



JUNE NEWSLETTER—2026

100 Mona Terrace, Fairfield CT
203-256-3166
www.fairfieldct.org/bigelowcenter

June Evenings at the Bigelow Center

2nd Annual Bigelow Center Member Art Show

Thursday, June 4 from 4:00—7:00

A Community Celebration of Creativity. Come by and admire the incredible talent of our members.

Paintings, sculptures, pottery, wood carvings and more.

Registration is not required.

Refreshments will be served. This is not a sale.



Melissa Sheketoff
and
Paul Piorek from
WICC—Voice of
Connecticut

Thursday, June 11
from 5:00 –7:00

Welcome Connecticut's beloved radio personalities, Melissa Sheketoff and Paul Piorek, They'll entertain us with behind-the-scenes stories and share highlights

from their broadcasting careers. It's sure to be a lively and memorable event. Registration required. \$5 per person
Register and pay on MyActiveCenter.com or in person at the Center.

wicc 600



The American Revolution Documentary Series

Mondays, June 1, 8, 15, 22, 29 and July 6 at 12:45

Ken Burns' *The American Revolution* (2025) is a six-part, 12-hour PBS documentary series exploring the 13 colonies' rebellion against Britain, highlighting the war for independence and the creation of a new government. It presents an evenhanded, in-depth look at the conflict, featuring diverse perspectives including soldiers, women, Native Americans, and enslaved people. Each episode is approximately two hours long. No registration required.

Father's Day Lunch Celebration

Thursday, June 18 at 12:00



Fire up the fun this Father's Day to celebrate the Bigelow Center men with a laid-back lunch and plenty of laughs. Our bus drivers will be manning the grill, serving up hot dogs and tasty summer salads, while lawn games are ready for some friendly

competition. Gentlemen, this one's just for you—come hungry and ready for a great time.

Registration on MyActiveCenter.com or in person at the Center.



Mark Albertson: Well Regulated Militia

Wednesday, June 3 at 1:00

Referenced in the Second Amendment and the Militia Act of 1792, the militia was a state controlled force that served as both the early Republic's primary defense and a check on centralized power. This presentation follows its evolution through 1903, when it was replaced by the United States National Guard. **Register on MyActiveCenter.com or at the Center.**



Monthly Discussion with Town Dept. Heads

Monday, June 8 at 10:00

This month, meet Mark Barnhardt, Community and Economic Development. He will share how his work guides the town's growth by supporting local businesses, attracting investment, and strengthening our economy and community services. Learn about the Handyman Program and Accessory Dwelling Units. No registration required. All are welcome.

Health and Wellness Programs



Seniors Eating Well Cooking and Seasoning with Herbs Presented by UCONN Health Tuesday, June 2 at 1:00

We're excited to partner with the Fairfield Health Department and UConn Extension educator and Registered Dietitian Nutritionist Heather Peracchio for a healthy cooking demo.

Build confidence in preparing and choosing nutritious meals that meet your needs, and discover how herbs can add flavor, color, and health benefits. Participants will sample herbs and learn simple ways to use them in everyday cooking.

Register on MyActiveCenter.com or in person at the Center.

The Foot Lab: Strength and Balance from the Ground Up Wednesday, June 10 at 1:00



Join Marika Baxter, MSPT, holistic physical therapist and movement educator for a gentle and practical workshop exploring foot mobility, strength, and balance. Our feet are the foundation for standing, walking, and stability throughout life, yet they are often overlooked.

Through simple exercises, mindful movement, and balance practices, participants will learn ways to improve foot awareness, flexibility, and confidence in everyday movement.

This community presentation is appropriate for a wide range of abilities and offers supportive tools for maintaining mobility, balance, and connection from the ground up. **Register on MyActiveCenter.com or in person at the Center.**

Eye Health with Jennifer Zold Tuesday, June 30 at 1:00

Jennifer Zold, Occupational Therapist and Low Vision Therapist, presents common conditions such as cataracts, dry eye, and macular degeneration, how they affect vision, and steps you can take to manage or prevent them. Learn practical tips to help you maintain healthy eyesight and enhance your quality of life. **Register on MyActiveCenter.com or in person at the Center.**



Let's Talk Discussion Group Wednesdays at 11:00

Let's Talk meets weekly for open conversations on a range of topics and mutual support. Share thoughts, ideas, experiences, and advice in a supportive environment where everyone can connect and grow together.

Led by Social Services Coordinator Alison Witherbee. Call for information: 203-256-3170.

All are welcome.

Bingocize: 10-Week FREE Program

Tuesdays & Thursdays from 1:00—2:00
June 9—August 13

Have fun, stay active, and reduce your risk of falls with Bingocize®! Combine gentle exercise, health education, and the classic game of Bingo for a lively experience. Each session helps build strength and balance while offering helpful wellness tips—all in a fun, supportive setting with prizes along the way.



Bingo + Exercise = Bingocize®

Register for the 10-week series on MyActiveCenter.com

Coming in July on Wednesdays—Matter of Balance

The Fairfield Health Department will offer *A Matter of Balance*, an evidence-based, 8-session program designed for older adults (60+) to reduce the fear of falling and increase physical activity levels. It features group discussions, cognitive restructuring, and exercises to improve strength and balance, helping participants manage fall risks and gain confidence. Information will be in the July Newsletter and at the Center.



MANAGING CONCERNS ABOUT FALLS

Outdoor Fitness Center is Open



The Senior Center's outdoor fitness area is open for the summer and ready for you to enjoy! Take advantage of the fresh air while using equipment like the stationary bike, walking platform, elliptical, swing, xylophone, and more. Stop by anytime and make the most of this fun and energizing space.

The fitness area is located behind the senior center/Child's Garden off of the Frank Rice Trail and along Old field Road. You can park in the Center back parking lot.

ART, MUSIC AND CREATIVITY PROGRAMS

Collage Workshop

Tuesday, June 23 and Wednesday, June 24 at 1:00

Art instructor Linda Downey leads a two-day fun workshop. Using Gelli Plates and found textures, stamps and utensils, we will create our own painted papers to be used in our collages. Collages can tell a story, accent a poem or photograph, a sentiment, or an image for a celebration. Sense of humor required.



Fee: \$20pp (supplies included.) Register and pay on MyActiveCenter.com or in person at the Center.

Intermediate Ukulele Class—Thursdays, 11:00—12:00 June 4—August 27 (13 classes)

Keep strumming and building your skills with instructor Steve Forlano from the local ukulele band, *The CUKes*. This class is perfect for those who already know the basics and want to continue learning chords. *Please bring your own ukulele.*



Fee is \$65 for the session. Register and pay on MyActiveCenter.com or in person at the Center.

Intermediate Spanish Class Wednesdays, 11:00—12:00

June 3—July 29 (Nine Classes)

Instructor Luz Rincon will focus on expanding vocabulary, improving conversational skills, and strengthening grammar. *Some prior Spanish experience recommended.* **Fee is \$125 for the session. Register and pay on MyActiveCenter.com or in person at the Center.**

Drawing from Memory Workshop

Thursday, June 25 from 1:00—3:00

Sometimes a moment is so important in your memory but you have no picture to show people. Artist Adam Weisblatt will teach you how to create a scene based on a time and place from your past. You will learn how to organize your picture, show people and the location and make the picture look recognizable, just with simple pencil and paper.

Supplies included. \$15pp. Register and pay on MyActiveCenter.com or in person at the Center.



Open Art Studio

Tuesdays from 10:00—12:00

Bring your own supplies and enjoy.
No Registration Required.



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Technology Tuesdays
Tuesdays, June 2, 9, 16, 23 & 30
From 2:00—4:00

Having tech trouble? Volunteers Gary and Gail Felberbaum are at the Center to help with email, devices, passwords, and more.

Stop in anytime between 2:00—4:00.
No registration required.



It's that time of year again!
JULY is Bigelow Center Membership
Renewal Month

Annual Bigelow Center Membership renewal is during the month of July. ALL members must renew membership each year (even if none of your information has changed). Membership for Fairfield residents is free. Renewals may be completed in person at the Center, or online at www.fairfieldct.org/BigelowCenter. Out of town members must renew in person with the \$25 annual fee. Cash or check only—NO credit cards accepted.

All renewals must be updated and complete in order to register in August for fall activities and programs. Don't wait until the last minute!

Please contact the Center with any questions at 203-256-3166.

Membership
Renewal



Mark Your Calendar!

July is Bigelow Center
Membership Renewal Month

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Farmer's Market Coupons

Thursday, June 11 at 11:00—12:00

Denise Andres, South Western CT Agency on Aging (SWCAA), will be at the Bigelow Center to distribute Farmer's Market cards, which can be used to purchase fresh fruits, vegetables, herbs, eggs, and honey from certified farmers' markets. The cards are part of the Senior Farmers Market Nutrition Program (SFMNP), to help older adults and individuals with disabilities access healthy, locally grown food.

To be eligible, individuals must be at least 60 years old, or under 60 with a disability and living in senior or disabled housing that offers congregate meals.

More information and required forms are available at the Bigelow Center and Social Services.

Questions? Call SWCAA at 203-814-3649.



Happy Pride Month

The Bigelow Center is proud to be part of SAGE Advocacy Services. Our staff has participated in a training class provided by SAGECare, a leading source for LGBTQ+ aging cultural competency that provides training programs and strategic guidance to help improve the lives of LGBTQ+ older adults.



Bigelow Center Movies—Fridays at 12:45

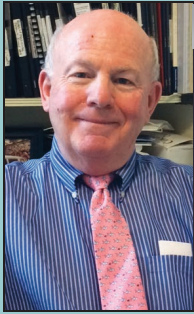


Friday, June 5—Celebrating Pride Month with the movie *Pride*: A British historical comedy, *Pride* recounts how the activist group "Lesbians and Gays Support the Miners" raised funds for mining families affected by the strike. Initially met with suspicion, the partnership grew into a powerful symbol of unity across social and cultural divides, highlighting both groups' struggles against oppression. 2h

Friday, June 12—*Song Sung Blue*: A musical biographical drama based on the true story of Mike and Claire Sardina, a Milwaukee couple who found love and regional fame as "Lightning & Thunder," a Neil Diamond tribute band. The film focuses on resilience, following dreams, and navigating personal hardship. 2h 12m

Friday, June 19—Celebrating Juneteenth with *BlacKkKlansman*: Directed by Spike Lee, a biographical crime-comedy based on the true story of Ron Stallworth, the first African-American detective in the Colorado Springs Police Department in the early 1970s. Stallworth infiltrates a local Ku Klux Klan branch with the help of his Jewish colleague, Flip Zimmerman, who acts as his surrogate in person while Stallworth handles phone calls. 2h 15m

Friday, June 26—*1776*: A musical film depicting the political struggles within the Continental Congress to declare independence from Britain. John Adams, Benjamin Franklin, and Thomas Jefferson work to persuade reluctant delegates to support the resolution and draft the Declaration of Independence amidst intense heat and military threats, culminating in the historic vote and signing. 2h 22m



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GUIDE Program Presentation

Tuesday, June 9 at 11:00

GUIDE is a new, a voluntary nationwide Medicare initiative that aims to improve the quality of life for people living with dementia through a package of care coordination and management, caregiver education and support, and respite services to provide relief to family caregivers. In particular, the program helps cover the cost of homecare. **Register MyActiveCenter.com or call the Center.**



Scripts in Hand

Wednesday June 17

1:00—2:30

Love Theatre? Enjoy reading aloud or listening to great dialogue? Gather each month for a cold reading of a great play. No memorizing required, scripts will be made available at the start of the session (or on line), and roles will be rotated to give everyone a chance to participate. Call the office for the May play title.

Short Classic Novel Book Group

Wednesday, June 10 at 1:00

This monthly book group reads and discusses short classic novels (novellas) ranging from 70 to 120 pages. This month we're reading the 1895 classic:



The Time Machine

by H.G. Wells

Register on MyActiveCenter.com or call the Center.

Senior Literary Society

Wednesday, June 17 at 11:00

All are welcome to join the Bigelow Center Book Club. The June book choice:

***Swift River* by Essie Chambers**

Register on MyActiveCenter.com or call the Center.



Brain Games

Wednesday June, 17 at 10:00

Brain Games is an enjoyable and effective way to improve brain health. Join Danielle Ramos from National Healthcare for challenging puzzles and brain teasers. **Register on MyActivecenter.com.**

Bunco—Tuesday, June 30 at 1:00



No skill or experience required, just a willingness to laugh and roll the dice. No Registration Required.

Bigelow Center Bingo

Tuesday, June 23 at 12:30

Interested in helping with Bingo this month? We'd love to have you!



We are looking for three volunteers to help facilitate Bingo—let Brenda know if you are interested.



Line Dancing will resume in the fall.



By popular request, we are excited to begin forming a Bigelow Center Singing Group! Whether you love to sing or simply enjoy music and fellowship, we invite you to join us to learn more. Come to our informational gathering on Monday, June 15 at 1:00 p.m. to hear about the group and future plans. Can't make it? Let Brenda know to add you to the list. **Register on MyActiveCenter.com or in person at the Center.**

News from Brenda

Our final two Thursday evening programs this month are not to be missed, and we hope you'll join us for both! Details can be found on the front page of the newsletter. The Art Show is a wonderful event and we hope you stop by to support and celebrate the incredible talent and creativity of our members. It's always a wonderful event filled with beautiful artwork and unique creations. Please note that the Café will be closed on Thursday, June 4, to allow time for Art Show setup.

Thank you to everyone who joined us for our Mother's Day Brunch. Each month, we are pleased to offer a special luncheon for our members through the support of donations and Center funds, and we hope you continue to enjoy these gatherings.

Membership renewal information can be found on page four. We appreciate your attention to completing and updating your information. Forms are at the Bigelow Center and you can also do it online at www.fairfieldct.org/BigelowCenter.

Looking ahead, we are excited to introduce a new newsletter format coming in late summer and early fall. We think you'll love the fresh new look and appreciate your patience as we make the transition.

Please stop in to say hello anytime.,



Bigelow Center Summer Trips—More Details at the Center
Times shown indicate departure from the Center and approximate return

JUNE

Thursday, June 4 – Captain’s Cove, 1 Bostwick Avenue, Bridgeport
Bigelow Bus. 11:30—2:00. Enjoy lunch on the water at Captain’s Cove. Pay for lunch on your own.

Thursday, June 11 – Trip to Walmart & Osaka Restaurant, Stratford, CT – Bigelow Bus
9:30—1:30. Enjoy shopping at Walmart and then lunch at Osaka Restaurant. Pay for lunch on your own.

Thursday, June 18 – Vintage Shopping Shopping—Bigelow Bus
9:30—2:30. Browse and shop at Goodwill, Westport, Carousel Thrift Shop, Southport and The Store at First Church in Fairfield. Lunch is at Sophie’s. Pay for lunch on your own.

the Bruce **Thursday, June 25 – Trip to Bruce Museum, Greenwich, CT—Bigelow Bus**
10:00—2:30. Private Tour and pay for lunch on your own (approx. \$20pp) at the Bruce Café.

JULY

Thursday – July 16 – Trip to Trolley Museum and Cracker Barrell—GBT Bus
8:30—2:30. Tour the Trolley Museum (\$12 per person for tour) and head to Cracker Barrell for shopping and lunch (payment on your own).



Thursday, July 23 – Trip to Ferris Acres Farm, Newtown, CT—Bigelow Bus
12:30—2:30. Payment for ice cream on your own.

Wednesday, July 30 – Trip to Jennings Beach. Lunch on your own at the beach Snack stand. 11:30—1:30. Enjoy one of Fairfield’s beautiful beach.



AUGUST

Thursday, August 6 – Crazy for You play at Goodspeed and Lunch at Gelston House
GBT Bus. 9:45—5:30
\$96pp including play tickets and lunch. *Register and pay on myactivecenter.com*



Thursday, August 13 – Ferry Trip to Port Jefferson, Long Island. Tickets approx. \$25pp (more details as it gets closer) - Bigelow Bus to the Ferry.
8:30—3:45

Thursday, August 20 – Lunch at Boca on the water in Bridgeport.
Bigelow Bus Pay for lunch on your own.
11:30—2:00

SAVE THE DATE!—THE FRIEND’S OF THE BIGELOW CENTER JULY BBQ
THURSDAY, JULY 9 AT 12:00



Celebrate America’s 250th birthday with a festive Senior Center BBQ filled with good food, great music, and plenty of fun for everyone!
Enjoy a delicious lunch, lively games, and wonderful company in a warm, patriotic atmosphere.
Dance and sing along to live music by the Willie and Jan Band, and soak in the red, white, and blue spirit all around.
It’s a day to come together, celebrate, and make lasting memories.
We can’t wait to celebrate with you!

Bigelow Center Games -No Registration Required. All Are Welcome

Basketball—Mondays a 12:30

Open play—all are welcome.

Bridge—Tuesdays at 10:00 and Thursdays at 1:00

Feel free to bring a partner along.

Bunco—Tuesday, June 30 at 1:00

No skill or experience required, just a willingness to laugh and roll the dice.

Canasta—Wednesdays at 10:00 and Thursdays at 12:30

Canasta, a thrilling card game that combines strategy, teamwork, and a bit of luck.

Chess—Wednesdays at 1:00

Playing chess is a battle of strategy and concentration, where each move can change the course of the game.

Mah Jongg—Mondays at 12:30 and Wednesdays at 12:30

The latest craze in Fairfield. Join us!

Pinochle—Mondays and Fridays at 12:00

Pinochle is a classic trick-taking card game played with a special deck.

Rummikub—Mondays at 1:00

A fun tile game and no experience necessary!

Scrabble—Mondays and Fridays at 12:30

Playing Scrabble is a challenging and fun way to test your word skills.



Bigelow Center Groups—All Are Welcome

No expert skills required, just a love for the games.



Ping Pong—Mondays & Thursdays from 9:30—12:00
Tuesday-Friday 9:30—3:30



Billiards—Daily from 9:30—3:30



Wood Shop—the perfect place to work on your own projects, share ideas, and connect with others who love to create. Bring your materials, tools, and creativity! **Daily 9:30—3:00.**



Hook & Needle—A fun, creative space for all skill levels to come together, share ideas, and work on projects. **Mondays & Fridays from 9:30—12:00**

Pacers—Our friendly walking group that stays active all year long! The group walks on Monday from the Center and various places throughout Fairfield on Wednesday and Thursday. Stop by the Center to pick up the schedule.



Flying Aces—Wednesdays at 1:00
This enthusiastic group of aviation lovers gathers to fly their meticulously crafted model planes in the Bigelow Gym. Whether you're a longtime hobbyist or just curious about the world of model aviation, stop by to watch these impressive aircraft soar and chat with the experts behind them.



Congratulations to our own Flying Aces Model Airplane Club! Their article was featured in the April 2026 edition of Model Aviation. The piece includes step-by-step instructions for building a full-scale Whitehead Model No.

21 airplane.

Curious to see this historic aircraft model in action? Stop by and visit the Flying Aces on Wednesdays from 1:00–3:00 p.m.

AVAILABLE NOW! PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Robin Ungaro from LPI, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on My-CommunityOnline.com.



Blood Pressure Clinics
Monday, June 1, 15 & 29 from 9:30—11:30
No Registration Required.



Robin Ungaro
(203) 747-5671
RUngaro@4lpi.com

BIGELOW CAFÉ JUNE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Egg Salad Pickled Beets Spinach Feta Salad Wheat Roll Oreos	4	5 NE Clam Chowder Fish Filet Confetti Rice Capri lend Veggies Wheat Bread Banana
8 Swedish meatballs Egg Noodles Peas and Carrots Oatmeal Bread Applesauce	9	10 Chicken Sandwich Lettuce and Tomato Waffle Fries Broccoli Hamburger Bun Fig Newton	11	12 Garden Salad Lasagna with Marinara Italian Blend Veggies Garlic Stick Banana
15 Red Pepper Omelet Turkey Sausage Link French Toast Sticks Syrup Apple Pie	16	17 <u>Father's Day Special</u> Pot Roast with Onions and Mushrooms Roasted Red Potatoes Broccoli Whole Wheat Roll Boston Cream Pie	18	19 <u>Juneteenth Special</u> Chicken with Cranberry Glaze Red Beans and Rice Collard Greens Cornbread Yogurt
22 Pineapple Chicken Stir Fry Brown Rice Asian Blend Veggies Hawaiian Roll Fresh Mandarin	23	24 Meatloaf with LS Brown Gravy Mashed Potatoes Peas and Carrots Dinner Roll Banana	25	26 Tuna Fish Salad over lettuce Potato Wedges Tomato and Cucumber Salad Cookies
29 Chili and White Rice Kale and Spinach Dinner Roll Cookies	30	Please join us to celebrate all the Father's in our lives! Our Father's Day Luncheon will be on June 17 th at 12pm and we would love to celebrate with you! "Becoming a dad is one thing; being a dad is many things." Steve Chapman Thank you!		

Food Allergy Warning: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals.

Call 203-256-3118 to make a reservation. Please call at least TWO days in advance.

Suggested Donation: \$3:00—\$5:00

Alternate Chef Salad Available. 1% Milk and Whole Grain bread provided daily.



RW Solutions has been serving our senior community for more than thirty years.

RW provides congregate meals to twenty-three different senior centers across the Connecticut along with providing Meals on Wheels within the same communities.

If you have any questions regarding our Congregate Lunch Program or Meals on Wheels, please call our office at 203-332-3264.

We will be happy to answer any questions you have.

THURSDAY, JUNE 4TH
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5:30 PM TOWN FLAG RAISING
6:00 PM - 8:00 PM DJ, DANCING,
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FREE FUN FOR ALL AGES
NO REGISTRATION REQUIRED

Fairfield
Community
Services

JUNE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Chair Yoga 1 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:30 Basketball 1:00 Tai Chi 1:00 Rummikub	9:00 Walking Class 2 10:00 Open Art 10:00 Bridge 10:15 Zumba 12:30 Writer's Workshop 1:00 Bingocize 1:00 UCONN Health Pres. NO Pickleball Today 2:00—4:00 Tech Tuesday	9:00 Yoga 3 9:00 Strength & Balance 10:00 Zumba 10:00 Canasta 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Lunch 12:30 Mah Jongg 1:00 Mark Albertson 1:00 Chess/Flying Aces	CAFÉ CLOSED TODAY 4 9:00 Chair Yoga 9:00 Weight Training 11:30 Bus Trip 10:15 Zumba 11:00 Ukulele 12:30 Canasta 1:00 Bridge 1:00 Tai Chi 1:00 Bingocize NO Pickleball 4:00—7:00 Art Show	11:00 Body Balance 5 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:45 Movie 1:00 Cardio Drumming
9:00 Chair Yoga 8 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Meet the Dept. Head 10:00 Zumba 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:30 Basketball 1:00 Tai Chi 1:00 Rummikub	9:00 Walking Class 9 10:00 Open Art 10:00 Bridge 10:15 Zumba 11:00 Guide Program Pres. 11:30 Pickleball 12:30 Writer's Workshop 1:00 Bingocize 1:30 Pickleball 2:00—4:00 Tech Tuesday	9:00 Yoga 10 9:00 Strength & Balance 10:00 Zumba 10:00 Canasta 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Lunch 12:30 Mah Jongg 1:00 Foot Lab Pres. 1:00 Short Novel Group 1:00 Chess/Flying Aces	9:00 Chair Yoga 11 9:00 Weight Training 9:30 Bus Trip 10:15 Zumba 11:00 Ukulele 11:30 & 1:30 Pickleball 12:30 Canasta 1:00 Bingocize 1:00 Bridge 1:00 Tai Chi 5:00—7:00 Dinner with Melissa Sheketoff and Paul Piorek	11:00 Body Balance 12 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:45 Movie 1:00 Cardio Drumming
9:00 Chair Yoga 15 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Watercolor Class 10:00 Zumba 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:30 Basketball 1:00 NO Tai Chi 1:00 Rummikub	9:00 Walking Class 16 10:00 Open Art 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:30 Writer's Workshop 1:00 Bingocize 1:30 Pickleball 2:00—4:00 Tech Tuesday	9:00 NO Yoga 17 9:00 Strength & Balance 10:00 Canasta 10:00 Zumba 10:00 Brain Games 11:00 Senior Literary Soc. 11:00 Let's Talk 11:00 Qigong 11:00 Spanish 12:00 Lunch 12:30 Mah Jongg 1:00 Chess/ Flying Aces 1:00 Scripts in Hand	9:00 NO Chair Yoga 18 9:00 Weight Training 9:30 Bus Trip 10:15 Zumba 11:00 Ukulele 11:30 & 1:30 Pickleball 12:00 Father's Day Lunch 12:30 Canasta 1:00 Bingocize 1:00 Bridge 1:00 NO Tai Chi	11:00 Body Balance 19 12:00 Lunch 12:00 Pinochle 12:30 Scrabble 12:45 Movie 1:00 Cardio Drumming
9:00 Chair Yoga 22 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:30 Basketball 1:00 Tai Chi 1:00 Rummikub	9:00 Walking Class 23 10:00 Open Art 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:30 Writer's Workshop 12:30 Bingo 1:00 Bingocize 1:00 Collage Workshop 1:30 Pickleball 2:00—4:00 Tech Tuesday	9:00 Yoga 24 9:00 Strength & Balance 10:00 Zumba 10:00 Canasta 11:00 Qigong 11:00 Let's Talk 11:00 Spanish 12:00 Lunch 12:30 Mah Jongg 1:00 Collage Workshop 1:00 Chess/Flying Aces	9:00 Chair Yoga 25 9:00 Weight Training 10:00 Bus Trip 10:15 Zumba 11:00 Ukulele 11:30 & 1:30 Pickleball 12:30 Canasta 1:00 Bingocize 1:00 Drawing from Memory 1:00 Bridge 1:00 Tai Chi	11:00 Body Balance 26 12:00 Lunch 12:00 Pinochle 12:30 Scrabble NO Movie Today 1:00 Cardio Drumming
9:00 Chair Yoga 29 9:00 Pacers Walking Group 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 Lunch 12:00 Pinochle 12:30 Mah Jongg 12:30 Scrabble 12:30 Basketball 1:00 Tai Chi 1:00 Rummikub	9:00 Walking Class 30 10:00 Open Art 10:00 Bridge 10:15 Zumba 11:30 Pickleball 12:30 Writer's Workshop 12:30 Bingo 1:30 Pickleball 1:00 Eye Health Pres. 1:00 Bingocize 1:00 Bunco 2:00—4:00 Tech Tuesday	Coffee Shop—Open Daily 9:30—12:00 Hook and Needle: Mondays and Fridays, 9:30—12:00 Woodshop, Table Pool: Daily 9:30—3:30 Ping Pong: Mondays, 9:30—12:00 Tuesdays—Fridays, 9:30—3:30 Blood Pressure Clinics: Mondays: June 1, 15 & 29 from 9:30—11:30		



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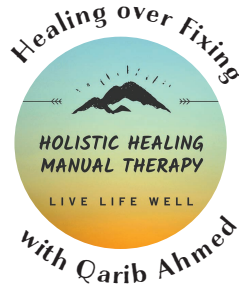


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Caregiver Support Group

Our six-week Caregiver Support Series will begin this spring. This initial series is designed to support caregivers as they navigate the many challenges of caring for a loved one

with chronic needs, including Alzheimer's-type dementia, Parkinson's disease, and other conditions associated with aging.

Participants will be offered a safe, supportive space to share experiences, connect with others, and learn practical techniques and resources to support them on their caregiving journey.

If you are interested in participating or would like more information, please contact Beth Paris in Social Services at 203-256-3170.

CHOICES Medicare Counseling

The Southwestern Connecticut Area on Aging (SWCAA) provides comprehensive help with Medicare and insurance benefits. Our services include detailed explanations of Medicare coverage and related health insurance options, as well as enrollment support. Whether you need help understanding your benefits or navigating the enrollment process, our knowledgeable team is here to guide you.

Call to make an appointment **203-256-3166**.

The Safe Return Network

A program developed by the Fairfield Police Department to help quickly locate and identify individuals who may wander due to conditions like dementia or developmental disabilities.

It is a voluntary database where families can register important details—such as photos, medical information, and frequented locations—to assist first responders in emergencies. The system enables police to access this information in real time, improving the chances of safely returning missing individuals home. Call for more information: (203) 254-4800



Medicare Savings Program

The Medicare Savings Program (MSP) assists eligible individuals in covering some or all of Medicare's cost-sharing expenses, including premiums, co-payments, and deductibles. The program includes **Qualified Medicare Beneficiary (QMB); Specified Low-Income Medicare Beneficiary (SLMB); and Additional Low-Income Medicare Beneficiary (ALMB)**. For more information, please contact Social Services at 203-256-3170.



JOB PLACEMENT & CAREER DEVELOPMENT RESOURCES

The Workplace offers an array of programs for job seekers including apprenticeships in manufacturing and healthcare; job coaching and job placement services; networking opportunities; GED prep; and financial assistance through no interest loans.

Special programs are available for veterans, re-entry workers, and those behind on the mortgages. Transportation and childcare benefits may be available. Go to www.workplace.org or call **203-610-8500**

Vulnerable Resident Outreach Registry

The *Vulnerable Resident Outreach Registry* is a program designed to support residents who may need extra help during emergencies. The goal is to look out for neighbors facing health or mobility challenges and make sure their safety and well-being are prioritized.

The registry helps identify residents who might need extra support — like older adults (65+), folks who are homebound, or anyone living with a disability.

Residents may sign themselves up if they:

- ◆ Have serious mobility issues
- ◆ Live with vision or hearing impairment
- ◆ Have a developmental or cognitive disability
- ◆ Manage mental health conditions
- ◆ Depend on life-sustaining equipment (like oxygen concentrators or dialysis) but don't have round-the-clock help

If this might be a good fit for you or someone you know, register on the Fairfield Social Services website, or call for more information.

Please know that the registry is *not* meant for those already receiving 24-hour caregiver support or living in long-term care or supportive housing (though there may be exceptions).



FOR VETERANS

Connecticut Department of Veteran's Affairs

The Connecticut Department of Veteran's Affairs has an office at the Bigelow Center to provide assistance and services to our Veterans.

Walk-ins welcome but appointments are encouraged.

Call for an appointment—203-418-2005.

Veterans Student Loan Relief:

Veterans and service member with student loans may be eligible for special programs that forgive interest on loans, or even cancel the loan entirely. The Department of Education works with government agencies to automatically apply these benefits to all eligible loans. For information, call your lender.

Veterans reimbursement for travel to medical appointments:

File travel claims online via the VA Beneficiary Travel Self Service System, or BTSS. However, travel claims may also be filed at kiosks located in VA medical centers, help desks, or patient services offices at many VA hospital or local clinics.

Veterans/Military Exemptions:

Combat-era veterans or their surviving spouses who have filed their DD-214 (Honorable Discharge) with the Town Clerk may be eligible for an assessment exemption on their dwelling or, vehicle.



Veterans Coffee House

Tuesday, June 16

9:00 AM at Port 5

The Veterans Coffee House is a monthly event which offers a welcoming space for veterans of all ages and service backgrounds to connect, share experiences, and support one another in a relaxed, informal setting. Whether you're reconnecting with old friends, meeting new ones, or just enjoying time with fellow vets, this is a place for you.

Military service profoundly shapes lives, and the transition to civilian life brings both challenges and opportunities. The Coffee House offers support, camaraderie, and community for past, present, and future service members.

Facilitated by Mary Harris, Veterans Service Officer for the State of Connecticut, and cosponsored by the Fairfield VFW, each gathering includes coffee, refreshments, and conversation—with no agenda and no pressure. All veterans welcome—any branch, era, or discharge status. Join us.

We'd be honored to have you.

From the Fairfield Tax Assessor's Office Veteran Military Exemptions

Combat-era veterans or their surviving spouses may be eligible for an assessment exemption on their dwelling or vehicle.

Call the Tax Assessor's Office for more information at 203-256-3110.

What is the GUIDE Program?

A Better Way to Navigate Dementia Care

Caring for someone with dementia can feel overwhelming. There are many moving parts, and it's not always clear where to turn for help—but there is support available.

The Connecticut GUIDE Program—short for *Guiding an Improved Dementia Experience*—is a Medicare-supported program now offered through providers like UConn Health and The Connecticut Hospice. It's designed to support both individuals living with dementia and the family members and caregivers who care for them. With GUIDE, participants receive a personalized care plan tailored to their unique needs, along with help coordinating doctors, specialists, and community resources. The program also offers 24/7 access to support for questions or urgent concerns—so you're never left figuring things out on your own.

Caregivers are an essential part of this journey, and GUIDE supports them as well. The program provides education, counseling, and respite services, giving caregivers the tools they need—and time to rest and recharge. The goal is simple: to help individuals live safely and comfortably at home for as long as possible, while improving quality of life for the whole family. Because dementia affects more than just one person—and no one should have to navigate it alone.

Join us for a presentation to learn more about the GUIDE Program Tuesday, June 9 at 11:00 AM. Registration info on page 7.

Town of Fairfield Fraud Alert

A free service that helps protect residents from property and identity fraud by monitoring public records. When you sign up through [Search IQS Fraud Alert](#), you'll receive notifications whenever a document—such as a deed or mortgage—is recorded under your name in Fairfield land records. This early warning allows you to quickly review and report any suspicious activity, helping prevent potential fraud or title theft. Go to <https://www.searchiqs.com/fraudalert>



Human and Social Services Department Information

Bigelow Center: 203-256-3166, bigelowcenter@fairfieldct.org

Social Services—203-256-3170, socialservices@fairfieldct.org

Transportation— 203-256-3168, seniortransportation@fairfieldct.org

Human and Social Services Director: Julie DeMarco, jdemarco@fairfieldct.org

Senior Center Coordinator: Brenda Steele, bsteele@fairfieldct.org

Community Services Coordinator: Gaylen Brown, gbrown@fairfieldct.org

Social Services Coordinator: Alison Witherbee, awitherbee@fairfieldct.org

Youth Social Worker: Emily Larkin, elarkin@fairfieldct.org

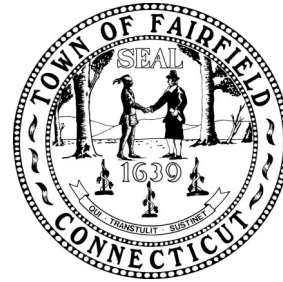
Social Services Staff: Eileen Fickes, Eileen Gombos, Amy Luciano, Felicity Eles, Beth Paris, Mary Donnelly

Social Services Secretary: Carol Hubbard, socialservices@fairfieldct.org

Program Assistant: Olga Kowal, okowal@fairfieldct.org

Bigelow Center Secretary: Frances Geraci, bigelowcenter@fairfieldct.org

Receptionist: Nora Cooper, seniorreception@fairfieldct.org



Building Neighborhoods Together (BNT) offers Empowerment Resource Academy (ERA) Classes

Financial Fitness, Budgeting & Credit Class: Designed to assist participants achieve a comprehensive understanding of their financial situation.

Home Retention (Foreclosure Prevention) Counseling Class: Class participants learn about the role of housing counseling, the judicial foreclosure and mediation process and information about other programs and resources.

Rental Counseling Workshop: Learn about Housing Choice & Portable Housing Subsidy Certificates, housing searches, Fair Housing Laws, housing resources in CT, Security Deposits and Sources of Funding.

JOB PLACEMENT & CAREER DEVELOPMENT RESOURCES

The Workplace offers an array of programs for job seekers including apprenticeships in manufacturing and healthcare; job coaching and job placement services; networking opportunities; GED prep; and financial assistance through no interest loans.

Special programs are available for veterans, re-entry workers, and those behind on the mortgages.

Transportation and child-care benefits may be available as well. Go to

www.workplace.org.

The Workplace
» Think it forward.

Transportation Information

The Town of Fairfield provides curb-to-curb bus services for Fairfield residents who are seniors 60+, and people with disabilities (buses are wheelchair-lift equipped), and Veterans.

Rides are by appointment only. Reservations for all rides must be made one week in advance. Call the transportation office at 203-256-3168

Physically frail individuals may enter and exit the vehicles using assistive devices such as canes or walkers with minimal assistance from the driver. Individuals in wheelchairs will receive assistance to enter the wheelchair lift that will be secured by the driver. Drivers are not permitted to assist individuals to enter or exit their homes. Riders must be capable of entering and exiting the vehicles and their homes on their own or with the assistance of an escort.

Senior Transportation: Senior Center: one punch (\$1.00) round trip; Fairfield Doctors: two punches (\$2.00) each way; Bridgeport Doctors: four punches (\$4.00) each way; Grocery shopping: one punch (\$1.00) round trip; Library: one punch (\$1.00) round trip; Purchase a \$10.00 ten punch ticket at the transportation office.

Transportation Guidelines for Grocery Shoppers: Reservations must be made at least one week in advance; Please cancel your ride if you are feeling sick or have a fever; Limit two (2) grocery bags per rider. Drivers may not exit the bus to carry or to load groceries on or off the bus.

Medical Appointments: Rides for medical appointments (located in Fairfield and Bridgeport only) for Fairfield older adults/people with disabilities **Mondays, Wednesdays, and Fridays between 10:00 AM and no later than 1:00.**

Dial-A-Ride: Dial-A-Ride supplements the town-provided Senior Transportation. **To enroll. 203-579-7777.**
Bigelow Center Drivers: Joe Peddle, Paul Lytwyn, Bob Seirup, Glenn Mackno, Bill Young, Ray Palmieri, Roy Bartolomeo

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HUDSON RIVER CRUISE ABOARD THE RIP VAN WINKLE
THURSDAY, JULY 23, 2026
9:30 AM-6:30 PM | DEPARTS FROM THE BIGELOW CENTER
\$163 PER PERSON | REGISTRATION OPEN THROUGH JUNE 22

Spend a summer day immersed in the beauty and charm of the Hudson River Valley. This delightful getaway begins with a bountiful brunch at The Cornell Restaurant, nestled along Kingston's historic Rondout waterfront. After brunch, we'll board the Rip Van Winkle for a relaxing narrated cruise along the majestic Hudson River. Departing from Kingston and heading south toward Hyde Park, you'll glide past historic river lighthouses, grand waterfront mansions, and breathtaking shoreline scenery. As we leisurely cruise the water, enjoy engaging narration that brings the region's history and landmarks to life.

It's the perfect blend of delicious dining, scenic beauty, and relaxed summer elegance—an unforgettable day along one of New York's most iconic waterways.



THIMBLE ISLANDS CRUISE & LUNCH AT AMARANTE'S
WEDNESDAY, AUGUST 26, 2026
11:00 AM-5:45 PM | DEPARTS FROM THE BIGELOW CENTER
\$160 PER PERSON | REGISTRATION OPEN THROUGH JULY 22

Savor the best of Connecticut's shoreline with a day of coastal elegance and scenic discovery. Our outing begins with a delicious waterfront lunch at Amarante's Sea Cliff in New Haven, where stunning harbor views pair beautifully with a thoughtfully prepared meal. After lunch, we'll travel to Branford's picturesque Stony Creek coast to board the Sea Mist for our narrated Thimble Islands cruise. As we glide through the sparkling waters, you'll take in the rocky isles, charming cottages, and grand estates that dot this unique archipelago. Along the way, learn the fascinating history and stories behind these beloved Connecticut landmarks.

It's a relaxed and refreshing late-summer escape filled with coastal charm, delicious dining, and unforgettable views.



THE MOUNT: LIFE & LEISURE IN THE GILDED AGE BERKSHIRES
FRIDAY, SEPTEMBER 25, 2026
8:30 AM-7:00 PM | DEPARTS FROM THE BIGELOW SENIOR CENTER
\$162 PER PERSON | REGISTRATION OPEN THROUGH AUGUST 21

Experience gardens, grandeur, and the beauty of the Berkshires on this elegant fall getaway. Enjoy a guided visit to The Mount, the stunning Lenox home of celebrated author Edith Wharton. Built in 1902 to reflect her refined vision, the estate beautifully showcases her love of architecture, literature, and landscape design. Following our tour, enjoy a relaxed buffet lunch on the terrace overlooking the picturesque grounds.

In the afternoon, explore the charm of the Berkshires on a guided cottages and historical tour through Stockbridge and Lenox, including a walking tour of the scenic grounds at Tanglewood. Discover why this storied region has long been a haven for artists, writers, and cultural tastemakers.

A day of history, scenic beauty, and refined leisure—perfect for welcoming the fall season.

Please note: Membership is required to participate in Senior Center trips with tour companies. Registration and payment must be completed online at myactivecenter.com. Trips require a minimum number of participants to run—if a trip does not meet the minimum, you will be notified and refunded 30 days prior to departure. Let's savor the season and make lasting memories together!