



# ANSONIA SENIOR SENTINEL

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



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**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

Email: jcoppola@ansoniac.org

**Tracey DeLibero & Pattie Pandolfi**—

Main Office



## **WHAT'S HAPPENING**

### **Elderly Commission Meeting**

Tues., Feb. 17th at 1:30pm

Commission meets 3rd Tuesday of every month.

### **FREE Blood Pressure Clinic with Parish Nurses**

Friday, Feb 13th—10:00 - 11:30 am - *this clinic will be held on the 2nd Friday of every month* **No BP's this month**

**Hairdresser & Manicurist** – Monday, Jan. 12th—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, Feb. 4th & 18th—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 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.



## 2026 TRIP SCHEDULE

"An Irish Celebration" with Dee Reilly & her band—Log Cabin, Holyoke, MA	<i>Final Payment due Feb. 6, 2026 \$133 pp</i>	March 10, 2026
Tropicana Atlantic City—3 days/2 nights . 2 Shows & \$100 back in value	<i>\$50 cash deposit due at sign up \$345pp dbl, \$335 tpl, \$445 sgl Final pmt due Feb. 26, 2026</i>	March 30 –April 1, 2026
The Bobby Darin & Frank Sinatra Show—A Villa Louisa, Bolton, CT	<i>Final Payment due March 20, 2026 \$132pp</i>	April 21, 2026
BEE GEES _ The Ultimate Tribute—Aqua Turf Club	<i>Final Payment due April 13, 2026</i>	May 14, 2026
Niagara Falls, Canada—3 day tour—June 28-30th	<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</i>	July 16, 2026
Elton John Tribute Show w/ Twin Lobsters or Prime Rib at the Log Cabin, Holyoke, MA	<i>Final Payment Due July 8, 2026</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
<b>**All trips schedule to change if not enough interest** **\$20 CASH deposit due on all day trips unless other amount specified **</b>	<b>Transportation for seniors provided by Valley Transit District. Call VTD at 203-735-6408 for information or to schedule a pick up.</b>	



# CAN YOU SOLVE IT?

## Sudoku

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

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

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DIFFICULTY: ★★☆☆

**Word Twist Answers**

Adoration Affection Flowers Romance Cupid Heart Sweetheart February Kiss Chocolate

# Lifelong Learning



## ENIGMA CRYPTOGRAM

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

"ZVT OATEZTJZ OWNAF BJ LNZ BL  
LTQTA GEBWBLO, RXZ BL ABJBLO XM  
TQTAF ZBST CT GEWW."

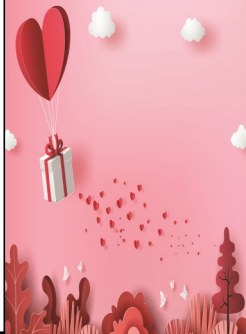
- PNLGXPBXJ

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## 5 Word Twist Valentine's Day

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!



Eacnmor \_\_\_\_\_  
Pdicu \_\_\_\_\_  
Thrae \_\_\_\_\_  
Erslwo \_\_\_\_\_  
Ocaohletc \_\_\_\_\_  
Terewhtsae \_\_\_\_\_  
Tenfcioaf \_\_\_\_\_  
Skis \_\_\_\_\_  
Aerfyubr \_\_\_\_\_  
Ndiatoora \_\_\_\_\_

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Ansonia Senior Center, Ansonia, CT

06-5393

## ANNOUNCEMENTS

- **Snow Policy**—The Senior Center follows the Ansonia School System for delays and closures. You may receive a Robo call for specific groups if instructor is unavailable. If your group starts at 10 and there is a 2 hr. delay there will be class.
- **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 **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

- **Healthy Brain Series**—Join us for a **FREE 5 part Series** running **Mondays, Fe. 2nd—March 9th from 1-2pm.** Each week covering a different topic. Presented by Julie Ramia, Dementia Specialist with Hartford Healthcare. Sign up at the center **\*\*Participants are encouraged to attend all 5 sessions**
- **Living Healthy with Pre-Diabetes & Diabetes**—**FREE 6 week program** Starting Feb 2nd—March 16th—1:30—3pm. Presented by Carolyn Gundell, Diabetes Care & Education Specialist at Griffin Health Services. Limited seating. Sign up at the center
- **Chronic Pain Workshop - Free weekly 2.5 hr. workshop that will be held for 6 weeks beginning on Jan13th—Feb 17th from 1:30—4pm.** Class limited to 16 people—**CLASS FULL** Sponsored by NVHD
- **Valentine Angel Craft**—Wed., Feb 4th—9:30am. Class limited to 20ppl
- **\$5 pp—Sign up at the center**
- **Chair Massage**—Wednesdays, Feb. 4th - & 18th—2-4pm. \$15 for 15 mins. Payment must be made at time of registration
- **Age Well:** Thurs., Feb. 5th 1:00pm  
Topic: TBA
- **The TRAP—The Rhythmic Art Project**—Wednesday, Feb. 11th & 25th.—1pm. This is an exhilarating class based on drumming. This program will aid in concentration, memory, range of motion, dexterity and most importantly laughter and enjoyment! Class is limited to 10 members. Please call for availability.
- **Blood Pressure Clinic** with NVHD Fri., Feb. 6th 10-11:30am—Walk ins welcome
- **ZENTANGLE ART CLASS**—Thurs., Feb 12th 1pm. Limited seating. Please sign up at the center

## 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. 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.
- **REMINDER: WE WILL BE CLOSED ON Feb. 16th in observance of President's day**
- 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 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



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

## Answer to Enigma:

"The greatest glory is not in never falling, but in rising up  
every time we fall." — Confucius

## A LETTER FROM THE DIRECTOR:

I hope that everyone enjoyed the holidays and the brief January thaw that we had!  
Just a reminder that membership renewals were due in January. Please renew your membership if you haven't already done so. I do not want anyone to miss out on any new programming.  
Unfortunately, it is that time of year again, where I must remind you all that your health and the health of all of the members is very important.  
I know that there has been an increase of Flu, Covid and respiratory viruses going around. I am asking that if you are experiencing any symptoms please stay home. All of these illness can be more difficult on the elderly even if you are otherwise very healthy and do not have any major health conditions. I want to keep everyone as healthy as possible!  
There are a few new programs in February so please check the calendar and if you have a program idea that you would like to see please stop in and let me know.

As always stay safe!

Fondly,

*Christine*



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-2-</b> 9:00—Gentle Mat/ Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold <b>1:00—Healthy Brain Series—Sign up at center</b> <b>1:30— Living Healthy with Pre- Diabetes and Diabetes—sign up required</b>	<b>-3-</b> 9:00 Strength Training <b>9:00—Meditation Group</b> 10:00—Gentle Yoga 10:00—Sewing group— <b>on hold</b> 10:30—TAI CHI CLASS <b>1:30—3—Chronic Pain Management class</b>	<b>-4-</b> <b>9:30— Angel Craft—\$5— Sign up at the center</b> 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker, Bridge Club 1:00—Mahjong <b>2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required</b>	<b>-5-</b> 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group  <b>1:30 Age Well Program—Topic—TBA sign up at center</b>	<b>-6-</b> 9:00—Latin Fusion 10:00—Exercise with Margaret <b>10—11:30—Blood Pressure Screening with NVHD</b>  11:30—Bingo
<b>-9-</b> 9:00—Gentle Mat/ Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold <b>1:00—Healthy Brain Series—Sign up at center</b> <b>1:30— Living Healthy with Pre- Diabetes and Diabetes—sign up required</b>	<b>-10-</b> 9:00 Strength Training <b>9:00—Meditation Group</b> 10:00—Gentle Yoga 10:00—Sewing group— <b>on hold</b> 10:30—TAI CHI CLASS <b>1:30—3—Chronic Pain Management class</b>	<b>-11-</b> 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker, Bridge Club 1:00—Mahjong <b>1:00—THE TRAP –THE RHYTHMIC ART PROJECT—sign up required</b>	<b>-12-</b> 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group <b>1:00 Zentangle Art Group—limited seating—sign up at the center</b>	<b>-13-</b> 9:00—Latin Fusion 10:00—Exercise with Margaret <b>10-12—Blood Pressure Screenings—not this month</b>  11:30—Bingo
<b>-16-</b> <b>CENTER CLOSED</b> 	<b>- 17-</b> 9:00 Strength Training <b>9:00—Meditation Group</b> 10:00—Gentle Yoga 10:00—Sewing group— <b>on hold</b> 10:30—TAI CHI CLASS— <b>NO CLASS</b> <b>1:30—3—Chronic Pain Management class</b>  <b>1:30—Elderly Commission Meeting</b>	<b>- 18-</b> 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong <b>2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required</b>	<b>- 19-</b> 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group	<b>-20-</b> 9:00—Latin Fusion 10:00—Exercise with Margaret  11:30—Birthday Bingo
<b>- 23-</b> 9:00—Gentle Mat/ Wall Pilates 9:30—Knit & Crochet Club <b>10:00 Haircuts &amp; Nails</b> 10:00 Exercise with Margaret 11:30— Zumba Gold <b>1:00—Healthy Brain Series—Sign up at center</b> <b>1:30— Living Healthy with Pre- Diabetes and Diabetes—sign up required</b>	<b>- 24-</b> 9:00 -Strength Training <b>9:00—Meditation Group</b> 10:00—Gentle Yoga— 10:00—Sewing group— <b>on hold</b> 10:30—TAI CHI CLASS	<b>-25-</b> 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong <b>1:00—THE TRAP –THE RHYTHMIC ART PROJECT—sign up required</b>	<b>-26-</b> 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group	<b>-27-</b> 9:00—Latin Fusion— 10:00—Exercise with Margaret  11:30—Bingo with a Special Guest Caller

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3- Stuffed Peppers Rice veggie Soup/Salad Dessert	-4-	-5- Meatloaf Mashed Potatoes Veggie Soup/salad Dessert	- 6-
- 9-	-10- Eye of the Round Mashed Red Potato Veggie Soup/salad Dessert	-11-	-12- Sausage & Broccoli Cavatelli veggie Soup/Salad Dessert	- 13-
- 16- CENTER CLOSED 	-17- Chicken Marsala Mashed potato Veggie Soup/Salad Dessert	- 18-	-19- Sausage with Peppers and Onions Rice Veggie Soup/Salad Dessert	- 20-
-23-	-24- Stuffed Shells Meatballs Veggie Soup/Salad Dessert	- 25-	-26- Tuscan Chicken Rice Veggie Soup Dessert	-27-
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#### MEAL SIGN UP

**ANSONIA SENIOR CAFÉ MEALS on TUESDAYS & THURSDAYS at 12 Noon—\$10 pp**  
**You must sign up for meals - No walk ins.**  
**Substitutions be needed depending upon availability of food**



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