



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

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Jeff Coppola | Assistant Director

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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 July & August

FREE Blood Pressure Clinic with Parish Nurses

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

Hairdresser & Manicurist –

Monday, July 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, July 1st & 15th—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

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
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 Restaurant follow by Bright Nights at Forest Park	<i>Final Payment due Nov. 2, 2026— \$165pp</i>	December 2, 2026
"A Very Soulful Christmas" Amazing Motown Christmas Show at the Log Cabin, Holyoke, MA	<i>Final Payment due Nov. 5, 2026— \$143pp</i>	December 8, 2026
<i>**All trips schedule to change if not enough interest** **\$20 CASH deposit due on all day trips unless other amount specified **</i>	<i>Transportation for seniors provided by Valley Transit District. Call VTD at 203-735-6408 for information or to schedule a pick up.</i>	

CAN YOU SOLVE IT?

Sudoku

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

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

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DIFFICULTY: ★★☆☆

Word Twist Road Trip

Answers

Radio, Books, Audio Books, Music, Snacks, Map, Travel, Pillow, Suitcase

Lifelong Learning



ENIGMA CRYPTOGRAM

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

"H MU FY ADLYSPMN UQTU JM TNM
THH SLYTLM. SU JSHH MKBHTSL FY
UD MTAQ DUQMN; SU JSHH FLNSPPHM
ITLX NSPPHMY..." - ITNW UJTSL

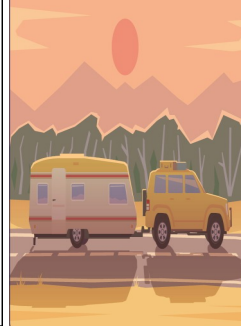
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E071

Word Twist Road Trip

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!



kssnac _____
tvelra _____
pma _____
simuc _____
piowll _____
suiaetc _____
drosa _____
oksbo _____
ksauboodio _____
dirao _____

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

Other Program Information

- ♦ We will be offering Reiki—\$15 for \$15 mins. Reiki Sessions will be offered Wednesdays—10 -12pm. Payment due upon sign up
- ♦ Chair Massages—May 6th & 20th. \$15 for 15 mins. Sign up at center. Payment due at sign up
- ♦ The TRAP—The Rhythmic Art Project—Wednesdays—1pm starting in June. 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 12pp members. Please call for availability.

CLASSES & SEMINARS

- **Mahjong Class—First Session—June 1st—July 6th. 1 pm** (Second session—July 20—Aug. 17th—1pm -current classes are full with those who have already signed up for the first two sessions.
- **REIKI SESSIONS**—Wednesdays—10-12pm. \$15 for 15 mins—Payment due at sign up
- **Age Well: Thurs., July 2nd 1:30pm Topic: Are You Hearing Aware?** A discussion with Willa Horowitz, Au.D., audiologist/owner of Acuity Hearing Solutions, LLC Are you worried about your hearing? Do you notice yourself missing parts of conversations or reading lips? This workshop is for you. Sign up at the center
- **FREE 6 week Diabetes Self-management 1 hour Workshop—Tuesdays, July 7th—August 4th—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
- **ARRAY Rx Prescription Drug Discount Card Program**—Please join State of CT Comptroller Sean Scanlon for an engaging conversation about Connecticut's digital prescription drug discount card program. Sign up at the center.
- **Blood Pressure Clinic** - Fri., July 10th 10-11:30am—Walk ins welcome
- **Watercolor Flower Cards**—Wednesday, July 15th, 1pm limited to 15pp, Cost \$5pp. Sign up at the center
- **Captioncall— If you have loss and need captioned telephone service to use the phone effectively, you are eligible for this no-cost federally funded service.**Come learn about true no-cost telephone - Thursday, July 23rd, 1pm—Sign up at the center.
- Center will be closed on **FRIDAY, JULY 3rd** in observance of the **July 4th holiday.**



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, 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



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

Answer to Enigma:

“Let us consider that we are all insane. It will explain us to each other; it will unridle many riddles.” — Mark Twain

A LETTER FROM THE DIRECTOR:

Hello All! Happy Summer!

Over the past few months, I have noticed that several of the games we provide for use at the center have gone missing. We purchase these items, such as Scrabble and Rummikub, specifically for our members to enjoy with friends while visiting the center.

If you “borrowed” any of these games, please return them to the library as soon as possible. No further action will be taken once they are returned. Additionally, if anyone knows who may have these items, please encourage them to return them to the library. Thank you for your cooperation in helping us keep these resources available for everyone.

We are excited to announce a picnic celebrating our country’s 250th Anniversary on July 16th and 11:30 am. Lunch will be provided by Frankie’s Hot Dogs. The cost is \$15 pp, and payment is required at time of sign-up. Additionally, we will be raffling off a beautiful handmade patriotic quilt, so please stop by and purchase your tickets.

We had such overwhelming interest in our Mahjong class that we will be splitting the group into two 6 week sessions with the first starting in June. This will help to eliminate a long wait list.

As always stay safe!

Fondly,
Christine

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Ansonia Senior Center, Ansonia, CT

06-5393

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1- 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	-2- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:30—Age Well—Topic: Are You Hearing Aware? —Sign up at the center	-3- CENTER CLOSED IN OBSERVANCE OF FOURTH OF JULY 
-6- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00—Mahjong Class	-7- 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS 11:00 _ Diabetes Self-Management Wkshp— Limited to 8 people	-8- 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	-9- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club	-10- 9:00—Latin Fusion— on hold 10:00—Exercise with Margaret 10-11:30—Blood Pressure Screenings—with Griffin Health 11:30—Bingo
-13- 9:00—Gentle Mat/Wall Pilates— No Class 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10:00 Haircuts & Nails 11:30– Zumba Gold 1:00—Mahjong Class	-14- 9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS 11:00 _ Diabetes Self-Management Wkshp —Limited to 8 people 1:30—Elderly Commission Meeting— off for the summer	-15- 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 1:00—Watercolor Flower Card Class— 15ppl max—sign up at center \$5pp 2-4pm—Chair Massages	-16- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture— No Class 12:00 -250th Celebration Picnic with Frankies Hot dogs- \$15pp -Sign up & pay by July 8th—No Walk ins 1:00—Card Club 1:00 Array Rx Prescription Drug Discount Card Program presented by Comptroller Sean Scanlon—Sign up at center	-17- 9:00—Latin Fusion— on hold 10:00—Exercise with Margaret 11:30—Bingo
-20- 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	-21- 9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga— 10:30—TAI CHI CLASS 11:00 _ Diabetes Self-Management Wkshp— Limited to 8 people	-22- 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	-23- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture— No class 1:00—Card Club 1:00—Pinochle group 1:00 CaptionCall workshop—No cost telephone captioning service—Sign up at the center	-24 - 9:00—Latin Fusion— on hold 10:00—Exercise with Margaret 11:30—Bingo
-27- 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	-28- 9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga— 10:30—TAI CHI CLASS 11:00 _ Diabetes Self-Management Wkshp— Limited to 8 people	-29- 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	-30- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture— No class 1:00—Card Club 1:00—Pinochle group	-31- 9:00—Latin Fusion— on hold 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 by Tuesday at
10:30 am for the Thursday meal
as no walk ins will be taken.**

JULY LUNCH MENU

July 2nd

**Eggplant Parm
Salad, Italian bread &
Dessert**

July 9th

**Chicken Parm, ziti, salad, roll
& dessert**

**July 16th—250th Anniversary of
USA picnic with Frankies Hot
Dogs—\$15pp**

**Hot dogs, hamburgers, potato
salad, baked beans
& dessert**

July 23th

**Cavetelli, Broccoli Rabe, Sausage,
salad, bread
& Dessert**

July 30th

**Grinders: Ham, Turkey or Roast
beef with Cheese, toppings: let-
tuce, tomato, mayo, mustard,
pickle, chips & Dessert**

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

**All orders must be called in by
10:30 am on Tuesday.**

ARTICLE OF THE MONTH:



Small Life Moves That Yield Big Results

It's easy to think we need to make huge, sweeping changes when we're examining our lives. We tell ourselves we'll start exercising every day, clean out the entire house, or completely overhaul our habits overnight. But often, it's the small, steady moves that make the biggest difference over time.

A few thoughtful adjustments to your daily routine can lead to noticeable improvements in how you feel, how your relationships grow, and how much joy you find in everyday life. Here are a few simple ideas to consider:

1. Start the Day with Gratitude

Before you even get out of bed in the morning, think of three things you're grateful for. They don't have to be big things; maybe it's the sunshine coming through the window, a phone call with a friend, or even just the smell of freshly brewed coffee. Starting the day on a positive note sets the tone for everything that follows.

2. Move a Little More

You don't have to join a gym or run a marathon to benefit from physical activity. Simple actions like stretching when you wake up, taking a short walk after lunch, or dancing to your favorite song in the kitchen can boost your mood, improve balance, and support your overall health.

3. Make One Friendly Connection a Day

Reach out to someone, a neighbor, friend, or family member, each day. It could be a quick text, a phone call, or a wave across the street. Regular connections, no matter how small, help strengthen relationships and remind us we're not alone.

4. Tidy One Spot

Instead of tackling the whole house at once, pick one small area to tidy each day. It might be a kitchen drawer, a bedside table, or the corner of the living room. Little by little, you'll feel more organized and less overwhelmed.

5. Pause for a Moment of Calm

Take a minute each day to sit quietly, breathe deeply, and simply be present. It can be during your morning coffee, on the porch at sunset, or right before bed. This tiny habit helps reduce stress and refocus your thoughts.

Remember: Big changes don't happen overnight, but small moves made regularly can truly add up — bringing more peace, energy, and happiness to your life.

Ansonia Senior Center
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