



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

Phone: (203) 736-5933

Email: csonsini@ansoniac.org

Jeff Coppola | Assistant Director

Phone: (203) 736-5933

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Tracey DeLiberio & Pattie Pandolfi—

Main Office



WHAT'S HAPPENING

Elderly Commission Meeting

Tuesday, May 20th— 1:30pm

Commission meets 3rd Tuesday
of every month

FREE Blood Pressure Clinic with Parish Nurses

Friday, May 9th —10:00 - 12 pm -

*this clinic will be held on the 2nd
Friday of every month*

Hairdresser & Manicurist –

Monday, May 19th— 10:00 am. \$10
cash paid directly to stylist.
Appointment required.

Chair Massages—\$15 for 15

min sessions. Cash paid to
therapist Wednesdays, May 7th
& 21st—2-4pm—Appointment
required

Membership Information

Ansonia Residents—\$10/yr.

Non-Ansonia Residents—\$15/yr.

**Membership renewals were due
Jan 2025 if you have not
renewed your membership you
will no longer receive a
newsletter**

TRIP NEWS

UPCOMING LONG TRIPS FOR 2025

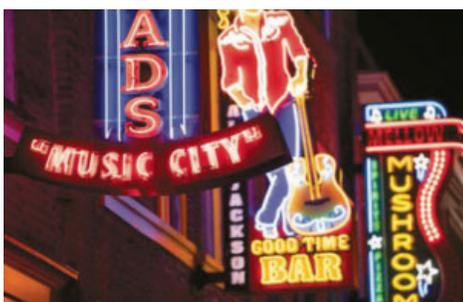
Royal Caribbean Liberty Of the Seas Cruise—August 21– August 30, 2025

Painted Canyons of the West—September 2-10, 2025

Southern Italy & Sicily—November 7-19, 2025

Spain’s Costa del Sol & Madrid—TBA

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

“Noah” at The Sight & Sound Theatre—Lancaster, PA—3 day Tour— only 5 spots available	<i>Registration due May 8th, 2025—\$569pp/dbl—\$100 deposit due at sign up , insurance extra</i>	June 3-5, 2025
James Taylor Tribute band—The Log Cabin—Holyoke, MA—Twin Lobsters or Prime Rib	<i>Registration due June 15th, 2025—\$140pp</i>	Tues., July 15, 2025
“Ticket to Ride” Beatles Tribute Band—The Log Cabin– Holyoke, MA—Twin Lobsters or Prime Rib	<i>Registration due June 15th, 2025—\$140pp</i>	Wed., July 16, 2025
Neil Diamond Tribute with Band at the Log Cabin	<i>Registration due July 5th, 2025</i>	Tuesday, August 15, 2025
Carole’s Kings Featuring the music of BEAUTIFUL—Aqua Turf	<i>Registration due July 17, 2025—\$134pp</i>	Tues., August 19, 2025
Lake George & Saratoga Raceway –2 day package	<i>Registration due July 28, 2025</i>	August 27 & 28, 2025
Essex Steam Train and Riverboat with lunch aboard restored 1920’s Pullman Diner Car	<i>Registration due August 7, 2025 - \$159pp</i>	September 4, 2025
Margaritaville on Cape Cod—BRAND NEW Resort w/ Beach Boys & Doo Wop Tribute Shows—3 day tour—Hyannis, MA	<i>Registration due Aug. 11, 2025—\$599pp/dbl, \$75 deposit at Sign up Insurance extra \$39 at sign up</i>	Sept., 22-24, 2025
The Corvettes Doo Wop Revue—La Bella Vista	<i>Registration due September 15, 2025—\$138pp</i>	October 15, 2025
Tropicana Atlantic City with The Edward Twins & Donna Summer Tribute with Band. Three shows & \$100 back in value	<i>Registration due September 26, 2025—\$349pp/dbl, \$339pp/triple, \$469 sgl—\$39 trip insurance</i>	October 28-30, 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.

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

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Word Twist

Answers: Brunch, Hugs, Jewelry, Cabbages, Family, Care, Gifts, Photos, Kisses, Flowers, Family, Gifts

Lifelong Learning



ENIGMA™
CRYPTOGRAM

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

"MLH QNMDOGMH WHSQTDMJ DW
JZQT QRCHTWMGRCDRP ZI
THGNMJ."

- L. WMGRNHJ BQCC

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Word Twist

Mother'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!

- nbrhuc _____ rswolf _____
- tsqfi _____ enwyije _____
- sskise _____ arce _____
- sguh _____ lymifa _____
- othosp _____ elrceetab _____

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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. They are available at the center for pickup if needed. We will also be including an insert that will show you how to log on and request the newsletter be sent directly to your email from the company. This will be emailed to you within a day of submission to the publisher from the senior center.
- 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.
- 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

Meal Information

Ansonia Senior Café will be offered at **MUNCH EATERY** on **MONDAYS at 11:30am** until we reopen. Cost \$5

Registration & payment will be needed the by 11am on the Friday before.
Meals need to be paid in advance of the meal to assure proper headcount. No walk-ins.
Call the center for menu.

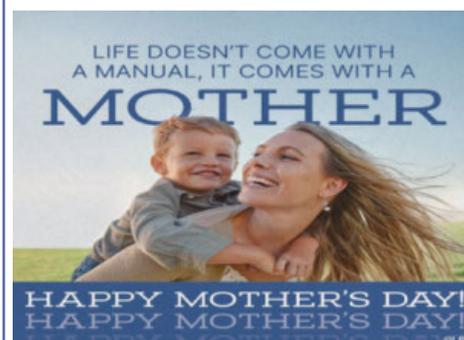


CLASSES & SEMINARS

- ◆ **Matter of Balance Class**— 8 week class provided by NVHD. Tuesdays April 1st—May 20th 1:30pm—3:30pm Registration required (Armory) Class Full
- ◆ **Age well Series. Topic:—** “Uncovering the Mystery of Processed Foods” May 1st, 1:30pm. Registration required. (Armory)
- ◆ **Chair Massage**— Wednesdays, May 7th & May 21st 2-4pm
- ◆ **Mother’s Day Luncheon**— Thursday, May 8th 12pm Cost:\$10. Must sign up and pay—no walk-ins
- ◆ **Zentangle 3 part Art Class**— May 8th, 15th & 22nd 1pm \$5 Class limited to 15 members Registration & Payment required
- ◆ **Painting Class sponsored by Oak Street Health**—Wednesday, May 14th, 1pm. Learn how to paint or

refresh your skills with this fun workshop. Registration required.

- ◆ **Electric Rate Presentation**—by Art Marcelynas—Tuesday, May 20th, 1pm Bring your electric bill and see how you can get the lowest rate available.
- ◆ **Long Covid Presentation by Naugatuck Valley Health District**—Thursday, May 29th—1pm. Please sign up at center



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 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 truly appreciate your



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
- When renewing your

membership please update any information needed

- (i.e. phone numbers, emergency contact, email, etc.) Thank you.



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

A LETTER FROM THE DIRECTOR

HAPPY SPRING!!

I want to thank you all for your patience while we relocated programs to other venues. The community really rallied around us, offering alternate spaces for us to use so we could continue to provide programs for you. Please support Munch Eatery for lunch, a quick cup of coffee and a muffin or 1 of the many events that they host. We are working with the company to get the reconstruction of our space completed as quickly as possible and we will continue to keep you all in the loop. We are currently able to work out of our office with normal hours except on Friday when we close the office around 10am to oversee Bingo at Holy Rosary. Secondly, please program 1-855-619-4185 into your phones as this is the Robocall line for program changes and cancellations. If you program it into your phone it will not show up as spam.

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

Exciting news: We will still be hosting—MEET THE AUTHORS Event on Saturday, March 29th from 10-4pm. The event has been moved to the armory. There will be 45+ local authors here covering all different genres. This is open to the public. Hope you all can come!!

Fondly,
Christine

Answer to Enigma:

"Happiness will never come to those who fail to appreciate what they already have." — Author Unknown



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE NOTE THAT ALL PROGRAMS WILL BE HELD AT THE CURRENT SITES (MUNCH EATERY, ANSONIA ARMORY & HOLY ROSARY) UNTIL WE ARE ABLE TO REOPEN</p>	<p>Everyone will receive a robo call when we are able to reopen—please make sure that number is in your phone otherwise it will show up as spam.</p>		<p>-1- 9:00 -Strength Training w/ Bobbi 10:00—Chair Yoga 10—Poise & Posture 1:30 AGE WELL SERIES—TOPIC—“Uncovering the Mystery of Processed Foods” sign up at the center</p>	<p>-2- 9:00—Latin Fusion— 11:30—Bingo</p>
<p>-5- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:30—Line Dancing</p>	<p>-6- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—3:30—MATTER OF BALANCE CLASS—Registration required—limited to 12 people 8 week class Class Full</p>	<p>-7- 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker 2-4pm—Chair Massages – 15 min sessions for \$15 sign up required -ON HOLD UNTIL WE REOPEN</p>	<p>-8- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00 ZENTANGLE 3-Week SERIES—class limited to 15—Sign up required</p>	<p>-9- 9:00—Latin Fusion— 10-12—Blood Pressure Screenings 11:30—Bingo</p>
<p>-12- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:30—Line Dancing</p>	<p>-13- 9:00 Strength Training— 10:00—Gentle Yoga 10:00—Sewing group 1:30—3:30—MATTER OF BALANCE CLASS—Registration required—limited to 12 people 8 week class Class Full</p>	<p>-14- 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00- PAINTING CLASS- Sponsored by Oak St Health Center—Sign up required.</p>	<p>-15- 9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00 ZENTANGLE 3-Week SERIES—class limited to 15—Sign up required</p>	<p>-16- 9:00—Latin Fusion 11:30—Bingo</p>
<p>-19- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10:00—Haircuts & Nail Boutique- Sign up required—on hold until we reopen 11:30— Zumba Gold 1:30—Line Dancing</p>	<p>-20- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—3:30—MATTER OF BALANCE CLASS—Registration required 1:00 Electric Rate Presentation—bring your electric bill—sign up at center 1:30—Elderly Commission Meeting</p>	<p>-21- 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker 2-4pm—Chair Massages – 15 min sessions for \$15 sign up required -ON HOLD UNTIL WE REOPEN</p>	<p>-22- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00 ZENTANGLE 3-Week SERIES—class limited to 15—Sign up required</p>	<p>-23- 9:00—Latin Fusion 11:30—Bingo</p>
<p>-26- CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY </p>	<p>-27- 9:00 -Strength Training 10:00—Gentle Yoga 11:00—3:00PM SENIOR SPRING FLING HEALTH & WELLNESS FAIR</p>	<p>-28- 10:00 Exercise with Margaret 11:30— Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, Poker</p>	<p>-29- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—LONG COVID PRESENTATION by NVHD—Sign up at the center</p>	<p>-30- 9:00—Latin Fusion 11:30—Bingo</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>***THIS MENU IS IN EFFECT ONLY WHEN WE REOPEN***</p>	<p>--</p>	<p>--</p>	<p>-1- Vegetable Lasagna Soup/salad Bread Dessert</p>	<p>- 2-</p>
<p>- 5-</p>	<p>-6- Chicken Parmesan Linguine Veggie Soup/salad Bread Dessert</p>	<p>-7-</p>	<p>-8- Mother's Day Luncheon Pork Loin Sweet potato Veggie Soup/salad Dessert</p>	<p>- 9-</p>
<p>- 12-</p>	<p>-13- Grilled Chicken Ceasar Salad Bread Dessert</p>	<p>- 14-</p>	<p>-15- Shrimp Florentine over linguine veggie Soup/salad Bread Dessert</p>	<p>- 16-</p>
<p>-19-</p>	<p>-20- BBQ Boneless Chicken Thighs Collard greens Rice Soup/salad Dessert</p>	<p>- 21-</p>	<p>-22- Roast Beef Mashed Potato veggie Soup/Salad Bread Dessert</p>	<p>-24-</p>
<p>-26-</p>	<p>-27- Meat Lasagna Veggie Bread Soup/Salad Dessert</p>	<p>-28-</p>	<p>-29- Meatloaf Mashed Potatoes Veggie Salad Fruit Dessert</p>	<p>-30-</p>

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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