



# 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](mailto:csonsini@ansoniac.org)

**Jeff Coppola** | Assistant Director

Phone: (203) 736-5933

Email: [jcoppola@ansoniac.org](mailto:jcoppola@ansoniac.org)

**Tracey DeLibero & Pattie Pandolfi**—

Main Office



## WHAT'S HAPPENING

### **Elderly Commission Meeting**

**Tues., May 19th at 1:30pm**

**Commission meets 3rd Tuesday of every month.**

**FREE Blood Pressure Clinic with Parish Nurses**

**Friday, May 8th -10:00 - 11:30 am**

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

**Hairdresser & Manicurist –**

**Monday, May 18th 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, May 6th & 20th—2-4pm—Appointment required**

**REIKI Sessions—\$15 for 15mins Wednesdays 10am–12pm Cash must be paid when you make your appointment**

## UPCOMING LONG TRIPS FOR 2026 and 2027

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

Spotlight on Northern Italy—September 23—October 1, 2027

**\*\*\*MEMBERSHIP NOT REQUIRED FOR COLLETTE TRAVEL TRIPS. STOP IN FOR A FLYER OR CALL 203-641-4476\*\***



## 2026 TRIP SCHEDULE

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 <b>Passports needed at registration</b> <b>Sold out—Wait list started</b>	<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
Lake George & Saratoga—2 day	<i>Final Payment due by Aug. 1, 2026 \$355pp dbl, \$335pp—tpl, \$485pp sgl</i>	September 2-3, 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.

		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: ★☆☆☆☆

Word Twist Answers  
 Cardinals, Twins, Brewers, Dodgers, Astros, Rockies, Diamondbacks, Yankees, Giants

# 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"

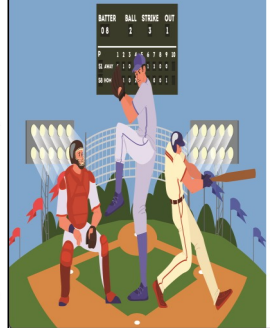
"RGT EDKWB T DS NUST UQ  
 KQXWTMUERLJNT, QD DQT ELQ IWURT  
 GUB LKRDJUDZWLXGA UQ LMFLEQT."  
 - LJWLGLH V. GTBEGTN

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## Word Twist Baseball Teams

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!



- cokries \_\_\_\_\_
- vabres \_\_\_\_\_
- mabcdiaksdon \_\_\_\_\_
- sarost \_\_\_\_\_
- gedods \_\_\_\_\_
- senykea \_\_\_\_\_
- wnist \_\_\_\_\_
- serrewb \_\_\_\_\_
- tsagin \_\_\_\_\_
- nlascdria \_\_\_\_\_

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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 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, May 13th & 27th.—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 12pp members. Please call for availability.

## CLASSES & SEMINARS

- **REIKI SESSIONS**—Wednesdays—10-12pm. \$15 for 15 mins—Payment due at sign up
- **Mother's Day Luncheon, THURSDAY, May 7th, 12 noon. Cost \$12 Sign up**
- **Age Well: Thurs., May 7th 1:00pm Topic: Importance of Cervical Spine Health**—Griffin's Physical Medicine Team will discuss cervical spine anatomy, importance of maintaining neck health, importance of proper posture, tips for maintaining proper cervical position while performing everyday tasks and finishing up with some cervical stretches. Sign up at the center
- **Blood Pressure Clinic** - Fri., May 15th 10-11:30am—Walk ins welcome
- **Presentation from UR Community Cares** - Tuesday, May 12th 1pm—Topic : TBA— Watch for flyer and sign up sheet. **Postponed**
- **Healthy Brain Series—The Blue Zone**— Thursday, May 14th, 1pm—Presented by Julie Ramia, Dementia Specialist From Hartford Healthcare—Sign up at the

center

- **Electric Rate Presentation—Tuesday, May 19th, 1pm** - Bring your electric bill and learn how you can save money on our every rising electric rates. Sign up at the center
- **Zentangle Art Class**—Thurs., May 21st, 1pm. Class is limited to 15 sign up required. Wait list will be kept.
- **Vet Care Everywhere Event—Armory— Friday, May 29th, 10-1pm**—Sign up online. At VetCareEverywhere.org or 203-265-7753
- **We will be offering Mahjong lessons on Mondays.** The class needs a minimum of 3 -4 people to be held. If interested please call the center to sign up.
- **Center will be closed on Monday, May 25th** in



## 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

Answer to Enigma:

"The course of life in unpredictable, no one can write his autobiography in advance." – Abraham J. Heschel

**A LETTER FROM THE DIRECTOR:**

Happy Spring everyone! Finally the warmer weather will be upon us.

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, Wednesdays, 10-12. Please call the center if interested. If you are someone who has always wanted to learn how to play Mahjong, you are in luck! We will be offering a Mahjong class on Mondays. We will need 3-4 people minimum to run the class. Please call the center to sign up if interested and we will contact you with a start date and time.

Happy Mother's day to all of our mothers. Please join us at our luncheon on May 7th at noon. \$12 pp

As always stay safe!

Fondly,  
*Christine*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p align="center"><b>-1-</b></p> <p>9:00—Latin Fusion—<b>on hold</b>                      10:00—Exercise with Margaret                      11:30—Bingo</p>
<p align="center"><b>-4-</b></p> <p>9:00—Gentle Mat/Wall Pilates                      9:30—Knit &amp; Crochet Club                      10:00 Exercise with Margaret                      11:30— Zumba Gold</p>	<p align="center"><b>-5-</b></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"><b>-6-</b></p> <p>9:00—Meditation Group  <b>10 - 12—Reiki Sessions— \$15 mins. For \$15 Sign up/ payment required</b>                      10:00 Exercise with Margaret                      11:30— Zumba Gold                      1:00 Step aerobics class                      1:00—Mahjong  <b>2-4pm—Chair Massages- 15 min sessions for \$15 sign up/payment required</b></p>	<p align="center"><b>-7-</b></p> <p>9:00 - Strength Training                      10:00—Chair Yoga                      10:00—Poise &amp; Posture  <b>12:00—MOTHER’S DAY LUNCHEON- must pay and sign up by 5/5</b>                      1:00—Card Club  <b>1:30—Age Well—Topic: Importance of Cervical Spine Health—Sign up at the center</b></p>	<p align="center"><b>-8-</b></p> <p>9:00—Latin Fusion—<b>on hold</b>                      10:00—Exercise with Margaret  <b>10-11:30—Blood Pressure Screenings— with Griffin Health</b>                      11:30—Bingo</p>
<p align="center"><b>-11-</b></p> <p>9:00—Gentle Mat/Wall Pilates                      9:30—Knit &amp; Crochet Club                      10:00 Exercise with Margaret                      11:30— Zumba Gold</p>	<p align="center"><b>-12-</b></p> <p>9:00 Strength Training                      9:30—Sewing group/ simple mending grp                      10:00—Gentle Yoga                      10:30—TAI CHI CLASS—</p> <p><b>1 pm—UR Community Cares Presentation— postponed</b></p>	<p align="center"><b>-13-</b></p> <p>9:00—Meditation Group  <b>10 - 12—Reiki Sessions— \$15 mins. For \$15 Sign up/ payment required</b>                      10:00 Exercise with Margaret                      11:30— Zumba Gold                      1:00 Step Aerobics class                      1:00—Mahjong  <b>1:00—THE TRAP -THE RHYMTHMIC ART PROJECT—sign up required</b></p>	<p align="center"><b>-14-</b></p> <p>9:00 - Strength Training                      10:00—Chair Yoga                      10:00—Poise &amp; Posture                      1:00—Card Club  <b>1:30 -Blue Zone— Healthy Brain Series— Sign up at center</b></p>	<p align="center"><b>-15-</b></p> <p>9:00—Latin Fusion— <b>on hold</b>                      10:00—Exercise with Margaret                      11:30—Birthday Bingo</p>
<p align="center"><b>-18-</b></p> <p>9:00—Gentle Mat/Wall Pilates                      9:30—Knit &amp; Crochet Club  <b>10:00 Haircuts &amp; Nails</b>                      10:00 Exercise with Margaret                      11:30— Zumba Gold</p>	<p align="center"><b>-19-</b></p> <p>9:00 -Strength Training                      9:30—Sewing group/ simple mending grp                      10:00—Gentle Yoga—                      10:30—TAI CHI CLASS</p> <p><b>1:30—Elderly Commission Meeting</b></p> <p><b>1:00 Electric Rate Presentation—Bring copy of electric bill</b></p>	<p align="center"><b>-20-</b></p> <p>9:00—Meditation Group  <b>10 - 12—Reiki Sessions— \$15 mins. For \$15 Sign up/ payment required</b>                      10:00 Exercise with Margaret                      11:30— Zumba Gold                      1:00 Step Aerobics class                      1:00—Mahjong  <b>2-4pm—Chair Massages- 15 min sessions for \$15 sign up/payment required</b></p>	<p align="center"><b>-21-</b></p> <p>9:00 - Strength Training—                      10:00—Chair Yoga                      10:00—Poise &amp; Posture                      1:00—Card Club                      1:00—Pinochle group  <b>1:00 Zentangle</b></p>	<p align="center"><b>-22 -</b></p> <p>9:00—Latin Fusion—<b>on hold</b>                      10:00—Exercise with Margaret                      11:30—Bingo</p>
<p align="center"><b>-25-</b></p> <p><b>CENTER CLOSED IN OBSERVANCE OF</b></p>  <p align="center"><b>MEMORIAL DAY</b></p> <p align="center">★ REMEMBER AND HONOR ★</p>	<p align="center"><b>-25-</b></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"><b>-27-</b></p> <p>9:00—Meditation Group  <b>10 - 12—Reiki Sessions— \$15 mins. For \$15 Sign up/ payment required</b>                      10:00 Exercise with Margaret                      11:30— Zumba Gold                      1:00 Step Aerobics class                      1:00—Mahjong  <b>1:00—TRAP -THE RHYMTHMIC ART PROJECT—sign up required</b></p>	<p align="center"><b>-28-</b></p> <p>9:00 - Strength Training—                      10:00—Chair Yoga                      10:00—Poise &amp; Posture                      1:00—Card Club                      1:00—Pinochle group</p>	<p align="center"><b>-29-</b></p> <p>9:00—Latin Fusion—<b>on hold</b>                      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.**

## MAY LUNCH MENU

May 7th—Mother's Day  
Luncheon—\$12pp

**Chicken Marsala, Mashed  
Potatoes, veggies &  
Dessert**

May 14th

**Eggplant Parmesan, Ceasar  
Salad, Garlic Toast & des-  
sert**

May 21st—Memorial Day  
"Picnic"

**2 hot dogs, potato salad,  
baked beans & dessert**

May 28th

**Open Face Roast Beef, waf-  
fle fries & Dessert**

**All lunches are \$10 unless  
Otherwise specified  
All orders must be called in  
by noon on Tuesday.**

## BENEFITS OF YOGA FOR SENIORS

Yoga offers significant health benefits for seniors, including in-creased flexibility, enhanced balance to prevent falls, improved strength through low-impact movement. It boosts mental health by lowering anxiety, reducing depression symptoms, and improving sleep quality. Regular practice also supports joint health, manages chronic pain, and promotes social connection.

### Key Physical Benefits:

**Reduced Fall Risk:** Yoga Strengthens muscles and improves propri-ception ( position awareness), reducing daily tasks and mobility.

**Increased Flexibility and Mobility:** Gentle stretching improves range of motion in stiff joints, easing daily tasks and mobility.

**Chronic Pain Management:** Yoga helps alleviate arthritis and chron-ic back pain.

**Cardiovascular Health:** It can help lower blood pressure and im-prove circulation. SRG Senior Living +3

### Key Mental and Emotional Benefits:

**Mental Clarity and Mood Boost:** Regular, gentle movement com-bined with breathing techniques reduces anxiety and boosts mood.

**Better Sleep:** Relaxation techniques and mindfulness can improve sleep quality

**Reduce Stress:** Yoga helps to lower cortisol levels, promote a sense of well being. SRG Senior Living +2

### Key Social and Cognitive Benefits:

**Cognitive Function:** Studies indicate yoga can improve memory and cognitive function.

**Social Interaction:** Attending classes provides an avenue for com-munity and reduces social isolation. Wilfred R. Cameron Wellness Center +1

### Tips for Seniors Starting Yoga

**Consult a doctor** before beginning a new exercise regimen.

**Use props** like chairs, blocks, or straps for support. Chair yoga is ex-ccellent for limited mobility.

**Focus on breathing** and movement, avoiding any poses that cause sharp pain. Johns Hopkins Medicine +4

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10am**

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