



MAY NEWSLETTER—2026

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

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

Our Thursday evening dinner programs offer a welcoming space for the community to come together, share a meal, and enjoy meaningful social connection.

In celebration of *Older Americans Month*, these gatherings highlight the importance of staying active, having fun, and building community. Each event costs \$5 per person, and includes a light dinner. Advance registration is required for each program. **Register and pay on MyActiveCenter.com or in person at the Center.**

GANIM'S

Garden Center & Florist



May 7 - Ganim Nurseries: Lee Ganim will be here to help get us ready for our spring and summer gardens. He'll walk us through everything that needs to be done, from preparation to planting, and share expert tips along the way.

May 14 – Ballroom Dancing: Bigelow Center members and ballroom dance instructors, Ed and Robin Poska will lead us through the basic steps in a relaxed and welcoming setting. Join us for a fun, lively evening of music, movement, and shared enjoyment on the dance floor. No experience needed!



May 21 – Fairfield in American History

Join us on the front patio as we welcome special guests from the Fairfield Museum and History Center, who will share fascinating stories about Fairfield and its role in American history.



Enjoy great food, fresh air, and a meaningful look back at the people and events that helped shape our community and country.

May 28—Bunco: A fun, fast-paced dice game that's easy to learn and perfect for groups. Played in teams of four at rotating tables, players roll dice and try to score points in each round. No experience needed—just bring your enthusiasm and a little luck.



Celebrating Older American's Month **Monday, May 11, at 9:30**

Join us at the Bigelow Center to celebrate Older Americans Month! This year's theme, *Champion Your Health*, highlights the many ways to stay active, engaged, and connected at every stage of life.

Discover new opportunities for wellness, purpose, and belonging. Connect with others, be inspired, and see how our members are embracing and putting *Champion Your Health* into action every day. Everyone is welcome—don't miss out on the fun! Enjoy light refreshments and great company as we celebrate together. All are welcome!

Mother's Day Celebration Brunch & Fashion Show **Tuesday, May 5 at 12:00**



You are cordially invited to a special Mother's Day Brunch honoring the Mothers of the Bigelow Center. Gentlemen, this is a ladies-only event. Dine on a delicious catered brunch and be wowed and inspired by the creativity of

Fairfield Ludlowe High School Fashion and Design program. Students will present a fashion show featuring their original designs. You will be amazed by their talent. You may even see some of our own members on the runway.

If you have created your own designs and interested in walking the "runway" with other members, please let Brenda know. We'd love to have you!

Registration opens on Wednesday, April 20 on MyActiveCenter.com or in person at the Center.

Get Up and Shoot with your Smartphone Camera

Monday, May 18, 1:00—3:00



Professional photographer, Peter Glass, leads this hands-on photography class covering basic

photography principles and smartphone camera controls.

Learn how to spot compelling subjects in their surroundings, pose classmates in creative ways, and apply composition techniques that will elevate their images. Once the photographs are taken, the class wraps up with a brief introduction to the editing process, learning how images can be refined and even transformed into eye-catching works of art.

A complete handout will be distributed with useful information and will greatly simplify the process of understanding what's being taught in class. You'll also find it quite useful for review after you get home.

Bring your fully charged smartphone, the smartphone's charger, and any accessories you have. **Fee is \$20 per person. Register and pay on MyActiveCenter.com or in person at the Center.**

**Bigelow Center Bingo
Tuesday, May 19 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.

Don't forget to register for Bingo on MyActiveCenter.com or call the Center.



May is registration month for summer exercise classes and Pickleball. Please see the Summer Sessions page for more details.

If you haven't already set up an online account on MySeniorCenter, it's an easy and quick way to register and pay for classes online.

Instructions are online or at the front desk.

**Waterbury's Brass Buttons
by Waterbury Mattatuck Museum
Wednesday, May 27 at 1:00**

Matt-on-the-Go! The Mattatuck Museum comes to the Bigelow Center. Waterbury earned the nickname "Brass City" as the heart of America's brass industry but it all began with brass buttons!

Come explore the history and artistry of Waterbury's brass buttons, featuring highlights from the Waterbury Button Museum. You will also get a close-up look at buttons from the museum collection. **Register on MyActiveCenter.com or in person at the Center.**



**Dementia—
Most Common Questions Answered
Dr. Leen Bakkali, MD, Geriatrician
Wednesday, May 20 at 1:00**

Leen Bakkali, MD, a geriatrician at Yale New Haven Health, will share insights from her recent book addressing the most frequently asked questions by patients and families—drawn from years of real-world clinical experience.

The booklet is designed to support those navigating a new diagnosis, caregiving responsibilities, or early concerns about cognitive change.

Register on MyActiveCenter.com or

**HeatSmart Presentation with Lunch
Tuesday, May 26 at 12:00**

Are your energy bills overwhelming? Does your home feel drafty? Join Sustainable Fairfield, Energize CT and New England Smart Energy for tips to save money on your energy bills; State and Federal incentives; and home energy audits and high efficiency heating and cooling. Lunch will be provided. Space is limited. **Register on MyActiveCenter.com or in person at the Center.**



**May is Mental Health Awareness Month
Mental Health for Seniors:
Let's Normalize the Conversation
Monday, May 11 at 1:00**

Paul Brainerd from The National Alliance on Mental Illness (NAMI) will discuss how to combat isolation and loneliness, understanding mental health conditions, self-care and coping skills, prescription misuse, as well as community resources and local support.

NAMI Connecticut is focused on bringing mental health education and awareness to senior centers throughout the state. **Register on MyActiveCenter.com or in person at the Center.**



**Mother's Day Floral Arranging
Friday, May 8 at 1:00**

Treat yourself, or someone special, for Mother's Day with a beautiful fresh flower arrangement. Allie Cohen, Restorative Blooms, returns to guide you in creating a unique, personalized design to take home. Please bring your own vase. **Fee is \$10 per person.**

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



**Celebrating 250 Years
of Independence
Wednesday, May 13
from 10:00—11:30**

Join art instructor Renu for a special mixed-media workshop as we honor America's Semiquincentennial! We are layering history, color, and community to create a one-of-a-kind map of our journey from 1726-2026. While creating this artwork, you can share your story, you can make it more personal by adding some details. All materials are provided, and no experience is needed. Fee: \$20.

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



**Remembering the 1950's
Wednesday, May 6 at 10:30**

What memories come to mind when you think of the 1950s? Join David Magner of Mozaic Senior Life for a lively trip down memory lane, filled with nostalgic trivia, shared stories, and plenty of laughter.

Take a step back into a remarkable decade—reconnect with the moments, music, and milestones that made the '50s unforgettable.

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





AARP Defensive Driving Course is Back!

Driver Safety



Tuesday May 12, 9:15 – 1:15

AARP's defensive driving course provides essential strategies to help you stay safe on the road. You'll learn key information about the effects of medication on driving, techniques to reduce distractions, and how to maintain a safe following distance. The course also covers the proper use of safety belts, airbags, anti-lock brakes, and the latest car technologies, as well as guidelines for handling right-of-way and more.

**AARP Members; \$20; non-AARP Members \$25.
Call the Center, 203-256-3166, to register.**



Artificial Intelligence (AI) How to Use It in Daily Life, Part II

Dr. VJ Varghese

Wednesday, May 13 at 1:00

Artificial Intelligence can be more than just a convenient tool - it can be a partner in personal growth. Back by popular demand, this follow-up session with Dr. Varghese "VJ" John, will continue the conversation and you'll explore how to use AI to learn new skills, spark creativity, and support well-being. Together, we'll see how AI can help you think more clearly, stay curious, and live more intentionally. No technical background or prior attendance is required — everyone is welcome to join and discover new ways to grow with AI. **Fee is \$5.**

Register on MyActiveCenter or call the Center.

Technology Tuesdays

**Tuesdays, May 5, 12, 19 & 26
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.
No registration required.**

Looking for Artists!

**Bigelow Center Member Art Show
June 4, 4:00—7:00**



Attention all Bigelow Center member artists! We're excited to invite you to showcase your artwork at our Second Annual Member Art Show at the Bigelow Center. Whether you're a watercolor artist, potter, woodcarver, or work in another medium, we'd love to feature your creations.

If you're interested in participating, please reach out to Brenda at the Center at 203-256-3166 or email bsteale@fairfieldct.org.



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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 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.

Introducing—Bingocize!

Thursday, May 7 at 1:00

Want to stay active and have fun? Bingocize is a unique program that combines gentle exercise, health education, and the classic game of bingo. It's designed to keep you moving, laughing, and learning—all while connecting with others.

The Bigelow Center will offer a FREE 10-week session in June, July, and August on Tuesdays and Thursdays from 1:00–2:00 PM.

This introductory session will give you everything you need to know about this exciting new program. Stop by and see what it's all about!



Bingo + Exercise = Bingocize®

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.

All are welcome.



Bigelow Center Basketball Shoot Around

Mondays in May, 12:30—2:30

Ready to play some basketball? If it's been a while since you hit a layup or a foul shot...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!

Memorial Day Films

12:45—No Registration Required

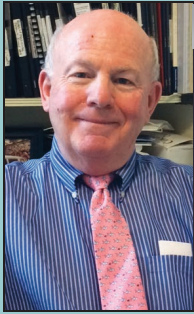
Friday, May 1—Saving Private Ryan: Captain John Miller (Tom Hanks) takes his men behind enemy lines to find Private James Ryan, whose three brothers have been killed in combat. Surrounded by the

brutal realities of war, while searching for Ryan, each man embarks upon a personal journey and discovers their own strength to triumph over an uncertain future with honor, decency and courage. 2h 49m. **Starts at 12:30**

Friday, May 8—Yankee Doodle Dandy: A lively, lively, feel-good tribute to one of America's most influential early entertainers and songwriters. The film follows George M. Cohan's rise from a child performer in a traveling vaudeville family to a Broadway star, songwriter, and producer who helped define early American musical theater. Along the way, it features many of his famous songs—like "You're a Grand Old Flag"—and celebrates his energetic spirit, love of country, and contributions to American entertainment 2h 6m.

Friday, May 15—Glory: Glory is a historical war drama that tells the story of the 54th Massachusetts Infantry Regiment, one of the first African American units in the American Civil War. Colonel Robert Gould Shaw (played by Matthew Broderick) leads the 54th Massachusetts, composed largely of freed slaves and African American volunteers. It shows their training, struggles against prejudice, and determination to prove their courage and worth on the battlefield. 2h 2m.

Friday, May 29—Top Gun: *Top Gun* (1986) is an action-drama about Lieutenant Pete "Maverick" Mitchell (Tom Cruise), a reckless, talented US Navy fighter pilot training at the elite Fighter Weapons School. He competes for the top spot while battling his own insecurities and rivalry with Iceman (Val Kilmer), following the death of his partner, Goose. 2h 11m



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Summer Session Information for Exercise Classes & Pickleball: June 1—August 21

Fairfield residents may begin to register on Friday, May 15 at 9:00AM
 Out-of-town members may begin to register on Monday, May 18 at 9:00AM

Registration for classes can be completed in two ways:

Online: Register and pay by credit card at MyActiveCenter.com. Please note, you must set up an account in advance.

In-Person: Registration begins at 9:00 AM on the day registration opens. Payment can be made with cash or check—credit cards are not accepted at the Center.

Important for Out-of-Town Members: To register for classes, your \$25 annual membership fee must be paid. You will not be fully registered until payment is received.

Bigelow Center exercise classes and Pickleball are offered in 12-week sessions. When you register, you are committing to the entire session. **If you anticipate missing more than four classes, please consider not registering to allow others to take the spot, as some classes may have waitlists.**

Cancellations: If the Center cancels a class during the session, you will receive a credit to your *myseniorcenter* Wallet account. However, no credits will be issued for missed classes or if you are unable to attend.

We do our best to include all days off in the schedule, but please note that class dates are subject to change.

The full summer session schedule and pricing will be available at the Center by May 1. Classes are \$3 each, with total session costs typically ranging from \$30–\$39 depending on how often the class meets. Please note that registration is required, as drop-ins are not permitted.

Class descriptions are posted at the Center.

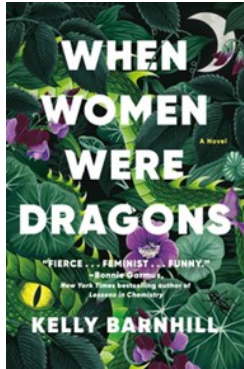
Class	Day/Time
Circuit Weight Training w/Loren – <i>Class begins June 1</i>	Mondays at 9:00
Chair Yoga with Jennifer – <i>Class begins June 1</i>	Mondays at 9:00
Zumba with Pauline – <i>Class begins June 1</i>	Mondays at 10:00
Body Balance with Loren – <i>Class begins June 1</i>	Mondays at 11:00
Tai Chi with Jonathan – <i>Class begins June 1</i>	Mondays at 1:00
Walking Class with Diane – <i>Class begins June 2</i>	Tuesdays at 9:00
Zumba with Germaine – <i>Class begins June 2</i>	Tuesdays at 10:15
Yoga with Jennifer – <i>Class begins June 3</i>	Wednesdays at 9:00
Strength & Balance with Loren – <i>Class begins June 3</i>	Wednesdays at 9:00
Zumba with Pauline – <i>Class begins June 3</i>	Wednesdays at 10:00
Qigong with Julie – <i>Class begins June 3</i>	Wednesdays at 11:00
Weight Training with Diane – <i>Class begins June 4</i>	Thursdays at 9:00
Chair Yoga with Jennifer – <i>Class begins June 4</i>	Thursdays at 9:00
Zumba with Germaine – <i>Class begins June 4</i>	Thursdays at 10:15
Tai Chi with Jonathan – <i>Class begins June 4</i>	Thursdays at 1:00
Body Balance with Jill – <i>Class begins June 5</i>	Fridays at 10:00
Cardio Drumming with Jill – <i>Class begins June 5</i>	Fridays at 1:00

(Con't Registration)

Bigelow Center Pickleball

Pickleball does not have an instructor. It is open play. A maximum of 24 people may register per time-slot. You may only register for one time-slot per day. We do not allow subbing.
No beginner players at this time, only Intermediate to Advanced.

Pickleball - Class begins June 2	Tuesdays, 11:30 – 1:30
Pickleball - Class begins June 2	Tuesdays, 1:30 – 3:30
Pickleball - Class begins June 4	Thursdays, 11:30 – 1:30
Pickleball - Class begins June 4	Thursdays, 1:30 – 3:30



Senior Literary Society
Wednesday, May 20 at 11:00
All are welcome to join the Bigelow Center Book Club The May book choice:
When Women Were Dragons
by Kelly Barnhill
Register on MyActiveCenter.com or call the Center.



Scripts in Hand
Wednesday, May 20
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.
Register on MyActiveCenter.com or call the Center.



Thursdays Evenings in May
5:00—7:00

While evening programs are held in the Café, a variety of activities are also available for open play, including Mah Jongg, Pinochle, Canasta, Scrabble, Wood Shop, and Ping Pong. Feel free to drop in, join a game, and enjoy these fun

options at your leisure.

If you plan to participate in any of these activities, please let Brenda know in advance so she can prepare the rooms accordingly.



Short Classic Novel
Book Group

Wednesday, May 13 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:
Edith Wharton's 1924

The Old Maid

Register on MyActiveCenter.com or

News from Brenda

Please Mark your calendars:

There is no Bigelow Bus Service on Thursday, May 28. Service will resume on Friday, May 29.

Happy Spring, everyone! As a reminder, most of our programs and events require advance registration; please be sure to sign up early, as low enrollment may result in cancellation. You can register online at MyActiveCenter.com or in person at the Center.

Thursday evenings returned in April, and it's been wonderful spending that time together again. We have a great lineup planned for May and hope you'll join us—plus, the Center is open for a variety of games and activities, so feel free to stop by. If you're planning to attend on a Thursday evening, just let me know.

We're currently seeking a few volunteers to staff the front desk on Wednesdays and Thursdays from 1:00–3:00 p.m. Responsibilities include answering phones and welcoming members and visitors—please see Brenda if you're interested.

For those who use our weekly bus service, we're excited to introduce a pilot program expanding stops to include banks, CVS, and other errands along Black Rock Turnpike and the Post Road. Please ask your driver for the updated schedule.

As always, don't hesitate to stop in and see me with any questions or concerns.

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, May 26 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.

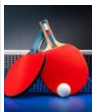
Rummikub—Mondays at 1:00

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, May 13 and 27 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, May 4 & 18
9:30—11:30**

No Registration Required.



Bunco—Tuesday, May 26 at 1:00

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

Brain Games -Wednesday, May 20 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.**

Friends of the Bigelow Center

The Friends of the Bigelow Center for Senior Activities is a lively, 501(c)(3) volunteer organization dedicated to making the Bigelow Center even better. Through fundraising, advocacy, and community collaboration, we work to enrich the programs, services, and facilities for Fairfield's aging residents. Our efforts bring exciting programs and special events to life, like the St. Patrick's Day Celebration, the Veterans Day Breakfast, and a variety of entertainment throughout the year. We're a small but passionate group that truly values the Center's role in the community, and we're committed to making it even more vibrant. We meet monthly and always welcome new members who share our enthusiasm for supporting the Center. Give us a call at the Bigelow Center or drop us an email at friendsofthebigelowcenter@gmail.com.

BIGELOW CAFÉ MAY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Roast Turkey With LS Gravy Stuffing Cauliflower Supreme Oatnut Bread Mixed Fruit Cup
4 Pork Chopette with Sage Gravy Mashed Potatoes Green Beans Peaches	5	6 Chicken Sandwich Waffle Fries Broccoli Lettuce & Tomato Hamburger Bun Fig Newton	7	8 Mother's Day Special Stuffed Chicken Roasted Red Potatoes Honey Glazed Carrots Whole Wheat Roll Angel Food Cake with Strawberries
11 Orange Juice Cheese Omelet With Red Pepper French Toast Sticks Turkey Sausage Link Fresh Apple	12	13 Spaghetti with Meat Sauce Italian Blend Veggies Garlic bread Birthday Cake	14	15 Fish Filet Fries Cole Slaw Tartar Sauce Wheat Bread Tropical Fruit Cup
18 Pineapple Chicken Stir Fry Brown Rice Asian Blend Veggies Hawaiian Roll Fresh Mandarin	19	20 Memorial Day Special Pineapple Orange Juice Hot Dog Potato Egg Salad Corn Hot Dog Roll Watermelon	21	22 Tuna Fish with Onion and Celery over a Bed of Lettuce Seasoned Potato Wedges Tomato and Cucumber Salad Oatmeal Bread Cookie
25 Closed for Memorial Day	26	27 Cobb Salad with Diced Chicken, Egg, Cheese & Bacon Beets Pineapple	28	29 Ground Beef Stroganoff With Egg Noodles Broccoli & Carrots Dinner Roll Fresh Orange

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.

MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Coffee Shop—Open Daily 9:30—12:00</p> <p>Woodshop, Table Pool: Daily 9:30—3:30</p> <p>Blood Pressure Clinics: Monday, May 4 & 18 9:30—11:30</p> <p>Rummikub: Mondays at 1:00</p>			<p>Hook and Needle: Mondays and Fridays, 9:30—12:00</p> <p>Ping Pong: Mondays, 9:30—12:00 Tuesdays—Fridays, 9:30—33:30</p>		1
<p>9:00 Chair Yoga 4</p> <p>9:00 Pacers Walking Group</p> <p>9:00 Weight Training</p> <p>10:00 Zumba</p> <p>10:00 Watercolor Class</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 Learner</p> <p>1:00 Tai Chi</p>	<p>9:00 Walking Class 5</p> <p>10:00 Watercolor Class</p> <p>10:00 Bridge</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:00 Mother's Day Brunch</p> <p>12:30 Writer's Workshop</p> <p>1:00 Lifelong Learner</p> <p>1:30 Pickleball</p> <p>2:00—4:00 Tech Tuesday</p>	<p>9:00 Yoga 6</p> <p>9:00 Strength & Balance</p> <p>10:00 Zumba</p> <p>10:00 Canasta</p> <p>10:30 1950's Reminisce</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>1:00 Chess/Flying Aces</p>	<p>9:00 Chair Yoga 7</p> <p>9:00 Weight Training</p> <p>10:00 Lifelong Learner</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 Lifelong Learner</p> <p>1:00 Brain Boost</p> <p>1:00 Bingocize Demo</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</p> <p>10:00 Lifelong Learner</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 Learner</p> <p>1:00 Flower Arranging</p> <p>1:00 Cardio Drumming</p>	
<p>9:00 Chair Yoga 11</p> <p>9:00 Pacers Walking Group</p> <p>9:00 Weight Training</p> <p>9:30 Older American's Month</p> <p>10:00 Watercolor Class</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 Mental Health Pres.</p> <p>1:00 Tai Chi</p>	<p>9:15—1:15 AARP Driving 12</p> <p>9:00 Walking Class</p> <p>10:00 Lifelong Learner</p> <p>10:00 Watercolor Class</p> <p>10:00 Bridge</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:30 Writer's Workshop</p> <p>1:00 Lifelong Learners</p> <p>1:30 Pickleball</p> <p>2:00—4:00 Tech Tuesday</p>	<p>9:00 Yoga 13</p> <p>9:00 Strength & Balance</p> <p>10:00 Canasta</p> <p>10:00 Zumba</p> <p>10:00 Painting Project</p> <p>11:00 Let's Talk</p> <p>11:00 Qigong</p> <p>11:00 Spanish</p> <p>12:00 Lunch</p> <p>12:00 Line Dancing</p> <p>12:30 Mah Jongg</p> <p>1:00 Chess/ Flying Aces</p> <p>1:00 Short Novel Group</p> <p>1:00 AI Presentation</p>	<p>9:00 Chair Yoga 14</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 Lifelong Learners</p> <p>1:00 Brain Boost</p> <p>1:00 Bridge</p> <p>1:00 Tai Chi</p> <p>5:00—7:00 Dinner Program</p>	15	
<p>9:00 Registration for Out of Town Residents 18</p> <p>9:00 Chair Yoga</p> <p>9:00 Pacers Walking Group</p> <p>9:00 Weight Training</p> <p>10:00 Zumba</p> <p>10:00 Watercolor Class</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 Photography Class</p> <p>1:00 Tai Chi</p>	<p>9:00 Walking Class 19</p> <p>10:00 Watercolor Class</p> <p>10:00 Bridge</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:30 Bingo</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 20</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 Senior Literary Soc.</p> <p>11:00 Qigong</p> <p>11:00 Let's Talk</p> <p>11:00 Spanish</p> <p>1:00 Dementia Presentation</p> <p>1:00 Scripts in Hand</p> <p>12:00 Lunch</p> <p>12:30 Mah Jongg</p> <p>1:00 Chess/Flying Aces</p>	<p>9:00 Chair Yoga 21</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>5:00—7:00 Dinner Program</p>	<p>10:00 Body Balance</p> <p>12:00 Lunch</p> <p>12:00 Pinochle</p> <p>12:30 Scrabble</p> <p>NO Movie Today</p> <p>1:00 Cardio Drumming</p>	
<p>CLOSED FOR MEMORIAL DAY</p> 	<p>9:00 Walking Class 26</p> <p>10:00 Watercolor Class</p> <p>10:00 Bridge</p> <p>10:15 Zumba</p> <p>11:30 Pickleball</p> <p>12:00 HeatSmart Presentation and Lunch</p> <p>12:30 Writer's Workshop</p> <p>12:30 Bingo</p> <p>1:30 Pickleball</p> <p>1:00 Bunco</p> <p>2:00—4:00 Tech Tuesday</p>	<p>9:00 Yoga 27</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 Line Dancing</p> <p>12:00 Lunch</p> <p>12:30 Mah Jongg</p> <p>1:00 Brass Buttons Pres.</p> <p>1:00 Chess/Flying Aces</p>	<p>NO BIGELOW BUS TODAY</p> <p>9:00 Chair Yoga 28</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>5:00—7:00 Dinner Program</p>	<p>10:00 Body Balance</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>	



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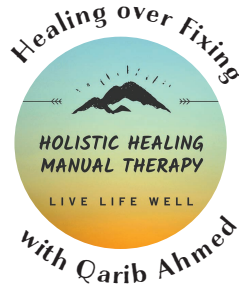


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Mental Health Awareness Month

May is Mental Health Awareness Month—a time to raise awareness, reduce stigma, and promote the importance of emotional well-being for people of all ages.

For Social Services and our community, this month is an opportunity to highlight the resources, support systems, and programs available to residents. Mental health is just as important as physical health, and we are committed to fostering a supportive, inclusive environment where individuals feel comfortable seeking help and staying connected.

Throughout the month, we encourage residents to check in on themselves and others, learn about available services, and take small steps toward maintaining their mental well-being. Together, we can build a stronger, more supportive community.

If you or someone you love could benefit from support, please don't hesitate to contact the Social Services office 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**.



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).

**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, May 19, at 9:00 AM**

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.**

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@faifieldct.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, Mary Donnelly

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

Bigelow Center Program Assistant: Jenn Schlegelmilch

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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Important May Notes

There is no Bigelow Bus Service on Thursday, May 28.

Register and pay for trips on MyActiveCenter. For more information on the trips below please call the Center.



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From scenic river cruises to coastal escapes and a touch of Berkshires elegance, our upcoming adventures offer connection, culture, delicious dining, and unforgettable views. Whether you're cruising the Hudson, exploring Connecticut's shoreline, or touring historic estates, there's something special waiting for you.



HUDSON RIVER CRUISE ABOARD THE RIP VAN WINKLE
THURSDAY JULY 23, 2026 - THIS DATE WILL CHANGE.
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 four 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!