



ANSONIA SENIOR SENTINEL

65 Main Street, Ansonia, CT 06401 | 203-736-5933 |



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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

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Jeff Coppola | Assistant Director

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WHAT'S HAPPENING

Elderly Commission Meeting

Tuesday, November 19th—

3:30pm

- Commission meets 3rd Tuesday of every month

Blood Pressure Clinic with Parish Nurses

Friday, November 1st—10:00 - 12

pm (Date change this month only)

-this clinic will be held on the 2nd

Friday of every month

Hairdresser & Manicure

Hairdresser & Nail Boutique

Nov. 19th—10:00am—12:00pm

Cost is \$10 cash for each service.

Call center to Sign up. Monthly

Membership Information

Ansonia Residents—\$10/yr.

Non-Ansonia Residents—\$15/yr.

\$5 for Residents and \$10 for non residents until Nov 30th—This is for new memberships only!

TRIP NEWS

Collette Travel Showcase November 5th, 1pm—sign up at the center.

Painted Canyons: Sept. 2-10, 2025 9 Days; 11 Meals

Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah’s five national parks. The backdrop of Denver’s Rocky Mountains is the starting point of your journey. In Colorado’s wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah’s five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Discover the bright lights and glitz of Vegas. Explore the kaleidoscope of colors found in America’s rocky western landscapes.

Click the link below to access photos for this tour:

<https://collette.storystab.com/dashboard/share?aid=355&q=6a1dQ8l42YBNcagum3eQwRMwAVDQrLNOEd5bmLs5EJ4i3Qz9VKdy%2BpyLl9EK0wPmKPhNPehgcfA52HcvE3blmG77HOrlUGZDrlohPVGrg1rOeNaHiQGOxbAsiUMVJdZtXdkiMtKqV4%2FN6yxREx44jw%3D%3D>

Southern Italy & Sicily: November 7-19, 2025 13 Days; 20 Meals Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. Uncover Sicily’s capital Palermo and its Moorish and Norman influences. Explore Agrigento’s ancient Valley of the Temples and the Ancient Roman mosaics of Piazza Armerina. Travel to the historic hilltop town of Taormina. Visit a local winery for a wine tasting and agriturismo dinner. Venture to the ancient cave dwellings of Sassi di Matera. Explore Sorrento and stunning Positano, the pearl of the Amalfi Coast. Walk in the footsteps of ancient Romans in the excavated Pompeii. Allow the unique culture to capture your heart and get a glimpse into an age-old heritage composed of ancient monuments and cultivate

UPCOMING TRIPS FOR 2025

Greece and its Islands—April 24-May 9th, 2025

America’s Music Cities—April 27—May 4, 2025

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

Southern Italy & Sicily—November 7-19, 2025

Spain’s Costa del Sol & Madrid—TBA

2024 TRIP SCHEDULE

New England Christmas Festival—Mohegan Sun— CANCELLED	<i>Registration due Oct 10, 2024—\$95pp</i>	Sun., Nov. 10, 2024
Newport Playhouse & Cabaret—”Lend Me a Soprano”	<i>Registration due Oct 14, 2024—\$139pp</i>	November 14, 2024
Foxwoods Casino Trip	<i>Registration due by Nov.15th—\$35pp</i>	November 20, 2024
Shadows of the 60’s—A Holiday Tribute to Motown—Aqua Turf Club	<i>Registration due Nov 4, 2024—\$124pp</i>	Dec. 3, 2024
Christmas with Father inside the new state of the art Church Theatre , Springfield, MA	<i>Registration due Nov 4, 2024—\$99.00</i>	December 5, 2024
MOSES at The Sight & Sound Theatre	<i>Registration due TBA</i>	TBA 2025
STAY TUNED HERE FOR 2025 DAY TRIPS AND IF YOU HAVE SOMETHING THAT YOUR”RE INTERESTED IN DOING LET US KNOW AND WE WILL TRY TO BOOK IT!		
All trips schedule to change if not enough interest \$20 cash deposit due on all day trips**		
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.

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

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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: "D" = "C"

"VEYMY FO XJVEFXA FX VEY KJMPQ
OJ ZSDE WQZFM YQ WO W ZWX KEJ
IXJKO EJK VJ NYWM SXEWTTFX YOO
KFVE DJSMWAY." — OYXYDW

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E101




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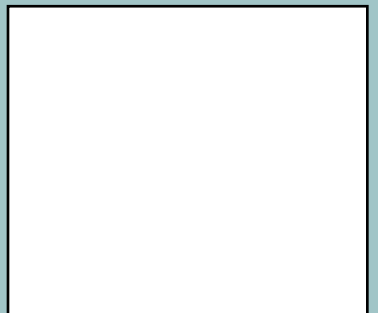


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UPCOMING EVENTS

- Chair Messages bi-monthly starting Dec. 1st & 18th- \$15/15 mins.
- Dec. 2nd, 1pm—Baking with Dee
- Dec. 4th, 1pm—Healthy Brain Series—last session
- Dec. 5th—1pm—Medicare Information Session—will discuss all of the Medicare plan changes
- Dec., 10th, 1pm—Jukebox Bingo—\$20. Payment due at sign up.
- Dec. 11th, 10am—Angel Ornament Class. Sign up at center
- Dec. 12th—12:30 pm -Lunchtime Performance by Sherilyn
- Dec. 12th—1pm—Zentangle (Holiday bookmark) - Sign up at center
- Dec. 17th, 1pm— Presentation by Cynthia Scott, State Regional Ombudsman regarding the New Community Ombudsman Program for Seniors—sign up at center
- Dec., 19th, 12noon—CHRISTMAS PARTY at Birchwoods -\$20 Reservation and Payment needed by Fri., Dec 9th.

All events require sign up at the center. You can call or stop by.

Meal Information

Ansonia Senior Café will be offered in house Tuesdays & Thursdays at 12 noon for \$10 pp

Registration will be needed the by 11am—Fridays for Tuesdays meal and Tuesday for Thursdays meals . Meals need to be paid in advance of the meal to assure proper headcount. No walk-ins.

The menu will be placed in the newsletter monthly.



CLASSES & SEMINARS

- ◆ **Baking with Dee— Nov. 4th 1pm Pumpkin Roll** Class limited to 8 ppl—sign up at center
- ◆ **Snowman Wreath Class Nov 5th - 10am, \$25 for supplies , class limited to 10 registration & payment required**
- ◆ **Chair Massage—Wed., Nov 5th & 20th- 2-4pm, \$15/ 15 mins. Registration required**
- ◆ **Healthy Brain Series Nov. 6,13,20,27th & Dec 1st—1pm— Registration required**
- ◆ **Flu/ Covid Clinic sponsored by Valley Pharmacy—Nov. 12th, 11:30— 1pm—Sign up required- Walk-ins welcome**
- ◆ **Blind & Vision Impaired Resources presented by Michelle Puzzo of U R Community Cares—Nov. 12th— 1pm—sign up at the center**
- ◆ **Veteran's Lunch—FREE to Veteran's—Nov. 14th, 12pm- sign up required**
- ◆ **Tiny Home Presentation by Adam Michaud of Contemporary Tiny Homes—Nov. 14th, 1pm—Sign up required**
- ◆ **FOXWOODS CASINO TRIP—Nov. 20th—\$35—Must pay at sign up to reserve spot.**
- ◆ **Electric Rate Presentation by Art Marcelynas. Nov 21st, 1pm—sign up at center**
- ◆ **MEATO—\$20, Nov. 14th, 5pm. Payment due upon sign up.**
- ◆ **Age well Series. Topic: Medication Management with Lisa Jaser by Griffin Hospital Pharmacy Director Nov. 25th, 1:30pm. Registration required.**
- ◆ **THANKSGIVING LUNCHEON—\$15/ pp—Payment due upon sign up. Followed by a performance of the Oxford Bell Choir.**
- ◆ **Bereavement Group will be on hold for the summer. Will resume again in the fall if there is interest.** Please contact Jim Linden if interested 203-

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.
- **MARK YOUR CALENDARS—FLU/ COVID SHOT CLINIC— Nov. 12th — 11:30 -1pm** provided by Valley Pharmacy. They can also have RSV, Shingles and Pneumonia vaccines available if needed. Please let us know. **Bring Insurance card. Sign up at the**

center.

- **We are looking for Pinole Players to start a group. If interested please contact the center.**
- We are always in need of the following items: paper plates, napkins, coffee, k cup pods, plastic forks, knives, spoons, etc. Thank you for the outpouring of donations that we have been receiving we truly appreciate your generosity.



MEMBERSHIP NEWS

We will be temporarily lowering our membership price through the end of November. **For new members ONLY!**

Residents: \$5.00

Non—residents: \$10.00

All memberships will need to be renewed in January 2025 at regular pricing.



Answer to Sudoku

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

Answer to Enigma:

— Seneca —
 "There is nothing in the world so much admired as a man who knows how to bear unhappiness with courage."

A LETTER FROM THE DIRECTOR

Hello All! Happy Fall!
 The holidays are quickly approaching!!
 We have a Massage Therapist who will be providing chair massages twice a month at the center. \$15 for 15 minute massages. There is a quilting group that started on Tuesdays. So come on down if you would like to learn how to sew or quilt.
 We have a member who really would like to play pinocle with some members. If you are interested please give me a call so we can get a group together for him.
 We have several guest speakers this month including the Healthy Brain Series, Collette Travel Showcase featuring Italy & Painted Canyons, Blind & Vision Impaired Resources, Contemporary Tiny Homes and Electric Rate Presentations as well as medication management. Please sign up for the programs at the center or call.
 We have a Thanksgiving Luncheon on Nov. 26th and our Christmas Party Dec. 19th at Birchwoods. At Oak Lane. Sign up early to reserve your spot.
 We are also asking that if you are going on trips with the center that we have a cell phone for you and an emergency contact for overnight trips.

Fondly,
Christine



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p align="center">-1-</p> <p>9:00—Latin Fusion—</p> <p>10-12—Blood Pressure Screenings (PLEASE NOTE DATE CHANGE—THIS MONTH ONLY)</p> <p>11:30—Bingo</p>
<p align="center">-4-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00—Baking with Dee -Pumpkin roll— limited to 8 ppl 1:30—Line Dancing</p>	<p align="center">-5-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Quilting group 10:00—Snowman Wreath Class—\$25- Class limited to 10 ppl 11:30—Wii bowling 1:00—COLLETTE TRAVEL SHOWCASE—PAINTED CANYONS OF THE WEST & SOUTHERN ITALY - SIGN UP REQ.</p>	<p align="center">-6-</p> <p>10:00 Exercise with Margaret 11:30- Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker 1:00—HEALTHY BRAIN SERIES—PRESENTED BY Julianne Ramia of Hartford Healthcare. Sign up required 2-4pm—Chair Massages- 15 min sessions for \$15 sign up required</p>	<p align="center">-7-</p> <p>9:00 -Strength Training w/ Bobbi 10:00—Chair Yoga 10—Poise & Posture 1:00 Card Club 1:30—AGE WELL SERIES _ Topic—Date changed to Nov. 25th</p>	<p align="center">-8-</p> <p>9:00—Latin Fusion—</p> <p>11:30—Bingo</p>
<p align="center">-11-</p> <p align="center">CENTER CLOSED IN OBSERVANCE OF VETERANS DAY.</p> <p align="center">THANK YOU TO ALL WHO SERVED!</p>  <p align="center"><i>Veterans Day</i></p>	<p align="center">- 12-</p> <p>9:00 Strength Training 10:00—Gentle Yoga 10:00—Quilting group 11:30— FLU/COVID VACCINE CLINIC—sign up at center 11:30—Wii bowling 1:00—Blind & Vision Impaired Resources presentation by UR Community Cares. Sign up at center</p>	<p align="center">- 13-</p> <p>10:00 Exercise with Margaret 11:30- Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—HEALTHY BRAIN SERIES—PRESENTED BY Julianne Ramia of Hartford Healthcare. Sign up required</p>	<p align="center">- 14-</p> <p>9:00 -Strength Training 10:00—Chair Yoga 10:00— Poise & Posture 12:00—VETERAN'S LUNCHEON—OPEN TO ALL- \$10 VETERANS - FREE—SIGN UP REQUIRED 1:00—Card Club 1:00—TINY HOMES PRESENTATION BY CONTEMPORARY TINY HOMES -sign up at center</p>	<p align="center">-15-</p> <p>9:00—Latin Fusion</p> <p>11:30—Bingo</p>
<p align="center">- 18-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00— Hair cuts & Nail Boutique—Sign up required 10:00 Exercise with Margaret 11:30— Zumba Gold 1:30—Line Dancing</p>	<p align="center">- 19-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Quilting group 11:30—Wii bowling</p> <p>3:30 Elderly Commission meeting</p>	<p align="center">-20-</p> <p>7:30—Foxwoods trip 10:00 Exercise with Margaret 11:30- Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker 1:00—HEALTHY BRAIN SERIES—PRESENTED BY Julianne Ramia of Hartford Healthcare. Sign up required 2-4pm—Chair Massages- 15 min sessions for \$15 up required</p>	<p align="center">-21-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture</p> <p>1:00—Card Club 1:00—ELECTRIC RATE PRESENTATION BY ART MARCELYNAS—Sign up at center</p> <p>5:00—MEATO—\$20—SIGN UP AT CENTER</p>	<p align="center">-22-</p> <p>9:00—Latin Fusion</p> <p>11:30—Bingo</p>
<p align="center">-25-</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 1:30—AGE WELL (note date change this month only) Topic: Medication Management with Lisa Jaser , Head of Griffin Hospital Pharmacy</p>	<p align="center">-26-</p> <p>9:00 -Strength Training - 10:00—Gentle Yoga 10:00—Quilting group</p> <p>11:30—Wii bowling</p> <p>12:00—THANKSGIVING LUNCHEON—\$15 pp—you must pay & sign up by Friday, Nov. 22nd 1:00—OXFORD BELL CHOIR PERFORMANCE</p>	<p align="center">-27-</p> <p>10:00 Exercise with Margaret 11:30- Zumba Toning</p> <p>1:00 Stepless Step 1:00—Pinochle, set back, poker . 1:00—HEALTHY BRAIN SERIES—PRESENTED BY Julianne Ramia of Hartford Healthcare. Sign up required</p>	<p align="center">-28-</p> <p align="center">CENTER CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY</p> 	<p align="center">-29-</p> <p align="center">CENTER CLOSED IN OBSERVANCE OF THE THANKSGIVING HOLIDAY</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-				- 1-
- 4-	Sausage/Peppers/ Onions Rice Salad Dessert	- 6-	Meatloaf Mashed Potatoes veggie Soup/Salad Dessert	- 8-
- 11-	Shrimp Florentine Veggie Salad Bread Dessert	- 13-	Pork Loin w/ gravy Sweet Potatoes Green beans Soup/Salad Bread Dessert	- 15-
- 18-	Roast Beef Mashed Potatoes Mixed Veggie Soup/salad Bread Dessert	- 20-	Lasagna Veggie Soup/Salad Bread Dessert	- 22-
- 25-	- 26 - THANKSGIVING LUNCHEON \$15pp Turkey Stuffing Mashed potatoes String Bean Casserole Cornbread Cranberry sauce Pumpkin pie	- 27-	- 28- CLOSED 	- 29-

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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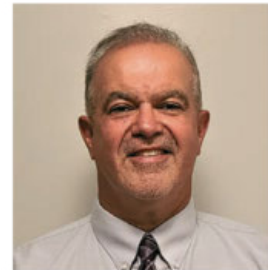
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