



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.

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

October 16th at 1:30pm

Commission meets 3rd Tuesday
of every month

FREE Blood Pressure Clinic with Parish Nurses

Friday, October 10th -10:00 - 12
pm -*this clinic will be held on
the 2nd Friday of every month*

Hairdresser & Manicurist –
Monday, September 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, October 1st &
15th—2-4pm—Appointment
required

Membership Information

Ansonia Residents—\$10/yr.

Non-Ansonia Residents—\$15/yr.

**New members joining now,
membership will be good
through January 2027**

TRIP NEWS

UPCOMING LONG TRIPS FOR 2025 & 2026

Southern Italy & Sicily—November 7-19, 2025

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.



2025 TRIP SCHEDULE

The Corvettes Doo Wop Revue—La Bella Vista	Registration due September 15, 2025— \$138pp	October 15, 2025
Octoberfest—The Log Cabin, Holyoke, MA German Themed meal & German Band—Dennis Polinsky's MAESTROS MEN	Registration due September 19, 2025 \$132 pp	October 16, 2025
Tropicana Atlantic City with The Edward Twins & Donna Summer Tribute with Band. Three shows & \$100 back in value	Registration due September 26, 2025— \$355pp/dbl, \$345pp/triple, \$475 sgl— \$39 trip insurance	October 28-30, 2025
Medieval Times Dinner & Tournament— THIS IS A NEW ADD ON—OPEN TO EVERYONE—BRING YOUR FAMILY	Registration due October 2, 2025— \$144 pp	November 2, 2025
Veterans Day—Songs Across America Featuring Jimmy Mazz—Carriage House, West Springfield, MA	Registration due by October 5, 2025 \$122 pp	November 5, 2025
Christmas with Father at The Carriage House, Big E grounds. Holiday lunch at the Carriage House (Storowton Tavern)	Registration due by November 9, 2025	December 3, 2025
"Rock this Town Orchestra" Amazing Christmas Show. Swinging with the 50's and 60's - Aqua Turf Club	Registration due November 8th, 2025, \$131pp	December 8, 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.

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

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DIFFICULTY: ★★★★★



Lifelong Learning



ENIGMA CRYPTOGRAM

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

"I UZIXOZV IEEZXUY ZUZVLWUQ; OZ
XIL LZJZV UZBB DOZVZ OWY
WLEBTZLXZ YUFY."

- OZLVQ S. IKIN

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5 Word Twist Halloween

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!



mkpnpu _____
stecoum _____
chtwi _____
tsgoh _____
dipers _____
dacny _____
duahent _____
treonms _____
konstele _____
eramvip _____

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Ansonia Senior Center, Ansonia, CT

06-5393

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 unless you do not have an email address.
- **NEW MEMBERSHIPS**—membership will expire in Jan 2027
- 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. 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 Monday, 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

- Chair Massage—Wednesdays, Oct. 1st & 15th. 2-4pm \$15 for 15 mins. Payment must be made at time of registration.
- Medicare Educational Session presented by Teelin Insurance & Senior Insurance Consultants. Thurs., Oct 2nd—1pm—open to all sign up at the center. Come hear about all the new changes to Medicare prior to open enrollment
- Age Well: Thurs., Oct 2nd 1:30 Topic: Narcan and You: Empowering Seniors to Respond to an Opioid Overdose—Open to all. Sign up at the center.
- Fall Craft group— Wed., Oct 8th, 10 am. \$5 for materials. Sign up at center.
- Paint & Sip (non alcoholic) Art class—Sponsored by Reliant Angels Homecare. Tues., Oct 14th, 1pm. Group limited to 15 people. Sign up at the center.
- Introduction to Alcohol Ink art— Thurs., Oct 16th, 1pm. Sign up at center.
- UI Customer Enrollment Event—Sponsored by Avangrid. Thurs., Oct. 16th 3-6pm. Sign up at center Open to everyone.
- Flu Clinic Sponsored by NVHD & Valley Pharmacy—Fri. Oct. 17th 9-11am (vaccines offered Flu, RSV, Pneumonia, Covid) Everyone welcome. Call center to sign up.
- Medicare Open Enrollment Education Seminar—Wed., Oct 22nd, 11:30am—if you missed the 1st one here's another opportunity to hear about all of the Medicare changes before open enrollment. Sign up at the center
- Seniors Helping Seniors—How Can You Help. Thurs.. Oct 23rd, 1pm. Come learn about this organization and what it has to offer. Sign up at the center
- HALLOWEEN COSTUME BINGO FUNRAISER—\$20pp—Tues., Oct 28th 5pm, doors will open at 4pm. Hot dog, chips and a water—\$5 pre-orders & Sign up at center. Open to all, walk-ins welcome
- Maintain Vitality, Balance and Independence through Physical Activity—Presented by Dir. Of Rehab, Frank Raccio—Ryders Health Management Thurs., Oct 30th 1pm Sign up at the center

GENERAL INFORMATION

TRIPS:

- 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. 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



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
- New Members—your memberships will expire in January of 2027. You will not

need to renew in Jan of 2026.

Residents: \$10.00
Non—residents: \$15.00



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

A LETTER FROM THE DIRECTOR

HAPPY FALL Y'ALL!!

We recognize the challenges we've faced recently at the center, particularly with the flood and the elevator issues. Please know that the staff and I are fully committed to providing you with the best possible programs. We are continuously working to offer a variety of programs that meet your interests while also ensuring your safety and well-being at all times. My door is always open to anyone who has any questions or concerns. Thank you for your patience and understanding during this time.

Please check our calendar of events. We have several Medicare educational session coming up to explain all of the new changes to Medicare prior to open enrollment. We also are hosting a new art class—Intro to Alcohol Ink art, as well as many other fun and informational programs.

And don't forget out Halloween Costume Bingo Fundraiser on October 28th, 5pm. Doors open at 4pm. Pre-order your hot dog, chips and a water for \$5.

As always stay safe!
Fondly,

Christine



Answer to Enigma:

"A teacher affects eternity; he can never tell where his influence stops." — Henry B. Adam



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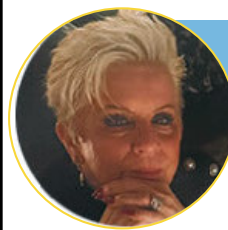
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00–Pinochle, set back. Poker 1:00—Mahjong 2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required	-2- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:00—Medicare Education Session—Sign up at center 1:30 Age Well—Topic: NARCAN and YOU: Empowering seniors to respond to an Opioid overdose	-3- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Bingo
-6- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00—Line Dancing note new time 1:00—Mahjong	-7- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group	-8- 10:00 Exercise with Margaret 10:00 Fall Craft Corner 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong	-9- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group	-10- 9:00—Latin Fusion 10:00—Exercise with Margaret 10-12—Blood Pressure Screenings 11:30—Bingo
-13- CENTER CLOSED In observance of Indigenous Peoples' Day	-14- 9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1pm—Paint & Sip—Sponsored by Reliant Angels Homecare—limited to 15pp—sign up at center	-15- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong 2-4pm—Chair Massages – 15 min sessions for \$15 sign up/payment required	-16- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1:00—Intro to Alcohol Ink class—sign up required 3-6:00—UI Customer Service Event	-17- 9—11:00—FLU CLINIC with NVHD and Valley Pharmacy will be here with RSV, pneumonia & Covid 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Birthday Bingo
-20- 9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00— Hair cuts & Nail Boutique 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00—Line Dancing 1:00—Mahjong	-21- 9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—Elderly Commission Meeting	-22- 10:00 Exercise with Margaret 11:30– Zumba Toning 11:30—Medicare Open Enrollment Informational Seminar—sign up at center 1:00 Stepless Step 1:00—Pinochle, set back, poker 1:00—Mahjong	-23- 9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group 1pm— Seniors Helping Seniors—How Can you Help—Presentation	-24- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Bingo—Sponsored by Brightstar Home care
-27- 9:00—Gentle Mat/Wall Pilates - 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 1:00—Line Dancing 1:00—Mahjong	-28- 9:00 -Strength Training 10:00—Gentle Yoga 5pm—HALLOWEEN COSTUME BINGO—\$20pp Pre-order hotdog, chips & water—\$5	-29- 10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, Poker 1:00—Mahjong	-30- 9:00 - Strength Training 10:00—Chair Yoga- 10:00—Poise & Posture - 1:00—Card Club 1:00—Pinochle group 1:00— Maintain Vitality, Balance & Independence through Physical Activity Presented by Ryder's Health Dir. of Rehab	-31- 9:00—Latin Fusion 10:00—Exercise with Margaret 11:30—Halloween Bingo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1-	-2- Veggie Lasagna Soup Fruit Dessert	- 3-
- 6- Grilled BBQ Chicken Rice pilaf veggies	-7- Shrimp Scampi over pasta Veggie Soup/salad Dessert	-8-	-9- Chicken Parmesan over pasta veggie Soup/Salad Dessert	- 10-
- 13- CLOSED	-14- Lasagna Soup/Salad Bread Dessert	- 15-	-18- Chicken Francese Mashed Potato Veggie Soup/Salad Dessert	- 19-
-20- Baked Penne With meatballs Salad	-21- Roasted boneless chicken thighs Sweet Potato Veggie Soup/Salad Dessert	- 22-	-23- Eye of the Round with Gravy Mashed Potatoes veggie Soup/Salad Dessert	-24-
-27- Pierogies w/ Kielbasa and sauerkraut	-28- Grilled Chicken Ceasar Salad Soup Dessert	-29-	-30- Stuffed Shells Meatballs Veggie Soup/salad Dessert	-31-

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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