



APRIL NEWSLETTER—2026

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

Thursday Evenings at the Bigelow Center, 5:00—7:00

The Bigelow Center is delighted to once again offer our popular Thursday evening gatherings throughout April, May, and June. Each evening features a light dinner followed by an entertaining show, engaging lecture, or fun activity. Join us for great company and a wonderful night out—all for a suggested donation of just \$5 per event. **Register and pay on myactivecenter.com or in person at the Center.**

Thursday, April 9—Dinner & Dancing with The CUKes:

Our beloved “house” band, The CUKes, returns with their lively mix of ukuleles, banjos, kazoos, and more always makes for a toe-tapping good time. Join us for dinner and enjoy an evening filled with great music, laughter, and community spirit.



Thursday, April 16 Back in Time Trivia Night

Step Back in Time for a lively round of trivia featuring classic films, favorite songs, historic events, and pop culture from years gone by. It’s a wonderful way to spark memories, share some laughs, and test your knowledge of the good old days. Bring your friends and get ready for an evening of nostalgia, friendly competition, and fantastic company!

Thursday, April 23: A Tribute to Dean Martin & Pals

Entertainer Jack Lynn brings us back to the Swinging Rat Pack years with his smooth vocals and classic charm for a tribute to Dean Martin and his famous pals. We’ll tap our toes and sing along to timeless favorites. Join us for an evening of nostalgia, laughter, and unforgettable entertainment.



Thursday, April 30: Dinner & A Movie

Oscar-nominated *Blue Moon* tells the poignant story of legendary lyricist Lorenz Hart, best known for his timeless collaborations with composer Richard Rodgers. Set during the later years of Hart’s life, the film reflects on his extraordinary talent, complex friendship with Rodgers, and the personal struggles behind some of Broadway’s most beloved songs.

Earth Day Luncheon & Seed Starter Craft

Tuesday April 21, 2026 • 12:00

Celebrate Earth Day at the Bigelow Senior Center with a delicious lunch and a hands-on activity inspired by nature. Enjoy a light luncheon featuring sandwiches, orzo salad, and cookies.



Following lunch we’ll participate in a *Do It Yourself* Seed Starter Craft led by Amy Barnouw, Director of the Connecticut Audubon Society.

Connect with friends, learn something new, and celebrate the season of growth in a fun and meaningful way. Space is limited. **Registration opens Monday, March 16 on MyActiveCenter.com or at the Center.**



Trip to Fairfield University Museum to view

For Which it Stands . . .

Thursday, April 16 at 11:00

This exhibition, at both Bellarmine Hall and the Walsh Gallery, examines depictions of the American flag through more than 70 works by a diverse group of artists, beginning during WWI continuing to the present day, including a sculpture commissioned for the show from Maria de Los Angeles.

We’ll receive a guided tour at the Bellarmine with Michelle DiMarzo, Curator of Education and Academic Engagement. The group will then go on their own (walk to the Walsh Gallery to view the remainder of the exhibit.

Fee is \$12pp. Bigelow Bus departs the Center at 10:45 and returns at 12:30. You may drive on your own and meet the group there. **Register and pay on MyActiveCenter.com or at the Center.**



Don’t Get Scammed

Monday, April 27 at 10:30

Sergeant Jenna Wellington, Fairfield Police Dept. and Westport National bank will present the latest scams affecting our community. Join us to learn important safety tips and awareness techniques, with plenty of time for Q & A.

Register and on MyActiveCenter.com or at the Center.



Brain Boost:
Unlocking the Secrets to
Lifelong Cognitive Vitality
Thursdays, 1:00—2:00
 April 23, & 30 and May 7 & 14
 (Four Weeks)

Join this four week transformative workshop series to help you protect and enhance your brain health for years to come.

Whether you're starting to notice small lapses in memory, dealing with stress, or simply want to keep your brain functioning at its peak, this series is your guide to lasting cognitive vitality. What you'll gain from this workshop series:

- Uncover the Power of Neuroplasticity: Learn how your brain can grow, adapt, and stay sharp.
- Fuel Your Brain: Discover the essential nutrients and foods that keep your mind energized and clear.
- Train Your Brain for Success: Implement simple mental and physical exercises that boost memory, focus, and problem-solving skills.
- Master Stress and Thrive Emotionally: Learn strategies to manage stress, improve emotional resilience, and build meaningful connections.

Every week participants will leave with real-life practices and techniques that they can easily adapt into their lives to improve their brain health.

Thanks to a generous donation, the program is partially funded, and the cost is only **\$20 per person** for the entire series. Space is limited and you must be able to attend all sessions. **Register and pay on Myactivecenter.com or in person at the Center.**



Keepsake Presentation
Wednesday, April 1 at 1:00

Keepsake is a special presentation and workshop led by University of New Haven graduate student, Jayme Iodice. Explore how meaningful objects reflect our personal stories and sense of identity. This engaging session invites you to take part in a conversational “show and tell,” sharing the memories and emotions connected to an item you treasure.

Through storytelling and reflection, Keepsake encourages empathy and together, you will celebrate the powerful memories that everyday objects can hold and the stories that connect us all. **Register on myactivecenter.com or in person at the Center.**

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Bigelow Center Basketball Shoot Around
Mondays in April, 12:30—2:30

Ready to play some basketball? If it's been a while since you hit a layup or a foul shout....played HORSE or tried a hook shot, then drop in Mondays between 12:30 and 2:00. The nets will be lowered for you to revisit your old basketball glory days. Men and Women welcome!



Aging In Place Resource Fair

Thursday, April 23
5:00 PM - 7:00 PM

Bigelow Center For Senior Activities
100 Mona Terrace
Fairfield, CT



Assistive Technologies
 EXPLORE devices and technologies designed to enhance your daily living at home

Interactive Exhibits
 Get HANDS-ON experience with new tools and services for aging in place

Healthcare Resources
 CONNECT with Local services and professionals dedicated to your well-being



Community Support
 MEET organizations and services that offer companionship, support, and activities

Financial Planning
 LEARN about budgeting, insurance options, and financial assistance for aging in place



Innovative Home Modification
 DISCOVER the latest in home adaptations for increased safety and accessibility



For More Information
Call: (203) 256-3166

Email: agefriendlyfairfield@fairfieldct.org



AARP Tax Preparation

Appointments for hour-long sessions with trained, certified volunteers are available **Mondays and Wednesdays, between 9:00 a.m. and Noon, through April 13.**

Although this service is geared to seniors with limited incomes, AARP volunteers will assist anyone of any age. Volunteers do not have access to your prior year information. Please bring your identification (driver's license and Social Security or Medicare card), supporting documentation for 2025 income and your 2024 tax return.

Call 203-256-3166 to make an appointment.

Backyard Birding

Wednesday, April 29 at 10:00

Thomas Kosturko, Compassion Home Care, presents an engaging and interactive presentation exploring the migration patterns of Connecticut birds, along with fascinating bird facts and fun trivia to test your “bird brain!”



We'll share stories and experiences about backyard birds of Connecticut while listening to the actual songs of some of our favorite local songbirds. The program also covers bird foods, the birds they attract, and feeder tips to help you create a welcoming habitat at home.

Register on MyActiveCenter.com or call the Center.



Hands-On World Rhythms Workshop
Thursday, April 9 at 1:00

Students from Fairfield University, led by Dr. Meg Collins, present an interactive workshop exploring world rhythms and percussion.

Together, they will demonstrate dynamic rhythms from West Africa and Cuba using instruments like drums, claves, and shakers. Audience participation is encouraged—come ready to clap, play, and move along with the rhythms.

This lively and engaging event is part of Fairfield’s community-engaged learning initiative, where students bring their classroom experiences into the community through real-world, hands-on learning. Please join us!
Register on myactivecenter.com or call the Center.

Watercolor Painting with Linda
Beginner Class, Mondays 10:00—12:00
April 20, 27 and May 4, 11, 18 & 26

This class introduces basic techniques such as color mixing, brush control, and simple washes—perfect for those with little or no experience. Participants will create their own small projects each week.



Intermediate Class, Tuesdays 10:00—12:00
April 21, 28 and May 5, 12, 19 & 26

Take your watercolor skills to the next level in this relaxed, supportive class designed for those with painting experience.

Fee for each class is \$55 for the session. Supplies included. Register on MyActiveCenter.com or call the Center.

Technology Tuesdays
Tuesdays, April 7, 14, 21, 28
2:00—4:00



Having trouble with your email? Unsure how to use a device? Want to learn how to keep your passwords under control? Interested in help with setting up a new device? We are thrilled to have volunteers, Gary and Gail Felberbaum, at the Center to help with those areas and more.

Stop in anytime between 2:00—4:00.

AARP Defensive Driving Course is Back!
Tuesday May 12, 9:15 – 1:15

AARP’s defensive driving course teaches evidence-based strategies to keep you safe behind the wheel. Learn important facts about the effects of medication on driving, how to reduce driver distractions, how to maintain the proper following distance. **Register on MyActiveCenter.com or call the Center.**



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Town of Fairfield/Bigelow Center for Senior Activities, Fairfield, CT

06-5012



Spring Painting on Canvas Wednesday, April 1 at 10:00

Enjoy a relaxing and creative acrylic painting workshop with art instructor, Renu. You'll create a beautiful canvas painting step by step, learning basic techniques such as blending, brush strokes, and color layering. No experience is necessary—just bring your creativity and enjoy a fun,

supportive atmosphere while you paint and socialize. All materials are provided. Fee: \$20pp.

Register and pay on MyActiveCenter.com or at the Center.

Scripts in Hand Wednesday, April 15, 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 April Play Title.

Register on MyActiveCenter.com or call the Center.



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 medical 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 at 203-256-3170.

Senior Literary Society Wednesday, April 8 at 11:00 (This month it's the Second Wednesday)

All are welcome to join the Bigelow Center Book Club! The April book choice is *Pachinko* by Min Lee

Register on MyActiveCenter.com or call the Center.



Short Classic Novel Book Group

Wednesday, April 8 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 Attack on the Mill 1895

by Emil Zola.

All are welcome!



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. Whether discussing current events, challenges, or general interests, the group fosters a sense of community and provides encouragement through shared insights.

Led by Social Services Coordinator Alison Witherbee.

Yoga for Active Grandparenting Friday, April 10 and 24 from 10:00—11:00

NEW CLASS OFFERING. Want to get down on the floor to play with your grandchildren—and actually get back up again with a smile? Or pick up toys (or your glasses) without worrying about wobbling? Join Jennifer Seideman, our Bigelow Center Yoga Instructor, for simple, at-home mobility moves that build everyday strength. Learn easy techniques to help you feel more flexible and steady. This is not just for grandparents—all are welcome. Fee is \$5 per class. **Register on MyActiveCenter or call the Center.**

*Happy Passover
& Happy Easter*



News from Brenda

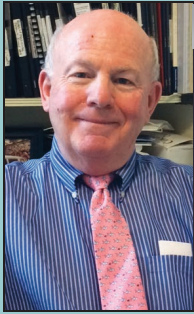
Thursday nights return in April with a wonderful line-up of events. The Bigelow Center is pleased to sponsor these fun and engaging evenings, and we hope you'll join us. The menu for each evening will be posted on MyActiveCenter and in the office.

Please remember to swipe in at one of the three kiosks when you arrive. Your check-in makes a real difference—participation numbers help demonstrate the value and impact of our programs and support the continued growth of our offerings.

Coffee Hours have been extended until 12:00 p.m. Be sure to stop by after your morning classes and enjoy a cup of tea or coffee with friends.

If you take the bus to the Center or shopping each week, we're launching a pilot program to expand services to banks, CVS, and other local errands along Black Rock Turnpike and the Post Road. Ask your driver for the schedule.

Wishing all those that celebrate a Happy Passover and Happy Easter. As always, please stop in to say hello—and thank you for being such an important part of the Bigelow Center!



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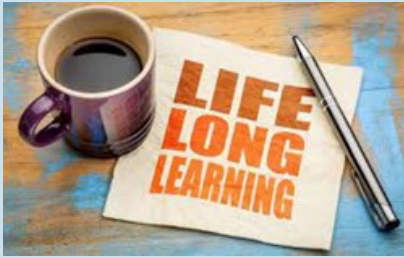


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LIFELONG LEARNERS—Spring Courses

All Multi-Class Courses \$30 Each. One Day Classes \$15

Lifelong Learners is a not-for-profit, community-based organization for those who share a love of learning. To register for a class please go to www.myactivecenter.com or register and pay in person at the Center (cash or check only).

More detailed information on classes and instructors at the

Reframing the Canvas

Famous Women Artists - Monday, April 13. 10:00 to Noon

Women artists have been integral to art history, yet their contributions have often been overlooked or undervalued compared to those of their male counterparts. That said, over the years, many groundbreaking artists like Mary Cassatt, Frida Kahlo, Georgia O’Keeffe, Sonia Delaunay, Helen Frankenthaler, Emily Carr, Barbara Hepworth were responsible for the birth and growth of several avant-garde movements. Many of these artists, from Europe to the Americas, introduced new forms, challenged norms, and combined traditional themes with modernist aesthetics. This course will focus on the work and legacy of these artists.

*Scott Verchin is an independent business consultant, focusing on the visual arts and museum sectors. Scott has served such notable roles as publisher of both **Museum** and **Archeology** magazines. He has also been a contributor to **Art Market** magazine covering US exhibitions. As a lifelong patron of the arts Scott has frequented art museums and galleries on five different continents.*

Strivers and Thrivers

Monday, April 13, 20, 27, & May 4. 1:00 to 3:00 PM

Learn about some of the Holocaust survivors who have made incredible contributions to the world. Meet people like Dr. Ruth, Marcel Marceau, Carl Laemmle, Bill Graham and more.

Diane Stone has a Masters degree in European History from University of Michigan. She has taught Lifelong Learners for over 15 years uniting European History and leisure travel.

Five Authors: Jane Austin, Elizabeth & Robert Browning, Louisa May Alcott, and Beatrix Potter

Tuesday, April 14, 21, 28, & May 5. 10:00 to Noon

This course focuses on the fascinating life and work of these icons of English language prose & poetry. They succeeded to be read and celebrated in their own times and to this very day.

Mona Garcia has a PhD degree in history and has taught European History at the college level and published articles on English History.

China & Japan: Historical Context of the Current Political Relations between Two East Asian Powerhouses

Tuesday, April 14, 21, 28, & May 5. 1:00 to 3:00 PM

This course focuses on the history and cultural background of the two nations and their implications for the #2 and #4 economies of the world in regards to current geopolitical developments.

Mithat “Mito” Mardin PhD was born in Istanbul, Turkey. He received a PhD in Organic Chemistry, Physics and Microbiology from the University of Göttingen in Germany. He worked at Bayer Pharmaceuticals on three continents (Europe, Japan/ Asia Pacific and the US) for 37 years, retiring as Vice President. He has served as President of the Japan Society of Fairfield County. Mito has taught Lifelong learners for many years, sharing his knowledge of the European Union, US economy, Islam and current world affairs and geopolitics.

Connecticut Innovation and Industry-

Thursday, April 16, 23, 30, & May 7. 10:00 to Noon

This course highlights Connecticut’s historic achievements in innovation and industry. Connecticut enterprises have taken advantage of the decisive advantages of our state: an educated workforce, energy resources and access to transportation and the sea. We will focus on: Colt Firearms, Sikorski Aircraft, Electric Boat Company, and Waterbury Clock Company.

Mr. Gottlieb is a lecturer on subjects of American history, themes of regional historical interest as well as topics of psychological insight and healing. While a professional curator of naval history and Technical Director of Exhibits at the Intrepid Sea-Air-Space Museum in NYC, Mr. Gottlieb worked extensively with veterans of all services creating exhibits illustrating the history of 20th century political and military action.

(Cont. Lifelong Learner Classes)

Four more Viennese Operettas

Thursday, April 16, 23, 30, & May 7. 1:00 to 3:00 PM

Oliver Twist famously said "please sir, I want some more". We know that feeling. You loved the January classes at the Bigelow on "Four Viennese Operettas" But now it is done...Finished...Over...And you want some more...Sigh...But wait...There is some more! Four more Viennese operettas, with all the singing, dancing, humor, love, and lighthearted fun that you liked the first time, but with 4 different selections.

Dave Shafer has been a frequent presenter at the Bigelow Center for many years on a wide variety of topics. His main passion is opera (people die) and operettas (nobody dies). He is multi-talented and full of surprises.

American Humor

Friday, April 17, 24, May 1, & 8. 10:00 to Noon

This course will cover the history of American humor from tall tales to TikTok, with an emphasis on the dynamic nature of what is funny to Americans.

Benjamin Schwartz is a proud Fairfield native who holds a BA in American Studies from Brown University, an MA in English and Comparative Literature from Columbia University, and a PhD in English from Vanderbilt University. He currently teaches in the English Department at Fairfield University, with a focus on American literature, African American Literature, Popular Music, and Humor in the United States.

Poetry for Prose Writers

Friday, April 17, 24, May 1, & 8. 1:00 to 3:00 PM

Poetry for Prose Writers is a workshop designed to explore the ways in which poetry enhances one's life. This workshop is designed to unlock your experiences into language, and to introduce you to the ways in which poetry might enhance your experience of the world. In each session we will read a bit, generate a bit of poetry ourselves, and explore whatever resistances or opportunities might emerge from provided readings and discussion. This workshop applies to avid readers looking to study poetry more deeply or someone who occasionally writes poems or curious beginners.

Carol Ann Davis is a poet, essayist, and author. She is Professor of English at Fairfield University. A National Endowments for the Arts Fellow in Poetry, Carol Ann has read her work at the Library of Congress, Poets House, on the website of the PBS NewsHour, and at the Los Angeles Times Book Festival. In addition to her published collections, her work regularly appears in literary magazines and periodicals.



Documentaries on Wednesdays—12:45 in the Café

Wednesday, April 1: Queen of Chess—A 2026 documentary following Hungarian prodigy Judit Polgár, the greatest female chess player in history. It explores her rise in the male-dominated chess world, her training under her controlling father, and her 15-year rivalry with world champion Garry Kasparov. 1h 33m

Wednesday, April 8: Becoming—*Becoming* is a deeply personal 2018 memoir by former First Lady Michelle Obama that chronicles her journey from a working-class upbringing on Chicago's South Side to her time in the White House. It focuses on themes of self-discovery, overcoming challenges, finding one's voice, and balancing motherhood with professional ambition. 1h 29m.

Wednesday, April 15: Miracle: The Boys of '80—This film chronicles the 1980 U.S. Olympic hockey team's gold-medal victory over the Soviet Union. It features new interviews with the team members, archival, and 16-millimeter footage to highlight the "Miracle on Ice" and the players' personal journeys. 1h 40m

Wednesday, April 22: Kidnapped: Elizabeth Smart—An intimate documentary featuring firsthand testimony from Elizabeth Smart, detailing her 2002 kidnapping at age 14 from her Utah home. It explores the nine months of captivity, abuse, and her ultimate rescue, highlighting her survival, resilience, and life as an advocate. 1h 31m.



Bigelow Center Games -No Registration Required. All Are Welcome

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

Feel free to bring a partner along.

Bunco—Tuesday, April 28 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!

Scrabble— Mondays and Fridays at 12:30

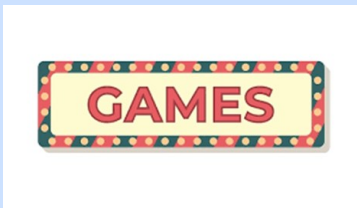
Playing Scrabble is a challenging and fun way to test your word skills.

Pinochle—Mondays and Fridays at 12:00

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

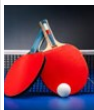
Rummikub—Mondays at 1:00

A fun tile game and no experience necessary!



Bigelow Center Groups—All Are Welcome

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



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



Billiards—Daily 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, 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.



Line Dancing

Wednesday, April 8 and 22 at 12:00

Looking for a fun way to stay active and enjoy great music? Try Line Dancing—a lively and energizing class that's perfect for all levels. No partner or experience needed. Instructor Diane Tatnall will guide you through easy-to-follow steps that get your body moving and your spirits lifted. **\$5 Fee for each class.**

Register on MyActiveCenter.com or call the Center.

Blood Pressure Clinics

**Monday, April 6 & 20
9:30—11:30**

No Registration Required.



Bunco!

Tuesday, April 28 at 1:00

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

Bigelow Center Bingo

Tuesday, April 14 at 12:30

Debby Todd, Caring People, will be here as the Bingo Caller!

Refreshments will be served.

Register on MyActiveCenter.com or call the Center.



Girl Scout in Government Day

Wednesday, April 29, 9:30—11:30

The Bigelow Center will welcome Girl Scouts from schools across town as they take part in this special day of civic engagement. Stop by to meet these inspiring young leaders, learn about their projects, and join the conversation.

Brain Games -Wednesday, April 22 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 or call the Center.

BIGELOW CAFÉ APRIL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sliced Ham w/ Pineapple Cherry Sauce Loaded Potatoes Pea and Pearl Onions Assorted Roll Easter Dessert	2	3 Closed for Good Friday
6 Meatballs with Orange Sauce Brown Rice Meadow Blend Veggies Pineapple	7	8 BBQ chicken Macaroni and Cheese Carrots White Bread Fruited Yogurt	9	10 Ground Beef Stroganoff Mashed Potato Carrots Rye Bread Clementine
13 Pork Chopette With Apple Gravy Buttered Egg Noodles Harvard Beets Multigrain Bread Applesauce	14	15 Italian Wedding Soup Grilled chicken with Lemon butter Sauce Diced Butternut Squash Mixed Vegetables Cookies	16	17 Salisbury Steak with LS Mushroom Gravy Mashed Potatoes Broccoli White Bread Pineapple Mango Mix
20 Bruschetta Chicken White Rice Garlic Green Beans Italian Bread Tropical Fruit	21	22 Vegetable Soup Meatloaf Mashed Potatoes Mixed Veggies Dinner Roll Orange	23	24 Sweet and Sour Pork Sesame Noodles Broccoli Wheat Bread Pudding
27 Ravioli with Marinara Sauce Zucchini Italian Bread Fresh Clementine	28	29 Baked Potato With Chili Tuscan Blend Veggies Cheddar Cheese Wheat Roll Brownie	30	

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 over 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.

APRIL CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Coffee Shop—Open Daily 9:30—12:00</p> <p>Hook and Needle: Mondays and Fridays, 9:30—12:00</p> <p>Woodshop, Table Pool: Daily 9:30—3:30</p> <p>Ping Pong: Mondays, 9:30—12:00 Tuesdays—Fridays, 9:30—3:30</p> <p>Blood Pressure Clinics: Monday, April 6 & 20 9:30—11:30</p> <p>Rummikub: Mondays at 1:00</p>		<p>9:00 Yoga 1</p> <p>9:00 Strength & Balance</p> <p>10:00 Acrylic Painting</p> <p>10:00 Zumba</p> <p>10:00 Canasta</p> <p>11:00 Let's Talk</p> <p>11:00 Qigong</p> <p>11:00 Spanish</p> <p>12:00 Lunch</p> <p>12:30 Mah Jongg</p> <p>12:45 Documentary</p> <p>1:00 Keepsake</p> <p>1:00 Chess</p> <p>1:00 Flying Aces</p>	<p>9:00 Chair Yoga 2</p> <p>9:00 Weight Training</p> <p>10:15 Zumba</p> <p>11:00 Ukulele</p> <p>11:30 & 1:30 Pickleball</p> <p>12:30 Canasta</p> <p>1:00 Bridge</p> <p>1:00 Tai Chi</p>	<p>CLOSED FOR GOOD FRIDAY</p>
<p>9:00 Chair Yoga 6</p> <p>9:00 Pacers Walking Group</p> <p>9:00 Weight Training</p> <p>10:00 Zumba</p> <p>11:00 Body Balance</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Mah Jongg</p> <p>12:30 Scrabble</p> <p>12:30 Basketball</p> <p>1:00 Tai Chi</p>	<p>9:00 Walking Class 7</p> <p>10:00 Bridge</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:30 Writer's Workshop</p> <p>1:30 Pickleball</p> <p>2:00—4:00 Tech Tuesday</p>	<p>9:00 Yoga 8</p> <p>9:00 Strength & Balance</p> <p>10:00 Zumba</p> <p>10:00 Canasta</p> <p>11:00 Let's Talk</p> <p>11:00 Qigong</p> <p>11:00 Spanish</p> <p>11:00 Senior Literary Soc.</p> <p>12:00 Lunch</p> <p>12:00 Line Dancing</p> <p>12:30 Mah Jongg</p> <p>12:45 Documentary</p> <p>1:00 Chess/Flying Aces</p> <p>1:00 Short Novel Group</p>	<p>9:00 Chair Yoga 9</p> <p>9:00 Weight Training</p> <p>10:15 Zumba</p> <p>11:00 Ukulele</p> <p>11:30 & 1:30 Pickleball</p> <p>12:30 Canasta</p> <p>1:00 World Rhythm Show</p> <p>1:00 Bridge</p> <p>1:00 Tai Chi</p> <p>5:00—7:00 Dinner Program</p>	<p>10:00 Body Balance 10</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Scrabble</p> <p>12:45 Movie</p> <p>1:00 Cardio Drumming</p>
<p>9:00 Chair Yoga 13</p> <p>9:00 Pacers Walking Group</p> <p>NO Weight Training</p> <p>10:00 Lifelong Learners</p> <p>10:00 Zumba</p> <p>11:00 Body Balance</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Mah Jongg</p> <p>12:30 Scrabble</p> <p>12:30 Basketball</p> <p>1:00 Lifelong Learners</p> <p>1:00 Tai Chi</p>	<p>9:00 Walking Class 14</p> <p>10:00 Lifelong Learner</p> <p>10:00 Bridge</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:30 Bingo</p> <p>NO Writer's Workshop</p> <p>1:00 Lifelong Learners</p> <p>1:30 Pickleball</p> <p>2:00—4:00 Tech Tuesday</p>	<p>NO Yoga 15</p> <p>NO Strength & Balance</p> <p>10:00 Canasta</p> <p>10:00 Zumba</p> <p>11:00 Let's Talk</p> <p>11:00 Qigong</p> <p>11:00 Spanish</p> <p>12:00 Lunch</p> <p>12:30 Mah Jongg</p> <p>12:45 Documentary</p> <p>1:00 Chess/ Flying Aces</p> <p>1:00 Scripts in Hand</p>	<p>NO Chair Yoga 16</p> <p>9:00 Weight Training</p> <p>10:00 Lifelong Learners</p> <p>10:15 Zumba</p> <p>11:00 Ukulele</p> <p>11:30 & 1:30 Pickleball</p> <p>12:30 Canasta</p> <p>1:00 Trip to Fairfield Univ.</p> <p>1:00 Lifelong Learners</p> <p>1:00 Bridge</p> <p>1:00 Tai Chi</p> <p>5:00—7:00 Dinner Program</p>	<p>10:00 Body Balance 17</p> <p>10:00 Lifelong Learners</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Scrabble</p> <p>12:45 Movie</p> <p>1:00 Lifelong Learners</p> <p>1:00 Cardio Drumming</p>
<p>9:00 Chair Yoga 20</p> <p>9:00 Pacers Walking Group</p> <p>9:00 Weight Training</p> <p>10:00 Zumba</p> <p>10:00 Watercolor</p> <p>11:00 Body Balance</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Mah Jongg</p> <p>12:30 Scrabble</p> <p>12:30 Basketball</p> <p>1:00 Lifelong Learners</p> <p>1:00 Tai Chi</p>	<p>9:00 Walking Class 21</p> <p>10:00 Watercolor</p> <p>10:00 Bridge</p> <p>10:00 Lifelong Learners</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:00 Earth Day Lunch</p> <p>12:30 Writer's Workshop</p> <p>1:00 Lifelong Learners</p> <p>1:30 Pickleball</p> <p>2:00—4:00 Tech Tuesday</p>	<p>9:00 Yoga 22</p> <p>9:00 Strength & Balance</p> <p>10:00 Zumba</p> <p>10:00 Canasta</p> <p>10:00 Brain Games</p> <p>11:00 Qigong</p> <p>11:00 Let's Talk</p> <p>11:00 Spanish</p> <p>12:00 Line Dancing</p> <p>12:00 Lunch</p> <p>12:30 Mah Jongg</p> <p>12:45 Documentary</p> <p>1:00 Chess/Flying Aces</p>	<p>9:00 Chair Yoga 23</p> <p>9:00 Weight Training</p> <p>10:00 Lifelong Learners</p> <p>10:15 Zumba</p> <p>11:00 Ukulele</p> <p>11:30 & 1:30 Pickleball</p> <p>12:30 Canasta</p> <p>12:30 Bingo</p> <p>1:00 Brain Boost</p> <p>1:00 Lifelong Learners</p> <p>1:00 Bridge</p> <p>1:00 Tai Chi</p> <p>5:00—7:00 Dinner Program</p> <p>Aging in Place Fair</p> <p>5:00—7:00</p>	<p>10:00 Body Balance 24</p> <p>10:00 Lifelong Learners</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Scrabble</p> <p>12:45 Movie</p> <p>1:00 Lifelong Learners</p> <p>1:00 Cardio Drumming</p>
<p>9:00 Chair Yoga 27</p> <p>9:00 Pacers Walking Group</p> <p>9:00 Weight Training</p> <p>10:00 Zumba</p> <p>10:00 Watercolor</p> <p>10:30 Scam Presentation</p> <p>11:00 Body Balance</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Mah Jongg</p> <p>12:30 Scrabble</p> <p>12:30 Basketball</p> <p>1:00 Lifelong Learners</p> <p>1:00 Tai Chi</p>	<p>9:00 Walking Class 28</p> <p>10:00 Watercolor</p> <p>10:00 Bridge</p> <p>10:00 Lifelong Learners</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:30 Writer's Workshop</p> <p>1:00 Lifelong Learners</p> <p>1:30 Pickleball</p> <p>1:00 Bunco</p> <p>2:00—4:00 Tech Tuesday</p>	<p>9:00 Yoga 29</p> <p>9:00 Strength & Balance</p> <p>10:00 Backyard Birding</p> <p>10:00 Zumba</p> <p>10:00 Canasta</p> <p>11:00 Qigong</p> <p>11:00 Let's Talk</p> <p>11:00 Spanish</p> <p>12:00 Lunch</p> <p>12:30 Mah Jongg</p> <p>1:00 Chess/Flying Aces</p> <p>Girls Scout in Government Day!</p>	<p>9:00 Chair Yoga 30</p> <p>9:00 Weight Training</p> <p>10:00 Lifelong Learners</p> <p>10:15 Zumba</p> <p>11:00 Ukulele</p> <p>11:30 & 1:30 Pickleball</p> <p>12:30 Canasta</p> <p>12:30 Bingo</p> <p>1:00 Brain Boost</p> <p>1:00 Lifelong Learners</p> <p>1:00 Bridge</p> <p>1:00 Tai Chi</p> <p>5:00—7:00 Dinner Program</p>	



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Town of Fairfield/Bigelow Center for Senior Activities, Fairfield, CT

06-5012

**Fairfield Senior Tax Relief Program
Application Period ends Friday, May 15**

Tax Assessor's office hours: 9:00 AM and 4:00 PM (Monday-Friday).

State and local laws provide real property tax relief programs for Fairfield residents who are age 65 and over or totally disabled and whose annual incomes and assets are within specified limits.

These programs are designed to help seniors and the totally disabled remain in the homes and town they improved over the years

**From the Fairfield Tax Assessor's Office
Veterans/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.

Understanding Your Property Revaluation

The Town is completing its required five-year property revaluation to ensure property values reflect current market conditions. You are encouraged to review your assessment and, if you have concerns, schedule an informal hearing, which is typically held by phone, before assessments are finalized. Updated notices will be mailed in early February if any changes are made.

Tax relief programs are available for Fairfield residents age 65 and over or those who are totally disabled and meet income guidelines.

For assistance or questions, please contact the Fairfield Assessor's Office at **203-256-3010** or go to: [Important Information about Your Property Assessment](#)

Important Information for Tax Season

As tax season gets closer, you may start receiving important year-end papers in the mail. These can include a Social Security 1099, a pension 1099, and a W-2 if you worked during the year. Even if you do not file a tax return, it's a good idea to hold on to these documents, as they show your total income for the year and may be needed later.

These papers are often required when applying for helpful programs such as Renters' Rebate, Energy Assistance, SNAP (Food Assistance), and HUSKY. Having them ready can make the application process smoother and help avoid delays.

You will also receive a 2026 Social Security Cost of Living Adjustment (COLA) notice, which lets you know your new monthly Social Security benefit amount. This notice is important proof of your current income, so be sure to keep it in a safe place.

Save any letters you receive from the Department of Social Services. These letters let you know which benefits you are approved for and when they expire. Keeping all of this information together can be very helpful when questions come up later.



Veterans Coffee House

Tuesday April 21, 2026 at 9:00 AM Fairfield Penfield Pavilion

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.

Held the **third Tuesday of each month** at Penfield Pavilion, 323 Beach Road, Fairfield, from 9:00 AM–12:00 PM. All veterans welcome—any branch, era, or discharge status. Join us.

We'd be honored to have you.

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. For information call **Tax Assessor's office at 203-256-3110.**

SUMMER CAMP INFORMATION

Fairfield Parks & Recreation has a variety of summer camps for all ages. Registration for Playground Camp & Champ Camp, Action Squad, Endless Summer and Trip Camp is open. Online registration can be done through the website www.fairfieldrecreation.com.

Each camp has a specified time to register. Please check the catalog or go on the website. Campership assistance is available through Fairfield Social Services for families that meet the criteria.

Call 203-256-3170 for more information.

University of Bridgeport Fones School of Dental Hygiene

Senior Smiles is a grant-funded initiative committed to providing essential dental care for seniors aged 65 and older. **Call the Fones School for more information at 203-576-4137.**

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**.



A database developed to assist in locating community members. Go to fpdct.com/

Town of Fairfield Fraud Alert

Sign up for Fraud Alert to receive alerts whenever a document such as a mortgage is recorded under your name. Go to <https://www.searchiqs.com/fraudalert>

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).

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, bstele@fairfieldct.org

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

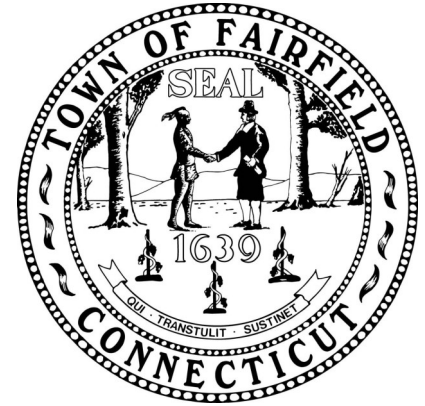
Social Services Coordinator: Alison Witherbee, awitherbee@fairfieldct.org

Youth Services Social Worker: Emily Larkin, elarking@fairfieldct.org

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

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

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



Connecticut Energy Assistance Program (CEAP)

Fairfield residents facing challenges with their heating and utility bills have important resources available to them. **The Connecticut Energy Assistance Program (CEAP)** offers crucial support for primary heating costs and reopened for applications in mid-September. This program helps residents stay warm during the colder months. If you are a Fairfield resident in need, both Fairfield Social Services and Alliance For Community Empowerment are ready to assist you. You can apply online for CEAP, or schedule an in person appointment with Fairfield Social Services.

To explore your eligibility for these programs or to schedule an appointment, call 203-256-3170.

Note: Any household in which one household member is participating in one or more of the following programs is automatically considered income eligible for winter heating assistance benefits but must meet all other eligibility requirements to receive benefits: Temporary Family Assistance (TFA), State Supplement to the Aged, Blind and Disabled, Refugee Cash Assistance Program, Supplemental Nutrition Assistance Program (SNAP) and Supplemental Security Income (SSI).

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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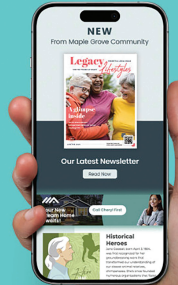
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Town of Fairfield/Bigelow Center for Senior Activities, Fairfield, CT

06-5012



Bigelow Center Friday Movies in the Café
12:45—No Registration Required

Friday, April 10: Downton Abbey, The Grand Finale—This movie follows the Crawley family into 1930, where Lady Mary faces social ostracization following her divorce from Henry Talbot. The family faces severe financial strain and a tarnished reputation, forcing Lord Grantham to consider handing control of the estate to Mary as he and Cora retire. 2h 4m

Friday, April 17: Mrs. Doubtfire—Daniel Hilliard (Robin Williams), a divorced actor who disguises himself as an elderly British nanny, Euphemia Doubtfire, to spend time with his children after losing custody to his ex-wife, Miranda. With his brother's help, he manages the charade, becoming a better father while navigating chaotic, humorous situations, ultimately revealing his identity before securing joint custody. 1993 film, 2h 6m.

Friday, April 24: Wonder—Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them and prove you can't blend in when you were born to stand out. 1h 53 m.

For more information on the trips below please call the Center.



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SATURDAY, APRIL 25, 2026

8:15 AM-6:30 PM | DEPARTS FROM THE BIGELOW CENTER
\$122 PER PERSON | REGISTRATION OPEN THROUGH MARCH 20



COME FROM AWAY AT THE MAJESTIC THEATER

SUNDAY, MAY 31, 2026

9:15 AM-7:00 PM | DEPARTS FROM THE BIGELOW CENTER
\$165 PER PERSON, INCLUDING LUNCH | REGISTRATION OPEN THROUGH APRIL 23



CULINARY INSTITUTE OF AMERICA EXPERIENCE

WEDNESDAY, JUNE 24, 2026

9:00 AM-6:30 PM | DEPARTS FROM THE BIGELOW CENTER
\$170 PER PERSON | REGISTRATION OPEN THROUGH MAY 20

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 doesn't meet the threshold, you'll be notified and refunded 30 days prior to departure. Registration through MyActiveCenter.com.

Bigelow Center Celebrates Earth Day
Wednesday, April 22, 12:00—2:00

Join Bigelow Center members and help clean up the beach. Meet us there or hop on the Bigelow Bus. Bus departs Center at 11:45 and will return by 2:15. Register on MyActiveCenter.com or call.

EARTH DAY
COMMUNITY CLEAN UP

WEDNESDAY, APRIL 22

JOIN US FOR A COMMUNITY CLEAN UP TO KEEP FAIRFIELD CLEAN AND GREEN! TRASH BAGS AND GLOVES WILL BE PROVIDED.

JENNINGS BEACH, 12 PM-2 PM, OR STAY AT YOUR NEIGHBORHOOD PARK AND CONNECT WITH US ON SOCIAL MEDIA FOR LIVE UPDATES!