



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

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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, June 16th—1:30pm

Commission meets 3rd Tuesday of every month

FREE Blood Pressure Clinic with Parish Nurses

Friday, June 13th—10:00 - 12 pm - *this clinic will be held on the 2nd Friday of every month*

Hairdresser & Manicurist –

Monday, June 16th—10:00 am.
\$10 cash paid directly to stylist.
Appointment required.

Chair Massages—\$15 for 15

min sessions. Cash paid to therapist Wednesdays, June 4th & 18th—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

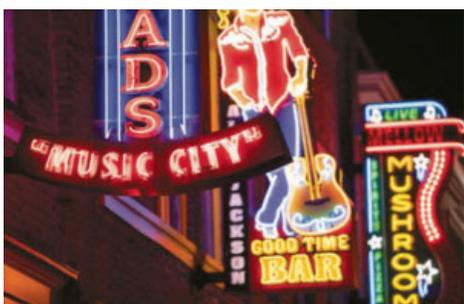
Royal Caribbean Liberty Of the Seas Cruise—August 21– August 30, 2025

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

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.

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

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DIFFICULTY: ★☆☆☆☆

Answers

Word Twist

Family Card Gifts Fishing T-shirt Barbecue Grilling Ties Burgers Photos

Lifelong Learning



ENIGMA™
CRYPTOGRAM

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

"MP YKXLX ORH UC PRMYK YKXLX
OCFZT EX UC ZMIMUW MU YKMH
OCLZT. OX VCFZTU'Y XIXU XRY KRHK
OMYK HRPXYB." - QCHK EMZZMUWH

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E097

5 Word Twist

Father'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!

- aeecrubb _____ uegsrbr _____
- gilrignl _____ drac _____
- eit _____ ftsgi _____
- ttrhs _____ othosp _____
- hifsgn _____ lyaimf _____

E097



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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. 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. 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, June 4th & June 18th— 2-4pm
15mins for \$15. You will be charged for appointment if you are a no show.
- ◆ **Age well Series. Topic: —** “Following the 4 P’s of Energy Conservation: Prioritize, Plan, Pace and Position This presentation will go over tips & strategies for completing tasks & activities of daily living for older populations with a wide variety of physical conditions. They will also discuss fall risk & dizziness in Older Adults. June 5th, 1:30pm. Registration appreciated.
- ◆ **Scams & Fraud Prevention** Presentation by Detective Clifford of the Ansonia Police Dept. Tuesday, June 10th, 1:00pm— Registration appreciated
- ◆ **Presentation on Medicare options and benefits so you can chose a plan that’s right for you.** By Bob

- ◆ **Murphy**— Thurs., June 12th, 1pm
Registration is appreciated
- ◆ **Bingo Fundraiser**—Tuesday, June 17th , 5pm. Doors open at 4pm. \$20pp Sign up at the center.
- ◆ **Summer Wreath Class**—Wed., June 18th 10am, \$25pp Sign up & Payment required
- ◆ **Presentation on Medicare Savings Program and Benefits by Cynthia Scott, State of CT Regional Ombudsperson.** Thursday, June 26th, 1pm. Registration appreciated.



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.



Answer to Sudoku

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

Answer to Enigma:

— Josh Billings
 "If there was no faith there would be no living in this world. We couldn't even eat hash with safety."

A LETTER FROM THE DIRECTOR

WELCOME BACK!!!

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. 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.

We have a couple of informative speaker presentations coming up in June. One with the Ansonia Police Dept. on Scams & Fraud Prevention and 2 other presenters that will focus on different aspects of Medicare plans. We will also be having a fundraiser bingo, to help offset the cost of the Christmas party, on Tuesday, June 17th at 5pm. \$20 pp. Sign up at the center.

Lastly, please call the center if you have signed up for something and are unable to attend. Glad to have everyone back at the center!!

Fondly,
Christine



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">-2-</p> <p>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 align="center">-3-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group</p>	<p align="center">-4-</p> <p>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</p>	<p align="center">-5-</p> <p>9:00 -Strength Training w/ Bobbi 10:00—Chair Yoga 10—Poise & Posture 1:30 AGE WELL SERIES— TOPIC—“Following the 4 P’s of Energy Conservation: Prioritize, Plan, Pace and Position- sign up at the center</p>	<p align="center">-6-</p> <p>9:00—Latin Fusion— 11:30—Bingo</p>
<p align="center">-9-</p> <p>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 align="center">-10-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:00—Scam & Fraud Presentation by Ansonia Detective Mark Clifford—sign up at center—Open to everyone</p>	<p align="center">-11-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker</p>	<p align="center">-12-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Medicare benefits and Plan Options presentation by Bob Murphy—Sign up at center</p>	<p align="center">-13-</p> <p>9:00—Latin Fusion— 10-12—Blood Pressure Screenings 11:30—Bingo</p>
<p align="center">-16-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 10:00—Haircuts & Nail Boutique– Sign up required 11:30– Zumba Gold 1:30—Line Dancing</p>	<p align="center">-17-</p> <p>9:00 Strength Training 10:00—Gentle Yoga 10:00—Sewing group 1:30—Elderly Commission Meeting 5pm—Bingo Fundraiser—\$20pp Doors open at 4pm.</p>	<p align="center">-18-</p> <p>10:00 Exercise with Margaret 10:00—Summer Wreath Class—\$25—Sign up & Payment required 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</p>	<p align="center">-19-</p> <p align="center">CENTER CLOSED IN OBSERVANCE OF JUNETEENTH</p> 	<p align="center">-20-</p> <p>9:00—Latin Fusion 11:30—Bingo</p>
<p align="center">-23-</p> <p>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 align="center">-24-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Sewing group</p>	<p align="center">-25-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker</p>	<p align="center">-26-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Presentation on Medicare Savings Program by State of CT—Regional Community Ombudsman—Cynthia Scott—sign up at center</p>	<p align="center">-27-</p> <p>9:00—Latin Fusion 11:30—Bingo</p>
<p align="center">-30-</p> <p>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 align="center">-1-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga</p>	<p align="center">-2-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, Poker</p>	<p align="center">-3-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club</p>	<p align="center">-4-</p> <p align="center">CENTER CLOSED IN OBSERVANCE OF FOURTH OF JULY</p> 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3- Kielbasa Pierogi Cabbage Salad Fruit Dessert	-4-	-5- Manicotti Meatballs veggie Salad Bread Dessert	- 6-
- 9-	-10- Roast Beef w/ gravy Mashed Potato Veggie salad Bread Dessert	-11-	-12- Father's Day Luncheon Pulled Pork Sliders Sweet potato fries coleslaw pickles Dessert	- 13-
- 16-	-17- Chicken Cacciatore w/ mushrooms, peppers & onions over linguini Salad Bread Dessert	- 18-	-19- CENTER CLOSED 	- 20-
-23-	-24- Baked Stuffed zucchini Bread sausage stuffing Rice Soup/salad Dessert	- 25-	-26- Eggplant Parm Linguini veggie Salad Bread Dessert	-27-
-30-	--	--	--	--

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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