



BIGELOW CENTER

AUGUST 2026 NEWSLETTER

MEMBER REGISTRATION FOR THE FALL SESSION OF EXERCISE CLASSES AND INTERMEDIATE PICKLEBALL

FRIDAY, AUGUST 14 AT 9:00 FOR FAIRFIELD RESIDENTS

MONDAY, AUGUST 17 AT 9:00 FOR OUT OF TOWN MEMBERS

You must have your membership renewed (and out of town fee paid) for the 2026-2027 year or you will not be able to register for classes.

You may not update your membership the day of registration.



SUMMER SUNSHINE SOCIAL THURSDAY, AUGUST 6 AT 12:00

Celebrate summer with us at the Bigelow Senior Center's Summer Sunshine Social. Enjoy a delightful afternoon featuring a seasonal luncheon, great conversation, and the chance to reconnect with friends and meet new ones. Whether you're catching up with familiar faces or making new connections, this cheerful gathering is the perfect way to enjoy the summer season in good company. We look forward to sharing an afternoon of laughter, friendship, and community with you. We hope you'll join us for this special summer celebration.

Register on MyActiveCenter.com through Monday, August 3.

BINGO AND ROOT BEER FLOATS TUESDAY, AUGUST 18 AT 12:30

Celebrate one of summer's sweetest traditions with a classic Root Beer Float and an afternoon of Bingo. Enjoy great company, delicious treats, and plenty of chances to win. It's the perfect way to spend a fun summer afternoon—we hope you'll join us.

Register on MyActiveCenter.com or at the Center.



NATIONAL HAPPINESS MONTH CELEBRATION TUESDAY, AUGUST 11 AT 10:30



August is National Happiness Month, and we're inviting you to join us for a day of laughter and fun.

Bring your favorite joke or riddle (appropriate and no politics please) to share during our open mic celebration. Staff from the Bigelow Center and Social Services will share their best material too!

Special highlight: We're thrilled to have a true stand-up comedian on our staff who will share insights into what it's like to be a professional comedian. It's a rare opportunity to hear from the real deal.

Whether you're a seasoned joke-teller or just want to laugh with friends, this is the perfect way to celebrate happiness together. Refreshments will be served.

Register on MyActiveCenter.com or at the Center.

REMINDER

RENEWING THROUGH MYACTIVECENTER.COM?

Before renewing, please make sure your personal information is up to date. If your address, phone number, emergency contact, or other information has changed, please visit the office so we can update your records.

CONTACT US

9:00 am-4:30 pm



203-256-3166



100 Mona Terrace, Fairfield CT



www.fairfieldct.org/BigelowCenter



@bigelowctr



@BigelowCenter



@BigelowCtr

UPCOMING EVENTS & ACTIVITIES

Bigelow's GOT TALENT

Get ready for an evening of laughter, music, creativity, and fun at the inaugural Bigelow's Got Talent Variety Show, Thursday, September 24 at 5:00 PM. This special event will showcase the incredible talents of our Center members. Whether it's singing, dancing, storytelling, playing an instrument, comedy, or another unique talent, this is a wonderful opportunity to celebrate the amazing people who make Bigelow such a vibrant community.

Interested in taking the stage—either solo or with a group? Start planning your act now. We can't wait to see the talent, creativity, and fun our members bring to the spotlight!

All talents welcome!

Interested performers simply...

Submit your act, estimated length, tech needs, and a brief description to

Gaylen Brown at gbrown@fairfieldct.org.



**SUBMISSIONS DUE BY
SEPTEMBER 10TH**

STAY FOCUSED, STAY SAFE: UNDERSTANDING DISTRACTED DRIVING

THURSDAY, AUGUST 27 AT 10:30am

Did you know that everyday habits, like checking a quick message or driving while tired, can drastically change your reaction times? You are invited to an upcoming presentation by Norwalk Hospital's Trauma Service Team designed to help you navigate today's roads with confidence. We will explore the three main types of driving distractions—visual, manual, and cognitive—and discuss why a split-second distraction can carry higher physical risks for older adults, including traumatic brain injuries. Learn how to keep yourself and others safer behind the wheel.

Register on MyActiveCenter.com or at the Center.



TERRA COTTA PAINTING – TUESDAY, AUGUST 11 AT 12:30

Get creative with Student Athletes and Scholars (SASO Girls) to paint your own terra cotta flower pots. Join us for an afternoon of art, fun, and creativity as you design a unique pot to take home.

All materials will be provided—just bring your imagination,

BOCCE AND CORNHOLE THURSDAYS THIS SUMMER



Join us for a fun and active Thursday morning at the Bigelow Center. Our bocce court is open and ready for play, and cornhole boards will also be available for everyone to enjoy.

Bring a friend and head outside for fresh air, light exercise, and friendly competition in a welcoming and social atmosphere. The bocce court is conveniently located in front of the Center. The cornhole boards will be right next to it. Equipment can be picked up in the office.

Players of all skill levels are welcome. Come give it a try, reconnect with friends, and enjoy a great morning outdoors. Register on MyActiveCenter.com or at the Office.



COMING THIS SEPTEMBER!

COMING
SOON

We're excited to welcome back a great lineup of intermediate and enrichment classes this fall. Join us for Intermediate Watercolor, Intermediate Ukulele, Spanish, and Life Stories Writing Workshop.

BRAIN GAMES

WEDNESDAY, AUGUST 19 AT 10:00AM

Join Danielle Ramos from National Healthcare for challenging puzzles and brain teasers. All are Welcome.



UPCOMING EVENTS

Join us for the fourth annual **Wine on the Water**

fundraiser hosted by the
Friends of the Bigelow Center
for Senior Activities

**FOR MORE INFORMATION AND TO
PURCHASE TICKETS PLEASE SEE
THE FRIENDS' WEBSITE:
FRIENDSOFTHE
BIGELOWCENTER.ORG**

Penfield Pavilion
September 9, 2026
5:30-7:30pm



39TH ANNUAL BIGELOW TEA COMMUNITY CHALLENGE – SUNDAY, SEPTEMBER 27

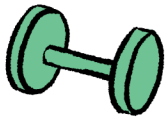
Join the Bigelow Tea Community Challenge 5k Road Race, 3k Fitness Walk or volunteer opportunity through scenic Southport Harbor & Historic District. Since its inception, the BTCC has donated more than \$2.9 million to Connecticut charities. Your participation ensures 21 local charities can continue crucial programs like educational services, food assistance, housing support, safe spaces, to name a few.

If you would like to help by baking brownies for the runners, please pick up a box at the front desk (available 9/18). We provide the mix, you provide the love. Brownies should be baked by Friday, September 25. For more information about the race, go to www.bigelowtea.com.

The race begins at Wakeman Boys & Girls Club in Southport.

INFORMATION FOR THE FALL SESSION OF EXERCISE CLASSES & INTERMEDIATE PICKLEBALL: SEPTEMBER 8—NOVEMBER 24

- **FAIRFIELD RESIDENTS MAY BEGIN TO REGISTER ON FRIDAY, AUGUST 14 AT 9:00AM**
- **OUT-OF-TOWN MEMBERS MAY BEGIN TO REGISTER ON MONDAY, AUGUST 17 AT 9:00AM**



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.

Session Registration & Attendance

Exercise classes and Pickleball are offered in 12-week sessions. By registering, you are reserving a spot for the entire session. If you expect to miss more than four classes, we kindly ask that you consider leaving the spot available for someone else, as many classes have waitlists.

Cancellations & Credits

If the Center cancels a class during the session, a credit will be issued to your MySeniorCenter Wallet account. Credits are not provided for participant absences or missed classes. While we make every effort to account for scheduled closures, class dates are subject to change if necessary.

The full fall session schedule and pricing will be available on MyActiveCenter.com and at the Center the week of 8/10. 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, drop-ins are not permitted

BIGELOW CENTER INTERMEDIATE PICKLEBALL



Pickleball sessions are open play, giving participants the opportunity to enjoy friendly games without an instructor.

- Maximum of 24 players per time slot.
- Please register for only one time slot per day.
- Substitutions are not permitted.
- At this time, play is limited to intermediate and advanced players.

CLASS	DAY/TIME
Pickleball - Class begins 9/8	Tuesdays, 11:30 – 1:30
Pickleball - Class begins 9/8	Tuesdays, 1:30 – 3:30
Pickleball - Class begins 9/10	Thursdays, 11:30 – 1:30
Pickleball - Class begins 9/10	Thursdays, 1:30 – 3:30

CLASS	DAY/TIME
Circuit Weight Training w/Loren Class begins September 14	Mondays at 9:00
Chair Yoga with Jennifer Class begins September 14	Mondays at 9:00
Zumba with Pauline Class begins September 14	Mondays at 10:00
Body Balance with Loren Class begins September 14	Mondays at 11:00
Tai Chi with Jonathan – Class begins September 14	Mondays at 1:00
Walking Class with Diane – Class begins September 8	Tuesdays at 9:00
Zumba with Germaine – Class begins September 8	Tuesdays at 10:15
Yoga with Jennifer – Class begins September 9	Wednesdays at 9:00
Strength & Balance with Loren – Class begins September 9	Wednesdays at 9:00
Zumba with Pauline – Class begins September 9	Wednesdays at 10:00
Qigong with Julie – Class begins September 9	Wednesdays at 11:00
Weight Training with Diane – Class begins September 10	Thursdays at 9:00
Chair Yoga with Jennifer – Class begins September 10	Thursdays at 9:00
Zumba with Germaine – Class begins September 10	Thursdays at 10:15
Tai Chi with Jonathan – Class begins September 10	Thursdays at 1:00
Body Balance with Jill – Class begins September 11	Fridays at 11:00
Cardio Drumming with Jill – Class begins September 11	Fridays at 1:00

BIGELOW CENTER ACTIVITIES

NO REGISTRATION REQUIRED - ALL ARE WELCOME



BRIDGE

TUESDAYS AT 10:00
THURSDAYS AT 1:00



WOOD SHOP

DAILY 9:30—3:00

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!



BILLIARDS

DAILY 9:30—3:30



FLYING ACES

WEDNESDAYS AT 1:00

This enthusiastic group of aviation lovers gather 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.



PINOCHLE

MONDAYS AT 12:00
FRIDAYS AT 12:00



HOOK & NEEDLE

MONDAYS 9:30 - 12:00
FRIDAY 9:30 - 12:00

A fun, creative space for all skill levels to come together, share ideas, and work on projects.



CANASTA

WEDNESDAYS AT 10:00
THURSDAY AT 12:30



PING PONG

MONDAYS & THURSDAY 9:30 - 12:00
TUESDAY, WEDNESDAY, FRIDAY:
9:30 - 12:00

Engaging, fast-paced program designed to teach participants the rules, techniques, and strategies



MAH JONGG

MONDAYS AT 12:30
WEDNESDAY AT 12:30



CHESS

WEDNESDAYS AT 1:00



PACERS

STOP BY THE CENTER TO
PICK UP THE SCHEDULE.

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.



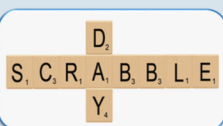
BUNCO

TUESDAY, AUGUST 25 AT 1:00



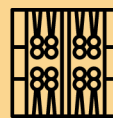
RUMMIKUB

MONDAYS AT 1:00



SCRABBLE

MONDAYS AT 12:30
FRIDAYS AT 12:30



BACKGAMMON

MONDAYS AT 1:00

NEW

Looking for a fun new activity? Try our new Backgammon game at the Center and enjoy an afternoon of strategy, laughter, and great company.

EXPLORING LITERATURE - PLEASE REGISTER ON [MYACTIVECENTER.COM](http://myactivecenter.com) OR AT THE CENTER

SCRIPTS IN HAND

WEDNESDAY, AUGUST 19 AT 1:00PM

Love theater? Enjoy reading aloud? Scripts in Hand, a play reading group, gathers each month for a cold reading of a great play. No memorizing required. Scripts will be handed out at the start of the class. After the reading, there's time for discussion and reflections.

SHORT CLASSIC NOVEL BOOK GROUP

WEDNESDAY, AUGUST 12
AT 1:00PM

This monthly book group reads and discusses short classic novels (novellas).

This month's choice is:

The Surprising Adventures of Baron Munchausen from 1785.



SENIOR LITERARY SOCIETY

**WILL BE BACK IN
SEPTEMBER**



EXERCISE CLASSES, PICKLEBALL & SPECIAL EVENTS AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Chair Yoga NO Weight Training 10:00 Zumba NO Body Balance 12:00 Lunch 1:00 Tai Chi 3	NO Walking Class 10:00 Open Art 10:15 Exercise with Nancy 11:30 Pickleball 1:00 Bingocize 1:30 Pickleball 2:00-4:00 Tech Tuesday 4	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 11:00 Let'sTalk 12:00 Lunch 2:00 Singing Group Mtg. 5	9:00 Chair Yoga 9:00 Weight Training 9:30 Bocce/Cornhole 9:30 Goodspeed Trip 11:00 Ukulele 11:30 Pickleball 12:00 Summer Social 1:00 Bingocize 1:00 Tai Chi 6	11:00 Body Balance 12:00 Lunch 12:45 Movie 1:00 Cardio Drumming 7
9:00 Chair Yoga 9:00 Weight Training 9:30-11:30 Blood Pressure Screening 10:00 Zumba 11:00 Body Balance 12:00 Lunch 1:00 Tai Chi 10	10:00 Open Art 10:30 Happiness Celebration 12:30 Terra Cotta Painting 1:00 Bingocize 2:00-4:00 Tech Tuesday GYM CLOSED TODAY FOR VOTING 11	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 10:00 Brain Games 11:00 Let'sTalk 12:00 Lunch 1:00 Short classic Novel Book Group 12	9:00 Chair Yoga 9:00 Weight Training 9:30 Bocce/Cornhole 11:00 Ukulele 11:30 Pickleball 1:00 Bingocize 1:00 Tai Chi PT. Jefferson Trip (Time TBD) 13	9:00 REGISTRATION - Fairfield Residents 11:00 Body Balance 12:00 Lunch 12:45 Movie 1:00 Cardio Drumming 14
9:00 REGISTRATION - Out of Town Members 9:00 Chair Yoga 9:00 Weight Training 10:00 Zumba 11:00 Body Balance 12:00 Lunch 1:00 Tai Chi 17	9:00 Walking Class 10:00 Open Art 10:15 Exercise with Nancy 11:30 Pickleball 12:30 Bingo and Root Beer Floats 1:30 Pickleball 2:00-4:00 Tech Tuesday 18	9:00 Yoga 9:00 Strength & Balance 10:00 Zumba 10:00 Brain Games 11:00 Let'sTalk 12:00 Lunch 19	9:00 Chair Yoga 9:00 Weight Training 9:30 Bocce/Cornhole 11:00 Ukulele 11:30 Pickleball 11:30 Lunch at Boca 1:00 Tai Chi 20	11:00 Body Balance 12:00 Lunch 12:45 Movie 1:00 Cardio Drumming 21
EXERCISE CLASSES & PICKLEBALL WILL NOT BE HELD THIS WEEK ALL OTHER WEEKLY ACTIVITIES WILL TAKE PLACE AS SCHEDULED				
12:00 Lunch 24	10:00 Open Art 2:00-4:00 Tech Tuesday 25	11:00 Let'sTalk 12:00 Lunch 26	9:30 Bocce/Cornhole 10:00 Understanding Distracted Driving 11:00 Ukulele 27	12:00 Lunch 12:45 Movie 28
EXERCISE CLASSES & PICKLEBALL WILL NOT BE HELD THIS WEEK ALL OTHER WEEKLY ACTIVITIES WILL TAKE PLACE AS SCHEDULED				
9:30-11:30 Blood Pressure Screening 12:00 Lunch 31	Coffee & Tea Shop OPEN DAILY 9:30-12:00 			

LIFELONG LEARNERS FALL PROGRAM

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. More detailed information on classes and instructors at the Center and on our website.

MULTI-CLASS SESSIONS (\$30 PER SESSION)



Four Stories from Dubliners – Dr. Mark Schenker

Tuesdays, Sept. 8, 15, 22, 29 | 10:00 AM–Noon

Explore four classic James Joyce stories: Araby, Counterparts, A Painful Case, and The Dead. Participants should read each story before class; texts are available online and through the Fairfield Public Library.

Instructor: Former Yale College dean and award-winning humanities scholar who has taught at Yale, NYU, and Trinity College.

Totalitarian Leadership: Stalin, Hitler, Putin, Xi – Dr. Barbara Kellerman

Tuesdays, Sept. 8, 15, 22, 29 | 1:00–3:00 PM

Examine how totalitarian leaders gain, wield, and maintain power through the examples of Stalin, Hitler, Putin, and Xi Jinping.

Instructor: Internationally recognized leadership expert, former Harvard faculty member, and author of more than twenty books.

What Remains of the Iran War? – Dr. Mito Mardin

Fridays, Sept. 18, 25, Oct. 2 | 10:00 AM–Noon

Analyze the geopolitical and security implications of the Iran War through the 2025 National Security Strategy and 2026 National Defense Strategy.

Instructor: Retired pharmaceutical executive and longtime lecturer on global affairs, economics, and geopolitics.

Five Fascinating European Leaders – Diane Stone

Thursdays, Oct. 1, 8, 15, 22 | 1:00–3:00 PM

Explore the lives and legacies of Elizabeth I, Henry VIII, Louis XIV, Marie Antoinette, and Napoleon and Josephine.

Instructor: European historian who combines academic expertise with decades of educational travel experience.

Four Rodgers & Hammerstein Musicals – David Shafer

Fridays, Oct. 2, 9, 16, 23 | 1:00–3:00 PM

View and discuss four classic musicals while learning about Rodgers and Hammerstein's collaboration and Fairfield's musical heritage.

Instructor: Popular lecturer whose courses span music, film, literature, history, photography, and technology

Religions of Abraham

Tuesdays, Oct. 6, 13, 20 | 1:00–3:00 PM

Three sessions introduce Christianity, Judaism, and Islam, followed by a joint discussion and audience Q&A.

Instructors: Rev. David Spollett, Rabbi James Prosnit, and Mostafa Hassan bring decades of religious leadership, scholarship, and interfaith experience.

Geopolitics: Geology and International Relations – Dr. Dan May

Mondays, Oct. 19 & 26 | 10:00 AM–Noon

Learn how geography, natural resources, and geology influence global politics, trade, and conflict.

Instructor: Emeritus geology professor and former university provost with extensive international field experience.

The Rise and Decline of the Roman Empire – Dr. Marc J. Bosverren

Thursdays, Oct. 15, 22, 29, Nov. 5 | 10:00 AM–Noon

Follow Rome's evolution from legendary beginnings to republic, empire, and eventual division into East and West.

Instructor: Retired educator and adjunct professor with a passion for history, science, and classical civilization.

LIFELONG LEARNERS FALL PROGRAM

ONE-TIME CLASSES (\$15 EACH CLASS)

Humor in African American Literature – Dr. Benjamin Schwartz

Friday, Sept. 11 | 10:00 AM–Noon

Explore the history and impact of African American humor through literature, film, and comedy.

Instructor: Scholar of American literature and former Connecticut educator with a doctorate from Vanderbilt University.

Battle of the Midterms – Harvey Heyman

Thursday, Sept. 17 | 10:00 AM–Noon

Examine the political strategies, challenges, and dynamics shaping the upcoming midterm elections.

Instructor: Retired healthcare executive and longtime student of contemporary politics and public affairs.

Kalamazoo Gals – Dr. John Thomas

Thursday, Sept. 17 | 1:00–3:00 PM

Discover the women who built Gibson guitars during World War II through stories, music, and film.

Instructor: Author, musician, filmmaker, law professor, and nationally recognized guitar historian.

Revolutionary War Veterans in Greenfield Hill Cemetery – Laura Lugo

Monday, Sept. 28 | 1:00–3:00 PM

Learn the stories of local Revolutionary War veterans through military records and firsthand accounts.

Instructor: Local historian and author of Connecticut Revolutionaries of Greenfield Hill Cemetery: 1775–1783.

Evolution! Latin American Art – Scott Verchin

Thursday, Oct. 8 | 10:00 AM–Noon

Survey the artistic innovations and cultural movements that shaped modern Latin American art.

Instructor: Arts consultant, publisher, and lifelong museum enthusiast with extensive experience in the visual arts.

Maps and Politics – Cheryl Cape

Tuesday, Oct. 20 | 10:00 AM–Noon

Explore how maps influence public opinion through propaganda, redlining, and gerrymandering.

Instructor: Geoscientist and mapping specialist with more than three decades of GIS and cartography experience.



BIGELOW MOVIES - FRIDAYS AT 12:45

No Registration Required



Mrs. Harris Goes to Paris

FRIDAY, AUGUST 7

Set in 1950s London, *Mrs. Harris Goes to Paris* (2022) follows a kind-hearted widowed housekeeper who travels to Paris to fulfill her dream of owning a Christian Dior gown. Her journey becomes a charming, uplifting tale of hope, perseverance, and the transformative power of kindness.

The Hundred-Foot Journey

FRIDAY, AUGUST 14

The Hundred-Foot Journey (2014): A heartwarming comedy-drama directed by Lasse Hallström about an Indian family that opens a restaurant across the street from a prestigious French restaurant, sparking rivalry, friendship, and a shared passion for exceptional food.

Last Vegas

FRIDAY, AUGUST 21

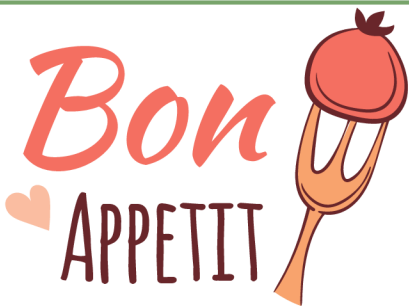
Last Vegas (2013) is a lighthearted comedy directed by Jon Turteltaub about four lifelong friends who reunite in Las Vegas for one unforgettable bachelor party. Starring Michael Douglas, Robert De Niro, Morgan Freeman, and Kevin Kline, the film blends humor, friendship, and the reminder that it's never too late for one more adventure.

The Best Exotic Marigold Hotel

FRIDAY, AUGUST 28

The Best Exotic Marigold Hotel is a charming comedy-drama directed by John Madden about a group of British retirees who move to India, where unexpected friendships, new adventures, and fresh beginnings change their lives.

BIGELOW CAFE MENU JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Chopette w/ Gravy Buttered Egg Noodles Broccoli Rye Bread Peaches	4 	5 Swiss Burger French Fries Corn Hamburger Bun Watermelon	6	7 Chicken Patty Sweet Potato Fries Cole Slaw WW Hamburger Bun Fresh Orange
10 Chicken Bruschetta Bruschetta Sauce Buttered Shells Broccoli Garlic Bread Nilla Wafers	11	12 Cobb Salad with Diced Chicken, Egg Cheese, Bacon Ranch Dressing Potatoes Strawberry Bar	13	14 Chicken Sausage Noodles with Onion and Cabbage, Beets Oatnut Bread Rice Pudding
17 Diced Chicken Cranberry Salad Macaroni Salad Broccoli Red Pepper Salad Brownie	18	19 Vegetable Barley Soup Tuna Salad with Celery Broccoli Ziti Salad Cucumber Dill Salad Birthday Cake	20	21 Fish Fillet Yellow Rice Cilantro Cole Slaw Flour Tortilla Mango Pineapple Mix
24 Hamburger Steak Fries Spinach Hamburger Bun Cookies	25	26 BBQ Pork Riblet Au Gratin Potatoes Cali Vegetable Blend Cornbread Oreos	27	28 Split Pea Soup Seafood Salad French Fries Cole Slaw Cookies
31 Chili White Rice Kale and Spinach Dinner Roll Cookies				

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.

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.



PACERS – BIGELOW CENTER WALKING GROUP

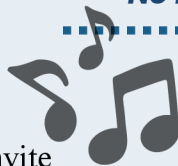
With the nicer weather hopefully here, we invite you to come walk with the Pacers. The group meets on Mondays at 9:00 AM at the Center (8:00 AM during July and August). On Wednesdays and Thursdays, explore different destinations. Pick up a quarterly schedule and join the email list. Our routes are generally flat, and we meet at 9:00 AM. Occasionally we do walk in the woods.

To join, simply show up to a walk and provide your information to our Administrator, Lynda Kristy, or any other group member. We hope to see you there.

BLOOD PRESSURE CLINICS

Monday, AUGUST 10: 9:30–11:30

Monday, AUGUST 31: 9:30–11:30
No Registration Required.



Bigelow Center Singing Group WEDNESDAY, AUGUST 5 AT 2:00PM

Love to sing? Whether you're a shower singer, a choir veteran, or just enjoy humming along to your favorite tunes, come join the fun. We'll chat about the kinds of songs we'd like to sing and see where the music takes us. No auditions—just good company and great voices!

All are welcome.

FLAG COLLECTION

Members are invited to drop off worn or unserviceable American flags for proper retirement. A collection box is located in the main hallway for your convenience. Thank you for helping us ensure that flags are retired with the dignity and respect they deserve.



NEWS FROM BRENDA

As we look ahead to fall, it's time to register for our next session of exercise classes and intermediate pickleball. Please remember that your membership must be current before you can register. Out-of-town members must also have their membership fee paid. Memberships cannot be renewed on registration day, so please take a few minutes to update yours now.

Later this month, our gym floors will be cleaned and polished, along with other areas of the Center, as part of our ongoing efforts to keep the facility welcoming and well maintained.

You asked, and we listened--Backgammon is now on the schedule every Monday at 1:00 p.m. Whether you're an experienced player or have always wanted to learn, join us—our members are happy to teach newcomers.

Please save the date for the Friends of the Bigelow Center's annual fundraiser, Wine on the Water, on Wednesday, September 9, at the Penfield Pavilion. The Friends of the Bigelow Center, a 501(c)(3) nonprofit organization, raises funds to support programs and enhancements at the Center. See page 3 for ticket information. September is also Senior Center Month, and we're looking forward to celebrating with a variety of engaging events and activities that showcase the spirit and strength of our wonderful community. As always, our door is open. Please stop by to share your thoughts, comments, questions, or concerns.

Follow Us on Social Media



on Facebook @BigelowCenter



on Instagram @bigelowctr



on Platform X @BigelowCtr



Vulnerable Resident Outreach Registry

The Vulnerable Resident Outreach Registry supports residents facing health or mobility challenges who may need assistance during emergencies. The registry prioritizes individuals aged 65+, those who are homebound, or those with disabilities. Residents with significant mobility issues, vision or hearing impairments, developmental or cognitive disabilities, mental health conditions, or those who rely on life-sustaining equipment 24-hour support may register.

Call Fairfield Social Services at 203-256-3170



Farmers' Market Coupons

The Senior Farmers' Market Nutrition Program (SFMNP) provides eligible seniors with access to fresh, locally grown fruits, vegetables, herbs, and honey. The 2026 benefit cards may be used at any participating Connecticut farmers' market from June 1 through November 30, 2026.

Questions? Call SWCAA at 203-814-3649.

CHOICES Medicare Counseling

The Southwestern Connecticut Area on Aging (SWCAA) provides comprehensive assistance with Medicare and health insurance benefits.

If you need help understanding your benefits or navigating the enrollment process, call 203-256-3166 for an appointment

**Back to School Already?
Let's Help Fairfield's
Students Start Strong!**



It's hard to believe, but Back to School season is just around the corner—and for many Fairfield families, it can be a time of financial stress. Once again, Fairfield Social Services is collecting donations to help local students head back to class confident and prepared.

The Fairfield community has always been generous and supportive of its neighbors in need—and we thank you for continuing that tradition. The need this year is great, and every donation makes a difference. Whether it's a gift card to Amazon, Target, or Walmart—your support directly helps our friends and neighbors right here in Fairfield.

To contribute, please drop off or mail gift cards to Fairfield Social Services. The impact you make echoes throughout the school year.

If your family needs financial assistance with school supplies for an elementary through high school-aged child, please call 203-256-3170 to schedule an appointment with a Social Worker. Eligibility requirements apply. Assistance is available while supplies last.

Together, we can help all Fairfield students start the school year strong.



Caregiver Support Group

This group is for those who are caring for a loved one with Dementia, Alzheimer's, Parkinson's, or other chronic illness. It's a space to share challenges, discuss caregiving techniques, and offer support and insight to one another. Current members are meeting monthly over the summer but we will resume weekly meetings in September.

If you are interested in finding out more about this group call Social Services at 203-256-3170.

Grief Support Group

This 6-week series is for those who have experienced a loss of a loved one, and are facing the challenges of mourning and grieving. Led by

Beth Paris, the group meets weekly on Thursdays from 11 am -12:30 pm, and will be resuming in September.

For more information call 203-256-3170.

Loss does not have to ruin us, in fact if we face it honestly, it can grow us.

**University of Bridgeport
Fones School of Dental Hygiene**



Senior Smiles for basic dental care for seniors. Call 203-576-4137.

Transportation Information

The Town of Fairfield provides curb-to-curb bus services for senior Fairfield residents age 60 and older, including Veterans and people with disabilities. Buses are wheelchair-lift equipped.

Rides are by appointment only. Reservations must be made one week in advance.

Call the transportation office at 203-256-3168.

Individuals may enter and exit the vehicles using assistive devices such as canes or walkers with minimal assistance from the driver. Riders 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 able to enter and exit the buses and their homes independently 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 three (3) grocery bags per rider. Drivers may not exit the bus to carry or to load groceries on or off the bus.

MEDICAL APPOINTMENTS:

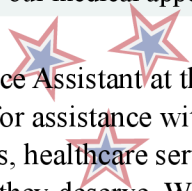
Rides for medical appointments (located in Fairfield and Bridgeport only) for Fairfield older adults/people with disabilities Mondays, Wednesdays, and Fridays between 10:00 AM - 1:30 PM

DIAL-A-RIDE

Dial-A-Ride supplements the town-provided Senior Transportation. To enroll. 203-579-7777.

NEW PILOT PROGRAM – ERRAND TRANSPORTATION

We're trying a PILOT program for errands. With at least one week's advance notice, riders may reserve trips to local destinations such as the bank, library, barber, town offices, pharmacies and other errands. Reservations are based on bus availability and space, similar to our medical appointment transportation service



CT Veterans Office of Advocacy and Assistance

The Office Assistant at the CT Veterans Office of Advocacy and Assistance, are here to support you at the Bigelow Center. Stop in for assistance with a wide range of services, including help with accessing VA benefits, disability claims, pension programs, healthcare services, and educational assistance. The VA is dedicated to ensuring veterans receive the care and benefits they deserve. Walk-ins are always welcome, but appointments are encouraged.

To schedule, please call 203-418-2005.

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 :Bigelow Center Drivers: Joe Peddle, Paul Lytwyn, Bob Seirup, Glenn Mackno, Bill Young, Ray Palmieri, Roy Bartolomeo

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

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

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

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

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

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

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

Program Assistant: Olga Kowal, okowal@fairfieldct.org

Receptionist: Nora Cooper, seniorreception@fairfieldct.org

EXPLORE OUR SUMMER-EARLY FALL SENIOR TRIPS

LUNCH AT BOCA, BRIDGEPORT, CT

11:30-2:00 | THURSDAY, AUGUST 20

Hop on the Bigelow Bus and enjoy lunch on the water at Boca Raw Bar and Grille, in Bridgeport. Pay for lunch on your own.

*Register on
MyActiveCenter.com or in the
office.*



THE MOUNT: LIFE & LEISURE IN THE GILDED AGE BERKSHIRES

FRIDAY, SEPTEMBER 25

8:30 AM-7:00PM | Departs from the Bigelow Senior Center

**\$162 PER PERSON - REGISTRATION
OPEN THROUGH AUGUST 21 ON
MYACTIVECENTER.COM**

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

FUN AT THE BIGELOW CENTER!

