



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

Email: jcoppola@ansoniac.org

Tracey DeLiberio & Pattie Pandolfi—

Main Office



WHAT'S HAPPENING

Elderly Commission Meeting

Tues., March 17th at 1:30pm

Commission meets 3rd Tuesday of every month.

FREE Blood Pressure Clinic with Parish Nurses

Friday, March 13th—10:00 - 11:30

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

Hairdresser & Manicurist -

Monday, March 16th— 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, March 4th & 18th— 2-4pm—Appointment required

Membership Information

Ansonia Residents—\$10/yr.

Non-Ansonia Residents—\$15/yr.

Membership renewals were due in January. Please renew if you have not done so.

TRIP NEWS

UPCOMING LONG TRIPS FOR 2026

Discover Scotland—May 18 –27, 2026

Pacific Northwest & California—September 13-20, 2026

Aloha Hawaii—November 4—12, 2026 - Flyer coming shortly

***There will be a Travel Showcase on the Pacific Northwest trip & the Hawaii trip –March 4th—1pm Sign up at the center

For more details come to the center to pick up a flyer or call 203-641-4476 to have one mailed to you.



2026 TRIP SCHEDULE

"An Irish Celebration" with Dee Reilly & her band—Log Cabin, Holyoke, MA	<i>Final Payment due Feb. 6, 2026 \$133 pp</i>	March 10, 2026
Tropicana Atlantic City—3 days/2 nights . 2 Shows & \$100 back in value	<i>\$50 cash deposit due at sign up \$345pp dbl, \$335 tpl, \$445 sgl Final pmt due Feb. 26, 2026</i>	March 30 –April 1, 2026
The Bobby Darin & Frank Sinatra Show—A Villa Louisa, Bolton, CT	<i>Final Payment due March 20, 2026 \$132pp</i>	April 21, 2026
BEE GEES _ The Ultimate Tribute—Aqua Turf Club	<i>Final Payment due April 13, 2026</i>	May 14, 2026
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
Niagara Falls, Canada—3 day tour—June 28-30th Passports needed at registration	<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</i>	July 16, 2026
Elton John Tribute Show w/ Twin Lobsters or Prime Rib at the Log Cabin, Holyoke, MA	<i>Final Payment Due July 8, 2026</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
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?

ENIGMATM
CRYPTOGRAM

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

"IR XIU CYDFHLDHRJ MHOIRJ

CYDFHLDHRJ OPMRJ."

- NRKWPCHK VMPKZDHK

©2023 Satori Publishing

E089

Lifelong Learning



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

©2021 Satori Publishing

DIFFICULTY: ★☆☆☆

Word Twist

St. Patrick'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!

Mohcsark _____ Rvoice _____

Cernehpual _____ Yukcl _____

Adlreni _____ Eradpa _____

Rnege _____ Evtfise _____

Wbonari _____ locealertbn _____

©LPI

Word Twist Answers

Shamrock Green Lucky Celebration
Leprechaun Rainbow Parade
Ireland Clover Festive
©LPI



SERVICES FOR OLDER ADULTS IN THE VALLEY

Meals on Wheels - Congregate Meals - Medical Transportation - Incontinence Products - Homemaking - Volunteer Caregivers - Medicare Applications - Housing & Food Help AND MORE!

Call
(203) 736-5420
ext. 4225 or 4226
to sign up!

TEAM is here to help you & your family
~at no cost~

www.teaminc.org

IF YOU LIVE ALONE

MDMedAlert!TM
At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

- ✓ Ambulance ✓ Police ✓ Family
 - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"



800.809.3570

* md-medalert.com



SEYMOUR WILDCAT SELF STORAGE

470 NORTH MAIN STREET, SEYMOUR CT
(203) 888-6300
seymourwildcatselfstorage.com



SPINELLI-RICCIUTI FUNERAL HOME

Robert A. Ricciuti - Funeral Director • Traci LaRovera Ricciuti

"Serving the Valley community with honesty and integrity since 1948"

- Complete burial and cremation packages
- Title 19 Irrevocable Trusts
- Inflation proof pre-need payment plans
- Off street parking for 100 cars

62 Beaver Street, Ansonia • 24 Hours - 203-735-1585 • www.spinelliricciutifh.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Ansonia Senior Center, Ansonia, CT

06-5393

ANNOUNCEMENTS

- **Snow Policy**—The Senior Center follows the Ansonia School System for delays and closures. You may receive a Robo call for specific groups if instructor is unavailable. If your group starts at 10 and there is a 2 hr delay there will be class.
- 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 cancellations, 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 Tuesday & Thursdays- Cost \$10

Our lunch service will be suspended for a short time beginning in April. We will keep everyone posted for whats next.



CLASSES & SEMINARS

- **Healthy Brain Series**—Join us for a FREE 5 part Series running Mondays, Feb. 2nd—March 16th from 1-2pm. Each week covering a different topic. Presented by Julie Ramia, Dementia Specialist with Hartford Healthcare. Sign up at the center **Participants are encouraged to attend all 5 sessions but not necessary
- **Living Healthy with Pre-Diabetes & Diabetes**—FREE 6 week program Starting Feb 2nd—March 16th—1:30—3pm. Presented by Carolyn Gundell, Diabetes Care & Education Specialist at Griffin Health Services. Limited seating. Sign up at the center
- **Collette Travel Showcase— Upcoming 2026 trips to Pacific Northwest & California and Hawaii**—come and hear all the details. Wed., March 4th, 1pm sign up at the center
- **Age Well: Thurs., March 5th 1:00pm Topic: Nutrition with Chef Michael Rizzio of Griffin Health- demonstration and samples-** Sign up at the center
- **Chair Massage**—Wednesdays, March 4 & 18th = 2-4pm. \$15 for 15 mins. Payment must be made at time of registration
- **The TRAP—The Rhythmic Art Project— Wednesdays, March 11th & 25th.—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 10 members. Please call for availability.
- **Zentangle Art Class**—Thurs., March 12th, 1pm. Class is limited to 15 sign up required. Wait list will be kept. **Yes, you requested another class and we have it.**
- **Blood Pressure Clinic - Fri., March 13th 10-11:30am**—Walk ins welcome
- **St. Patrick's Day Luncheon Tuesday, March 17th 12 noon. \$19 pp Must be paid by March 13th to reserve your spot.**
- **Spring Craft**—Wed., 18th—9:30am. Class limited to 12 ppl \$5 pp—Sign up at the center
- **Transportation informational session**— March 24th, 1pm—stay tuned for flyer

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 Pinocle, Poker & 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.

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

Answer to Enigma:

— Benjamin Franklin
 “He who multiplies riches multiplies cares.”

A LETTER FROM THE DIRECTOR:

Happy St. Patrick’s Day to all!

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 new Meditation group has been changed to Wednesday morning to accommodate more interested participant. Please come and join us, It is a great way to start your day.

Unfortunately, it is that time of year again, where I must remind you all that your health and the health of all of the members is very important. I know that there has been an increase of Flu, Covid and respiratory viruses going around. I am asking that if you are experiencing any symptoms please stay home. All of these illness can be more difficult on the elderly even if you are otherwise very healthy and do not have any major health conditions. I want to keep everyone as healthy as possible!

As always stay safe!

Fondly,
Christine



Need Help Managing Your Meds?

Eliminate the need to create your own pill box.
 Detachable blister packing to take on the go.
 Accepts most insurances.

Convenient “walk-in” for all immunizations

MEDICAL SUPPLIES • MEDICATION MANAGEMENT
FREE HOME DELIVERY
PET MEDS • FREE DELIVERY

“A Commitment to Community”

www.valleypharmacyct.com
 valleypharmacyct@gmail.com • 203-734-9455

MONDAY - FRIDAY 8AM-7PM | SATURDAY 9AM-4PM | SUNDAY 9AM-1PM

74 PERSHING DRIVE, DERBY, CT 06418

LET’S GROW YOUR BUSINESS

Place Your Ad Here and Support Our Parish!

CONTACT ME Kate Roux

kroux@4LPi.com • (800) 477-4574 x8737

Confused about reverse mortgages?

Let’s clear up decades of confusion



Annie L’Altrelia

Guild
 mortgage

Reverse Mortgage Planner

NMLS #133075

Licensed in CT, FL, MA, VT, NH, ME

203.521.2906

4 Corporate Dr., Suite #186,
 Shelton, CT 06484

Equal Housing Opportunity, Company NMLS #3274 (www.nmlsconsumeraccess.org). I am authorized to do business in the states of Connecticut, Florida, Massachusetts, Maine, New Hampshire and Vermont. MA Mortgage Lender License #MC3274; MA Mortgage Broker License #MC3274; MA MLO Lic # MLO133075; For more licensing information, please visit www.guildmortgage.com/licensing.



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 1:00—Healthy Brain Series—Sign up at center 1:30— Living Healthy with Pre- Diabetes and Diabetes—sign up required</p>	<p align="center">-3-</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">-4-</p> <p>9:00—Meditation Group 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00 Stepless Step 1:00—TRAVEL SHOWCASE _ Pacific Northwest & California and Aloha Hawaii trip— sign up at center 1:00—Mahjong 2-4pm—Chair Massages— 15 min sessions for \$15 sign up/payment required</p>	<p align="center">-5-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group</p> <p>1:30 Age Well Program— Topic—Nutrition with Chef Rizzio—sign up at center</p>	<p align="center">-6-</p> <p>9:00—Latin Fusion -on hold 10:00—Exercise with Margaret</p> <p>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 1:00—Healthy Brain Series—Sign up at center 1:30— Living Healthy with Pre- Diabetes and Diabetes—sign up required</p>	<p align="center">-10-</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">-11-</p> <p>9:00—Meditation Group 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00 Stepless Step 1:00—Pinochle, set back. Poker, Bridge Club 1:00—Mahjong 1:00—THE TRAP -THE RHYTHMIC ART PROJECT—sign up required</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 Zentangle Art Class— space is limited- Sign up at the center.</p>	<p align="center">-13-</p> <p>9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 10-11:30—Blood Pressure Screenings— with Griffin Hospital Parish Nurses</p> <p>11:30—Bingo</p>
<p align="center">-16-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Haircuts & Nails 10:00 Exercise with Margaret 11:30— Zumba Gold 1:30— Living Healthy with Pre- Diabetes and Diabetes—sign up required</p>	<p align="center">-17-</p> <p>9:00 Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga 10:30—TAI CHI CLASS— 12:00 ST. PATRICK'S DAY LUNCH—\$19pp 1:30—Elderly Commission Meeting</p>	<p align="center">-18-</p> <p>9:00—Meditation Group 9:30—Spring Craft Grp.— max 12pp \$5pp 10:00 Exercise with Margaret 11:30— Zumba Gold 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</p>	<p align="center">-19-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group</p>	<p align="center">-20-</p> <p>9:00—Latin Fusion- on hold 10:00—Exercise with Margaret</p> <p>11:30—Birthday 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</p>	<p align="center">-24-</p> <p>9:00 -Strength Training 9:30—Sewing group/ simple mending grp 10:00—Gentle Yoga— 10:30—TAI CHI CLASS 1:00—Transportation Inservice— Come and find out what transportation options are available.</p>	<p align="center">-25-</p> <p>9:00—Meditation Group 10:00 Exercise with Margaret 11:30— Zumba Gold 1:00 Stepless Step 1:00—Pinochle, set back. Poker 1:00—Mahjong 1:00—THE TRAP -THE RHYTHMIC ART PROJECT—sign up required</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—Pinochle group</p>	<p align="center">-27-</p> <p>9:00—Latin Fusion—on hold 10:00—Exercise with Margaret 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</p>	<p align="center">-31-</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">-1-</p> <p>9:00—Meditation Group 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</p>	<p align="center">-2-</p> <p>9:00 - Strength Training— 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Pinochle group</p>	<p align="center">-3-</p> <p>9:00—Latin Fusion—on hold 10:00—Exercise with Margaret</p> <p>11:30—Bingo</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3- Stuffed Shells Meatballs veggie Soup/Salad Dessert	-4-	-5- Eggplant Parmesan Pasta Veggie Soup/salad Dessert	- 6-
- 9-	-10- BBQ Chicken thighs Rice Veggie Soup/salad Dessert	-11-	-12- Cavetelli Sausage Broccoli veggie Soup/Salad Dessert	- 13-
- 16-	-17- ST. PATRICK'S DAY LUNCH Corned Boof Cabbage Potatoes Carrots \$19pp Sign up by March 13th	- 18-	-19- Sausage Peppers Onions Rice Veggie Soup/Salad Dessert	- 20-
-23-	-24- Pork Loin Sweet Potato Veggie Soup/Salad Dessert	- 25-	-26- Meat Lasagna Veggie Soup/Salad Dessert	-27-
-29-	-30- Stuffed Peppers with ground beef , veggie& rice Mashed Potato Soup/ Salad Dessert	-31-	-1-	-2-

MEAL SIGN UP

ANSONIA SENIOR CAFÉ MEALS on TUESDAYS & THURSDAYS at 12 Noon—\$10 pp
 You must sign up for meals - No walk ins.
 Substitutions may be needed depending upon availability of food
 Please sign up for Tuesday meal by Friday before at 12 noon and Thursdays meal
 by the Tuesday prior.



Ansonia Senior Center
65 Main Street
Ansonia, CT 06401

Start Your Hearing Health Journey Today!



BEST LIFE
HEARING CENTER

Comprehensive Hearing Services:

- Hearing Tests & Hearing Aid Evaluation
- Cerumen Removal
- Real-Ear Measurements
- Hearing Aid Repair
- Tinnitus Management
- Custom Hearing Protection

CALL FOR AN APPOINTMENT TODAY!

203-735-4327

149 Wakelee Avenue, Ansonia
www.bestlifehearingcenter.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE



Have our newsletter emailed to you.

VISIT WWW.MYCOMMUNITYONLINE.COM

HANCOCK PHARMACY Se Habla Español

Pharmacist Owned & Operated For Over 50 Years

Come In & See The Difference!

- Flu & Covid Vaccines Available
- Blister Packing
- Medical Supplies
- Cheapest Prices in the Valley

We Accept All Major Insurances, Medicare Part B and D for Prescriptions and Medicaid



FREE Delivery to accommodate your prescription needs

95 Wakelee Avenue, Ansonia | 203-734-8900
hancockpharmacy6@gmail.com | www.hancockpharmacy6.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider **SafeStreets** **833-287-3502**

CME
 Chipman Mazzucco Emerson LLC
 ATTORNEYS AT LAW

Trust & Estate Planning, Elder Law, Probate

900 Main Street South Suite 102 Southbury, CT 06488 203-718-3517 www.danburylaw.com

44 Old Ridgebury Road Suite 320 Danbury, CT 06810 203-718-3517



Alyson R. Marcucio, Esq.

SUPPORT OUR ADVERTISERS!