence.** The more you practice saying no, the easier it becomes. A calm and kind tone goes a long way.

A Different Way of Looking at No

Think of saying no as making space for a better yes. Every no opens the door to more energy, more focus, and more presence in the areas that matter most. When you decline an invitation or step back from a task, you are choosing to protect your priorities. That is not selfish; it's intentional.

Moving Forward Without Guilt

It takes time to let go of the guilt that sometimes follows a no. When it shows up, remind yourself that you are not rejecting a person — you are simply setting a boundary. Healthy boundaries allow us to give more fully and joyfully when we do say yes.

Living with intention means choosing where your time and energy go. Saying no kindly, and without guilt, is one of the best gifts you can give to yourself and the people you love.

Ansonia Senior Center
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