



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:

8:30 am - 4:30 pm

Friday: 8:30—3:00pm

Subject to change.

Our Staff

Christine Sonsini | Director

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WHAT'S HAPPENING

Elderly Commission Meeting

Tuesday, February 20th—3:30 pm - 4:30 pm

- Commission meets 3rd Tuesday of every month

Blood Pressure Clinic with Parish Nurses

Friday, February 9th—10:00 - 12 pm

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

Hairdresser & Manicure

Monday, Feb 12th Nails and Tuesday Feb. 20th—Hairdresser—10:00am—12:00pm Cost is \$10 cash for each service. Call center to Sign up. Both will be here monthly.

Membership Information

Ansonia Residents—\$10/yr.

Non-Ansonia Residents—\$15/yr.

- all memberships will be good until Jan 2025

2024 TRIP NEWS

South Pacific Wonders

June 24-July 7, 2024; 14 days & 20 Meals

See what life is like “Down Under” on this incredible journey through Australia and New Zealand. Discover the wonders of Aboriginal culture. Experience Queenstown, the “Adventure Capital of the World.” Cruise Lake Wakatipu and enjoy a lakeside BBQ. Cruise Milford Sound and Sydney Harbour. From the tropical splendor of Australia's Great Barrier Reef to the ethereal beauty of New Zealand's glacial fjords, enjoy the best of the South Pacific. **For more details come to the center to pick up a flyer or call 203-641-4476 to have one mailed to you.**

Western Canada’s Rockies, Lakes and Wine Country

August 3- 11, 2024; 9 days & 13 Meals

Behold beautiful views and welcoming cultures as you journey across the Canadian Rockies – from Calgary to Vancouver. Discover the cowboy spirit at a local ranch before enjoying a traditional Albertan BBQ. Stay in and drive through scenic Banff National Park. Stand before the turquoise waters of Lake Louise. Understand the history and importance of the Canadian Pacific Railway at Revelstoke Railroad Museum. Spend 2 nights in the Okanagan, a fertile valley best known as British Columbia’s wine country. Explore Vancouver and discover its many gems and outstanding cuisine. Soaring peaks to sparkling lakes, wine country to cowboy culture, get to know the spirit of Western Canada.

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

European Christmas Markets

December 9-17, 2024; 9 days & 11 meals

Set out on a grand holiday adventure through the winter wonderland of the Imperial Cities of Central Europe – Prague, Vienna and Budapest. Tour the magnificent Prague Castle and explore its famous Christmas market at the Old Town Square. Travel via train to Dresden, Germany to experience the world’s oldest Christmas market. In Vienna learn the secrets of confectionary at a candy workshop, delight in the Baroque marvels of the Schönbrunn Palace and indulge in dinner at the famous Marchfelderhof. Make strudel with Hungarian locals at a community-hosted dinner in the countryside. Visit Bratislava, Slovakia a historic gem. Tour gorgeous Budapest, and explore its outdoor markets aglow with lights, where stalls of crafts and delicacies abound. Along the way, immerse yourself in festive Christmas markets, experience cultural traditions, sample local cuisine, and glimpse this region’s rich history.

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

2024 TRIP SCHEDULE

The Celtic Angels at the Aqua Turf Club	Registration due Feb 19th— \$119pp—\$20 deposit at sign up	March 11, 2024
The Music of Elton John at A Villa Louisa	Registration due March 15th— \$116 pp \$20 deposit at sign up	April 25, 2024
Debby Boone “You Light Up My Life” performs “Reflections of Rosemary” A Tribute to her mother-in-law Rosemary Clooney at the Aqua Turf Club	Registration due March 31st— \$137pp Self drive \$99pp \$20 deposit at sign up	May 7, 2024
Neil Diamond The Tribute from Las Vegas—Aqua Turf Club	Registration due April 10, 2024—\$124 pp \$20 deposit at sign up	May 14, 2024
Neil Diamond & Johnny Cash meet The King Elvis Presley—Twin Lobster Special at the Log Cabin	Registration due June 7, 2024— \$137pp \$20 deposit at sign up	July 9, 2024
Simon & Garfunkel Tribute Show—Twin Lobster Special at the Log Cabin	Registration due July 8, 2024— \$137pp \$20 deposit at sign up	August 6, 2024
The Eagles Experience Tribute Show—Twin Lobster Special at the Log Cabin	Registration due July 8, 2024— \$137pp \$20 deposit at sign up	August 7, 2024
Tropicana Atlantic City with Elton John & Cher Tribute Bands—3 days/ 2 nights	Registration due September 13, 2024 - \$331.00 dbl, \$311 tpl, \$431 sgl (trip insurance available)	October 15 –17, 2024
“Take Me Home Country Roads” - John Denver Tribute	Registration due September 26, 2024—\$133pp \$20 deposit at sign up	October 23,2024
Mackinac Island—Midwestern Tour includes Illinois & Michigan (passport needed) 9 days, 12 meals includes air out of NYC and transportation to/from	\$3999pp twin w/air	June 7-15, 2024
Royal Caribbean – Symphony of the Seas to the Bahamas—7 nights	\$250 deposit by May 24, 2024	Sept. 22-29, 2024
Memorials of World War II– 80th Anniversary of D Day	Deposit \$1247 pp by Feb. 12,2024 (includes ins)	Oct 18-27, 2024
All trips schedule to change if not enough interest \$20 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.

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

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DIFFICULTY: ★★☆☆



Lifelong Learning



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ENIGMA™ CRYPTOGRAM

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

“XSCZS MBQ HT IPS ZBOXJBOKFS BU
XJKQZKXASF KF C FPBJI-AKWSN
CZPKSWSOSQI.”

— CYIPBJ YQLQBMQ

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E086

Quote of the month:

We must never cease from exploration. And the end of all our exploring will be to arrive where we began and to know the place for the first time.

~T.S. Eliot~

FEBRUARY



©LPI

EDUCATION CLASS

UPCOMING EVENTS

INCLEMENT WEATHER—IN THE CASE OF INCLEMENT WEATHER PLEASE FOLLOW ANSONIA SCHOOL SYSTEM FOR CLOSURE. If the school is closed the center is closed for classes. If City Hall is closed the center will be also closed.

We have a Hairdresser and a Manicurist offering haircuts and manicures for \$10 each service. Please sign up at the center.

We will also be partnering with Coastal Hearing Aid Center to provide monthly hearing aid checks, testing & information on hearing aids.

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.



Thursday, Feb 1th— 1:30— 2:30pm
AGE WELL PROGRAM—Topic: Your Heart & You with Free blood pressure screening. Griffin Hospital’s Director of Cardiac Rehab will speak and answer questions.

Sign up required at the center. St. Patrick’s Day Wreath Making Class with Kathy. Friday, February 2nd—10am (class is limited to 12 members) Cost: \$25 for materials. Must pay at time of sign up to reserve your spot.

Tuesday, February 13th—1:30 pm—Belly Dance Exercise class demo— Please sign up at the

center. MARCH 5th—2pm Bereavement Group
 We will be starting a Bereavement Group in conjunction with Griffin Hospital. The group will be held every other Tuesday. Jim Linden will facilitate the group and he has over 30 years experience in facilitating Bereavement groups for all ages and depth of loss. If you have experience the loss of a loved one we encourage you to join this opportunity to share your experiences in a confidential and comfortable setting. Please contact Jim Linden of interested 203-561-3410

DONATIONS NEEDED

We are still collecting the following items: Large disposable aluminum pans, large baking sheets, large Tupperware type containers, paper plates, napkins, coffee, drinking cups, plastic forks, knives, spoons, etc. Thank you for the outpouring of donations that we have been receiving we truly appreciate your generosity.



We are accepting donations of yarn, Any donations would be greatly appreciated. Drop off at the center. THANK YOU for everything donated thus far and for continued donations.



VOLUNTEERS

We are currently looking for members who want to be part of the Ansonia Senior Center Executive Board. The board will consist of a total of 7 members . We will have a President, Vice President secretary and board members. If you are interested in being part of the Executive board please sign up at the center so that we can put all of the names on a ballot to be sent out in the March newsletter.



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

Answer to Sudoku

Answer to Enigma:

“Peace won by the compromise of principles is a short-lived achievement.” – Author Unknown

A LETTER FROM THE DIRECTOR

Happy February!


We are coming into the busy winter months weather wise. That being said I would like everyone to know the weather closing policy here at the center. If Ansonia schools are closed then classes at the center will be cancelled. Staff will still be here at the center unless City Hall is closed then the center will be totally closed. If you have any questions feel free to reach out.


We are asking each group to put name and phone number on a contact list so that we may contact you if your group is cancelled for any reason. We are also going to be forming the Executive board of the Ansonia senior center. If this is something that you may be interested in please sign up at the center by Feb. 16th so that we can get the names into the March newsletter.

Please stay safe in this cold weather and reach out if you need assistance.

Fondly,
Christine



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p align="center">-1-</p> <p>10:00 Strength Training *** please note temporary time change*** 10:00—Chair Yoga 12:00 Lunch—\$10 sign up required 1:00—Card Club-(pinochle, setback, poker—come with some friends and play your favorite game) 1:30—AGE WELL SERIES—YOUR HEART AND YOU—GH Dir. of Cardiac Rehab—SIGN UP REQUIRED</p>	<p align="center">-2-</p> <p>10:00 St. Patrick’s Day Wreath Making Class with Kathy (Class limited to 12—Sign up req) 11:30—Bingo</p>
<p align="center">-5-</p> <p>9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 11:30—Corn hole 1:30—Line Dancing</p>	<p align="center">-6-</p> <p>10:00 Strength Training *** please note temporary time change*** 10:00—Gentle Yoga (Mat needed) 11:30—Wii bowling 12:00 Lunch—\$10 sign up required</p>	<p align="center">-7-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step</p>	<p align="center">-8-</p> <p>10:00 Strength Training ***please note temporary time change*** 10:00—Chair Yoga 12:00 Lunch—\$10 sign up required 1:00—Card Club -pinochle, setback, poker,etc</p>	<p align="center">-9-</p> <p>10-12—Blood Pressure Screenings 11:30—Bingo</p>
<p align="center">-12-</p> <p>9:30—Knit & Crochet Club 10:00—Nail Boutique sign up required 10:00 Exercise with Margaret 11:30– Zumba Gold 11:30—Corn hole 1:30—Line Dancing</p>	<p align="center">- 13-</p> <p>10:00 Strength Training ***please note temporary time change*** 10:00—Gentle Yoga (Mat needed) 11:30—Wii bowling 12:00 Lunch—\$10 sign up required 1:30—Belly Dance exercise grp demo</p>	<p align="center">- 14-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle or set back—bring your group & come play cards</p> <p align="center">♥HAPPY Valentine’s DAY♥</p>	<p align="center">- 15-</p> <p>10:00 Strength Training ***please note temporary time change*** 10:00—Chair Yoga 12:00 Lunch—\$10 sign up required 1:00—Card Club-(pinochle, setback, poker—come with some friends and play)</p>	<p align="center">-16-</p> <p>11:30—Bingo</p>
<p align="center">- 19-</p> <p>CENTER CLOSED IN OBSERANCE OF PRESIDENTS DAY</p> 	<p align="center">- 20-</p> <p>10:00 Strength Training ***please note temporary time change*** 10:00—Haircuts with Donna—sign up required 10:00—Gentle Yoga (mat needed) 11:30—Wii bowling 12:00—LUNCH—\$10—Sign up required</p>	<p align="center">-21-</p> <p>10:00 Exercise with Margaret 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle or set back</p>	<p align="center">-22-</p> <p>10:00 Strength Training ***please note temporary time change*** 10:00—Chair Yoga 12:00 Lunch—\$10 sign up required 1:00—Card Club (pinochle, setback, poker—come with some friends and play your favorite game)</p>	<p align="center">-23-</p> <p>11:30—Bingo</p>
<p align="center">- 26-</p> <p>9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30– Zumba Gold 11:30—Corn hole 1:30—Line Dancing</p>	<p align="center">- 27-</p> <p>10:00 Strength Training ***please note temporary time change*** 10:00—Gentle Yoga (mat needed) 11:30—Wii bowling 12:00 LUNCH—\$10—sign up required</p>	<p align="center">-28-</p> <p>10:00 Exercise with Margaret 11:00—Holiday De-stress session (limit to 5ppl sign up req) 11:30– Zumba Toning 1:00 Stepless Step 1:00—Pinochle or set back</p>	<p align="center">-29-</p> <p>10:00 Strength Training ***please note temporary time change*** 10:00—Chair Yoga 12:00—LUNCH—\$10 sign up required 1:00—Card Club</p>	<p align="center">March-1-</p> <p>11:30 BINGO</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			-1- Vegetable lasagna (yellow/green squash, carrots, sauce, ricotta) Spinach salad Bread Watermelon	- 2-
- 5-	-6- Chicken Parmesan Linguine Green beans Salad Orange bread	-7 -	-8- Meatloaf Mashed potatoes Green Beans Salad Cantelope Bread	- 9-
- 12-	- 13- Pork Loin Gravy Roasted sweet potato Mixed veggie Lentil soup Applesauce bread	- 14- HAPPY VALENTINE'S DAY! 	- 15- VALENTINE'S CELEBRATION Shrimp Florentine Linguine Spinach Salad Fruit salad bread	- 16-
-19-	-20- BBQ Chicken (boneless thighs) Collard green Rice Salad Orange bread	- 21-	-22- Meat Lasagna Broccoli/cauliflower Salad Banana Bread	-23-
- 26-	- 27- Baked Sole Rice Pilaf Broccoli Salad Cantelope Bread	-28-	-29- Stuffed Cabbage— ground beef, cabbage w/rice and onion Mashed potato Carrots Salad Grapes Bread	-1-

MEAL SIGN UP

ANSONIA SENIOR CAFÉ MEALS on TUESDAYS & THURSDAYS at 12 Noon—\$10 pp
You must sign up for meals - no walk ins.
 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