



ANSONIA SENIOR SENTINEL

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

OCTOBER



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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:

8:30 am - 4:30 pm

Friday: 8:30—3:00pm

Subject to change.

Our Staff

Christine Sonsini | Director

Phone: (203) 736-5933

Email: csonsini@ansoniac.org

Jeff Coppola | Assistant Director

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Email: jcoppola@ansoniac.org



WHAT'S HAPPENING

Elderly Commission Meeting Tuesday, October 15th— 3:30pm

- Commission meets 3rd Tuesday of every month

Blood Pressure Clinic with Parish Nurses

Friday, October 11th—10:00 - 12 pm

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

Hairdresser & Manicure

Hairdresser—Oct 15th & Nail boutique —October 21st— 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.
\$5 for Residents and \$10 for non residents until Nov 30th—This is for new memberships only!

TRIP NEWS

Collette Travel Showcase October 24, 1pm—sign up at the center.

This showcase will cover Greece and Its Islands—April 24-May 9, 2025. 16 days & 25 meals (14 Breakfasts, 3 lunches, 8 dinners) Highlights of the trip: Athens, The Acropolis, Parthenon, Meteora, Delphi, Olympia, Greek Farm Visit, Cooking Class, Greek Dance Class, Mykonos, Santorini and Ancient Akrotiri.

American Music Cities—April 27—May 4, 2025. 8 days & 11 meals (7 Breakfasts, 1 Lunch & 3 Dinners). Highlights of the trip: French Quarter, Jazz Revue, Grammy Museum, Graceland, Civil Rights Tour, Ryman Auditorium, Grand Ole Opry Show, Country Music Hall of Fame, Historic RCA Radio Studio B, Choice on Tour: Goo Goo Cluster Candy or Johnny Cash Museum.

Please sign up at the center for the showcase.

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

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

Tropicana Atlantic City with Elton John & Cher Tribute Bands—3 days/ 2 nights (10 spots available)	<i>Registration due September 13, 2024 - \$331.00 dbl, \$311 tpl, \$431 sgl</i>	October 15 -17, 2024
"Take Me Home Country Roads" - John Denver Tribute	<i>Registration due October 4, 2024—\$133pp</i>	October 23,2024
New England Christmas Festival—Mohegan Sun	<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
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
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	3	2			
	9	5					1	7
4			1		2		7	
5			6	7				
	1	9	4					
	6					2	3	
							4	
			9		5			

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DIFFICULTY: ★★★☆

Lifelong Learning



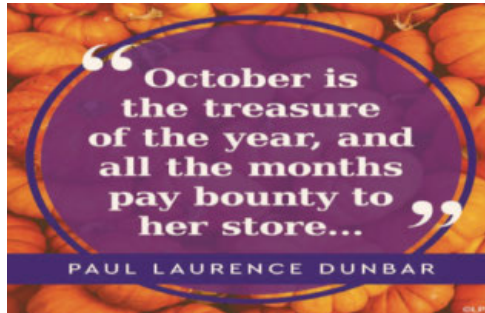
ENIGMA™ CRYPTOGRAM

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

“JRN IXADAJ US JRN BKN AI SAQQNW
YAJR JRN WAIWBAP SUD JRAPCAPK.”
— BQVNDJ IZRYNAJLND

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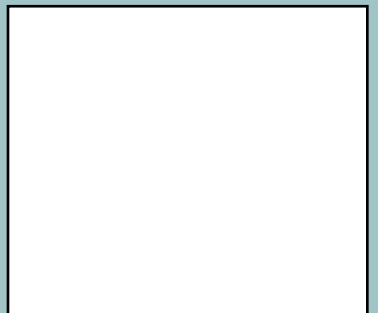
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UPCOMING EVENTS

- Chair Messages bi-monthly starting Oct 2nd - \$15/15minutes
- Collette Travel Showcase—Painted Canyons & Sicily, Nov 5th, 1pm
- 5 part Healthy Brain Series: by Dementia Specialist Julianne Ramia of Hartford Healthcare. Starts Wed. Nov 6th
- Age Well Series Topic: TBA Nov 7th 1:30 pm
- Presentation on Tiny Homes by Contemporary Tiny Homes, Nov. 7th, 1pm.
- Presentation on Blind & Vision Impaired resources By Michelle Puzzo of UR Community Cares. Nov. 12th 1pm.
- Electric Rate Presentation with Art Marcelynas. Nov 21st , 1pm
- MEATO—Nov 21st 5-7pm
- Oxford Bell Choir Performance—Nov 26th, 1pm

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

- ♦ **Chair Massage**—Wed., Oct 2nd & 16th— 2-4pm, \$15/ 15 mins. Registration required
 - ♦ **Age well Series. Topic: Stroke Awareness.** Oct. 3rd, 1:30pm. Registration required.
 - ♦ **Baking with Dee**— Oct. 7th 1pm **Apple Cider donut holes** Class limited to 8 ppl—sign up at center
 - ♦ **All you need to know about Social Security with Jay Borelli of Edward Jones**—Thurs, Oct 8th , 1pm—Registration required
 - ♦ **Wreath Class**—Oct 9th, 10am, \$40 for supplies , class limited to 10 registration & payment required
 - ♦ **Medicare Information Session—to discuss all the changes for this year.** Thurs., Oct 10th, 1pm.
- Registration required
- ♦ **NVHD Flu/Covid shot Clinic.** Friday, Oct 11th, 9:30-11:30. Walk-ins welcome
 - ♦ **Button Pumpkin Craft**—Tues., Oct., 15th, 10am. Limited to 12 people. Registration required
 - ♦ **Local Author Talk & Book signing. (Gregory Armstrong & D.W.Alder).** Thurs., Oct 17th, 1pm. Registration required. Snacks will be served.
 - ♦ **HALLOWEEN BINGO FUNDRAISER**—Tuesday, Oct 29th, 5pm, \$20
 - ♦ **Bereavement Group will be on hold for the summer. Will reside again in the fall.** Please contact Jim Linden if interested 203-561-3410

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 SHOT CLINIC— Oct 11th—9:30 11:30am provided by NVHD. Valley Pharmacy will also be providing COVID boosters, RSV, Shingles and Pneumonia vaccines. **Bring Insurance card. Sign up at the center.**

We are looking for donations of buttons. If you have any buttons laying around please drop them at 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.



Answer to Sudoku

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

Answer to Enigma:

“The spirit of the age is filled with the disdain for thinking.” – Albert Schweitzer

A LETTER FROM THE DIRECTOR

Hello All! Happy Fall!

We have a jam packed October calendar coming up for you.

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 stated on Tuesdays. So come on down if you would like to learn how to sew or quilt.

We have several guest speaker this month also, from Social Security & Medicare to Meet the Authors. We have a craft group and Halloween Bingo. Please sign up for the program at the center or call.

We are looking for donations of buttons for crafts. So if you have any extras lying around please bring them in.

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.

Lastly, we have booked the Christmas Party for December 19th so save the date. More info to follow. Have a great month.

Fondly,

Christine



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">-30-</p> <p>9:00—Gentle Mat/Wall Pilates -Note time change 9:30—Knit & Crochet Club 10:00 Exercise with Margaret 11:30— Zumba Gold—No Class 1:30—Line Dancing</p>	<p align="center">-1-</p> <p>9:00 -Strength Training w/ Bobbi 10:00—Gentle Yoga 10:00—Quilting group 11:30—Wii bowling 2:00—Bereavement Group—on hold</p>	<p align="center">-2-</p> <p>7:30 Mohegan Sun trip 10:00 Exercise with Margaret 11:30- Zumba Toning—no class 1:00 Stepless Step 1:00—Pinochle, set back, poker 2-4pm—Chair Massages - 15 min sessions for \$15</p>	<p align="center">-3-</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—STROKE AWARENESS—Signs, symptoms, risk factors & types _ Sign up required</p>	<p align="center">-4-</p> <p>9:00—Latin Fusion— 11:30—Bingo</p>
<p align="center">-7-</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-Apple Cider Donut Holes. 1:30—Line Dancing</p>	<p align="center">-8-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Quilting group 11:30—Wii bowling 1:00—"Social Security & Medicare -All you need to know" presentation with Jay Borelli of Edward Jones & Chris DeMaio of DeMaio insurance—Sign up required</p>	<p align="center">-9-</p> <p>10:00 Exercise with Margaret 10:00 Tree Wreath Class with Kathy—\$40 class limited to 10. registration & pmt required. 11:30- Zumba Toning 1:00 Stepless Step 1:00—Pinochle, set back, poker</p>	<p align="center">-10-</p> <p>9:00 -Strength Training w/ Bobbi 10:00—Chair Yoga 10—Poise & Posture— 1:00—Card Club 1:00 Medicare Drug Plan Changes Presentation—sign up required</p>	<p align="center">-11-</p> <p>9:00—Latin Fusion— 9:30—11:30—FLU/COVID SHOT CLINIC _Will also offer RSV, Pneumonia, Shingles, etc. Sign up at center—Walk-ins welcome 10-12—Blood Pressure Screenings 11:30—Bingo</p>
<p align="center">-14-</p> <p>CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY</p>	<p align="center">-15-</p> <p>9:00 Strength Training 10:00—Haircuts Date change this month only 10:00—Gentle Yoga 10:00—Quilting group 11:30—Wii bowling 12:00 -BUTTON PUMPKIN CRAFT (Please bring buttons if you have them) - 2:00—Bereavement Group—on hold 3:30 Elderly Commission meeting</p>	<p align="center">-16-</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</p>	<p align="center">-17-</p> <p>9:00 -Strength Training 10:00—Chair Yoga 10:00— Poise & Posture 1:00—Card Club 1:00 Meet the Authors— Come Meet 2 local CT authors and hear about their books. Book signing to following— sign up required. See Flyer at center</p>	<p align="center">-18-</p> <p>9:00—Latin Fusion 11:30—Bingo</p>
<p align="center">-21-</p> <p>9:00—Gentle Mat/Wall Pilates 9:30—Knit & Crochet Club 10:00 Nail Boutique 10:00 Exercise with Margaret 11:30- Zumba Gold 1:30—Line Dancing</p>	<p align="center">-22-</p> <p>9:00 -Strength Training 10:00—Gentle Yoga 10:00—Quilting group 11:30—Wii bowling</p>	<p align="center">-23-</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">-24-</p> <p>9:00 - Strength Training 10:00—Chair Yoga 10:00—Poise & Posture 1:00—Card Club 1:00—Collette Travel show case - Greece and Music Cities</p>	<p align="center">-25-</p> <p>9:00—Latin Fusion 11:30—Bingo</p>
<p align="center">-28-</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">-29-</p> <p>9:00 -Strength Training - 10:00—Gentle Yoga 10:00—Quilting group 11:30—Wii bowling 5:00 _ HALLOWEEN BINGO -\$20—Sign up required—All are welcome! Wear your Costumes!</p>	<p align="center">-30-</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">-31-</p> <p>HAPPY HALLOWEEN! 9:00 -Strength Training - 10:00—Chair Yoga 10:00— Poise & Posture 12:00—HALLOWEEN PARTY LUNCH—\$10 1:00—Card Club</p>	<p align="center">-1-</p> <p>9:00—Latin Fusion 11:30—Bingo</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-30-	-1- Fish filet sandwich Sweet potato wedges Soup/Salad Dessert	- 2-	-3- Lasagna Soup/Salad broccoli Bread Dessert	- 4-
- 7-	-8- Stuffed Shells Meatballs Broccoli Salad Bread Dessert	-9-	-10- Pork Loin w/ gravy Sweet Potatoes Green beans Soup/Salad Bread Dessert	- 11-
- 14-	-15- Sausage/Peppers/ Onions Rice Salad Dessert	- 16-	-17- Roast Beef Mashed Potatoes Mixed Veggie Soup/salad Bread Dessert	- 18-
-21-	-22- Chicken Sandwich Potato Wedges Pasta Fagioli dessert	- 23-	-24- Eggplant Parmesan Pasta Cauliflower Soup/Salad Bread Dessert	-25-
-28-	-29 - Chicken burrito Bake (Chicken, rice, black beans) Tortilla Salad dessert	-30-	-31- Halloween Party Assorted wraps– Chicken Salad, turkey & Egg salad Macaroni & Potato salad Dessert	-1-

MEAL SIGN UP

ANSONIA SENIOR CAFÉ MEALS on TUESDAYS & THURSDAYS at 12 Noon—\$10 pp
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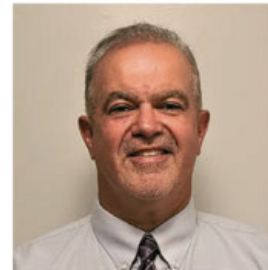
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